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August 2015 Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 15, No. 2

INSIDE



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KEVIN GROENHAGEN PHOTO



Craig Voorhees: Teaching Tai Chi to his fellow seniors.

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Voorhees teaches tai chi to seniors as a low-impact exercise

By Kevin Groenhagen

In 1969, a handful of Kansas University students started the Kansas Free University (KFU). A handout students distributed on campus described KFU as "education for the hell of it." KFU included courses and workshops on, among other topics, folk music, anarchist theory, constructive non-violence and the "University Power Structure."

Within three years, KFU had grown to include 25 classes and received official recognition and funding from the Student Senate. However, it still maintained a bit of a quirky nature. "If a 7-year-old child wants to come in and teach a course in surgery, we would let him," Chuck Hand, then a KU senior and KFU director, told a local newspaper.

In 1973, KU student Craig Voorhees decided to enroll in a KFU workshop on meditation.

"When it came time for moving meditation, I saw a woman do tai chi," Voorhees said.

The Japanese woman, whom Voorhees believes was in her 40s, came from Hawaii to the Lawrence area when her husband joined the Menninger Clinic staff as a psychiatrist.

"The Japanese instructor was the first woman I had ever met who had legs stronger than mine," Voorhees said. "That's what impressed me about her."

That impression was lasting. Voorhees continued studying tai chi and has been teaching it to others for about 30 years.

Originally developed in China for self-defense, tai chi has evolved into a form of exercise used for stress reduction and a range of other health conditions.

A few years after studying tai chi through KFU, Voorhees traveled to the Rocky Mountain Tai Chi Chuan (RMTTC) in Boulder, Colorado. The school opened in 1976 under the direction of Jane and Bataan Faigao. The Faigaos studied tai chi in 1967 and 1968 under Grand Master Cheng Manchong and his senior students.

"I took some workshops from internationally-recognized tai chi masters," Voorhees said.

There are five traditional tai chi styles: Chen, Yang, Hao, Wu, and Sun. The Yang school, which is the most popular, is what Voorhees studied at RMTTC. Yang is also the style he teaches.

"Tai chi" means "extreme ultimate," Voorhees said. "'Tai' means 'too' and 'chi' means 'extreme status.'"

Unlike other martial arts, such as karate, judo, and taekwondo, tai chi does not use belt colors to denote rank.

"Belts are really a Japanese thing, and the Koreans got that from Japan," Voorhees explained. "The Chinese don't have that."

According to Voorhees, tai chi essentially has just two categories to denote rank: master and student.

In fact, tai chi is so different from other forms of martial arts that Voorhees said he usually deemphasizes the martial arts side.

"We have a series of two-person exercises that are balance exercises," he said. "That's really the martial arts side of tai chi. That's called 'hand pushing' or 'push hands.' We have that class on Sunday afternoons at the Lawrence Parks and Recreation Department. However, most people aren't interested in the martial arts side of tai chi. They want a low-impact exercise."

As a low-impact exercise, tai chi is ideal for many seniors.



Voorhees (center) leads his class in a series of tai chi postures at the Community Building in Lawrence.

"Tai chi promotes leg strength, it's good for circulation, good for the internal organs, and good for balance," Voorhees explained.

Voorhees' mother fell and broke her hip several years ago, so he understands how important balance is to

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Craig Voorhees

■ CONTINUED FROM PAGE THREE

seniors. According to the Centers for Disease Control and Prevention, one out of three older adults (those aged 65 or older) falls each year. In 2013, about 25,500 older adults died from unintentional fall injuries.

"I work on balance a lot in my tai chi classes," Voorhees said. "We take a close look at what's involved with balance, moving very slowly, the critical points at which you transfer weight from one foot to the other. You have to be careful to work on proper knee placement and balance."

Meditation is also a major aspect of tai chi, as Voorhees learned when he began studying moving meditation.

"When you move slowly, you start to breathe slowly," he said. "When you breathe slowly, your brain waves slow down. With meditation, you enter into this state of deep relaxation. You get a sense of well-being. It's really important to develop an appreciation of life, of your life. I think that's the main reason people stick with meditation."

You feel good when you do it."

There have also been studies that suggest tai chi can slow the aging process. Indeed, at 67, Voorhees looks much younger than he actually is. However, he attributes at least part of that to the fact that he has been a vegetarian for 20 years.

Early in his tai chi studies, Voorhees met Elden Tefft, who died earlier this year. The world-renowned bronze sculptor knew nothing about martial arts, and Voorhees knew nothing about bronze casting. However, the two worked together on a project that

involved both of their disciplines.

"I first met Elden Tefft in an effort to get a guard and pommel made for the handle of a Chinese sword," Voorhees wrote in the introduction of a 2009 book he wrote about Tefft. (The book, Elden Tefft: An Informal Look at a Founding Father of Twentieth Century Bronze Casting in the United States, is available online at kuscholarworks.ku.edu.) "I am a Tai Chi teacher and my training partner bought the sword for me as a Christmas present, back in the 1970's when thirty dollars was a lot of

money. It had a real steel blade but the guard and pommel on the handle were made out of wood covered with brass coated tin sheet metal. It looked ok, but the balance wasn't right."

At a 'Save the Wetlands' meeting, Voorhees continued, "and, when I called him up to see if I could interest him in

with the sword. "His number was in the phone book," Voorhees continued, "and, when I called him up to see if I could interest him in

■ CONTINUED ON PAGE FIVE



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"Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."
~ Joshua 1:9



Craig Voorhees

■ CONTINUED FROM PAGE FOUR

taking on the project said, 'I could do it for you or I could teach you how to do it.' I said 'yes' right away. Who knew that was all it would take to meet the world famous artist? He took me by the hand and just walked me through every step of the process. In the course of the next few months I started taking him out to lunch and we became friends."

Voorhees also met someone else important while teaching tai chi during the 1990s.

"I met my wife in one of my tai chi classes at the senior center," he said.

Voorhees began teaching Yang-style tai chi to those who are age 50 and up through the Lawrence Parks and Recreation Department (LPRD) last January. He recently had a surprise while teaching one of his classes.

"One of the women in my class said, 'I remember you from that first Free University class with the Japanese woman,'" Voorhees said.

According to Voorhees, he has had

to modify his LPRD program a bit for those who are 50 and up.

"Now that I'm teaching more seniors, I found that I had to change my program from the way I learned it from Chinese masters when I was younger, and have had to adapt it for seniors," he explained. "The students just have to be able to stand on their feet for about 45 minutes. They also have to practice at home."

Voorhees will once again be teaching beginning and intermediate tai chi classes through LPRD this fall beginning on September 14. All the classes will be held in the dance studio at the Community Building, 115 W. 11th St., in Lawrence. An LPRD activities guide is available online at www.lawrenceks.org/lprd/summerfall15. The schedules and fees for the tai chi classes are listed under "Lifelong Recreation - Fitness." Students may enroll online at www.lprd.org, mail in an enrollment form, or enroll in person at the Community Building.

Voorhees, who has written articles for *Inside Kung Fu* and *T'AI CHI Magazine*, is currently writing a book on tai chi. He expects to publish it next year.

KEVIN GROENHAGEN PHOTO



Craig Voorhees with his Chinese sword. With the help of Elden Tefft, a world-renowned bronze sculptor, Voorhees cast a new bronze guard and pommel for the sword.



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McCrite Plaza of Topeka celebrates 40th anniversary

By Billie David

McCrite Plaza of Topeka, which is preparing to celebrate its 40th year in business, is about as family owned and operated as a business can be, having moved into the third generation of family members carrying on the tradition of providing support to seniors and helping them remain independent and live full lives.

The family's involvement with seniors began with June McCrite Moser, mother of Patrick McCrite. "June Moser had several boarding houses. One was destroyed in the Topeka tornado of 1966, although nobody was hurt," said McCrite Plaza marketing director Connie Michaelis. "A boarding house is what we would

know today as a nursing home, but things have evolved so much in the last 60 years and in particular the last 40 years."

Riding on the crest of those changes was Moser's son, Patrick. He grew up in Kansas City, but came to Topeka in 1964 on a football scholarship to attend Washburn University and major in fine arts.

He stayed in Topeka after graduation to work alongside his mother and became the state's youngest licensed nursing home administrator at the age of 21. He also met and married Judy and in 1975 began breaking ground for McCrite Plaza at 1610 SW 37th Street.

When McCrite Plaza opened in 1977, it was a skilled only unit. The assisted living and retirement community we

COURTESY PHOTO



McCrite Plaza of Topeka is located at 1610 SW 37th Street.

are familiar with today, along with the fitness centers, theaters, and fine dining, did not exist. But even when

McCrite Plaza opened the community in 1977, it was outstanding in its décor,

■ CONTINUED ON PAGE SEVEN

thanks in part to McCrite's background in fine arts.

In the 1980s, the McCrites began building the retirement apartments at McCrite Plaza, just as the concept of assisted living was being developed. Today the facility offers residents a full continuum of living options to meet residents' current and future needs, including independent living, assisted living, skilled care, and a rehabilitation center.

"People today who are in assisted living used to be in nursing homes," Michaelis said. "Being independent and mobile and having plenty of opportunities to socialize and participate in activities means healthier residents."

"We believe this is the key to living longer—that you're not isolated," Michaelis continued. "One of our residents is turning 106 in September, and she is in independent living."

The goal is for seniors to live as independently, yet safely, as long as they possibly can. When seniors are independent they feel better about themselves, she explained.

"Another aspect of the McCrite family concept is the commitment to couples staying together, which is unique in a full-continuum-of-services environment," Michaelis said. "We do everything we can to help couples stay together. If one person needs round-the-clock skilled care and the other is independent, they can live together in a suite in the skilled care, if they choose. We believe couples who have been

married 70 years should be able to stay together."

The McCrites' five children grew up in the family business. "It is a business model, but more accurately it is a family model," Michaelis said. "Helping with lawn care and working with residents."

The McCrites have recently expanded to Kansas City, having opened McCrite Plaza at Briarcliff, where Patrick and Judy's son Cassidy is the Briarcliff director, and son-in-law Joe Cavaluzzi is the assistant director. Daughter Kayla is resident coordinator and son Connor does exterior maintenance. The concept of family benefits others in the McCrite facilities as well.

"That family atmosphere is carried over to the staff," said Michaelis, who has known the McCrites for years and jumped at the chance to begin working in their employment seven years ago. "It's a wonderful environment," she said. "They are the greatest family to work for. They are flexible, open to ideas, always ready to change, and do things in a new way."

The focus is on family and creating that family atmosphere in the community carries over to the residents as well. "The McCrites take time to get to know the residents, as well as the residents' children and grandchildren," Michaelis said. "This is what really sets McCrite Plaza apart from other communities. "The McCrites are totally committed to great living."

More information about McCrite Plaza can be found on the facility's website at www.mccriteretirement.com.



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Topeka Performing Arts Center announces 2015-2016 season

With such a diverse set of performances from the Oak Ridge Boys to Danú to The Price Is Right Live, there is something for everyone this season at Topeka Performing Arts Center. Tickets for the fall events went on sale July 24.

October 15 – 7:30 p.m.

“Milk-snoiting funny” comedian, Pat Hazell and his comic show, The Wonderbread Years. Hazell is one of the original writers for NBC’s *Seinfeld*, a *Tonight Show* veteran, a critically acclaimed playwright, and a contributing commentator to National Public Radio.

November 21 – 7:30 p.m.

A Classic Rock Christmas is where “White Wedding” meets “White Christmas” for the holidays. Classic carols in the style of your favorite classic rock bands performed by some of the top classic rock musicians of all time. Sponsored by United Way of Greater Topeka. Food donations go to Harvesters Food Bank.

November 30 – 7:30 p.m.

The newest inductees into the Country Music Hall of Fame, the Oak Ridge Boys kick off this huge show with over 40 years of award-winning music. The hits are endless but they will be packed in! Including “Elvira” and “Bobbie Sue” along with your other favorites! After a short intermission, the stage is transformed and it’s Christmas!

December 21 – 7:30 p.m.

This year marks the 31st Anniversary of the Christmas Tour and release of Mannheim Steamroller Christmas. The show features classic Christmas

hits from Mannheim Steamroller and dazzling multimedia effects.

February 12 – 7:30 p.m.

Million Dollar Quartet is the smash-hit musical inspired by the famed recording session that brought together rock ‘n’ roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins for the first and only time.

February 28 – 2:30 p.m.

Hailing from counties Waterford, Kerry, Dublin, and Donegal, Ireland, Danú is one of the leading traditional Irish ensembles of today. Their standing room only concerts all over the globe are true events of high-energy performance and a glorious mix of ancient Irish music and new repertoire.

March 3 – 7:30 p.m.

The Price Is Right Live is an interactive stage show that gives eligible individuals the chance to “Come On Down” to win. Prizes may include appliances, vacations and possibly a new car!

March 12 – 7:30 p.m.

Legendary comedy theatre and winner of over 30 Joseph Jefferson Award nominations and over 30 Dora Award nominations honoring excellence in professional theatre. The Second City provides hilarious entertainment through live improve comedy and interacting with the audience.

April 29 – 7:30 p.m.

Saturday Night Fever is the hit musical based on the iconic movie starring John Travolta about a kid from Brooklyn who wants to dance his way to a better life.



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Granny Basketball expanding to Kansas

Women of a certain age in Lawrence and surrounding areas will soon be learning how to play Granny Basketball®.

Learn-to-play practices will be offered bi-weekly from 9:30 to 11 a.m. on Saturdays beginning mid-August at the Holcom Park Recreation Center, 2700 W. 27th Street, in Lawrence. A total of six practices will be held from August 15 through October 24. There is no cost to participate.

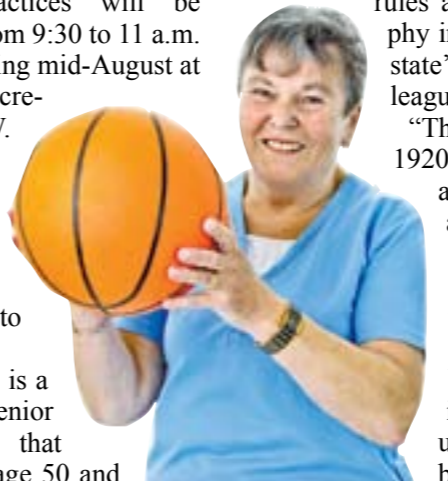
Granny Basketball is a playful, fun-filled senior exercise activity that encourages women age 50 and over to stay fit in a non-traditional, social environment. The league provides wholesome, nostalgic and sometimes humorous entertainment, as well as an outlet for charitable fundraising. The six-on-six game is based

on rules from the 1920s, when women’s basketball was a milder game.

The informal, learn-to-play practices will help Kansas players learn the game rules and league philosophy in preparation of the state’s inaugural 2016 league season.

“The old-time rules and 1920s-styled uniforms are tailor-made for an over-50 league,” said Michele Clark, Kansas coordinator and volunteer for Granny Basketball. Players dress in 1920s-inspired uniforms—black bloomers, middy blouses and sailor-style collars displaying each player’s number.

The floor is divided into three courts, and players can have up to two dribbles per possession. Running and jumping are not allowed, but “hurrying”



is, Clark said. With an emphasis on safety, players are allowed only three fouls each game. The modified league rules also award three points for underhanded “granny shots.” Complete rules are available in the league’s Joy of Six Handbook.

The Granny Basketball League is a non-profit Iowa-based organization founded by Barb McPherson Trammell in 2005. Currently, 22 Granny Bas-

ketball teams are active in six states with more than 400 players in Iowa, Missouri, Texas, Louisiana, Minnesota and Virginia. Each summer, teams across the nation compete in the National Granny Basketball Tournament, which this year was held July 25 in Nashville.

Visit www.grannybasketball.com and www.facebook.com/KansasGBB for more information.

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Medicare is America's health insurance program for people age 65 or older. Certain people under age 65 may also qualify for Medicare due to disabilities, permanent kidney failure, or Lou Gehrig's disease. The program, which was signed into law on July 30, 1965 by President Johnson and helps with the cost of health care, does not cover all medical expenses or the cost of long-term care.

Medicare is financed by a portion of the payroll taxes paid by workers and their employers. It also is financed in part by monthly premiums deducted from Social Security checks. The Centers for Medicare & Medicaid Services (CMS) is the agency in charge of the Medicare program.

Medicare has four parts:

Part A (Hospital Insurance) helps cover inpatient care in hospitals. It also helps cover skilled nursing facilities (not custodial or long-term care), hospice care, and home health care. People with Part A are responsible for paying a deductible or co-pay for each covered service.

Part B (Medical Insurance) helps pay for doctors' services and other medical services and supplies that are not covered by Part A, such as outpatient care and durable medical equipment. People with Part B are responsible for an annual deductible and 20% of the Medicare approved charge.

Parts C (Medicare Advantage Plans) are plans required to provide the same coverage as Original Medicare Part A and B. Some plans offer extra benefits, such as dental and vision services (benefits not covered by Original Medicare) and many include Part D drug coverage. You must have Part A and B of Medicare to be eligible to enroll in a Medicare Advantage Plan. These plans are only available in certain areas and include Shawnee County, Kansas.

Part D (Prescription Drug Coverage) is available to everyone with Medicare. Enrollment in Part D is optional, but if you decide not to enroll when first eligible you may pay a penalty if

you join later. However, if you have prescription coverage that is at least as good as what Medicare offers, you may not need to enroll in Medicare Part D.

Signing up for Medicare:

When should you apply? If you are already getting Social Security retirement or disability benefits or railroad retirement checks, you will be contacted a few months before you become eligible for Medicare and given the information you need. If you are not already getting retirement benefits, you should contact Social Security about three months before your 65th birthday to sign up for Medicare. You can sign up for Medicare even if you do not plan to retire at age 65.

Supplemental Insurance:

Medicare Supplement (Medigap) is health insurance sold by insurance companies to fill gaps in Medicare Parts A and B. While Medicare pays most of your healthcare costs, Medicare Supplement policies help pay your share (co-payments or deductibles) of the costs of

Medicare approved services. Depending on the plan, you incur little or no out-of-pocket expense after Medicare and the Supplement policy pay the healthcare provider. Medicare Supplements do not cover the cost of prescription drugs so a separate drug plan is needed.

Frequently Asked Questions:

Can I delay enrollment in Medicare Part B? Medicare rules allow you to delay enrollment in Medicare Part B when you are covered by an employer group health plan, regardless of the number of covered employees, if your health coverage is based on you or your spouse's current, active employment.

Is Medicaid and Medicare the same? No, they are two different programs. Medicaid is a state-run program that provides hospital and medical coverage for people with low income and little or no resources. Each state has its own rules about who is eligible and what services are covered under Medicaid.

What is open enrollment and when is it? For Part C (Medicare Advan-

tage Plans), Medicare Open Enrollment is the period between October 15 and December 7 each year when an individual can choose a plan for the next calendar year. This enrollment is guaranteed with no medical underwriting.

For Medigap policies (in the State of Kansas) open enrollment is a 6 month period following the effective date of Medicare Part B. Insurance companies must offer coverage regardless of your health. If you apply after 6 months of obtaining Part B, insurance companies may decline to offer coverage based on your health history unless you have a special enrollment situation.

So when your "Oh My" moment happens, do not panic! Contact your local Social Security office and a licensed insurance agent specializing in Medicare. With the help of a professional, the transition into Medicare can be easy and painless.

Happy Birthday!

- Article prepared by Century Health Solutions, Inc., Topeka, 800-227-0089.

It's easy to forget that before 1966, roughly half of all seniors were uninsured, living in fear that the high cost of health care could propel not only them, but their families, into poverty. Few of us remember that not that long ago, far too many disabled people, families with children, pregnant women and

low-income working Americans were unable to afford the medical care they needed to stay healthy and productive.

50 years ago, on July 30, 1965, the landscape of health care in America changed forever when President Lyndon B. Johnson signed the landmark amendment to the Social Security Act, giving life to the Medicare and Medicaid programs.

Medicare and Medicaid save lives, help people live longer, and provide the peace of mind that comes with affordable health care that's there when you need it. Chances are, you or someone in your family either has Medicare or Medicaid or you know someone who does. In fact, Medicare and Medicaid cover nearly 1 out of every 3 Americans—that's well over 100 million people.

Marking the 50th anniversary of these lifesaving programs this summer gives us an important opportunity to

recognize and remember the ways these programs transformed the delivery of health care in the United States. Medicare and Medicaid have greatly reduced the number of uninsured Americans and have become the standard bearers for quality and innovation in American health care.

Fifty years later, no other program has changed the lives of Americans more than Medicare and Medicaid.

CHANGING LIVES: Medicare and Medicaid provide Americans with access to the quality and affordable health care they need to live happy, healthy and productive lives. Today,

about 55 million Americans depend on Medicare to cover 23 types of preventive services, including flu shots and diabetes screenings (some of these services are free, and for others you have a small copayment or pay the deductible.) Medicare also covers hospital stays, lab tests and critical supplies like wheelchairs, as well as prescription drugs. Medicaid provides comprehensive coverage to more than 70 million eligible children, pregnant women, low-income adults and people living with disabilities. It covers essential services like annual checkups, care for new and

expecting mothers, and dental care for kids from low-income families.

INCREASING ACCESS: Medicare and Medicaid provide more and more Americans with access to the quality and affordable health care they need and deserve. Though they started as basic health programs for people who had no other access to health coverage, Medicare and Medicaid have helped millions get access to care they wouldn't get otherwise.

DRIVING INNOVATION TO SHAPE THE NEXT 50 YEARS:

Over the course of five decades, Medicare and Medicaid have become the standard bearers for coverage, quality and innovation in American health care. Innovative and dedicated teams are combating fraud and working to continually improve the quality of life and care delivered under these programs. Medicare and Medicaid are

among the most efficient and well-managed health insurance programs in the world. They will continue to transform to create a health care system that delivers better care, spends health care dollars more wisely and results in healthier people.

President Johnson would be heartened to know that the hard-fought efforts to improve our health care system have not only succeeded, but that America is on track to give even better access, higher quality care and improved health for the next 50 years and beyond.

How has Medicare or Medicaid (or both programs) helped your life or the life of someone you care about? Whether you've just enrolled or have been covered for decades, we'd love to hear from you. You can share your Medicare or Medicaid story through our Medicare.gov website, or connect with us on Twitter or our just-launched Facebook page.



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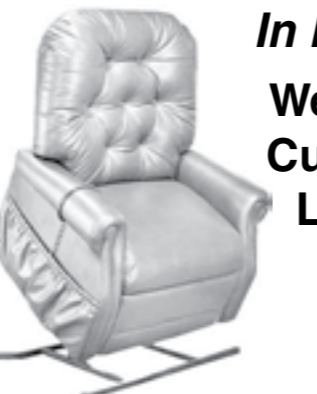


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National Baseball Congress World Series honors Wellshear

Toni Wellshear, 80, of Topeka, was selected by Area Agencies on Aging in Kansas to be honored as Keeping Seniors in the Game! first pitcher on July 24. The game happened at 7 p.m. at Wichita's Lawrence-Dumont Stadium at the 7 p.m. feature game of the National Baseball Congress (NBC) World Series. The 81st NBC World Series began at Wichita's Lawrence-Dumont Stadium. Games on July 24 and will continue until August 8.

The Ellinwood native is one of 16 Kansans—over age 80—selected by Area Agencies on Aging for the “Keeping Seniors in the Game!” honor. The Keeping Seniors In the Game! initiative recognizes the vitality and contributions of older Kansans and to raise public awareness about the network of Area Agencies on Aging—groups that provide unbiased answers

and real help to seniors and family caregivers in Kansas and in every community throughout the United States.

Wellshear is passionate about improving the quality of life for older job seekers and quality care for seniors who reside in nursing homes.

She is an active member of the AARP's Capital City Task Force and also serves on the Kansas Older Workers Task Force, a group that she helped establish when she was employed with the Kansas Department of Human Resources.

The Kansas Older Workers Task Force advises and guides on state policies to help older job-seekers and help businesses retain older workers. Besides her work with the Kansas Older Workers Task Force, AARP and the Jayhawk Area Agency on Aging, Wellshear paints, gardens and mows yards. She enjoys cheer-

ing for K-State's football team and for The Royals. Baseball has always been a part of Toni's life. When she was young, her father followed Yankee pitcher Ralph Terry and the Yankees.

One of her most treasured photos is one of her father standing in between Mickey Mantle and Ralph Terry. Both of her sons started playing baseball at age five and played until they were in college.

Wellshear has three children—Margo Loud-erback, Garth Wellshear, and Thad Wellshear, five grandchildren and two great grandchildren.

“We are very happy to work with the National Baseball Congress to recognize the amazing vitality and significant contributions of older Kansans like Toni Wellshear,” said Julie Govert

Walter, executive director of the North Central-Flint Hills Area Agency on Aging, who leads the Keeping Seniors In The Game! initiative.

The NBC World Series was founded by baseball innovator Hap Dumont in 1934. For NBC

World Series information and ticket prices go to www.nbcbaseball.com or call 316-977-9400.

COURTESY PHOTO



Toni Wellshear

ESTATE PLANNING

Take the TEPSAT

The TEPSAT is The Elder Preparedness Self-Assessment Tool—available for free at www.elderornot.com—which is intended “to encourage the 100 million Americans who are at least 50 years old and their loved ones



Bob Ramsdell

to prepare for the elder years.” It was put together in late 2012 by a variety of organizations involved with the “Be a Planner, Not a Gambler” movement in New York State.

Preparation for aging is a real need. One out of every eight persons age 65 or older suffers from diminished mental capacity. (The incidence increases to one out of two at 85 or older.) And in 2030—just 15 years from now—one out of five of us will be 65 or older. So we need to get information, decide what we want to do, and create plans to accomplish our intentions before a slow decline—or a sudden crisis—occurs.

The TEPSAT is one source of useful information. It consists of 82 multiple

choice questions on a variety of topics related to preparation for aging well, such as life expectancy, health and wellness, paying for medical expenses, advance directives and other estate planning documents, etc. As you take the online self-assessment, you have the option to view each correct response immediately. In addition, you receive an email of your results listing every question, your response, the correct response, and useful background information explaining the correct response.

Not every question and the rationale for its correct response will be relevant to you. But out of 82 questions covering a wide array of issues, at least some will address topics you had not considered and provide information you did not know. That is a starting point.

For example, according to the Social Security Administration's projections, almost one out of every four 65 year olds will live past age 90 and one out of 10 will live past 95. Although the gender mortality gap has decreased in recent years, women age 65 still live approximately three years longer than men who are 65 (according to the Federal Interagency Forum on Age-Related Statistics). But the Centers for Disease Control report that four out of every five persons 65 or older have one or more chronic health conditions or

diseases – with just under 27% of persons 65 or older having diabetes.

That information can prompt numerous lines of thought, among them the following:

If I and/or my spouse are among those who live to 90, 95 or older, given the likelihood that we will suffer from diminished mental capacity, what is our plan to have a trustworthy person in charge of our affairs?

My spouse, who is three years younger than me, is almost certain to spend time as an elderly widow. Do I have a Will or Living Trust in place that is going to ensure an orderly transfer of property at my death?

What can and should I be doing to avoid developing a chronic health condition / disease, or minimize the impact of any I do develop? (I for one do not want to have body parts progressively amputated as a result of diabetes.)

Other questions and their accompanying rationales highlight the importance of assembling personal and family medical histories, note the prevalence of suicide among those 65 or older and the need for early interven-

tion, outline the circumstances under which a surviving divorced spouse can claim Social Security benefits based on the earnings record of their former spouse, etc.

So, spend 10 or 15 minutes taking the TEPSAT, then whatever time it takes for you to review your results looking for areas where you need to gather more information and work on your plan.

Free Seminar in August: I will be presenting “Fundamentals of Estate Planning” on August 25 at the Carnegie Building – East Gallery in Lawrence beginning at 2 p.m. See the Calendar Section of this issue for details.

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell Qualseth & Warner, P.A., in Lawrence. He can be reached at 785-841-4554. The Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, can be reached at 1-888-353-5337. The information in this column is intended to provide general public information, not legal advice.

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JILL ON MONEY

Housing could sizzle this summer

"The housing market is coming back and it looks like it will be with a vengeance," economist Joel Naroff commented after a report showed that building permits, an indicator of future activity, soared to the highest pace in nearly eight years. Surging permit requests, along



Jill Schlesinger

with a jump in builder confidence, an increase in activity and a drop in mortgaged residential properties with negative equity, could make the summer a strong one for the real estate market.

That's great news for patient homeowners, who have been waiting a long time for the tide to turn. As of March, the S&P/Case-Shiller U.S. National Home Price Index is up 24.7 percent from the post-bubble low set in December 2011, but it still remains 7.6 percent below the peak. (In many parts of the country, such as the Bay Area

and portions of New York, prices are above the previous peak.)

But economists are hopeful that activity and prices will continue to perk up, due to a number of factors. The most important catalyst for housing is the improving economy and employment landscape. As Americans feel more confident about the economy and more secure in their jobs, they will be more willing to take the big step of home ownership.

Additionally, mortgage rates remain low and banks are finally loosening credit conditions, both of which have drawn more buyers into the market, including a group called "boomerang buyers." These are homeowners who lost their homes during the housing recession and are ready to jump back into the market.

According to real estate information company RealtyTrac, from 2007 to 2014 some 7.3 million Americans lost their homes to foreclosures or to short sales. Because both of these events can remain on a person's credit report for up to seven years, this year will see the first wave of return buyers to the market. RealtyTrac projects 250,000 to 500,000 boomerang buyers will come back into the market this year,

followed by more than a million in the subsequent few years. Presuming that there are no other major credit issues lingering, these people have a good opportunity to come out of the financial doghouse and qualify for a mortgage.

The markets likely to see the largest influx of boomerang buyers are those where a high percentage of housing units were lost to foreclosure and where current home prices are still affordable for median income earners. Prime examples are Phoenix; Merced and Stockton, Calif.; and Cape Coral/Ft. Myers, Fla.

One last group that could help boost the market is millennials (those aged 18 to 34). Sure, many of them are spooked by home ownership, because they watched their parents navigate the Great Recession and they are graduating college with hefty student loans. But they may find that a fixed-rate mortgage is the perfect antidote to rising rents. When they do come to that realization, the nation's homeowner-

ship rate, which at 63.7 percent in the first quarter of 2015 is the lowest level since 1989, will reverse course.

If you are entering the market as a buyer, run the numbers and be crystal clear about what you can afford. If you are planning to get a mortgage, go to AnnualCreditReport.com and correct any errors on the report before you start the process, which will make it easier to get pre-approved.

If you are a seller, price your house reasonably. According to realtors, the first three weeks of a home's entrance on the market are the most critical for creating interest and attracting buyers. If your initial price is too high, it may sit idly on the market. The corollary to overpricing the house is a reluctance to reduce the price. If there's no action for three to four weeks, it's time for a price cut.

- Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillonMoney.com.

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Letting Go

By Connie Michaelis, Marketing Director
pr@mccriteretirement.com

One of my favorite authors said, "Would you rather be right or be happy?" The context in which the question is posed is one where folks are debating about what is right and what is wrong. I think in today's world of instant communication we are constantly bombarded with opinions on what is right or wrong. If you were so inclined, you could be arguing some point day and night. If we think back a few decades with no television, no internet, no global connections we had fewer issues to deal with. In the world-wide conversation that we experience today, we really have to decide what issues are worth being unhappy about. When you engage in the argument to be right, you are at

risk of being unhappy all of the time.

I feel like the older a person becomes, with years of experience and personal growth, there is opportunity to 'let go' of certain arguments. Wisdom would tell us there are very few positions that are worth arguing about. And besides, do you ever change another person's mind or do you just frustrate yourself? As a wise man says, "Holding a grudge against someone is like drinking poison and thinking the other person will die!" Deciding to let go is a unique concept. For many seniors it becomes necessary to release certain beliefs and expectations to attain the higher goal, which is contentment and happiness. Letting go doesn't mean you don't care, it means you are done with needing to be right. Some of us think holding on makes us strong; but often it is the stronger person who lets go. Do we really want our last words to be "I told you I was right!" So I suggest we take on the practice of letting go. It might even start at the kitchen table with your own spouse. Think of it as a noble practice. When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.

MAYO CLINIC

Lifestyle changes and medication can slow progression of chronic kidney disease

DEAR MAYO CLINIC: My wife was diagnosed with "moderate" chronic kidney disease about three months ago. What does this mean? Are there things she can do to stop the progression of the disease?

ANSWER: Your kidneys are two bean-shaped organs, each the size of a fist. They're located in the back of your abdomen, one on each side of your spine. Your kidneys' main job is filtering waste and excess fluid from blood to make urine. They also do other tasks, including adjusting the balance of minerals and acids in the blood and regulating blood pressure.

Kidney disease occurs when the kidneys have been damaged and no longer work the way they should. Early on, kidney disease may not cause symptoms. As it worsens, symptoms may appear. But they're often vague and can include fatigue, poor appetite, nausea and swollen ankles, legs or hands.

Chronic kidney disease, or CKD, is usually diagnosed with a blood test that measures creatinine. Creatinine is produced by muscles and removed from the body by the kidneys. As kidney function decreases, the level of creatinine in the blood increases. This level is used to

calculate the estimated glomerular filtration rate, or eGFR, which is a better indicator of kidney function than creatinine alone. Abnormal amounts of protein or other markers of kidney damage in the urine may indicate CKD, as well.

Chronic kidney disease is often broken down into five stages. In stage three, or "moderate" CKD, eGFR is between 30-59 ml/min/1.73m². Stage three CKD is usually progressive. That means it can get worse as time goes on. It is unlikely that it can be completely cured, but in many cases, lifestyle changes and medications help slow its progress. Slowing the progress depends, in part, on the cause. Although many diseases and conditions can damage the kidneys, the two main causes of CKD are diabetes and high blood pressure.

In most cases, controlling blood pressure is the most important step a person with CKD can take. Keeping blood pressure at a healthy level may involve taking medication, eating less sodium, staying at a healthy weight and increasing physical activity.

If your wife has diabetes, following her doctor's directions for controlling blood sugar can help slow kidney dis-

ease. Over time, both high blood pressure and high blood sugar can damage small blood vessels and cause scarring in the kidneys, making it difficult for them to work properly.

Avoiding medications that can harm the kidneys and getting treatment for other medical conditions that lead to CKD also can help. Some of those conditions include inherited disorders such as polycystic kidney disease, immune system disorders, infections, kidney stones and damage from medications. Even medications available without a prescription (including ibuprofen, naproxen and omeprazole) can hurt the kidneys. She should check with her doctor before taking new medications.

Some people with CKD may need to limit liquids or follow a special diet. The kidneys may not be able to remove excess fluid or adjust levels of minerals in the blood, such as sodium, potassium and phosphorus. Medications may be needed to control these functions. Taking medication to regulate acids in the blood might slow the progression of CKD. Your wife also may need to limit the amount of protein she eats. She

might find it useful to meet with a dietitian to make sure she's eating a balanced diet while limiting certain foods.

People with CKD are at increased risk for heart disease. Other complications also can occur as kidney disease gets worse. They include anemia, bone disease, nerve damage and depression. In time, kidney function may decrease so much that a kidney transplant or dialysis is recommended.

With CKD in the moderate range, your wife should see a nephrologist—a doctor who specializes in kidney care. Such a specialist can work with her to identify specific steps to take that may help slow her kidney disease now, as well as plan treatment to manage the disease in the future. - Suzanne Norby, M.D., Nephrology, Mayo Clinic, Rochester, Minn.

- Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu. For more information, visit www.mayoclinic.org.

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HEALTH & WELLNESS

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Laura Bennetts

Massage therapy can ease pain, decrease stress, improve blood circulation and relax your muscles. It also makes you feel lighter, with a spring in your step.

Find a Qualified Therapist

Massage is offered in many settings by a confusing array of practitioners. Massage therapists work in private massage practices, medical clinics, day spas, beauty salons and athletic clubs. But not all massage therapists are alike; not all are qualified to offer therapeutic massage. To find a qualified massage therapist, look for one who is certified by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) or a Certified Massage

Therapist (CMT) who has completed a program of massage therapy in a certified program. Other kinds of therapists who are licensed as medical professionals by the Kansas Board of Healing Arts, including physical and occupational therapists and nurses, also regularly use massage therapy techniques in their practices.

Types of Massage

Beginners are often puzzled to hear about many kinds of massage, often with inscrutable names. But there are three basic types, all of which can help you: Swedish, Deep Tissue and Acupressure Massage. Other available forms of massage include Craniosacral massage, Shiatsu massage, and Myofascial release. Here, I will focus on the main types of massage that are practiced in the U.S. today.

Massage Techniques

Swedish Massage promotes improved circulation and relaxation with the application of light and very soothing pressure. If you have had a stressful week, Swedish Massage can relieve the tightness in your neck, shoulders and mid back.

Deep Tissue Massage reduces pain in tight muscles and also promotes relaxation. This type of massage relaxes knotted or sore muscles. If your legs are tight from hours of yard work, Deep Tissue Massage can help loosen the muscles in your legs, reducing that achy feeling.

Acupressure Massage promotes

relaxation and reduces pain by pressing on acupressure points. If you hold a lot of tension between your shoulder blades, pressure applied slowly and gently to the area between your spine and shoulder blade will soften and relax the muscles there.

Just The Right Amount of Pressure

The therapist may have you fill out a form to describe your concerns and expectations. You should feel free to request and discuss the type of massage you want, whether it is light massage or deeper pressure. Once the massage begins, let the therapist know if the pressure is too gentle or too much. A very light massage could be irritating rather than relaxing. Deep pressure may feel good on your back, but not on your arm. An experienced, trained therapist will know how to quickly adjust the massage technique to your comfort level.

Getting Started

You may be pleased to hear that you won't need to undress completely. The therapist will give you a choice about what to wear. You can choose to wear your undergarments if that puts you at ease. Also, you should have privacy to undress with directions on how to cover yourself (normally with a sheet) when you lie down on the massage table. You might start out resting on your back, covered with a sheet, and then later when you turn over, you will be continuously covered.

Trained therapists know that there is an art to using a sheet to "drape" their clients to ensure their comfort and respect their modesty. Your therapist should check on your comfort level and explain what to expect as the massage proceeds.

Just Relax, Talk is Optional

It's very relaxing to listen to soft slow music during a massage. And relaxation is what you should seek. I recommend that you limit conversation, except to give feedback to the massage therapist about how you're feeling, as needed. You should focus on actively relaxing during the massage. You can practice this kind of relaxation at home, sitting in your chair. The more you practice, the easier it becomes.

To actively relax, listen to soft background music. Close your eyes and take two or three slow deep breaths to relax. Next, combine the two activities—listen closely to your music and continue breathing deeply. Pretend the music is like a small bird flitting around the sky and that you're watching the bird closely. Then imagine that you're on a beach with the sun shining down on you, and let yourself sink down into the soft white sand and relax every muscle. The more you relax your mind and body, the more beneficial the massage treatment.

Time Flies

Time will race by and soon the massage will be over. The therapist will leave the room and you can dress at your leisure. Take it easy after your massage; savor the relaxed feeling. And don't hesitate to make another appointment...and mark your calendar.

- Laura Bennetts MS PT, has been a physical therapist since 1982. She is the director and owner of Lawrence Therapy Services LLC (2200 Harvard Road, Ste. 101, Lawrence, KS, 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Baldwin City, KS, 66006, 785-594-3162). www.LawrenceTherapyServices.com.

HEALTH & WELLNESS

Cooling medicinal plants

It is summer and the month of August. For most of us here in the Midwest, this is the hottest month of the year. The heat and the humidity can be oppressing and unbearable, especially in Kansas. But, fortunately for us, there are medicinal plants that can aid in keeping us cool and dry during these hot sticky and sweltering months.



Dr. Farhang Khosh

Medicinal plants have properties attached to them. They can be warming, cooling, or neutral in temperature. Medicinal plants can also be drying, moistening, aromatic, sweet, astringent, bitter, etc. One of the first medicinal plants to mention that is cooling and often used in summer is *Sambucus nigra*, or Elder. Elderberry is commonly used as a cold/flu/cough remedy because of its delicious taste, but the flowers can be used when trying to reduce the heat. Elder is a cooling, drying herb when the dried flowers are used in a tincture. Elder improves the circulation throughout the body by opening the lungs, blood vessels, capillaries, kidneys, skin, or anything that needs to move fluid.

The next medicinal plant to mention is Sage, or *Salvia officinalis*, which is a member of the mint family. Sage is a universal medicinal plant. When drank as a hot tea, it induces sweating, and when drank as a cold tea causes decreased sweating. Sage is an excellent herb for the nervous system when the

heat aggravates it. Other heat conditions besides the summer temperatures that Sage is good at treating are menopause and the hot flashes that accompany it.

The third herb to take note of is Yarrow, or *Achillea millefolium*, which is a favorite among many herbalists. Yarrow has a long history of being used as a medicinal plant. It grows almost everywhere and can easily be harvested across the United States. Yarrow is well known for regulating body fluids. It does this by cooling or heating the surface of the body by moving blood toward or away from the skin's surface. You can drink Yarrow by brewing up a warm cup of tea. This will open up the pores of the skin and release heat. A cold brew of Yarrow tea will stimulate the kidneys and relieving fluid retention.

Some other notable cooling medicinal plants to mention are Chamomile. Chamomile is one of the best medicinal plants for hydrating the skin. Lavender is a wonderful herb for its calming and refreshing abilities, which can be very effective in treating those hot tempers in August. Calendula is one of my favorite herbs. Calendula is also known as marigold, which often can be seen in summer gardens and in flowerpots in front of houses. Calendula loves the skin and is effective when applied directly to the body. It is also known in folklore to repel bugs, including mosquitoes that plague us during the summer months.

The warm weather is here for at least another month. Enjoy the rest of your summer with ease, clarity, and keep cool by using the cooling medical plants mentioned above.

- Dr. Farhang Khosh, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. He can be reached at 785-749-2255.

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Some restrictions apply. Age 62 & older. Mobility Impaired.



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LIKE TO ADVERTISE IN SENIOR MONTHLY?

See our rate card at
www.seniormonthly.net/advertise.

SENIOR CALENDAR

Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. Please confirm any event you plan to attend.

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS/CRAFTS

SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

Pancake feed and market with arts, crafts, gifts, baked items and more. Open to the public. Pancakes are \$4 for all you can eat, free to shop. 8 a.m.-12 noon. Moose Lodge, 1901 N. Kansas Ave.
TOPEKA, 785-250-6788

MAY 1-DEC 4 FIRST FRIDAYS ART WALK

Thousands of Topekans participate in the ARTSConnect First Friday Artwalk along with dozens of businesses who host special artist showings, musical performances, and other special events. North Topeka Arts District (NOTO), 800-1000 N Kansas Ave., 5:30-8:30 p.m.
TOPEKA, artsconnecttopeka.org

LAST FRIDAY OF EACH MONTH FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of every month. See website for participating locations.
LAWRENCE, 785-842-3883
finalfridayslawrence.wordpress.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1
3800 SE Michigan Ave, 6:30 p.m.
TOPEKA, 785-267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays, 2050 SE 30th St.
TOPEKA, 785-266-5532

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400
3029 NW US Highway 24, 6:30 p.m.
TOPEKA, 785-296-9400

WEDNESDAYS

PINECREST APARTMENTS
924 Walnut, 12:30-1 p.m.
EUDORA, 785-542-1020

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS
3110 SW Huntoon, 6:30 p.m.
TOPEKA, 785-235-9073

WEDNESDAYS & SATURDAYS LEGIONACRES

3408 W. 6th St., 7 p.m.
LAWRENCE, 785-842-3415

FRIDAYS

EAGLES LODGE
1803 W. 6th St., 7 p.m.
LAWRENCE, 785-843-9690

FRIDAYS

ARAB SHRINE
Mini Bingo 6:30 p.m., Regular Bingo 7 p.m.
TOPEKA, 785-234-5656

SUNDAYS & TUESDAYS

MOOSE CLUB
1901 N Kansas Ave, 6 p.m.
TOPEKA, 785-235-5050

EDUCATION

ONGOING

COOKING CLASSES

The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website.
LAWRENCE, 785-843-8544
themerc.coop/classes

EVERY OTHER MONTH MARCH-NOVEMBER AARP SAFE DRIVING COURSE

Stormont-Vail is pleased to offer the AARP Safe Drivers Course at Pozez Education Center on March 10 and 11 from 10 a.m.-3 p.m. This course reviews helpful tips and completion could help get you a discount on your auto insurance. Registration required, please call. Cost: \$15 per person for AARP Members, \$20 per person for non-members. Please bring your AARP card to class.
TOPEKA, 785-354-5225

FIRST MONDAY OF EACH MONTH MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

FIRST & THIRD FRIDAYS OF EACH MONTH HEALTHWISE AFTER 55

Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13.
TOPEKA, 785-354-6787

SECOND & FOURTH FRIDAYS OF EACH MONTH FOR FAMILY CAREGIVERS

Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13.
TOPEKA, 785-354-6787

AUG 7, 14, 21 & 30

ADVENTURES IN LEARNING

Adventures in Learning is designed especially for you, an adult 55 or older, to meet your

mental, physical, spiritual and social needs. Each of us is as unique as the branches on a tree, so we provide a variety of programs to appeal to a variety of interests. Shepherd's Center of Topeka (SCT), a.k.a "Adventures in Learning," a nonprofit community ministry, is sponsored by 26 congregations and 20 community partners. Each sponsor is committed to our mission—many donate time, space, money, or food—and all promote us in the community. We are considered an extension of each sponsoring church's "fellowship ministry" and an extension of "services provided for seniors" by our sponsoring community partners. Together we're able to provide fantastic programs for you. See website for a list of programs. SCT is hosted at 3033 SW MacVicar Ave.
TOPEKA, 785-249-3258
www.shepherdscertopeka.org

AUG 12 & SEP 9

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, an affiliate of Stormont-Vail HealthCare, will hold Medicare Educational Seminars on Wednesday, August 12 and September 9 at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. Please contact Crystal for reservations.
TOPEKA, 785-286-6402

AUG 12

FAMILY CAREGIVER SUPPORT WEBINAR SERIES FOR PROFESSIONALS

The Home Instead Senior Care network is offering free continuing education credits (CEUs) in conjunction with the web series, which addresses senior resistance to care and features relevant issues such as sibling communication, seniors and nutrition, navigating the senior care maze, and seniors and cognitive issues. The program has been adapted for CEU accreditation in cooperation with the American Society on Aging (ASA). CEUs are available for 60 days following the live event. The CEU courses, which began in 2010, are offered compliments of the Home Instead Senior Care network so there is no cost for the CEU. Visit <http://tinyurl.com/qhc96yq> to register.

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AUG 18

SENIOR SUPPER AND SEMINAR

This month's topic: "Rehabilitation: Following a Path to Restored Health." Presented by Shari Quick, MD, of College Rehab Group. On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. At 6 p.m., there will be a short educational program on a health or wellness topic presented by LMH affiliated physicians or associates. Advance reservations are required for the supper portion only, and must be made at least 24 hours in advance by calling LMH Connect Care at (785) 749-5800. Supper seating is limited so please enroll early. Seminar presentation is open to adults of all ages.
LAWRENCE, 785-749-5800

AUG 20 & 21

AARP SMART DRIVER COURSE

Refresh your driving skills with the AARP Smart Driver Course (AARP Driver Safety Class). This class will discussed driving skills, new traffic laws and techniques to remain a safe driver. It is a classroom workshop with no driving involved and no tests to pass. Upon completion of the class, you will receive a certificate to provide to your insurance company for possible insurance discounts. Class will be held Thursday and Friday, August 20 and 21 from 10 a.m.-3 p.m. at the Lawrence Public Library. There will be an hour lunch break each day. Cost is \$15 for AARP members, \$20 for non-members. Space is limited. Registration is required. To register, contact Pattie Johnston at the Lawrence Public Library.
LAWRENCE, 785-843-3833 ext 115.

AUG 25

FUNDAMENTALS OF ESTATE PLANNING

Death is a certainty. Incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning outlines what happens if you die without a plan, then describes the options for using a Will or Living Trust. More importantly, who do you want handling your affairs if you are alive but incapacitated? The seminar covers the uses of a General POA, Healthcare POA, and Living Will & Healthcare Directive for this purpose. It also discusses probate

administration and estate taxes. Fundamentals of Estate Planning is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Carnegie Building – East Gallery, 200 W. 9th St., 2-3:30 p.m.
LAWRENCE, 785-841-4554

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

The Lawrence Irish Session is a lively gathering of musicians sharing Irish traditional tunes each week. Beginners and experienced players are welcome. Come to listen, learn and share tunes and songs of Ireland, and best of all, have a great time! Henry's on 8th, Upstairs in the Pub, 11 E. 8th St., 5:30-9 p.m.
LAWRENCE, www.lawrenceession.com

THURSDAYS

JUNKYARD JAZZ

Put on your dancing shoes and dance to the sounds of The Junkyard Jazz. American Legion, 3408 West 6th St., 7-8:30 p.m.
LAWRENCE, 785-842-3415

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

Classical guitar player, John Jervis, who plays every Saturday morning, 8-11 a.m. at Panera, 23rd St. and Louisiana St. Enjoy wonderful classical and baroque music.
LAWRENCE

JUL 25-AUG 8

BYE, BYE BIRDIE

Musical production performed by the River City Community Players in the historic 1930's Art Deco Theater located in historic downtown Leavenworth, the "First City in Kansas." Performing Arts Center, 500 Delaware. See website for showtimes.
LEAVENWORTH, 913-651-0027
www.rcplv.com

AUG 14

SUNDOWN FILM FESTIVAL

Join us for movie night. *Gone With the Wind* (1939), starring Vivien Leigh and Clark Gable. Rated G. Bring blankets and lawn chairs and enjoy the movie outdoors on the grounds of the Kansas Historical Society. Admission to the

movie is free. Popcorn, candy, soda, and water will be available for purchase. The Kansas Museum of History, 6425 SW 6th Ave., 9 p.m.
TOPEKA, 785-272-8681

AUG 14

DOWNTOWN LAWRENCE FILM FESTIVAL: DINNER AND A MOVIE - JURASSIC PARK

Bring a chair or blanket and your family and friends and join us on the Lawrence Library Lawn for dinner and a movie! Local food and drink vendors will be onsite for your dining and drinking needs, or grab dinner at your favorite Downtown spot beforehand and then head over for the movie. Bring a picnic if you like! Free popcorn and door prizes from some of your favorite Downtown businesses. Family friendly and lots of fun! Presented by Downtown Lawrence, Inc. and the Lawrence Public Library. 700 block of Vermont St., 7:30 p.m. Free.
LAWRENCE

AUG 15

QUIXOTIC: "GRAVITY OF CENTER"

A melting pot of dance, aerial acrobatics, projection mapping, high fashion, and original live music. Quixotic is a cornucopia of mystical majesty that enraptures audiences who have never even dreamed a night at the theater could be this much fun. Lied Center, 1600 Stewart Dr., 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/event/quixotic

AUG 21 & 22

LAUGH LINES

Prepare to be leave happy a you watch performers act out improv comedy sketches and games based on what the audience suggests. Make it a date and order a pizza from Glory Days Pizza right to your table during the show. Topeka Civic Theatre & Academy, 3028 SW 8th Ave., 8 p.m. Fee.
TOPEKA, 785-357-5211
www.topekacivictheatre.com

EXHIBITS/SHOWS

AUG 1

CRUISIN' THE CAPITOL CAR SHOW

Open years, styles - cars, trucks, cycles, 4x4's, rat rods! This year we're PARKING & CRUISIN' around the newly renovated State-

house of Kansas. Free to the public to attend. Vehicles can register online at Brown Paper Ticket - Cruisin the Capitol 2015 or offline at the Downtown Topeka, Inc. office starting June 15. Check the Facebook page for updates. 10th & Jackson, 5 p.m.
TOPEKA, 785-234-9336
www.facebook.com/DowntownCruisinthe-Capitol

AUG 28

WELLSVILLE CAR SHOW

The Wellsville Car Show is sponsored by the Wellsville Chamber of Commerce and is a family-friendly event featuring food, cars and trucks, prizes, and much more. Live band from 4-9 p.m. 411 Main St., 9 a.m.-9 p.m. Fee.
WELLSVILLE, 785-214-8488

FAIRS/FESTIVALS

JUL 24-AUG 2

DOUGLAS COUNTY FAIR

Experience the excitement of the annual county Fair. Events include barrel racing, concerts, antique tractor pull, demolition derby, carnival and much more. Along with great food, information booths and 4-H shows. Douglas County Fairgrounds, 2110 Harper.
LAWRENCE, dgcountyfair.com

AUG 15

8TH ANNUAL TOPEKA RAILROAD FESTIVAL

Activities include: Live entertainment, Spirit Dancer, Exhibit booths, Petting zoo, Kids activities, Bounce houses, Weldo Depot tours, Magician, Face painting, Pony rides, Western show, Food truck vendors, Trackless train rides, Model trains, and so much more. 701 N Kansas Ave., 9:30 a.m.-4:30 p.m. Fee.
TOPEKA, 785-232-5533
www.greatoverlandstation.com

AUG 28 & 29

ROOTS FESTIVAL

Join us for two amazing days of a BBQ competition, live music, and vendors on the square. Paola Chamber of Commerce, 6 W. Peoria, 12-11 p.m.
PAOLA, 913-294-4335
paolachamber.org/pages/VisitPaola1

■ CONTINUED ON PAGE 20

Babcock Place Apartments



Affordable Independent Senior Living

Applications Being Accepted

Secure, age-restricted high rise apartment complex adjacent to downtown and grocery shopping at 1700 Massachusetts in Lawrence. Many amenities and conveniences provided including transportation and meals programs. Rent based on income. Utilities included. Call 842-8358 for information or visit our web site at www.lccha.org.



THE FIRST APARTMENTS

"Home without the hassles"

Independent Community Living for 62 and older, 55-62 non-elderly disabled.

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour On-Call staff
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- Lighted parking lot
- On city bus route
- Beauty salon
- First Floor Laundry Room
- Exercise equipment & seated exercise class
- Meals on Wheels Congregate meal site
- Maintenance Director on site
- Library Red Carpet Services
- Health Department Nail Clinics
- Walking distance of several churches and Ray's Apple Market

Call 272-6700 to schedule a tour and pick up an application.
3805 SW 18th St. • Topeka • www.thefirstapartments.org





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Country Living at its Best.

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- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group • Library
- Entertainment • Well Maintained

Call Manager Karol Freeman
(785) 266-5656 • 2929 SE Minnesota • Topeka




■ CONTINUED FROM PAGE 19

AUG 28 & 29

TIBLOW DAYS FESTIVAL

For over 35 years, festival-goers have enjoyed a variety of activities and entertainment. Friday night consists of the Mayor's Banquet and a variety of bands, carnival, craft and food vendors and sanctioned BBQ competition. Saturday starts off with the Annual Rotary Club 5-mile Tiblow Trot run, parade, car show, carnival, performing artists, craft and food vendors and ends with a variety of bands performing in Centennial Park. Friday 5-11 p.m., Saturday 7 a.m.-11 p.m.
BONNER SPRINGS, 913-422-5044
www.bsedwchamber.org

SEP 5

OLD WEST COWBOY DAYS

Saddle up for a day of cowboy fun! The day will consist of barbecue, movies, a fashion show, equine crafts and supplies, numerous vendors and demonstrations. Horse clubs will be on hand, and a tack sale and swap is planned. Singer Travis Marvin also will perform. Trolley rides to and from hotels will be available for those who plan to stay overnight. Ottawa Municipal Auditorium, 301 S. Hickory. Free.
OTTAWA, 785-242-1411

SEP 5-OCT 11

KANSAS CITY RENAISSANCE FESTIVAL

For over 35 years, the Kansas City Renaissance Festival has entertained thousands of visitors in their 16th century village, which features a variety of performances, armored jousting, artisan and food booths and much more! Open weekends, September 5-October 11, plus Labor Day and Columbus Day; 10 a.m.-7 p.m., rain or shine. Enjoy a day of fun and amusement. 633 N. 130th St.
BONNER SPRINGS, 913-721-2110
www.kcrenfest.com

FARMERS MARKETS

EVERY SATURDAY APR-NOV

TOPEKA FARMERS MARKET

Since the 1930s, the Topeka Farmers Market has come alive every Saturday morning from April through November. Vibrant with color, lively chatter and friendly faces, the Topeka Farmers Market attracts hundreds of Topeka residents and out of town visitors. 12th and Harrison, South of the Judicial Building, 7:30 a.m.-12 p.m.
LAWRENCE, 785-249-4704
downtowntopekafarmersmarket.com

APR 11-NOV 21

LAWRENCE FARMERS MARKET - SATURDAY

The mission of the Lawrence Farmers Market is to provide children and adults in the Lawrence area, with locally grown foods and farm products. 824 New Hampshire. 7-11 a.m., April 11 to August 29. 8 a.m.-12 p.m., September 5-November 21.
LAWRENCE, 785-505-0117
www.lawrencefarmersmarket.com

MAY 5-OCT 27

LAWRENCE FARMERS MARKET - TUESDAY

The mission of the Lawrence Farmers Market is to provide children and adults in the Lawrence area, with locally grown foods and farm products. 824 New Hampshire, 4-6 p.m.
LAWRENCE, 785-505-0117
www.lawrencefarmersmarket.com

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

Need help reaching your fitness goals? Lawrence Parks and Recreation has certified personal trainers to help you make your workouts safe, productive and successful. Training and registration are available at all recreation centers. For more information, contact Gayle Sigurdson.
LAWRENCE, 785-832-7920

ONGOING

FIT FOR LIFE

Exercise in a safe, supervised and non-threatening environment. Physician's medical clearance required. 12 sessions. Fee. LMH Therapy Services.
LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three class different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity #127102 at www.lprd.org.
LAWRENCE, 785-832-7920

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center from 7-10 a.m. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE! Lawrence Parks and Recreation. For more information, contact Stephen Mason.
LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

Monday-Friday at the East Lawrence Center. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play.
LAWRENCE, 785-832-7950

TUESDAYS

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free.
TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE LITE

Fitness that's invigorating, not intimidating. This 60-minute class pairs moderate aerobics with exercises designed to improve your strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St.
LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

FLEXERCISE

This exercise program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. Meets from 8:30-9:30 a.m. at East Lawrence Recreation Center, 1245 E. 15th St. Closed. Fee. Enroll at LPRD.org or at East Lawrence Center.
LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No appointment necessary.
LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

ZOSTAVAX (SHINGLES) CLINIC

HealthWise 55 Clinic. 8 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free.
TOPEKA, 785-354-6787

WEDNESDAYS

NUTRITION CLINICS

Meet with a Registered Dietitian to discuss your nutrition needs and questions. HealthWise 55 Resource Center, 2252 S.W. 10th Ave., 8 a.m.-noon. Free. Call for an appointment
TOPEKA, 785-354-6787

WEDNESDAYS

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 12:30-4:30 p.m. Call for appointment. HealthWise 55 Resource Center, 2252 S.W. 10th Ave.
TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hearing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday of each month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids.
LAWRENCE, (785)748-8034

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free.
TOPEKA, 785-354-6787

FRIDAYS

BLOOD PRESSURE CHECKS

Arbor Court, 1510 St. Andrews, 8:30 a.m. Open to the public.
LAWRENCE, 785-841-6845

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free.
TOPEKA, 785-354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free.
TOPEKA, 785-354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free.
TOPEKA, 785-354-6787

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free.
TOPEKA, 785-354-6787

AUG 5

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/test. East Information Desk. Sponsored by Lawrence Memorial Hospital, 3-4:30 p.m.
LAWRENCE, 785-749-5800

AUG 10

WELLNESS WORKS CLASS

Come and learn more about some of the basic principles to living a healthy and well life. Class includes review of nutrition, exercise, stress management, and health tips. Taught by a Registered Nurse/Mayo Clinic trained wellness coach. This class is free but advance registration is required, please. Lawrence Memorial Hospital, 9-11 a.m.
LAWRENCE, 785-749-5800
www.lmh.org

AUG 24 & 25

BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI

A multi-week class that will focus on balance exercises with Tai Chi movements incorporated. Designed to be fun as well as improve functional strength and balance. Instructors are Registered Physical Therapists who will assist with progression through the appropriate level of exercises for each individual. \$60 for the class series. Four class levels. Advance enrollment required due to limited class size. Call for more information on upcoming class dates.
LAWRENCE, 785-505-2712, www.lmh.org

THIRD WEDNESDAY OF EACH MONTH

DIETRICH CABIN LIVING HISTORY

The 1859 Dietrich Cabin in City Park will open this year on the third Saturday of every month from May to September. Every monthly opening will include programming for adults and children. The openings will feature music, re-enactors, living history demonstrations and hands-on activities for children. 5th & Main Sts, 1-4 p.m. Free.
OTTAWA, 785-242-1250

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AUG 17-22

CIVIL WAR ON THE WESTERN FRONTIER

Annual commemoration of the settling of Lawrence as a Free State stronghold through Quantrill's Raid of 1863. See website for list of events. Watkins Museum of History, 1047 Massachusetts St.
LAWRENCE, 785-841-4109
www.watkinsmuseum.org/civil-war.shtml

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m.
 Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m.
 Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m.
 Arbor Court, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m.
 Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.
 Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.
 Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH

Midland Adult Day Care, 319 Perry St., 10 a.m.
 Cottonwood Retirement 1029 New Hampshire, 2 p.m.
 Babcock Place, 1700 Massachusetts St., 3 p.m.

THIRD WEDNESDAY OF EACH MONTH

Brandon Woods, 1501 Inverness Dr., 10:30 a.m.
 Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH WEDNESDAY OF EACH MONTH

Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m.
 Presbyterian Manor-Asst. Living, 1429 Kasold Dr., 11 a.m.
 Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 1 p.m.
 Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

MEETINGS

SUNDAYS

O.U.R.S. (OLDSTERS UNITED FOR RESPONSIBLE SERVICE) DANCE

OURS dances are held every Sunday evening from 6-9 p.m. at the Eagles Lodge, 1803 W. 6th St. Dances are open to everyone. Admission is \$7 per person. Carry-in meal served at 7:15.
LAWRENCE

MONDAYS

BREAST CANCER SUPPORT GROUP

Meets at Presbyterian Manor, 1429 Kasold, 5:30 p.m. Call Dena for more information.
LAWRENCE, 785-979-8362

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124.
LAWRENCE, 785-838-7885
www.OrthoKansasPA.com

MONDAYS

GRIEF SUPPORT GROUP

12-week adult group for recent loss. Midland Hospice, Building A, 4-5 p.m. Please call for start dates and information packet.
TOPEKA, 785-232-2044

FIRST MONDAY OF EACH MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell.
TOPEKA, 785-271-6500; 785-230-6730 on first Monday between 5:30 and 7:30 p.m.

FIRST & THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

LAWRENCE SENIOR CENTER
 2:15-3:45 PM, 785-842-0543

FIRST & THIRD MONDAY OF EACH MONTH

GRIEF SUPPORT GROUP

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.
LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.
LAWRENCE MEMORIAL HOSPITAL
 4-5 PM, 785-840-3140

FIRST & THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.
LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

Meets in the library at Pioneer Ridge, 4851 Harvard Rd., at 9:30 a.m. Open to the public.
LAWRENCE, 785-749-2000

FIRST TUESDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free.
TOPEKA, 785-354-6787

FIRST TUESDAY OF EACH MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3 p.m. in Conference E of LMH.
LAWRENCE, 785-830-8130

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

Meets at Lawrence Memorial Hospital, 5:30 p.m.
LAWRENCE, 785-393-1256

FIRST TUESDAY OF EACH MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

Our focus is supporting, assisting, and educating individuals with colostomies, ileostomies, urostomies and continent ostomies. Meets at 6 p.m. at St. Francis Health Center, 1700 SW 7th St.
TOPEKA, 785-295-5555

FIRST & THIRD TUESDAY OF EACH MONTH

SCRAPBOOK MEMORIES

Grace Hospice, 3715 SW 29th St., Suite 100, 6 p.m. All supplies provided (except photos).
TOPEKA, 785-228-0400

FIRST & THIRD TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at 785-228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 1 p.m.
TOPEKA

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124.
LAWRENCE, 785-838-7885
www.OrthoKansasPA.com

FIRST & THIRD TUESDAY OF EACH MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 SW 8th St.
TOPEKA, 785-478-4947 or 785-296-8349

FIRST WEDNESDAY OF EACH MONTH

KAW VALLEY OWL (OLDER WOMEN'S LEAGUE)

Meetings are held at the United Way building, 2518 Ridge Ct. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson.
LAWRENCE, 785-691-7314

FIRST & THIRD WEDNESDAY OF EACH MONTH

CANCER SUPPORT GROUP

Join representatives from Lawrence Memorial Hospital Oncology Center and the American Cancer Society for a general cancer support group. Open to anyone with any cancer diagnoses and/or family members or others affected by their cancer. For more information, contact Liv Frost at 785-505-2807 or email to liv.frost@lmh.org.
LAWRENCE

FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - TOPEKA

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.
TOPEKA, 785-230-4422

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Ashley at 785-842-0543 for more information. \$12.00 to attend (includes lunch). 11:30 a.m.-1 p.m.

FIRST THURSDAY OF EACH MONTH

PARKINSON MEETING

■ CONTINUED FROM PAGE 21

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS
Volunteer service club.
LAWRENCE, 785-331-4575

SECOND MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m.
TOPEKA, 785-235-1367
www.jhawkaaa.org

SECOND TUESDAY OF EACH MONTH NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.
TOPEKA, www.narvre.com

SECOND TUESDAY OF EACH MONTH KAW VALLEY HERBS STUDY GROUP

An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup.
LAWRENCE

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2 p.m. For more information, please call Amy Homer.
LAWRENCE, 785-832-9900

SECOND WEDNESDAY OF EACH MONTH DIABETES EDUCATION GROUP

The Diabetes Education Center provides a free monthly program for those with diabetes and their support persons, at 6 p.m. Lawrence Memorial Hospital, Meeting Room A.
LAWRENCE, 785-505-3062

SECOND WEDNESDAY OF EACH MONTH SOROPTIMIST INTERNATIONAL OF TOPEKA

Soroptimist International's mission is to improve the lives of women and girls in local communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more information.
TOPEKA, 785-221-0501
www.soroptimisttopeka.org

SECOND THURSDAY OF EACH MONTH NAACP MEETING-LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.
LAWRENCE, 785-841-0030, 785-979-4692

SECOND & FOURTH FRIDAY OF EACH MONTH ALZHEIMER'S/CAREGIVER SUPPORT GROUP

Sponsored by the Alzheimer's Association-

Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.
LAWRENCE, 913-831-3888

SECOND SATURDAY OF EACH MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/ K10 Bypass). Plus: 7:30-8 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alexander.
LAWRENCE, 785-843-2584
www.happytimesquares.com

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2 PM

THIRD TUESDAY OF EACH MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.
TOPEKA, 785-286-2329 or 785-231-0763

THIRD TUESDAY OF EACH MONTH STROKE SUPPORT GROUP

For those recovering from a stroke, and/or their family and friends. Meets at 4-5:30 p.m. For more information call LMH Kreider Rehab Center.
LAWRENCE, 785-505-2712

THIRD TUESDAY OF EVERY MONTH ALZHEIMER'S SUPPORT GROUP

Alzheimer's support group for families and caregivers. Blessingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling.
TOPEKA, 785-286-2273

THIRD WEDNESDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.
LAWRENCE, 785-843-7481

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

A social support group to re-engage life after the death of a loved one. Meets at 11 a.m. at Paisano's Ristorante, Fleming Place, SW 10th & Gage. Dutch treat. Requires a reservation. Call Terry Frizzell at Heartland Hospice of Topeka for your reservation.
TOPEKA, 785-271-6500

THIRD FRIDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.
LAWRENCE, 785-235-1367 or (800) 798-1366

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11 a.m.-1 p.m. For more information about the Widowed Persons Service Program, please call Julie.
TOPEKA, 785-357-7290

FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice.
LAWRENCE, 785-841-5300

FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd., 1 p.m.
TOPEKA, 785-235-1367, EXT. 130

FOURTH THURSDAY OF EACH MONTH TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December.
TOPEKA, 785-233-5762
www.tgstopeka.org

FOURTH THURSDAY OF EACH MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards. 5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com.
TOPEKA

FOURTH FRIDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller.
TOPEKA, 785-478-0651

MISCELLANEOUS

WEDNESDAYS WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m.
TOPEKA, 785-783-8300
www.kansasdiscovery.org

SECOND FRIDAY OF EACH MONTH SCIENCE NIGHT LIVE: SCIENCE OF CHAIN REACTIONS

The second Friday of each month, the Kansas Children's Discovery Center opens its doors exclusively to adults, 21+. Science is fun...at any age. Science Night Live provides visitors the opportunity to have fun and learn about science in a unique setting. We mix music and dancing, drinks and fun, playful science and creative arts for discovery after dark. Each Science Night Live features a unique science theme, as well as tasty spirits and fun. 4400 SW 10th Ave, 6-9 p.m.
TOPEKA, 785-783-8300
www.kansasdiscovery.org

THIRD SATURDAY OF EACH MONTH COFFEE & CONVERSATION

Arbor Court at Alvamar, 1510 Saint Andrews Dr., 3 p.m. Open to the public.
LAWRENCE, 785-841-6847

FEB 8-OCT 11 SECOND SUNDAY MONTHLY HIKE

Clinton State Park and AmeriCorps invite you to join them for monthly hikes through the park every Second Sunday through the coming year. Each journey is approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Younger children are welcome, but be aware that the uneven terrain and length of the hikes may create the need for more adult assistance. Don't forget to bring water and dress appropriately. A Vehicle Permit will be required. Purchase one by the day at \$5.00 or annually for \$25.00 and get into all Kansas State Parks for the rest of the year. Call for more information.
LAWRENCE, 785-842-8562

AUG 7 CRUISE NIGHT WITH JIMMY DEE AND THE DESTINATIONS

Come relax, eat, shop and dance the night away at Holton Cruise Night, Friday, August 7. Bring your cars and relax on the courthouse lawn. Historic Downtown Holton Square, 5-10 p.m. Admission fee.
HOLTON, 785-364-3963
www.exploreholton.com

■ CONTINUED FROM PAGE 22

AUG 27

BIG TENT READING: SUSAN RIEKE
Susan Rieke, S.C.L. and Ph.D., is a Professor of English, holding the McGilley Chair for Liberal Studies at the University of Saint Mary in Leavenworth, Kansas. She has published two books of poetry, *Small Indulgences* and *From the Tower* (with Mary Janet McGilley, S.C.L., and Michael Paul Novak), as well as individual poems in many magazines. She does numerous poetry readings in the greater Kansas City area. Through the Kansas Humanities Council, she has given talks on Emily Dickinson and Walt Whitman and led book discussions in the state of Kansas. She is a native of Jefferson City, Missouri. Raven Book Store, 6 E 7th St., 7 p.m.
LAWRENCE

AUG 28

GRAPE ESCAPE
Grape Escape is the annual food and wine festival fundraiser to benefit Topeka Performing Arts Center. There will be over 120 wines available from Glazer's for tasting along with other drink and food vendors. Live and silent auctions and live entertainment by Pat Hazell will round out the evening. General admission tickets available through all Ticketmaster outlets and premium tickets available through Topeka Performing Arts Center box office only. Premium tickets will include dinner and access to premium wines. Purchase general admission tickets online at www.ticketmaster.com/Topeka-Performing-Arts-Center-tickets-Topeka/venue/49644. Topeka Performing Arts Center, 214 SE 8th Ave., 6 p.m.

TOPEKA, 785-234-2787

AUG 29

FT LEAVENWORTH FALL POST-WIDE YARD SALE
Gigantic yard sale throughout the fort. NOTE: U.S. Picture ID required upon entry to the fort. Stay in the right-hand lane (non-decal). Grant Ave., 6 a.m.-3 p.m.
FORT LEAVENWORTH, 913-684-1674

SEP 4-7

40TH ANNIVERSARY NATIONAL ABATE LABOR DAY RALLY
Don't miss the 40th anniversary of the oldest national ABATE rally going. Admission is for all weekend. No day passes. No one under the age of 18 admitted (member or non member). Perry Lake Corps of Engineers, 10419 Perry Lake Rd.
PERRY, abateks.org/labordayrally

Know an interesting senior who would be a great subject for a Senior Profile? Please call Kevin at 785-841-9417.

OCT 6 & 7

RIDE ON
Come and enjoy your favorite hymns, laughing with friends, great food, and re-starting your engine. Manhattan Christian College's newest event is an annual Christian conference specifically designed for men and women 55+. Held at the Hilton Garden Inn in Manhattan, the two-day event will be a time of spiritual renewal and inspiration. Each year's

theme-oriented conference program will include practical seminars, a dynamic keynote speaker, buffet meals, times of worship, and lots of other surprises. In addition to being personally encouraging to those who attend, the conference will provide an opportunity for senior adults/groups across the state to fellowship with each other and better connect with one another. Fee. Register online or call. MANHATTAN, 785-539-3571
mcccks.edu/events/alumni/momentum-conference

Does Your Business Offer a Senior Discount?

Let Senior Monthly readers know about it in our new Senior Discounts feature (coming soon). The cost is just \$50 for six consecutive issues of Senior Monthly. Commit to 12 issues and pay just \$75. Your ad can include anything that fits into a 2.3" wide by 1" tall space. Contact Kevin at 785-841-9417 or kevin@seniormonthly.net for more information.

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Brian Vazquez (President)
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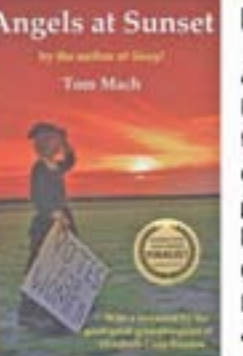
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Deadline for Kansas Senior Olympics is August 14

Registrations are now open for the 2015 Kansas Senior Olympics, sponsored by Shawnee County Parks and Recreation. Hundreds of athletes from Kansas and several other states are expected to compete this year at the games in Topeka from September 19 to October 4.

The 2015 Kansas Senior Olympics will offer competition in 18 different sports for individuals who will be 50 and over by December 31, 2015. These sports include Archery, Badminton, 3 on 3 Basket-

ball (teams), Bowling, Cycling, Golf, Horseshoes, Pickleball, Racquetball, Road Races, Shuffleboard, Softball (teams), Swimming, Table Tennis, Tennis, Track and Field, and Volleyball (teams). For the not-so-serious athlete, there are also 10 just-for-fun events. The final deadline will be Friday, August 14.

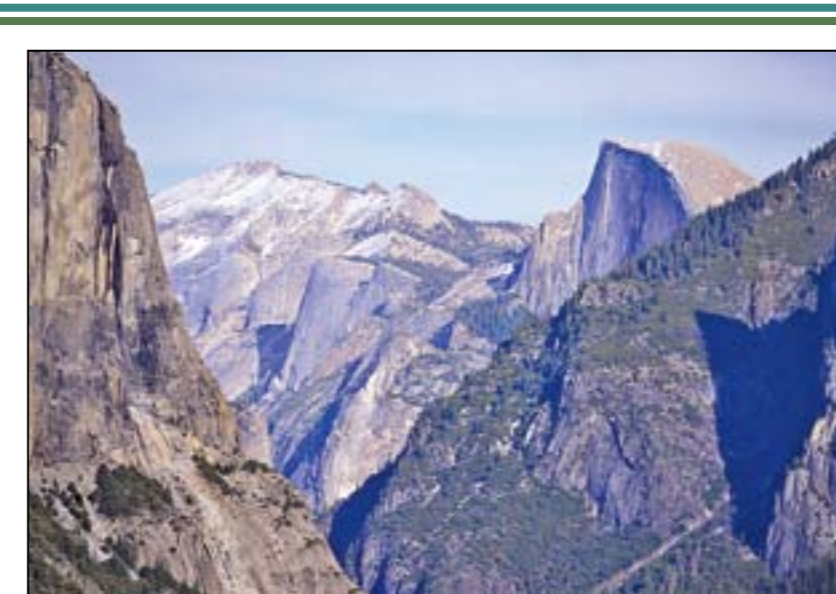
For entry information or to register online, visit website at kansasseniorelympics.fusesport.com or contact the Kansas Senior Olympics Office at 785-251-2975.

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RICK STEVES' EUROPE

Eating local: Shopping for a European picnic

By Rick Steves

Tribune Content Agency

If you want to eat like a local—enjoying tasty local specialties economically—picnic. While I'm the first to admit that restaurant meals are an important aspect of any culture, in Europe I picnic almost daily. This is not solely for budgetary reasons. It's fun to dive into a marketplace and deal with locals in the corner grocery or market. And Europeans are great picnickers. Many picnics become pot-lucks, resulting in new friends, as well as full stomachs.

To busy sightseers, restaurants can be time-consuming and frustrating. After waiting to be served, tangling with a menu, and consuming a budget-threatening meal, you walk away feeling unsatisfied, knowing your money could have done much more for your stomach if you had invested it in a picnic instead.

To bolster your budget, I recommend picnic dinners every few nights. At home, we save time and money by raiding the refrigerator to assemble a pickup dinner. In Europe, rather than raiding the fridge, raid the corner deli, bakery, or supermarket. If your hotelier posts signs prohibiting picnicking in rooms (most likely in France), you'll easily be able to find plenty of other atmospheric places to eat. But if you picnic in your room anyway, be discreet and toss your garbage in a public waste receptacle.

While I like to frequent local bakeries and outdoor markets, American-style supermarkets are a good alternative. Many of them occupy the bottom floor of big-city department stores, and some of them are very upscale. Here are some tips on how to navigate them.

READY-MADE FOOD: Many supermarkets offer cheap packaged sandwiches, while others have deli counters where you can get a sand-

wich made to order. Just point to what you want. Most supermarkets offer a good selection of freshly prepared quiche, fried chicken, and fish, all for takeout.

PRODUCE: Don't be intimidated by the produce section. It's a cinch to buy a tiny amount of fruit or vegetables. Many have an easy push-button pricing system: Put the banana on the scale, push the picture of a banana (or enter the banana bin number), and a sticky price tag prints out. You could weigh and sticker a single grape. In Spain and Italy, if there is no one to serve you, the store provides disposable plastic gloves for you to wear while picking out your produce (a bare hand is a no-no).

DRINKS: Milk in the dairy section is always cheap and available in quarter, half, or whole liters. Be sure it's normal drinking milk. Strange white-liquid dairy products in look-alike milk cartons abound, ruining the milk-and-cookie dreams of careless tourists. Or look on the (unrefrigerated) shelves for the common-in-Europe but rarer-in-America "long life" milk. This milk—which requires no refrigeration until it's opened—will never go bad ... or taste good.

European yogurt is delicious and can often be drunk right out of its container. Fruit juice comes in handy liter boxes (look for "100 percent juice" or "no sugar" to avoid Kool-Aid clones). Buy cheap by the liter, and use a reusable half-liter plastic mineral-water bottle (usually found next to the soft drinks) to store what you can't comfortably drink in one sitting. If it's hot outside, don't expect the soft drinks, beer, or wine to be chilled—most supermarkets sell these at room temperature.

SWEETS: To satisfy your sweet tooth (or stock up on gifts for the folks back home), check out the desert and candy section. European-

style "biscuits" (cookies) are usually a good value, as are candy bars that might cost twice as much at airport gift shops.

SUPERMARKET ETIQUETTE: Bring your own shopping bag or use your empty daypack, or expect to pay extra for the store's plastic bags. You may even have to pay a euro to use a shopping cart—although you'll get your deposit back when you return the cart to its rack. Sometimes the store's plastic shopping baskets will have wheels and pull-out handles as a handy alternative.

It's easiest to pay cash at checkout, but if you want to use your credit card, be sure you know the PIN—the clerk may ask you to enter it (clerks may also ask for photo ID). No one will bag your groceries for you; expect to be bagging

and paying at the same time. It's smart to start bagging immediately to avoid frustrating the shoppers behind you.

There is nothing second-class about using a supermarket for a picnic. A few special touches will even make your budget meal a first-class affair. In a park in Paris, on a Norwegian ferry, high in the Alps, at an autobahn rest stop, on your convent rooftop, or in your hotel room, picnicking is the budget traveler's key to cheap and local eating.

- Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

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HUMOR

Cosmic primetime television

Here in Letongaloosa, a humid, sweaty July gave way to what everyone expects to be a humid, sweaty August. We all hope that August will give way to a sweet September, and that then will come a glorious new primetime television season.



Larry Day

The other night I asked two of my best friends what they thought about primetime television, things got weird in a hurry. That's not surprising since my two friends were a robot from outer space, KB11.2, and Biggley Masters, the legendary writer/producer of primetime network television shows.

The three of us were having soft drinks in a back booth at the Enchantment, a dingy roadhouse north of here. The Enchantment is the kind of joint that every college town has to have to maintain its academic accreditation.

My alien friend Kaybe looks like a giant tuna fish can. Erector Set arms sprout from the curved sides of his body. Three spindly legs drop from the flat underside of his stainless steel torso. He has ball bearing wheels for feet, and three sensor-eyes wave at you from the ends of floppy antennae on the top his lid.

No one at the Enchantment even notices when Kaybe rolls up to my booth. Half the patrons, including the waitress, Four Finger Fannie, are aliens themselves.

Biggley Masters is a true television prodigy. At 19 he was lead writer for a very popular network soap opera. In his mid-twenties he wrote and produced several award-winning primetime series. Biggley has principles. He held out against a network executive who demanded that Biggley compromise a show's plot so the network could sell more commercials in that episode.

Masters and I in a back booth at the Enchantment discussing the upcoming prime time television season.

"The folks on Hebe, a minor planet in the Andromeda galaxy, love 'Toast of the Town,' and 'The Fred Warring Show,'" said Kabye.

"Whoa," said Biggley, who was something of a TV historian. "Those shows aired in the 1949-1950 primetime season. They were the first primetime television hits. How can you say that the folks on Hebe are seeing those shows?"

"FM radio waves and television signals pierce the earth's ionosphere and travel through the vacuum of space at the speed of light," said Kaybe. The shows from the 1949-50 television seasons are just now reaching outer space planets like Hebe."

"So the folks on Hebe must have

picked up Marconi's first radio signal, the letter 'S' (three dots) that he transmitted in 1901," I said.

"Oh, yes," said Kaybe. "In fact, the Hebian Supreme Council met in a special session to discuss a response to earth's distress signal. They decided, given time and distance, nothing could be done."

"I'll bet the Hebians will love 'M.A.S.H.' when it finally gets there," I said.

"Oh, yeh, 'M.A.S.H. will be a big hit on Hebe," said Kaybe.

Biggley took a folded paper from his jacket pocket.

"This is the new primetime network schedule," he said. "Kaybe, I'll name a show that is going to be broadcast this fall on U.S. Network TV. Then you can tell me the name of a show that will be airing this fall on some planet in the great Cosmos."

"Wonderful," said Kaybe.

"Grey's Anatomy," said Biggley. "That's a long-running medical series on U.S. television."

"Rick's Robot Repair Shop," said

Kaybe. "That's been airing on the planet Relontov (in the Bode galaxy) for 200 earth years."

"Criminal Minds," said Biggley. "It's a cop show."

"Zap! Crack! Blam!," said Kaybe. "The Marilians LOVE that cop show."

"Where is Marilia?" I asked.

"It's a small planet in the Triangulum Constellation. There's been no crime on Marilia for centuries. There are no cops, no jails, no courts, and no prisons on the planet. The Marilians are fascinated by the concept of 'badness.' But they have to import their TV crime shows from Gobokovandan, a nearby planet that has a ton of bad guys."

I finished my soft drink and slipped unnoticed from the booth. Kaybe and Biggley were engrossed in a discussion of interstellar TV. I told our waitress, Four Finger Fannie, to put the whole bill on my tab.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction-sometimes intentionally-all his life.

PET WORLD

Distract finger-biting cat with other amusements

Q: My cat likes to chomp my fingers. I've put on winter gloves, but she waits and bites them, too. This is very irritating. Any advice? - M.M., via cyberspace



Steve Dale

A: "This could all be a fun game to your cat, who previously learned that human fingers are fun to bite on," says certified cat behavior consultant Ingrid Johnson, of Atlanta, GA. "One option is to stop using the gloves, which may have become a cue to let the bite-the-fingers games begin, even more than previously."

"If you feel safer, then by all means keep the gloves on, but put lemon juice or vinegar on them (or spray them with a manufactured product such as Bitter Apple, available at pet stores and

online)," says New York City-based certified cat behavior consultant Beth Adelman. "If the cat does bite down on you, say 'ouch!'"

Continue to reward your cat with these alternative and appropriate objects or food to bit, instead of your fingers."

Johnson sells foraging toys she's created on her website: www.fundamentallyfeline.com. Dozens of other choices are available at pet stores and online.

- Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 154, Buffalo, NY 14207. Send e-mail to PETWORLD@STEVEDALE.TV. Include your name, city and state.

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WOLFGANG PUCK'S KITCHEN

Make steaks memorable this summer

I'd like to share a recipe that concentrates on simple ways to take a basic, grilled main course and amplify the pleasures it delivers.

It starts with good meat. For this recipe, I specify strip steaks, a wonderful cut from the short loin that combines tenderness with a touch of



Wolfgang Puck

chewiness, and robust flavor with leanness. I like USDA Prime meat for the best quality, but those labeled Choice will also give good results.

You could also use another cut of steak you prefer. Or, for that matter, you could even substitute good burgers, pork chops, pieces of chicken or fish fillets. The real point of this recipe is not the main protein itself but how you serve it.

In this case, I start by preparing a great sauce for the steaks. In the spirit of the all-American melting pot, the sauce starts with bottled Chinese hoisin sauce, which you can find in the Asian foods section of any well-stocked supermarket. Then I spice it up with shallots, garlic, ginger, cilantro and other seasonings, simmering the mixture briefly before I actually cook the steaks.

The other key to making the steaks memorable is to grill some vegetables alongside them. One of my favorite selections for cooking over an open fire is sweet onions, because the intense heat caramelizes their natural sugars. The charred onion slices, at once both tender and crisp, make a delightful complement to every bite of the hearty beef, and the sweet-and-spicy sauce ties it all together perfectly.

In the end, you'll have spent barely

any time prepping and cooking than you would have if you'd just cooked plain steaks. But you'll leave your outdoor table feeling so much more satisfied.

GRILLED STEAKS WITH SWEET ONIONS AND SPICY-SWEET HOISIN SAUCE

Serves 6

SPICY-SWEET HOISIN SAUCE:

- 1/4 cup (60 mL) vegetable oil, plus extra for brushing steaks and onions
- 4 medium shallots, thinly sliced
- 4 garlic cloves, minced
- 1 tablespoon finely grated fresh ginger
- 1/2 teaspoon crushed red pepper flakes
- 1/3 cup (80 mL) chopped fresh cilantro
- 1/3 cup (80 mL) bottled hoisin sauce
- 3 tablespoons soy sauce
- 1/2 cup (125 mL) chicken broth
- 3 tablespoons honey
- 3 tablespoons unsalted butter

GRILLED STEAKS WITH SWEET ONIONS:

- 6 strip steaks, about 1/2 pound (250 g) each
- 2 large sweet onions, such as Vidalias, Walla Walla or Texas Sweet, cut crosswise into slices 1/2 inch (12 mm) thick
- Kosher salt
- Freshly ground black pepper

Preheat an outdoor grill. Meanwhile, make the hoisin sauce. In a medium saucepan, heat the 1/4 cup (60 mL) oil over medium heat. Add the shallots, garlic, ginger, red pepper flakes and cilantro, and cook, stirring occasionally until softened and very fragrant for about 7 minutes. Add the hoisin, soy sauce and chicken broth, raise the heat to medium-high and boil until thickened, stirring occasionally for about 5 minutes. Stir in the honey.

Remove from the heat and stir in the butter until blended. Turn off the heat, cover and keep warm.

Generously brush the steaks and onion slices on both sides with oil and season with salt and pepper. Grill the steaks over high heat until nicely browned and medium-rare, about 4 minutes per side. Transfer the steaks to a carving board, cover with aluminum foil, and leave to rest for 5

minutes. Meanwhile, grill the onions until nicely charred, about 4 minutes per side. Transfer the onions to a platter.

With a sharp knife, cut the steaks crosswise, against the grain, into thick slices, arranging them on the platter with the onions. Serve immediately, passing the steak sauce on the side.

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MEMORIES ARE FOREVER

Each month I will write about a memory of a person's life and I hope you will enjoy it. For information you need to submit your own memories, please visit my blog at

www.MemoriesAreForever.net
I would love to hear from you. If you wish to include a nostalgic picture of yourself, please send it as an attachment to your submission email. (The photo below is me as a two-year-old sitting on the steps of my home in Chicago.) - Tom Mach



Tom Mach

The Day We Invented Streaking

By Rick McNary

Folks who that say that Kansas is boring have never seen three little boys streaking through a pasture dodging cow pies.

The drafty old farmhouse in rural Kansas that I grew up in originally sat far enough from the busy Highway 54 to be safe. However, the state of Kansas decided to move the highway close enough to our house that we sometimes opened the doors to let cars pass.

A half-mile east of the house was Hobson's Pond. We often ran the cows out of the pond so we could play in the mocha colored water. Cows are not

Please recycle this copy of Kaw Valley Senior Monthly when you are through with it.

only fast; they are sarcastic. Cows are the little old ladies of the animal kingdom. I could just imagine what one of these cows might have said if she could talk—

"Hey, Maude!" Gertrude the cow shouted as we raced across the prairie dodging their strategically placed cow pies, "Look at this chubby one run. I bet I can catch him this time before he darts under the barbwire fence."

Since I was the baby of the family with siblings old enough to have children my age, my nieces and nephews were my peers. Each summer, three of them would descend upon me from New York. Two others appeared randomly and turned my lonely existence on the prairie into four weeks of tomfoolery.

There were an equal number of girls and boys all within a four-year age range so it was easy to form alliances against the enemy: boys against girls. Since we were the boys, it was assumed any mischief originated in our devious little minds. When shenanigans erupted, the boys were lined up in front of the firing squad first. No questions; no jury of our peers; just the judge handing out verdicts without due process.

We didn't have such things as swimming suits, just cut off jeans. If we didn't have those, we were not a bit bashful about skinny-dipping. One hot summer day, the three of us boys man-

aged to escape the scorn of cows and decided to frolic in Hobson's Pond in our birthday suits.

We froze when we saw the girls sneaking through the grass headed to our clothes. We dared not emerge from the water lest we traumatize both the girls and the cows so we just sat there like three fat toads on a log watching them steal our clothes. Above the giggling of the girls, we heard the cows snickering in the background.

The girls took off towards home with our clothes in hand.

The line from Hobson's Pond to our house ran parallel to Highway 54, the busiest stretch of blacktop in Kansas. Furthermore, it was only about 50 feet away so we hoped there would be no audience. There were no fig leaves to protect us so we used the next best thing: pond mud.

Bad idea. The bottom of a Kansas pond has the consistency of warm Jello, the toxicity of a nuclear reactor, and the adhesive qualities of Teflon. It is not the optimal clothing to hide one's form. Furthermore, since we hadn't matured yet, our bodies were hairless so there was nothing to which

the mud could adhere. But we packed ourselves with it and took off on a dead run.

We lost most of it in the first 15 feet. By then, horns were honking, vacationers were stopping to take pictures, and the cows laughed so hard their milk turned into cottage cheese.

There are few things more frightening for a boy than crawling through a barbwire fence while naked.

We made it home only to find out that we, not the girls, were in trouble. Apparently the Matriarchs of the clan determined that the boys were responsible for any and all crimes against humanity.

We were lined up, tied to a stake, and the fires of righteous indignation lit at our feet.

I often wonder if, at a holiday dinner table, someone says, "Hey, remember that time we were driving across Kansas and those three little boys were streaking through the pasture?"

They laugh, dig out the photos they took of us, then say to each other, "Well, whoever says Kansas is boring has never seen a cow laughing so hard it blows milk out its nose."



Rick McNary

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