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Vol. 16, No. 2

INSIDE



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KEVIN GROENHAGEN PHOTO



*Bonita Robins:
Preparing for
the Kansas
Senior
Games.*

See story on page three



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Robins takes aim for the National Senior Games

By Kevin Groenhagen

If all goes well, Bonita Robins will be traveling to Birmingham, Alabama, next June to participate in the National Senior Games. But first she'll have to qualify at the Kansas Senior Games in September. If she qualifies, it will not be an entirely new experience for her since she has qualified for—and participated in—every National Senior Games since 1995.

Robins will compete in bowling, horseshoes, and shuffleboard at this year's Kansas Senior Games. In the past, she has also competed in shot put, discus, and javelin. However, since athletes are limited to competing in a maximum of two sports at the National Senior Games, she hopes to qualify in bowling and horseshoes. She has participated in these two sports for a combined total of more than 100 years.

"We lived in the country and I was an only child," Robins said. "My dad thought I needed something to do to occupy my time, so he taught me how to pitch horseshoes when I was 12. I didn't

learn to bowl until my second of three children was six months old. I had never been very athletic in school. I played a little bit of softball in grade school. I also did a little high jumping and long jumping in grade school, but I was not a runner. At that time, we didn't have much for girls sports anyway. As I got older, I needed something to keep active. So I started to bowl in leagues. Last year at the women's state bowling tournament, I received my 40-year pin. However, I've probably been bowling 45 years in leagues."

The Kansas Senior Games are held every year, and even-numbered years are qualifying years for the National Senior Games. As soon as she turned 55, Robins signed up for the Kansas Senior Games, which were then called the Kansas Senior Olympics. The games' rules have since changed to allow 50-year-old athletes to participate as long as they turn 50 before December 31 of the year they compete.

Robins and her bowling partner



Bonita Robins prepares to pitch a horseshoe.

qualified at the Kansas Senior Games in 1994 by taking third in doubles. They traveled to San Antonio, Texas,

the following summer to compete in the National Senior Games, where,

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Kevin L. Groenhagen
Editor and Publisher

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Bonita Robins

■ CONTINUED FROM PAGE THREE

remarkably, they won the gold medal in the bowling doubles event.

“When we were at nationals in Tuscon in 1997, there was a group that was selling gold medalist rings,” Robins said. “They checked the records to confirm that I had won a gold medal. So I have a gold medalist ring. It’s a special memento for me.”

Robins pitched horseshoes at the National Senior Games for the first time in Orlando, Florida, in 1999.

“I figured that for the entry fee to participate at nationals, I’d better find another sport in addition to bowling,” Robins explained. “Also, we were going to be staying there for several days, so I needed to be occupied with doing something there. We’re limited to two sports for competition. In bowling we have three events—singles, women’s doubles, and mixed doubles. They’re all included in one sport. If I happen to qualify in all three events, then I can actually enter all three of those at

nationals. It used to be that you could choose just one event for nationals.”

In addition to her two gold medals at nationals, Robins has won one silver medal and one bronze medal for horseshoes, and two bronze medals for women’s bowling. She estimates that she has averaged winning six or seven medals at every Kansas Senior Games she has participated in.

According to Robins, only about half of those who qualify at the Kansas Senior Games go on to compete at nationals the following year.

“I was in Minneapolis for nationals for two weeks in 2015,” Robins said. “By the time you figure in a hotel room and meals for two weeks, souvenirs, the entry fee, and travel, it gets pretty expensive. It takes me a couple of years to save up enough to be able to go to the next nationals.”

To help pay for nationals, Robins works part-time as an office manager at a storage company in Topeka.

Participating in both bowling and horseshoes allows Robins to stay active throughout most of the year.

“I bowl in the wintertime and pitch

horseshoes in the summertime,” she explained. “We have about 20 or 25 people show up every Wednesday night to pitch horseshoes. That’s an accomplishment in this heat. We don’t have indoor courts, so we’re out in the heat. Last year we had an indoor court set up in Fairlawn Plaza as a promotion for the World Horseshoe Tournament, which was held in Topeka.”

Robins participated in the World Horseshoe Tournament immediately after driving back from the National Senior Games in Minneapolis.

“I didn’t do well at World,” she said. “Those gals pitch all the time. The World Horseshoe Tournament is a little more competitive.”

In addition to participating in the Kansas Senior Games as an athlete, Robins is a longtime volunteer.

“It was a dream come true to actually have a gold medal from the National Senior Games,” she said. “It took awhile to soak in that we had actually done that. We were in a state of shock. I made a pledge to myself in 1995. I said, ‘God, you gave me this medal, so I need to pay for this medal.’ In order

for me to do that, I’m going to devote myself to the Senior Games, and I’m going to do everything I can to promote this group of sports.”

As part of her pledge, Robins began serving as the secretary on the state advisory council in 1996. She served in this position for 20 years, and, although the state advisory council was replaced with a new body last year, she continues to take minutes on an informal basis for Kansas Senior Games meetings. To honor her for her many years of volunteer work, last year Kansas Senior Games presented her with its inaugural Volunteer of the Year award. The award, which will be given annually, is named after Robins. This was not the first time Kansas Senior Games had honored Robins. In 2008, she received the Jerry Reichart Award, which is presented to an athlete who, among other criteria, is “a supporter of Kansas Senior Games from the standpoint of money, help, time—any type of support deemed appropriate.”

While Robins enjoys the medals and awards associated with the Senior

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Bonita Robins

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Games, there is something she enjoys even more.

“I love the camaraderie,” she said. “Everyone cheers everyone on. I remember when we were in Florida. There were a couple older ladies there who were maybe 80 to 84. They had Alzheimer’s. A younger woman was with each of them, and they would stand them where they could pitch horseshoes from 20 feet. They would pitch the horseshoes one way, the younger women would go get the horseshoes, bring them back, turn the older women around, and then have them pitch the other way. I thought that was so neat because these older ladies were out there being active and competing.”

“When I was down in San Antonio, there was a

92-year-old woman who went down to the track to practice running,” Robins continued. “She couldn’t find anyone her age to practice with, and she was really upset. She said, ‘Well, how can I get a good practice if I can’t find someone my age to practice with?’ You hear these things, and it’s wonderful because she was 92 and she was planning to practice before her event. It’s just amazing.”

And then there are the friendships established while competing.

“I have friends all over the nation,” Robins said. “At one point, over a period of five nationals, which would be a total of 10 years, there were five of us who pitched against each other in horseshoes. But when I went to Minneapolis for the last nationals, I was the only one still competing. Maybe their health doesn’t allow them to compete anymore. I also have a very good friend from Louisiana who bowls. She always has a big hug for me. We don’t email each other, we don’t call each other. We just see each other every two years at nationals. If you’re interested in any sport, the Senior Games would be a good thing to get into. You’ll meet a lot of new people and make a lot of new friends.”



Two of the medals Robins has won at the National Senior Games.

The 2016 Kansas Senior Games will be held September 9-18. Given that 2016 is a qualifying year, Robins said the Kansas Senior Games is hoping to have 900 participants this year. The athletes, who must be at least 50 years old by December 31, 2016, will compete in 17 sports. The registration deadline is August 19.

For more information about the Kansas Senior Games, please visit <https://kansasseniorgames.fusesport.com> or call 785-235-2295.



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Mehalic's business offers safer bathing options

By Bill David

When Gary Mehalic was looking for a business to go into, he had only to look at his interest in helping seniors and combine it with his awareness of new options that were becoming available in bathtub design.

"I had senior friends who needed help in this area," he said, referring to the need for safer bathing options. "I also had an elderly grandmother who needed help, and I saw how dangerous it was for her to safely bathe."

Being an entrepreneur at heart, Mehalic had seen ads for walk-in bathtubs when they first came out. So seven years ago he put these two ideas together and opened Bath Innovations Walk-In Bathtubs and Remodeling in Overland Park.

"Bathrooms have been proven to be one of the most dangerous areas of a home, especially for seniors," he explained, adding that the danger of falls in the bathroom is increased by problems with balance, unsteadiness, side effects of medications, poor eyesight, poor lighting, objects on the floor that increase the danger of tripping, and even something as simple as slipping on a wet spot on the floor. "It is estimated that one in three seniors over the age of 65 will fall this year," Mehalic said, adding that one-fourth

of all seniors who fracture a hip from a fall will die within six months of receiving the injury.

"This is a very important role we play in providing seniors with bathing safely in the comfort and privacy of their own home," he said. Not only seniors, but also people with injuries or disabilities can benefit from the hydrotherapy that walk-in bathtub jets provide, promoting physical well-being and healing by relieving stress and the high blood pressure that may accompany it, increasing blood flow through the warm-water jets, and relieving pain and muscle tension. It also helps customers get a good night's sleep.

"I have had clients with pain issues, such as arthritis and fibromyalgia find much relief with our hydrotherapy system," Mehalic said. "Many people with chronic pain have difficulty getting a proper amount of sleep."

This problem can be alleviated by using a walk-in bathtub at bedtime, he explained.

In addition, walk-in bathtubs can help seniors remain in their own homes, and Mehalic's business also offers other kinds of home remodeling to help achieve this goal.

"This can be done by making needed modifications in areas of high risk, such as bathrooms and stairways," he

■ CONTINUED ON PAGE EIGHT

KEVIN GROENHAGEN PHOTO



Gary Mehalic stands by a walk-in tub that he recently installed in Olathe. His business, Bath Innovations Walk-In Bathtubs and Remodeling, offers products that can help seniors remain in their own homes.

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Gary Mehalic

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said, adding that remodeling can be much more cost-effective than moving to another place such as an assisted living facility.

Mehalic believes that customers should carefully consider all of their bathtub options before making a choice.

"I have had people make the remark at their first glance, 'they're all about the same, aren't they?'" he said. "That could not be further than the truth."

Some tubs are cheaply made, he explained, adding that he only carries the highest quality of tubs and that they include the following features:

- One of the lowest step-ups (2 1/2 inches) in the industry, making it easier for people who find it difficult to lift their feet.

- There is a heavy-duty, dual-locking system, which ensures a very tight seal. Solid, no-leak, right- or left-hand oriented door.

- The tubs come in seven different sizes, and custom colors are available.

Mehalic said that his business provides accurate estimates without a high-pressure sales pitch, and also promises high-quality, professional installation. Nationwide shipping is available as well.

"We try to treat people like family," Mehalic said. "It's gotten me a lot of business, actually."

Treating customers like family comes naturally for Mehalic when it involves working with the senior population.

"They're down-to-earth, they're very transparent, and they are honest," he said. "It is very pleasant to work with them."

Mehalic can be reached at Bath Innovations Walk-In Bathtubs and Remodeling at 913-912-1750.

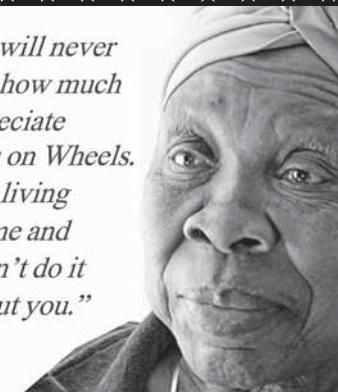
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Bath Innovations Walk-In Bathtubs and Remodeling carries the highest quality walk-in tubs. The tubs include one of the lowest step-ups (2 1/2 inches) in the industry, a heavy-duty, dual-locking system, solid, no-leak, right- or left-hand oriented doors, and come in seven different sizes.

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Social Security has a full basket of useful offerings

By Norm Franker

Social Security District Manager in
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Who doesn't love sharing a summer picnic with friends and family? Whether you plan one for everyone on your block or a quiet afternoon for two, you'll need to bring a basket full of delectable goodies. When you're sharing dishes with loved ones, whether you're at home or away, you'll be sure to make everyone happy with a variety of treats.

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Another way you can contact us is toll-free at 1-800-772-1213 (TTY 1-800-325-0778). Of course, you can also use the field office locator at www.socialsecurity.gov/agency/contact to find your local field office, where you can speak with a Social Security employee face-to-face.

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Brewster Place prepares for the next generation

By Kevin Groenhagen

Brewster Place has a new tagline: “Think You Know Brewster? Think Again.” However, the changes at the Topeka non-profit, life plan community go well beyond words. Many of these recent and future changes have been the result of input from Brewster Place residents and focus groups.

Bill Larson is the brainchild behind a major change at the main building on the Brewster Place campus. Larson and his wife have been residents of Brewster Place’s independent living cottages for about 15 years. The couple enjoys living there, but Bill believed the campus was missing something.

“Bill brought up that there wasn’t really a big, centralized gathering place for people to come together,” said Eileen McGivern, Vice President of Wellness and Community Initiatives at Brewster Place. “Bill spoke to our CEO, David Beck, and shared his vision. Then David invited Bill to sit on our planning committee since he really wanted a resident’s input in the planning. Bill really took the reins with that. He actually drew what he envisioned, and then he was really involved every step of the way.”

Bill Larson’s vision opened in April as Main Street at Brewster Place. The area includes The Market on Main Street, the Winchell Wellness Center, an outpatient therapy clinic, a chapel, a beauty salon, a pavilion social area, a Kaw Valley Bank branch, and a dining/meeting area that includes a fireplace with two large-screen televisions.

The Market on Main Street features a convenience store that offers snacks, drinks, toothpaste, toilet paper, household cleaning products, and many other items residents would normally have to leave the Brewster Place campus to purchase. However, the main attraction at The Market on Main Street is the bistro, which is overseen by a sous chef to ensure the consistent quality of the food.

“We came up with a Market menu that focuses on foods that are healthy and fresh,” said Claudia Larkin, Brewster Place’s Vice President and Chief

Operating Officer. “At lunch, we offer two homemade soups a day—Root Vegetable Chowder is a favorite with residents and staff. Guests can select from two specialty sandwiches each day, or have a custom sandwich prepared from our full sandwich bar. Popular sandwiches include The Cuban and the Smoked Turkey Panini with Brie and Apple Slices. We also have the salad bar of the day. One day we might offer the Asian Chicken Salad Bar and the next a Cobb Salad Bar. Each morning, we offer a hot breakfast buffet. Our menus run on a two-week rotation.”

“We wanted the food available here to be very different from what the residents could get in our dining-room settings,” Larkin continued. “It’s a little trendier. If residents live in the main building, which comes with an all-inclusive dining plan that includes three meals a day, snacks, drinks, and take-home food, they can swap out their dining-room meal for a meal in the market. Anyone else on our campus, such as those in independent living, can come and enjoy the market as well. In addition, the market is open to staff and Brewster guests and visitors.”

The market also features a signature coffee blend called “Brewster Brew.”

“The Roasterie in Kansas City did a ‘Crimson and Brew’ blend for us when I was the director of marketing for



Main Street at Brewster Place features The Market on Main Street, where residents, staff, guests, and visitors can enjoy a selection of sandwiches, soups, and salads.

KU Memorial Unions, so I knew they would help us create something for Brewster,” Larkin said. “We sent two of our residents and two of our staff members who are coffee connoisseurs to Kansas City. They did what is called a cupping. The Roasterie created several different options for them, which they got to retool until the four of them agreed on a brew. That’s how we got

Brewster Brew.”

Breakfast at the market starts at 8:00 a.m. and goes until 10:30 a.m., while lunch is available from 11:00 a.m. to 2:00 p.m. The market closes at 2:30 p.m.

The Main Street Social Area has also fulfilled Larson’s desire for a centralized gathering place on the Brewster

■ CONTINUED ON PAGE 11



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Brewster Place

■ CONTINUED FROM PAGE 10

Place campus.

"We have a program called BrewsterConnect with about 80 members out in the community," McGivern said. "They come for our weekly social, so this area has become a campus gathering spot."

For a modest monthly fee, BrewsterConnect allows those not living at Brewster Place to enjoy the social, wellness, fitness, and educational programs that residents enjoy, plus take advantage of Brewster's transportation and list of vetted vendors to enable them to continue living successfully in their home.

"It's also wonderful to have a space to do Osher Lifelong Learning Institute events," Larkin said. "The chapel is equipped with IT and ADA equipment, so it is very easy to do presentations there."

"We installed Hearing Loops in the chapel and in our wellness center," McGivern added. "This is another example of a resident initiated improvement project. Larry Brock did the research and promoted the Hearing Loop idea to management."

A hearing loop takes a feed from a PA system or, for transient locations, a microphone mounted on, for example, a checkout register. The hearing loop system then transmits the feed through a wire loop that surrounds an audience. This loop projects a magnetic signal to a telecoil receiver, which is found in all cochlear implants and about 70 percent of hearing aids.

Another change coming to Brewster Place concerns a new housing option on the campus. In April, Brewster Place held five community focus groups to gather information on future needs of seniors in the Topeka area. Specifically, Brewster staff tested the following with regard to senior living preferences: Floorplans, amenities, standard features and custom options, parking, storage, and pricing. Focus group attendees also completed a 31-question survey questionnaire. From the feedback, the Brewster management team developed plans for the Cottonwood Villas at Brewster.

"In May 2017, we'll break ground on

the Cottonwood Villas," Larkin said. "This will be 14 new villas that are geared toward active seniors who really want to be able to shut their doors and go. There will be everything from one-bedroom, one-bath apartments to much larger floor plans with two bedrooms, two baths, and a den. We'll have six different floor plans from which prospective residents may choose."

The Villas, which offer maintenance-free living, range in size from 1,050 square feet to 1,950 square feet. The villas will all have balconies and zero-entry showers. Larger villas will have double vanities in the bathrooms. The villas will also feature nine-foot ceilings, coffered ceilings when possible, social gathering spaces on each floor, and a full-size laundry in each apartment.

"We're gearing up for the next generation," Larkin said. "We think the Cottonwood Villas will appeal to baby boomers."

Brewster Place plans to hold two "lunch and learn" events in September to share more information about the Cottonwood Villas.

Brewster Place's expansion plans also include a new restaurant and bar attached to a cultural arts center with a stage, additional covered parking, and a covered drop-off entrance. Also in the works is an addition to the Main Street wellness center that will include new indoor pools for warm water exercises and lap swimming.

"We are also planning on connecting some of our campus facilities with tunnels," Larkin said. "There will be a tunnel that connects Main Street to the new parking garage. There will be another that joins the new parking structure to our Brewster East building and to the community center that will protect our residents in inclement weather."

For more information about Brewster Place, please call 785-274-3350 or visit www.brewsterplace.org.



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

KEVIN GROENHAGEN PHOTO



This community art project located in Main Street at Brewster Place was spearheaded by lead artist Carol Bradbury of Bloomerang Studios. Residents, resident families, staff, and volunteers, with Bradbury's help, created a series of dynamic artworks.

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KEVIN GROENHAGEN PHOTO

Karren Weichert, Midland Care CEO (center in striped top), and others cut the ribbon at Midland Care's new facility at 1112 SW 6th Avenue in Topeka. The building is the new home of Midland Care's Center for Hope and Healing (grief and loss services), Volunteer Services, and Marketing and Development Departments.



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Booth serves as spokesman for ComfortCare Homes

ComfortCare Homes of Baldwin City & Ottawa is pleased to announce that Hank Booth has agreed to serve the organization in the capacity of marketing consultant and spokesman.

Well known in the Lawrence and Douglas County area as a radio personality for decades, Hank continues to host *According to the Record*, his daily program on KLWN 1320.

In addition to his long affiliation with Great Plains Media, the parent organization of KLWN, KISS 105.9 and The Bull 92.9, Hank has also served as director of the Lawrence Chamber of Commerce, the Baldwin City Chamber of Commerce, and remains active in economic development in Douglas County.

With deep roots in the local health-care industry, Hank has served on the board of the Visiting Nurses Association, and has consulted with Lawrence Memorial Hospital and its Endowment Association. He currently sits on the Board of Douglas County Senior Services, the organization charged with implementing the City/County Retiree Attraction Task Force recommendations in Lawrence and Douglas County.

"The addition of Hank Booth to our team immediately connects

ComfortCare Homes to thousands of seniors in our growing markets," according to Scott Schultz, President and Owner. "As we continue to implement plans to expand our memory care homes in Douglas and Franklin Counties and to bring additional senior services to the market, Hank will be instrumental in communicating our mission: 'To be the Memory Care Provider of Choice in each community we serve.' I cannot think of a more outstanding person to tell our story than Hank Booth."

"I am honored to be working with Scott Schultz who is setting a standard with ComfortCare Homes in NE Kansas for how care is provided to seniors with special needs," commented Booth. "His dedication to provide safe, comfortable, enjoyable living facilities is inspiring to watch."

ComfortCare Homes is a nursing home alternative, providing memory care in real homes in residential neighborhoods in Baldwin City and Ottawa. ComfortCare is on the web at comfortcareks.com, on Facebook, and has headquarters at 813 8th Street in Baldwin City. The telephone number is 785-594-2603.

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Legend Senior Living™ welcomes Jason Freewalt as VP of Operations

Legend Senior Living™ is pleased to introduce Jason Freewalt as Vice President of Operations for Legend Senior Living™ communities in Colorado, Kansas and Oklahoma. Freewalt will oversee the day-to-day operations for close to 20 locations throughout the region.

“We are very excited to have Jason join the Legend™ team,” said Chris Mahen, COO of Legend Senior Living™. “Jason’s high energy, enthusiasm and impeccable business savvy are a perfect fit for the company as we continue to grow.”

Freewalt spent the last 15 years in the Health and Wellness sector and has relocated from the Chicago area. Originally from the small town of Yorkville, Ill., Freewalt eventually settled in the Chicago area. He and his wife, Kristy, met while at rival colleges and have been married for 16 years. They have three beautiful daughters: Cheney Grace, Charlotte Joy, and Chloe Faith.

If you ask Freewalt why he made the career switch he will tell you, “This is the right profession to be in for the next 20 to 30 years. I’ve been

really impressed with the people I’ve met and I look forward to being a part of the legacy of growth.”

Legend Senior Living™ is a privately held company founded in 2001 by Timothy Buchanan and is dedicated to providing quality services and housing to senior adults. Legend Senior Living™ is based in Wichita, Kansas and owns and operates senior living residences

in Colorado, Kansas, Oklahoma, Texas and Florida.



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Topeka YMCA to offer Enhance[®]Fitness, a program that treats arthritis through fun exercise, group support

The YMCA of Topeka will soon offer Enhance[®]Fitness, an evidence-based physical activity program proven to increase the physical, mental and social functioning of older adults, particularly those with arthritis.

YMCA of the USA (Y-USA), through a national alliance with the Centers for Disease Control and Prevention (CDC), is providing start-up stipends to Ys across the U.S.

EnhanceFitness will be available to older adults in the Topeka area on August 22.

According to the Centers for Disease Control and Prevention, 52 million Americans have arthritis, including

about half of all adults over age 65. Almost 23 million Americans report that arthritis limits their physical activity, and members of racial and ethnic minority communities tend to suffer disproportionately. Research has shown that low-intensity physical activity performed on a regular basis can reduce pain, improve functioning, elevate mood and delay the onset of disability and the Y is working to bring this arthritis relief to communities that need it the most through the EnhanceFitness program.

As an EnhanceFitness provider, the Y's certified staff will offer older adults three, one-hour classes per week that

include research-based aerobic, strength training, balance and flexibility exercises that are safe, effective and modifiable for a variety of fitness levels. Fitness assessments will be conducted every four months to track participants' progress. In addition to physical benefits, the program focuses on providing a fun, social atmosphere that fosters relationships between program participants.

"Providing healthy aging programs is a priority for the Y, especially as the number of older adults continues to rise. With a mission centered on balance in spirit, mind, and body, we strive to be a leading voice for health and well-being in our community so that all people, no

matter what their circumstance or age, can achieve greater health," said Joe Hodgson, Executive Director of Programs. "We are excited to collaborate with Y-USA, the CDC, and Senior Services to offer older adults the support they need to build physical strength and decrease arthritis symptoms in a fun atmosphere."

EnhanceFitness is offered at YMCAs across the country through a licensing agreement with Sound Generations, Inc., the Seattle-based non-profit organization that developed the EnhanceFitness program model.

For more information contact Joe Hodgson at 785-435-8659.

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MAYO CLINIC

Surgical and nonsurgical treatment options available for vaginal prolapse

DEAR MAYO CLINIC: I've been diagnosed with vaginal prolapse and am not sure where to begin with treatment. What is the best long-term treatment? I'm only 53.

ANSWER: Surgical and nonsurgical treatment options are available for vaginal prolapse. The treatment you choose usually depends on the severity of the condition, as well as how much the symptoms bother you. For long-term relief of vaginal prolapse that is causing persistent symptoms, surgery is often recommended to repair the vagina's support.

Vaginal prolapse happens when the muscles, connective tissue and ligaments that support the vagina weaken and stretch, causing the tissue to drop down, or prolapse, into the lower portion of the vagina or out the vaginal opening. Prolapse of the uterus, bladder (cystocele), and rectum (rectocele) can accompany vaginal prolapse and lead to a feeling of pelvic pressure or fullness, or a feeling of a bulge within the vagina. In some cases, these symptoms may be mild in the morning but get worse as the day goes on.

A number of factors can lead to vaginal prolapse, including previous pregnancy, vaginal childbirth and aging. Chronic constipation, loss of muscle tone, lack of estrogen in the body after menopause, and repeated straining or heavy lifting over time

may also contribute to weakening of the vaginal muscles and supportive tissues.

If vaginal prolapse does not cause symptoms, or if you can manage your symptoms and they do not disrupt your daily activities, you may not need treatment now. Over time, however, the muscles and ligaments supporting your vagina may continue to weaken, so without treatment the prolapse could get worse. Because of that, it's important to follow up with your doctor as time goes on to monitor your symptoms and the severity of the prolapse.

If vaginal prolapse makes it difficult for you to have a bowel movement, results in urinary problems, causes pain, leads to sexual problems or causes other ongoing symptoms, then treatment usually is necessary. For mild to moderate cases, self-care measures, such as performing exercises called Kegel exercises to strengthen your pelvic muscles, may reduce your symptoms.

Maintaining a healthy weight, avoiding heavy lifting and straining, and taking steps to ease constipation may provide some symptom relief by reducing pressure on the muscles and tissues that support your vagina. Nonsurgical therapy in the form of a pessary—a small device inserted into the vagina to prevent the tissue from prolapsing—is also an option to consider.

For more severe cases of vaginal prolapse or when other measures do not help, surgery can be a useful treatment option. Surgery involves repairing the damaged or weakened tissue, as well as reconstructing the vaginal support, so the vagina will stay in place.

Some surgeons choose to insert a transvaginal mesh kit into the vaginal tissue to provide support. But the U.S. Food and Drug Administration has issued a safety warning about these devices for vaginal prolapse. While transvaginal mesh kits may be successful in some cases, they tend to be associated with complications such as vaginal bleeding, pain, scarring, irritation, discharge and discomfort during sexual intercourse. The mesh also may eventually protrude through the wall of the vagina.

Due to those possible complications, surgeons at Mayo Clinic often use a woman's own tissue to repair torn or damaged areas associated with vaginal prolapse, rather than mesh. The specific surgical approach used depends

on your individual needs and circumstances.

As you consider surgery, be sure to ask questions. The various surgical approaches have different risks and benefits. Talk to your surgeon about these issues and possible long-term side effects and complications. In some cases, vaginal prolapse can recur even after surgery. Ask your surgeon about this possibility and if there are ways to reduce your risk of recurrence.

Take time to understand all your treatment options before you proceed, so you can make a well-informed choice that fits your needs. - John Gebhart, M.D., Gynecologic Surgery, Mayo Clinic, Rochester, Minn.

- *Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to MayoClinicQ&A@mayo.edu. For more information, visit www.mayoclinic.org.*

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HEALTH & WELLNESS

Staying Balanced: Guide to Better Golf

By Adam Rolf DPT, ATC, CSCS

The game of golf is one of the few major sports played throughout our lifespan as it appeals to the youth and adults of all generations. Golf is fun and at the same time maddening because it endlessly challenges you to improve your strength, coordination and balance. You need good balance to play golf and better balance to play well.

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The ability to swing the club while staying balanced is one key to enjoying golf. Staying balanced has been referenced as the most important aspect of successful play by professional golfers. The changes that come with aging, decreased fitness, orthopedic surgery and injury can all lead to a loss of balance. How can you improve your balance and keep playing in spite of these challenges? Focusing on balance can make a big difference.

How Balance Works

Whether on the golf course or going on a walk, balance is dependent on your body awareness, muscle endurance and strength. If any of these elements are impaired, stability during your golf swing is more difficult leading to inconsistency of golf shots. You can't control the direction of the ball if you are off balance. To improve your balance, you have to find out why you are off balance first. Then you can tackle how to improve your balance and your game.

It's a Brain Thing

For instance, body awareness is built upon three internal control systems to maintain balance throughout the golf swing: eyes, ears and the

nervous system. These three systems work together providing the brain with information from our surroundings and the body's position in space. With this information, the brain works the muscles and joints to make appropriate adjustments to prevent falling.

Getting Stronger Helps

Having more strength in your trunk and leg muscles are also important to maintaining balance since all body movements start from your center or core. The muscles of your core are: stomach/abdominals, back and hip/leg muscles. Weakness of these core muscles can lead to being off balance and falling as you age. Regaining strength through exercise after an injury or illness is encouraged to get back to playing golf if needed. Golf requires very good dynamic balance in order to maintain your balance while you are moving through your golf swing. Senior athletes may operate with minimal strength demands during the day at home, but playing golf demands trunk and leg strength to swing the club with not only good pace, but without losing balance.

Comprehensive Testing

Physical therapists perform comprehensive balance testing by asking you to see how long you can stand on a single leg and then both legs standing still (static balance) and then moving (dynamic balance). To improve, the first step is to test and compare your current static and dynamic balance to the standard for someone your age and specific to golf.

Standing Firm

Static balance is the ability to stand when stationary. Dynamic balance is being able to balance with movement. For the golfer, dynamic balance is screened to see if you can meet the demands of movement of the body when swinging the golf club. This type of balance is important when you lean your trunk forward, to the side and backwards. Swinging the golf club

is a dynamic balance activity with movement of the trunk, arms and legs through the golf swing with increasing speed. Dynamic balance is typically more of a problem in the senior athlete and testing can reveal areas of balance control that can be improved.

Strength and Endurance

Therapist evaluation of your golf ability will also reveal how your muscles are firing and how muscle strength imbalances may affect your game. Strength and muscular endurance tests are important to get a full view of a golfer's balance and conditioning. With this new knowledge, you can learn to stretch and strengthen the muscles that need attention.

Golf Balance Screening

Specific to golfers, it is common to screen balance with a single leg balance test with eyes open then closed. Professional golfers aim to score above twenty-five seconds on each leg without re-positioning or opening the eyes according to the Titleist Performance Institute research. If any loss of balance before 25 seconds, it can highlight issues in the body's sense of position awareness and muscular weakness.

Sixty percent of amateur golfers can only perform this test greater than six seconds and only 15 percent for greater than 25 seconds.

Strategies to Improve Balance

Fortunately, balance can improve to help the senior golfer or adult looking to minimize limitations in stability by focusing on improving strength and body awareness. Physical therapists are trained to utilize interventions to improve balance as well as in training programs for golf performance enhancement. If you would like your balance checked and improved, ask your physician to write a referral for physical therapy and call 785-505-2712 to schedule your assessment. Learn how you can improve your golf game with professionals willing to teach and guide you toward your goals.

- Adam Rolf DPT, ATC, CSCS is a licensed physical therapist and certified athletic trainer that specializes in working with athletes throughout the lifespan at Lawrence Memorial Hospital. He received his Titleist Performance Institute Fitness Certification in 2009.



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HEALTH & WELLNESS

Urinary tract infections

Sometime in your lifetime you may have had a urinary tract infection (UTI). It begins with a sudden urge to go to the bathroom or pain when urinating. Or it seems like you are constantly going to the bathroom to urinate. If you are experiencing such symptoms, you may have a urinary tract infection. A UTI is a bacterial infection that occurs

the patient is being worked up for these two conditions, this can even delay the treatment of the urinary tract infection.

The best way to approach the UTI is to prevent the UTI. There are three simple changes that geriatric patients can take to minimize the recurrent of UTI. First

is to keep hydrated to prevent dehydration, which can be a causal factor in developing an UTI. Second is to take a probiotic to prevent UTI. Probiotics are good bacteria that populate the urinary tract system and help to prevent bad bacteria from multiplying and causing problems. Third is to consume unsweetened cranberry juice. According to the Mayo Clinic, cranberry has been investigated for numerous other medical uses, and promising areas of investigation include the prevention of *H.pylori*

infection, which causes gastric ulcers and dental plaque. If the unsweetened cranberry juice is too strong, or you get heartburn, you can dilute the cranberry juice with water. The other alternative to unsweetened cranberry juice is concentrated freeze-dried cranberry. Cranberry has a very long history for the treatment of UTI if taken in a therapeutic dose.

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



Dr.
Farhang
Khosh

anywhere along the urinary tract, which includes the kidneys, bladder, ureters, or the urethra.

It is important to understand and manage urinary tract infections, especially in the geriatric population. According to The Merck Manual of Geriatrics, as many as 10% of all elderly people have symptomatic urinary tract infections. In addition, over half of women and over a third of men over 80 years are more likely to develop asymptomatic bacteriuria, which is having bacteria in their urine. Several factors have been linked to the development of UTI in the elderly. These factors include increased age, menopause, and structure of the urinary tract.

When a bacterial urinary tract infection goes untreated, it can lead to serious conditions that require immediate medical treatment. These conditions can include sepsis, which is a serious medical condition affecting the whole body. Another serious condition is pyelonephritis, which is when a bacterium has reached kidney and causes kidney damage.

Sometimes the only symptom of a urinary tract infection in the elderly is acute confusion. This is when the bacteria in the blood produce toxic substances that can pass through the blood brain barrier and causes confusion. This confusion can often be mistaken for senile dementia or Alzheimer's. So as

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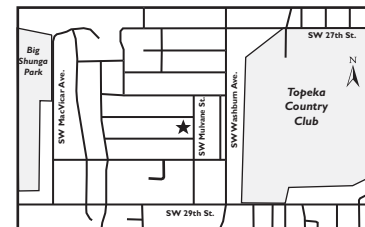
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tain tangible personal property, make
specific gifts, specify the distribution
of your residuary estate with primary
and contingent beneficiaries, create
trusts for minor children or grandchil-
dren, nominate the person(s) to serve
as guardian of your minor children,
name the person(s) to handle your

estate after your death, etc.

A Will is a simpler document and will
cost you less upfront. However, a Will
has no power to control the distribution
of your property unless it has been sub-
mitted to the court (within six months
of your death) and accepted for prob-
ate. It is the court's order—in a docu-
ment called Letters Testamentary—that
empowers the executor to act. Once in
probate, the executor must comply with
all statutory requirements—such as
filing an Inventory & Valuation, filing
Accountings, filing a Petition seeking
the court's authority to distribute prop-
erty, and filing a Petition seeking the
discharge of the executor and closure of
the estate. An attorney must be retained
to accomplish these tasks.

Probate serves a good purpose—the
orderly marshalling of property, pay-
ment of claims, and distribution of prop-
erty to the proper beneficiaries under
court supervision. But it is often time-
consuming and expensive. A Living
Trust has more moving parts than a Will
and costs more upfront. But it avoids the
time and expense of probate.

So how does a Living Trust get cre-
ated and work?

Acting as the Grantor, you create the
Trust and name yourself as its Ben-
eficiary so long as you are alive. Typi-
cally, you also name yourself as the
Trustee. After the Trust is created, you
transfer all your property to the Trust.
For example, you sign and record

Deeds transferring any real estate you
own to the Trust—"John Smith, a
single person, conveys and warrants
the following described real estate to
John Smith, Trustee of the John Smith
Trust dated August 1, 2016," You
retitle any financial and taxable invest-
ment accounts in the name of the Trust.
Et cetera.

Life then goes on. You continue
to live in your house—now owned
by your Trust—and enjoy the use of
all your other property. When a bill
comes, you pay it out of the Trust's
account signing in your capacity as
Trustee. Your Trust should be drafted
to qualify as a Grantor Trust in the eyes
of the IRS meaning it is invisible for
tax purposes. When your bank sends a
1099 reporting taxable interest, it will
show the name of your Trust but list
your SSN. You continue to report all
taxable income as an individual and
file personal tax returns. (Note: A mar-
ried couple can do individual Trusts or
a Joint Trust.)

When you die, you are legally a
pauper—everything is owned by the
Trust—and there is nothing to probate.
(Or everything should be owned by the
Trust. If you fail to transfer a signifi-
cant asset to the Trust either while alive
or via a POD/TOD designation at your
death, then probate may be required for
the property outside the Trust. But if this
happens it means you fouled up.) The
Trust continues as a separate legal entity

and the person or entity you named as
your Successor Trustee steps into your
shoes with all the authority and power
you had as Trustee. The Successor
Trustee then pays any claims against you
or your estate, files final tax returns, and
distributes the Trust property according
to the distribution provisions you speci-
fied. All without court involvement or
the retention of an attorney.

Another advantage of a Living Trust
is that it provides an excellent mecha-
nism for the person or entity of your
choice to serve as Successor Trustee
should you become incapacitated. In
this case, the Successor Trustee man-
ages the Trust's assets as a fiduciary
for your welfare and benefit while you
remain alive.

...

Seminar in August: I will be present-
ing "Fundamentals of Estate Planning"
on August 16 at the Carnegie Building
in Lawrence beginning at 2:00 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

World wonders how bad Brexit hangover will be

After British voters shocked the world by choosing to withdraw the U.K. from the European Union, the big question became: What happens next? As has been widely reported, the “leave” win means that the British government must invoke Article 50 of the Treaty of

economic Area (EEA). Finally, there is the Swiss model, which would mean the U.K. leaves the EU and does not join the EEA but enters various bilateral agreements with the EU to obtain access to the market in specific sectors, rather than the market as a whole.

Leaders of the Leave movement did not advocate a specific exit ramp during the campaign, so it is unclear which model they will follow. Their choice will impact U.S. companies that have a large presence in the U.K., especially in the financial services sector, which has relied on U.K. membership in the EU to manage legal, compliance and infrastructure issues.

At the end of the first post-Brexit trading day, the damage was not too bad, considering the magnitude of the news. Global stock markets were down, U.S. and German government bond prices jumped and yields fell. Gold added 4.6 percent. Investors are worried about the impact of the Brexit on the European economy and likely understand that a protracted and nasty divorce could push the U.K. and the EU into a recession. If that were to occur, it could slow down global and U.S. growth.

Over the past eight years, global central banks have been able to soothe markets with interest rate cuts (sometimes going negative) and unconventional tools like bond buying (“quantitative easing”). This time around, though, the central bank toolbox may come under pressure. Global interest rates are already close to zero, and bond buying may not do the trick if the Brexit shock causes individuals and businesses to

shut down and do nothing for a while.

Some economists and traders are concerned that because the world was not prepared for Brexit, there could be a domino effect, whereby other nations will choose to leave the EU (aka, Frexit, Italeave, Czexit). Even a coordinated central bank intervention could not fight off the power that a fraying EU might create throughout the world.

Very few traders, economists or bankers thought that BREXIT would occur; as

a result, they are still in a bit of shock. The short, intermediate and long-term implications of Brexit are simply unknowable at this point. Like the weather in London, it looks we will be forced to live with lots of clouds, occasional storms and, hopefully, an occasional ray of sunshine.

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

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Jill
Schlesinger

Lisbon, which outlines the legal process by which a state can withdraw from the EU. But when will that happen?

Prime Minister David Cameron announced that he would step down in October and suggested that the next prime minister should initiate the Article 50 process. Once it does, the withdrawal negotiations would begin. At a minimum, it would take two years, but that time frame could be extended by unanimous agreement among the remaining 27 member nations. During the process, the UK would obey EU treaties and laws, but not take part in any decision-making.

The biggest issue is how trade would be handled between the EU and the rest of the world. There are three exit options, based on current models. The first is total exit, under which the U.K. leaves the EU and does not continue to benefit from any part of the single market. Then there is the Norwegian model, whereby the U.K. would leave the EU but join the European Eco-

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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

TUESDAYS

THE BLANKET PROJECT

Calling all knitters, crocheters, and quilters who want to gather for a good cause—You are invited to participate with the residents at Arbor Court Retirement Community to create needed blankets for the Pregnancy Center of Lawrence. This is also an opportunity to teach and learn. If you want to learn a new art form, we are here to assist you as well. Arbor Court Retirement Community at Alvamar, 1510 St. Andrews Dr., 2 p.m.
LAWRENCE, 785-841-6845

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWORK

The artwalk takes place all across Topeka

from 5:30-8:30 p.m. each first Friday of the month—and of course, some businesses open a little earlier or keep their doors open later, but please check individual Facebook pages for information about hours. Find the latest listing of gallery features on our home page—or pick up a printed copy of the artwalk map at any participating business. You can sign up for our monthly Artwalk newsletter to get the updates in your email.
TOPEKA, artsconnecttopeka.org

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

LAST FRIDAY OF THE 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 THE MONTH. See website for participating locations.
LAWRENCE, 785-842-3883
finalfridaylawrence.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., 6:45 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

DAY TRIPS/TOURS

SECOND SATURDAY OF THE MONTH

FREE SATE EAST SIDE BREWERY TOUR

East Side Brewery offers tours on the second Saturday OF THE MONTH at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Bur-

■ CONTINUED ON PAGE 24



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■ CONTINUED FROM PAGE 22

roughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.
LAWRENCE, 785-550-9718
www.freestatebrewing.com

AUG 9

CHICKEN AND PICKIN'

If you want great food and great entertainment, join us for this tasty day trip to the tiny community of Walnut, located in Southeast Kansas. Owner Karen Duling has invited us to her farm for a fabulous fried chicken meal with all the fixin's! No deep fryers here; she cooks the old fashioned way...from scratch in a cast iron skillet! Register at www.lprd.org or any Lawrence Recreation Center. \$69 early bird registration by June 24, \$79 after June 24.
LAWRENCE, 785-832-7920

SEP 1-NOV 5

HAUNTED ATCHISON ACTIVITIES

Haunted Trolley tours, murder mystery dinners, Sallie House tours, cemetery walking lantern tours, paranormal investigations, ghosthunting 101, history-mystery dusk walking tours, psychic gallery readings and more... in the "Most Haunted Town in Kansas." Atchison County Historical Society Museum and Santa Fe Depot, 200 S 10th St. Fee.
ATCHISON, 800-234-1854
VisitAtchison.com

SEP 20 & 21

BEST OF OMAHA

This trip to Omaha will begin at Boys Town, the village started by Father Edward J. Flanagan to serve at-risk youth. Our guided tour will emphasize the history, architecture and vision of Boy's Town. The German American Society will host a roulade dinner and evening of traditional music and dance. The second day will be spent at the world renowned Omaha Zoo. Known for their total immersion exhibits, including America's largest indoor rainforest, where guests can see, touch, smell, hear and become part of the natural environment while observing animals that are free-ranging or contained behind water and rock barriers. Register at www.lprd.org or any Lawrence Recreation Center. Call with questions: Gayle Sigurdson, 785-832-7920 or gsigurdson@lawrenceks.org. Price assured through August 5.
LAWRENCE

NOV 15

ST. JOSEPH-AWAY IN THE BASEMENT

There is so much to enjoy in St. Joseph, Missouri. This trip begins at the Remington Nature Center-where history and nature collide. Following a catered lunch, we arrive at the Missouri Theater, on the National Register of Historic Places and known for its atmospheric style for a performance of "Away in the Basement...A Church Basement Ladies Christmas. This show will take you back to 1959 and the day of the Sunday School Christmas Program. In the midst of holiday preparations, and sprinklings of love in the air, the ladies in their witty down-to-earth style are creating their own memories from Christmases past and present. Out of this base-

ment shall come good tidings, great humor and joy! Register at www.lprd.org or any Lawrence Recreation Center. Call with questions: Gayle Sigurdson. Fee, early bird registration before October 3.

LAWRENCE, 785-832-7920

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

ONGOING

FREE INSURANCE COUNSELING

Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug Program. Stormont Vail Health HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.

TOPEKA, (785) 354-6787

FIRST MONDAY OF THE 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 WEDNESDAY OF THE MONTH

COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your financial future. Hy-Vee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online.

LAWRENCE, 785-838-4380
midwesttf.com/coffee-talk-lawrence

FRIDAYS

HEALTHWISE TV

"HealthWise TV" offers interviews on health and wellness topics of interest to seniors and caregivers, as well as a 20-minute, low-impact exercise segment. Aired from 9 to 9:30 a.m. On WIBW-TV, Channel 13.

SECOND TUESDAY OF THE MONTH

COMPUTER CAFÉ

This time is an opportunity to meet with other computer users and an instructor to problem solve or learn about new apps, websites and other ways technology can ease our lives. Drop-in and enroll (fee) on-site at the Carnegie Building, 200 W. 9th St., on the second Tuesday of the month from 12-1:30 p.m.

LAWRENCE, 785-832-7920

SECOND FRIDAY OF EACH MONTH

WELLNESS FRIDAY DROP-IN

DISCUSSION

On the 2nd Friday of each month, join us for a drop-in discussion on a health or wellness topic of interest. This month's topic: "Preventing Osteopenia and Osteoporosis." LMH Performance and Wellness Center at Sports Pavilion

Lawrence, 9:30 a.m.

LAWRENCE, 785-505-5000

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the 3rd Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.

LAWRENCE, 785-505-2807

AUG 1

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Topeka & Shawnee County Public Library, Menninger Room 206, 1-3 p.m. Free.

TOPEKA, 785-580-4662

AUG 9 & 19

LIFESTYLE CHANGES TO HELP PREVENT AND ASSIST IN MANAGING HYPERTENSION

Do you have prehypertension or hypertension or a family history of these? If so, come and learn what lifestyle changes may help to lower your blood pressure. Note: the information in this program should be a supplement to what is recommended by your health care provider to manage your blood pressure. Advance registration requested due to limited space. \$5/person. Tuesday, August 9, 6-7:30 p.m. at LMH or Friday, August 19, 9:30-11 a.m. at the LMH Performance and Wellness Center.

LAWRENCE, 785-505-5800

AUG 12

WELLNESS FRIDAY DROP-IN DISCUSSION

On the 2nd Friday of each month, join us for a drop-in discussion or activity on a health or wellness topic of interest. This month's topic: "20 Things You May Not Know About Healthy Eating." Friday August 12, 9:30 a.m. at the LMH Performance and Wellness Center.

LAWRENCE, 785-505-5800

AUG 15

LIFE REIMAGINED

Get ready to find your niche in retirement, and lead a dynamic and exciting second half of life. Join Andrea Bozarth and Mary Tritsch from AARP Kansas as they help you envision what your future can look like. Part of the Senior Life series of programs. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1-2 p.m. Free.

TOPEKA, 785-580-4662

AUG 16

ESTATE PLANNING SEMINAR

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. The seminar 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 Street, 2-3:30 p.m. No pre-registration required.

LAWRENCE, 785-841-4554

AUG 16

SENIOR SUPPER AND SEMINAR

This month's topic: "Treatment Options for Knee and Hip Arthritis." Presented by Adam Goodyear, MD of OrthoKansas, P.A. On the 3rd Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Uni-dine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are **required** for the meal due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connectcare@lmh.org. Supper: 5:00 p.m., Educational presentation: 6:00 p.m.

LAWRENCE

AUG 17-SEP 7

BEGINNING UKULELE

This beginning uke course will cover tuning, basic chords and beginning strum patterns. Share the fun while learning to play commonly known songs. Ukuleles are not provided, but instructor will guide you in renting or buying a good starter one. Come share the joy of Aloha! Instructor: Linda Tilton. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 6:30-7:30 p.m. Fee. Location: Carnegie Building.

LAWRENCE, 785-832-7950

AUG 22

WHAT DOES DOWNSIZING MEAN TO YOU?

Downsizing can mean different things to different people. Baby Boomers often think of it as rightsizing while late in life seniors come at the word as a prelude to a move. Join Carol Ronnebaum, senior real estate specialist as she discusses both perspectives, and best practices to achieve both. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1-2 p.m. Free.

TOPEKA, 785-580-4662

AUG 29

FACEBOOK FOR BEGINNERS

Sign up for a Facebook account and learn the basics of this popular social networking site. Be sure to bring your email address and password. If you already have an account, please bring your Facebook password. Register online at <http://tscpl.eventbrite.com>. Topeka & Shawnee County Public Library, Computer Training Center, 1-2:30 p.m. Free.

TOPEKA, 785-580-4662

SEP 8-OCT 13

AMERICAN MAH-JONGG

This fascinating rummy-like game was

■ CONTINUED FROM PAGE 24

originally played solely by the Chinese ruling classes. Now with patience and a few lessons, anyone can master the intricacies of this classic game. Instructor: Pearl Neaves. Register at www.lprd.org or any Lawrence Recreation Center. Thursdays, 7-9 p.m. Fee. Location: Carnegie Building.
LAWRENCE, 785-832-7950

SEP 12

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Topeka & Shawnee County Public Library, Menninger Room 206, 1-3 p.m. Free.
TOPEKA, 785-580-4662

SEP 12-OCT 31

LIFELONG MEDITATE AND BREATHE

Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. Instructor: Kristen Spencer. Register at www.lprd.org or any Lawrence Recreation Center. Mondays, 9:30-10:45 a.m. Fee. Location: Carnegie Building
LAWRENCE, 785-832-7950

SEP 15

RETIREMENT AND MEDICARE

Trained counselors and agency staff from the SHICK program educate those nearing retirement age about Medicare. They will answer questions, give unbiased counsel and help you determine how Medicare will best work for you. Topeka & Shawnee County Public Library, Anton Room 202, 6:30-8:30 p.m. Free.
TOPEKA, 785-580-4662

SEP 19

NAVIGATING THROUGH RETIREMENT LIVING

Learn about the many lifestyle and care options for seniors available today. Tabitha Petefish, Sales/Marketing Coordinator at Thornton Place Retirement Community will discuss these different options, enabling you to make an educated decision on what fits your needs now and in the future. Topeka & Shawnee County Public Library, Marvin Auditorium 101A, 1-2 p.m. Free.
TOPEKA, 785-580-4662

SEP 21-OCT 12

INTERMEDIATE UKULELE

The intermediate class focuses on finger-picking, reading tablature and advanced chord shapes. Share the fun while learning to play commonly known songs. Ukuleles are not provided, but instructor will guide you in renting or buying a good starter one. Come share the joy of Aloha! Instructor: Linda Tilton. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 6:30-7:30 p.m. Fee. Location: Carnegie Building.
LAWRENCE, 785-832-7950

SEP 21

SENIOR INFORMATION FAIR

Come to the library's Senior Information Fair

and get connected to more than 40 local vendors that can make a difference in your life. There will be voluntary vehicle safety inspections in the parking lot, and one lucky attendee will be drawn to receive a gift certificate to the library's booktique. Topeka & Shawnee County Public Library, Marvin Auditorium, 9:30 a.m.-Noon. Free.

TOPEKA, 785-580-4662

OCT 18-NOV 15

MINDFULNESS MEDITATION

This class will explain the differences between everyday mindfulness as a way of life and having a meditation practice. You will have ample opportunity to learn techniques and approaches to both in a supportive atmosphere. Students are encouraged to develop routines that fit their own lives to help reduce stress and increase happiness. Instructor: Nomi Redding, MSW. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays, 5:30-7 p.m. Fee. Location: Carnegie Building.
LAWRENCE, 785-832-7950

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 7-SEP 18

CHICAGO

CHICAGO by Fred Ebb, Bob Fosse, John Kander, & Maurine Dallas Watkins In roaring twenties Chicago, chorine Roxie Hart murders a faithless lover and convinces her hapless husband Amos to take the rap...until he finds out he's been duped and turns on Roxie. Convicted and sent to death row, Roxie and another "Merry Murderer" Velma Kelly, vie for the spotlight and the headlines, ultimately joining forces in search of the "American Dream": fame, fortune and acquittal. New Theatre Restaurant, 9229 Foster St. Varies by Performance
OVERLAND PARK, 913-649-7469
www.newtheatre.com/home.html

JUL 8-AUG 13

DISNEY'S THE LITTLE MERMAID

In a magical kingdom beneath the sea, the beau-

tiful young mermaid Ariel longs to leave her ocean home to live in the world above. Based on one of Hans Christian Andersen's most beloved stories with music by eight-time Academy Award winner Alan Menken, it's a hauntingly beautiful love story for all ages. Music by Alan Menken. Lyrics by Howard Ashman and Glenn Slater. Book by Doug Wright. Based upon the Disney Motion Picture *The Little Mermaid*. Produced through special arrangement with Music Theatre International. Wednesday and Thursday performances start at 7 p.m. Friday and Saturday performances start at 8 p.m. Sunday performances start at 2 p.m. The house opens at 6 p.m. Wednesday through Saturday, and at noon on Sunday to accommodate dinner/brunch guests. We encourage all patrons to arrive at least 30 minutes before showtime. Fee. Topeka Civic Theatre and Academy, 3028 SW 8th Ave.
TOPEKA, 785-357-5211
www.topekacivictheatre.com

JUL 22-AUG 7

BYE BYE BIRDIE

One of the most captivating musicals of our time. It is a satire crafted with the fondest affection telling the story of a rock 'n' roll singer who is about to be inducted into the army. Topeka Civic Theatre and Academy, 700 SW Zoo Pkwy. Fee. See website for showtimes.
TOPEKA, 785-251-5990
www.topekacivictheatre.com

JUL 29-AUG 13

ANNIE JR.

The lovable musical featuring everyone's favorite orphan. Topeka Civic Theatre and Academy, 3028 SW 8th Ave. Fee. See website for showtimes.
TOPEKA, 785-357-5211
www.topekacivictheatre.com

AUG 5

SHAKESPEARE AT THE CASTLE: AN EVENING OF SONGS & SONNETS

Shakespeare influenced all aspects of the arts, including the world of art song. An art song might be defined as "a poem set to music, usually for trained voice and piano accompaniment. Famous composers of art song such as Schubert, Wolf, Chausson, Vaughan Williams and Finzi among others, combine their beautiful music with the words of Shakespeare. Sponsored by Lawrence Opera Theatre. Castle Tea Room, 1307 Massachusetts, 7:30 p.m. Fee.
LAWRENCE
www.lawrenceopera.org

AUG 6

17TH ANNUAL HARLEY PARTY & DOUG DANGER JUMP

See daredevil Doug Danger jump 15 cars in front of the Kansas Statehouse at the 17th annual Harley Party! Join us for an exciting evening to support Boys & Girls Clubs of Topeka. We'll have live entertainment from Nucklehead Jones, awesome BBQ from HHB BBQ, and at the end of the night we are giving away a brand new Harley Davidson! Downtown Topeka, 6 p.m. Fee.
TOPEKA, 785-234-5601
www.bgctopeka.org/harley-party

AUG 7

CHICAGO

Starting in 1967, well before all the hits started flowing, Chicago established a reputation for its powerful live show. Fueled by a passion for music, Chicago's members exploded the conventions of what rock music could or should be. The result was a groundbreaking new form, played by extraordinarily talented musicians. Once the group began making records, fans rewarded the group with record sales of 100,000,000, 21 Top 10 singles, 5 consecutive Number One albums, 11 Number One Singles and 5 Gold singles. An incredible 25 of their 36 albums have been certified platinum. To date, Chicago is the first American band to chart Top 40 albums in five decades - a landmark accomplishment. And in *Billboard Magazine's* Hot 200 All-Time Top Artists, Chicago came in at #9, the highest charting American band. Topeka Performing Arts Center, 214 SE 8th St., 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.topekaperformingarts.org

AUG 11

THE BARD'S TALE: OPERA & WORDS FROM WILLIAM SHAKESPEARE

Join Lawrence Opera Theatre to honor the legacy of the world's greatest playwright. The season features performances of Shakespeare's words set to music in opera scenes, art song, and musical theatre. Theatre Lawrence, 4660 Bauer Farm Dr., 7:30 p.m. Fee.
LAWRENCE, 785-843-7469
www.theatrelawrence.com

AUG 12

HENRY PURCELL'S DIDO AND AENEAS AND THE FAIRY QUEEN

Join Lawrence Opera Theatre to honor the legacy of the world's greatest playwright. The season features performances of Shakespeare's words set to music in opera scenes, art song, and musical theatre. Theatre Lawrence, 4660 Bauer Farm Dr., 7:30 p.m. Fee.
LAWRENCE, 785-843-7469
www.theatrelawrence.com

AUG 12

DINNER & A MOVIE - BIG HERO 6

Bring a chair or blanket and your family and friends and join us on the Lawrence Public Library Lawn for dinner and a movie! The August FREE event features the incredible animation, intelligence, and adventure of Big Hero 6 sponsored by WOW! Come out for the last Dinner & A Movie of the summer before school starts! 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. Lawrence Public Library Lawn, 707 Vermont St., 7:30 p.m.
LAWRENCE, 785-842-3883

AUG 12

SUNDOWN FILM FESTIVAL

Unbroken (2014), after a near-fatal plane crash in World War II, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the

■ CONTINUED FROM PAGE 25

Japanese navy and sent to a prisoner-of-war camp, starring Jack O'Connell, directed by Angelina Jolie. Rated PG-13. Bring blankets and lawn chairs and enjoy the movie outdoors on the grounds of the Kansas Historical Society. Kansas Museum of History, 6425 SW 6th Avenue, 9 p.m. Free.
TOPEKA, 785-272-8681
kshs.org/19254

AUG 14

HENRY PURCELL'S DIDO AND AENEAS AND THE FAIRY QUEEN

Join Lawrence Opera Theatre to honor the legacy of the world's greatest playwright. The season features performances of Shakespeare's words set to music in opera scenes, art song, and musical theatre. Theatre Lawrence, 4660 Bauer Farm Dr., 2:30 p.m. Fee.
LAWRENCE, 785-843-7469
www.theatrelawrence.com

SEP 16

KANSAS MARIACHI FESTIVAL

Join us for a night of Mariachi music with performances from Mariachi Corazon de San Antonio and Mariachi Aguilas de America from Dallas, Texas. Celebrate Mexico's Independence Day at the Topeka Performing Arts Center then stay for the Fiesta right outside on 8th street. 214 SE 8th Avenue, 6 p.m. Fee.
TOPEKA, 785-234-2787
www.topekaperformingarts.org

SEP 24

LIVERPOOL LEGENDS

Liverpool Legends "The Complete Beatles Experience!" are four incredibly talented musicians and actors hand-picked by Louise Harrison—sister of the late George Harrison of the The Beatles. Louise's involvement in Liverpool Legends makes them the ONLY Beatles Tribute Band with a direct family link to the original Fab Four. "Each member of the group is so close to the originals that I often feel like I'm transported back in time with the lads. These are exactly the kind of fun loving quality musicians that my brother George would have loved to hang out with," says Harrison. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.
TOPEKA, 785-234-2787
www.topekaperformingarts.org

EXHIBITS/SHOWS

AUG 26 & 27

FROM STASH TO TREASURES QUILT SHOW

The Quilters Guild of Kansas City invites you to attend our 2016 quilt show "From Stash to Treasures." In addition to quilts by our members, we will have a number of vendors, door prizes, a guild Boutique and quilts for sale. Miriam Reed will be our featured quilter. Overland Park Convention & Visitors Bureau, 5300 Metcalf Avenue, 10 a.m.-6 p.m. Admission fee.
OVERLAND PARK

FAIRS/FESTIVALS

AUG 2-6

ATCHISON COUNTY FAIR

This annual event features 4-H, domestic living and agricultural exhibits, food booths, parade, carnival and live music. Atchison County Fairgrounds, 405 Main.
EFFINGHAM, 913-833-5450

AUG 6

GRINTER PLACE SUMMER FEST

Have some summer fun at Grinter Place! There will be vendors, games, food and tours of the house! Grinter Place State Historic Site, 1420 S 78th St., 7 a.m.-4 p.m.
KANSAS CITY, 913-481-3527
www.visitkansascityks.com

AUG 6

TOMATO-CORN FESTIVAL

Do you have a salsa recipe that is out of this world? Enter it in the Salsa Competition during this fun festival, held at the Farmers' Market. Not a salsa-maker? Learn to make it here or sample some of the best. 5th & Main St., 8 a.m.-12 p.m.
ATCHISON, 800-234-1854

AUG 26 & 27

PAOLA ROOTS FESTIVAL

Showcasing, not only some of the best live music from across the country, but some of Kansas City's best BBQ! Centered in the heart of historic Paola Town Square, the festival is full of games, art, and entertainment. The music, which the name suggests, is a combination of deep rooted blues and bluegrass. Paola Downtown Square, 19 S Pearl St. Fee.
PAOLA, 913-294-6427
www.rootsfestival.org

SEP 3

SWEETNESS OF FALL FESTIVAL

Enter your contest winning apple recipes or sample the entries and vote on your favorite! Head down to the Farmers' Market for this great event! 5th & Main St., 8 a.m.-12 p.m.
ATCHISON, 800-234-1854

SEP 3-OCT 16

KANSAS CITY RENAISSANCE FESTIVAL

The Kansas City Renaissance Festival is celebrating 40 magical years in Kansas City! Pay heed to the exploits of Jousting Knights on thundering steeds, roam the village shops for unique crafts, delight in comedy, music, magic and more on our 20 stages of non-stop entertainment, and feast on delicious food and drink from the far reached of the globe! There's something for the whole family on our 16-acre village. 633 N. 130th St., 10 a.m.-7 p.m. Fee.
BONNER SPRINGS, 913-721-2110
www.facebook.com/KansasCityRenFest

FARMERS MARKETS

APR 9-NOV 19

SATURDAY FARMERS MARKET

Stroll through the open air market, enjoy the live entertainment and demonstrations while you select fruits, vegetables, soap, baked goods, meat, jams, jellies, wine, pasta sauces, salsa,

flowers, honey, fudge and so much more. 824 New Hampshire St., 7-11 a.m.
LAWRENCE, 785-505-0117
www.lawrencefarmersmarket.com

MAY 3-OCT 25

TUESDAY FARMERS MARKET

Stroll through the open air market, enjoy the live entertainment and demonstrations while you select fruits, vegetables, soap, baked goods, meat, jams, jellies, wine, pasta sauces, salsa, flowers, honey, fudge and so much more. Lawrence Public Library Outdoor Plaza, 707 Vermont St., 4-6 p.m.
LAWRENCE, 785-505-0117
www.lawrencefarmersmarket.com

MAY 11-OCT 12

CAPITOL MIDWEEK FARMERS MARKET

The Capitol Midweek Farmers Market is your place to find fresh, locally grown produce, herbs, honey and much more! We are celebrating 10 years of providing a walking destination to healthy, affordable foods in downtown Topeka throughout the 2016 season. Join us every week for the freshest local foods, special guest vendors and 10th anniversary events. Kansas State Capitol, 900 SW Jackson, 7:30 a.m.-12 p.m.
TOPEKA, 785-296-8060

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

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9:30-11 a.m. at the Downtown YMCA, 421 S.W. Van Buren. Free. No appointment necessary.
TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. 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 Sports Pavilion Lawrence. 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

BADMINTON

Players of all skill levels are welcome to join in this friendly game that challenges agility, pace and coordination. Games are played on a drop-in basis so join us when you can. Basic equipment is provided; players are welcome to bring their own racquets. For more information, contact Gayle Sigurdson at 785-832-7920. (Lawrence Parks and Recreation). Location: Sports Pavilion Lawrence, 6-8 p.m. No fee.
LAWRENCE, 785-832-7950

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at West Ridge Mall (Food Court, near the restrooms), 1801 S.W. Wanamaker Road. Free. No appointment necessary.
TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

Drop in 10 a.m.-noon every Tuesday. Stormont Vail Health's HealthWise Clinic, 2252 S.W. 10th Ave. No appointment necessary.
TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE 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

HEALTHWISE EXERCISE CLASS

This fun workout includes chair aerobics, strength training, balance and flexibility exercises tailored to seniors and others looking to stay fit. 9:30 to 10:45 a.m. Tuesdays and Thursdays at Stormont Vail Health, 1500 S.W. 10th Ave. Cost: \$25 punch card covers 20 drop-in classes. Call for enrollment forms.
TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS

FLEXERCISE

This exercise program emphasizes safe and beneficial movements and routines that will

■ CONTINUED FROM PAGE 26

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

FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and questions. Appointments are available between 8 a.m. and noon every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.
TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments are available between 12:30 and 4:30 p.m. every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.
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 THE MONTH. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids.
LAWRENCE, (785)748-8034

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9:30-11 a.m. at the Southwest YMCA, 3635 S.W. Chelsea Drive. Free. No appointment necessary.
TOPEKA, 785-354-6787

SECOND FRIDAY OF THE MONTH

WELLNESS FRIDAY

Join representatives from LMH the second Friday of each month for discussion on a health or wellness topic of interest. No registration

needed; just drop in. Each program lasts about one hour. LMH Performance and Wellness Center, Suite 100, Lawrence Parks and Recreation Sports Pavilion, 100 Rock Chalk Lane, 9:30 a.m.
LAWRENCE, 785-749-5800

THIRD THURSDAY OF THE 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 THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at the Oakland Community Center, 801 N.E. Poplar. Free. No appointment necessary.
TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9 to 10 a.m. at the Rose Hill Place clubhouse, S.W. 37th and Gage Boulevard. Free. No appointment necessary.
TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9-10:30 a.m. at the Kuehne Branch (North) YMCA, 1936 N.W. Tyler St. Free. No appointment necessary.
TOPEKA, 785-354-6787

JUL 6-AUG 24

FITNESS YOGA

Incorporate the benefits of yoga into your fitness routine. This class will combine conditioning work with strength and flexibility poses. Class includes floor work, students should bring a yoga mat. Instructor: Fran Hopkins. Wednesdays, 5:30-6:30 p.m. Fee. Location: TBA.
LAWRENCE, 785-832-7920

AUG 2-25

ARTHRITIS FOUNDATION

This community based exercise program is designed specifically for people with arthritis and related diseases, but open to anyone. The programs multiple components help reduce pain and stiffness and help maintain or improve mobility, muscle strength and functional ability. The variety of exercises is designed for people of all levels of ability. Instructor is certified by the Arthritis Foundation. Class offered in partnership with Douglas County Senior Services. Tuesdays/Thursdays, 5:30-6:30 p.m. Fee: Location: TBA.
LAWRENCE, 785-832-7920

AUG 10

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Main Campus (West lobby), 325 Maine Street, 8-9:30 a.m.
LAWRENCE

AUG 12

HEEL BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick, easy heel screening can indicate if further testing for this potentially debilitating disease is needed. Education provided. Appointment required. To arrange, please call (785) 505-5840 or (785) 505-33066. \$15/person. LMH Performance and Wellness Center, 11 a.m.-1 p.m. (by appointment).
LAWRENCE

AUG 13

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Performance and Wellness Center, 8-9:30 a.m.
LAWRENCE

SEP 8-NOV 3

FENCING: MODERN OLYMPIC SPORT

This fencing class is for both beginners who have no experience as well as more experienced fencers in foil, epee and saber emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Register at www.lprd.org or any Lawrence Recreation Center. Thursdays, 7-9 p.m. Fee. Location: Sports Pavilion Lawrence.
LAWRENCE, 785-832-7920

SEP 13-NOV 1

RUNNING CLUB

Running benefits both the mind and the body and is available to anyone. This class is designed for people who are new or returning to running. A supportive group, led by a certified running coach, will meet for a weekly run with tips on form, technique and extending your distance with walking intervals. Set your own wellness goals. Instructor: Ellen Young. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays, 6-7 p.m. Fee. Location: Sports Pavilion Lawrence.
LAWRENCE, 785-832-7920

SEP 13-NOV 3

SENIOR STRENGTH TRAINING

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights, and resistance bands. Class includes a warm-up period and a post-workout stretch. Instructor: Deb Geraghty. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays/Thursdays, 9:30-10:30 a.m. Fee. Location: East Lawrence Center.
LAWRENCE, 785-832-7920

SEP 13-NOV 3

SILVER N' FIT

In this class you will work with hand weights, stability ball, resistance bands and your own body weight. We'll get you moving and grooving to the music you're going to remember and love! Instructor: Kristen Spencer. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays/Thursdays, 8:30-9:20 a.m. Fee. Location: Sports Pavilion Lawrence.
LAWRENCE, 785-832-7920

SEP 14-NOV 2

SILVER STEPPERS

Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping. Instructor: Susan Pomeroy. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 10:30-11:30 a.m. Fee. Location: East Lawrence Center.
LAWRENCE, 785-832-7920

SEP 16-NOV 4

PEDAL PUSHERS- CYCLING CLASS

Indoor cycling increases endurance and strength in your lower body, core and upper body. This is a beginning class for older adults. Bikers can modify their cycling resistance and pace according to their own fitness level. Instructor: Melanie Johnson. Register at www.lprd.org or any Lawrence Recreation Center. Fridays, 11:15 a.m.-12 noon Fee. Location: Community Building.
LAWRENCE, 785-832-7920

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 THURSDAY OF THE MONTH

Babcock Place, 1700 Massachusetts St., 1 p.m.
Presbyterian Manor, 1429 Kasold Dr., 2:30 p.m.

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THIRD FRIDAY OF THE MONTH

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 10 a.m.
Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH THURSDAY OF THE MONTH

Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

FOURTH FRIDAY OF THE MONTH

Brandon Woods, 1501 Inverness Dr., 10 a.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 THE 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 THE MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE 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 THE 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 THE 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 THE MONTH**BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 8:30-9:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free.
TOPEKA, 785-354-6787

FIRST TUESDAY OF THE 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 THE 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 THE 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 THE 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 & THIRD WEDNESDAY OF THE 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 THE 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 THE MONTH**PARKINSON MEETING**

Midland Care, 200 SW Frazier, 5:30-7 p.m.
LAWRENCE, 785-235-1367 or (800) 798-1366

EVERY OTHER THURSDAY**GRIEF SUPPORT GROUP**

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet.
TOPEKA, 785-232-2044

EVERY OTHER THURSDAY**GRIEF SUPPORT GROUP**

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet.
TOPEKA, 785-232-2044

FIRST FRIDAY OF THE MONTH**STROKE SUPPORT GROUP**

Meet other stroke survivors, their families, and hear guest speakers discuss topics related to recovery. Please contact Randy Williams or Lisa Rundell for more information. Kansas Rehabilitation Hospital, 1504 SW 8th Ave.
TOPEKA, 785-235-6600

SATURDAYS**LAWRENCE BRIDGE CLUB**

Bring a partner and join us for an evening of bridge, snacks and prizes. Annual membership fee. First two visits are free. Kaw Valley Bridge Center, 1025 N. 3rd Street, 6:30 p.m.
LAWRENCE, 785-760-4195

ONE SATURDAY EACH MONTH**LAWRENCE DEATH CAFE**

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death. A Death Cafe is a discussion group about death rather than a grief support or counsel-

ing session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cwhiston@sunflower.com or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl.
LAWRENCE

SECOND MONDAY, SEP-MAY**LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS**

Volunteer service club.
LAWRENCE, 785-331-4575

SECOND MONDAY OF THE 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.jhawkkaa.org

SECOND TUESDAY OF THE 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 THE 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 THE 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 THE 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 THE 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 THE 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

■ CONTINUED ON PAGE 29

■ CONTINUED FROM PAGE 28

SECOND & FOURTH FRIDAY OF THE 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 THE 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 THE MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF THE 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 THE 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 THE 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 THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday OF THE 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 THE 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 THE 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

FOURTH MONDAY OF THE MONTH GRIEF SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE 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 THE 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 THE 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 THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday OF THE 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

AUG 8 CAREGIVER SUPPORT GROUP

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.
TOPEKA, 785-580-4662

SEP 12

CAREGIVER SUPPORT GROUP

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.
TOPEKA, 785-580-4662

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 SUNDAY OF THE MONTH MONTHLY GUIDED HIKE

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Fee. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd, 1 p.m.
LAWRENCE, 785-842-8562
ksoutdoors.com/State-Parks/Locations/Clinton

AUG 5

CRUISE NIGHT

"Cruise" on in and enjoy the fun around Holton's beautiful Town Square! Other events include: Holton National Bank's Community Appreciation Dinner, Live music by The Good Sam Club Bank, Hit & Miss Engines. 5 p.m. Free.
HOLTON, 785-364-3963

AUG 12

GRAPE ESCAPE

Grape Escape is Topeka's premier wine and

food festival with games and live auctions to benefit the Topeka Performing Arts Center and the community programs they offer. Guests will have the opportunity to sample wines from some of the world's leading vintners and taste gourmet hors d'oeuvres and food samplings from premier restaurants and caterers. Guests will also have the opportunity to play games with chances to win gift cards, wine and other prizes and conclude the evening with a live auction featuring an array of fabulous and unique items. Special celebrity guest, Dave Coulier, best known as "Joey" from the hit ABC television series, Full House and Netflix's "Fuller House," will be joining the VIP Dinner guests and round out the evening for all with a comedy performance following the live auction in the theater. Tickets are available online, at the Box Office or by calling 800-745-3000.

TOPEKA

www.topekaperformingarts.org/grape-escape.html

AUG 20

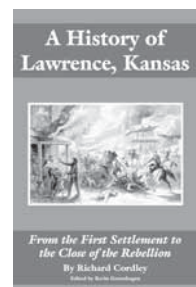
DENIM TO DIAMONDS HAVANA NIGHTS GALA

Tickets are on sale now for the 14th annual Denim to Diamonds gala on Saturday, August 20; this year's theme is "Havana Nights." Prepare for an exciting evening of authentic Cuban hors d'oeuvres and dinner and a mojito bar, with silent and live auctions to amp up the energy. Featured auction items include amazing travel packages, sports and event tickets, a 20-person party bus excursion, gorgeous jewelry items, and much more. Individual tickets are \$75 and on sale now through August 5. Or, reserve a table for 10 for \$700. All proceeds to benefit the Ronald McDonald House Charities of Northeast Kansas, which serves as a home-away-from-home for families of hospitalized children. Ramada Hotel & Convention Center, 420 SE 6th Avenue, 5:30 p.m.
TOPEKA, www.rmhcneks.org/d2d

SEP 3

AGED TO PERFECTION

1 mile walk/5K fun run. Walk with your children, grandchildren, or great-grandchildren. Proceeds go to the JAAA Guardian Angel Fund. Washburn University campus in Topeka, 9 a.m. Virtual option available. Every participant gets a t-shirt and "finishers medal." For more information or to register go to www.jhawkaaa.org or call 785-235-1367. Sponsored by Jayhawk Area Agency on Aging and Genesis Health Clubs of Topeka and Lawrence.
TOPEKA



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GROEN ZONE

Deemphasizing our racial differences

By Kevin Groenhagen

I went through Marine Corps boot camp in 1982. Staff Sergeant L. K. White, a black man, was the senior drill instructor of our platoon. He, along with Sergeant J. Black (ironically, a white man) and Sergeant F. J. Childs, III, was responsible for taking 75 recruits (which had dwindled down to 41 at the time of graduation 11 weeks later) and molding us into Marines.

Like every other platoon, ours was racially mixed, with whites, blacks, Hispanics, an Asian, and a Native American. However, White instructed us to put aside our racial differences. "There are no white Marines," he said. "There are no black Marines. There are only green Marines." By "green," he was referring to the color of our uniforms.

For three months, we ate together, marched together, fired rifles together, did PT (physical training) together, and slept together in one large room. We also had to use the "head" (bathroom) and shower together. There were no doors on the toilet stalls and no shower curtains, so privacy was out of the question. After three months of living like that, you learn to trust and rely on others regardless of their race.

"To make a human hive, you want to make everyone feel like a family," wrote psychologist Jonathan Haidt in *The Righteous Mind*. "So don't call attention to racial and ethnic differences; make them less relevant by ramping up similarity and celebrating the group's shared values and common identity." White, Black, and Childs' leadership essentially turned our platoon into a "human hive." Imagine if we had such leadership in the White House. Instead, the first black president of the United States decided to kick the hive by emphasizing our differences. As a result, race relations have deteriorated.

This didn't have to happen. As the son of a black man and white woman, Obama could have done much to promote the idea of America as a "human hive," where racial and ethnic differences are deemphasized and our shared values and common identity are celebrated. Obama displayed his propensity to divide us into groups shortly after the 2012 election when he tweeted his supporters and said, "This movement has always belonged to you. Take a few minutes to help shape its future." The link Obama provided was to a survey concerning which constituency groups his supporters belong to. The groups included African Americans, Americans Abroad, Arab-Americans, Asian Americans and Pacific Islanders, Educators, Environmentalists, Healthcare professionals, Jewish Americans, Labor, Latinos, LGBT, Native Americans, People of faith, People with disabilities, Rural Americans, Seniors, Small business owners, Students, Veterans/military families, Women, Young

professionals, and Youth. Apparently, Obama did not see Whites and Men as part of his movement's future.

Of course, Obama is not the only one to blame for dividing us into groups. After all, hundreds of race-based organizations, such as the Congressional Black Caucus, the National Association for the Advancement of Colored People (NAACP), and black student unions were established before Obama became president. These groups only serve to divide us and create distrust and animosity among different races. If you think there is no problem with such groups, just imagine how you would feel if there was a Congressional White Congress, a National Association for the Advancement of White People, or white student unions. Imagine that in addition to Black History Month there was a White History Month.

During the NAACP Image Awards on February 8, 2013, actor Jamie Foxx was named "Entertainer of the Year." He concluded his acceptance speech by saying, "Black people are the most talented people in the world." The crowd cheered.

Of course, this comment goes beyond emphasizing differences among the races and declares that one race is actually superior to other races when it comes to talent. Again, if you believe there is no problem with such a comment, imagine if a white actor

had said, "White people are the most talented people in the world." I think it's safe to assume the crowd would not cheer.

Locally, the radical school boards in both Lawrence and Topeka have spent hundreds of thousands of dollars with the Pacific Educational Group, a San Francisco-based outfit that promotes a program called "Courageous Conversations." Sadly, Courageous Conversations rejects the concept of a human hive, and instead explicitly emphasizes the differences between white and minority students. For example, when discussing cultural differences, the Courageous Conversations field guide notes there is "White Individualism (Representative of prevailing U.S. Culture)" and "Color Group Collectivism (Representative of many immigrant cultures)." The former fosters "independence and individual achievement" and is "Associated with private property, individual ownership." The later fosters "interdependence and group success" and is "Associated with shared property, group ownership." Perhaps my mixed-race children are confused about whether to keep their property to themselves or share it.

(By the way, you may have noticed that, in addition to emphasizing our racial differences, Courageous Conversations promotes socialism. In

■ CONTINUED ON PAGE 42

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Social Security turns 81

By Norm Franker

Social Security District Manager in Lawrence, KS

Look who's over the hill! In August, we will be celebrating the 81st anniversary of Social Security. Although Social Security's overall structure remains the same, it's impossible to overlook the changes in the economy and advancements in technology that made it necessary to transform our programs into what they are today.

In 1935, President Roosevelt signed the Social Security Act, which gave birth to Social Security, (almost) as we know it today. The program was created primarily as a response to the growing rate of poverty within the elderly population. Here we are in the future, and Social Security has come a long way from 1940, when Ida May Fuller became the first person to receive a benefit check. In 2015 alone, almost 60 million people received Social Security benefits.

The number of beneficiaries is growing daily, and Social Security is developing ways to make conducting business with us easier and more secure. With several services available online, including my Social Security, you might never have to visit a field office. This is especially beneficial for

the aging community or those living in remote areas, as traveling to field offices may be difficult.

Choosing when to retire is an important decision. At www.socialsecurity.gov/estimator you can get an estimate of your future benefit amount. You can use "what if" scenarios to see how your benefit amounts will change with different retirement dates and future earnings estimates.

With 37 percent of the American workforce teleworking and almost 70 percent of Americans doing most of their shopping online, we have evolved into a society of convenience. Not to be outdone, like a hip grandma, Social Security has adapted to the times. Below is a list of a few of the services currently available from the convenience of your computer. Online you can:

- Request a replacement Social Security or Medicare card
- Apply for Social Security benefits
- Get your Social Security Statement
- Appeal a decision
- Find out if you qualify for benefits
- Estimate your future benefits
- Get your SSI & Medicare verification letter

Join us in wishing Social Security a Happy 81st birthday and utilize these online services by visiting www.socialsecurity.gov/myaccount.

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MY WORD

Is Heaven real? Without a doubt

By **Billy Graham**

Tribune Content Agency

Q: How can we know if Heaven exists? Maybe it's just an idea people dreamed up so they'd have something to look forward to when they die. Or maybe we'll have to wait until we die to find out if there's anything afterward. - P.S.G.

A: Heaven is real; it's even more real than the world you see around you. Someday this world in its present form will come to an end—but Heaven will never end! As the Bible says, "What is seen is temporary, but what is unseen is eternal" (2 Corinthians 4:18).

How do I know Heaven exists? I know it first of all because of God's promises. From one end of the Bible to the other, God has told us that we were not meant for this world alone. We were created in the image of God—and just as God cannot die, neither can we. Jesus said, "I am going there to prepare a place for you" (John 14:2).

I know Heaven exists also because of God's plan. We aren't here by

chance; God put us here, and someday He will destroy all evil and bring us into His eternal kingdom. In the words of perhaps the most familiar passage in the Old Testament, "I will dwell in

the house of the Lord forever" (Psalm 23:6).

But I know Heaven exists most of all because of God's power in Jesus Christ. By His death on the cross Christ provided the way for our sins to be forgiven, and by His resurrection from the dead He opened the door to eternal life. By faith give your life to Christ and put your confidence in Him. Then you'll know beyond all doubt that He is with

you right now—and ahead of you in Heaven.

- Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.

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RICK STEVES' EUROPE

Ancient Rome: The things that were Caesar's

By Rick Steves

Tribune Content Agency

Rome is a magnificent, tangled urban forest, rich in art, culture and history. The city has many layers—modern, Baroque, Renaissance, Christian. But let's face it: For most of us, Rome is Caesar, gladiators, chariots and thumbs-up or thumbs-down. Ancient Rome is the one we come to see.

Luckily, it's possible to knock off the top symbols of Rome's magnificence—the Colosseum, Forum and Pantheon—in one great day of sightseeing. Just link the biggies together in what I call the "Caesar Shuffle."

Begin peeling back Rome's past at the Colosseum, the city's most popular relic (legend has it that as long as the Colosseum stands, so shall the city of Rome). From the start, the Romans were expert builders. They pioneered the use of concrete and the rounded arch, which enabled them to build on this tremendous scale. This awesome example of ancient Roman engineering was begun in A.D. 72, when the Empire was nearing its peak.

Imagine being an ancient spectator arriving for the games. Fans poured in through ground-floor entrances. Your ticket (likely a piece of pottery) was marked with your entrance, section, row and seat number. Stepping inside, you can almost hear the roar of the Empire. Ancient Romans, whose taste for violence exceeded even modern America's, came to the Colosseum to unwind. The games began with a few warm-up acts—dogs attacking porcu-

pine, female gladiators fighting each other or a one-legged man battling a dwarf. Then came the main event—the gladiators. The best were rewarded like our modern sports stars, with fan clubs, great wealth, and, yes, product endorsements.

Don't be taken in by the wannabe gladiators that swarm outside the Colosseum today. They're officially banned from posing for photos for money, but that doesn't stop them from hoping to swindle tourists into paying (too much) for a photo op.

The Forum, your next stop, is right next door to the Colosseum (and covered by the same ticket). These few acres of land—arguably the most important piece of real estate in Western civilization—were the ancient center for politics, religion and commerce. This is where the Vestal Virgins tended the perpetual fire, where Julius Caesar was cremated, and where Emperor Caligula had his palace.

Today the site is littered with small fragments of the huge buildings that once stood here. The main street—the Via Sacra—still cuts authoritatively through the heart of the Forum, just as it did 2,000 years ago. But you'll mostly see crumbling columns and half-buried foundations. Still, walking along the rubble paths, I can't help but think I'm kicking some of the same pebbles that stuck in Julius Caesar's sandals.

What happened to the long-gone buildings? Earthquakes destroyed some of them, but more than anything, they were scavenged by Roman citizens.

They carted off the pre-cut stones and reused them in palaces and churches (some bits of the Colosseum ended up in St. Peter's Basilica across town).

Thankfully, no one recycled the magnificent Pantheon (A.D. 120), the best-preserved temple from ancient Rome.

This stately building, about a 20-minute walk from the Forum, is the ideal remedy for a brain tired from mentally reconstructing the Colosseum or Forum.

The Pantheon survived so well because it's been in continuous use for more than 2,000 years. It went almost directly from being a pagan temple to being a Christian church.

Even if built to exalt the gods, the Pantheon is just as much a symbol of Roman human greatness. The massive, 40-foot granite columns that support its portico are so huge, it takes four tourists to hug one. Entering here (it's free), you feel the power and ambition that fueled the Empire.

Inside, you stand in a cavernous rotunda, a testament to Roman engineering. The subtle interior illumination is defined by the oculus, the opening at the top of the dome and the only source of light. (Once a year, on Pentecost Sunday, tens of thousands of rose petals flutter through the opening in the traditional "rain of red roses.")

The dome's dimensions are classic—based on a perfect circle, as wide as it is tall (140 feet)—and its construction is ingenious. It's made of poured concrete, which gets thinner and lighter with height—the highest part is made with pumice, an airy volcanic stone.

This was the largest dome anywhere until the Renaissance. Only then did Brunelleschi jump-start that new artis-

tic era by borrowing some of Pantheon's features for his cathedral dome in Florence.

The wonder of ancient Rome is not how much of it has disappeared, but how much still exists. For nearly 2,000 years, the Colosseum, Forum and Pantheon have been the iconic symbols of the Eternal City. After doing the Caesar Shuffle, you'll give an unre-served thumbs-up to Rome's enduring grandeur.

IF YOU VISIT...

SLEEPING: Antica Locanda Hotel is a quiet gem with romantically rustic rooms not far from the Colosseum (moderate, www.anticolocandaroma.it). Hotel Paba is a cozy throwback just two blocks from the Forum (moderate, www.hotelpaba.com).

EATING: Just behind the Colosseum, the simple and rustic Alle Carrette Pizzeria serves fantastic pizza (budget, Vicolo delle Carrette 14, tel. 06-679-2770). A splurge near the Pantheon, Ristorante da Fortunato has fresh flowers on the table and black-tied waiters (splurge, Via del Pantheon 55, tel. 06-679-2788).

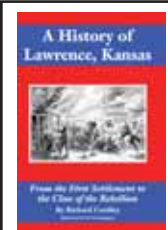
GETTING AROUND: Ancient Rome's sights are manageable on foot, and Rome's public transportation system is cheap and efficient. Taxis are also a smart option.

TOURIST INFORMATION: www.turismoroma.it.

- 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

Stressed

The clothing industry predicts that the global market for denim jeans will be \$64.1 billion by 2020. That's billion (with a "b"). Everyone—from the president of the United States to two-year-old toddlers—wears jeans.

It wasn't always so. Back in the day most of the teenage boys wore cotton trousers to school. A few kids wore corduroy. In those days denim was used almost exclusively to make work

in Port Hall, a village about 20 miles from Letongaloosa. He was a bachelor and was shy. Even after moving here he didn't get around much. He was a good man. Good and naïve.

Elmont loved to read and he went to the public library a lot. One day he asked for a book that wasn't available. The librarian said, "They might have that book at the Letongaloosa Community Junior College library."

"I don't work up at LCJC," he said.

"Oh, you don't have to be affiliated with LCJC to check out books. Any resident of Letongaloosa can have a library card." Elmont was delighted. He got a card and started checking books out at the LCJC library. That's where Elmont was when he saw the girl in the stressed jeans.

She was walking toward him. She was tall. Her blonde hair was pulled back in a ponytail. Her jeans had ragged horizontal holes in the front of both thighs. There was a ragged square hole in the right knee. The back pockets were patched with material from a red

bandana. The right leg had an eight-inch tear. She wore rubber flip-flops. Elmont's heart went out to the waif.

Despite his shyness, he said:

"Miss, may I speak to you for a moment? This is awkward," he said. "My name is Elmont Richens. I grew up poor in a small town. I know what it's like not to be able to afford nice things. If you'll let me, I'd like to buy you some new clothing."

At this point some readers are going to say that I ran into a plot snag and decided to use *deus ex Machina*. That's a literary device some writers use to save a drowning plot. All I am going only going to say is: sometimes truth is stranger than fiction.

The young woman was not poor at all. She was rich. Her name was Melissa Stafford, and she was president of Zeta Omega Zeta, the wealthiest and most exclusive sorority on campus. She had just finished attending a sociology class. The lecture: "Our Social Responsibility in an Aging Population."

Melissa extended her hand.

"Hi, I'm Melissa."

"Where do you live, Elmont?"

"At 556 Horton Street."

"It's awfully hot. Did you walk all the way up to campus, Elmont?"

"Yes. Look, I know what it's like to not to have the right clothes. I'd like to buy you a new pair of jeans."

"Thank you, Elmont. That's sweet of you. But these jeans are brand new. My Mom bought them at Bloomingdale's in New York City. She gave them to me yesterday."

"They're NEW? You're not poor?"

"No, Elmont, I'm not poor. Look, it's quite a walk back to your house. I'll give you a ride home."

"You have a car?"

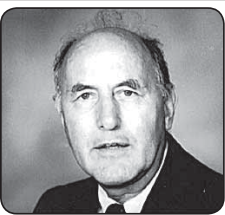
"Yes. Stay here. I'll be right back."

A few minutes later Melissa pulled up at the curb in a grey 2015 Jaguar convertible.

Elmont stared for a long moment, then walked to the car.

"Hop in," said Melissa.

- 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.



Larry
Day

clothes. So to be appropriately dressed, even working class kids wore cotton. Take Elmont Richens, for example. He was a working class kid back then and he wouldn't have been caught dead walking into the high school wearing jeans.

Decades passed—wars and rumors of wars, moon shots and space ships, fads and fashions came and went—but Elmont retained the cultural context of his youth—denim was used to make cheap working class clothing. Good clothes were made with cotton. Staying culturally naïve had been easy until recently. Elmont had lived all his life



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WOLFGANG PUCK'S KITCHEN

Master the secrets behind an award-worthy Asian seafood dish

Exactly 22 years ago, I was invited to create the food for the premiere party of a blockbuster summer film unlike anything the movie-going public had ever seen. No, it didn't feature spaceships flying through the galaxy or dinosaurs run amok. It was just the story of a simple man who



Wolfgang
Puck

lived an extraordinary life—a life he summed up by comparing it to a box of chocolates.

Yes, that movie was “Forrest Gump.” And the extraordinary lead performance by Tom Hanks went on to win him his second Oscar, after taking one home the year before for “Philadelphia.”

For that event, the studio asked me to make a special seafood dish with Southeast Asian influences. I'm not sure what led them to such a request, though I do know that the first Thai restaurants had begun opening in Los Angeles only two decades before, and they were still considered something new and hip. Whatever the reason, I decided to come up with a Thai-style preparation for mussels, a dish full of exciting flavors that my chefs and I could prepare quickly and easily so we could send out fresh batch after batch to the large gathering.

Considering how exotic Thai seasonings seem to most people, even today, though the cuisine is certainly almost as familiar now as Chinese, you might have stopped and wondered when I described that dish as being quick and easy. It really is. The real barrier people have to preparing Thai Curried Mussels, the recipe I made for the premiere and share here, is not that it requires any special equipment or techniques;

it's simply that the ingredients aren't commonly found in the pantries of most home kitchens in America.

That doesn't have to be the case anymore. In almost any good-sized city, and many small towns as well, you can now find ethnic Southeast Asian markets. Many well-stocked supermarkets everywhere also carry a surprising number of ingredients from the Thai kitchen, including those I call for in this recipe, including bright, zesty-tasting kaffir lime leaves and fresh lemongrass, spicy Thai chiles and Thai curry powder. And you can also find and purchase them online.

Add fresh mussels that you buy the same day you'll cook them, and keep them fresh and cold in your refrigerator. Scrub thoroughly under cold running water, pull off the “beards” at their hinges, and you're ready to have this dish ready to serve (as an appetizer for four people or a main dish for two) in well under half an hour of cooking time.

And who knows? Your new dish may win you a special award from your family and friends!

THAI CURRIED MUSSELS

Serves 2 to 4

8 scallions, root ends trimmed, 4 left whole, 4 finely chopped

1/4 cup (60 mL) peanut oil, plus extra for serving

1 large kaffir lime leaf, crushed, or 2 teaspoons finely grated lime zest

1-inch (2.5-cm) piece fresh ginger, preferably young, finely chopped, about 1 1/2 tablespoons

1 stalk fresh lemongrass, bottom 4 inches (10 cm) smashed and split lengthwise

2 large cloves garlic, finely chopped

3 fresh Thai green chiles, or other small hot fresh green or red chiles

1 heaping teaspoon Thai red curry powder

1 heaping teaspoon ground turmeric

1/3 cup (85 mL) unseasoned rice vin-

egar

1/2 cup (125 mL) good-quality canned tomato sauce

2 pounds (1 kg) large, fresh mussels, such as green-lipped variety (about 16 large mussels), thoroughly scrubbed and debearded

1/2 cup (125 mL) water, plus more as needed

2 to 3 teaspoons granulated sugar

About 2 1/4 cups (560 mL) steamed rice

4 small sprigs fresh cilantro, for garnish

Fill a large bowl with water and ice. Cut off the tops of 4 of the scallions to get pieces about 5 inches long. Cut through the green tops lengthwise 2 or 3 times to form strips attached to the base. Place in the ice water and refrigerate.

Heat the oil in a large wide pan over high heat. Add the chopped scallion, kaffir lime leaf (or lime zest), ginger, lemongrass, garlic and chiles. Saute until fragrant, 1 to 2 minutes. Add the curry powder and turmeric; stir to combine.

Immediately stir in the vinegar to deglaze the pan. Add the tomato sauce, and stir well to combine it with the other ingredients. Add the mussels

and stir well to combine them with the sauce.

Stir in the water to bring the sauce to a consistency that coats the mussels evenly. Sprinkle in the sugar, cover the pan and reduce the heat to medium. Cook 8 to 10 minutes until all the mussels have opened, adding more water as necessary to keep them steaming. Discard any unopened mussels.

Pull open the shells a bit more and arrange the cooked mussels on a platter or in a large, shallow bowl. Spoon some sauce over them. Garnish with the drained scallion brushes. Drizzle with peanut oil. Serve with steamed rice, top with the remaining sauce and garnish with cilantro.

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PET WORLD

Ways to prevent your cat from pulling threads in the carpet

By Marc Morrone

Tribune Content Agency

Q: My 14-year-old male cat keeps pulling up threads on new carpet on my previously wood stairs. What can I do or use to prevent this from continuing to happen? I have been clipping his nails regularly. I have tin foil over the first few steps. I have a big piece of cardboard blocking the stair entry. Somehow he gets on them anyway and I will notice a new pull. - Sharon Jorden, Chicago, IL

A: Your cat has no idea that the fabric on the once barren steps that feels so good to him could possibly have any monetary value. In addition to the methods you have already used, I have found that putting strips of double-sided tape on the edges of the steps works very well and is less inconvenient than the aluminum foil and cardboard.

However, no matter what you do, he will do his best to go around those repellents if he has no other alternative place to use his claws on. You have to get one of those cat trees that have shelves that are covered with carpet and place it near the stairs. Make those stairs as unattractive as possible while also spreading loose catnip over the cat tree.

What should happen is when he walks over to the stairs to use his claws, he will instead smell the cat tree as an alternative and use his claws on the carpeting of the cat tree. As time goes on and he no longer thinks of the carpeted steps as an option, you can remove the tape and other barriers.

Q: I grew catnip in my garden this year with the idea of drying it when the plants mature and making my own cat toys. However, I do not think I will ever get to do this as my cats spend a great part of the day rolling around in the catnip bed and crushing all the plants. Can my cats overdose from all this catnip? - Kathy Sullivan, Orlando, FL

A: I can understand your concern, but you really do not need to worry here. The element in catnip that cats enjoy never enters the bloodstream. The reaction you see is merely in response to the smell and taste—it is not a narcotic and any cat can snap out of catnip high.

Catnip is in the mint family and like most mint plants it grows quickly so even though your cats seem to be abusing it a bit, I am still sure that you will have plenty to dry in the fall for their winter enjoyment.

Q: I have seen a wild cottontail rabbit for the first time in my backyard recently and I was hoping I could feed them something, like I do with the birds and chipmunks in the area. What kind of food can I put out to encourage this rabbit to stay and have a family in my yard? - Chris Edwards, Westport, CT

A: The Eastern Cottontail Rabbit is under special concern here in the Northeast as its numbers are in a decline—your desire to encourage the population growth of them is admirable. However, diet is not an issue, rabbits mainly eat grass and there is no lack of that in suburbia.

The rabbits will sometimes eat vegetables from a garden or newly planted flowers, but such intrusions are easily preventable with low fences. If you really want to help the population of cottontails, then the thing they need is cover-manicured yards. Planting thick-

ets of shrubs in your yard, such as rambling-type rosebushes would allow the bunnies to have a place to escape into when running away from predators. It would also provide a safe place to raise their young, which would help increase their population.

Food is just one ingredient in helping wildlife—the other issue that you must take into consideration is providing them with an appropriate habitat.

- Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at petxperts2@aol.com; please include your name, city and state.

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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

a gangly teenager who lacked self-confidence, I found Dad to be an inspiration. As we walked side-by-side, I began to believe we could do anything together.

Dad was an *even-par* golfer, having played college golf in Emporia. I stood in awe when he hit the ball down the fairway, causing it to sail out of sight. He spent considerable time showing me how to hold the club and to focus on my goal of hitting the ball where I wanted it to go. When I think about it, he not only showed me how to become a better golfer but the importance of having concentration and persistence in any challenges I faced in life.

Each weekend I began feeling a slight improvement in playing golf. I had been using a beginner's set of Spalding clubs that Mom and Dad had given me for Christmas. These consisted of a signature *Johnny Palmer* set of four irons, three woods, and a putter. I suppose I should have been impressed with these clubs, but I didn't know who Johnny Palmer was, but I figured with a last name like *Palmer*, they had to be pretty good clubs.

One Saturday my dad announced that, in his opinion, I was ready to try out another course. We loaded our clubs into the car and drove to a small course somewhere in Southwestern Kansas. By the time we arrived, my confidence level had dropped to a new low. I feared that in the new surroundings I would forget all that Dad had taught me.

We played a few holes into the round, and as we walked up to the next tee box, my dad informed me that this hole had a water hazard. *Hazard?* That's not something I wanted to hear. I looked at the huge irrigation ditch which crossed the fairway, and observed water flowing to the alfalfa fields beyond. In those days, most water hazards in Southwestern Kansas were just big mud holes, but this had actual *water* in it. I knew Dad wasn't going to hit the ball for me, so I searched in my bag until I found a worn-out, beat-up practice ball and set it on the tee. The muscles in my legs and arms were trembling. I just knew I was going to hit the ball in the water.

Dad's spoke up at once, "Put your best ball on the tee," he commanded.

I was shocked. Surely he didn't want me to waste a good ball. I turned and gave him a quizzical look. "My *best* ball?" I asked.

He looked me square in the eye and said, "If you think you're going to hit the ball in the water, then that's exactly what you'll do. I want you to visualize the ball going all the way over the water. Hit it like you mean it, with a good follow-through." He paused to let me think it over and left no doubt as

to what he wanted me to do. "Make it your best shot."

I had only two new balls left in the bag. I pulled one out and put it on the tee. My knees were weak when I swung the iron and plopped the ball right into the flowing water.

I whined, "Dad, I've only got one good ball left."

"Well, go ahead and hit it. I've got more if you need them."

Amazingly, my motivation improved as the adrenaline began to pulse through my body. I set the ball on the tee and gave it a good, strong swing. It was a glorious feeling as I launched the ball into the air and

watched it land well beyond the water.

My golf game continued to improve after that lesson at the water hazard, and soon I was smacking the golf ball with authority over water and dried mud.

At the time, I didn't understand that profound lesson of self-confidence that my dad had taught me. I've thought of that day, many times. When a big task lies ahead, I can hear my dad's voice in the recesses of my brain: "You can choose to be afraid or to go forward with strength and confidence. The choice is yours to make."

All I can say now is, "Thanks, Dad."



Gregory Larson at 12

Always Hit Your Best Ball

By Gregory E. Larson

I remember those weekends I spent with my dad at the Garden City Public Golf Course in Garden City, Kansas. It was a small, 9-hole course with un-watered buffalo grass fairways and small sandy greens. I always felt my dad and I could do anything together, and these treks down the fairways with him were memorable. Since at that time I was



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North-South vulnerable. West deals.

NORTH

♠-K J 9 4

♥-7 5

♦-J 8 7 5

♣-Q 6 3

WEST

♠-A 8

♥-A K 9 8 3 2

♦-10 4

♣-A J 9

EAST

♠-10 7 6 5 3

♥-6

♦-6 3 2

♣-10 8 4 2

SOUTH

♠-Q 2

♥-Q J 10 4

♦-A K Q 9

♣-K 7 5

The bidding:

WEST	NORTH	EAST	SOUTH
1♥	Pass	Pass	Dbl
2♥	2♠	Pass	3NT
Pass	Pass	Pass	

Opening lead: Ace of ♥

South was too strong to bid one no trump at his first turn. That action, in the pass-out seat, shows a bit less than it would in direct position. His jump to game was an overbid, but all would be

well if he could make it.

West started with three rounds of hearts. South won the third round and paused to make a plan. He could count two heart tricks and four diamonds and needed three tricks from the black suits. Both black aces were marked with West, and declarer took advantage of this by first leading a low spade toward dummy. West had to duck his ace or give declarer three spade tricks. After winning dummy's jack of spades, South crossed back to his hand with a diamond and led a low club toward dummy's queen. Again West had to duck or present declarer with two club tricks. South won dummy's queen of clubs, his second black suit trick, and led a spade to his queen, establishing dummy's king for his third black suit trick. Three no trump bid and made. Well done!

This technique, leading a low card through a defender who has no winning action, is known in bridge as a Morton's Fork Coup. It is not uncommon, but to see it twice on the same deal, in two different suits, is quite rare. A beauty!

- Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to tcaeditors@tribune.com.

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PUZZLES & GAMES

CROSSWORD

Across

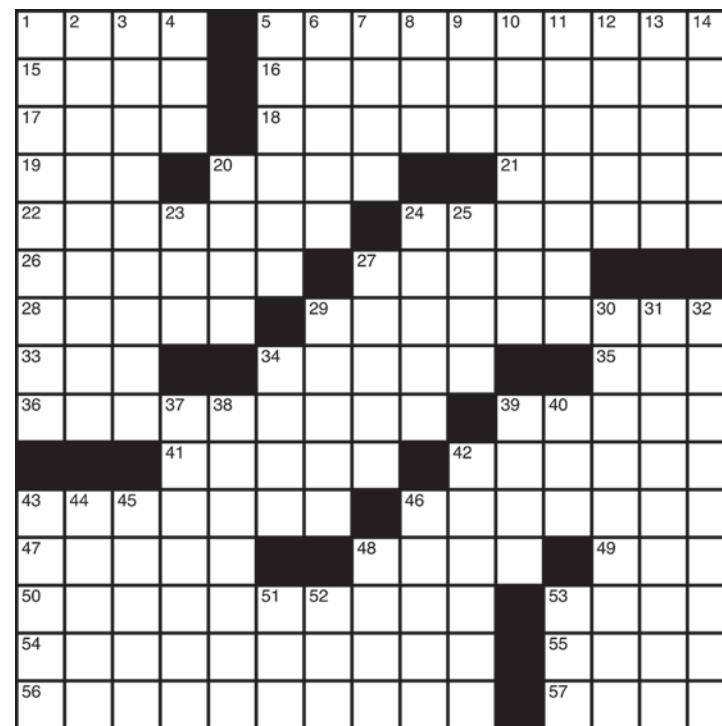
- 1 D.C. sports group
- 5 Hit the roof
- 15 School acronym
- 16 Dating term usually abbreviated
- 17 MSNBC anchor Wagner
- 18 Specialty brokers
- 19 Head
- 20 The Whiffenpoofs of a cappella fame
- 21 Finely contoured
- 22 Only fair
- 24 Sherry type
- 26 Swap magazines
- 27 Outback order
- 28 No-brainer?
- 29 Gifts for aficionados
- 33 VIP of the USAF
- 34 Chess grandmaster Spassky
- 35 Span. title
- 36 Joint support
- 39 Disastrous

- 41 Come (from)
- 42 They're assembled at bars
- 43 Player in eight Super Bowls
- 46 Herbal beverage
- 47 Then, in Rennes
- 48 Boring, maybe
- 49 Punch line, say
- 50 Like some sirens
- 53 Kyrgyzstan border range
- 54 "Block-Heads" co-star
- 55 Temporary place to stay
- 56 Project planning datum
- 57 Crimp-haired critters

Down

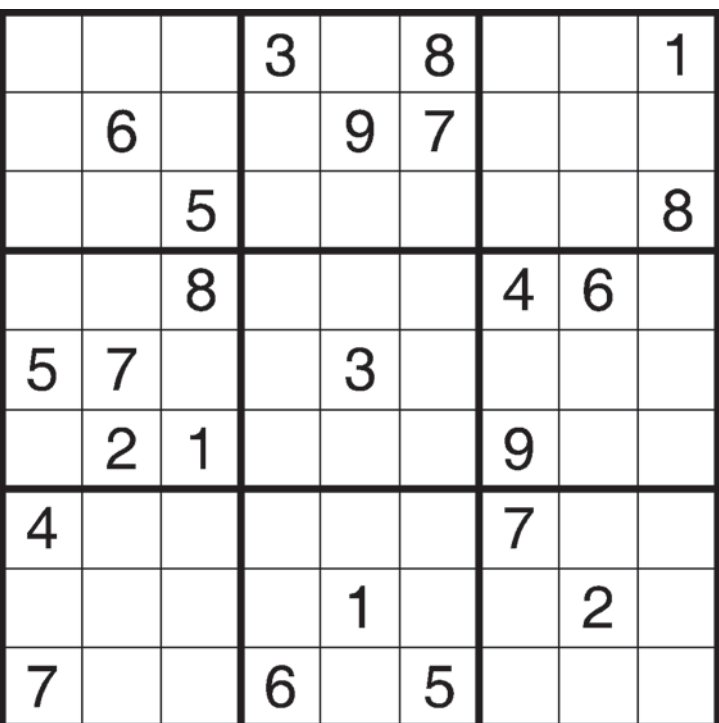
- 1 Bit of cleverness
- 2 Admitted
- 3 "Every Breath You Take" band
- 4 Pack leader?
- 5 It's not a complex

- 6 Happy way to walk
- 7 Temporary places to stay
- 8 City served by Ben-Gurion airport
- 9 Author LeShan
- 10 Husky follower
- 11 They're filled and folded
- 12 Like some brick walls
- 13 Join
- 14 Touch-and-go
- 20 Dakota du Sud, e.g.
- 23 ___ Canals
- 24 "Angry" adversary in Enid Blyton's "Faraway Tree" series
- 25 Dogfish Head products
- 27 Pressure
- 29 Sound off
- 30 Passing legislation?
- 31 Business identifier
- 32 They go with chips
- 34 Vivacity
- 37 Hoop, for one
- 38 Take offense
- 39 Venom source
- 40 Flying fig.
- 42 Unattached



- 43 L.A.-based brewery replaced the iron
- 44 Prince Valiant's bride
- 45 "Path ___": 2002 LBJ biopic
- 46 "Woman With a Parasol" painter
- 48 Pre-euro currency
- 51 Monopoly token that
- 52 Cabinet dept. created under LBJ
- 53 One on the links

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JUMBLE

THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

PIMSK
VAHNE
MUTTUL
EWSUIN

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Ans: IT " " " "

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PAR SCORE 255-265
BEST SCORE 333

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgams@gmail.com.

Answers to all puzzles on page 42

SUDOKU: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

CROSSWORD SOLUTION

N	A	T	S		B	O	I	L	E	D	O	V	E	R		
E	L	H	I		A	N	N	O	D	O	M	I	N	I		
A	L	E	X		L	A	N	D	A	G	E	N	T	S		
T	O	P		E	L	I	S		S	L	E	E	K			
T	W	O	S	T	A	R		P	A	L	E	D	R	Y		
R	E	L	O	A	D		F	I	L	E	T					
I	D	I	O	T		B	O	X	E	D	S	E	T	S		
C	I	C			B	O	R	I	S		S	R	A			
K	N	E	E	B	R	A	C	E		F	A	T	A	L		
					A	R	I	S	E		S	A	L	A	D	S
P	A	T	R	I	O	T		M	I	N	T	T	E	A		
A	L	O	R	S			L	O	N	G		E	N	D		
B	E	W	I	T	C	H	I	N	G		A	L	A	I		
S	T	A	N	L	A	U	R	E	L		C	A	M	P		
T	A	R	G	E	T	D	A	T	E		E	W	E	S		

Racial differences

■ CONTINUED FROM PAGE 32

fact, Gloria Ladson-Billings, who wrote the foreword for the field guide, has co-authored books with Bill Ayers, who led the communist Weather Underground. Ayers became a vice-president of the American Educational Research Association (AERA) in 2008. In addition, Ayers' younger brother and fellow communist, Rick, serves as the co-president of the National Association of Multi-cultural Educators (NAME). Conveniently, Bill was on the co-president nomination team. AERA's president in 2005-06, Ladson-Billings, a professor in curriculum and instruction at the University of Wisconsin-Madison, was a keynote speaker at the Pacific Educational Group's Summit for Courageous Conversation in 2009. Another keynote speaker at that summit, Antonia Darder, was also a keynote speaker at a NAME event in 2011. Her speech was entitled "The Neoliberal Restructuring of Cities, Education Policy, and Possibilities for Social Transformation Through a Marxist Lens.")

Last September, PBS reported that

a new poll suggested race relations in America were at a new low point in recent history. This new low point is occurring at the very same time elected officials from the White House to school boards have been emphasizing our racial differences. I don't believe that's a coincidence. We have exchanged Rev. Martin Luther Kings, Jr.'s dream of a colorblind society (i.e., a human hive) for "color-vision," and we have suffered for it.

I know a human hive works, because I have seen it work in the Marine Corps. Nevertheless, I understand some will dismiss my words because they come from someone who is not a minority. Then please consider this 2005 exchange between *60 Minutes'* Mike Wallace and Morgan Freeman:

WALLACE: Black History Month,

you find ...

FREEMAN: Ridiculous.

WALLACE: Why?

FREEMAN: You're going to relegate my history to a month?

WALLACE: Come on.

FREEMAN: What do you do with yours? Which month is White History Month? Come on, tell me.

WALLACE: I'm Jewish.

FREEMAN: OK. Which month is Jewish History Month?

WALLACE: There isn't one.

FREEMAN: Why not? Do you want one?

WALLACE: No, no.

FREEMAN: I don't either. I don't want a Black History Month. Black history is American history.

WALLACE: How are we going to get rid of racism until ...?

FREEMAN: Stop talking about it.

SUDOKU SOLUTION

2	4	7	3	5	8	6	9	1
8	6	3	1	9	7	2	4	5
1	9	5	4	6	2	3	7	8
9	3	8	5	2	1	4	6	7
5	7	4	9	3	6	1	8	2
6	2	1	8	7	4	9	5	3
4	5	9	2	8	3	7	1	6
3	8	6	7	1	9	5	2	4
7	1	2	6	4	5	8	3	9

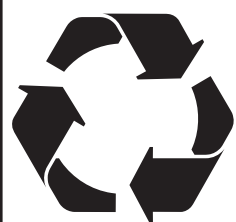
SCRABBLE BRAND GRAMS SOLUTION														
I ₁	N ₁	D ₂	E ₁	E ₁	D ₂	Y ₄	RACK 1 =	62						
T ₁	A ₁	C ₃	T ₁	F ₄	U ₁	L ₁	RACK 2 =	63						
S ₁	U ₁	A ₁	V ₄	E ₁	S ₁	T ₁	RACK 3 =	60						
N ₁	A ₁	S ₁	C ₃	E ₁	N ₁	T ₁	RACK 4 =	59						
S ₁	K ₅	I ₁	D ₂	D ₂	O ₁	O ₁	RACK 5 =	89						
PAR SCORE 255-265								TOTAL	333					
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JUMBLE ANSWERS

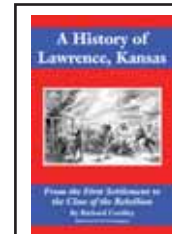
Jumbles: SKIMP HAVEN TUMULT UNWISE

Answer: What happened when the fog lifted at the airport -- IT WASN'T "MIST"

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