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August 2017 Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 17, No. 2

INSIDE



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KEVIN GROENHAGEN PHOTO



Harold Facklam Jr.:
Serving others by giving blood.

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Harold Facklam Jr. donates 259 pints of blood

By Kevin Groenhagen

Many businesses have water coolers in their offices that are topped with five-gallon water bottles. To get an idea of how much blood Harold Facklam Jr. has donated during his life, imagine six of those bottles completely filled with blood and a seventh bottle a little more than two-fifths full.

The American Red Cross began the first nationwide blood program for civilians by opening its first collection center in Rochester, N.Y., in 1948. Centers soon opened in other locations throughout the country.

“My father began donating blood a year or two after the Red Cross began the nationwide blood program,” Harold said. “The Red Cross came only four times a year and my dad would not miss a blood drive. I decided I wanted to do that, too. I started donating blood in January 1951.”

Harold had just married Venice a few months before that. The couple had a farm near Alida, Kansas, in Geary

County. Harold also taught at a rural elementary school.

“I started teaching right out of high school,” Harold said. “That very first fall in 1947 I taught in a one-room school. I went to summer school at K-State to get my teaching certificate. I taught for six months before I turned 18. I had seven students from second to sixth grade. I drove 20 miles each way. I had to buy a 13-year-old automobile with tires that were bald. I’d average a flat tire once a day.”

Harold then went to K-State in 1948 and enrolled in agriculture education.

“There was an opening in my home district,” Harold said. “It was an Alida school with two teachers. So, I signed up to teach there. I was there for two years. I taught my sister, who was in eighth grade. I was so fortunate to be able to teach there since all our family went there. Venice and I got married during my second year there. I came back a few years later and taught two more years at Alida. Both of our daugh-



Harold and Venice Facklam

ters were in the primary group there, but I didn’t teach them.”

Harold taught for a total of eight

years at rural schools and then went to Ft. Riley. He taught the fifth grade

■ CONTINUED ON PAGE FOUR

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Kevin L. Groenhagen
Editor and Publisher

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Senior Monthly is locally owned and operated.

Facklam

■ CONTINUED FROM PAGE THREE

there for 21 years.

"I taught sixth grade at Junction City during my last three years," Harold said. "My grandchildren were in that school, but, again, I didn't teach them."

Harold taught for a total of 32 years. He also farmed during all those years.

"He would get up and plant milo for a couple of hours, come in to eat breakfast, and then go teach school all day," Venice said. "Then he would come home, do the chores, and go back to the fields until 10 o'clock."

"I always said that Venice farmed and I helped her," Harold said. "She did an awful lot of the baling."

Even with his busy schedule in the classroom and on the farm, Harold continued to donate blood as often as he could.

"I tried to go during the noon hour so I wouldn't miss school," Harold said. "The bloodmobile would usually close down at four o'clock and I couldn't leave the school before then."

Even major events in his life didn't keep Harold from donating blood.

"After our daughter Karen was born in 1952, he gave blood and then came in to see me at the hospital," Venice said. "This was in November and it started snowing. He was with his folks and they got stalled on the road before they got home. He ended up walking six miles home in the snow. He fed the cows and did the milking."

"That was a terrible storm," Harold added. "That was one of those 100-year storms. Of course, I was young, energetic, and 80 pounds lighter then."

In 1963, Harold and Venice were forced to leave their farm. After the Great Flood of 1951, which reportedly caused a total of \$6.5 million in flood damages in the Fort Riley and Junction City area, many called on the federal government to intercede and build dams along the Republican, Smokey Hill, and Big Blue rivers. Construction of the Milford Dam began July 13, 1962, at mile 8.3 of the Republican River. Houses in and

surrounding the town of Alida were either moved to other locations, razed, burned, or buried to make way for the dam.

"Our home at Milford Lake had been a family home that went back four generations, so it was hard to give it up," Harold said. "It was such a close-knit community. The Alida community still meets the first Sunday of November every year. This year will be our 54th year of getting together. We still have a turnout of at least 60 people."

After leaving their home in Alida, the Facklams bought grassland east of Junction City and raised beef cattle.

"We built our own home," Harold said. "We did two-thirds of the work."

The Facklams also began attending services at Zion United Church of Christ in Junction City.

"Quite a few people at our church in Junction City give blood," Harold said. "I don't know whether I necessarily inspired some of them, but we would talk about it at church."

In 2001, the church was in the process of putting in a new kitchen and an elevator from the sanctuary down to the basement.

"I was chairing that committee and Venice was also helping with that," Harold said. "We went home after a committee meeting and the lightning west of us was just wicked around 10 o'clock. We got a call from our minister the following morning and he said lightning struck the church and

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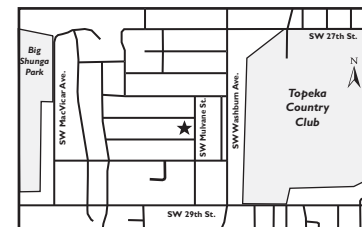
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Facklam

■ CONTINUED FROM PAGE FOUR

completely destroyed it. That was on August 23, 2001. I went from being the chair of the church remodeling committee to being the chair of the church rebuilding committee. We built a new church on the west side of Junction City.”

In 2004, the American Red Cross presented Harold with a pin after he gave his 200th unit of blood. He also received a pin for donating his final pint, his 259th, on April 30, 2015, just 64 years after giving his first pint.

“I tried to donate four times a year,” Harold said. “There was a time or two when I could only give three times a year. We also took a Panama Canal trip and made three or four ports of call. I was deferred for a full year because we visited a place that was on a list of restricted areas.”

The Food and Drug Administration has strict screening guidelines for accepting or deferring donors who have been in malaria-endemic areas. Because of these control measures, malaria transmitted through blood transfusion is very rare in the United States.

Harold’s father was barred from giving blood when he turned 60. Today, there is no upper age limit for blood donation. However, Harold stopped donating two years ago because of health reasons.

“The last two or three times I had some problems,” he said. “They always require you to spend 20 to 30 minutes in the canteen after giving

UPCOMING BLOOD DRIVES

There is currently an emergency need for blood. The American Red Cross will conduct the following blood drives in the Kaw Valley Senior Monthly distribution area during August:

DATE	TIME	LOCATION	ADDRESS	CITY
Aug 9	12:00 p.m.-6:00 p.m.	Celebration Hall	1737 S. Elm St.	Ottawa
Aug 17	11:00 a.m.-4:00 p.m.	Bryan College	1527 SW Fairlawn Rd.	Topeka
Aug 28	12:30 p.m.-6:30 p.m.	Stephens Real Estate	2701 W. 6th St.	Lawrence
Aug 29	11:30 a.m.- 5:30 p.m.	Stephens Real Estate	2701 W. 6th St.	Lawrence
Aug 30	12:00 p.m.-5:00 p.m.	KU CPPR	1617 St. Andrews Dr.	Lawrence
Aug 31	12:00 p.m.-5:30 p.m.	Hy-Vee	2951 SW Wanamaker Rd.	Topeka

If you live outside the Senior Monthly distribution area and/or cannot donate blood during August, you can search for other blood donation opportunities on the American Red Cross website (www.redcross.org). Walk-ins are welcome or call 1-800-RED CROSS (1-800-733-2767) for availability. To ensure the safety of blood donation for *both* donors and recipients, all volunteer blood donors must be evaluated to determine their eligibility to give blood. The final determination will be made on the day of the donation at the blood drive or blood donation center. If you were deferred from donating in the past, you may be able to donate again.

blood. I got up and got dizzy and was sick to my stomach. Thank goodness Venice was there. She drove for me then. I felt that I needed to stop because I had problems. I had no problems at all before. My veins were large and it only took eight to 10 minutes to give a pint after they put the needle in.”

Although he can no longer give blood, Harold strongly encourages others to do so.

“A lot of people are not able to give blood for health and other reasons,” he said. “But those people who are able to give blood, there’s nothing difficult

about it. It’s not painful, it’s not stressful, and you’re doing a service. You should consider giving if you’re able to.”

Last October, Harold and Venice moved to McCrite Plaza in Topeka.

“We love it here,” he said. “It’s a beautiful place and the people are so nice. It’s a great place to live.”

After staff members at McCrite Plaza saw a display of Harold’s 38 donation pins from the American Red Cross, they nominated him for the Assisted Living Lifetime Achievement Award. In March, the Kansas Health Care Association and the Kansas Center for

Assisted Living presented him with that award.

The Facklams have two daughters, Linda Smith of Jackson County and Karen Jameson of Junction City, four grandchildren, and 12 great-grandchildren.

While Harold has donated more blood than anyone else in Geary County, he may lose that distinction in the near future.

“Our son-in-law, John Jameson, continues to give blood in Geary County and he is the top, active giver,” he said. “He hasn’t topped me yet, but he probably will.”



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Tonganoxie Nursing Center undergoing makeover

By Billie David

One of the enticements that influenced Brandon Ziph's decision to return to the Tonganoxie Nursing Center after a two-year absence was the quaintness of the building, which was constructed in the early 1980s.

"I love the building and I like the people," said Ziph, who became the center's administrator on June 8.

Recently, however, there have been several updates made to the center to augment that quaintness with enhanced services and modernized conveniences. For example, the private and semi-private rooms are undergoing a makeover that includes fresh paint, cosmetic work and bathroom renovations.

"The rooms have all the amenities: televisions, individual air conditioning units, and quality comfortable beds," Ziph said.

Perhaps one of the most exciting changes, however—at least for the residents—is the new chef.

"We have a very good dietary department, and we now have a chef that's head of it," Ziph said. "The food is phenomenal and made from scratch. And it's always available."

A la carte choices are also available on the menu.

"We believe in choice here," Ziph explained. "We are very proactive when it comes to residents' choices. This is their home, so we emphasize a homelike atmosphere and we honor their choices."

That freedom of choice extends to allowing residents to choose whether to smoke at the center.

"There is a designated area for those who smoke," Ziph said.

Another recent change for the Tonganoxie Nursing Center is the brand-new nursing staff.

"They are top-notch, very versed in their fields," Ziph said, adding that the center is fully staffed, including RNs, LPNs, and CNAs.

In accordance with the center's goal of connecting with the Tonganoxie community to provide needed services, the center is also working on opening a clinic, where senior citizens can be

weighed and have their blood pressure checked and recorded on cards, which they can then show their physicians during regular office visits to help them monitor any blood pressure issues.

"We need to be a resource for the community," Ziph explained, adding that other services they provide include adult daycare and respite care, which are both very popular among local residents.

The center also provides hospice care and dialysis services, including transportation for treatment.

"We are inspired by those we serve," she said of another of her goals, that of enhanced customer service. "It's hard to drive to Kansas City for services and if we can do it here, that's the best thing. We need to be a community resource for healthcare."

Another strategy the center uses to help the community and enhance customer service is to reach out to other area facilities and join forces in endeavors such as educational events.

"We are in the process of planning a health fair during the fall," Ziph said,

adding that they are also helping, in conjunction with area senior centers and assisted living centers, to plan events such as Bingo.

Ziph also expressed appreciation for the center's other departments.

"We have a fantastic housekeeping department. They are very hands-on and they do a great job," she said.

On top of that, she has praise for the therapy department, which includes phys-

ical therapy, occupational therapy and speech therapy—services that are provided by the center's own therapy team.

"We don't count on people coming from the outside. We do everything in-house," Ziph explained. "The rehab team is one of the best I've ever worked with. It's all about resident care, and it's resident focused and family focused, helping out in any way

■ CONTINUED ON PAGE SEVEN

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Tonganoxie Nursing Center

■ CONTINUED FROM PAGE SIX

we can.”

In addition, the center provides outpatient therapy services, which is covered by Medicare Part B, supplemental insurance, Workman’s Comp, managed care and private pay.

The activities department at the Tonganoxie Nursing Center also stays busy, planning outings that include shopping, eating out, viewing Christmas lights and, of course, going out for ice cream.

Ziph has been involved in senior care since she was a child and helped

care for her grandfather, who developed Alzheimer’s. She also worked as a candy striper, and during her 43 years of working in long-term care—13 of them in Kansas.

Tonganoxie Nursing Center, located just past the school at 1010 East Street, is Medicare and Medicaid certified. It is an 88-bed facility with a rehabilitation unit and a long-term care unit. It also houses a beauty salon, a large dining area and a smaller, private dining area.

Ziph encourages people to set up an appointment, take a tour of the facility.

“We can set up dinner, by appointment, in the private dining area with the tour. That would be great,” she said, adding, “We’re really excited about the culinary program.”

Ziph can be reached at 913-369-8705.



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Longtime physician group affiliating with LMH, changing its name

The physicians of Reed Medical Group and Lawrence Memorial Hospital President & CEO Russ Johnson have announced the affiliation of LMH and Reed Medical Group.

Providers at the longtime Lawrence medical practice who became employed by LMH on July 1 include Drs. Donald Hatton, Joan Brunfeldt, Lida Osbern, Philip Hoffmann and Walter Farrell.

The practice's name is changing to Reed Internal Medicine.

Drs. Elaine Kennedy and Eric Huerter will continue their relationship with the Reed group through their practice, Reed Medical Group MDVIP Affiliates.

"Together, we will deliver high-quality care close to home," said Dr. Osbern, who is president of the Reed practice. "With this affiliation and the continued asso-

ciation of all of the Reed physicians, we will continue to provide compassionate, personalized care to our patients and will remain dedicated to their well-being."

Johnson said the affiliation with the physicians and staff at Reed Internal Medicine ensures patients will continue to receive the best care possible.

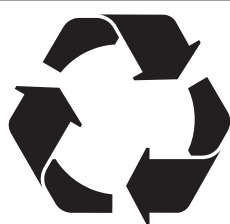
"We look forward to this association with Reed Medical Group, which is a long-standing and well-respected Lawrence medical practice," he said. "And

together we will work to fulfill our commitment to be our patients' partner for lifelong health."

Earlier this year, the seven physicians were appointed clinical assistant professors in the Internal Medicine Department in the University of Kansas Medical Center's School of Medicine.

Reed Internal Medicine will join

LMH-affiliated family and internal medicine practices in Lawrence, Eudora, Baldwin City, Tonganoxie and McLouth, as well as specialty practices for oncology, obstetrics and gynecology, neurology, cardiology, vein treatment, pulmonology, general surgery, gastroenterology, spine care, endocrinology, urology and plastic surgery.



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Your retirement planning starts with Social Security

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

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Then, you can use your earnings history and our online retirement estimators and calculators to get a glimpse of what your Social Security retirement future looks like. You'll find impor-

tant details such as your retirement age, life expectancy, and estimates of how much you may receive in future retirement benefits from Social Security.

As you look ahead to ensuring a secure, comfortable future for you and your family, it's important to keep in mind that Social Security replaces about 40 percent of your pre-retirement income, on average. So, a responsible retirement plan includes planning for more than Social Security.

Here are some more things you can do now to build your financial security:

- Contribute to pension plans offered by your employers;
- Maintain and grow savings accounts; and
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loved ones in the future.

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DEAR MAYO CLINIC: I decided to have bariatric surgery, but was told that I first need to go through counseling. What will those sessions involve, and would counseling really improve my chances of the surgery being successful?

ANSWER: Before you have weight-loss surgery, it's important to understand what to expect and to prepare yourself, physically and mentally, for what's ahead. Working with a counselor for several months prior to the procedure can help set you up for long-term success following surgery.

"Bariatric surgery" is a broad term used to describe all types of weight-loss surgery, including gastric bypass, gastric sleeve, placement of an adjustable gastric band and a procedure known as a duodenal switch, among others. Although the techniques used in each vary, all are considered major procedures that carry serious risks and have side effects. Going through counseling beforehand can help determine if having such surgery is the best choice for you.

Weight-loss surgery changes the body's anatomy and biology in a way that helps people lose weight. In many ways, however, the long-term outcome of any bariatric surgery depends less on those changes than it does on a person's behaviors and lifestyle.

In preparation for surgery, you'll work with a counselor who specializes

in helping people prepare for weight-loss surgery. He or she can identify and assess risk factors that could make it hard for you to make the lifestyle changes you need to in order to lose weight and keep it off long-term.

In most cases, the sessions before surgery include a weight-loss component. In fact, many insurance companies now require a medical weight-loss program before they'll approve payment for bariatric surgery.

For many people, difficulty managing their weight is the result of problematic eating or activity habits, like skipping meals or evening snacking. Working with a counselor can help you change such habits, decrease emotional eating, self-monitor your eating and activity patterns, and find ways to stay

motivated for healthy lifestyle changes.

Counseling sessions before surgery also can help improve mood, manage substance use, and teach stress management techniques so you're better equipped to handle the surgery and maintain a healthy lifestyle afterward.

Counseling sessions before bariatric surgery may be conducted one-on-one, or you may be part of a group preparing for surgery together. Many people find group sessions quite useful, giving them an opportunity to connect with others facing similar circumstances and share ideas.

Some health care organizations, including Mayo Clinic, offer follow-up counseling sessions to help keep people on track after bariatric surgery, as well as to catch any problems or complications that arise. These sessions would also provide an opportunity for you to learn more about support services and healthy living resources in your community.

Research shows that about 70 percent to 80 percent of people who have bariatric surgery are successful at losing weight and keeping it off for five years

after gastric bypass surgery. However, the stress and busyness of life can sometimes make long-term weight loss difficult. Over time, you may notice that you're slipping back into eating and lifestyle habits that are not healthy. Staying in touch with your health care providers after surgery, or seeking help if you start to notice that you're reverting to old habits, can help refocus your efforts and keep you healthy.

For many people, working with a counselor before and after bariatric surgery is extremely helpful. Talk to your health care provider about counseling options. Going through this process can be an excellent way to set the stage for weight-loss success. - Karen Grothe, Ph.D., Psychiatry & Psychology, 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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GUEST COLUMN

Is diabetes reversible?

By Irving A. Cohen, MD, MPH

The simple answer is **yes**. Many Type 2 diabetics can reverse the course of their disease. Once they are successful, I always suggest they consider themselves “recovering diabetics.” This is similar to the thinking about cancer survivors and recovering alcoholics. Continued vigilance, both personally and on the part of their doctors, is needed to maintain that recovery. Diabetic Recovery is an option that many diabetics in the US have not heard of. Could it be that pharmaceutical manufacturers try to convince the public that type 2 diabetes is an irreversible one-way street?

The relationship between dietary factors and type II diabetes has been understood for millennia. Ancient India was the first to develop a method of extracting sugar from sugar cane stalks. This was followed by epidemics of both overweight and “prameha” (type 2 diabetes) among those wealthy enough to afford this new delicacy. This relationship became understood throughout the world, for as sugar consumption reached other regions, diabetes skyrocketed.

A better scientific understanding of the relationship between eating patterns and diabetes control began in the last half of the 19th century. A century ago, dietary change was the

only method we had to treat diabetics. Although laboratory measures to monitor progress were limited, changes in diet were effective when followed. Today, thanks to home glucose monitoring and tests such as the hemoglobin A1c, a person with diabetes has powerful tools to see for themselves exactly what’s happening. This allows them to understand what does and does not work.

Conversely, dietary advice has gotten worse. Diets that were effective in the past are being ignored! As more drugs to control diabetes have been developed, “official” support of full dietary control has become lax. Research in the 1990s demonstrated the danger of relying on diabetic medication as a first choice for type II diabetics. People who were “well-controlled” on medication developed more hypoglycemic (low blood sugar) episodes leading to increased rate of death from strokes! The result was that diet content was actually increased to avoid medication-induced hypoglycemia, leading to less control and higher blood sugar. This, of course leads to all the long-term consequences of diabetes that we should be trying to avoid.

Dietary control of type 2 diabetes may not be for everyone, but many can succeed, if they follow the right path. If you are on medication, you’ll need to partner with your physician, working

closely to the lower or stop those medications as you begin a better diet. Do not solely rely on dietary advice that originates from the drug makers. They want to keep you up on those expensive medications.

In future columns, I will give you suggestions on exactly how you may be able to work with your doctor to protect yourself from type 2 diabetes. Visit www.DiabetesRecovery.com to learn more now.

- Dr. Cohen, Fellow of the American College of Preventive Medicine, trained in Preventive Medicine at Johns Hopkins University, School of Public Health, where he was the Chief Resident of Preventive Medicine. He is the author of books on topics that include diabetes recovery, weight loss, and addiction. He practices in Topeka, Kansas and can be contacted at 888-933-9833. His website is www.PreventionDoctor.com Opinions discussed here are for general information. Always obtain specific medical advice from your personal physician.

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IRVING A. COHEN, MD, MPH

Healthy Living

Added sugar

Added sugars add calories to your diet without providing nutrients. The average American gets 270 calories from added sugars every day.

Calories from added sugar

Ketchup, 1 tablespoon 12 calories

Flavored cereal, 1 cup 48 calories

Soda, 1 12 oz. can 126 calories

Chocolate cake, 1 piece 196 calories

Source: Health.gov,
TNS Photo Service



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HEALTH & WELLNESS

Solutions to joint pain: No need to suffer in silence

A Gallup poll concluded that nearly 50% of all adult women and 37% of all men say they suffer pain every single day. Joint pain is their most common complaint. Sadly, and wrongly, 80% believe that aging is the cause of their pain and that no treatment can help them. They resign themselves to pain, avoiding physical activities they once enjoyed. Often, as a result, they gain weight, grow weak and give up.

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This is needless. Aging doesn't have to hurt—or, at least, cause chronic pain. Many of the physical problems that we experience as we age—joint pain very definitely included—can be treated and remedied. In this article, I discuss solutions for joint pain in particular.

Movable Joints

To understand joint pain, you must first understand your joints. The key fact is that joints help us move, and all joint structures contribute to this movement, either by causing motion or by stabilizing a limb to permit activity. In your knee, for example, the cartilage cushions and protects the bones during movement. The tendons of your muscles attach to the bones and act as pulleys to move your limb when the muscle tissue contracts. Ligaments around and inside the knee joint keep the bones connected as you move. Bursa are small cushions between the tendon and the bone that prevent wear and tear where the tendon presses against bone. And the large bones of your leg anchor all the various kinds of soft tissues and attachments linked to the knee.

Work and Play: Exercise Our Joints

If you are living a full life, you may feel some stress in your joints at times. This doesn't mean you have permanently injured a part of the joint, or even have arthritis. If you have a strained joint that doesn't get better with a couple of days of self-treatment with ice and elevation, then see your doctor for advice. If you need help getting well, ask for a therapy referral so you can work with an occupational or physical therapist to get advice on what else you need to do to feel better and heal the joint. Therapists will help you figure out which joint structure is inflamed, weak and tight. Then you can focus on a plan to heal and strengthen your joint that is stressed.

Joint Stress vs. Traumatic Injury

Since your joints have several kinds of tissues, your joint pains can have several possible causes. If your shoulder hurts on Monday, recall what you did on Saturday or Sunday that may have stressed the joint. Maybe you dug holes in your yard to plant shrubs on Saturday for an hour. If so, your joint tissues may be a little over stretched and irritated. But if your Monday morning pain results from a forceful injury (such as a fall) or a sudden forceful movement, then one of the ligaments or tendons may be more severely sprained and need a combination of treatments to heal. If you are injured, it is best to combine therapy treatment with prescribed medication to speed up your recovery and return to normal activities/work.

Initial Treatment: Acute Care

If you have swelling and/or severe pain with a joint injury, you should see a doctor. If the doctor finds that your joint pain or swelling is not accompanied by a bone fracture or torn attachments, you may be advised to elevate and ice the joint, take medication, and pursue therapy. Icing a joint for 20 minutes is very effective for decreasing

ing pain and swelling. Medications can often help as well, and therapy (physical or occupational) helps you ease the pain, regain movement, and strengthen the joint to prevent new injury. Your therapist will advise you on which muscles to strengthen to recover fully and change the postures that may have contributed to your painful condition.

Take Care of Your Joints: Preventative Care

Many people think that, despite these treatment possibilities, aging simply hurts. And while it is true that the joint pains caused by arthritis are common as we age, this too is not inevitable. There are avoidable reasons why so many people have arthritis in their knees, shoulders and hands. We use and overuse these joints every single day. Squatting down repeatedly, for instance, is bad for your knees; forceful gripping can bruise your hand joints as you strain to open jars; and overuse of your shoulders can wear out the tendons and joints. For instance, to decrease the stress on your thumb and hand joints, you can use an electric drill or electric gardening shears to decrease the chance of overuse. Get advice from a therapist to help you find ways to take care of your hand joints or your back.

Reduce Arthritis Pain in Your Hands: Get Treatment

Also, arthritis pain can be treated and lessened. It isn't just a fact of life, to be suffered in silence. Occupational therapists can successfully treat the pain of hand arthritis, for example, by means of muscle stretching, specific strengthening exercises, hands-on treatment and use of modalities, like ultrasound, that increase circulation and healing. Hand-saving equipment such as jar openers and large-handled utensils can also decrease the pain and decline of hand/wrist arthritis. Preserving your hand joints is essential to remain independent in taking care of yourself as you age.

Knee and Leg Joint Pain: You Can Avoid Surgery

Knee arthritis, after many years of stress, ultimately requires joint replacement in many cases. Joint pain from tendon or ligament irritation can seem like a symptom of a knee that is beyond healing, but therapy has helped many people get stronger and heal an achy joint that needed stretching and strengthening most of all. Therapists also will advise on bracing and orthotics that may help you. Some people find relief from the pain of knee arthritis with knee braces and/or shoe orthotics that ease the foot and ankle problems that stress your knees with every step. A physical therapist can determine if foot/ankle correction with orthotics would decrease the stress on your knees, and refer you to an orthotist who will make the right shoe orthotic to destress your leg joints. Your physical therapist will also work with you on an overall plan to be sure you recover your strength and regain stability in your leg joints.

Feel Better and Be Stronger: We Care

Joint pain can be caused by holding a joint in one position until it over-stretches; by a traumatic joint injury; or by internal inflammation like arthritis. But whatever the cause of your pain, you can do something about it. Consider how you use your joints and seek medical and rehab help when pain persists. Joint pain can be fought, and reduced or eliminated, at any age. There are solutions with self-care, joint protection, medications, physical therapy, occupational therapy, and your doctor's care. Speak up about your pain and get the help you need.

- Laura Bennetts PT, MS, physical therapist, is a Clinical Rehabilitation Manager for LMH Therapy Services, Lawrence Memorial Hospital, Lawrence, Kansas.



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HEALTH & WELLNESS

Essential oils

Essential oils have been used throughout the centuries dating back to ancient times. The use of oils has seen a wide variety of uses, including the oils being used as an incense, flavoring in foods, to ward away evil



Dr.
Farhang
Khosh

spirits, and to multiple medical conditions. Early physicians, such as Avicenna, used essential oils such as mint to treat conditions of gastrointestinal ailments and rose essential oil for cardiovascular ailments. One of the most

famous uses of essential oil in ancient times was the Egyptian use of aromatic essential oils in mummification.

In recent years essential oils have seen a resurgence in the field of aromatherapy with the oils being used in massage, acupuncture, and in diffusers. Essential oils can be used in perfumes, soaps, hand lotions, shampoos, cosmetics, flavoring, cleaning products, and candles, and in the air by a diffuser. They are also used in pest control products ranging from ant control to mosquito repellents.

Medical applications for essential oils range from skin treatments, upper respiratory infections, migraines, nausea and vomiting, pain, improve digestive conditions, ear infections and menstrual disorders such as premenstrual syndrome and menopause

plus many more conditions, including chronic illnesses.

One of the most effective ways to treat lice is to use essential oils. Research shows that essential oils have both an antimicrobial, antibacterial and antifungal properties.

Some of the most common essential oils are lavender, cinnamon, mint, eucalyptus, tea tree oil, frankincense, myrrh, and thyme.

Lavender essential oil has been used for a variety of different conditions, including anxiety, depression, irritability, stress, panic attacks, insomnia, and fatigue.

Cinnamon has been used for blood sugar issues, including hypoglycemia or hyperglycemia. In addition, it has been used for cardiovascular health, including high cholesterol.

Mint is used for nausea, vomiting, stomach ailments, and fatigue.

Eucalyptus is a common essential oil used in the winter to treat a variety of upper respiratory problems, including sinusitis, cold, flu, and cough.

Tea tree oil is an antibacterial, antiviral, and antifungal. The most common use of tea tree oil is antifungal conditions such as foot fungus.

Frankincense is an old essential oil used for many conditions, including headache, allergies, and as an immune system enhancer, depression, upper respiratory conditions, and mental fatigue.

Myrrh is used for sinus congestion, cough, sore throat, and to treat skin conditions.

Thyme boost immune system, pest control, and upper respiratory ailments.

Essential oils have proven their use in medical history. These oils have stood the test of time and have been used in the treatment of many conditions. As we see a renewed interest in essential oils, we will no doubt see many new clinical studies examine their use and efficiency. In addition, new uses for an old therapy.

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

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JILL ON MONEY

Credit scores likely to rise

Credit scores recently reached a record high, and given changes to the industry they could continue to rise. According to FICO, creator of the widely used credit score, the average score hit 700 during the spring, the highest since at least 2005. As a reminder, FICO scores range from



Jill
Schlesinger

300 to 850, and borrowers with scores above 750 are generally considered excellent, while scores below 650 are considered poor.

The three most important factors that determine your FICO score are: payment history, total debt outstanding (which takes into account how many accounts you have and how close you are to your credit limit), and the number of hard credit inquiries made on your behalf from mortgage, auto or student loan companies. (Your score is not hurt by “soft” inquiries, which include preapproved offers, insurance or employment searches, or inquiries you make into your own credit report or score.) The score also includes the mix of credit that is available to you and your credit history.

Because credit scoring is used to determine the cost of borrowing and also for apartment rental purposes, the data used to compile it must be accurate and complete. That’s why it is important to check your credit report at least annually at AnnualCreditReport.com. If you find errors, you can dispute any information by contacting the company whose report you wish to dispute.

The good news is the process should become easier, because of the National Consumer Assistance Plan (NCAP), which was launched in 2015 by the three nationwide consumer credit reporting companies—Equifax, Experian and TransUnion—after a class-action lawsuit demonstrated that consumers were harmed from bad data.

The purpose of NCAP is to make credit reports more accurate and make it easier for consumers to correct any errors. As of July 1, the credit reporting companies are enforcing stricter rules about the accuracy of the data they collect, including the reporting of civil judgments and tax liens, which could help boost the credit scores of millions of Americans by 10 to 40 points.

Meanwhile, FICO’s competitor, VantageScore Solutions, recently announced the release of the fourth generation of their score, which will become available from the three credit reporting agencies in the fall of 2017.

According to credit expert John Ulzheimer, VantageScore’s score is “game changer,” because it will consider “trended” credit data, which accounts for whether borrowers are paying their credit card balances in full each month or if they’re just making a token payment and adding to their monthly balances. The data will reflect historical balances and the amount borrowers paid going back 24 months. This makes sense because “people who do not pay their cards in full each month are riskier than people who do pay them off in full each month,” says Ulzheimer.

So paying your bill in FULL each month is likely to become even more important. “Notwithstanding the fact that you’re paying interest on the unpaid balance, now by not paying

your balance in full your VantageScore 4.0 score is likely to be lower because you’re a riskier consumer.” Conversely, those who do pay off their balances in full each month will likely enjoy a higher score.

Before you get too excited about the new score’s rollout, it is important to know that VantageScore is number two in the market—FICO still reigns supreme. But Ulzheimer believes that the VantageScore 4.0 is better for consumers and better for lenders. “It’s rare that a new scoring system is a true win-win for consumers and lenders ... and VantageScore 4.0 is just that.”

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

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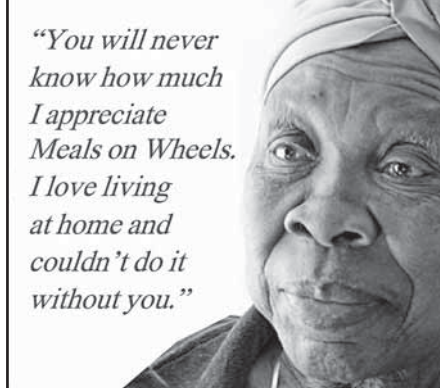
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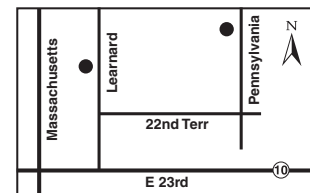
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SENIOR CALENDAR

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 or email kevin@seniormonthly.net. 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

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
finalfridayslawrence.wordpress.com

BINGO

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

**SUNDAYS, WEDNESDAYS & FRIDAYS
CAPITOL BINGO HALL**

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

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

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

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

**WEDNESDAYS & SATURDAYS
LEGIONACRES**
3408 W. 6th St., 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

**FIRST & THIRD SATURDAY OF THE MONTH
VETERANS OF FOREIGN WARS**
2806 North 155th, 7 p.m.
BASEHOR, 913-526-0080

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 Burroughs 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 23 & 24
ARBOR DAY FARM**
Welcome to Arbor Day Farm, 260 acres of natural beauty and outdoor exploration. This trip includes guided tours of this National Historic Landmark and historic mansion, two Wonders of Kansas, the Lewis and Clark Missouri Basin Interpretive Center and Nebraska City Museum of Firefighting. Fee. Early Bird Price through August 7. Lawrence Parks and Recreation Department, 115 W. 11th St.
LAWRENCE, 785-832-7909

**SEP 27 & 28
CLYDESDALES AND CRIMINALS**
More than stories, we will learn of legends on this autumn tour. The Warm Springs Ranch-

headquarters of the Budweiser Clydesdales' breeding operation is paired with the historic Missouri State Penitentiary and Mitchell Car Museum. Fee. Early Bird Price-through August 11. Lawrence Parks and Recreation Department, 115 W. 11th St.
LAWRENCE, 785-832-7909

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

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. Airs from 9 to 9:30 a.m. On WIBW-TV, Channel 13.

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 third 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 3 CROSSING NO MAN'S LAND: THE BIRTH OF COMBINED ARMS

From 1914-1918, a nearly unbroken line of trenches stretched 400 miles across France and Belgium, creating a deep and deadly dilemma for the soldiers of the Great War. The land in between was No Man's Land, and Dr. Richard S. Faulkner explores how trying to drive opponents out of their trenches led the armies of World War I to give birth to modern warfare. Ft.

Leavenworth series. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org

AUG 4, 11, 18 & 25 ADVENTURES IN LEARNING - SUMMER SESSION

Members of Shepherd's Center are as diverse as the trees in a forest—there may be many in common and yet a variety can be found, which is why we offer so many different classes and activities to engage members and have so many different ways to volunteer. Shepherd's Center is hosted at Lowman United Methodist, 4101 SW 15th St., 9-11:30 p.m. Try our new online enrollment.
TOPEKA, 785-249-3258
shepherdscentertopeka.org

AUG 8 SENIOR SUPPER AND SEMINAR

This month's topic: Immunizations for the Adult - Dr. Eric Huerter. Program on the third Tuesday of each month (except December), seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. 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 p.m., Educational presentation: 6 p.m.
LAWRENCE, 785-505-5800, lmh.org

AUG 10-SEP 14 BETTER CHOICES, BETTER HEALTH WORKSHOPS

Thursdays. Are you managing chronic health conditions such as high blood pressure, diabetes, heart disease or chronic pain? Then you should attend these free workshops where you will make weekly action plans, share experiences and help each other. Materials have been reviewed by physicians, dietitians, educators and other health professionals, both at Stanford University and in the community. Held at Lawrence Public Library, Meeting Room C. Informational Session, Thursday, August 3, 10 a.m. To register go to lmh.org/wellness/events or call 785-505-5800.
LAWRENCE

AUG 14 HEALTHWISE SENIOR SUPPER

Enjoy summer fare and information from a variety of Stormont Vail and Cotton O'Neil services and providers at the annual HealthWise Indoor Picnic and Senior Health Fair, during the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. \$5 per person for the meal. Reservations requested by Wednesday, Aug. 9. Please call.
TOPEKA, 785-354-5225

**AUG 14-19
CIVIL WAR ON THE WESTERN FRONTIER**
Douglas County commemorates our area's Civil War history with programs, tours and other

■ CONTINUED FROM PAGE 16B

activities. Presenting organizations include the City of Lawrence Parks and Watkins Museum of History in downtown Lawrence. See website for list of events. Watkins Museum of History, 1047 Massachusetts St.

LAWRENCE, 785-841-4109
watkinsmuseum.org/cwwf.php

AUG 15

ESTATE PLANNING SEMINAR

How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. 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. Those attending get a free copy of the book Estate Planning Overview. Carnegie Building – Heritage Room, 200 W. 9th St., 2-3:30 p.m. No pre-registration required.

LAWRENCE. 785) 832-1175

AUG 20

BATTLEFIELD TOUR WITH JOHN BROWN AND HIS FREE STATE MILITIA

As part of the Civil War on the Western Frontier activities commemorating the 154th anniversary of Quantrill's Raid on Lawrence, Kansas, there will be a special tour of the Black Jack Battlefield. It will be conducted by Kerry Altenbernd as John Brown, assisted by members of the 13th Kansas Infantry Regiment reenactor group serving as his civilian Free State militia. Maybe a few pro-slavery men will be there too. Mr. Altenbernd portrays John Brown professionally as John Brown Speaks. The reactors will be camping on site, so come out early and visit with them. Black Jack Battlefield and Nature Park, 163 E. 2000 Rd., 4 p.m. Free, WELLSVILLE, 785-380-9156
blackjackbattlefield.org

SEP 12

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, September 12 at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. Sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided. Call for more information.

TOPEKA, 785-270-4593

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.lawrencesession.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

AUG 31

RONNIE MILSAP

Personal battles, career goals, ideas about love – figuring out how all of that will play out during adulthood is one of the big chores of those high-school years. That idea is at the heart of Ronnie Milsap's Summer #17, an album that explores the influences on a musician who built a Hall of Fame-caliber career, who became one of the most influential voices in country music's storied history. Topeka Performing Arts Center, 214 SE 8th Avenue, 7 p.m. Fee.

TOPEKA, 800-745-3000

topekaperformingarts.org/ronnie-milsap

EXHIBITS/SHOWS

MAY 7-DEC 31

THE LEAGUE OF WIVES: VIETNAM'S POW/MIA ALLIES AND ADVOCATES

Open the Institute's new special exhibition with a discussion with 2017 Dole Archives Curatorial Fellow, historian Heath Hardage Lee, and POW/MIA wives on their leadership efforts during the Vietnam War, from breaking public silence to international diplomacy. The "Your Story, His Story, the Legacy" series focuses on stories of history and leadership from those with connections to Senator Dole's own life and career. Dole Institute Business Hours (9 a.m.-5 p.m. weekdays and Saturday, 12-5 p.m. Sundays). 2350 Petefish Dr. Free. LAWRENCE, 785-864-4900
doleinstitute.org

AUG 12

CRUISIN' THE CAPITOL CAR SHOW

All makes and models of cars, trucks and cycles enjoy the unique opportunity to park and cruise around the renovated statehouse of Kansas beginning at 4 p.m. And features a burn out lane right in front of the capitol at 8 p.m. This event is free for the public and all are invited to come and enjoy the festivities from 6-9 p.m. This event is hosted and produced by Downtown Topeka, Inc. TOPEKA, 785-234-9336

FAIRS/FESTIVALS

AUG 8-12

ATCHISON COUNTY FAIR

Annual event features 4-H, domestic living

and agricultural exhibits, food booths, parade, carnival and live music. Atchison County Fairgrounds, 405 Main St.

EFFINGHAM, 913-833-5450
visitatchison.com

AUG 17-19

TIBLOW DAYS

This popular festival has grown to a three-day affair. Thursday Evening - Carnival and the City Band Concert. Friday - Carnival Friday Evening - Mayor's Banquet, craft and food booths, bands & BBQ Contest (Sanctioned Competition) Saturday - Parade, carnival, craft and food booths, car show, bands and local entertainment. Downtown Bonner Springs, 126 Cedar St. BONNER SPRINGS, 913-422-5044
bsdwdchamber.org

AUG 21

ECLIPSE AIRE FEST

The Eclipse Aire Fest at the Amelia Earhart Airport will feature plane rides, BBQ, drinks, astronomy presentation, tours of "Muriel," the same model plane flown by Amelia Earhart, and live music. Amelia Earhart Airport, 16701 286th Rd., 8 a.m.-5 p.m. Parking fee.

ATCHISON, 913-367-5249

www.visitatchison.com

SEP 2-OCT 15

KANSAS CITY RENAISSANCE FESTIVAL

Travel back in time and partake in a Kansas City Tradition since 1977. 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 drinks from the far reaches of the globe! There's something for the whole family in our enchanted 16-acre village. Open Weekends September 2nd – October 15th Plus Labor and Columbus Day. Kansas City Renaissance Festival, 633 N. 130th St., 10 a.m.-7 p.m. BONNER SPRINGS, 913-721-2110
kcrenfest.com

FARMERS' MARKETS

APR 8-NOV 18

LAWRENCE FARMERS' MARKET

Saturday market. April 8- August 26, 7-11 a.m. September 2- November 18, 8 a.m.-12 p.m. 824 New Hampshire St. LAWRENCE, 785-505-0117
lawrencefarmersmarket.com

MAY 2-OCT 24

LAWRENCE FARMERS' MARKET

Lawrence Public Library Outdoor Plaza, 707 Vermont St., 4-6 p.m. LAWRENCE, 785-505-0117
lawrencefarmersmarket.com

MAY 6-OCT 28

BONNER SPRINGS FARMERS' MARKET

Every Saturday. Located at Kelly Murphy Park in the Downtown Bonner Springs area. You can visit the many local vendors this town has to offer. If you would like to participate or have any questions, please contact Travis Slankard. 8 a.m.-12 p.m. BONNER SPRINGS, 913-721-1075

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

HEALTHY STEPS MALL WALKING

Walk in a safe, climate-controlled setting at West Ridge Mall, Topeka, 1801 S.W. Wana-maker. Mall walking hours are Monday-Saturday 7 a.m. to 9 p.m. and Sundays 11 a.m. to 6 p.m. Log your visits – at the kiosk in the northwest corner of the lower level - to be eligible for prizes from sponsors West Ridge Mall and Stormont Vail Health. Free.

TOPEKA

ONGOING

WELLNESS COACHING

Are you trying to make lasting lifestyle changes related to healthier eating, weight loss exercise, smoking cessation or improving your blood pressure, cholesterol or glucose numbers? Consider meeting with a certified wellness coach. LMH offers this service for a fee. To learn more, contact Aynsley Anderson Sosinski, RN at (785) 505-3066 or aynsley.anderson@lmh.org.

LAWRENCE

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

■ CONTINUED FROM PAGE 19

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

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

Seaman Community Church, 2036 NW Taylor. 9:30-10 a.m.

TOPEKA, 785-357-8777 or 785-213-6016

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 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

VACCINE CLINICS

Zostavax (shingles), Tdap (tetanus, diphtheria and pertussis (whooping cough)) and Td (tetanus and diphtheria) vaccines are available by appointment and with a Cotton O'Neil physician's prescription. HealthWise Clinic, 2252 S.W. 10th Ave. Call for information.

TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCIE BALL

Interested in playing bocce ball? There are two public courts at Holcom Park. Equipment can be checked out from the Holcom Park Recreation Center. Beginners are invited to join experienced players for open play on Wednesday nights from 6-8 p.m. Call 832-7940 for information or to make court reservations within 24 hours of playing time.

LAWRENCE

WEDNESDAYS

FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and questions. Appointments available 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 available by phone or 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

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

AUG 9

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 St., 8-9:30 a.m.

LAWRENCE, 785-505-5800, lmh.org

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.
Wyndam 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.

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

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**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 the Senior Resource Center for Douglas County, 2920 Haskell Ave., 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 health-care, 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

**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 New-comer at for more information. Pozez Education Center, 1505 SW 8th St.
TOPEKA, 785-478-4947 or 785-296-8349

**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 counseling 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**

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

**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
LAWRENCE ACTION CIVITAN CLUB**

Civitan have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other Civitan project updates, please visit the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan or call Jason.
LAWRENCE, 785-691-8520

**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

**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
PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP**

Meets at the Topeka & Shawnee County Public Library, Anton Room 202, 6:45 to 8:45 p.m. For more information. Please contact Jeff Landers.
TOPEKA, 785 224 5946.

**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. Blassingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling.
TOPEKA, 785-286-2273

**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

**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 Con-

■ CONTINUED FROM PAGE 21

roy'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

THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

The purpose of Jayhawk Model Masters is to promote the building and safe operation of radio controlled (RC) model aircraft. In addition, we strive to fulfill our civic responsibility to the community, and support worthwhile projects. Our club meetings are open to the public and are held on the third Saturday of each month. Breakfast starts at 8 a.m. and the meeting at 9 a.m. We meet in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Fee for breakfast.

LAWRENCE, 785-312-4840

jayhawkmodelmasters.com

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

MISCELLANEOUS

EVERY MONDAY AND THURSDAY

SCRABBLE: OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. Douglas County Senior Service, 745 Vermont St., 1-4 p.m.

LAWRENCE, 785-842-0543

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 19

CELEBRATE THE ECLIPSE!

The Solar Eclipse of 2017 is coming! We are celebrating on the Saturday before, 8/19/17. Celebrate the sun and explore heat sensitive slime at 10 a.m. Create moon craters with flour at 1 p.m. Fully engulf yourself in the experience and visualize what happens during a solar eclipse while riding our hovercraft at 11 a.m. and 2 p.m. Kansas Children's Discovery Center Address: 4400 SW 10th St., 10 a.m.-3 p.m. Fee. TOPEKA, 785-783-8300

kansasdiscovery.org

AUG 21

ECLIPSES, EINSTEIN AND FABRIC OF OUR SOULS

The total solar eclipse may be viewed from Mount St. Scholastica. Informational lectures about the eclipse will be given. There will be lunch on the lawn and special glasses for viewing the eclipse will be provided. No fee

will be charged, but reservations are required. Donations will be appreciated. Mount St. Scholastica Convent Chapels, 801 S. 8th St., 9:30-2:45 p.m. free but reservations are required.

ATCHISON, 913-360-6200

mountosb.com

■ CONTINUED ON PAGE 23



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ESTATE PLANNING

A place where civility once ruled

By Cal Thomas

Tribune Content Agency

PLYMOUTH NOTCH, Vermont - When was the last time you heard a member of one political party praise a member of the other party?

Here in this hamlet nestled among the Green Mountains, former Baltimore Democratic Mayor Kurt Schmoke rose to speak well of our 30th president, Calvin Coolidge, a Republican. The occasion was the annual celebration of Coolidge's birthday on July 4, the only president born on the day we celebrate America's birth.

Perhaps it takes the death of one and the absence from public office of another (Schmoke is now president of the University of Baltimore) to cool political passions, but the former mayor's respect for Coolidge's commitment to civil rights for African Americans and full voting rights for women long before both movements

got moving was, itself, moving.

Schmoke quoted from a commencement address Coolidge delivered on June 6, 1924 at Howard University, a historically black college founded in 1867. The previous year, 29 black people were lynched in the U.S., according to Historical Statistics of the United States. In 1924, there would be 16 more.

Coolidge was vehemently opposed to inequality. He said, "The nation has need of all that can be contributed to it through the best efforts of all its citizens. The colored people have repeatedly proved their devotion to the high ideals of our country. ... The propaganda of prejudice and hatred which sought to keep the colored men from supporting the national cause (WWI) completely failed. The black man showed himself the same kind of citizen, moved by the same kind of patriotism as the white man."

The Howard speech wasn't a one-off.

Coolidge made a similar pronouncement in his first State of the Union address on Dec. 6, 1923: "Numbered among our population are some 12 million colored people. Under our Constitution, their rights are just as sacred as those of any other citizen. It is both a public and a private duty to protect those rights."

Coolidge lost every Southern state in the 1924 election, but won all the rest, save Wisconsin, taking 54 percent of the popular vote and 72 percent of the electoral vote.

It would be 40 years before President Lyndon Johnson, a Democrat, signed civil rights legislation recognizing rights that Coolidge (and Thomas Jefferson) believed were endowed to all human beings by their Creator, but Coolidge showed the way.

In his autobiography, Coolidge wrote of an America that is mostly forgotten, but which cries out to be reclaimed: "The neighborhood around the Notch was made up of people of exemplary habits. Their speech was clean, and their lives were above reproach. They had no mortgages on their farms. If any debts were contracted they were promptly paid. Credit was good and there was money in the sav-

ings bank."

He learned from his father what he called "the practical side of government." He said he, "understood that it consisted of restraints which the people had imposed upon themselves in order to promote the common welfare."

About taxes he said he learned that when "taxes were laid, someone had to work to earn the money to pay them." He saw that a public debt was a burden on all the people in a community and while it was necessary to meet the needs of a disaster it cost much in interest and ought to be retired as soon as possible."

Doesn't all of this—from Schmoke's kind words about a member of the opposite political party, to Coolidge's innate decency and fairness toward all, seem like another country?

It wasn't. With notable exceptions, it was largely practiced—and expected—in an America not that long ago. Today's America is in desperate need of rediscovering what Vermonters then saw as self-evident truths.

- Readers may email Cal Thomas at tcaeditors@tribpub.com.

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■ CONTINUED FROM PAGE 22

AUG 21

THE ECLIPSE @ KU

Lawrence, Kansas will see the sun covered 99.3% in the middle of the day. Join the KU Department of Physics and Astronomy and the KU Natural History Museum at the Shenk Sports Complex to view the eclipse and learn more about this solar phenomenon when it peaks at about 1:10 p.m. The family-friendly, drop-in event includes science and art activities, telescope viewing with astronomers, and food trucks that will offer lunch. Free eclipse glasses provided on a first-come, first-served basis. KU Natural History Museum, Shenk Complex, 23rd & Iowa, 11:30 a.m. to 1:30 p.m. Free.

LAWRENCE, 785-864-4450

AUG 21

TOTAL ECLIPSE OF THE HEARTLAND

Presentations on astronomy, Celestial Concert by Benedictine College Music Dept. in the Abbey Church, concession stand, eclipse viewing at Wilcox Stadium. Tickets to stadium are free but must be reserved by contacting Sue Durkin at sdurkin@benedictine.edu. Solar glasses will be supplied and telescopes with solar filters will be available. Benedictine College, 1020 N 2nd St., 9-7:30 p.m. ATCHISON, 913-367-5340

AUG 27

ANNUAL KANSAS STATE FIDDLING &

PICKING CHAMPIONSHIPS

This long running event resembles a reunion as musicians form circles jamming under trees throughout the park. Former contestants return as professional performers. Some competitors are the second and third generations of their family to participate. Fans gather on blankets to enjoy music and cheer on their friends as they compete. Food vendors, artists and community groups fill the street and park paths. For many years, luthiers have joined the event to share their latest original handmade instruments. South Park, 1130 Massachusetts, 12-5 p.m. Free. LAWRENCE, 785-691-7314 fidpick.com

AUG 31-SEP 3

AMERICAN ROYAL WORLD SERIES OF BARBECUE

The World Series of Barbecue is the largest barbecue competition in the world bringing teams together from over ten countries to compete for the title of Open and Invitational Grand Champion! This signature Kansas City event is getting a fresh feel with more public events and activities than ever, including incredible live music, delicious BBQ and local food, and a vendor fair authentic to Kansas City and BBQ enthusiasts. Plus, with a full line up of kids' activities the Barbecue will have fun and entertainment for all ages. Kansas Speedway, 400 Speedway Blvd, 10 a.m.-6 p.m. Fee. KANSAS CITY, 816-221-9800 americanroyal.com

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Tired of the gratuitous profanity on television? ESCAPE!

KVSM Golden Oldies, a companion Internet radio station to Kaw Valley Senior Monthly, is now available online.

Currently, KVSM's programming includes old-time radio shows such as *Dragnet*, *Father Knows Best*, and *Gunsmoke*. (The daily schedule is shared at right.)

However, Kevin Groenhagen, editor and publisher of Kaw Valley Senior Monthly, is inviting readers and advertisers to share ideas concerning what

content they would like to listen to on KVSM.

If you would like to share your suggestions, Groenhagen can be reached at 785-841-9417 or kevin@seniormonthly.net.

To listen to KVSM Golden Oldies, please visit Tunein.com and do a search for "KVSM," or visit www.seniormonthly.net and click the TuneIn player. You can listen to KVSM on your computer, smartphone, or tablet at home, work, or on the go.

KVSM DAILY SCHEDULE

12-3 a.m. OUR MISS BROOKS	5-7 p.m. TALES OF THE TEXAS RANGERS
3-7 a.m. THE LONE RANGER	7-10 p.m. DRAGNET
7-10 a.m. FATHER KNOWS BEST	10 p.m.-12 a.m. OZZIE AND HARRIET
10 a.m.-1 p.m. GUNSMOKE	Listen online at www.seniormonthly.net/kvsm
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MY ANSWER

Pray for cousin who refuses to acknowledge God

By Billy Graham

Tribune Content Agency

Q: My cousin wants nothing to do with God. If he were a bad person or had messed up his life, then maybe he'd realize he needs God. But he's not this way, and he just laughs at me and says he doesn't see any reason to bother with God. How can I convince him otherwise? - A.G.

A: You may not be able to convince him; it's very hard to persuade an independent, successful, self-sufficient person that he or she really needs God. Their problem is pride—and pride refuses to make room for faith.

But God can convince him, and that's one reason why you should pray for him. Remember: God can do what we can't do - and that includes

persuading someone of their need for Christ. God has promised to work in the lives of others through His Holy Spirit, overcoming their resistance and pointing them to Christ's truth and life-changing power. Jesus said, "When he (the Holy Spirit) comes, he will prove the world to be in the wrong about sin and righteousness and judgment" (John 16:8).

Does this mean you can't have an influence on your cousin? No, of



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

course not. God can use your words; as you have opportunity, share your concern with him, and express how serious it is to ignore God. He needs God now - and he also needs Him for eternity. The Bible says, "Nothing in all creation is hidden from.... the eyes of him to whom we must give account" (Hebrews 4:13).

But God can also use your example to convince him he needs Christ. Is Jesus real to you, and does He influence the way you live? Ask God to help you be a

living demonstration of Christ's transforming power to your cousin, so he'll face honestly his own need for Him.

- 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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MEDICARE AND PRESCRIPTION DRUG COVERAGE

Did you know the original proposal for Medicare in 1965 included outpatient prescription drug coverage? This benefit was initially included under Part B but was dropped due to unpredictability and the potentially high cost.

Again, in 1988, a prescription benefit was enacted but one year later it was repealed. Finally, on December 08, 2003 President George W. Bush signed the Medicare Prescription Drug, Improvement, and Modernization Act, giving Medicare beneficiaries prescription drug coverage (Medicare Part D).

Part D of Medicare is a federal program to subsidize the cost of prescription drugs for those individuals who have Medicare Part A and/or Part B. Each year during annual open enrollment, beneficiaries can evaluate their current coverage and explore new drugs plans for the next calendar year. Since each drug plan has its own list of covered drugs, copay tiers, and participating covered pharmacies, beneficiaries should take the time to review plan changes each year.

Medicare may also make annual changes. For example, 2018 drug plans with a deductible can charge up to \$405 and the coverage gap (donut hole) will begin at \$3,750. The percentage cost share for brand-name drugs in the coverage gap will be 35% and 44% for generic drugs. The new amount for true out-of-pocket cost will be \$5,000. These are just a few of the new changes coming for 2018.

When you receive your plan renewal, do not let it sit on the table or file it away. We recommend you annually review your Part D coverage to make sure you have the best plan to fit your needs.



Century Health Solutions is a subsidiary of Stormont Vail Health and provides free Medicare Educational Seminars. We are your local expert in Medicare planning and will help you find the best option for your personal situation. Please feel free to call us at 785-270-4593. Our business hours are Monday-Friday, 8:00am-4:30pm.

RICK STEVES' EUROPE

How to survive a European road trip

By Rick Steves

Tribune Content Agency

Horror stories about driving in Europe abound. They're fun to tell, but driving is really only a problem for those who make it one. If you know what to expect, your drive can be a highlight rather than harrowing. Here are a few tips to know before you get behind the wheel.

RESEARCH YOUR RENTAL. Most European rental cars use stick shift (standard transmission), so be sure to ask for an automatic if you're not used to changing gears, especially if you'll be driving on narrow, winding roads. Be aware, though, that you'll pay about 50 percent more for an automatic transmission. It's usually cheaper to arrange rentals from the U.S. Shop around and always check the fine print for add-on charges. Remember that it might make sense to pick up and return your car in different cities so you don't have to backtrack.

GET TO KNOW YOUR CAR. Once you pick up your car, test the wipers, headlights, and gearshift, and make sure you know what type of fuel the car takes (diesel vs. unleaded), and how to release the gas cap.

BE PUMP SAVVY. Learn the local term for your fuel: diesel or unleaded. At gas stations, prices are by the liter (about a quart, four to a gallon); regular gas is marked "95" while super or premium gasoline is usually designated "97" or "98." In some countries there's no difference between the nozzles for diesel and gasoline—check signs before you fill 'er up.

LEARN THE RULES OF THE ROAD. Ask your rental company, or check the U.S. State Department website (www.travel.state.gov, search for your country in the "Learn about your destination" box, then click "Travel and Transportation"). In many places, speed is monitored by cameras that click photos, and send speeders tickets by mail—one last, pricey souvenir

from your trip.

PLOT YOUR ROUTE. Study roads and major interchanges and decide whether to take the faster autobahn/strada/route/cesta or a slower scenic route. If you're headed for a small or midsize town, know which big city is nearby (and most likely to be signposted) to keep you headed in the right direction. Even if you'll be using GPS or a mapping app, keep a paper map handy and pay attention to road signs.

PREPARE FOR TOLLS. It's free to drive on some expressways, such as Germany's famous autobahn. But many roads have tolls; some countries, such as Portugal, use automatic, cashless toll systems—but there is often a toll-booth option to pay with cash or a credit card. Some countries' toll roads require a permit sticker (called a "vignette") displayed on windshields. Your rental car may already have one; if not, you can buy one at border crossings, gas stations, and post offices. If you don't have a sticker, you'll soon meet your first local ... in uniform. Fines start at around \$150.

PLAN FOR PARKING. If you're staying at a hotel, ask about parking. In many cities, it's best to park your car on the outskirts and use public transportation or taxis; some cities even have free shuttles from parking areas into the city center. Even better, return your rental car. Cities across Europe have taken measures to discourage urban driving. For example, to drive anywhere in downtown London or Stockholm, you'll pay a "congestion charge."

If you do drive into town, learn what the pavement markings mean (different curb colors can mean free parking—or no parking). Look for signs, or ask a local. Don't assume that an absence of meters means you can leave your car there: You may need to get a timed ticket from a nearby pay-and-display machine, or display a parking-clock disc that allows you to use free, time-



CAMERON HEWITT, RICK STEVES' EUROPE

Scotland's sparsely populated Isle of Skye is easiest to explore with a set of wheels that allow you to enjoy the scenery at your own pace.

limited spots.

GO WITH THE FLOW. Driving in Europe tends to be more aggressive than in the U.S., but each country has its quirks. For example, in Germany if you drive less than 100 mph in the fast lane, you've got people climbing up your tailpipe. On the other hand, because Germans are almost notoriously good at obeying the rules, if there's a 100-mph speed-limit sign and they're driving 180 mph, they'll slam on the brakes. Rural areas have plenty of other hazards, like high hedges blocking the view on narrow lanes, and the occasional sheep crossing that

forces you to wait and enjoy the scenery. Think of it as enjoying the local culture.

You may curse the confusing signs, narrow roads, and macho habits, but it's all part of the experience. Driving at home is mundane; driving in Europe is memorable.

- 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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GROEN ZONE

Yes, I'm part Neanderthal, but less than 4%

By Kevin Groenhagen

My daughters gave me an unusual gift for my birthday last December. It was a gift I can use well into the future, as well as help me look back centuries and even millennia. The gift was a DNA kit from 23andMe.

The kit required me to spit in tube. I then had to mail my saliva to 23andMe's lab for analysis. Several weeks later, I received an email from 23andMe that provided a link to my DNA results.

The results were a bit surprising. While my DNA shows that I am 99.7% European, the distribution of that DNA is not what I expected. With the last name Groenhagen and my mother's German maiden name, I thought I was

predominantly German. That doesn't appear to be the case. The 99.7% European breaks down as follows:

- 31.5% British and Irish
- 21.7% French and German
- 13.4% Scandinavian
- 27.2% Broadly Northwestern European
- 1.4% Southern European
- 0.3% Eastern European
- 4.1% Broadly European

I do have British and Irish ancestors on my mother's side. Major William Chittenden left England in 1639 and became the chief military man in Guilford, Connecticut. His descendant, Thomas Chittenden, was the first governor of Vermont. Thomas Chittenden's son-in-law, U.S. Rep. Matthew Lyon, came to America from Ireland in 1765

at the age of 15. The former indentured servant was later the first American fined and imprisoned (unjustly) under the Sedition Act of 1798. So, I can see where the British and Irish DNA came from.

Interestingly, the Groenhagens may also have "British" DNA. My branch of the Groenhagen family came from East Friesland, which is now part of Germany. I knew the Frisian language is more closely related to English than German.

As geneticist Mark Thomas of University College London has noted, "Listening to a Frisian speak is like listening to somebody speak English with a frog in their mouth." Thomas' research also found that "inhabitants of the Dutch province of Friesland were indistinguishable genetically from the English town-dwellers." Meanwhile, the DNA he sampled in Welsh towns was sig-

nificantly different from samples from English towns.

Did a Viking marry one of my Frisian ancestors, which would account for that 13.4% Scandinavian DNA? Probably not. According to 23andMe, "You most likely had a great-grandparent, second great-grandparent, or third great-grandparent who was 100% Scandinavian. This person was likely born between 1810 and 1870." Skeptical? My second great-grandfather (my mother's great-grandfather) was John Trask. "Trask" is a Norse-Viking word that means "lake." John Trask was born in 1864, which means either he and/or his father was probably 100% Scandinavian.

Now comes the real mystery. My oldest daughter submitted a DNA kit months before I did. Her DNA showed that she was just 49.7% European,

■ CONTINUED ON PAGE 29



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Neanderthal

■ CONTINUED FROM PAGE 28

which is understandable since her mother is Asian. However, she also has slight traces of Middle Eastern/North African DNA and Sub-Saharan African DNA. Where did that come from?

It turns out that she got the former from me and the latter from her mother. According to 23andMe, “You most likely had a fourth great-grandparent, fifth great-grandparent, sixth great-grandparent, or seventh great (or greater) grandparent who was 100% North African. This person was likely born between 1690 and 1780.” Middle Eastern & North African DNA accounts for 0.3% of my overall DNA. However, I have no clue concerning who that ancestor was other than he or she is from my mother’s side. Finding out would be nearly impossible. On my mother’s side, there are 32 fourth great-grandparents, 64 fifth great-grandparents, 128 sixth great-grandparents, and 256 seventh great-grandparents.

My DNA analysis also includes a somewhat humorous item. As a conservative in Lawrence, I have been called a “Neanderthal” on more than one occasion. It turns out that that is somewhat true. According to 23andMe, my DNA has 302 Neanderthal variants, which is “more Neanderthal variants than 84% of [23andMe] customers.” So, now when someone says, “You’re a Neanderthal,” I can respond, “Yes, but less than 4%.” In fact, most Europeans and Asians have between 1 to 2% Neanderthal DNA.

23andMe also notes its customers include 1,253 DNA relatives who share

identical segments of DNA passed down from a common ancestor. Of course, two relatives, my daughter and father, share 23 segments with me. However, another customer, a “second cousin,” shares 13 segments. I contacted her through 23andMe and, after several messages, determined we share a common great-grandfather, who, as the head of the “Langhoff Gang,” Tom Horn once pursued.

In addition to ancestry reports, 23andMe and other DNA tests can provide health information. For example, a 2012 study of mitochondrial DNA in 1,007 patients with late-onset Alzheimer’s disease (LOAD) found that two mitochondrial haplotypes—H6A1A and H6A1B—were found to be associated with a reduced risk of LOAD. My maternal haplogroup is H6A1B. On the downside, I have an increased risk for hereditary thrombophilia, which means I have a predisposition to developing harmful blood clots.

Like to find out where your ancestors came from? I used 23andMe, but there are other DNA tests that provide ancestry reports. All you have to do is order a kit, provide a saliva sample, send the kit back, and then wait a few weeks for results.

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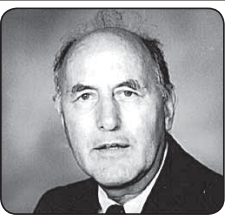
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HUMOR

Don't Punt, Coach!

Coach Nick Whitlow was sorting football equipment in the Leopards locker room when his cell-phone buzzed. He looked at the caller ID. Coach Whitlow scowled and said, !@#\$\$%^&*. Then he pushed the answer button, smiled and said, "Coach Whitlow speaking."

The caller was Dr. Ima Farseer, dean of Letongaloosa Community Junior College's School of Electromagnetic Communigraphics.



Larry
Day

"Coach Whitlow, we need to talk," said the dean.

"I'm real tied up right now, Ma'am," he said. "Got football practice, comin' up ya know."

"That's why I need to see you in my office. Your football team has academic eligibility problems."

"Whoa. Whoa. Hold on. I'll be right there."

Dean Farseer's office door was open so Coach Whitlow walked in and sat in the visitor's chair opposite the dean's massive mahogany desk. All four legs

of the visitor's chair had been shortened. And one leg had been cut shorter than the other three. The visitor was forced to sit on a low, teetery chair. Advantage, Farseer.

"Ima," pause, "Uh, I mean Dean Farseer, our athletes work very hard on their academic studies. Very hard, indeed."

"With little to show for it when grade cards come out," said the dean.

"Ma'am, the Leopards are ten and one on the year. Our best season since 2012."

"And your athletes are zero and 23 academically. Not a single athlete (she pronounced the word slowly and enunciated it pointedly) is on the dean's list. On the other hand, 17 football players are in various after school detention programs."

The coach teetered silently. Then he said, "Let me get back to you on this," said the coach.

"Please do," said the dean. "Soon."

It had never occurred to Coach Whitfield to call up the dean's list on his computer, but he did so the moment he arrived back at his office.

The names of students with 4.0 grades led the list, followed by others in descending order down to the bottom of the list where he recognized the names of a number of his football players.

At the top of the 4.0 list was Tyler Kirby. The coach remembered him. He had been an eager first-day-of-practice walk-on. Kirby weighed 187 pounds. His thick glasses were held on by an elastic band.

"Sorry, kid," the coach had said, "We already got enough managers."

"I want to make the team, Coach."

"Not this team, you don't. Go take a shower."

"Gaaaa," said the coach, as he remembered the encounter. He left the building.

On the sidewalk outside the building he bumped into someone.

"Sorry, Coach, I wasn't looking where I was going."

"My fault. Say, aren't you Tyler Kirby?"

"Yes sir."

"Son, I need to talk to you. Could you come to my office?"

"Now, sir?"

"Yes, if you're free."

After the meeting, Kirby Tyler set up a team of his own—a group of academically high achieving students who tutored athletes. The athletes thrived.

Coach Whitlow put Tyler on his team, and made sure that Tyler got to suit up for every game. Toward the end of the season with the Leopards leading the La Mancha Mongrels 47-6 the coach called:

"Kirby. Get in there at quarterback and heave a long one down field.

- 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.

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WOLFGANG PUCK'S KITCHEN

Go nuts! Cashew 'cream' sauce is the highlight of this vegan dish

Most people today understand what it means to be vegetarian, avoiding meats, poultry or seafood in their diets. In fact, the ever-rising popularity of farmers' markets makes it possible for more and more food lovers to consider themselves at least part-time vegetarians, enjoying the



Wolfgang
Puck

pleasures and health benefits of meals without animal proteins at least several times a week.

Widespread familiarity with vegetarianism has, in turn, led to more particular choices when it comes to the foods we eat. There are lacto-vegetarians, who include dairy products in plant-based diets; ovo-vegetarians, who eat eggs; and, of course, lacto-ovo-vegetarians. Pescatarians—fish-eaters won't eat any other animals—deserve a mention, too.

Then there's the most observant vegetarian category of all: vegans, who avoid any animal products whatsoever. That means no butter, no cheese, no milk, no eggs - nothing at all derived from animals. And you find that more and more people interested in healthy eating today follow strictly vegan diets, with celebrities including Gwyneth Paltrow, New England Patriots superstar quarterback Tom Brady, and Brady's supermodel wife Gisele Bündchen all touting the health benefits of strictly plant-based nutrition.

With veganism gaining an ever-higher profile, it's only natural that my chefs and I get more and more frequent requests for vegan dishes. Now, you might think that we'd find it challenging to prepare delicious, even luxurious-tasting food following

such restrictions. But, in fact, more and more products are widely available that make vegan cooking not only possible but actually a pleasure.

You can find vegan "cheeses" and even vegan cultured "butter" spreads made from nuts and oils, for example. And it's also possible in your own kitchen to prepare "cream" sauces based on nuts, which turn wonderfully smooth and rich when pureed in a blender, leading many people who sample the results to doubt that a dish made in this way doesn't include dairy.

Don't just take my word for it, either. Instead, try the following authentic-tasting Italian recipe, which was developed by my team at Wolfgang Puck Catering. It features fresh gnocchi, the traditional bite-sized potato-and-flour pasta dumplings, which you can find vacuum-packaged and ready to cook in the refrigerated section of many well-stocked supermarkets and in Italian delis. If you want to make sure you're being strictly vegan, check the ingredients listed on the package and select a brand that doesn't include eggs. You'll also want to look for a store-bought, dairy-free Parmesan cheese. Roasted cashew nuts, pureed in a food processor, are the source of the rich-tasting, garlicky "cream" sauce.

You and your family and friends may find it hard to believe this easy, delicious recipe is actually vegan. And you may realize you're one step closer to following a plant-based diet yourselves!

VEGAN GNOCCHI WITH MUSHROOMS, GARLIC AND CASHEW CREAM SAUCE

Serves 4

For the gnocchi:

- 1 12- to-16-ounce (380-500g) package fresh gnocchi
- 2 tablespoons extra-virgin olive oil
- 3 quarts (3 L) cultivated mushrooms, cut into 1/4-inch (6-mm) slices

- 2 cloves garlic, minced
- 1 sprig fresh thyme

For the cashew cream sauce:

- 1/2 cup (125 mL) raw cashews, roasted in a 350 F (175 C) oven until golden brown, about 15 minutes
- 1 1/4 cups (310 mL) water
- 1/2 cup (125 mL) good-quality canned vegetable stock or broth

To assemble:

- Nonstick cooking spray
- 3 garlic cloves, minced
- 1/4 cup (60 mL) store-bought grated vegan Parmesan cheese, plus extra for serving
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- Chopped fresh chives, for serving

Bring a large saucepan of lightly salted water to a boil. Cook the gnocchi following manufacturer's instructions.

Meanwhile, in a large saute pan, heat the olive oil over medium-high heat. Add the mushrooms, garlic and thyme, and saute, stirring frequently, until the mushrooms begin to turn golden brown, 7 to 10 minutes. Remove the thyme sprig and set the mushrooms aside.

Put the cashews and water in a food processor fitted with the stainless-steel blade. Process until the nuts form a smooth paste, stopping as necessary to scrape down the side of the bowl with a rubber spatula. Add half of the sauteed mushrooms and process again until smooth, scraping down the bowl as needed.

Transfer the puree to a small saucepan. Bring to a boil over medium-high heat, stirring occasionally with a whisk. Reduce the heat to a gentle simmer and cook until thick and creamy, about 1 minute, adding a little of the vegetable stock if necessary to thin it to coating consistency.

To prepare the gnocchi for serving, heat a large nonstick skillet coated with cooking spray over medium-high heat. Add the garlic and saute until fragrant, about 30 seconds. Stir in the cashew cream sauce, gnocchi, remaining sauteed mushrooms, grated Parmesan, pepper and salt; cook until thoroughly heated through.

Spoon the gnocchi, mushrooms and sauce into individual heated serving bowls or plates. Garnish with chives and more Parmesan and serve immediately.

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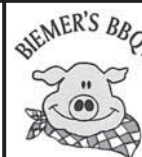
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MY PET WORLD

Keeping your birds safe while painting home

By **Cathy M. Rosenthal**
Tribune Content Agency

Dear Cathy: We would love to have the interior of our home painted professionally, but we have two birds. One is a Cockatoo that we've had for 32 years, and the other is a parrot that we've had for three years. I've done research on using low VOC paint, but I still don't trust what I've read. We love our birds, but haven't painted in the 18 years of residing at such home. We also have two dogs. - Michelle, Nauvaton, Conn.

Dear Michelle: As a long-time bird parent, you clearly know how sensitive birds are to even the slightest change in the air and environment, and are smart to ask questions about painting around them. The fumes from a freshly painted room can be lethal for your feathered friends. That's because some of the most harmful chemicals in paint come from Volatile Organic Compounds, or VOCs, which are released into the air not just when you paint, but for several years afterward.

Low VOC and No VOC (which is just super low VOC) paints are good alternatives to regular paint because they reduce VOCs released into the air. But it doesn't mean there are zero VOCs in the paint or that there aren't

other aerosolized toxins that can affect birds.

"Whenever you're dealing with anything aerosolized, you must remove the bird from the room or home," says Dr. Laurie Hess, author of "Unlikely Companions, Adventures of an Exotic Animal Doctor." "You also should consider the dust you will stir up while sanding walls and preparing to paint, which can be harmful to birds and make them sick."

Hess recommends asking a neighbor, friend or family member to watch your birds in their home or boarding your birds for a few days until your home has time to air out.

As for the dogs, you could keep them outside while you paint or board them as well, so they don't have to breathe in the fumes and are not underfoot while you paint. Dogs are not as sensitive to paint fumes as birds, but they should be treated with the same precautions you might have for a young child in the home.

Dear Cathy: My three dogs, Reesie, Captain Jack, and Dobie, all eat grass. I was told the dog food I feed them is a good one. When I feed them, I add a little water to the food, so it isn't so dry. I do not let the food get soggy. I think, if they didn't eat grass, they might not be able to poop. All three act like they

are starving, but they do get enough to eat. I feed them twice a day. Are they missing something in their food that makes them want to be fed all the time and should I give them something to loosen their bowels? I have had dogs all my life. I am almost "older than dirt," and I have never had a dog eat grass unless it wanted to throw up. Do you have any insights on this? - Carleen Bubenik, Sanger, Calif.

Dear Carleen: Thank you for including your dog's names. I love to know the names of the pets I am trying to help.

Nibbling on a grass usually isn't cause for concern unless Reesie, Captain Jack and Dobie are eating copious amounts of grass, and then vomiting. You mention they might need grass to poop, which may mean they are not getting enough fiber in their diet. Veterinarians say dogs need 2.5 to 4.5 percent fiber in their food. Ask your vet if the food you are feeding provides enough fiber. If you don't want to change their food, you can add a little canned pumpkin, sweet potatoes or canned green beans to their diet daily

to see if that helps.

You also mentioned you feed them twice a day, but they always act like they are starving. Of course, some dogs treat every meal as if it's their last meal and practically "inhale" their food. This behavior, however, also can lead to tummy troubles that may make them want to eat grass. If they are speed-eaters, buy each one of them a "slow food dog bowl," which is designed with twists and turns to slow them down. Eating slower can help their digestion.

Finally, their grass-eating habits could indicate they all have intestinal worms. Take samples of their poop to the vet to rule out that possibility. And, let me know what you eventually find out.

- *Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include your name, city, and state. You can follow her @cathymrosenthal.*

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Tom
Mach

Pet Problems

By Sally Freeman Jadlow

After WW II, life began to settle a bit. Dad came home from fighting in Germany. Mom quit her job as a clothing store manager in Ottawa, Kansas, and we moved back to Fort Scott, Kansas.

Dad decided I needed a dog. Mom wasn't so sure, but on my fifth birthday, I got a cute little black and white puppy. When I took him out of the box he wriggled in my arms and licked my face. I giggled with joy.

That spring we moved to a different house at 905 Horton. This one sat beside the only greenhouse and florist shop in town. Their trash barrels sat near ours in the back yard. Mom often went through the florist's less-than-pristine castoffs to make bouquets for the dining room table. She seemed to

know the names of all the flowers, as if they were old friends from long ago.

But the dog was not her friend. In fact, she hated him.

Dad championed him until the day he chewed Mom's new alligator shoes. That was the last straw. I heard no discussions about the dog between Mom and Dad, but by nightfall, my pet had a new home a couple of miles south near the edge of town. I was heartbroken.

Dad said, "But Sally, I gave him to a little girl with only one arm. Doesn't she need a companion worse than you do?"

I wasn't so sure, but finally resigned myself to Dad's decision.

We later learned he barked all the time and someone put poison in his food to kill him. What a sad end to my dog.

Perhaps a pet that didn't eat shoes might go better with Mom. One Saturday I went to the Ben Franklin's five and dime and bought a chameleon. He didn't have a cage so I put him in a pint glass milk bottle. I heard they turned the color of the place they were. Maybe he would turn clear. Then Mom wouldn't see him and be upset another pet occupied the house.

I had no idea what to feed him so I pulled some grass and put it in the bottle.

He was dead within a few days.

Dad understood my desire for a pet so he built a large pen for the new white rabbit he brought home one night.

I named her Judy. Soon she got fat.

I drew her pictures and thumb-tacked them to the inside of her pen. She didn't appreciate my preschool artwork and chewed them to pieces.

One day at feeding time, I discovered six pink babies in her pen. This did little to make Mom happier about the big stinky pen in the backyard.

After several weeks, the phone rang. The voice on the other end said, "Is this the party that has dressed rabbits?"

"No. Ours don't wear any clothes." I hung up the receiver.

Dad heard the conversation. "What was that call, honey?"

"Somebody wanted to know if we dressed our rabbits."

The phone rang again. Dad beat me to it. "Yes. Yes. I'll have them ready for you this afternoon."

"Why did that guy want to know if we dressed our rabbits?"

Dad sat me on his lap. "Honey, those rabbits were running out of room in the pen. I've sold them to the person that called. But I've saved the fur. I'll make you

a rabbit coat after I've tanned the hides."

My eyes widened as the gravity of his words sunk in. I whispered, "You killed my rabbits?"

"Yes. But I'll make you that rabbit coat, I promise."

Crushed, I decided maybe I shouldn't have a pet at all. They all seemed to die.

Dad's tanning job didn't turn out and I never got the fur coat—not that I would have worn my sweet rabbits anyway.

Later, I acquired two parakeets. They were kept in my room and I faithfully fed and cared for them—until they died also. From then on, pets were not allowed at our house—ever.

When our own children wanted pets, we allowed

a few ducks and gerbils but they too met bad ends. Perhaps our house has an unseen sign over the door, "Warning—all pets who enter here are about to complete their life cycle." At least it seems so.

Sally Jadlow's books are available on Amazon. See her books at her blog at <http://sallyjadlow.com/books>.



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LIZ SMITH

Fans remind us - this year is Susan Hayward's centennial, too!

By Liz Smith

Tribune Content Agency

Liz, very nice centennial tribute to Lena Horne. Have there been any irate emails, etc., that Susan Hayward wasn't recognized, as it was the 100th anniversary of her birth also on June 30? Just asking. There are some fiercely loyal Hayward fans out there!"

That was reader Mark Kirby. And, as a matter of fact, within the congratulatory mail of our remembrance of Lena, there were a few Hayward fans, who mentioned—in a nice, non-brutal way—that the flame-haired Oscar winner was also celebrating her 100th.

We're big fans of Hayward here. She was gorgeous, unique and—to us—underrated.

So, to appease Miss Hayward's fans, we are going to repeat a bit of a column we did on the star a couple years ago when Turner Classic Movies honored her as its Star of the Month.

Here goes. This is for you, Susie and all those who have not forgotten.

"I NEED a drink. I need a drink now!"

That was Susan Hayward, in one of the defining roles of her career, as singer Lillian Roth in "I'll Cry Tomorrow."

Hayward was Oscar nominated for that performance in 1955—her fourth nomination - but she wouldn't win the prize until 1958, for an equally intense portrayal of another real-life woman, convicted murderer Barbara Graham,

in "I Want to Live!" (Who can forget Susan waiting to die, and refusing to take off her high heels—"No dice, I look better with 'em on!")

I received a lovely note from Susan Hayward's godson, Jim Warren. Jim conveyed some sweet, personal memories of the Brooklyn-born Hayward, who was known to be extremely private, but warm and earthy once she let her guard down.

In Hollywood, she was respected as one of the industry's great professionals. (She never balked at an assignment from her studios—she did her job and always worked toward something bigger and better. When she finally won the Academy Award, producer Walter Wanger remarked, "Thank goodness. We can all relax now. Susie has her Oscar!")

But somehow, Susan—who died at age

57, battling brain cancer—never quite gained the appropriate mythic stature of other stars. This has always seemed odd to me. But I don't think she was fully appreciated even in her lifetime.

Maybe Susan Hayward was just ... too much; too much fire, too much strength, too raw. Aside from her beauty, which was considerable, she also had spectacular, unique mannerisms that should have made her immortal. The way she spoke—achingly emotional to super snarly in seconds—the way those nostrils flared from that stubborn retroussé nose, the toss of her tawny, fiery mane of hair.

But most of all, that incredible walk. With perfect posture, it was a delicious cross between a strut and a bounce—absolute authority and absolute sex. Even from a great distance, you knew Susan Hayward was arriving. She could sing and dance. There was little she couldn't do, except perhaps light comedy. Hayward was too emphatic for that. But she gave it a try, and was compelling in her efforts.

Among our favorite Hayward efforts: "Adam Had Four Sons" (being

bad to saintly Ingrid Bergman), "Reap the Wild Wind," "I Married a Witch," "The Hairy Ape," "Deadline at Dawn," "Smash Up: The Story of a Woman" (Her first alkie role), "My Foolish Heart" (a great tearjerker), "The Lost Moment," "House of Strangers" (a sizzling face-off with Edward G. Robinson), "I Can Get It For You Wholesale" (a strong woman constrained by idiot men), "The President's Lady," "Demetrius and the Gladiators" (as the wickedest woman in Rome), "The Conqueror" (just for her belly-baring sword dance), the aforementioned "I Want to Live" and "I'll Cry Tomorrow" and "Where Love Has Gone" in which she played a fictionalized version of Lana Turner, embroiled in the death of a sleazy lover. This one is also notable for pitting Miss Hayward against Bette Davis. They did not get along in the film, or in real life, but they are electric in the movie.

Susan: "When you're dying of thirst, you drink from a mud hole."

Bette: "You have devoted your life to mud and filth."

■ CONTINUED ON PAGE 35



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JOHN MALMIN/LOS ANGELES TIMES/MCT

Best actor nominee Ernest Borgnine appears with Susan Hayward, nominee for best actress, in Los Angeles, California, on February 18, 1956.

Susan Hayward

■ CONTINUED FROM PAGE 34

Susan: "Only to get even with you."

Bette: "Blaming me for your problems will not make you a better person."

Susan: "Telling you the truth has already made me a better person!"

Well, it's so high camp it's in another universe.

But not even this can compare to Susan's glorified cameo in "Valley of the Dolls," which includes the infamous wig-snatching powder room scene with Patty Duke. "VOTD" was a movie about people on drugs that

appeared to have been made by people on drugs! Miss Hayward gave it a touch of class.

Susan Hayward was valiant to the end, making a glorious final appearance at the 1975 Oscars, looking a bit frail, but so glamorous, every inch her image, that fans and even the industry dismissed the rumors that she was on her deathbed. Perhaps that is the reason why her legend never gelled properly. Great fighters are never expected to lose.

Thanks, Mark Kirby—and others—for reminding us of this glorious giant.

- E-mail Liz Smith at MES3838@aol.com.

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North-South vulnerable, West deals

NORTH

♠-K J 8 3

♥-7 5

♦-9 7 4

♣-J 10 9 2

WEST

♠-4

♥-9 4

♦-A K J 10 8 5

♣-8 6 4 3

EAST

♠-10 9 2

♥-A K J 10 8 6 2

♦-3

♣-7 5

SOUTH

♠-A Q 7 6 5

♥-Q 3

♦-Q 6 2

♣-A K Q

The bidding:

WEST	NORTH	EAST	SOUTH
3♦	Pass	Pass	3NT

All pass

Opening lead: ?

Today's deal was played at a tournament some 15 years ago. The auction above was duplicated at many tables. South's three no trump bid was completely normal and virtually all good players would choose it in this position.

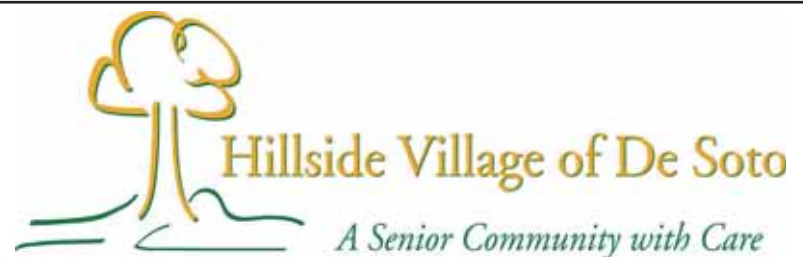
The key was West's choice of lead. The queen of diamonds was certainly with South for his three-no-trump bid, so West was hoping to find his partner with an entry in order to lead a diamond back through declarer. There was nothing to go on, so it was a pure guess. The West players who chose to lead a black suit saw South quickly claim nine black-suit winners to make his contract.

Two inspired West players hit on the winning heart lead. East took the time to cash seven heart winners before finally leading a diamond back so that West could take his six winners in that suit. Two different South players, in a voluntarily bid three no trump contract, failed to take a single trick! One of them, sadly, was doubled, and suffered a loss of 2600 points!

We can just imagine the players comparing these results in a team game. Who do you think would feel worse—the declarer who went down 2600 points or the defenders who allowed three no trump to make? Certainly it should be the defenders. Declarer did nothing wrong.

- 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@tribpub.com.

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P	E	A	C	E	C	O	R	P	S	M	E	L
					M	A	N	E	H	I	P	P
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H	E	D	Y		R	E	E	L		R	A	Y

Bridge Haven celebrates 10th birthday

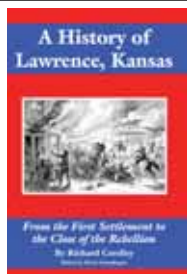
Staff members and visitors celebrated Bridge Haven's 10th birthday on June 29 at Bridge Haven's recently-open facility, Opa's House in Lawrence. In addition to enjoying cake, champagne, live music, and raffle items, visitors had the opportunity to mingle with "celebrities." Pictured at right are Donald Trump (Nick Jamison), Marilyn Monroe (Sarah Randolph, executive director), Albert Einstein (Rob Wilson, owner), and Amelia Earhart (Britte Everly). Elvis (Trevor Bembrick) was also in attendance, but had left the building earlier.

KEVIN GROENHAGEN PHOTO



SUDOKU SOLUTION

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



The History of Lawrence, Kansas

By Richard Cordley

Available at the Watkins Museum of History,
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S ₁	P ₃	U ₁	T ₁	N ₁	I ₁	K ₅	RACK 1 =	<u>76</u>				
F ₄	O ₁	U ₁	N ₁	D ₂	R ₁	Y ₄	RACK 2 =	<u>66</u>				
T ₁	E ₁	S ₁	T ₁	I ₁	F ₄	Y ₄	RACK 3 =	<u>63</u>				
D ₂	R ₁	Y ₄	L ₁	A ₁	N ₁	D ₂	RACK 4 =	<u>62</u>				
S ₁	T ₁	R ₁	E ₁	T ₁	C ₃	H ₄	RACK 5 =	<u>62</u>				
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