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INSIDE



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Harold and Donna Riehm: Bringing the past to life.

See story on page three

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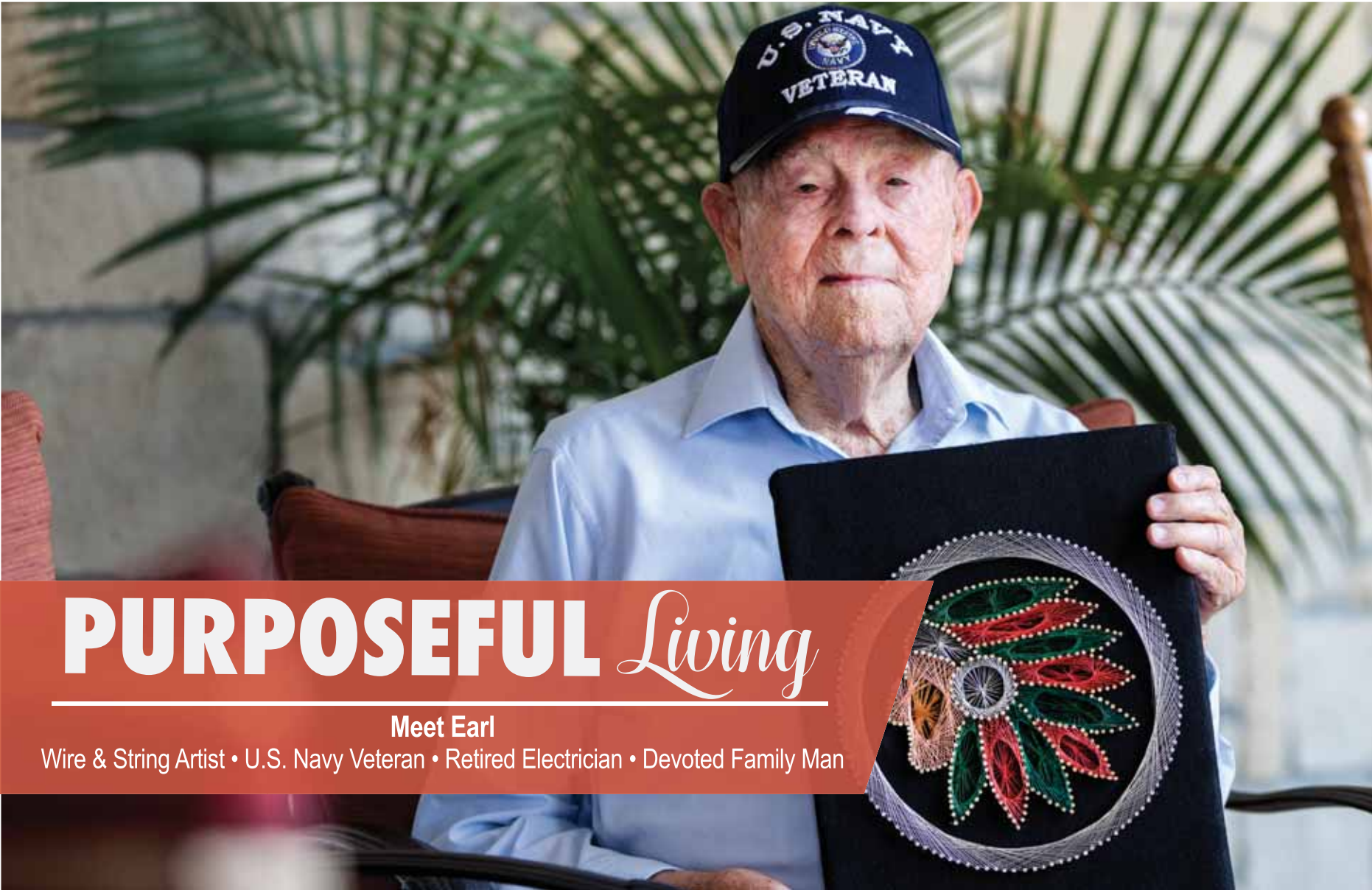
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Riehms portray Rev. Richard and Mary Cordley

By Kevin Groenhagen

Harold Riehm once called his wife by the wrong woman's name in front of an audience. In most cases, such a mistake could elicit a response ranging from slight embarrassment to being forced to sleep on the sofa. In this case, Donna Riehm shrugged it off. After all, it was far from the first time Harold had called her by another woman's name.

For several years, the Riehms had portrayed Richard Cordley, pastor of the Plymouth Congregational Church in Lawrence, and his wife, Mary. In addition, they occasionally portrayed Charles Robinson, the first governor of Kansas, and his wife, Sara. Harold's slip of the tongue occurred when he called Donna "Mary" instead of "Sara" while portraying Charles Robinson.

"I first became fascinated with portraying someone else when I saw Hal Holbrook do Mark Twain," Harold said. "I had read everything Mark Twain had written, but to see somebody there speaking the words and

dressed as Twain just brought it all to life. I thought it would really be fun and educational to do."

Holbrook devised *Mark Twain Tonight!*, a one-man play in which he depicted Twain, during the 1950s. Ed Sullivan saw his performance and gave Holbrook his first national exposure on *The Ed Sullivan Show* on February 12, 1956. He won a Tony Award for his portrayal of Twain in 1966.

The opportunity to portray Cordley was one that Harold had to create himself.

"Plymouth Congregational Church was founded in 1854," said Harold, who, along with Donna, has been a member of the church for 52 years. "In 2004, we had our sesquicentennial. I was on the committee and they had assigned me to find out how Plymouth reacted during the hostilities and engagement of World War I. I didn't know where I would find that information. But I had noticed someone else had been assigned Richard Cordley."

Harold convinced the other member of the committee to switch with him so he could portray Cordley.

"Cordley was the pastor at Plymouth Congregational Church for 38 years," Harold said. "He was an amazing guy. He was member of the school board in Lawrence for several years, offered the presidency of Washburn University and turned it down, gave the first baccalaureate address at KU, and received

■ CONTINUED ON PAGE FOUR



Harold and Donna Riehm in period costumes portraying Rev. Richard and Mary Cordley. Behind them is the reverend's desk, which was donated to Plymouth Congregational Church after Cordley's death in 1904.

Kaw Valley
SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

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The Riehms

■ CONTINUED FROM PAGE THREE

the first honorary doctorate of divinity degree from KU.”

Born in England in 1829, Cordley had served as the pastor of Plymouth Congregational Church beginning in 1857. He left Lawrence for Flint, Michigan, in 1875, stayed there for a while, and then was the pastor of a church in Emporia for six years. In 1884, he returned to Lawrence, where he again served as pastor of Plymouth Congregational Church until his death in 1904. Most notably, Cordley, who was known as the “Abolitionist Preacher” because of his opposition to slavery, was the pastor of the church when the Quantrill’s Raiders, a Confederate guerrilla group led by William Quantrill, attacked Lawrence on August 21, 1863. Quantrill’s force of about 450 men killed 164 civilians, including several members of Plymouth Congregational Church, during the massacre. Cordley’s book, *A His-*

tory of Lawrence, Kansas, from the Earliest Settlement to the Close of the Rebellion (1895), documents the horrors the people of Lawrence experienced during the raid.

“Other people wrote about the raid, but Cordley’s description of the raid has the reputation of being the definitive description and the most often quoted description,” Harold said.

Harold knew he wanted to portray Cordley, but he also wanted Donna on the stage with him.

“I wanted to get her to portray Mary, Cordley’s wife, but she’s not as comfortable speaking before large groups,” Harold said. “Donna wasn’t sure if we could pull off portraying the Cordleys.”

Harold eventually convinced Donna to join him in portraying the Cordleys.

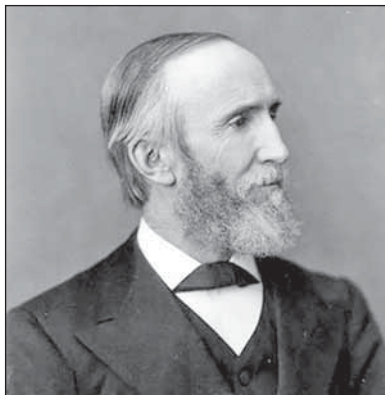
“He’s the main speaker and I say very little,” Donna said. “But I thought

it would be better to have Mary there since she supported him so much.”

It turned out that Harold would get to portray Cordley much longer at Plymouth Congregational Church than he had initially planned.

“I had been scheduled to do a five-minute presentation on Cordley during the Sunday morning service,” Harold said. “The Tuesday before the service, the pastor asked me if I could possibly do the whole service. I did, but it wasn’t about Quantrill’s Raid. It was about the life of Cordley that I pretty much based on his two books. The response was very positive.”

In addition to *A History of Lawrence, Kansas*, Cordley wrote *Pioneer Days in Kansas* (1903). Since that first service, the Riehms have portrayed the Cordleys during two other Sunday morning services at Plymouth.



Rev. Richard Cordley

■ CONTINUED ON PAGE FIVE

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The Riehms

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no attack,” Cordley wrote. “They were wise enough to practice the ‘better part of valor.’ The wagon and its company were not molested and reached their destination in safety.”

Lizzie eventually made her way to freedom in Canada.

“When I portray Cordley, I do it all without notes and it’s 40 to 45 minutes long,” Harold said. “I pace a lot while I do it. That’s from my teaching days.”

Harold was an associate professor with the University of Kansas political science department.

“You can’t imagine the emotional effect it has on the audience,” he continued. “There are actually people crying when they hear what Cordley first found when he entered the city after the raid. It was pretty brutal.”

“We portrayed the Cordleys at a lot of places,” Donna said. “Cordley Elementary School in Lawrence is named after Richard Cordley, so they wanted

us to speak there.”

We often hear that hindsight is 20/20. However, pick any event in history and historians will argue about the details. Quantrill’s Raid is no exception.

“Every time I portray Richard Cordley, inevitably I’ll get a call from somebody who will say, ‘You know, you emphasized what Missourians did to Kansans,’” Harold said. “You have to remember that James Lane and others were out conducting raids into the Missouri side, too. I incorporate that, but they probably weren’t listening. There was a big quid pro quo on both sides.”

In addition to representing Kansas in the U.S. Senate, James Henry Lane had formed a brigade of “Jayhawkers” known as the “Kansas Brigade,” or “Lane’s Brigade,” composed of the Third, Fourth, and Fifth Kansas Volunteers. Lane conducted several raids into Missouri, including the Sacking of Osceola, in which Lane’s forces killed at least nine men, then pillaged, looted, and burned the town. During Quantrill’s Raid, the Confederate guerrillas could be heard shouting, “Remember Osceola!” Though Lane was in Law-

rence at the time, he was able to escape the attack.

“There’s another side of the story to Charles Robinson as well,” Harold said. “In his later years, he was kind of a shyster. He had some shady economic deals with the railroads. But he also did a number of positive things.”

After hearing about Harold portraying Cordley, members of another church approached him about portraying one of their early pastors from 100 years ago.

“I said, ‘Sure, are there resource materials available?’” Harold said. “Did he write anything or is there anything written about him?” They said they didn’t think so. You have to have resource materials. There is abundance for Cordley.”

“So, that didn’t happen,” Donna said.

The Riehms last portrayed the Cordleys in conjunction with the 150th anniversary of Quantrill’s Raid in 2013.

Donna, who is originally from Michigan, and Harold, who is originally from Indiana, met at—and graduated from—North Central College in Naperville, Illinois.

“I like to say that, in 1859, Cordley went from Lawrence to Michigan to

marry a Michigan girl,” Harold said. “Exactly 100 years later, I went to Michigan and married a Michigan girl.”

The Riehms will celebrate their 59th anniversary on August 23.

After doing graduate work, Harold joined the faculty at KU. He also was a research director for local government study commissions and spent 17 years as the executive director of the Kansas Association of Osteopathic Medicine.

Donna taught at Kennedy Elementary School and Deerfield Elementary School in Lawrence for a total of 26 years.

Harold and Donna both retired in 1994. However, in addition to portraying the Cordleys, they have remained active in their church and community. For example, they have both been volunteers with the Audio-Reader Network for nearly 35 years. The Audio-Reader Network is a reading and information service for blind, visually impaired, and print disabled individuals in Kansas and western Missouri.

“Donna does a program called ‘The Children’s Hour’ and I do a program called ‘On the Lighter Side,’” Harold said.



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Cedar Square focuses on partnerships, teamwork

By Billie David

One of the qualities that the staff and residents appreciate about Cedar Square, an independent living community for seniors in Ottawa, is the importance it places on using partnerships and teamwork to enrich the resident's lives and add to the fun, a trait recently in evidence at a cookout they held on July 20 together with Angels Care Health Home and Ottawa Retirement Village.

"Our goal is to keep people home for life, and Angels Care Home Health helps us do that—recognizing when somebody is in need of care, like diabetic care, and bringing in educational programs on subjects like high blood pressure, healthy eating and exercise," said Cedar Square property manager Denise Collins, adding that they have also teamed up with Angels Care Health Home in the past to provide cookout get-togethers.

And in addition to Meals on Wheels deliveries to residents who qualify, area churches have also teamed up with Cedar Square to offer free meals on the first, second, third and fourth Fridays of each month, and if there's a fifth Friday, one church also provides the fifth meal as well as a fourth and fifth-Saturday breakfast.

Other area entities also partner with Cedar Square, including the Franklin County Clerk, who did a presentation on voting, helped residents who recently moved change their registrations, and informed them about mail-in voting.

Cedar Square also has a service coordinator, Brandi Farley. Cedar Square's enhanced service coordination program is a free benefit for residents.

"Brandi helps residents find the help that they need," Collins said.

As a service coordinator, Farley can help residents in many areas, including:

- **Navigating Health Care Systems:** Examples of service coordination in this area include assistance with prescription drug benefit plans and arranging physician appointments and transportation.

- **Legal Issues:** Examples of service coordination in this area include assistance in reviewing Social Security earnings statements and assistance in reviewing death or survivor's benefits or making funeral arrangements for a loved one.

- **Educational & Emotional Support:** Examples of service coordination in this area include monthly presentations on topics related to living wills, telemarketing fraud, home health providers, computer training, companion programs, etc., and connecting residents with other educational and recreational programs in the community.

- **Homemaker Assistance:** Examples of service coordination in this area include arranging for grocery shopping services, Meals on Wheels or other food preparation, and transportation for shopping or other needs.

According to Collins, it is the partnering and teamwork among the residents themselves that provides the element of fun to senior community living.

"One of the nice things about our residents is that they are a community.

KEVIN GROENHAGEN PHOTO



Residents of Cedar Square enjoy hamburgers, salads, and desserts during a cookout on July 20.

They look out for each other, like letting us know when they haven't seen somebody for a while," Collins said, adding that they also make sure residents' birthdays and hospital stays are

acknowledged with cards signed by the other residents.

Residents also share a memory

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wall in the community room where photos of things the residents have done together are hung on a line with clothespins. It is in this room that residents gather to celebrate events such as Halloween and birthday parties. They even held a fancy tea party to celebrate the royal wedding of Prince Harry and Meghan Markle.

“We have a resident association here, and they organize activities by themselves,” Collins said. “They celebrate birthdays once a month, hold a pot luck dinner once a month, and have a movie night once a month.

Cedar Square was built in Ottawa in 1986 and has been serving the Ottawa community for over 30 years, providing housing at a rate that seniors can afford. It was built by, and is owned and operated by National Church Residences, the nation’s largest not-for-profit provider of affordable senior housing.

Located at 1550 South Cedar Street in Ottawa, Cedar Square is conveniently situated one and a half blocks from the hospital and is also close to doctors’ offices and a pharmacy.

The facility has a capacity of 48 residents and at the time of this writing had 46 occupants. It is listed as an independent living community for people aged 62 and older, but they are currently accepting applications from people 55 or older for a limited time.

The facility offers spacious studio and one-bedroom apartments. It includes off-street parking, is pet-friendly, and offers Wi-Fi internet access. Rent is income-based.

“Everything the residents need is located inside the building, like the laundry facility,” Collins said, adding that each apartment has its own heating and cooling system, and emergency call systems are located in the bedrooms, bathrooms and the elevator.

A renovation project last year included brand new windows in each apartment, a makeover of the lobby area, and new landscaping that includes raised garden beds in the back. Angels Care provided the vegetable plants to plant in the raise beds as part of a class on healthy eating. The residents water

and tend the gardens themselves.

The landscaping also includes benches for a seating area in front, and there is a pergola in the back that includes two grills and picnic tables and chairs.

“There are flowers and a magnolia tree. The residents love it in the spring when it blooms,” Collins said, adding, “Cedar Square has good curb appeal. Everything is neat and tidy, the staff knows what they’re talking about, the residents are happy here, we’re here,

and we love it.”

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LMH volunteer follows in her mother's footsteps

By Jessica Brewer

Lawrence Memorial Hospital

For Sarah Campbell and Carladyne Conyers, volunteering at Lawrence Memorial Hospital is in their DNA.

Both women's mothers were LMH volunteers, and now Campbell and Conyers are among the 900 people a year who play a crucial role as they work with staff to provide care and comfort to patients.

For five years, Campbell has escorted patients from place to place, and Conyers has been a volunteer in the gift shop since November. They both chose to volunteer at the hospital because of their mothers' legacy—and because they enjoy the people at LMH, helping others and welcoming patients and their families to the hospital.

Like most volunteers, Campbell's first job at LMH was to escort patients. She enjoyed it so much that she chose to stay. She also handles other duties, when asked, such as moving beds or delivering flowers to patients.

"I like being active by walking around and helping the patients," she said. "It is a well-rounded job because

you get to do a little bit of everything."

Conyers is excited to follow in her mother's footsteps by working in the gift shop.

"They used to tell me I was one of their best customers," Conyers said.

While the Lawrence community offers many volunteer opportunities, both women say LMH provides an especially rewarding and family-like experience.

"I enjoy their company," Campbell said about the staff and other volunteers. "When there is a birthday, we celebrate together. When there is a tragedy, we mourn together. We all have become really great friends."

She stays busy but says there often are opportunities to develop camaraderie with other volunteers.

"I sure don't do it for the money," Campbell said, laughing.

Conyers also enjoys giving back to her community and encourages other adults to consider becoming an LMH volunteer.

"This is a wonderful place," she said.

"The people are fun, and you make great connections with patients and their families."



Carladyne Conyers' mother, Dorothy Knox, is pictured in the gift shop during her volunteer days at Lawrence Memorial Hospital. Conyers learned the value of giving back to her community from both of her late parents. Her mother was a teacher and her father, Carl, was superintendent of Lawrence public schools for 22 years.

PHOTO BY MIKE YODER FOR LMH



Carladyne Conyers is pictured in the gift shop where she enjoys shopping, volunteering and bringing joy to those who walk in. She loves giving her time to the place where her mother volunteered for many years.



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LMH volunteer

■ CONTINUED FROM PAGE EIGHT

In 2017, LMH volunteers gave 63,000 hours of their time to the hospital and its patients.

“The benefits from such a caring community are amazing,” said Ally-

son Leland, LMH director of volunteer services. “The people who work here have such a dedication and passion that they are passing it from generation to generation.”

- *Jessica Brewer is an intern in the Marketing and Communications Department at LMH. She can be reached at Jessica.Brewer@lmh.org.*

Like to become an LMH volunteer?

To learn more about volunteering at Lawrence Memorial Hospital, please visit <https://www.lmh.org/volunteer/volunteer-opportunities/> for more information about how to apply and a full list of open volunteer positions at LMH.

Among the adult volunteer positions that are available are “fitness buddies” for the Fit Assist program. These volunteers should be available to help two to three times a week at LMH main campus, 325 Maine, or LMH South, 3500 Clinton

Parkway. These volunteers will guide people who need physical assistance with an exercise routine. They will provide upbeat coaching and feedback to the patients with guidance from the LMH staff. Here’s some information about how to apply:

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Senior Resource Center to host Better Living Expo

By Kevin Groenhagen

Soon after Dr. Marvel Williamson became the executive director of Douglas County Senior Services (DCSS) in April 2016, she, her staff, and the DCSS board did some strategic planning. They concluded that, while DCSS was—and continues to be—excellent at helping Douglas County seniors who have limited incomes and limited mobility. However, on a broader scale, it had become largely irrelevant for most seniors in the county.

“Most people who don’t see a need to use us don’t know what we do, they don’t know what we’re about, and most of them haven’t even been in the building,” Dr. Williamson told *Kaw Valley Senior Monthly* in 2016. “That’s a huge ball that’s been dropped. By facing the fact that we’re going to have

to become relevant again, we’re going to have to go in a new direction in what it is we’re doing and what we’re about. So, the strategic planning led to a new mission.”

That new mission was shared in the September 2017 issue of DCSS’s monthly newsletter: “To provide resources, services, opportunities, and advocacy that enhance the quality of the second half of life.” In conjunction with the new mission, the organization’s rebranding included a new logo, a new website, and a new name: Senior Resource Center for Douglas County.

As part of the effort to serve all seniors in the area, the Senior Resource Center for Douglas County will introduce a new event designed to attract active adults from Douglas and surrounding counties who are interested in enhancing their lives through better living.



“We’ve developed this event called the Better Living Expo,” said Michelle Meier, Director of Community Engagement for the Senior Resource Center for Douglas County. “Part of the Better Living Expo is for active adults who want to remain engaged and remain active, and then we’ll have exhibitors

who can help seniors with the next transition in life, whether they’re at that stage now or they’re helping aging parents. The Expo will run the gamut of all seniors who for whom we are trying to be a resource. We have rebranded ourselves as a resource for finding all

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Better Living Expo

■ CONTINUED FROM PAGE 10

of these services, but we don't offer all these services. So, the Expo is a way for us to connect seniors with the businesses and organizations that serve the entire spectrum of seniors and the services they need."

The event is sponsored in part by Lawrence Memorial Hospital, and vendors will include retirement communities, hearing centers, downsizing and cleaning services, a mortuary and cremation service providers, and Westar Energy along with resources to stay active and engaged. A mobile unit from the Veterans Administration is also scheduled to be at the Expo. In addition, Meier said the Expo will feature food trucks, a special presentation of Welcome to Medicare, and entertainment sessions scattered throughout the event.

"There's really nothing like this in the northeast Kansas region," Meier said. "There's something similar to it in Wichita, but it's done over several different sites. Our long-term goal is to make this a resource event for not just Douglas County, but for northeast Kansas. We want to reach out to Franklin, Jefferson, Johnson, and Shawnee counties. This event is designed for all seniors throughout this region."

The Better Living Expo will be held on Saturday, September 8, from 9 a.m. to 3 p.m. at the Crown Toyota Pavilion, 3430 S. Iowa Street, in Lawrence. Tickets go on sale online at YourSRC.org/expo on August 1. In addition, tickets can be purchased at the door on the day of the event. The cost per ticket is \$5. Kids will be admitted for free.

"There will be dedicated parking right in front of the doors to get into the pavilion, so parking will not be an issue," Meier said.

The Senior Resource Center for Douglas County is temporarily located in Dwayne Peaslee Technical Training Center at 2920 Haskell Avenue while its permanent home at 745 Vermont Street in Lawrence is being remodeled.

"We've worked with a lot of partners in the community since we have been temporarily displaced," Meier said. "Pioneer Ridge, Presbyterian Manor, and the Lawrence Public Library have all been great in giving us places to go to have courses and events. It's really been great to work with those partners while we're at our temporary location."

For more information about the Better Living Expo, please visit YourSRC.org/expo or call Michelle Meier at 785-842-0543. Businesses and organizations interested in being exhibitors at the Better Living Expo can download a prospectus, contract, and exhibitor hall map at YourSRC.org/expo/become-a-better-living-expo-exhibitor.



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HEALTH & WELLNESS

Vitamin K may have cardiovascular benefits

Most people are aware of the most common vitamins, such as A, E, D, C and B. But there is another equally important vitamin called Vitamin K that is just as vital as the other vitamins and yet most people are not even aware of it.



Dr.
Deena
Beneda

Vitamin K was first discovered to be an essential nutrient by preventing abnormal bleeding in chickens. Since then it has been found that Vitamin K

is a fat-soluble vitamin that plays an important role in the body. It has an active role in blood clotting, calcium levels in the blood, cardiovascular health, cognitive health and, finally, bone metabolism.

Vitamin K1, or phylloquinone, comes from plants and is the dominant source of Vitamin K. Vitamin K2, or menaquinone, comes from animal-based products and from foods that are fermented. There is even a Vitamin K3! Vitamin K1, found in plants, is eaten by people. The bacteria in the large intestine convert it to its storage form, Vitamin K2. It is then absorbed in the small intestine and stored in fatty tissue and the liver.

The body needs Vitamin K to produce a protein and a clotting factor that helps in blood clotting and bone

metabolism called prothrombin. It is important for those using blood thinners, such as warfarin or Coumadin, to not start consuming Vitamin K without consulting their primary care provider.

Vitamin K is related to bone metabolism, and low intake of Vitamin K may be related to osteoporosis. Some studies suggest that Vitamin K intake is related to improved bone density, bone strength and decreased risk of fractures.

Increased blood levels of Vitamin K have been associated with the improvement of memory and increased longevity in older adults.

Vitamin K may have cardiovascular benefits, including lowering blood pressure and atherosclerosis.

Deficiency of Vitamin K is rare, but it can cause increased clotting time and excessive bleeding. Vitamin K deficiency could affect newborns that have cystic fibrosis, celiac disease or bowel problems. Newborn babies normally receive a Vitamin K injection.

Besides blood thinners, Vitamin K could have an interaction with prescription drugs such as anticonvulsants, antibiotics, cholesterol-lowering drugs,

weight loss drugs, and non-prescription medications, including aspirin and antacids. High doses of aspirin may increase Vitamin K requirements by the body. Antacids could decrease the absorption of Vitamin K. Sources of phylloquinone, or Vitamin K1, occur in high amounts in leafy green vegetables, kale, parsley, collard greens, Swiss chard, spinach, green tea, broccoli, cauliflower and brussels sprouts.

Sources of menaquinones, or K2, include meats such as liver, fermented dairy products such as yogurt, cheeses, and eggs, and fermented soybeans such as miso.

The recommended daily allowance for Vitamin K depends on age and gender. The best way to ensure the body has sufficient nutrients, including Vitamin K, is to consume a balanced diet with plenty of fruit and vegetables. Remember, when taking any alternative therapy, always check with your healthcare provider.

- Dr. Deena Beneda, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. She can be reached at 785-749-2255.

MEDICARE OPEN ENROLLMENT AND MEDICARE SUPPLEMENT PLANS

Most Medicare beneficiaries are familiar with the annual Medicare open enrollment period. Also known as the Medicare Annual Election Period (AEP), it occurs October 15 through December 07, and is the time when individuals evaluate their current Medicare Part C Plan (Medicare Advantage) and Medicare Part D Plan (Prescription Drug) coverages. Beneficiaries can stay enrolled in their current plan, if still available, change to another insurance carrier, or select another plan. Medicare annual open enrollment does not apply to Medicare Supplement Plans in the State of Kansas, also known as "gap" policies.

Medicare Supplement Plans are available to new Medicare beneficiaries during an initial six-month open enrollment period. This six-month open enrollment period begins the first day of the month when the beneficiary has enrolled into Medicare Part B. Most individuals become eligible when they turn age 65, but those who continue to work may become eligible when they retire and lose coverage under an employer-sponsored group health plan. Disabled Medicare beneficiaries under age 65 have the same open enrollment period upon qualification and a second open enrollment period when they turn age 65.

Once a beneficiary has Medicare Part B coverage, insurance carriers must offer supplement plans to anyone who applies, regardless of current or past health history. After the six-month open enrollment period, insurance carriers generally apply medical underwriting to individuals applying for coverage.

For most individuals, consulting with an insurance agent who specializes in Medicare and Medicare Supplement Plans is the best strategy. The agent can discuss the different insurance carriers and plans available, including customer service experience and history of rate adjustments. It is important to note all insurance carriers must offer the same Medicare Supplemental Plans, but the plan premiums may vary. An experienced agent can help you find the best plan for you.



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

Go to <http://www.centuryinsuranceagencyks.com> or email info@century-health.com for more information.

HEALTH & WELLNESS

Foot care: Get moving!

By Kim Squire DPT

Consider your feet as the caregivers of your body. Day after day they accept you for who you are, take pounding after pounding, and support all of your efforts. They bend to forces applied by weak muscles and bad form, they ride along in ill-fitting shoes, flip flops and, sometimes, even naked. Foot pain can come from many different sources, including anatomically within the foot, weakness

ness or sores. Check between your toes. Check every day. If you are diabetic, have low vision or other sensory issues, you should not cut your own toenails. If you notice that you have decreased sensation, chronic limiting pain or other foot injury, please talk to your doctor to find out why you are having these problems.

Get Moving: Get Stronger

Now that you have addressed your footwear and checked your feet, it's time to get moving! Maintaining a healthy

body weight is always a good way to take the pressure off, so to speak. How can you exercise to help your feet? If foot pain is limiting your walking, start with non-weight bearing or seated exercises. Examples include: aquatic exercise (swimming or pool aerobics, water walking), recumbent bicycle or stepper, seated or lying down exercises with weights or bands. Also, remember that weak feet and ankles can affect your balance. Physical therapy is an excellent way to establish an appropriate and safe strengthening program for your specific needs. Always consult with your doctor before starting a new exercise program.

- Kim Squire DPT is an outpatient physical therapist who treats a wide variety of patients including people with

orthopedic and sports injuries at Lawrence Memorial Hospital, LMH Baldwin City Therapy Services, (785) 594-3162.



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in the legs or hips, prolonged standing or walking, body mechanics, complications with diabetes, and other joint changes often associated with osteoarthritis.

Good Shoes

No matter what the cause, correct footwear is a must for comfort. Your feet are your foundation, they are worth the cost. If you have a softer, fallen arch, you should look for a more ridged shoe with good arch support. The opposite is true if you have a higher, more firm arch. In this case, a softer shoe is more appropriate. Ask your Podiatrist or Physical Therapist for recommendations. Also, an Orthotist specializes in creating custom arch supports and shoes. If you have swelling, you should make sure that your shoes are stretchy, such as diabetic shoes. You never want footwear to cause indentations or redness on your skin.

Take a Look at Your Feet

Having good and appropriate footwear is only part of the battle. Check your feet! Certain conditions like diabetes or neuropathy can cause decreased sensation in your feet. You could have stepped on something sharp, blistered or otherwise injured your feet without even knowing. Use a mirror to see the bottom of your feet. There are actually long handled mirrors made especially for this important task. Look for red-



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MAYO CLINIC

Fibroelastomas don't involve cancer but still could pose health threat

DEAR MAYO CLINIC: I am an 83-year-old woman on warfarin because of atrial fibrillation, and I recently was diagnosed with a fibroelastoma. Could you give me a little information on what this is, including the treatment and prognosis?

ANSWER: Fibroelastomas are formally known as papillary Fibroelastomas, or PFEs, and are sometimes called cardiac papillomas. These small, noncancerous tumors develop in the heart—most often on one of the valves located between the heart chambers. Although they don't involve cancer, these tumors still pose a health threat, because they can increase your risk of developing blood clots that could lead to a heart attack or stroke. Treatment typically involves surgery to remove the tumor. If that's not possible due to other health considerations, then taking medication to lower the risk of blood clots is an option.

Tumors in the heart are rare, and they can be hard to diagnose accurately. Before you move forward with treatment, if your health care provider hasn't already done so, it would be wise to confirm the diagnosis by ruling out other possible conditions that can mimic fibroelastomas.

For example, the diseases antiphospholipid syndrome and lupus can lead to heart valve masses that may appear to be fibroelastomas. Blood tests can rule out these conditions.

Also, what looks like a fibroelastoma on a standard echocardiogram, or EKG—an imaging test that shows the anatomy, structure and function of the heart—could actually be excess heart valve tissue or the tissue that formed due to an infection that has healed. Another imaging exam called a transesophageal echocardiogram, or TEE, can allow your health care provider to get a more detailed look at the heart valves to help rule out these possibilities.

If it's still hard to tell if the abnormality is a papillary fibroelastoma, your health care provider may recommend you continue taking the blood-thinning medication warfarin for six months to keep your risk for blood clots lowered. After that, the imaging exams can be repeated to see if the area in question has grown. If it's the same size after six to 12 months, it's less likely to be a fibroelastoma. If it has grown, then it is more likely to be a tumor.

To reduce the risk of blood clots and eliminate the possibility that the tumor could break off and cause other complications, it's usually recommended that fibroelastomas be surgically removed. They often can be taken out without damaging the heart valve, but the procedure typically involves open-heart surgery. In some cases—particularly those in which the tumor is on the valve that's between the chambers on the left side of the heart (the mitral valve) - a minimally invasive procedure that doesn't involve

opening the chest may be an option.

Once a papillary fibroelastoma is taken out, no further treatment usually is necessary. It's rare for a fibroelastoma to redevelop after it's been surgically removed, although it happens in approximately 2 percent of patients.

If your health care provider doesn't recommend surgery for you due to your age, your overall health condition or other factors, then taking warfarin, aspirin or another medication to reduce

your risk of blood clots may be necessary long term. - Kyle Klarich, M.D., Cardiovascular Diseases, 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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This project was supported, in part by grant number 90MP0087, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.

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NAVIGATING THE MEDICARE MAZE

How to avoid paying more for prescription drug coverage

If you've got a chronic condition that requires a lot of medication, chances are you've got your prescription drug plan figured out. If you're in tip-top shape and don't take a single pill, what's the point? When it comes to prescription drug coverage and Medicare, if you don't sign up when you're first eligible, you could pay more down the road through penalties.



*Chris
Chapin*

Why does the federal government require you to sign up and pay a premium for something you may not use right now? It's the same reason you have insurance on property.

Once your house is on fire, you can't buy homeowners insurance. The whole concept of insurance is that it's a shared risk.

Prescription drug coverage is also known as Part D in Medicare. The confusion centers on people who have coverage from a current or former employer, union or other group plan.

The bottom line is if you have drug coverage that meets Medicare's minimum standards, you won't pay a penalty for not signing up for Part D when you become eligible.

Creditable Coverage

What are those minimum standards for prescription coverage? Coverage needs to be "creditable." This means that the coverage is expected to pay on average as much as the standard Medicare prescription drug coverage.

If you have drug coverage through a group plan, that plan is required to tell you if your coverage is considered "creditable." Medicare requires

your plan to send you this information at least once a year. It may come in a standalone notice or in a letter or newsletter. Keep this information; you might need to provide it when you sign up for a Medicare drug plan later.

Calculating the Penalty

If you don't have "creditable" prescription drug coverage, you may pay more to get Part D plan down the road. Time runs out 63 days after you don't have "creditable" prescription drug coverage. After that you may have to pay a penalty.

The way the penalty is calculated is based on a few factors. The formula includes the base premium, amount of time you are late and a fixed percentage—one percent per month of late enrollment.

This is important because your healthcare needs may change as you age and your doctor may prescribe different or additional medications. Use the Annual Enrollment Period from October 15 to December 7 each year to reevaluate your plan and make changes as your needs change.

People who qualify for Extra Help, a Social Security program for people with limited resources and income, will not be penalized.

Signing Up for Part D

You can avoid penalties by ensuring you have prescription drug coverage. There are two ways to get a Medicare Part D plan. Both are through private insurance companies.

1. You can enroll in a Medicare Advantage plan (Part C) that combines Parts A and B along with a prescription drug plan.

2. You can get a standalone Part D plan to add prescription coverage to Original Medicare.

- If you are new to Medicare and have questions about what your options are, call Stephens-Chapin Insurance, 785-841-9538. Ask for Bill Woody, Jr or Chris Chapin.



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FINANCIAL FOCUS

Time to put excess cash to work?

You'll always want to base your investment decisions on your own needs and goals. But there may be times when you might consider adjusting your portfolio because of risks and opportunities. Now may be one of those times.



*Derek
Osborn*

Here's some background: In recent months, the Federal Reserve has raised short-term interest rates several times, and given its generally favorable outlook on the economy, it has indicated it may continue bumping up interest rates gradually over the next year or so. The Fed doesn't control long-term interest rates, but these rates often follow the lead of short-term movements. However, longer-term rates haven't yet risen as much as shorter-term ones, which means the difference between short- and long-term rates is relatively small, historically speaking.

This doesn't mean you should make drastic changes to your portfolio. You still need to stick with the asset allocation that's suitable for your situation, which typically involves owning a certain percentage of growth-oriented vehicles, such as stocks, and a certain

percentage of fixed-income securities, such as bonds. However, if you do have space in the fixed-income part of your portfolio, you may find the higher interest rates offered by short-term bonds and certificates of deposit (CDs) to be attractive. To take advantage of this opportunity, though, you will need to have the cash available to invest.

Some people hold too much in cash, waiting for interest rates to rise, or as protection against the risk of a market decline. But holding excess cash involves its own risk—the risk of not investing. So, if you have your cash needs covered, you may want to consider investing any excess cash.

To determine if you are holding excess cash, you'll need to review your entire cash situation. For example, do you have enough cash, or cash equivalents, to create an emergency fund of three to six months' worth of living expenses? This fund can be vital in helping you pay for things like a major car repair or an unexpected medical bill without dipping in to your long-term investments. And, of course, you need enough liquidity to provide for your lifestyle, including your regular spending needs—your mortgage, utilities, groceries and so on. Also, you may want to set aside enough cash for a goal you want to reach in the next year or so, such as a vacation.

But if you have taken care of all these needs and you still have excess cash, you may want to consider put-

ting this cash to work, possibly by investing in short-term fixed-income vehicles now being issued at higher interest rates.

And keep in mind that regardless of where interest rates are going, bonds and other fixed-income investments can offer some key benefits to investors. In addition to providing a source of regular income, these types of investments can help reduce the effects of volatility on your portfolio. While bonds can, and will, fluctuate in value, they typically can provide more stability to your portfolio and tend to behave differently than stocks over time.

After years of historical lows, shorter-term rates have risen to levels that are more attractive to investors. Take the time to review your situation, perhaps with the help of a financial professional, to determine if taking advantage of these rates may be appropriate for you.

- Derek Osborn is with Edward Jones, 4106 W. 6th St., Ste. A, Lawrence. He can be reached at 785-841-0382 or Derek.Osborn@edwardjones.com. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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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 ARTWALK

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
finalfridaylawrence.wordpress.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

Sunday Bingo is 1:45 p.m., Tuesday Bingo is 6:30 p.m. Snack bar available (optional but appreciated). 3800 SE Michigan Ave.
TOPEKA, 785-267-1923

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

LEXINGTON PARK

1011 SW Cottonwood Ct., 2 p.m.
TOPEKA, 785-273-4545

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

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

Every Thursday, Watkins volunteer Michele Montour introduces visitors to the amazing architecture of the Watkins Building and some of our fascinating exhibits. This tour is a short, free, and fun way to spend time Thursday afternoons soaking up some local history! Watkins Museum of History, 1047 Massachusetts St., 2-2:30 p.m. Free.
LAWRENCE, 785-841-4109
watkinsmuseum.org

FIRST SATURDAY OF THE MONTH

DISCOVER WITH DOLE

Drop by the Dole Institute on the first Saturday of each month for an interactive, kid-friendly visit to discover uniquely themed items in the museum and archives. Activities include crafts, puzzles, coloring, and museum gallery activities. Families with young children encouraged! All programs and events at the Dole Institute are free and open to the public. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.-12 p.m.
LAWRENCE, 785-864-4900, doleinstitute.org

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, freestatebrewing.com

OCT 8 & 9

WAY OUT WEST IN KANSAS-VICTORIA, HAYS AND NICODEMUS

Cultural, historic and scientific wonders of Kansas are all stops on this trip to the west. Stops include the art deco Steifel Theatre in Salina; the Basilica of St. Fidelis, known as the Cathedral of the Plains in Victoria; the national historic site of Nicodemus, oldest and only remaining Black settlement west of the Mississippi River and the Sternberg Museum, a destination by itself. Motorcoach travel with pick-up stops in Topeka and Lawrence. Class Code: 327875. Lawrence Parks & Recreation Department. Fee. Early Bird Deadline: August 27.
LAWRENCE, 785-832-7920

EDUCATION

ONGOING

COOKING CLASSES

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

ONGOING

FREE INSURANCE COUNSELING

Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug Program. Stormont Vail Health HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.
TOPEKA, (785) 354-6787

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHES

Lecture and lunch. Lexington Park, 1011 SW Cottonwood Ct.
TOPEKA, 785-273-4545

FRIDAYS

HEALTHWISE TV

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

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 2

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use your library's print and online resources. Receive a pedigree chart and other helpful forms for keeping records as you research your family tree. Bring your laptop or tablet to create a free FamilySearch account. Register at tscpl.org/register. Shawnee North Community Center, 300 NE 43rd St., 10-11:30 a.m.
TOPEKA, 785-580-4400

AUG 3, 10, 17 & 24

ADVENTURES IN LEARNING

Summer Adventures in Learning session at the Shepherd's Center of Topeka begins August 3 and runs for four consecutive Fridays, 9-11:30. Each Friday enjoy two classes from the eight offered and refreshments. For more information, call or visit website.
TOPEKA, 785-249-3258
shepherdscentertopeka.org

AUG 4

COMPUTERIZED GENEALOGY SERIES 2

Now that you have your family tree, move to the next level. Find records on your family. You will learn how to locate local resources from libraries and repositories. This class will focus on finding your ancestors where they may be hidden using resources online. Registration required. Computer Training Center, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 11 a.m.-1 p.m.
TOPEKA, 785-580-4400

AUG 6

KANSAS AFRO-AMERICAN HISTORICAL AND GENEALOGICAL SOCIETY

Learn about African American family history and genealogy, and Kansas African American history with various topics. This month learn about Slave Research and Genealogy Databases that can help you locate slave ancestors and their owners. For more information email info@kaahgs.org. Hughes Room 205, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 6-7:30 p.m.
TOPEKA, 785-580-4400

AUG 6

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

AUG 13

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use your library's print and online resources. Receive a pedigree chart and other helpful forms for keeping records as you research your family tree. Bring your laptop or tablet to create a free FamilySearch account. Register at tscpl.org/register. Central Park Community Center, 5-6 p.m.
TOPEKA, 785-580-4400

■ CONTINUED FROM PAGE 18

AUG 14

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 – East Gallery, 200 W. 9th Street, 2-3:30 p.m. Register with Lawrence Parks & Recreation.

LAWRENCE, 785-832-7920

AUG 14

SENIOR SUPPER AND SEMINAR

This month's topic: "Falls Prevention" presented by Kenna Young, RN, LMH Emergency Department. On the second Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the 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 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.

LAWRENCE, 785-505-5800, lmh.org

AUG 15

CREATIVE GRIEVING: COOKING FOR ONE

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m.

TOPEKA, 785-430-2194

AUG 20

BABY CARE FOR GRANDPARENTS

If you are a little anxious about watching the new baby in your family, get a refresher on baby care with Laura Odom, LPN, IBCLC, from Stormont-Vail Health. She'll discuss safe sleep practices, feeding, daily care and milestones for babies. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12:30-3 p.m.

TOPEKA, 785-580-4400

AUG 21

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, August 21, 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 Cotton O'Neil Heart Center at 929 SW Mulvane, Topeka. For information call 785-270-4593, sign up at our website <http://century-insuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided.

TOPEKA

AUG 23

THE TOPEKA GENEALOGICAL SOCIETY LIBRARY: A LITTLE-KNOWN GEM

Cindy Cruz, Topeka Genealogical Society secretary, will give an audio-visual presentation on the society's reorganized library that contains a vast collection of priceless documents, books, etc. The public is welcome. Marvin Auditorium 101A, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8:30 p.m.

TOPEKA, 785-580-4400

AUG 23

QUARTERLY MINDFULNESS PRACTICE

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4 p.m.

TOPEKA, 785-430-2194

AUG 27

FALL PREVENTION

Specially trained Jayhawk Area Agency on aging staff members will be here to educate us on what we can do to stay steady as we age.

Register at tscpl.org/register. Seniors Registration begins Wednesday, August 1. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12:30 p.m.

TOPEKA, 785-580-4400

AUG 28

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, August 28, 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 Cotton O'Neil Heart Center at 929 SW Mulvane, Topeka. For information call 785-270-4593, sign up at our website <http://centuryinsurance-agencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided.

TOPEKA

SEP 1

COMPUTERIZED GENEALOGY SERIES 2

Now that you have your family tree, move to the next level. Find records on your family. You will learn how to locate local resources from libraries and repositories. This class will focus on finding your ancestors where they may be hidden using resources online. Registration required. Computer Training Center, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 11 a.m.-1 p.m.

TOPEKA, 785-580-4400

SEP 8

BETTER LIVING EXPO

Resources for a healthy and active life. Sponsored by the Senior Resource Center for Douglas County. Crown Toyota Pavilion, 3430 S. Iowa St., 9 a.m.-3 p.m. Tickets \$5 (children free).

LAWRENCE, YourSRC.org/EXPO

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, lawrencecession.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

SATURDAYS

COMMUNITY JAM

Totally free and open to the public, the AMA Saturday Jam has become a tradition in the Lawrence music community. All styles and levels welcome, acoustic instruments only. Americana Music Academy, 1419 Massachusetts St., 3-5 p.m.

LAWRENCE, 785-830-9640

americanamusicacademy.com

JUL 20-AUG 5

CLUE THE MUSICAL

The internationally popular game is now a fun filled musical which brings the world's best know suspects to life and invites you to help solve the mystery: who killed Mr. Boddy, in what room and with what weapon. The audience receives forms to help them deduce the solution from clues given throughout the fun filled performance. Three audience members choose from cards representing the potential murderers, weapons and rooms; there are dozens of possible solutions. Only one hard nosed female detective is qualified to unravel the merry mayhem. Helen Hocker Theater, 700 SW Zoo Parkway. See website for more information. Fee.

LAWRENCE, 785-251-5990

topekacivictheatre.com/event/clue-the-musical

AUG 11

11TH ANNUAL JAZZ BY THE RIVER

The Richard Allen Cultural Center & Museum Presents the 10th Annual Jazz by the River! The event will feature James Robinson & The Time Express, The Richard Allen Cultural Center Youth Community Choir, and A Motown Revue featuring Bill Robinson. 412 Kiowa St., 6 p.m. Social Hour and Reception will begin at 5 p.m., Performing Arts Center Leavenworth High School, 2012 10th Avenue. Fee.

LEAVENWORTH, 913-682-8772

jazzbytheriver.com

AUG 17 & 18

LAUGH LINES

Each show is a blend of outrageous comedy sketches and audience participation games. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 8 p.m. Fee.

LAWRENCE, 785-357-5211

topekacivictheatre.com

AUG 18

WTCT RADIO PLAYERS

Take a trip back to a simpler time with Fibber McGee and Molly. The Shadow, The Life of Riley, the Lone Ranger and a host of other favorites recreated by the generation that trilled to these stories when they were new. Each performance features a recreation of these fine, radio plays with live sound effects created on stage and expressive actors delivering stellar performances. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 7 p.m. Fee.

TOPEKA, 785-357-5211

topekacivictheatre.com

EXHIBITS/SHOWS

AUG 11

2018 CRUISIN' THE CAPITAL CAR SHOW

This event is free to the public and all are invited to come and enjoy the festivities from 6 to 9 p.m. Live entertainment, food trucks and beer gardens will be located throughout the event site. Stick around afterwards for our Second Saturday Concert Series in front of the Celtic Fox at 8th and Jackson. Downtown Topeka.

TOPEKA, topekascoc.wliinc28.com//events/Crusin-the-Capitol-Car-Show-865/details

AUG 18

LEAVENWORTH CRUISERS CAR SHOW

This is our 29th annual car show. We will have vendors, raffles, t-shirt sales and events for the ladies. We are putting together a scavenger hunt in Historic Downtown Leavenworth. We will have drawings for \$100.00 gas cards (2) and a \$100.00 cash prize (must be present to win). Awards for the top 50 PLUS special trophies for the best paint, interior, original or restored, unfinished, rat rod, modern muscle, street rod, truck, special interest, best of show, motorcycle, auto and best import/tuner. Ray Miller Park, 4103 S 4th St., 8 a.m.-3 p.m. Free.

LEAVENWORTH, 816-804-8753

FAIRS/FESTIVALS

JUL 30-AUG 4

DOUGLAS COUNTY FREE FAIR

See it all at the Douglas County Free Fair, where everyone comes for good old-fashioned fun! It's a great event for all ages.

LAWRENCE, dgcountyfair.com

AUG 3

GRAPE ESCAPE: WINE, BOURBON & BEER FESTIVAL

Grape Escape is Topeka's premier wine and food festival with silent and live auctions to benefit the Topeka Performing Arts Center and the community programs we offer. This year, there will be a beer garden, cigar deck, and bourbon sampling! Come out and enjoy lots of swirling, sniffing and sipping going on at Grape Escape 2018, Wine, Bourbon, and Beer. Topeka Performing Arts Center, 214 SE 8th Avenue, 6 p.m. Fee.

LAWRENCE, 785-234-2787

topekaperformingarts.org/p/events/grape-escape

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FARMERS' MARKETS

APR 14-NOV 17

LAWRENCE FARMERS' MARKET - SATURDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. 824 New Hampshire St. April 14–August 25, 7-11 a.m., September 1–November 17, 8 a.m.-noon.

LAWRENCE, lawrencefarmersmarket.org

APR 14-NOV

TOPEKA FARMERS' MARKET

Saturdays. 12th and Harrison, South of the Judicial Building, 7:30 a.m.-noon.

TOPEKA, 785-249-4704

downtowntopekafarmersmarket.com

APR 21-OCT 27

LENEXA FARMERS' MARKET

Visit the new Lenexa Farmers Market for a wide selection of fresh products including vegetables, fruit, meat, eggs, baked goods, flowers and more from over 20 locally based vendors. Saturdays. Lenexa Civic Campus, 17201 W. 87th Street Parkway, 8 a.m.-12 p.m.

LENEXA, lenexa.com/farmersmarket

MAY 5-OCT 27

LEAVENWORTH FARMERS' MARKET

Every Saturday from May thru October at the

Leavenworth Farmers Market, 7 a.m.-12 noon. The Market is located at the beautiful Haymarket Square at the corner of 7th and Cherokee Street.

LEAVENWORTH, 913-651-2683
leavenworthfarmersmarket.com

MAY 8-OCT 23

LAWRENCE FARMERS' MARKET - TUESDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. Parking Garage by Lawrence Public Library, 707 Vermont St., 4-6 p.m.

LAWRENCE, lawrencefarmersmarket.org

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

FREE MEMORY SCREENING CLINIC

Schedule a free, confidential memory screening at the Cotton O'Neil Clinical Research Center. The screening takes about 20 minutes. You will receive a copy of your results and they can be made available to your physician. By appointment Monday-Friday, 9 a.m.-3 p.m.

TOPEKA, 785-368-0744

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

DAILY

EXERCISE CLASS

Lexington Park, 1011 SW Cottonwood Ct., 10 a.m. TOPEKA, 785-273-4545

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. You'll get your heart pumping and have a great time building friendships with fellow walk-

■ CONTINUED ON PAGE 21



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and active life.
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www.pkvdds.com

■ CONTINUED FROM PAGE 20

ers. 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. 9:30-10:15 a.m. TOPEKA, 785-357-8777 or 785-213-6016

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

FLEXEXERCISE

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

Shingrix (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

THURSDAYS

WELLNESS CLINIC

Blood pressure checks, weights. Lexington Park, 1011 SW Cottonwood Ct., 12:30 p.m. TOPEKA, 785-273-4545

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 1

KNOW YOUR NUMBERS - CHOLESTEROL AND GLUCOSE SCREENING

A drop in screening event that offers both a full lipid (cholesterol) profile and a glucose (blood sugar) from a fingerstick using the Cholestech machine. Results in 5 minutes. A fast of 8-10 hours is recommended. Water and necessary medications are okay. \$20 fee. LMH Main Campus (West Lobby), 325 Maine St., Wednesday and Saturday, 8-9:30 a.m. LAWRENCE, 785-505-5800, lmh.org

HISTORY/HERITAGE

AUG 17

QUANTRILL'S RAID GRAVEYARD WALK

Join Watkins Museum of History curator Britany Keegan to learn about the founding of our historic Oak Hill Cemetery, hear stories of early Lawrence—including Quantrill's Raid—and meet some of the notable people buried in our historic Oak Hill Cemetery. 8-9:30 p.m. Fee. See Facebook link for ticket details LAWRENCE, 785-841-4109 facebook.com/events/865361226983378

AUG 25

GENEALOGY WORKSHOP

Are you interested in knowing what is required for you to become a member of the Sons of the American Revolution? If so, this is an opportunity for you to achieve this goal. This event is for men 18 years old and older who have an interest in their family history and a desire to become a member of the Sons of the American Revolution. Under 18 years of age are also eligible to become Junior Members. We will review the requirements for membership and the resources available to you for any of your research. We will also discuss the many activities of the Sons of the American Revolution at the National, State and Chapter level. Sponsored by the Charles Robinson Chapter of the Sons of the American Revolution. Community Room of Watkins Community Museum of History, 1047 Massachusetts St., 10 a.m.-noon. Free. Please contact John G. Sayler at 785-841-5756 or john.g.sayler@gmail.com if you are planning to attend this workshop. LAWRENCE

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.

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 OrthoKansasPA.com

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

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

FIRST & THIRD MONDAY OF THE MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

GRIEF SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

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**FIRST & THIRD MONDAY OF THE MONTH
SPOUSE/PARTNER LOSS**

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.
TOPEKA, 785-430-2194

**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

TUESDAYS**BREW HA HA!**

A coffee group for anyone desiring some fun and coffee at the The Midland Care Center for Hope and Healing. The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.
TOPEKA, 785-430-2194

TUESDAYS**GENERAL GRIEF SUPPORT GROUP**

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m.
TOPEKA, 785-430-2194

TUESDAYS**INTERGENERATIONAL CHOIR**

Sing with KU students. Led by music therapy students from KU. The Intergenerational Choir will rehearse and perform once or twice a semester. Contact Deanna Hanson Abromeit at dhan-abromeit@ku.edu. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m.
LAWRENCE

FIRST TUESDAY OF THE MONTH**LAWRENCE AREA COALITION TO HONOR
END-OF-LIFE CHOICES**

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, 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
OrthoKansasPA.com

FIRST & THIRD TUESDAY OF THE MONTH**HEALING AFTER LOSS BY SUICIDE
(HEALS)**

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

WEDNESDAYS**GRIEF SUPPORT GROUP**

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.
TOPEKA, 785-430-2194

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 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 MONDAY OF THE MONTH**LMH HEART BEATS**

A Cardiac Support Group facilitated by Lawrence Memorial Hospital Cardiac Rehab. Typically meets on the second Monday of the month in Room A on the lower level of LMH from 4:30-5:30 p.m. For more information, call 785-505-2850.
LAWRENCE

SECOND TUESDAY OF THE MONTH**LAWRENCE ACTION CIVITAN CLUB**

Civitan's 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

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■ CONTINUED FROM PAGE 22

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
soroptimisttopeka.org

SECOND THURSDAY OF THE MONTH DEMENTIA SUPPORT GROUP

Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 2920 Haskell Ave., 11 a.m.-noon. Call for questions or to RSVP.
LAWRENCE, 785-218-4083

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
happytimesquares.com

THIRD TUESDAY OF THE MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH STROKE SUPPORT GROUP

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

THIRD 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 NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

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
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 NATIONAL 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, contact Jim Miller at 785-478-0651 or Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting.
TOPEKA

LAST WEDNESDAY OF THE MONTH WARM UP WEDNESDAYS GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.
TOPEKA, 785-430-2194

SEP 4

QUARTERLY PITCH-INS (POTLUCK)

Meat and beverage provided. The Midland Care Center for Hope and Healing, 1112 SW 6th St., 5:30-7 p.m.
TOPEKA, 785-430-2194

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. Clinton Place, 2125 Clinton Pkwy., 1-4 p.m. For more information call or text 785-505-0893.
LAWRENCE

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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TOPEKA, 785-783-8300
kansadiscovery.org

AUG 18

BREW AT THE ZOO

Enjoy craft beer samples and awesome food with musical entertainment at Chautauqua Amphitheater. 3:30 p.m. VIP access, guaranteed samples of all beers available (limited quantities of unique brews); complimentary food exclusive to VIP ticket holders plus 16-ounce commemorative glass. Must be 21 years of age. Sunset Zoological Park, 2333 Oak St., 5-8 p.m. Fee.
MANHATTAN, 785-587-2737
sunsetzoo.com/Brew

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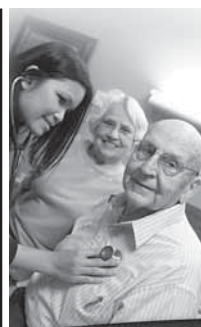
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RICK STEVES' EUROPE

Santorini: More than just a pretty face

By Rick Steves

Tribune Content Agency

The words “Greek Isles” evoke visions of sun-bleached houses shoulder-to-shoulder against a hillside with a mesmerizing view of glittering blue water. But with more than 200 Greek islands scattered across the Aegean and Ionian seas, where do you start?

Chances are Santorini is the island you're picturing. Once a complete island like its neighbors, it was a volcano that blew its top thousands of years ago, creating a giant caldera. Today its whitewashed villages crowd the dramatic ridges of this crater as if jostling to enjoy the views.

And Santorini offers much more than the vistas made famous on postcards—its wonders include countryside wineries, ancient archaeological sites, and unforgettable beaches.

The village of Oia is the quintessence of Greek Island charm. Pronounced “EE-ah,” this idyllic ensemble of whitewashed houses and blue domes delicately drapes itself over a steep slope at the top of a cliff. Viewpoints here are some of the most iconic in the Greek seas, and photographers clamor for just the right angle. Artists fall in love with Oia and move in. honeymooners find the B&B of their dreams and savor breakfast in unforgettable settings. At the quiet end of town, the old windmill evokes a more rustic age gone by. And the cliffside cocktail bars provide a romantic stage where tourists gather for each Santorini sunset.

It seems, at least in most photographs, that Santorini towns like Oia are nothing but white. The whitewash, while scenic today, was originally practical: White reflects the powerful heat of the sun. What's more, the lime that makes the whitewash is a good antiseptic—villagers knew it would naturally disinfect the rainwater that was collected on rooftops. And I love the way the blue and white of the townscape seem inspired by the colors of the Greek flag.

Dwellings here were originally humble caves. With little building material on the island, it just made sense to dig into the cliffs. These “cave houses,” surrounded by air-filled pumice, are naturally insulated—staying cool in summer and warm in winter. Gradually these cheapest bits of real estate were developed and, with tourism, they became expensive homes, hotels, and restaurants.

Thousands of years before the idea of tourism, Santorini was home to the largest city outside Crete in the Minoan-era world, dating back to the earliest documented civilization in the Aegean (third to second millennium B.C.)—ancient even to the ancients. But in around 1630 B.C., the “Minoan Eruption”—one of the largest in human history—blew out 24 cubic miles of volcanic material, at least four times the amount ejected by the 1883 explosion of Krakatoa in today's Indonesia. That's when the island took on the sunken crater shape that visitors see today.

You can visit Santorini's version of Pompeii—an ancient city buried (and preserved) in ash following this massive eruption. The Bronze Age city, near the modern-day town of Akrotiri, is still being excavated, with more than 30 buildings now viewable in a well-designed structure. (Only 3 percent of the site has been unearthed.) Visitors explore the excavation site on ramps that let you climb around and through the streets of the prehistoric city. Careful observers can pick out sidewalks, underground sewage systems, and ceramic vases left behind. The most interesting items discovered here—wonderful wall frescoes, fancy furniture, painted ceramics—are on display mainly at the Museum of Prehistoric Thira in Santorini's main town, Fira.

The island's volcanic soil, ample sunshine, and arid climate add up to a distinctive wine grape. As they have since ancient times, vintners here shape the live vines into protective baskets designed to enable the vines to both collect the dew and survive the wind.

The fruit of the Santorini vine is both hearty and sweet, and there are a dozen or so wineries where casual visitors can sip and take in the views.

When it comes to enjoying the Santorini beaches, visitors have options made interesting by the unusual volcanic geology. Two black-sand beaches flank the steep mountain at the southeastern corner of the island. Along the island's southern arc are some volcanically colorful beaches near Akrotiri. White Beach, in front of a backdrop of chalky cliffs, is accessible exclusively by boat. Red Beach, given its distinctive color by iron deposits, can be reached by a demanding hike around the bluff.

Of course, wherever you go on this island, you're surrounded by stunning vistas. Whether you're digging your toes into the sand while basking under a beach umbrella, nursing an iced coffee while watching the sun gradually descend into the sea, or exploring a tight, twisty maze of whitewashed cubic houses, Santorini really does live up to your Greek vacation dreams.

IF YOU VISIT...

SLEEPING: Chelidonia Traditional

Villas, surrounded by bougainvillea, burrow into the cliff face in the heart of Oia (splurge, www.chelidonia.com). Kamares Apartments, with warm and attentive service, is a dreamy oasis in Fira (splurge, www.kamares-apartments.gr).

EATING: Roka is a humble little taverna with a colorful courtyard and a terrace with views in Oia (moderate, www.roka.gr). Nikolas oozes a family-run taverna vibe, specializing in casseroles and other Greek classics in Fira (moderate, tel. +30/22860-36422).

GETTING AROUND: Buses reach the main towns, sights, and beaches but can be extremely crowded, especially in peak season. Driving around the island is easy.

TOURIST INFORMATION: www.santorini.gr.

- 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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JAY'S MUSICAL MEMORIES

The Whales of August

By Jay Wachs

I find August to be the most peculiar month of the year.

It used to be that August was the month for summer family vacations.

School ended in early June.

Summer camp and Little League dominated the months of June and July.

Summer was essentially divided into before and after the 4th of July.

By August, all of that was over and we had a month with little to nothing going on.

School always started the Monday after Labor Day.

Things have changed.

Some schools now start their sessions in the first two weeks of August.

I'm sorry.

Too hot!

To me the thought of going back to school involves a light jacket and kicking around leaves.

Times have changed indeed.

Musically, August marked a month where songs expected to crest in October would be released. These were what we called the "Whales of August" because they would go on to become monster hits within 4-8 weeks of being released.

In 1966, The Association released "Cherish," which reached its peak at #1 in October of 1966.

In 1976, Chicago owned the charts with their ballad "If You Leave Me Now."

In 1986, Janet Jackson had her mind on number one with "When I Think of You."

In 1996, Los Del Rio had a monster hit with "Macarena," which is still a staple at parties 22 years later

Each of these songs is still played today on the radio somewhere in some capacity.

I thought it might be interesting to see what today's number one song would be as I write this on July 11, 2018.

Drake is atop the pop charts with "Nice For What."

That's my daughter's music. I don't get it and I don't listen. Hence, why she calls me old. I prefer seasoned and cultured.

Will that Drake song stand the test of time?

Will people in 2038 be singing to that song the same way we do our oldies?

The other day I was sitting at Jefferson's having a burger and "Beast of Burden" by the Stones came on.

One of my all-time favorite Rolling Stones songs.

I started singing to myself.

I caught the eye of a young man about half my age across the restaurant who was also singing to himself.

It made me smile.

Good music is just good music regardless of the year it was released.

That song stood the test of time and will likely still be standing 20 years from now as well.

School may be out for the summer

but not for me.

Jay's School of Music is always open and my job at LawrenceHits.com is to make sure we remember all these great songs.

Maybe next month we can start

thinking about the "Autumn Leaves" and an end to all this excessive heat!

- Jay Wachs is the founder and general manager of LawrenceHits.com, an app-based and online oldies radio station serving Lawrence and Douglas County.

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WOLFGANG PUCK'S KITCHEN

Bunless burgers: A healthy twist on a summertime favorite

Most people dream about great burgers whenever they fire up the grill. After all, what could be a more perfect example of the all-American pleasures of outdoor cooking? But more and more people are trying to eat leaner food these days, especially during swimsuit season, which often leads them to limit their red meat intake.

The latest diet fads also add to such special demands. Back in the days



Wolfgang
Puck

of the Atkins diet, that meant avoiding burger buns to cut carbohydrates. Nowadays, there's the so-called paleo diet, so named because it calls for eating only foods that humans ate during the Paleolithic Era. That means only ingredients that could have been hunted or gathered and prepared without processing, meaning nothing featuring grains, sugar or other processed foods. (Not very different from the old Atkins diet, is it?)

So, is there such a thing as a lean paleo burger?

My answer is yes, and you'll find a delicious example of it in my recipe for turkey burgers in grilled portobello mushroom "buns." I put quotes around that last word because, in place of bread buns, I substitute grilled portobello mushroom caps, which—when you think about it for even a second—are very much the same shape as a burger bun and seem perfectly made to enclose a burger patty. What right-thinking Paleolithic gatherer wouldn't have picked a few had he or she come across them?

To satisfy meat lovers who want to cut back on their beef intake, I use ground turkey for this recipe. Many

people find it as satisfying as beef, especially when you use a mix of dark and white meat and ask your butcher to grind it coarsely for a more satisfying texture. (Feel free to substitute chicken ground in the same way.) To add even more flavor, I mix the turkey with roasted garlic cloves as well as a touch of extra-virgin olive oil and some salt and pepper to taste.

I find these bunless burgers every bit as satisfying, and possibly even more flavorful, than the classic kind. The only drawback I can think of is that the juicy mushrooms will make your fingers a bit messier than a dry-surfaced bread bun. So you may want to use a knife and fork instead; or just pick it up and have plenty of napkins close at hand!

TRUCKY BURGERS IN GRILLED PORTOBELLO MUSHROOM "BUNS"

Serves 4

1 1/2 pounds (750 g) coarsely ground turkey

4 to 8 cloves Roasted Garlic (recipe follows), mashed with a fork

2 tablespoons finely chopped Italian parsley

4 teaspoons extra-virgin olive oil, plus extra for brushing

Kosher salt

Freshly ground black pepper

8 large similarly sized portobello mushrooms, stems removed

4 thin slices provolone cheese

2 firm but ripe medium-sized tomatoes, cut crosswise to yield 4 slices about 1/4 inch (6 mm) thick

Good-quality dill pickle chips

Preheat an outdoor grill, an indoor grill or a broiler.

Meanwhile, in a mixing bowl, combine the ground turkey, roasted garlic to taste, parsley, 4 teaspoons olive oil and salt and pepper to taste. Form the mixture into four equal burger patties, each about a 1/2 inch (12 mm) thick.

When the grill or broiler is hot, brush the burger patties and mushroom caps on both sides with olive oil. Season the mushroom caps with salt and pepper. Grill or broil the burgers and mushroom caps until the burgers are nicely browned and cooked through, 3 to 4 minutes per side, and the mushrooms are golden, turning everything only once. About halfway through cooking the burgers on the second side, top each one with a slice of provolone.

When the mushrooms are done, place half of them rounded side down on a platter or individual serving plates. Nestle a burger patty inside each of the mushroom caps and top them with tomato slices and pickle chips to taste. Top with the remaining mushrooms, rounded sides up. Secure each burger with a wooden sandwich pick and serve immediately.

ROASTED GARLIC

Makes about 1/2 cup (125 mL)

2 garlic heads

Kosher salt

Extra-virgin olive oil

Preheat the oven to 350 F (175 C). With a sharp (preferably serrated) knife, cut off enough of the top of

each garlic head to expose the cloves. Place the heads in the center of a sheet of heavy-duty aluminum foil. Season with salt. Drizzle well with oil and turn the garlic heads to coat them evenly. Securely close up the foil around the garlic.

Place the foil package in the oven and roast the garlic until the heads feel very tender when the package is carefully squeezed, protecting your hand with a folded kitchen towel or oven glove, 50 to 60 minutes. Remove from the oven. Set the package aside until it is cool enough to handle but still warm; or, if not using immediately, set aside to cool completely.

Squeeze out the roasted garlic pulp by hand; or use a small spoon or table knife to scoop it out. Use immediately, or transfer to a container, cover and refrigerate until needed.

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HUMOR

One if by Land II

Eleven years ago the *Kaw Valley Senior Monthly* published my humor column titled “One if by Land.” That story centered on Ribby Von Simeon. Ribby is the son of internationally renowned movie star Sippa Margarita and Balderdash Von Simeon, the news and entertainment magnate.

Ruthless Von Simeon, Ribby’s grandfather, was a Western mining tycoon. Between them they acquired a heap of money.



Larry
Day

Miss Margarita’s media profile says that she was born in Valencia. Her public relations packets contain photos of her in and around Valencia, Spain. Reality insists that Josipa Margarita Ruiz was born and raised in Valencia, Kansas. The couple had one son, Ruthless Ignacio Balderdash San Bernardino Cortez Ruiz Von Simeon, known all his life as Ribby.

Ribby Von Simeon was raised by his Latino grandparents in Kansas. It was all his mother could do to handle her fast-paced movie career. Ribby’s one enduring childhood memory of

his mother was of a voyage they took. He flew to Europe and together he and Sippa sailed back on an ocean liner.

The voyage was bittersweet for Ribby. He had his mother all to himself. But he was seasick from the moment he stepped on board until the ship docked. He spent the whole voyage in bed being tenderly cared for—this is to her credit—by his mother. She brought him hard rolls and broth. She read to him, and told him tales of adventure and der-ring-do. For the rest of his life Ribby loved ocean liners but hated the ocean.

Ribby didn’t come into his inheritance until he was in his forties. By that time he was living simply but comfortably as an adjunct professor at Letongaloosa Community Junior College. The news that he had inherited a pile of money came at the same time news reports said that the luxury liner Santa Maria de la Valencia on which he and his mother had sailed the Atlantic had been decommissioned and would be sold for scrap.

The thought of that dearly remembered vessel ending up as scrap iron infuriated Ribby. That fury transformed him from a diffident and taciturn academic into a man as rapacious as his grandpa Ruthless Von Simeon and as vociferous and belligerent as his father Balderdash Von Simeon.

Ribby used all his available resources to attack the astonished lawyers, financial conservators, bureaucrats, politi-

cians and shipping company executives. When it was over, Ribby owned the ship and had permission to do anything he wanted with it. He had the ship carefully dismantled and transported piece by piece to Kansas. Then Ribby had the ship reconstructed, refurbished and moored at the top of a hill on a large tract of land he owned outside of Letongaloosa.

After the re-commissioning of the Santa Maria, Ribby dropped back into academic anonymity until 10 years later when another crisis arose.

Newly-elected county officials were young, and eager to raise tax revenue. They changed zoning regulations. Ribby’s property became part of an urban renewal project. The officials knew little about Ribby except that despite being a lowly professor at LCJC, he owned the land and the ship. They ordered him to dismantle and remove the vessel at his own expense.

That order transformed mild mannered Sippy Von Simeon into an amalgam of his forebears Ruthless and Balderdash. Within hours highly placed officials were threatening to strip the county of federal funding;

bankers had cancelled favorable interest rates. Bureaucrats, politicians, and diplomats denounced the county officials and demanded that they cancel the project or leave Ribby’s land out of it. The county capitulated.

When the chairman of the county commission, a young commodities trader, went to see Ribby, all traces of Ruthless and Balderdash Von Simeon were gone. The county commissioner encountered a diffident, taciturn adjunct professor in a rundown university cubicle typing e-mails on an outdated computer.

Suddenly the brash young county commissioner doubted the need for treating Ribby with kid gloves. Fortunately for him, his eye fell on an autographed photo of Ribby standing with three former U.S. presidents. He caught his breath.

“Professor Von Simeon,” said commissioner, “the county will support you anyway it can.”

“Thank you,” said Ribby, diffidently.

- 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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MY PET WORLD

Dog keeps digging at same spot in carpet

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

Cathy: For the past few weeks, my 10-year-old poodle has been pawing the rug in my living room. As a result, the nape is being pulled up. Please tell me why he is doing this and how I can handle this situation other than correcting him with a no command. - Evelyn, Massapequa, NY

Dear Evelyn: I am not sure why you don't want to correct the behavior with a "no" command, but your dog may be doing it because he smells something in that spot that you can't detect. I would do three things.

First, look under the carpet and padding to see if there is any food or toy that might have wiggled its way into the area. Vacuum the padding to be sure.

Next, get an enzymatic cleaner at the pet store to clean the carpet itself. An enzymatic cleaner will eat up any biologicals (urine or poop) that may be attracting your dog to the area.

Finally, after cleaning the area, change your dog's habit. If you are reluctant to correct your dog with a verbal "no" command, then shake a can of coins to interrupt the behavior, say "here," so your dog comes to you, and then give him another command, like "sit," before redirecting his atten-

tion to a toy or treat. After a few days, he will likely leave the spot alone.

Dear Cathy: Our 13-year-old Havanese has begun barking when we are not home. We only discovered this after installing a video camera in our home that goes on when there is noise. He barks every 10 to 15 minutes when we are not at home. Since we live in a detached home, we have never heard from our neighbors that this has always occurred. He is seldom left alone, since my wife and I are both semi-retired, and he was essentially raised after I retired.

I've tried waiting for this behavior to occur by staying in our driveway, so that I can admonish him when he does it, but I think he either can smell my presence or in some other way knows I'm there and doesn't bark. Any behavioral suggestions would be appreciated. We live in a semi-quiet area and the camera does not pick up sounds that he would be responding to. - Frank, Wiliston Park, NY

Dear Frank: Barking inside the home is a harmless behavior unless your neighbors can hear it and are complaining about it. While there is really no way to catch him in the act (yes, your dog knows you are still in the driveway), you can purchase an ultrasonic bark control device for inside the home that emits a sound only animals

can hear and that interrupts the behavior and stops most dogs from incessant barking.

However, if you think it's a new behavior, please get his hearing checked. Some dogs "alert" bark more as they age because they are losing their hearing.

Dear Cathy: I read your column every week and find the topics on cats helpful as I am a professional cat sitter and have been for 22 years. While your suggestion of hiring a vet tech for pet sitting is a good idea, many times this is a side thing for them and they have no pet sitting-specific insurance, bond or license to perform this service. The same thing with having a neighbor or the KND (kid next door) care for your pet. If something happens to the pet, professional pet sitters have insurance that will cover emergency vet bills, biting of people or other pets, accidental escape from the home, and yes, even death. My insurance also covers damage to the house done by the pet. Pet sitting is a business, not just a way to make extra money for some. People

can find professional pet sitters by visiting petsit.com and petsitters.org. - Nanette, The Cat Lady, Las Vegas, NV

Dear Nanette: With summer here and people traveling, pet owners need to know they can rely on someone to properly care for their pet. I don't vote for the "KND," as you say - I lost an entire tank of fish one vacation because the power went out, and the KND didn't think to call me and ask how to reboot the aquarium filter. I vowed from that day forward to always use professional pet sitters.

Hiring a professional who knows how to care for animals - and is properly insured - is the best way to guarantee your pet's care while you are away.

- *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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MEMORIES ARE FOREVER

*Friends: There will be no more contributions from folks for this column, as it is being phased out. However, for the July, and August issues, I will include an excerpt from my book, **America!** I sincerely hope you have enjoyed these columns over the past three years. Memories are indeed forever and I have cherished reading the ones that were published. Thank you, and I wish you well. - Tom Mach*



Tom
Mach

AMERICA! A nostalgic trip to the states

In last month's issue of *Senior Monthly*, I gave excerpts from my new book about this wonderful country of ours. The book is called **AMERICA!** (available for \$15 ppd from Tom Mach, PO Box 303, Lawrence, KS 66044). In this issue I present three poetic descriptions that appear in my book, but you should read the entire book because, after all, I cover all 50 states in *America!* Note also there are 52 color photos in *America!*

ILLINOIS: Land of Lincoln and of Grant

In Chicago lies a paradox: Lincoln's statue is in Grant Park and Grant's statue is in Lincoln Park. Lake Michigan ripples to its shoreline. The white sails of boats dot the waters. Visitors stroll along Chicago's Navy Pier. Chicago impressed poet Carl Sandburg, who called it "the city of big shoulders." But today it's the city of big *and* tall. Big—the third most populous city; Tall—the 110-story Willis Tower. "Land of Lincoln" was coined for Illinois. President Reagan also had roots here, born in Tampico and raised in Dixon. Grant lived in Galena. Lincoln spoke in Galesburg. Hemingway was born in Oak Park. Then there is Illinois nature. The

white oak is the state tree. The state bird, the cardinal. The state fish, the bluegill. The state snack, of course, is popcorn. Yes, it does enjoy its snacks. Maybe that's why Chicago produced 16 billion cookies in 1995 Oh, by the way...If you live in Mt. Pulaski, it's illegal for boys to throw snowballs at trees.

NEVADA: Slots, Cards, & Entertainment

When one thinks of Nevada one thinks of gambling, and much is to be said about that. It gave birth to the first slot machine. So now there is one such machine for every 10 residents. The Las Vegas Strip began with a casino on Highway 91, blossoming into a potpourri of flashlight lights and folks hoping to win back losses. No question it's the world's gambling capital. And it's also mecca for weddings, ... and divorces,...and legalized prostitution. It's a place for sinners rather than saints. But step outside and enjoy its history. White men trapping beaver in 1828 Elko... Discovery of vast quantities of silver... Hoover Dam provides hydroelectric power, enough to serve more than a million people. Virginia City's steam train still runs, and it would take 288 years for one person to spend a night in every Vegas hotel room. Hollywood directors still use the Vegas Strip as a landing strip for its movies. Its vast desert will run hot, and its Mt. Charleston will run cold. But

what happens in Vegas stays in Vegas. **PENNSYLVANIA: The Bell of Independence**

In the song "Pennsylvania," the state is described as a place "where brave men fought the foe of freedom, Tyranny decried, 'til the bell of independence." Not only is Philadelphia popular for its bell, here the Declaration of Independence was signed. Here Betsy Ross made our first American flag. Here Ben Franklin founded the first public zoo. But Pennsylvania is a lot more than Philadelphia. The city of Franklin became the center of oil production. Hershey became the chocolate capital of the nation. Pittsburgh heard the first commercial radio broadcast. Williamsport saw the first

Little League World Series. Blossburg held the first coal festival in the nation. Coal mining was once a major industry in Pennsylvania. Fact is, my grandpa was killed there in a mine collapse. Another fact: Centralia is a creepy ghost town, with a population of *ten* in a 2016 census. There are reported sightings of a ghost at a historic theater in downtown Easton. Pottsville is the site of the oldest brewery in the nation. Pennsylvania leads the USA in a lot of things—pretzel bakeries, sausage making, the first computer. But it will be remembered as one of the 13 colonies, and the only one not bordered by the Atlantic Ocean. It's a state where freedom truly began.






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I give up

With Bob Jones

Tribune Content Agency

East-West vulnerable, South deals

NORTH

♠-10 8 7 6 2

♥-A 8 5 3 2

♦-K J

♣-6

WEST

♠-A 5

♥-K 10 9 4

♦-Q 10 9 8 2

♣-9 7

EAST

♠-K 9 3

♥-J 6

♦-5 3

♣-K J 8 5 3 2

SOUTH

♠-Q J 4

♥-Q 7

♦-A 7 6 4

♣-A Q 10 4

NORTH

♠-Void

♥-A 8 5 3

♦-Void

♣-6

WEST

♠-Void

♥-K 10

♦-Q 10 9

♣-Void

EAST

♠-Void

♥-J

♦-Void

♣-K J 8 5

SOUTH

♠-Void

♥-7

♦-A 7

♣-A Q

The bidding:

SOUTH	WEST	NORTH	EAST
1NT	Pass	2♥*	Pass
2♠	Pass	3♥	Pass
3♠	Pass	4♠	All pass

*Transfer to spades

Opening lead: 10 of ♦

Aggressive bidding by North got South into a contract that was far from cold. Declarer was relieved when dummy's jack of diamonds held the first trick. South tried a low heart to his queen at trick two, but this lost to West's king. West shifted accurately to the ace of trumps and another trump. East won with his king and led a third trump, ending any chance for a heart ruff by declarer.

Should the hearts split 3-3, South

could make his contract by playing the ace and another heart. That was against the odds, so South tried something else. He led a diamond to the king and then played off dummy's remaining trumps, leaving this position:

South led a club to his queen as West safely discarded a diamond. When South next cashed the ace of clubs, however, West had to give up. A diamond discard and both of South's diamonds would be good. A heart and all of dummy's hearts would be good. West, a true gentleman, just folded his cards and congratulated South for his fine play. West thought that a diamond shift by partner might have defeated the hand, but he was too polite to say so.

- 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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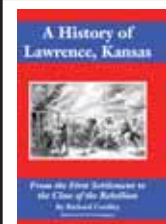
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Across

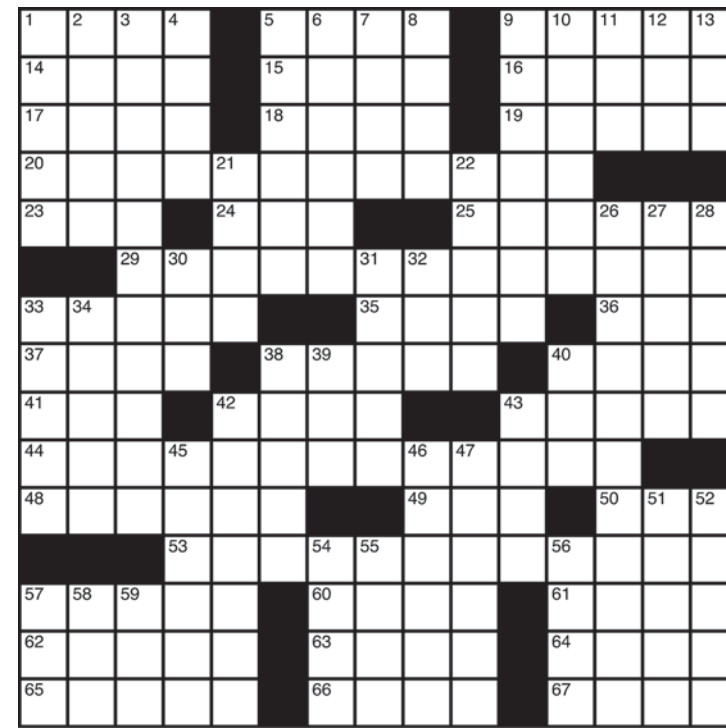
- 1 Stare in astonishment
- 5 Phased-out jets
- 9 Duvet filler
- 14 October birthstone
- 15 Abbr. in an abbreviated list
- 16 Carne ___: burrito filling
- 17 "My bad"
- 18 Singer Simone
- 19 Shoot down, in a way
- 20 *Many a smartphone download
- 23 Viola's sect.
- 24 Good to go, at NASA
- 25 Wields power
- 29 *Beef cut
- 33 Radiates happiness
- 35 Russian denial
- 36 Poetic tribute
- 37 Blades cut by a blade
- 38 Spider-Man Parker
- 40 Crossword diagram
- 41 Part of a storm or a needle
- 42 Uber alternative
- 43 Frat party garb

- 44 *Traction aid for off-road vehicles
- 48 "New Hampshire's Gate City"
- 49 Fair-hiring abbr.
- 50 Clean Air Act org.
- 53 Influential groups, and what each of the answers to starred clues contains
- 57 Site with "Health A-Z" guides
- 60 Home Depot purchase
- 61 Farm grunt
- 62 Shake an Etch A Sketch, e.g.
- 63 In the buff
- 64 Fried corn bread
- 65 Woodland deity
- 66 Fired from the job
- 67 Hearty meal

Down

- 1 Says 17-Across, say
- 2 To the left, at sea
- 3 They're usually on a roll
- 4 "What ___ is new?"
- 5 Graduate-to-be

- 6 Three sheets to the wind
- 7 Cranberry quality
- 8 Part of a window shutter
- 9 Sincere
- 10 Words upon making out a distant image
- 11 Apply daintily
- 12 Academic address ending
- 13 ___ race
- 21 Knocks
- 22 Gavel-pounding demand
- 26 "Middlemarch" novelist
- 27 1976 Olympics star Comaneci
- 28 RR station postings
- 30 Part of MYOB
- 31 Up to the time when
- 32 PBS "Science Guy" Bill
- 33 Gather a bit at a time
- 34 Clapton woman who's "got me on my knees"
- 38 Song of praise
- 39 Application file suffix
- 40 Head in a capital: Abbr.
- 42 Lightning follower
- 43 Row at Dodger Stadium
- 45 Capriciousness
- 46 Solve, as a cipher
- 47 Stirred up



- 51 Pasta often served alla vodka
- 52 Cockeyed
- 54 European volcano that is a UNESCO World Heritage Site
- 55 Butter-and-flour sauce thickener
- 56 Police
- 57 Director Anderson
- 58 Wisk rival
- 59 Baseball club

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

JUMBLE

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

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

CENEF

○ ○ ○ ○

CLUEN

○ ○ ○ ○

HLIRLS

○ ○ ○ ○

TISISN

○ ○ ○ ○

A: "○ ○ ○ ○ ○ ○ ○ ○" ○ ○ ○ ○

THE HELSINKI MARATHON ENDED AT THE _____

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SCRABBLE GRAMS

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A₁ E₁ O₁ Y₄ R₁ N₁ M₃ 3rd Letter Triple

A₁ A₁ A₁ N₁ S₁ L₁ G₂

A₁ O₁ U₁ R₁ D₂ H₄ P₃ Double Word Score

A₁ E₁ O₁ D₂ L₁ T₁ N₁

A₁ E₁ F₄ L₁ W₄ L₁ D₂

rack 1

rack 2

rack 3

rack 4

rack 5

PAR SCORE 260-270 FIVE RACK TOTAL _____

BEST SCORE 326 TIME LIMIT: 25 MIN

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

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

04-15

Answers to all puzzles on page 34

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

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: FENCE, UNCLE, SHRILL, INSIST

Answer: The Helsinki marathon ended at the -- "FINNISH" LINE

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SCRABBLE G R A M S SOLUTION									
A ₁	N ₁	Y ₄	M ₃	O ₁	R ₁	E ₁	RACK 1 =	70	
L ₁	A ₁	S ₁	A ₁	G ₂	N ₁	A ₁	RACK 2 =	58	
U ₁	P ₃	H ₄	O ₁	A ₁	R ₁	D ₂	RACK 3 =	76	
T ₁	A ₁	L ₁	O ₁	N ₁	E ₁	D ₂	RACK 4 =	58	
D ₂	E ₁	W ₄	F ₄	A ₁	L ₁	L ₁	RACK 5 =	64	
PAR SCORE 260-270							TOTAL	326	



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

MY ANSWER

God can transform us from within

By Billy Graham

Tribune Content Agency

Q: What do you think is the greatest threat to world peace today? There are so many problems in the news that I can't help but wonder if there's much hope for the future. - Mrs. S.J.

A: You're right that our world faces a host of problems today, any one of which could spin out of control and lead to war or economic ruin. I often think of Jesus' warning concerning the dangers the world will face before He comes again: "You will hear of wars and rumors of wars... but the end is still to come" (Matthew 24:6).

But what is the greatest threat we face today? It's the same one we've always faced: the human heart. In other words, our greatest danger is within ourselves, within our own hearts and

minds. Go through any list of problems and threats we face today, and ask yourself where they came from. What is their ultimate source?

Your answer will always be the same: they came ultimately from the greed, lust and selfishness of the human heart. If we somehow could banish all greed, or end every craving for power, or eliminate all hatred and lust for revenge, then peace would reign. But since the beginning, these have been with us, and they always will be. The Bible puts it this way: "What causes fights and quarrels among you? Don't they come from your desires that battle within you?" (James 4:1).

Only God can tame the selfishness and greed of our hearts, and He will, as we commit our lives to Jesus Christ and ask Him to transform us from

within. Has this happened in your life? Commit your life to Christ, and then ask Him to help you live for Him, until He returns in glory to bring true peace.

- 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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