

# Kaw Valley Senior Monthly

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February 2016

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Vol. 15, No. 8

## INSIDE



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KEVIN GROENHAGEN PHOTO



*Cheryl Hamilton:  
Keeping active  
with the 45+  
Women's Sports  
League.*

*See story on page three*

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## Cheryl Hamilton

■ CONTINUED FROM PAGE THREE

tive, then the city league might work better for them.”

Hamilton initially played all three sports, but decided she had to stop playing basketball, which is one of her favorite sports. In fact, Hamilton played on the Protection, Kansas, 1A girls basketball team that won the state championship in 1975.

“I played basketball until I had both knees replaced about four years ago,” she explained. “I promised my surgeon and myself that I wouldn’t play. There’s a lot of physical contact that you can’t help in basketball.”

The league plays 3-on-3, half-court basketball, which tends to place a greater emphasis on the players’ skills rather than their stamina. The league

also plays basketball at the Oakland Community Center.

The league plays softball at Shawnee North Community Park, which is located at 300 NE 43rd Street in Topeka. The league uses standard softball rules.

The league also uses standard rules for volleyball, but, unlike with basketball and softball, the players make their own calls.

“There’s no referee,” Hamilton said. “If there’s a dispute, we just have a redo.”

While some of the women in the league participate in the sports to get or stay in shape, there is another benefit associated with team sports that goes beyond physical fitness. According to an article in the May 2010 issue of *Medicine & Science in Sports & Exercise*, researchers found that women who participate in club sports enjoy

■ CONTINUED ON PAGE FIVE



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# Cheryl Hamilton

■ CONTINUED FROM PAGE FOUR

better mental health and life satisfaction than women who exercise at a gym or walk alone, even though there were no differences in physical health between the groups.

Hamilton has been athletic for most of her life. Before she played basketball in high school, she kept in shape while living on a farm.

"I have a twin sister and our grandparents lived about a quarter of a mile down the road, and we used to race to their house," she said. "My dad would also have us chase the cattle that had gotten out. We would just run and run and run up and down the hills."

Hamilton continued to be involved with sports while her husband was in the Army and they lived in other parts of the country, including Hawaii. In addition to her participation in the 45+ Women's Sports League after moving to Topeka, she participated in the Kansas Senior Olympics, where she excelled in the discus and shot-

put. In 2010, she won first place in the discus in the 50-54 age group, and won second place in the shotput. In fact, she did well enough in those track and field events to advance to competition in the National Senior Games at Turner Stadium in Humble, Texas, in June 2011. At the national level, she finished in the top 10 for both events.

While Hamilton continues to work, she noted that some of the retired league members often travel to other states throughout the year to compete in sports. She said that that's just part of what makes the 45+ Women's Sports League so special.

"It's a great group of women from all walks of life," Hamilton said. "I see these ladies who are 15 and 20 years older than I, and I look up to them. They're very inspiring."

For more information about the league's volleyball teams, Hamilton can be contacted at 785-271-4442 or chami10247@aol.com. For more information about league's basketball and softball teams, please contact Arlene Marshall at 785-221-8792 or garly@aol.com.

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# Midwest Tax & Financial helps clients save on taxes

By Billie David

Tax season is here, and those whose careers involve preparing tax returns will work relentlessly right up to the deadline. But unlike many other tax preparers, who breathe a sigh of relief after the mid-April deadline, Midwest Tax & Financial, Inc. owner Tim Leach is just getting started.

“When taxes are over, we don’t just send them out the door and say ‘here’s your taxes, see you next year.’ We say ‘see you next month,’” he said.

That’s when Midwest Tax & Financial begins to fine-tune their clients’ financial plans, examining their dis-

tributions, interest, dividends, capital gains, pensions and Social Security to implement strategies that will help them save on taxes in the future.

By taking a snapshot of where things stand today, including the client’s age and how different strategies will impact their tax returns as they get older, and by examining how those strategies will affect them three years down the road, clients can lower their taxes considerably, which is one of the most effective ways to increase their savings, Leach explained.

“By the time they come in to do their tax returns, it’s too late,” he said. “That’s why we get them in right after

■ CONTINUED ON PAGE SEVEN

COURTESY PHOTO



Tim Leach (seated at left) with his sons, Chase (standing) and Colby (seated at right)

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## Midwest Tax & Financial

■ CONTINUED FROM PAGE SIX

April to work on strategies. We actually have a process we take them through on their financial and tax review to find the highest yield on savings without risk, with the lowest taxes. We call that their sweet spot. Everyone has one. You just have to find it."

Midwest Tax & Financial, Inc. planners help clients find that sweet spot through a method Leach calls the bucket strategy.

The first bucket contains money where taxes have already been paid and the second bucket has money where taxes are owed, either by the clients or by their families. The third bucket is more flexible because that's where a more favorable tax applies—sometimes no tax at all—and that's the bucket you want to fill, he explained.

Inside each of those buckets are different types of money that are color coded red and green. The green money is what Leach calls the "know-so money," or money that clients know will always be there, and the red money

is what he calls the "hope-so money," which is money that isn't guaranteed to always be there in the future.

"As people get older, they want more green money," Leach explained, adding that the company also employs the "rule of 100"—which refers to the needed changes in balance between safety and risk in one's portfolio as one nears retirement—to help determine the ideal balance of green versus red.

Leach has been interested in finances from a young age. The work ethic was instilled in him when, growing up in the small town of Lucas, Kansas, he helped his father with his hardware store and had a paper route that had been in the family for over 20 years.

"I always tried to look at what the rules were, to look at strategies that would create more benefit," he said. "I was always trying to improve the current situation."

After graduating in 1978 from K-State, where he studied business, he got married and moved to Topeka, and now his wife, Jan, and two of their children, Colby and Chase, are also involved in the business. In addi-

tion, Whitney Nicoletti is a valuable member of the Midwest Tax & Financial family.

At first, Leach worked with employee benefits, but as he took notice of how taxes became more important as one's finances increased, he began doing taxes for existing clients. From there he began gravitating toward people preparing to retire or who were already retired, examining how money and taxes work together and helping them fine-tune their tax and money-saving strategies.

As his relationship with retirees increases, he said, the real benefits begin to kick in as the entire family becomes involved. He works to get the children and grandchildren involved—many young people aren't looking toward retirement, he noted—and to look at the bigger picture, reducing taxes over time and working to smooth a transition to the children and grandchildren.

Leach places an importance on education and holds workshops for his clients and their guests. He also has a video library on the company's website at [midwesttf.com](http://midwesttf.com), where clients can

go for information. In addition, he is working on a book, which is due out this year, that provides information on tax and money-saving strategies.

Leach opened Midwest Tax & Financial Inc. in Topeka in 2003, adding an office in Lawrence 10 years ago and one in Lenexa eight years ago. The business provides services such as Social Security maximization, investment management, retirement planning, insurance solutions and tax planning.



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### **WANTED: Volunteers for a Research Study on Advance Directives for Health Care**

A researcher from the Gerontology Center at the University of Kansas is conducting a study on advance directives for health care.

**We are interested in talking to individuals 65 and older who completed a living will or advance directive for health care in the past 12 months.**

Each interview will be conducted in the participant's home and will last approximately one hour. All matters discussed will remain confidential. Each participant will receive \$20.

To participate in this study or for more information, please call 785-864-0665 or email [ckoss@ku.edu](mailto:ckoss@ku.edu).



## Who Packs Your Parachute?

*By Connie Michaelis, Marketing Consultant*

A resident family member recently sent me an inspirational website that asked the question of who packs your parachute. It is based on a true story about Captain Charles Plumb, US Navy Pilot, who flew 75 missions in Vietnam. He was shot down, parachuted into enemy territory and held captive for six years. After returning to the States, and being reunited with his family, he had a chance encounter with a man who recognized him from his time on the aircraft carrier Kitty Hawk. The sailor said, "I know you. I was working the day you flew your last mission and I packed your parachute." That encounter set a whole series of events in motion and Plumb has become a spokesperson of the "parachute"

philosophy. Plumb was overcome with gratitude and awareness that people that you may not know or recognize may have powerful influence in your life. The question remains for all of us, "who packs your parachute?"

We put our lives in the hands of so many people every day. We trust that our car has good brakes...thank you assembly-line worker! We know that if we call 911 first responders are ready to come. Not only do we depend on others for our physical parachute, but there are so many unsung heroes that support us mentally and spiritually every day. Daily acts of kindness from others that just say hello or share a smile may keep us from hitting bottom. Do you think of yourself as one who packs parachutes for others? Wouldn't it be great to be more intentional about smiling, sharing a kind word or helping a stranger find their way? As we pack parachutes of support for our residents daily, little do they know how they support us with words of gratitude and their wonderful smiles. We are hanging in together! When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.



# VenuWorks and Topeka Performing Arts Center board of trustees name new executive director

Larry Gawronski has been named Executive Director of the Topeka Performing Arts Center (TPAC). Gawronski was appointed Interim Director by VenuWorks in August 2015 while a national search was conducted for a new director.

“Larry has done an excellent job as Interim Director in Topeka. Larry’s vast experience from his tenure in the industry and VenuWorks substantiates our confidence that he is the right person for TPAC,” said Steve Peters, President of VenuWorks.

Originally from Buffalo, NY, Gawronski served as the Director of Operations and subsequently the Sales and Marketing Director of the Buffalo Convention Center. Gawronski worked at the Riverside Convention Center in Rochester, NY followed by the Danville Civic Center in Danville, IL. He joined VenuWorks in 2000 and has served as the Executive Director of the Vicksburg Convention Center in Vicksburg, Miss., and the Bridge View Center in

Ottumwa, Iowa. Most recently, Gawronski was the National Director of Sales and Sponsorship of VenuWorks.

“The TPAC Board of Trustees is ecstatic about naming Larry as our permanent Executive Director,” said Sue Buckley, recent President of the TPAC Board of Trustees. “With his diverse experience, Shawnee County can count on a rebirth of TPAC as we celebrate its 25th Anniversary this year. Larry has the vision to lead our organization with enthusiasm and the skills to attract exciting events to our venue. Please welcome him to our community and invite him to your civic meetings.”

VenuWorks and the TPAC Board of Trustees recently renewed their agreement

for management of the Topeka Performing Arts Center. VenuWorks, formerly Compass Facility Management, has managed the TPAC since 2002.

“I look forward to working with Larry and VenuWorks and filling TPAC with many exciting shows in the coming year,” said Jim Wempe, President of the TPAC Board of Trustees.



**Gawronski**

“I am thrilled to accept the position of Executive Director for this venerable theater,” said Gawronski. “We are approaching the venue’s 25th anniversary, commemorating its repurposing to

an art deco performing arts center. Celebration plans will include a special Silver Anniversary Season of programming. Look for shows that reflect our marketing mantra—Excitement Returns.”



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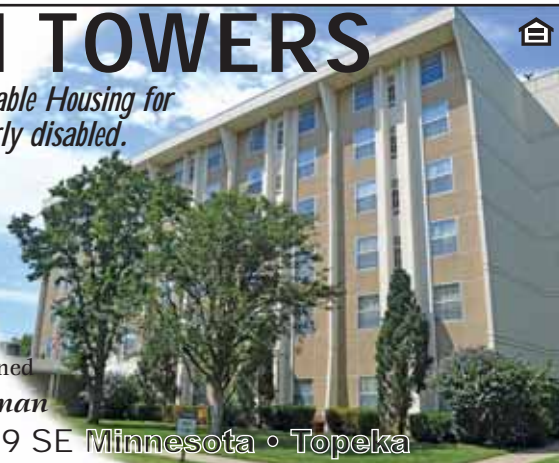
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## **Chandler presents TPAC tickets to Boys & Girls Club**

Celebrating Anderson Chandler's 90th birthday, Topeka Performing Arts Center honors his giving nature by donating 100 tickets to the February 28 performance of the international Irish ensemble, Danú, to the Boys and Girls Club of Topeka. Mr. Chandler presented the tickets to Dawn McWilliams, CEO of Boys & Girls Club of Topeka, at his birthday celebration held at Fidelity State Bank & Trust Company. "It is such an honor!" stated Mrs. McWilliams.

Anderson W. Chandler, chairman of the Topeka-based Fidelity State Bank & Trust Company, is an avid supporter of Topeka Performing Arts Center, the Boys & Girls Club of Topeka and many other local not-for-profit organizations. He has been the Chairman and President of Fidelity State Bank & Trust Company since 1958.

Boys & Girls Club of Topeka offers club programs and services to promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence.

Topeka Performing Arts Center, managed by VenuWorks, is a non-profit organization whose mission is "To foster the performing arts through excellence in programming by providing for the advancement, promotion, presentation, and development of the arts to meet the diverse cultural and educational needs of our community." Since 1991, TPAC has annually offered a full calendar of professional and community performing arts for all audiences, including touring concerts and Broadway shows, youth arts education programming, and support of community arts organizations. For more information, please visit [www.tpactix.org](http://www.tpactix.org).

Hailing from Ireland, Danú is one of the leading traditional Irish ensembles of today, featuring a glorious mix of ancient Irish music and new repertoire.

# Danú

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# New Horizons Concert Band seeks additional members

The New Horizons Concert Band has been rehearsing for the Winter/Spring season on Fridays. The band's instrumentation is similar to that of school bands, and they play music at the 8th-11th grade level of difficulty. They practice at the Douglas County Senior Center at 745 Vermont Street in Lawrence at 4 p.m.

The band will present concerts at Brandon Woods on February 5, and at Pioneer Ridge on February 19. The band is directed by John Towner of Lawrence and Bob Wolfersberger of Topeka. Both Towner and Wolfersberger are former music teachers at

schools in the area.

Some of the band's members have played their instruments off and on since their school days, while others have started performing again after many years of not playing. Most of the members live in Lawrence, but some come from as far away as Osawatomie.

The band is currently looking for additional members in all sections of the band. Anyone interested in the band is invited to learn more by coming to the Senior Center to hear them practice, or by calling Towner at 785-865-3519.



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## ESTATE PLANNING

### Back to Basics – Healthcare POAs

If you die without a plan, you may leave behind a mess and cause significant harm to your surviving family – but at least you won't be there to deal with it or hear them curse your name. However, what if you are severely injured in an accident (or incapacitated



**Bob  
Ramsdell**

by a decline in cognitive function) and cannot communicate with your doctors? Who will make medical decisions for you?

A Durable Healthcare Power of Attorney authorizes your healthcare agent to make decisions regarding medical treatment if you are unable to express your choices (such as being unconscious after an accident). Unless otherwise limited, under Kansas law a Healthcare POA may convey authority to your agent to:

- Consent, refuse consent, or withdraw consent to any care, treatment, service, or procedure to maintain, diagnose or treat any physical or mental condition, and to make decisions about organ dona-

tion, autopsy and disposition of your body;

- Make all necessary arrangements at any medical treatment facility, and to employ or discharge any healthcare personnel licensed, certified or otherwise authorized or permitted by the laws of Kansas to administer healthcare, as the agent shall deem necessary for your physical, mental or emotional well being; and

- Request, receive, and review any information, verbal or written, regarding your personal affairs or physical or mental health, including medical and hospital records.

The persons you name as your primary and successor agents are often family, but need not be. What is important is that they know you and your healthcare preferences well, and are capable of making reasoned decisions under stress.

For example, assume you struck your head in an accident and are lying unconscious in the ER. Your brain is swelling and will suffer severe injury if it compresses against the inside of your skull. There are two treatment options—one to attempt to stop the swelling by injecting intravenous drugs, the other to surgically remove a portion of your skull so the swelling brain can expand without compressing itself—each with unique risks and benefits. Your agent should be a person who can discuss your

situation and treatment options with the doctor, then chose the treatment option the agent believes you would make for yourself if you could.

Other attributes of a good agent are a person who will advocate for you with doctors, hospitals, and other healthcare providers, and who can manage conflict within the family if it occurs. Given the possible need for time-sensitive decisions, think long and hard before appointing co-agents who must agree on your care.

Talk with the persons you want to name as your primary and successor agents before designating them to be sure they are willing to serve, and then provide them with a copy of your executed Healthcare POA so they can document their authority if needed. Also provide a copy of your Healthcare POA to each of your regular medical providers and ask that it be placed in your chart.

Keep a current list of your medical providers, medications, allergies, and known medical conditions with your Healthcare POA. Such a list could be very helpful to your agents, particu-

larly if they are dealing with ER staff asking for immediate information on your medical history.

And it's nice to have a place to come home. While you're hospitalized or undergoing rehab, how will the mortgage / rent get paid? Who will pay the utilities so your pipes don't freeze after service is disconnected? Next month's column will discuss Durable General Powers of Attorney to handle these aspects of your affairs.

•••

Free Seminar in early February: I will be presenting "Fundamentals of Estate Planning" on February 3rd at Meadowlark Estates beginning at 3:00 p.m. See the Calendar Section of this issue for details.

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

### PACE can help you live independently



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## JILL ON MONEY

# Looking back at the top money stories of 2015

As 2015 has drawn to a close, some guarded optimism is in order for the U.S. economy. The economy is growing at a decent (though not great) pace, job creation is strong and unemployment is at a seven-year low of 5 percent. As we look forward to 2016, it's a good time to review the stories



Jill  
Schlesinger

that shaped the world of money over the past 12 months.

• **China:** The year began with China in the midst of a stock market boom. The steep ascent started in mid-2014, after the government urged small investors to enter the market. "Policy makers and state media continued to trumpet the rally even as prices rose well beyond most reasonable estimates of fair valuation," commented the research consultancy Capital Economics as a full-blown bubble formed.

By its peak on June 12, the Shanghai Composite was up over 160 percent from the 2014 lows. Chinese officials stepped in to try to deflate the bubble gently, but the market tumbled by over 40 percent

before recovering some of the losses.

More worrying was the pace of growth in China. The world's second largest economy had seen growth topping 10 percent annually for two decades, but now had downshifted to a 5-6 percent pace. Despite it all, there was no catastrophic "hard landing" as many had predicted. However, the Chinese downshift, combined with a strong U.S. dollar, made 2015 tough for U.S. manufacturers, who experienced their worst year since 2009.

• **Greece:** Another year, another flirtation with disaster for Greece and the euro zone. After an election, a snap referendum and lots of political gamesmanship, Greece accepted the harsh terms of yet another European bailout. The Greek Tragedy might be mistaken for comedy, if the human stakes were not so high.

• **U.S. stock market correction:** It took four years, but U.S. stocks finally dropped by more than 10 percent in August. The swoon was notable for its brevity: Depending on the index, its duration was a few days or a couple of weeks. Investors were long overdue for the sell-off: according to Capital Research and Management, through 2014, 10 percent corrections occur about every year and 20 percent bear markets occur about every 3.5 years—so we are also due for one of those (the

last one ended in March 2009).

• **Oil plunge:** After a 46 percent drubbing in 2014, which pushed crude down to \$53.27 per barrel, oil traded above \$60 early in 2015. But as news emerged that China was slowing down, the bears took hold. In addition to softening demand, global production remained high. Whether it was the U.S.-based frackers, OPEC nations, Russia or Brazil, oil producers kept the spigots wide open. As a reminder of Econ 101: weak demand plus ample supply equals lower prices. The savings at the gas pumps was supposed to propel retail sales in the U.S., but most Americans chose to save those extra pennies rather than spend them.

• **Federal Reserve rate hike:** In mid-December, the U.S. central bank did something it hadn't done in over nine years: raise short-term interest rates. Future Fed actions should eventually return rates to the vicinity of 3.5 percent, but how markets will react to the normalization of policy is unknown. After all, the last nine years was the longest stretch without a fed hike in 25 years. To say that the economy is in uncharted and choppy waters may be the understatement of the decade.

- Contact Jill Schlesinger, senior business analyst for CBS News, at [askjill@JillonMoney.com](mailto:askjill@JillonMoney.com).

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# MAYO CLINIC

## Effective treatment for knee bursitis depends on underlying cause

**DEAR MAYO CLINIC:** What's the most effective way to treat knee bursitis? I've had it for months and the pain is worsening, but I've heard that even after treatment it can come back. Is there a way to prevent it in the future?

**ANSWER:** Bursitis is a term used to describe a variety of disorders that involve inflammation in the knee's soft tissues. These problems can be caused by exercise, injury, overuse or infection. In many cases, they resolve on their own with little or no treatment. But some cases of bursitis may require medical care. The right treatment usually depends on the underlying cause of bursitis.

Knee bursitis is inflammation of a bursa located near your knee joint. A bursa is a small fluid-filled sac that

reduces friction and cushions pressure points between your bones and the tendons and muscles near your joints. Each of your knees has 11 bursae. While any of these can become inflamed, knee bursitis most commonly occurs over the kneecap or on the inner side of your knee below the joint.

Symptoms of knee bursitis usually involve swelling, pain and tenderness in the area where the bursa is inflamed. When they first begin, symptoms often can be relieved by resting the knee, applying ice to it several times a day and elevating the knee. Medications that reduce inflammation also may be helpful, but check with your doctor before you take them to make sure they are safe for you.

When bursitis symptoms continue despite these self-care steps, or if your

symptoms begin to limit your daily activities, it's time to see your doctor for an evaluation. He or she may recommend a corticosteroid injection. This medication can help decrease inflammation and allow your knee to heal. A physical therapy program also may be useful. Exercises and stretching can help relieve symptoms by improving your knee's flexibility and strength.

If you have redness or significant tenderness of your knee, if you develop a fever or are otherwise feeling ill, then the bursitis could be caused by an infection. Your doctor can check for an infection by using a small needle to take a sample of the bursa fluid and have it tested. If you do have an infection, you may need to take antibiotics to get rid of it. In rare cases, severe bursitis caused by an infection may require surgery to effectively treat the problem.

Finally, conditions that cause you to change the way you walk can produce knee bursitis. They include arthritis of the knee or hip, as well as conditions that affect other joints in your legs or back. If your doctor suspects

such a condition, he or she may recommend you have imaging exams of your joints, such as X-rays, ultrasound tests, or an MRI. Treating those conditions may help ease bursitis symptoms, too.

If you don't take steps to address the underlying cause that led to bursitis, it may come back. Regularly doing strengthening and stretching exercises as directed by your doctor or physical therapist can help prevent bursitis. Wearing supportive shoes can make a difference, too. Proper management of other conditions, such as arthritis, also may reduce the chance that you will experience knee bursitis symptoms in the future. - Henry Clarke, M.D., Orthopedics, Mayo Clinic, Scottsdale, Ariz.

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

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## HEALTH &amp; WELLNESS

# DIY: Planning your recovery (Part 1)

You have a lump in your throat as your doctor looks at the x-ray of your injured ankle. The good news is that only one small bone is broken; the bad news is that you need surgery to pin the bone so that it will heal. You won't be able to put weight on your foot for at least six weeks after surgery.



Laura  
Bennetts

You head home and start to wonder how you will manage your life for the next couple of months. There is never a good time to be injured or to have surgery, but getting a plan in place will reduce your anxiety and help you heal. You will soon discover that this is the ultimate do-it-yourself project.

## Plan Ahead

You need detailed post-surgical plans, and you should expect the unexpected. If there are surgical complications, your hospital stay will be longer than you thought. If everything goes well, you may go home quickly, even the very day of the surgery. Or you may need to move to another site for recovery

once you no longer need in-hospital care. Hopefully everything will go smoothly, but you should be ready for other possibilities. Prepare a checklist:

1. Who can help you? List your friends, family and service providers.
2. What supplies will you need? Ask your doctor about required dressing changes.
3. What services will your insurance cover? Call the number on your insurance card to find out if you can have home health services and how you qualify to use those services. See if you have to be certified as homebound by your doctor to use your home health benefit.
4. What transportation will you need? You will have follow-up appointments with your doctor and you may not be allowed to drive soon after your surgery, or if you are taking pain medications.

## Get Help at Home

If you're lucky enough to return home swiftly, you will still need help for a good long time (weeks or even months) with daily tasks such as meal preparation, shopping, cleaning and laundry. You may have family and friends who can help for a time, but be ready to have alternative options for the rest of your recovery.

1. **Healthy meals.** Eating right is important to regain strength. If you can sign up for delivered meals (like Meals on

Wheels) you will have lunch for the duration of your recovery. You can also have meals delivered from restaurants or meal catering services in your area.

2. **Shopping trips.** Friends can shop for you since they frequently shop for themselves, so have a list ready when a friend offers to help.

3. **Housecleaning.** See if you qualify for housekeeping help through an agency. Help even once a week will improve life vastly. The hospital social worker can help you find agency resources to help set up services.

## Get Help at a Facility

If you stay in the hospital or a convalescent facility for a while, your friends and relatives should visit you regularly, to ensure that your needs are being fully met. Even in outstanding healthcare settings, patients can be neglected at times. The staff may be overwhelmed by a sudden influx of patients or there may be a moment when it isn't clear whether you're due to go home on Friday or Monday.

In facilities with skilled nursing and therapy, you should be able to work with the facility social worker to arrange for help when you return home. And you can also arrange non-medical help in-home, at hourly rates, from a variety of agencies.

## Don't Be Shy

You're responsible for your own recovery and you need to be sure you get the right medical advice and help. Many people pooh-pooh their problems ("I'm sure this isn't important, the doctor has better things to do than listen to me"). But that isn't true—in fact, your doctor has nothing better to do than to help you—and ignoring your problem will only make it worse. So tell your friends or relatives that you

will need to call your doctor...

1. **If you're worried about your medications.** When you get your medications, read the enclosed explanation of possible side effects. Call your pharmacist with any questions. Once you start taking your meds, you should take them exactly as instructed. If you have unpleasant or unexpected side effects, call your doctor immediately to find out what to do. Some side effects, like skin rashes, might seem minor, but they could precede a serious reaction.

2. **If you notice anything wrong with you surgical incision.** Follow your doctor's instructions in caring for your incision. If you're told not to open the dressing at all, leave it sealed until you see the doctor. If your incision doesn't feel right, call the doctor. If you change your own dressing, call if you notice redness or drainage of the incision that seems new.

3. **If you wonder how much you can do.** After surgery your doctor will give you guidelines saying how much weight you can lift or your legs can support, how long you should wear a sling or brace, etc. If you see a physical therapist in the hospital, you may be given a beginning program of home exercises. Follow all instructions until you get a referral for further therapy (either at home or in an outpatient clinic).

Physical therapy is a normal and vital part of most instances of post-surgical recovery—and it is the focus of the second part of this article, due in the next issue. Stay tuned!

- Laura Bennetts, MS PT, earned a Master's degree in Physical Therapy from the University of Southern California. She has written this column in Senior Monthly since 2001.

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## HEALTH & WELLNESS

# Buckwheat is gaining popularity in America

**B**uckwheat is also known by its Latin name, Fagopyrum esculentum, and is rising in popularity in the United States. It is highly cultivated in other parts of the world. It first appeared

order to be eaten, the outer hull of the Buckwheat kernel must be removed, which is a process that requires milling due to its unusual shape. Buckwheat is either sold as unroasted or roasted. The roasted form is often called "kasha," and has an earthy nutty flavor. The unroasted buckwheat has a soft, subtle flavor. The color of Buckwheat ranges from tannish-pink to brown.

Buckwheat is often served as a rice alternative, porridge, or as a cereal. The flowers of Buckwheat are very fragrant

attract bees that use them to produce a special, strongly flavored, dark honey. The buckwheat seeds contain starches, proteins, and minerals such as iron, selenium, zinc, and antioxidants.

Buckwheat is becoming very popular in the United States for many good reasons: 1. Buckwheat is gluten free. It is not related to wheat grain at all; 2. It is a highly nutritious and is a tasty alternative to wheat and rice; 3. It has easily digestible proteins that make it a meat substitute; 4. Studies on Buckwheat show that it may be effective in reducing cholesterol, childhood asthma, gallstones, body fat, and obesity. It can also be used in the management of diabetes, including insulin resistance, and high blood pressure; 5. It can be used as an aid in digestion and has been used to treat dysentery and chronic diarrhea; 6. It may have a beneficial effect on cardiovascular disease such as atheroscle-

rosis, high blood pressure, heart failure, and ischemic stroke; 7. Fiber from buckwheat and fruit may be protective against certain types of cancer, including breast cancer and colon cancer.

So next time you are looking for a substitution for wheat, or you need a gluten-free alternative, consider buckwheat. It is not only good for your health, it also tastes delicious.

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



Dr.  
Farhang  
Khosh

to have been grown in Southeast Asia, and from there it spread to Central Asia, the Middle East, and Europe.

Despite what many people may think, Buckwheat is not a cereal grain like wheat. Buckwheat is a fruit that is related to plants such as rhubarb. Buckwheat is not related to wheat. The Buckwheat seed got its name from the form of its seed, which is in a triangular shape. And the Buckwheat kernel is similar in size to wheat kernels. In



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# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

### FIRST FRIDAY OF THE MONTH

#### FIRST FRIDAY ARTWORK

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

### SECOND SATURDAY OF THE MONTH

#### MONTHLY MOOSE MARKET

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

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

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

finalfridayslawrence.wordpress.com

FEB 6

#### SOUPER BOWL SATURDAY

What began in 1996 as a way to showcase

ceramics has become an annual tradition for the community. More than 500 handmade ceramic bowls produced by area artists, community members and students at the Arts Center will be on sale. Bowls range in price from \$10, and all money raised supports Arts Center visual arts education. Every bowl purchased comes with one complimentary fill up of soup. 940 New Hampshire. 11 a.m.-4 p.m. LAWRENCE, 785-843-2787

## BINGO

### SUNDAYS & TUESDAYS

#### AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.  
TOPEKA, 785-267-1923

### SUNDAYS, WEDNESDAYS & FRIDAYS

#### CAPITOL BINGO HALL

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

### MONDAYS & THURSDAYS

#### AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m.  
TOPEKA, 785-296-9400

### WEDNESDAYS

#### PINECREST APARTMENTS

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

### WEDNESDAYS & FRIDAYS

#### VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m.  
TOPEKA, 785-235-9073

### WEDNESDAYS & SATURDAYS

#### LEGIONACRES

3408 W. 6th St., 6:45 p.m.  
LAWRENCE, 785-842-3415

### FRIDAYS

#### EAGLES LODGE

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

### FRIDAYS

#### ARAB SHRINE

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

### SUNDAYS & TUESDAYS

#### MOOSE CLUB

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

## DAY TRIPS/TOURS

APR 13

#### NEW THEATRE-MOON OVER BUFFALO

Sponsored by Lawrence Parks and Recreation. In this hilarious comedy, two fading stars of the 1950s are playing a comedy and a drama in rotation in Buffalo, New York. On the brink of a disastrous split-up, they receive word that they might have just one last shot at regaining their stardom. One perfect performance is all they need. Unfortunately, everything that can go wrong does go wrong and no one stage knows if they're in the drama or comedy. This trip will be in the LPRD department bus. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Registration deadline: March 11. 10:45 a.m.-4:00 p.m. Fee. 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](http://themerc.coop/classes)

### ONGOING

#### FREE INSURANCE COUNSELING

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

### FIRST MONDAY OF THE MONTH

#### MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas

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

### FRIDAYS

#### HEALTHWISE TV

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

### SECOND TUESDAY OF THE MONTH

#### COMPUTER CAFÉ

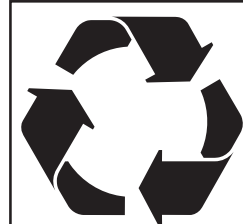
This time is an opportunity to meet with other computer users and an instructor to problem solve or learn about new apps, websites and other ways technology can ease our lives. Drop-in and enroll (fee) on-site at the Carnegie Building, 200 W. 9th St., on the second Tuesday OF THE MONTH from noon-1:30 p.m. LAWRENCE, 785-832-7920

### THIRD TUESDAY OF THE MONTH

#### SENIOR SUPPER AND SEMINAR

On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. At 6 p.m., there will be a short educational program on a health or wellness topic of interest to seniors, presented by LMH affiliated physicians or associates. Reservations are required for the meal and must be made at least 24 hours in advance by calling LMH Connect Care at (785) 749-5800 or sending an e-mail to [connectcare@lmh.org](mailto:connectcare@lmh.org). Seating is limited so enroll early. LAWRENCE

■ CONTINUED ON PAGE 17



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■ CONTINUED FROM PAGE 16

**FEB 1-MAR 7**

**ART FOR EVERYONE**

This beginning level class teaches the basic skills of two dimensional arts through drawing, painting and printmaking. Each project will give you a chance to explore what techniques fit your style. Creative arts are a great opportunity to experience the benefits of lifelong learning. All materials included. Instructor: Mary St. John. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Mondays, 7-8:30 p.m. Fee. Location: Community Building, Lawrence Parks and Recreation. LAWRENCE, 785-832-7920

**FEB 3**

**ESTATE PLANNING SEMINAR**

Death is a certainty. Incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning outlines what happens if you die without a plan, then describes the options for using a Will or Living Trust. More importantly, who do you want handling your affairs if you are alive but incapacitated? The seminar covers the uses of a General POA, Healthcare POA, and Living Will & Healthcare Directive for this purpose. It also discusses probate administration and estate taxes. Fundamentals of Estate Planning is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Meadowlark Estates, 4430 Bauer Farm Drive, 3-4:30 p.m. LAWRENCE. (785) 841-4554.

**FEB 4-MAR 10**

**AMERICAN MAH JONGG**

Sponsored by Lawrence Parks and Recreation. This fascinating rummy-like game was originally played solely by the Chinese ruling classes. Now with patience and a few lessons, anyone can master the intricacies of this classic game. Instructor: Pearl Neaves. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Thursdays, 7-9 p.m. Fee. Location: Carnegie Building. LAWRENCE, 785-832-7920

**FEB 5, 12, 19 & 26**

**ADVENTURES IN LEARNING WINTER SESSION**

Provided by Shepherd's Center of Topeka (SCT) for people over 55. SCT is a volunteer

seniors organization that enhances physical well-being, spiritual growth, and education for life. Lowman UMC, 4101 SW 15th St., 9 a.m.-12 p.m. Fee (Ask about our complimentary FREE Friday for a first time guest). TOPEKA, 785-249-3258 [www.shepherdscentertopeka.org](http://www.shepherdscentertopeka.org)

**FEB 9**

**MEDICARE EDUCATIONAL SEMINAR**

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, February 9, at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. For information call 233-1816, email us [info@century-health.com](mailto:info@century-health.com) or sign up at our website on the Medicare tab. Light snacks and beverages will be provided. TOPEKA, 785-233-1816 [centuryinsuranceagencyks.com](http://centuryinsuranceagencyks.com)

**FEB 9-MAR 8**

**INTRO TO IPADS**

Thinking about getting an iPad or already own one and not sure if you are getting the most out of it? This class will be a demonstration and learning session, so please bring your iPad with you. iPads will also be available during class. We will cover the basic operation of the device and apps for recreation, health, education, finance and socializing. Instructor: Karen Johnson. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Tuesdays, 10-11:30 a.m. Fee. Location: Community Building, Lawrence Parks and Recreation. LAWRENCE, 785-832-7920

**FEB 23-MAR 8**

**COMPUTER 101**

Sponsored by Lawrence Parks and Recreation. This class is designed for beginners or those with limited or no experience, this class will cover computer components, basic computer terminology, moving and copying folders and files, desktop shortcuts, and an introduction to the Internet with hands-on work at every lesson. Take home curriculum included. Instructor: Sharon Gan. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Tuesdays, 2-3:30 p.m. Fee. Location: Riverfront Computer Learning Center. LAWRENCE, 785-832-7920

**ENTERTAINMENT**

**SUNDAYS**

**LAWRENCE IRISH TRADITIONAL SESSION**

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

**DEC 2-FEB 14**

**OUT OF ORDER**

OUT OF ORDER by Ray Cooney Starring Gary Sandy from WKRP in Cincinnati. A dead body is found on the balcony at the Watergate Hotel by a less than ethical U.S. Senator who has booked the room for nefarious purposes. If the body is discovered, the Senator's career will tank, so he has his assistant remove it only to find that it keeps reappearing every time. This crazy shell game involves a conniving waiter, an alert private detective, a suspicious hotel manager, an angry wife, a furious husband, a bungling secretary and an unconscious nurse, creating one of the cleverest and funniest hide-and-seek farces ever written. New Theatre Restaurant, 9229 Foster St. Time: Varies by Performance. Fee.

OVERLAND PARK, 913-649-7469

[www.newtheatre.com/home.html](http://www.newtheatre.com/home.html)

**JAN 15-FEB 6**

**FUNNY MONEY**

Henry A. Perkins, a mild mannered C.P.A., picks up the wrong briefcase – one full of

money. He assumes it is illicit cash and keeps it. Knowing the owner of the briefcase must have his, he rushes home and tells his wife to pack – they're going to Bali! (In fact, they can buy Bali.) When the police ring his doorbell, he freaks, only to find out they have confused him with a dead man, accused him of soliciting in the men's room and more. Henry's inept attempts to remove himself from the impossible situation leads to increasingly hysterical situations. Wednesday and Thursday performances start at 7 p.m. Friday and Saturday performances start at 8 p.m. Sunday performances start at 2 p.m. Topeka Civic Theatre and Academy, 3028 SW 8th Ave. Fee. TOPEKA, 785- 357-5211 [www.topekacivictheatre.com](http://www.topekacivictheatre.com)

**JAN 29-FEB 6**

**CLYBOURNE PARK**

*Clybourne Park* explodes in two outrageous acts set fifty years apart. Act One takes place in 1959, as nervous community leaders anxiously try to stop the sale of a home to a black family. Act Two is set in the same house in the present day, as the now predominantly African- American neighborhood battles to hold its ground in the face of gentrification. Fridays and Saturdays, 8 p.m., Sunday, 2 p.m. Topeka Civic Theatre and Academy, 3028 SW 8th Ave. Fee. TOPEKA, 785- 357-5211 [www.topekacivictheatre.com](http://www.topekacivictheatre.com)

**FEB 6**

**DUELING DUKES: A BENEFIT FOR THEATRE LAWRENCE**

Watch some of Lawrence's finest battle it out in a sing-off for the win. You vote on who takes home the coveted title. Featuring local sensations: Matt All, Michael Dieker, Jason Edmonds, Patrick Kelly, Curtis Marsh, John J. Monaghan Jr., Dennis Tyner, Doug Weaver and a special appearance by 2015 Diva, Teresa Mulinazzi Kempf. Cocktails and food 6:30 p.m., 7:30 p.m. Dukes take the stage. 4660 Bauer Farm Dr. Fee. LAWRENCE, 785-843-7469

**FEB 12 & 13**

**LAUGH LINES "VALENTINE'S DAY SHOW"**

Laugh Lines improv comedy shows pack the house and perform comedy sketches and games based on audience suggestions. You won't

■ CONTINUED ON PAGE 18



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■ CONTINUED FROM PAGE 17

want to miss a single exciting evening with this troupe of comics that have become a Topeka tradition! Laugh Lines humor is not suitable for all audiences.. Topeka Civic Theatre & Academy, 3028 SW 8th Ave., 8 p.m. Fee.

TOPEKA, 785-357-5211  
www.topekacivictheatre.com

FEB 12, 13, 19, 20

### THE LAST OF THE DRAGONS

In the kingdom of Middlefield, on a princess' 16th birthday, she is tied to a rock, kidnapped by a dragon, rescued by a prince, and lives happily ever after. But what happens when the prince is too afraid to fight and the princess wants to do the rescuing by herself? Adapted from the story by Edith Nesbit, this is a story of bravery, intelligence and friendship. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 7 p.m. Fee.

TOPEKA, 785-357-5211  
www.topekacivictheatre.com

FEB 12

### MILLION DOLLAR QUARTET

MILLION DOLLAR QUARTET is the high voltage Tony® Award-winning Broadway musical, inspired by the phenomenal true story of the famed recording session where Sam Phillips, the "Father of Rock 'n' Roll" brought together icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for one unforgettable night. This thrilling musical brings you inside the recording studio for a monumental night of rock and roll that explodes off the stage, featuring 21 timeless hits including "Blue Suede Shoes," "Sixteen Tons," "Great Balls of Fire," "I Walk the Line," "Fever," "Hound Dog" and more. Topeka Performing Arts Center, 214 SE 8th Ave., 7:30 p.m. Fee.

TOPEKA, 785-234-2787  
www.tpactix.org/events.html

FEB 12

### THE BAND OF THE ROYAL MARINES & THE PIPES, DRUMS & HIGHLAND DANCERS OF THE SCOTS GUARDS

The finest instrumentalists and soloists found in military service today will captivate the audience with expertly-delivered music and dance from England, Scotland, Ireland and Wales. Get swept away in a grand display of pageantry and ancient military traditions highlighted by precision marches, haunting bagpipes and energetic Highland dancing. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m.

LAWRENCE, 785-864-2787  
lied.ku.edu/calendar

FEB 13

### WORLDS AWAY - THE WORLDS OF HOLLYWOOD

Celebrate Valentine's Day as the Topeka Symphony takes you to the worlds of the movies. Shore, Lord of the Rings, Maurice Jarre, Lawrence of Arabia, Korngold, Robin Hood, Gold, Exodus, Zimmer, Pirates of the Caribbean. The Topeka Symphony Society, Washburn University, 7:30 p.m. Fee.

TOPEKA, 785-232-2032  
www.topekasympphony.org

FEB 18-APR 24

### OVER THE MOON

OVER THE MOON by Ken Ludwig. Starring Marion Ross from *Happy Days* and Hal Linden from *Barney Miller* In this hilarious comedy two fading stars of the 1950's are playing a comedy and a drama in rotation in Buffalo, New York. On the brink of a disastrous split-up, they receive word that they might just have one last shot at regaining their stardom. One perfect performance is all they need. Unfortunately, everything that could go wrong does go wrong and no one on stage knows if they're in the drama or the comedy! New Theatre Restaurant, 9229 Foster St. Time: Varies by Performance. Fee. OVERLAND PARK, 913-649-7469  
www.newtheatre.com/home.html

FEB 23

### KU WIND ENSEMBLE WITH SPECIAL GUEST JEFF NELSEN, FRENCH HORN

Described by The New York Times as "one of America's most esteemed concert bands," the University of Kansas Wind Ensemble features the finest wind and percussion players at the university. The ensemble is conducted by Dr. Paul W. Popiel, director of bands, author, performer and proponent of distinctive new music. They will be joined at the Lied Center by French horn virtuoso Jeff Nelsen, a musician with an endless list of achievements, including performing with the Canadian Brass, teaching at the renowned Indiana University Jacobs School of Music, leading a TEDx Talk on fearless performance, playing on Broadway, touring the world as a soloist and sharing the stage with many of the world's greatest orchestras. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m.

LAWRENCE, 785-864-2787  
lied.ku.edu/calendar

FEB 25

### CHANTICLEER

Chanticleer is known for its interpretations of vocal literature spanning 10 centuries, from Renaissance to jazz and popular genres, as well as contemporary compositions. Musical America's Ensemble of the Year is made up of 12 male voices ranging from soprano to bass. This Grammy Award-winning chorus, named for the "clear-singing" rooster in Geoffrey Chaucer's *Canterbury Tales*, has toured the world and created more than 30 albums. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m.

LAWRENCE, 785-864-2787  
lied.ku.edu/calendar

FEB 25-27

### 20TH ANNUAL KANSAS SILENT FILM FESTIVAL

The 20th annual Kansas Silent Film Festival honors the best of the silent film era. Enjoy comedic and dramatic films with live musical accompaniment. Among the fascinating and rarely shown movies, films using early animation and cartoon techniques will be showcased. Admission is free and film lovers of all ages are invited to attend. Washburn University - White Concert Hall, 1700 SW Jewell. See website for schedule.

TOPEKA, 785-267-4840  
www.kssilentfilmfest.org

FEB 26-MAR 26

### MEMPHIS

From the underground dance clubs of 1950s Memphis, Tenn., comes a hot new Broadway musical. Inspired by actual events, Memphis is about a white radio DJ who wants to change the world and a black club singer who is ready for her big break. Together they embark on an incredible journey. Winner of four Tony Awards including an original score with music by Bon Jovi founding member David Bryan. Wednesday and Thursday performances start at 7 p.m. Friday and Saturday performances start at 8 p.m. Sunday performances start at 2 p.m. Topeka Civic Theatre and Academy, 3028 SW 8th Ave. Fee.

TOPEKA, 785- 357-5211  
www.topekacivictheatre.com

FEB 26

### WINTER DANCE PARTY

John Mueller's "Winter Dance Party"® is the official live and authentic re-creation of Buddy Holly, Ritchie Valens and the Big Bopper's final tour and the only show endorsed by the Holly, Valens and Richardson estates. Each live concert performance includes over two hours of unbridled, high voltage entertainment featuring all the hit songs of the 50's era: That'll Be The Day, Peggy Sue, Oh, Boy, Rave on, La Bamba, Chantilly Lace, and many, many more. Prairie Band Casino & Resort, 12305 150th Rd., 7 p.m. Fee.

MAYETTA, 785-966-7777  
www.pbpgaming.com

FEB 28

### DANÚ

For two decades, Danú's virtuosi players on flute, tin whistle, fiddle, button accordion, bouzouki, and vocals (Irish and English), have performed around the globe and recorded seven critically acclaimed albums. Their live DVD, *One Night Stand*, was filmed at Vicar St. Dublin. Winners of numerous awards from the BBC and Irish Music Magazine, Danú has toured throughout Europe, the Middle East, and North America. Danú takes its audiences on a musical journey to their native Ireland, offering a moving and memorable concert experience. Danú's popular recordings are available on the Shanachie label and live performances are often broadcast on NPR, the CBC, and the BBC. Topeka Performing Arts Center, 214 SE 8th Ave., 3 p.m. Fee.

TOPEKA, 785-234-2787  
www.tpactix.org/events.html

FEB 28

### SANG-EUN LEE, CELLO

20-year-old Lee has received multiple awards, including the 2014 Young Concert Artists International Auditions. At age 13, she made her recital debut, and since then has performed with Korea's leading orchestras and has been featured on the Korean Broadcasting System. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m.

LAWRENCE, 785-864-2787  
lied.ku.edu/calendar

MAR 3

### THE PRICE IS RIGHT LIVE

The Price Is Right Live™ is the hit interactive stage show that gives eligible individuals the

chance to "Come On Down" to win. Prizes may include appliances, vacations and possibly a new car! Play classic games from television's longest running and most popular game show from Plinko™, to Cliffhangers™, to The Big Wheel™, and even the fabulous Showcase. Playing to near sold out audiences for nearly nine years, The Price Is Right Live! has given away more than 10 million dollars in cash and prizes and sold more than 1.2 million tickets. Topeka Performing Arts Center, 214 SE 8th Ave., 3 p.m. Fee.

TOPEKA, 785-234-2787  
www.tpactix.org/events.html

MAR 13

### THE SENIOR CLASS

A great offshoot from TCT's widely successful company, Laughing Matters, The Senior Class is another zany troupe of comedians. Only this time the company is made up entirely of over 55-year-old actors in our community. This group defines life in the golden years as a terrifically fun-filled trip. Admission fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. Doors open at 1 p.m. Show begins at 2 p.m.

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

## EXHIBITS/SHOWS

JAN 12-MAR 5

### HALLOWED ABSURDITIES: WORK BY THEODORE WADDELL

Made of road kill, animal skulls, jawbones, pelts and skins, as well as body bags, bullets, tools and actual guns, the art works in *Hallowed Absurdities* raise the issue of the use of guns in our society. The Mulvane Art Museum, 1700 SW Jewell Ave. Free.

TOPEKA, 785-670-1124  
www.washburn.edu/mulvane

JAN 28-MAY 1

### WHAT'S COOKING, UNCLE SAM?

Food. We love it, fear it, and obsess about it. We demand that our government ensure that it is safe, cheap, and abundant. In response, government has been a factor in the production, regulation, research, innovation, and economics of our food supply. It has also attempted, with varying success, to change the eating habits of Americans. From the farm to the dinner table, explore the records of the National Archives that trace the government's effect on what Americans eat. Kansas Museum of History Special Exhibits Gallery, 6425 SW 6th Ave. Fee.

TOPEKA, 785-272-8681  
www.kshs.org/museum

## 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



■ CONTINUED FROM PAGE 18

## ONGOING

### FIT FOR LIFE

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

LAWRENCE, 785-505-2712

## ONGOING

### ZUMBA GOLD

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

LAWRENCE, 785-832-7920

## FIRST MONDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## MONDAYS THROUGH FRIDAYS

### A.M. WALKING CLUB

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

LAWRENCE, 785-832-7950

## MONDAYS THROUGH FRIDAYS

### PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

## 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

### JAZZERCISE LITE

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

LAWRENCE, 785-331-4333

## TUESDAYS AND THURSDAYS

### HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

## TUESDAYS AND THURSDAYS

### FLEXERCISE

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

LAWRENCE, 785-856-6030

## TUESDAYS AND THURSDAYS

### FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

## TUESDAYS AND THURSDAYS

### ZOSTAVAX (SHINGLES) CLINIC

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

TOPEKA, 785-354-6787

## WEDNESDAYS

### FREE NUTRITION CLINIC

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

TOPEKA, 785-354-6787

## WEDNESDAYS

### FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments are available between 12:30 and 4:30 p.m. every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.

TOPEKA, 785-354-6787

## FIRST WEDNESDAY OF THE MONTH

### FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hearing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday OF THE MONTH. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids.

LAWRENCE, (785)748-8034

## FRIDAYS

### BLOOD PRESSURE CHECKS

Arbor Court, 1510 St. Andrews, 8:30 a.m. Open to the public.

LAWRENCE, 785-841-6845

## SECOND THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## THIRD THURSDAY OF THE MONTH

### BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## THIRD THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## THIRD THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## FOURTH THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## FEB 10

### CHOLESTEROL SCREENING

This screening event offers a full lipid (cholesterol) profile by finger stick. \$15 test (exact cash or check only). Please fast 9-10 hours before the screening (water and necessary medications are okay). No registration needed. Just drop into the LMH Performance and Wellness Center between 7:30 and 9 a.m.

LAWRENCE, 785-749-5800

## FEB 20

### 2016 HEALTHY HEART HEALTH FAIR

Free health screenings and exhibits. Blood profile (fee). For more information on the Blood Work call the LMH Lab and ask for a "Health Fair Specialist." Fasting Blood Draw, 7:30-10 a.m. Health Screenings and Exhibits, 8-10:30 a.m. Lawrence Memorial Hospital.

LAWRENCE, 785-505-2653

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

### MONDAYS

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

### WEDNESDAYS

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

## FRIDAYS

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

## LAWRENCE PUBLIC LIBRARY BOOK TALKS

### THIRD THURSDAY OF THE MONTH

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

### THIRD FRIDAY OF THE MONTH

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

### FOURTH THURSDAY OF THE MONTH

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

### FOURTH FRIDAY OF THE MONTH

Brandon Woods, 1501 Inverness Dr., 10 a.m.

## MEETINGS

### SUNDAYS

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

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

LAWRENCE

### MONDAYS

#### BREAST CANCER SUPPORT GROUP

Meets at Presbyterian Manor, 1429 Kasold, 5:30 p.m. Call Dena for more information.

LAWRENCE, 785-979-8362

### MONDAYS, WEDNESDAYS & FRIDAYS

#### WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

www.OrthoKansasPA.com

### MONDAYS

#### GRIEF SUPPORT GROUP

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

TOPEKA, 785-232-2044

### FIRST MONDAY OF THE MONTH

#### INDIVIDUAL BEREAVEMENT SUPPORT

Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell.

TOPEKA, 785-271-6500; 785-230-6730 on first Monday between 5:30 and 7:30 p.m.

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**FIRST & THIRD MONDAY OF THE MONTH  
BEREAVEMENT SUPPORT GROUP**  
LAWRENCE SENIOR CENTER  
2:15-3:45 PM, 785-842-0543

**FIRST & THIRD MONDAY OF THE MONTH  
GRIEF SUPPORT GROUP**  
Facilitated by LMH Chaplain Angela Lowe.  
Meets in the LMH Chapel, 2nd floor. Lawrence  
Memorial Hospital.  
LAWRENCE, 785-505-3140

**FIRST & THIRD MONDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**  
For adults who have lost loved ones. Call LMH  
Chaplain Angela Lowe for more information.  
LAWRENCE MEMORIAL HOSPITAL  
4-5 PM, 785-840-3140

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

**EVERY TUESDAY THROUGH FRIDAY  
MEN'S COFFEE**  
Meets in the library at Pioneer Ridge, 4851  
Harvard Rd., at 9:30 a.m. Open to the public.  
LAWRENCE, 785-749-2000

**FIRST TUESDAY OF THE MONTH  
BLOOD PRESSURE CLINIC**  
HealthWise 55 Clinic. 8:30-9:30 a.m. Westridge  
Mall (Food Court, Restroom Entrance). Free.  
TOPEKA, 785-354-6787

**FIRST TUESDAY OF THE MONTH  
LAWRENCE AREA COALITION TO  
HONOR END-OF-LIFE CHOICES**  
Works with 31 other Kansas communities to  
help all Kansans live with dignity, comfort  
and peace at the end-of-life, regardless of age.  
Members have backgrounds in healthcare,  
pastoral care, senior citizens' services, funeral  
home care, library and educational services.  
Meets at 3 p.m. in Conference E of LMH.  
LAWRENCE, 785-830-8130

**FIRST TUESDAY OF THE MONTH  
MAN TO MAN PROSTATE CANCER  
SUPPORT GROUP - LAWRENCE**  
Meets at Lawrence Memorial Hospital, 5:30  
p.m.  
LAWRENCE, 785-393-1256

**FIRST TUESDAY OF THE MONTH  
TOPEKA AREA OSTOMY SUPPORT  
GROUP**  
Our focus is supporting, assisting, and educat-  
ing individuals with colostomies, ileostomies,  
urostomies and continent ostomies. Meets at  
6 p.m. at St. Francis Health Center, 1700 SW  
7th St.  
TOPEKA, 785-295-5555

**FIRST & THIRD TUESDAY OF THE MONTH  
SCRAPBOOK MEMORIES**  
Grace Hospice, 3715 SW 29th St., Suite 100, 6  
p.m. All supplies provided (except photos).  
TOPEKA, 785-228-0400

**FIRST & THIRD TUESDAY OF THE MONTH  
GRIEF SUPPORT GROUP**  
Grace Hospice invites individuals coping with  
the loss of loved ones to join us. For more infor-  
mation, call Grace Hospice at 785-228-0400 or  
1-800-396-7778. Aldersgate Village, Manches-  
ter Lodge, 7220 SW Asbury Dr., 1 p.m.  
TOPEKA

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

**FIRST & THIRD TUESDAY OF THE MONTH  
HEALING AFTER LOSS BY SUICIDE (HEALS)**  
For those who have lost a loved one by suicide.  
Fellow survivors offer an atmosphere of under-  
standing and emotional support by encouraging  
families and individuals to share healthy ways  
of coping and grieving. Contact Steve New-  
comer at for more information. Pozez Education  
Center, 1505 SW 8th St.  
TOPEKA, 785-478-4947 or 785-296-8349

**FIRST WEDNESDAY OF THE MONTH  
KAW VALLEY OWL (OLDER WOMEN'S  
LEAGUE)**  
Meetings are held at the United Way building,  
2518 Ridge Ct. Social time begins at 1:30 p.m.  
and the meeting begins at 2 p.m. The public is  
welcome to join members at all meetings. For  
more information, call Gayle Sigurdson.  
LAWRENCE, 785-691-7314

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

**FIRST THURSDAY OF THE MONTH  
MAN TO MAN PROSTATE CANCER  
SUPPORT GROUP - TOPEKA**  
Meets at St. Francis Health Center's Cancer  
Center, 1700 S.W. 7th St., 7 p.m.  
TOPEKA, 785-230-4422

**FIRST THURSDAY OF THE MONTH  
LAWRENCE AREA PARTNERS IN AGING**  
Networking group. Call Ashley at 785-842-0543  
for more information. \$12.00 to attend (includes  
lunch). 11:30 a.m.-1 p.m.

**FIRST THURSDAY OF THE MONTH  
PARKINSON MEETING**  
Midland Care, 200 SW Frazier, 5:30-7 p.m.  
LAWRENCE, 785-235-1367 or (800) 798-1366

**EVERY OTHER THURSDAY  
GRIEF SUPPORT GROUP**  
Ongoing adult group. Midland Hospice, Build-  
ing A, 10:30 a.m. Please call for start dates and  
information packet.  
TOPEKA, 785-232-2044

**EVERY OTHER THURSDAY  
GRIEF SUPPORT GROUP**  
Ongoing adult group. Midland Hospice, Build-  
ing A, 5:30 p.m. Please call for start dates and  
information packet.  
TOPEKA, 785-232-2044

**FIRST FRIDAY OF THE MONTH  
STROKE SUPPORT GROUP**  
Meet other stroke survivors, their families, and  
hear guest speakers discuss topics related to  
recovery. Please contact Randy Williams or Lisa  
Rundell for more information. Kansas Rehabili-  
tation Hospital, 1504 SW 8th Ave.  
TOPEKA, 785-235-6600

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

**ONE SATURDAY EACH MONTH  
LAWRENCE DEATH CAFE**  
At a Death Cafe people, often strangers, gather  
to eat cake, drink tea, and discuss death.  
A Death Cafe is a discussion group about  
death rather than a grief support or counsel-  
ing session. Group meets once a month on  
a Saturday from 2 to 4 p.m. To learn more,  
contact cwhiston@sunflower.com or visit  
www.facebook.com/pages/Lawrence-Death-  
Cafe/520304204753986?ref=hl.  
LAWRENCE

**SECOND MONDAY, SEP-MAY  
LAWRENCE CLASSICS, GENERAL  
FEDERATION OF WOMEN'S CLUBS**  
Volunteer service club.  
LAWRENCE, 785-331-4575

**SECOND MONDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**  
Meets at the Topeka Shawnee County Public  
Library, 1515 SW 10th Ave., 3:30-4:30 p.m.  
TOPEKA, 785-235-1367  
www.jhawkaaa.org

**SECOND TUESDAY OF THE MONTH  
NATIONAL ASSOCIATION OF RAILROAD  
AND VETERAN RAILROAD EMPLOYEES**  
Meets at 9:30-11 a.m. at Coyote Canyon Buffet.  
TOPEKA, www.narvre.com

**SECOND TUESDAY OF THE MONTH  
KAW VALLEY HERBS STUDY GROUP**  
An informal group meeting monthly to study  
herbs. We will learn about the aspects of each  
herb: culinary uses, aromatherapy applications,  
medicinal properties, historical lore, grow-  
ing and crafting. This group is open to anyone  
wanting to learn more about the herbs grown in  
the garden and in the wild. Meets at 7 p.m. at  
the Unitarian Fellowship of Lawrence, 1263 N.  
1100 Rd. To sign up to receive updates, email

HerbStudyGroup@gmail.com or join our Face-  
book page at www.facebook.com/HerbGroup.  
LAWRENCE

**SECOND WEDNESDAY OF THE MONTH  
MEMORY SUPPORT GROUP**  
Held at The Windsor of Lawrence, 3220 Peter-  
son 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 infor-  
mation.  
TOPEKA, 785-221-0501  
www.soroptimisttopeka.org

**SECOND THURSDAY OF THE MONTH  
NAACP MEETING-LAWRENCE CHAPTER**  
Meets at the Lawrence public Library Gallery  
Room at 6:30 p.m.  
LAWRENCE, 785-841-0030, 785-979-4692

**SECOND & FOURTH FRIDAY OF THE MONTH  
ALZHEIMER'S/CAREGIVER SUPPORT  
GROUP**  
Sponsored by the Alzheimer's Association-  
Heart of America Chapter. KU Center for  
Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30  
p.m.  
LAWRENCE, 913-831-3888

**SECOND SATURDAY OF THE MONTH  
HAPPY TIME SQUARES SQUARE DANCE  
CLUB**  
Meets at First United Methodist Church-West  
Campus, 867 Hwy 40 (1 block west Hwy 40/  
K10 Bypass). Plus: 7:30-8 p.m., Mainstream  
8-10 p.m. Contact Frank & Betty Alexander.  
LAWRENCE, 785-843-2584  
www.happytimesquares.com

**THIRD TUESDAY OF THE MONTH  
LAWRENCE PARKINSON'S SUPPORT  
GROUP**  
FIRST PRESBYTERIAN CHURCH, 2415  
CLINTON PARKWAY, LAWRENCE, 2 PM

**THIRD TUESDAY OF THE MONTH  
GRANDPARENT AND CAREGIVER  
SUPPORT GROUP**  
Strengthening family relationships and improv-  
ing positive parenting skills. Meets from 6:30-8  
p.m. at St. Francis Hospital, 2nd floor meet-  
ing rooms. Child care available with 48 hours  
notice.  
TOPEKA, 785-286-2329 or 785-231-0763



■ CONTINUED FROM PAGE 20

### THIRD TUESDAY OF THE MONTH STROKE SUPPORT GROUP

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

LAWRENCE, 785-505-2712

### THIRD TUESDAY OF THE MONTH ALZHEIMER'S SUPPORT GROUP

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

TOPEKA, 785-286-2273

### THIRD WEDNESDAY OF THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

LAWRENCE, 785-843-7481

### THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

TOPEKA, 785-271-6500

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.

LAWRENCE, 785-235-1367 or (800) 798-1366

### THIRD SATURDAY OF THE MONTH TOPEKA WIDOWED PERSONS BRUNCH

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

TOPEKA, 785-357-7290

### FOURTH MONDAY OF THE MONTH GRIEF SUPPORT GROUP

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice.

LAWRENCE, 785-841-5300

### FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist

and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd., 1 p.m. TOPEKA, 785-235-1367, EXT. 130

### FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

TOPEKA, 785-233-5762

www.tgstoepka.org

### FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

TOPEKA

### FOURTH FRIDAY OF THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

TOPEKA, 785-478-0651

## MISCELLANEOUS

### WEDNESDAYS

#### WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center.

Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m.

TOPEKA, 785-783-8300

www.kansasdiscovery.org

### SECOND SATURDAY OF THE MONTH FREE SATE EAST SIDE BREWERY TOUR

East Side Brewery offers tours on the second Saturday OF THE MONTH at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.

LAWRENCE, 785-550-9718

www.freestatebrewing.com

# Stormont Vail Health chief medical officer announces retirement plans

Stormont Vail Health Senior Vice President/Chief Medical Officer Kent Palmberg, M.D., has announced his plans to retire later this year. Palmberg, who has been with Stormont Vail Health since it merged with Cotton O'Neil in 1995, and with Cotton O'Neil since 1978, will spend much of 2016 transitioning. His official last day is yet to be determined.



**Palmberg**

"Dr. Palmberg's contributions to this organization and to health care in this community are enormous," said Stormont Vail Health President and CEO Randy Peterson. "He is a pioneer who understands the business of health care but has never lost sight of the number one priority of taking care of people. He will be truly missed. We are happy for him and are looking forward to celebrating his contributions and accomplishments in the coming months."

Dr. Palmberg has been at the forefront of many advances in health care access in Topeka and across the region, including engineering with others more than 20 years ago the merger between Stormont Vail and the Cotton O'Neil Clinic to create the model, regional integrated health care system that exists

today. And impressively, Dr. Palmberg has recruited more than 350 physicians to the area.

Some of Palmberg's other accomplishments include leading the startup of the state's first hospitalist program, and developing Stormont Vail Health's trauma program and Pediatric Intensive Care Unit. In the community, Dr. Palmberg has received numerous accolades. He was inducted into the Topeka Business Hall of Fame in 2011. He received the Philanthropic Leadership Award from the Topeka Chapter of the Association of Fundraising Professionals in 2015 and the Donald A. Wilson Visionary Award from the Kansas Hospital Association in 2007.

Peterson also announced plans for Palmberg's successor. "I am pleased to announce that Robert Kenagy, M.D., M.M.M., will join Stormont Vail Health as Senior Vice President/Chief Medical Officer on April 15, 2016." Dr. Kenagy, a family medicine physician who was born in Wichita, Kan., most recently has served St. John Health System in Tulsa, Okla., as Senior Vice President St. John Health Network. Prior to that, he served in several leadership positions at Via Christi Health in Wichita, including President and CEO for Via Christi Clinic and Senior Vice President of Physician Services.

### SECOND SUNDAY OF THE MONTH MONTHLY GUIDED HIKE

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

LAWRENCE, 785-842-8562

ksoutdoors.com/State-Parks/Locations/Clinton

### THIRD SATURDAY OF THE MONTH COFFEE & CONVERSATION

Arbor Court at Alvarado, 1510 Saint Andrews Dr., 3 p.m. Open to the public.

LAWRENCE, 785-841-6847

### FEB 9

#### LAWRENCE MARDI GRAS PARADE

A group of revelers and musicians will meet at Aimee's Café and Coffee Shop at noon to begin a procession through downtown Lawrence. The parade ends at Free State Brewing Co., where New Orleans-themed food and drink will be served. Everyone is invited to join in the fun. 12 p.m.

LAWRENCE

### FEB 12

#### ANNUAL CHILI & VEGETABLE SOUP SUPPER

Adults \$8, Kids 10 and under \$3.50. Includes chili or vegetable soup, crackers, relishes, drink & dessert. Hot dogs \$1.00, Chili Dogs \$1.50. Carry Out Available. Community Invited. Delicious! Sponsored by New Spirit Class. Kansas Avenue United Methodist Church, Fellowship Hall, 1029 N Kansas Ave., 4 p.m.-6:30 p.m.

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Kaw Valley Senior Monthly will be launching its Senior Savings Card program in March 2016, and we would like to invite your business to participate. In order to participate, all a business has to do is provide our subscribers with a discount (which is not currently available to the general public) when they present their Senior Savings Cards. Other than the discount, the program is **FREE** for participating businesses. A full listing of participating businesses and their discounts will appear on the Senior Monthly website.

**To sign up your business for the Senior Savings Card program,  
please visit [seniormonthly.net/savings](http://seniormonthly.net/savings).**



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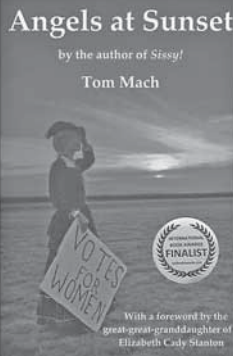
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## HUMOR

## Miss Minnie Gets Hitched

The invention of smartphones has permitted people everywhere to prove the adage “talk is cheap.” People talk on smartphones as they drive cars, shop, get their hair done, pump gasoline, and while they are standing in long lines at customer service in the supermarket waiting to buy lottery tickets when the Powerball gets above a half a billion dollars.



Larry  
Day

All that blah-blah was nerve-racking to Miss Minniferd Morningstar, who had taught English at Letongaloosa High School for the past 32 years. Miss Minnie used to interrupt people at social gatherings and town council meetings to correct their grammar. For her, correct grammar, diction, usage, and syntax were sacred.

Folks in town tolerated Miss Minnie's interrupting their conversations because they were awed by her knowledge of English and because Miss Minnie had inherited piles of money, and was generous with it.

Miss Minnie began teaching public school the year she graduated from college. To teach back then you didn't

need a certificate beyond a bachelor's degree. She went on to get her master's by taking summer classes at State University.

It was at State U. that Miss Minnie first saw Reginald Danforth Suggs. Young Suggs had just been hired as a custodian at the School of Education building. Reggie owed his first two names to his mother who hoped he would rise above his working class roots. Reggie rejected those aspirations. He made his own choices about speech and career options.

He and Miss Minnie clashed immediately because she walked on the floor of a hallway that Reggie had just mopped.

“Lady, getcher clodhoppers offn' mah floah,” Reggie growled.

Minnie gave the barbarian a withering stare.

“Are you addressing me, young man?”

“Ain't *addressin'* nobody,” said Reggie, “Ahm tellin' yew ta quit trompin' on mah floah.”

At that point Professor Blaine, a member of the graduate faculty, opened his office door. He had heard the exchange.

“Hello, Miss Minniferd,” he said. “You can pick up your paperwork at the graduate school office down the hall.” And, “That will do, Reggie.”

“Hummmph,” said Reggie, and shoved his mop bucket on down the hall.

After Minnie had finished her business at the university and returned home, she realized she had mixed feelings about the encounter. The handsome janitor had acted boorishly, but Minnie somehow found herself intrigued.

She made subtle inquiries and learned that Reggie had a high IQ, a gift for language, and an aversion to orthodox social behavior. The latter obviously limited his work options. But those options, she soon realized, coincided with what he wanted to do for a living—be a janitor. Reggie always told people he was a janitor—not a custodian, or a “custodial engineer.”

After that, Reggie popped into Minnie's mind at odd moments—as when she took a break from correcting papers, or was fixing a late-night snack. She dismissed the thoughts, but they kept popping up.

And Reggie thought off and on about “that teecher woman,” too. When they both sought his aid as an intermediary on the same day, Prof. Blaine became the expediter of their budding romance.

After a short engagement the extraordinary couple married. It was a two-part wedding. The first ceremony and reception were held in the chapel and recreation room of the Custodial Workers Union Hall. A janitor, who was a lay pastor, presided. The second ceremony took place in the sanctuary of Letongaloosa's fine old Episcopal Church under the direction of the Rev. Thomas Leon Harper, D.D.

The betrothed wrote their own vows. The union hall ceremony, written by Reggie, was short. To wit:

“Ah weel if you weel.”

To which Minnieferd responded: “Shore.”

The reception featured mounds of serve-yourself chicken nuggets, barbeque beef and pork, mashed potatoes, creamed corn, hard rolls and a huge chocolate layer cake with chocolate frosting.

The service at the Episcopal Church, prepared by Minnieferd, lasted an hour, and included two numbers by the choir and short passages from Shakespeare, Tennyson, Wordsworth, and Ezra Pound. The reception featured peach tea and little round mints.

Minnie's vows included five “I do's,” and four “I wills,” and one “absolutely” spoken on cue by the bride and groom.

Minnie and Reggie...Reggie and Minnie...are happilying it ever after.

- 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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## PET WORLD

# How to help your dog enjoy car rides

**Q:** We are planning a driving trip in January with our very nervous dog. Do you have any suggestions on what we can give her to calm her down? - S. C., St. Paul, MN



Steve Dale

**A:** Some dogs are anxious about car travel because they've associated motion sickness with the ride. If you realized that you were going to get sick from doing something, you would avoid doing it, right? While dogs are

either unaccustomed to traveling in the car because they don't do it often or they associate travel to destinations they don't like, such as the veterinarian or a groomer, and then are very anxious from the get go. Other dogs are nervous in cars because they previously had a bad experience, such as a car accident.

It's rare for a dog to be strictly upset about car rides because of motion sickness alone, usually there is an anxiety component. The solution might be as easy as slapping on a Adaptil collar, which emits a copy of a calming pheromone, and offering Anxitane (L-theanine, a nutritional supplement manufactured to ease anxiety). However, while these products, and others—including the Thundershirt, which dogs wear, do help, many dogs also require

a course of counter-conditioning and desensitization.

Here's what you do:

Take your dog (with that Adaptil collar and perhaps Thundershirt) to the car with a favorite toy. Open the back seat and periodically toss a favorite toy inside. Also, feed your pup from the back seat. When your dog's anxiety seems gone—which can take days or even a few weeks—now move on to the next step.

Before you actually drive anywhere, you may need to add a medication for motion sickness. It's difficult for dog owners to tease out, where anxiety ends and motion sickness begins.

Ask your veterinarian about a drug called Cerenia, though Dramamine can also help. Cerenia, is more expensive, but made specifically for dogs - and can deal with a nauseous dog, even if the upset tummy is caused more by anxiety than motion sickness.

Now, you can actually drive with your dog. Start off using a toy stuffed with low fat low salt peanut butter inside it (to distract), and take your dog down the block just down the drive-

way and back. The trip should literally be less than a minute. When you return home, offer a meal (so the dog associates the car ride with something positive). Once your dog expresses zero anxiety, you're ready to drive a bit further. Gradually work your way up to a mile, then a few miles. Once you've driven this distance without your dog expressing anxiety, head for somewhere fun—such as the park or a friend's house with a dog, whatever your dog will like.

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

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# WOLFGANG PUCK'S KITCHEN

## Easy hors d'oeuvres for your next big party

By Wolfgang Puck

Tribune Content Agency

One of my favorite ways to entertain is with an hors d'oeuvre party. So many other food lovers feel the same way. I would have a hard time finding anyone who doesn't love a celebration at which delicious bites of food are displayed on one or more buffet tables or passed around, to be enjoyed with wine, beer, cocktails, a homemade punch or even soft drinks. It's one of the easiest ways to show your friends a good time.

Some of the best-planned hors-d'oeuvre parties are those that feature a variety of different foods. I like to offer an assortment of different main ingredients, including seafood, meats, poultry, vegetables, cheeses, breads and fresh fruit. I look to cook them in different ways, too, offering some bites that are baked, others griddled, maybe a few deep-fried items, plus some uncooked foods such as vegetable crudites to enjoy with a selection of dips.

You don't even have to cook everything. Cold cuts, cheeses, vegetables, breads or crackers, and even good-quality precooked jumbo shrimp from the seafood counter or smoked salmon from the deli department need only to be displayed artfully on a platter.

Still other items are easy to assemble in advance, requiring only simple, last-minute cooking, in waves, as guests arrive. I'd like to share two such dishes: bite-sized grilled cheese on brioche and bacon-wrapped, Parmesan-stuffed dates.

Grilled cheese sandwiches have enjoyed an amazing comeback in recent years, due in part to the ever-growing popularity of Italian-style panini. These crispy sandwiches are usually cooked in an electric panini maker or on double-sided hinged grill, but you can also make them easily with

an electric or stovetop griddle.

I call for an egg-and-butter-rich brioche loaf, which you can find in good-quality bakeries and some supermarkets; but you could substitute challah or another rich loaf, or any good-quality bread you like. Likewise, feel free to use another good melting cheese in place of the fontina or Gruyere. What transforms my recipe into hors-d'oeuvres is simply the way you cut the sandwiches after cooking.

Bacon-wrapped, cheese-stuffed dates have long been a popular party food. But even these dates enjoy a new vogue, thanks to the availability of artisan-quality smoked bacon and imported Parmesan cheese.

The great thing about both these recipes is their make-ahead potential. You can assemble the sandwiches and the dates up to several hours in advance, ready to cook in batches after guests start arriving, so they'll always be ready to serve at their best with little fuss from you, the host.

### BITE-SIZED GRILLED CHEESE ON BRIOCHE

Makes 16 to 24 mini sandwiches

8 thick slices brioche  
1 tablespoon mayonnaise  
2 tablespoons softened unsalted butter  
1 1/2 cups (375 mL) shredded fontina or Gruyere cheese

Preheat a panini maker or a double-sided indoor grill; or preheat a stovetop or electric griddle over medium heat.

Place the bread slices on a work surface and spread the top of each slice with a small amount of mayonnaise. Turn over half the slices and spread each with a little butter. Top with the cheese. Butter the remaining slices of bread and place over the cheese, mayonnaise side up.

Place as many sandwiches as will fit

comfortably side by side in the panini maker or indoor grill, or on the griddle. Close the machine and grill until the cheese has melted and the bread is nicely browned and crispy, 3 to 4 minutes total; or cook on the griddle, pressing down gently with a spatula to compact the sandwiches and turning once until both sides are nicely browned and crispy, 3 to 4 minutes per side. Repeat with any remaining sandwiches.

With a sharp knife, cut each sandwich into quarters; or cut into halves and cut each half crosswise into 3 finger-sized pieces. Transfer to a platter and serve immediately.

### BACON-WRAPPED, PARMESAN-STUFFED DATES

Makes 18 dates

18 large dates, preferably Medjool, slit lengthwise and pitted

18 pieces good-quality Parmesan cheese, preferably Parmigiano-Reggiano, each about 1 by 1/4 inch (2.5 by 0.6 cm)

6 slices nitrite-free bacon, cut crosswise into thirds??

Position an oven rack in the middle of the oven. Preheat the oven to 450 F (230 C).

Insert a piece of Parmesan into each date. Then, wrap each date with a piece of bacon, securing it with a wooden toothpick.??

Arrange the dates 1 inch (2.5 cm) apart in a shallow baking pan. Bake in the preheated oven for 5 minutes. Then, using tongs, turn the dates over. Continue baking until the bacon is crisp, 5 to 6 minutes longer.??

With the tongs, transfer the dates to paper towels to drain, carefully patting them dry with more paper towels. Serve immediately.

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<p><b>Old 56</b> Family Restaurant</p>  <p>2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p>	<p><b>BIEMER'S BBQ</b></p>  <p><b>Voted Best BBQ in Lawrence</b> University Daily Kansan Top Of The Hill 2011 2120 W. 9th St. • Lawrence • 785-842-0800</p>

Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.



# MEMORIES ARE FOREVER

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

[www.MemoriesAreForever.net](http://www.MemoriesAreForever.net)

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



Tom  
Mach

## Reclaiming Baseball

By Evie Kalvelage

The Royals have given me back priceless memories of my days as a Milwaukee Braves fan. I can barely remember what I did yesterday, but the names of my heroes—Warren Spahn, Joe Adcock, Dell Crandall, Eddie Matthews, Joe Torre, and Hank Aaron are forever in my mind. I was a tomboy in a neighborhood full of boys. In the summer if we weren't playing baseball, we were listening to it on the radio. Earl Gillespie's play by play was awesome, allowing my older brother, Doug, and me to imagine the action in great detail. The next day we poured over the sports page to check out the standings. Best of all, we were able to attend lots of games at County Stadium.

Doug was rich, he had a paper route. He would let me help him "sub" (collate the ads and sub sections of the paper into the main part) and roll the papers so he could efficiently throw them on his customers' porches. In nice weather, we pulled a wagon, and in the winter we dragged a sled through the snow. We were as reliable as mailmen.

I loved kids and babysat often once I was old enough. At 50 cents an hour, I didn't make near what my brother did. If I was short, he covered me on our trips to Braves' games. It was only 50 cents to sit in the bleachers. We never splurged on snacks. Water from a "bubblor" (Milwaukee's term for a drinking fountain) was all we needed.

On game days, we grabbed our gloves, and took off early to get in on batting practice. It was a safer time, and Mom let us walk over three miles to the stadium from the time we were 10 and 12. Doug and I stayed on the sidewalks unless we were running late, then we cut across the Miller Brewing Co. property—scared to death we'd get caught and sent to jail.

I remember a game that went into extra innings. We had no way to let Mom know, but we certainly weren't going to leave before it was over. Mom and Dad didn't listen to the games so they had no idea the game was running late. The Braves won and we hustled out of the stadium. We decided to short-cut across Hwy 94. Back then it wasn't as daring as it would be now, but we knew our parents wouldn't approve. It had to be a secret.

As I climbed over the fence, my foot slipped and I punctured the side of my calf on a spike at the top. Punctures as I recall are scarier than scrapes. Just a little drop of blood appeared, but I was sure I'd get an infection and probably lose my leg. Doug was sympathetic, but there no time to waste on battle

wounds. We added another secret so as not to let the first one out of the bag. Doug made me promise not to tell Mom about my accident, no matter what.

I think we got a good scolding when we got home, but I was too worried about my leg to remember much. As a kid who rarely hid anything from Mom, I suffered terrible guilt. I kept quiet, afraid it I didn't, we'd never be allowed to attend another game. A fate worse than losing a leg.

The highlight of our stint as Braves' fans was picture day. All our favorite players, the ultimate "rock stars" of our world, came out to the fence and allowed us to photograph them. They signed autographs on anything

you brought them. We had a baseball Doug caught during batting practice. That ball, signed by all our heroes, and painted with clear nail polish to preserve it forever, was our most prized possession. It was put away somewhere for safekeeping. We hoped to find that treasure after our parents passed. It would have been a bright spot in a job full of sadness, but it never showed up.

Children, divorce, and work took too much time to allow for baseball. It wasn't until the

KC Royals amazing run last year that I again paid attention. I thank Moose, Hoz, Escobar, Ben, Morales, Cain, Gordon and all the rest for connecting me to those remarkable memories.



Evie Kalvelage

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## GOREN ON BRIDGE

## Forethought

With Bob Jones

Tribune Content Agency

North-South vulnerable. North deals.

NORTH

♠-J 9 7

♥-K 10 8

♦-3 2

♣-A K 6 4 2

WEST

♠-K 8 5 4

♥-A Q 4 2

♦-Q 10 7 4

♣-5

EAST

♠-Q 10 2

♥-J 9 6 5

♦-J 9 8

♣-J 9 3

SOUTH

♠-A 6 3

♥-7 3

♦-A K 6 5

♣-Q 10 8 7

The bidding:

NORTH	EAST	SOUTH	WEST
1♣	Pass	2♣*	Pass
2♥**	Pass	3NT	Pass
Pass	Pass		

\* Inverted, forcing, at least 11 points, no four-card major

\*\* Heart stopper

Opening lead: Ace of ♥

North's opening bid would not be to everyone's taste, but all would be well if South made the contract.

West's opening lead was well

judged. The king of hearts was certain to be in dummy from the auction and he could shift to spades or diamonds at trick two, if necessary. An encouraging heart from partner and West continued with a low heart.

This looked like nine easy tricks after the lead, so South grabbed dummy's king of hearts and started on the clubs. When that suit split 3-1, with no singleton jack, the clubs were hopelessly blocked. There was no reasonable chance for a trick in any other suit, so declarer took only four club tricks and drifted one down.

Was this just bad luck or could South have made his contract? No peeking at their hands! Obviously, cashing the ace of clubs and then finessing for the jack would be successful, but that would not be correct play. The club split was only mildly unlucky and South could have guarded against this by ducking the king of hearts at trick two. Declarer could then discard a club on the king later and smoothly take his nine tricks.

A little forethought is all that was required. Unfortunately, most of us are only blessed with hindsight.

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

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# PUZZLES & GAMES

## CROSSWORD

### Across

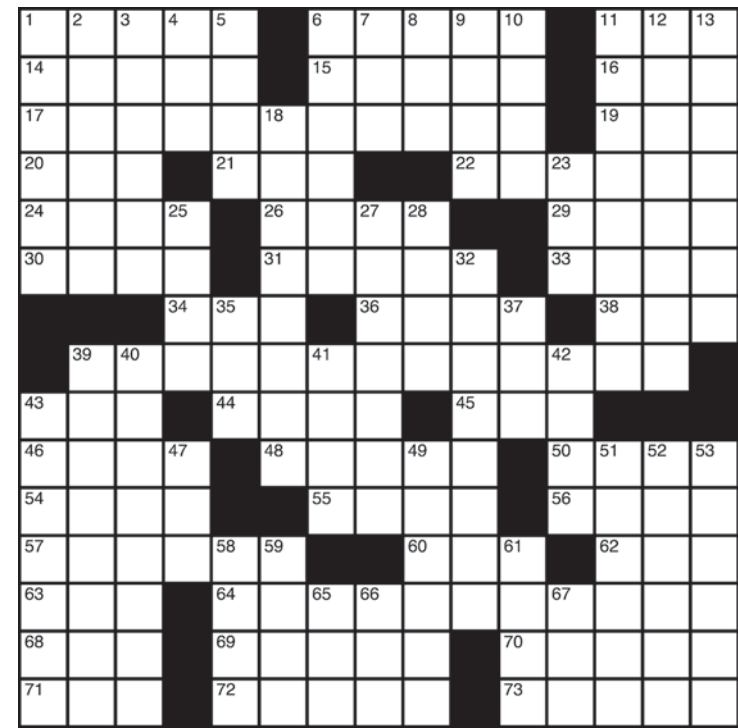
- 1 Waned
- 6 "Boyhood" actor Ethan
- 11 Taking a personal day, say
- 14 Emancipation Proclamation subject
- 15 Tale of Achilles and Agamemnon
- 16 Bro
- 17 Computer user's combination
- 19 Green prefix
- 20 Gallery display
- 21 Pinnacle
- 22 Accustoms (to)
- 24 Wan
- 26 Pen points
- 29 They may be run at bars
- 30 What potatoes and needles both have
- 31 AT&T, briefly
- 33 Nebraska tribe
- 34 Biblical beast
- 36 Waikiki's island
- 38 Aegean island

- 39 Computer user's combination
- 43 14-time NBA All-Star Duncan
- 44 Washing machine filler
- 45 Anthem contraction
- 46 Indian princess
- 48 Rainbow maker
- 50 Leave out
- 54 Have \_\_\_: be connected
- 55 Boy with a dragon, in a Disney classic
- 56 Wine region near San Francisco
- 57 Part of USSR
- 60 Louis XVI, for one
- 62 Resistance measure
- 63 "Game of Thrones" aier
- 64 Computer user's combination
- 68 Spot for a Bluetooth headset
- 69 United Arab Emirates city
- 70 Cat-\_\_-tails
- 71 Dr. of rap
- 72 Pine (for)

73 Modern surgical tool

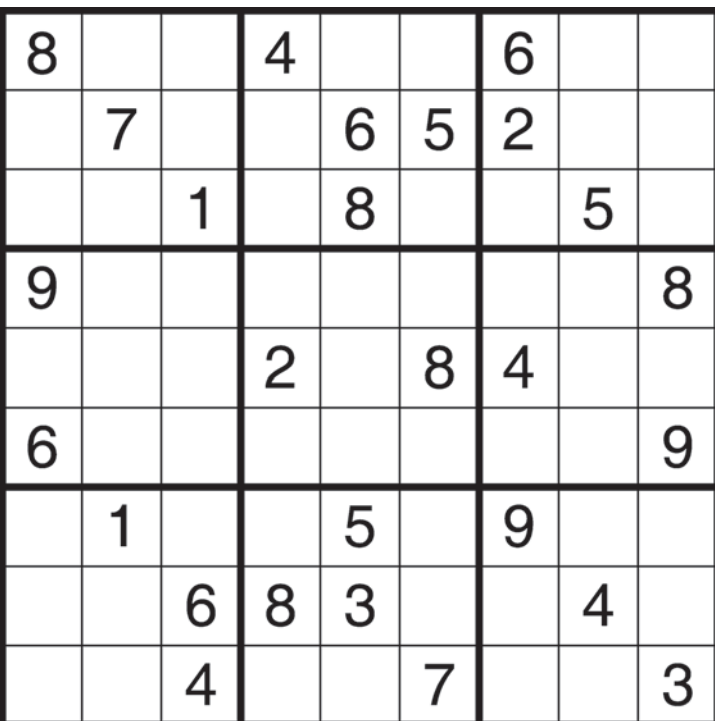
### Down

- 1 Get away from it all
- 2 DVD alternative
- 3 War movie scene
- 4 Actress Gabor
- 5 Bit of progress
- 6 Many a Woodstock attendee
- 7 In the style of
- 8 Ill. neighbor
- 9 Prince William's wife
- 10 Genesis garden
- 11 Like Verdi's most famous works
- 12 Subject of the 2010 film "The Social Network"
- 13 Follows dental advice
- 18 "Please continue"
- 23 \_\_-Aztec: language family
- 25 Actor Morales
- 27 Dagwood's wife
- 28 Big bunch
- 32 "Give me a break!"
- 35 NBC show with skits
- 37 Suffix with glob
- 39 Place for cocktails and music
- 40 Hardly a picky eater?
- 41 50+ org.



- 42 Waffle maker
- 43 Vandalized
- 47 Pasta suffix
- 49 Muscle injury
- 51 New Zealand natives
- 52 Samsung Galaxy competitor
- 53 Mess (with), as a lock
- 58 Whirlpool
- 59 T, on a test
- 61 Fan mail recipient
- 65 Lawyer's gp.
- 66 Long-snouted fish
- 67 "CSI" evidence

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

**JUMBLE** THAT SCRAMBLED WORD GAME  
by Mike Argirion and Jeff Knurek

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

TUFOL

INGAR

ENTAUB

UGUTOD

Answer here: A " " " " " " " " " " " "

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

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TIME LIMIT: 25 MIN

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09-27

Answers to all puzzles on page 30

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## SCRABBLE BRAND GRAMS SOLUTION

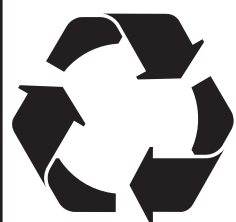
B <sub>3</sub>	O <sub>1</sub>	O <sub>1</sub>	K <sub>5</sub>	I <sub>1</sub>	S <sub>1</sub>	H <sub>4</sub>	RACK 1 =	<b>66</b>
E <sub>1</sub>	P <sub>3</sub>	O <sub>1</sub>	C <sub>3</sub>	H <sub>4</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 2 =	<b>67</b>
D <sub>2</sub>	R <sub>1</sub>	A <sub>1</sub>	M <sub>3</sub>	E <sub>1</sub>	D <sub>2</sub>	Y <sub>4</sub>	RACK 3 =	<b>64</b>
S <sub>1</sub>	U <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	I <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 4 =	<b>58</b>
F <sub>4</sub>	O <sub>1</sub>	O <sub>1</sub>	T <sub>1</sub>	P <sub>3</sub>	A <sub>1</sub>	D <sub>2</sub>	RACK 5 =	<b>89</b>
PAR SCORE 265-275							TOTAL	<b>344</b>

## JUMBLE ANSWERS

Jumbles: FLOUT GRAIN BUTANE  
DUGOUT

Answer: When he proposed during  
their card game, it was -- A BIG  
"DEAL"

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