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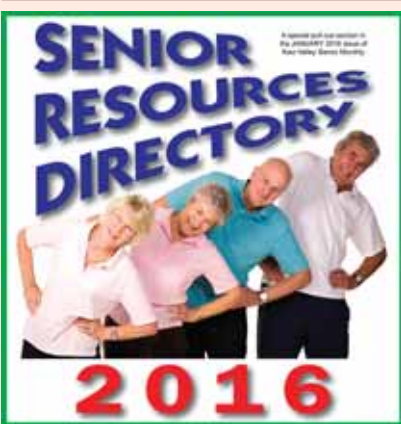
January 2016

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Vol. 15, No. 7

INSIDE

Roscoe and Mary Ann Earp prepare for the Topeka Art Guild's 100th anniversary



This month's issue features a 16-page "Senior Resources Directory." See inside.

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KEVIN GROENHAGEN PHOTO



Roscoe and Mary Ann Earp stand beside several pieces of art, including Roscoe's photograph, "Collins Park Rainbow," at the Topeka Art Guild & Gallery. See story on page three.

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Topeka Art Guild to celebrate 100th anniversary

By Kevin Groenhagen

The Topeka Art Guild (TAG) celebrates its 100th anniversary this year. Roscoe and Mary Ann Earp believe the two people most responsible for founding TAG, Frances Davis Whittemore and George Melville Stone, would be amazed at how it has grown during the past century. Roscoe serves as office manager for the Topeka Art Guild & Gallery, while Mary Ann has served on TAG's board of directors and as its assistant director, and now serves on TAG's executive committee, which replaced the board of directors several years ago through a reorganization.

Whittemore began teaching an art history class at Washburn College in 1895. By 1912, she had built the Washburn art department to include a full range of studio and lecture classes.

Stone, a native Topekan, was an artist who began his studies in Topeka and Emporia. He later developed his oil painting technique with artists in Paris from 1887-1891. Along with Albert Turner Reid, he cofounded the Reid-Stone School of Art, which affiliated with Washburn in 1903 and then

moved on campus in 1906.

In 1915, a group of artists and patrons began meeting informally in Stone's studio. In October 1916, the group officially became the Topeka Art Guild, which was the first art guild formed under the Kansas Federation of Art. Stone became TAG's first president.

A 1916 photo featured several of the guild's founding members, including David Overmyer, Pauline Haynes, Robert Merrell Gage, and Frank Peers. Overmyer painted the murals on the ground floor rotunda in the Kansas State Capitol building. Haynes painted homes and buildings of significance, including the early governor's mansion and the Topeka Public Library building. Gage studied sculpture with Gutzon Borglum, who created the four presidents' faces on Mount Rushmore. He taught at Washburn College, and his major contributions to sculpture in Topeka include a statue of Abraham Lincoln and a statue of a pioneer woman with two children, both of



Roscoe and Mary Ann Earp

which are on the grounds of the Kansas State Capitol. Peers, a pupil of Whittemore's at Washburn College, studied and exhibited art in France after graduating from college and serving in

World War I. He later became an illustrator for Macmillan Company.

Shortly after forming, the guild began displaying artwork at the Topeka

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Topeka Art Guild

■ CONTINUED FROM PAGE THREE

Art Guild and Craft Shop, which was located on the second floor at 114 W. 8th Street, According to an article in the November 12, 1916 edition of *The Topeka Daily Capital*, "Artistic decoration has been observed in arranging the shop. The 'rest room,' with its rare furnishings, is to be an art home where artists will gather as they do in metropolitan cities." Obviously, "rest room" in the context of this article referred to something quite different from a room with a toilet and sink.

In 1931, TAG contracted with the Topeka School Board to provide art exhibits in the third-floor galleries of the newly constructed Topeka High School. This contract, which lasted for 45 years, ended shortly after an exhibit was vandalized.

On March 19, 1937, TAG incorporated with the State of Kansas. The not-for-profit corporation's charter stated the following as "the purposes for which it is formed": "The support

of education in painting, sculpture and other fine arts by fostering an interest in and an appreciation thereof by adults and children thru exhibitions of original works, lectures, discussions, entertainments & thru such other methods as may be deemed suitable; & to accept from the trustees of the estate of Mary Olivia Akers the sum of 515,000.00 as a memorial, the principal & interest of which shall be used solely for the above described purposes."

In 1973, TAG rented a space called the "Tower Workshop" above a business on Huntoon and Oakley.

TAG then moved to a house on West Drive and Fairlawn Road, where TAG offered regular classes and held exhibits. Unfortunately, TAG had to sell the house in 1977. With no space to store its art collection, TAG donated most of it to the Topeka Public Library in 1979.

"At that time the guild owned a lot of paintings, but felt that they didn't have the right environment for them," Mary Ann said. These paintings were donated to the library along with other

■ CONTINUED ON PAGE FIVE



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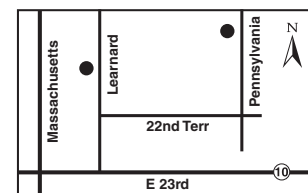
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Topeka Art Guild

■ CONTINUED FROM PAGE FOUR

items.

TAG held classes and exhibits at several locations during the next decade, but really had no place to call home. However, in 1986, Frank Peers' sisters, including Adeline, an artist and TAG founder, left a legacy of over \$100,000 to the Topeka Art Guild.

With the new funding, TAG members voted to lease space to house an art gallery, workshop space, and a meeting space. They leased a 1,400-square-foot space at 4131 Gage Center Shopping Drive for a trial period of one year beginning May 1, 1987, and ending April 30, 1988. The new Topeka Art Guild Gallery opened its doors for its first exhibition on May 18, 1987. The gallery remained at the Gage Shopping Center for more than 15 years.

"The Topeka Art Guild is so fortunate to have received the money from the Peers family so we could open a gallery that the whole community can

enjoy," Mary Ann said.

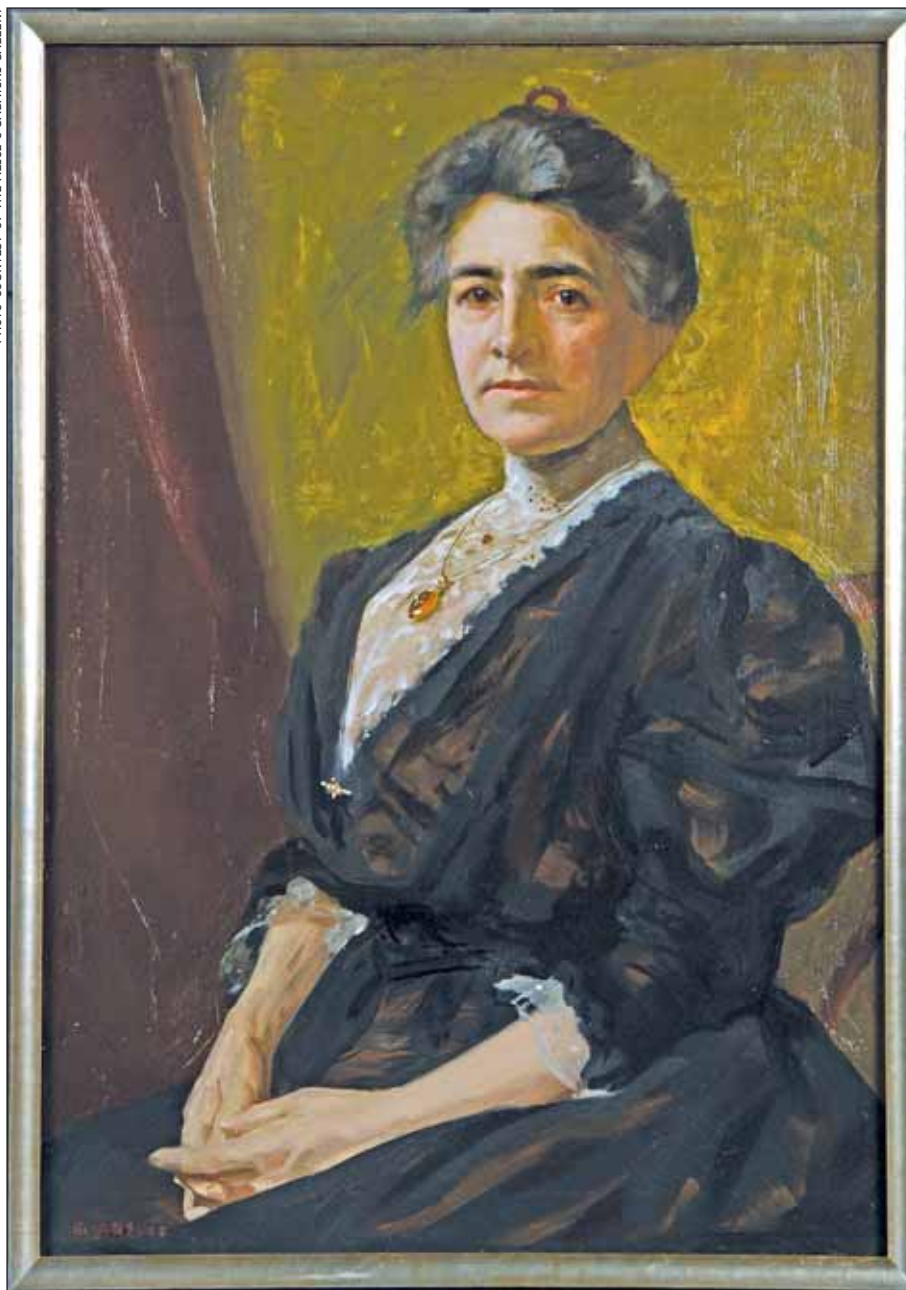
With the gallery, TAG was able to hold exhibits and workshops in its own space. One of Mary Ann's favorite exhibits was 1994's "Old Masters Show," which featured local artists' interpretations of masters such as Gauguin, Rembrandt, and Renoir. One person did Van Gogh's 'The Starry Night' and put the Topeka landscape in the painting instead of what Van Gogh had. The opening of the show was a fun evening attended by many.

In 2003, TAG signed a lease for a larger space for its gallery, now located at the west end of the Fairlawn Plaza Shopping Center. The works displayed in the gallery are original. They are juried and include watercolors, oils, acrylics, graphite drawings, and photography. A gift shop features jewelry, pottery, blown glass, greeting cards, and other items.

"The gallery and gift shop are staffed by volunteers," said Roscoe, who, as office manager, is TAG's only paid staff member. "Those who enter the

■ CONTINUED ON PAGE SIX

PHOTO COURTESY OF THE ALICE C. SABATINI GALLERY



This portrait (1979.016.042) of Marie Lamy Stone, George Stone's wife, dates to the turn of the last century and will be among the works of TAG founders to be displayed in the Alice C. Sabatini Gallery at the Topeka & Shawnee County Public Library in October. George, the first president of TAG, went to France to study art when he was young. While there, he met Marie Lamy, a widow with two children. She came back to Topeka with George.

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Topeka Art Guild

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shows usually staff the gallery. Those who choose not to staff receive a smaller percent for their sales. Patrons who join the Topeka Art Guild are welcome to staff the gallery.”

The gallery’s location in Fairlawn Plaza has helped TAG become more involved with the community.

“ARTSConnect has a First Friday Art Walk that includes many galleries and businesses in Topeka, Roscoe said. “Fairlawn Plaza, in 2015, started promoting the Art Walk for the entire mall, so it’s not just our gallery that is open.”

“During the Art Walk, the guild has a table in the mall for children,” Mary Ann added. “They really enjoy creating art pieces.”

For the holidays, the gallery featured a show in which all artwork on display was for sale for \$100 or less.

“One of our members, who came from another state, said they had a show every year in which every piece

of art for sale was under \$100”, Roscoe said. “It was very successful in raising money for the guild there, so we thought we would try it here.”

The artist receives 70% of the sale price of purchased artwork, while TAG receives the other 30% to help support its mission.

TAG also receives financial support from membership dues paid by about 100 members. A life membership is \$1,000, while family membership is \$35 per year, and single membership is \$30 per year. Student membership is just \$15 per year.

“We accept amateur artists, professional artists, and patrons as members,” Mary Ann said. “I want the public to know that we are not exclusively for artists. We really love having patrons join just because they enjoy art and would like to be involved. Many patrons staff the gallery as volunteers.”

In addition to displaying art, TAG offers educational opportunities for our artists and the public.

“We offer workshops,” Mary Ann said. “Workshops are very important as they give the artist not only a chance

KEVIN GROENHAGEN PHOTO



Not all art found in the Topeka Art Guild’s gallery is for hanging on walls. These smaller sculptures by Jim Bass are also on display.

to improve their skills, but an opportunity to meet and work with other artists as well. We all have a creative side. I encourage everyone to try art.”

TAG also encourages high school

students to get involved in art by providing space for them to display their art in the gallery, and through its High School Scholarship Fund. Every year,

■ CONTINUED ON PAGE SEVEN

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Topeka Art Guild

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TAG awards a high school student with a \$1,000 scholarship.

For Mary Ann, art is also a way to reach others. She cites an example of when she was teaching a painting class for young adults at TARC, which provides service and support for Shawnee County adults with developmental, intellectual, and related disabilities.

“I had one student who couldn’t print his name when I first went there,” she said. “One day I said to him, ‘Bill, you know that when you finish a painting you get to sign the front of it.’ The following week when I went back I found out that Bill had been practicing signing his name. Eventually, he learned to print his name because he wanted to sign his painting.”

For its 100th anniversary, TAG has several events planned for October, including an open house to introduce the public to its gallery. The Kansas Artists Show, a juried exhibit, will be open to all Kansas artists. TAG artists will also show their works at Warehouse 414, which is located at 414 SE 2nd Street in Topeka. Finally, the Alice C. Sabatini Gallery at the Topeka & Shawnee County Public Library plans to feature art created by TAG’s founders. Sherry Best, the gallery’s curator of collections, will be compiling a history of TAG’s early years for the

exhibit. According to Best, the exhibit will include the works of George Stone, Frances Whittemore, Frank Peers, Carl P. Bolmar, Clarisse Laurent, David Overmyer, Fern Coppedge, Helen Iserman Frances Hodge (known as Helen Hodge), Hampton and Pauline Shirer, Lester Gillette, and Robert Merrell Gage.

Both Roscoe and Mary Ann are artists, although they work in different media. Roscoe enjoys photography, while Mary Ann is a painter.

In addition to their work with TAG, the Earps have volunteered with the Helping Hands Humane Society for many decades. In fact, Mary Ann will celebrate her 50th year as a Helping Hands board member in June 2017. In 2013, the couple published “123 Years of Caring for Animals 1890-2013,” which provides the reader with a detailed look at the history of the Helping Hands Humane Society.

The Earps invite the public to visit the Topeka Art Guild & Gallery. The gallery is open from 11 a.m. to 5 p.m., Wednesday through Saturday. The gallery remains open from 5-8 p.m. for the First Friday Art Walk.

For more information about TAG, call 785-273-7646 or visit www.topekaartguild.org. Best also notes that the library has Maybelle Scheetz’s “A Glimpse Into the Past: the history of the Topeka Art Guild,” a reference book that doesn’t check out, in the Topeka Room.



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Bright celebrates his 15th year as Comfort Keepers franchisee

By Billie David

Stephen Bright, who owns Comfort Keepers of Greater Kansas City, along with his mother and co-owner, Linda Ahlhelm, is celebrating his 15th year in the business of providing in-home care to area seniors. He also recently purchased Comfort Keepers of Topeka, which also services Lawrence.

Originally from Iowa, Bright's experience with senior care began when he was about 12 years old, when he helped his mother after school provide respite care for his grandfather, who had Alzheimer's, to give his grandmother a break. Once his grandfather could no longer be cared for at home, Bright became a volunteer activities assistant at the nursing home where his grandfather was placed.

As a teenager, he went on to work as a long-term-care certified nursing assistant, as well as a developmental assistant for the brain-injured and the physically and mentally challenged.

After moving to the Kansas City area in 1996 and working in long-term care for several years, Bright accepted a position with an elder law firm. During this time, while he was taking prerequisites for ministerial school, he was moved to find ways to combine spirituality in the workplace.

"I decided I wanted to wake up every day knowing I was making a living by making a difference in others' lives," Bright said. "I often saw individuals moving into facilities that could easily be cared for at home, and decided I wanted to make a difference in the way caregiving was being provided

in my own community."

He then met the co-founders of Comfort Keepers, Kris and Jerry Clum, and discovered that they shared his belief that if you focused on putting employees first, the rest would take care of itself.

"Kris was a home health nurse and she was often asked to do other things like go to the grocery store, cook, or arrange help getting to the doctor," he said.

But as a nurse, she was only allowed to provide her assigned medical care. She discussed the problem with her entrepreneurial-minded husband and they opened Comfort Keepers in 1998.

Bright opened Comfort Keepers' 70th franchised office in January 2000. Today, there are more than 700 franchised offices around the world.

Comfort Keepers provides care for seniors and disabled individuals so that they can continue to live at home with independence and dignity.

"Today, there's very little we can't do to keep them where they want to be most: home," Bright said. "Our goal is to enrich clients' lives as we enable them to maintain the highest possible level of independent living for as long as possible."



Bright

One way to do this, he said, is to help ease a loved one's transition from the hospital or rehabilitation facility to home, which can lead to a better, more comfortable recovery.

"The time immediately after a hospital stay can be critical to the health and recovery of a client," Bright said. "Studies show that a lack of proper support, care, and nutrition following hospitalization can lead to slower recovery, or even hospital readmission."

Comfort Keepers' employees can go through the fridge and cupboards to make sure there is no expired food, shop for groceries, cook and work with the client's doctor and/or pharmacy to ensure any new prescriptions are filled. "Some cli-

ents only use these services for just a few hours or few days post hospitalization," Bright said. "This reduces stress and allows clients to just focus on getting well." In addition, care plans are customized for each individual client. "We are able to adapt services to accommodate clients with specific medical needs such as congestive heart failure or pneumonia," he said.

Comfort Keepers also offers respite care.

"I'm surprised family caregivers do not use respite care more often," Bright said. "Although I think there is still a lack of knowledge of what it is and that it is available."

Respite care, often referred to as "short break care," gives family caregivers regular breaks by temporarily relieving them so they can take care of other things, or just have some time away to prevent caregiver burnout.

"Serving as the sole caregiver for a loved one can be a rewarding experience," he said. "But it can also be a stressful, demanding responsibility, especially when it is in addition to raising children or working a full-time job. With so many people depending on them, it is crucial that caregivers take the time to care for themselves."

For example, Bright reflects back to when he worked in long-term care and wives would be so worn out from caring for their ailing husbands that they were almost at the point of needing hospitalization. Without help, they were not able to handle the situation and the husband consequently ended up in a nursing home.

With Comfort Keepers respite care services, caregivers can schedule as much or as little time away as they need. Arranging respite care is easy, Bright said, whether they need a few hours a week to run errands or around-the-clock care so they can make it to an event out of town.

■ CONTINUED ON PAGE NINE



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Comfort Keepers

■ CONTINUED FROM PAGE EIGHT

“Caregivers do not need to let non-stop caregiving take a toll on their physical and emotional health,” Bright said. “Accepting help doesn’t mean they are giving up the caregiver role they often have such pride in. Letting the caregiver do something for herself for four hours, one to three times a week, can be incredibly helpful.”

Comfort Keepers also provides end-of-life care. When a family member is diagnosed with limited life expectancy, he or she often has a strong desire to spend the final days in the comfort of home. However, caring for a loved one at the end of life can be emotionally challenging and physically exhausting.

“Comfort Keepers can support you and your loved one by working with a hospice agency to fully meet the family’s care needs,” Bright said. “We will help care for your loved one and help around the house as well as provide the family with emotional and moral support.”

Comfort Keepers also offers in-home care technology products. Safety Choice by Comfort Keepers, includes medical alert systems, medication management products and home-monitoring devices, which offer security and safety for seniors—and reassurance for those who care for them.

Seniors living at home face many risks. A fall could happen at any time, and medication could be missed. For those with dementia, simply wandering off could put them in harm’s way. It is a dilemma many families face: balancing a loved one’s independence,

but fear in between visits.

Another aspect Bright is passionate about is the concept of Interactive Caregiving, which involves a more interactive approach to care designed to raise seniors’ quality of life and independence to a level higher than typical home care.

“Our caregivers, which we call Comfort Keepers, fully engage and interact with seniors in their care,” he said. “This allows seniors to take an active role in their own care. Our Comfort Keepers interact with seniors in physical, mental, and social activities, resulting in healthier, more fulfilling lives in the comfort of home. People can learn more at InteractiveCaregiving.com.”

In honor of their 15th anniversary, Bright is working on restructuring operations to support the addition of the Topeka office, as well as looking at how to further incorporate new technology to support the needs of busy children of aging parents.

He is also working on increasing the frequency of their employee background checks from once a year to once a month. “It’s another layer of security and peace of mind,” he explained.

Another feature being rolled out soon is an *Online Family Room* where a loved one, physician, social worker, or any other member of a client’s care plan team can have the option to check in on a client’s daily activities from any computer or mobile device.

“The goal,” Bright said, “is to relieve stress by giving real-time information related to the services being provided and allow clients and family members to track care, access invoices and coordinate care whenever and where ever it is convenient for them.”

Since 2011, Bright has overseen Com-

fort Keepers’ *Nourish Senior Life/Feed Seniors Now* campaign locally, helping to raise almost 40,000 meals to feed hungry senior citizens (benefitting Harvesters Community Food Network). “No matter how busy I get,” he said, “I believe I’m out of balance if I’m not giving back in some way at any given moment.”

Bright, a Certified Senior Advisor, has also served as the Event Planning Committee Chair for over 40 continuing education events for social workers, nurses, and other healthcare professionals.

Among his numerous awards, Bright has been the recipient of the Society for Social Work Leadership in Healthcare MO-KAN Chapter’s *Chapter Appreciation Award*, Kansas City Regional Home Care Association’s *Barbara Johnson Education Award* and Northland Professionals in Aging’s *Claude Pepper Award*. Nationally, he

received Comfort Keepers’ *President’s Club, Quest for Excellence*, and *It Pays to Care* awards. Two of his employees have been selected as *National Comfort Keeper of the Year*.

For more information, contact Comfort Keepers at (785) 267-8200 or visit ComfortKeepers.com/Topeka-KS. Services are provided within Shawnee, Douglas, Johnson, Wyandotte, and Leavenworth counties in Kansas, and Jackson, Clay, Platte and Cass counties in Missouri. Additional counties in Kansas may be added soon.

“We offer free in-home consultations,” Bright said. “In addition, we have care coordinators available 24 hours a day, including weekends, evenings and holidays to set up new services. This has always been something that is important to me, as often a client or family’s sudden needs don’t happen during normal business hours.”



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By Ann Woodbury

Social Security Management Support Specialist in Lawrence KS

National Trivia Day (January 4) reminds us that knowledge about Social Security empowers you and prepares you for retirement. Remember, the more you know about Social Security, the more control you have over your bright future.

1. What is the average number of years someone has paid into Social Security once they start collecting disability benefits?

- A) 2
- B) 7
- C) 13
- D) 22

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the Social Security trust fund before becoming disabled. The average disability beneficiary today paid into the disability trust fund for 22 years before they began receiving Social Security disability benefits.

2. At what age can I begin receiving Social Security retirement benefits?

- A) 62
- B) 65
- C) 67
- D) 70

The answer to this question is not the same for everyone. Depending on when you were born, your full retirement age will be between 65 and 67. You can draw benefits as early as 62, but you will receive a lesser benefit. For more details and a handy chart, visit www.socialsecurity.gov/planners/retire/retirechart.html.

The best time for you to retire will depend on several factors, including when you were born, how long you contributed to Social Security,

and how long you expect to live. The longer you work, and the more money you earn at Social Security-qualifying jobs, the more Social Security retirement benefits you stand to receive. The longer you wait to draw Social Security benefits, the larger your monthly payout will be. Past age 70, there is no longer any advantage to waiting.

3. How much money can I earn and still receive Social Security disability benefits?

- A) \$500 per month
- B) \$750 per month
- C) \$1,090 per month
- D) None

A worker who is disabled can earn up to \$1,090 per month and still receive benefits. If the worker is blind or has work expenses, this amount is higher. More information about working while disabled is available at www.ssocialsecurity.gov/pubs/EN-05-10095.pdf.

4. Who receives the largest annual

share of Social Security benefits?

- A) Survivors of deceased workers
- B) Disabled workers and their families
- C) Retired workers and their families

The answer is C. Of the nearly 60 million people who receive retirement, dependent, disability, and survivors benefits in 2015, the largest share went to retirees and their families, totaling \$53 billion each month. We also paid \$6.7 billion dollars in survivors benefits each month, and \$10.5 billion dollars in disability benefits each month in 2015.



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ESTATE PLANNING

Estate planning seminars

Death is a certainty. Incapacity is a possibility. You need a plan for both.

The start of a new year is a good time to review your estate planning. This encompasses not just what you want to occur after your death, but—more importantly—who will have authority to manage your finan-



Bob
Ramsdell

cial affairs and make healthcare decisions in the event of your incapacity. I plan to devote the next few columns to overviews of Wills, Living Trusts, General Powers of Attorney, Healthcare Powers of Attorney, and Living Wills / Living Wills & Healthcare Directives.

If you want to get all this informa-

tion in a 1½-2 hour block (and go home with a free book), then attend one of my Fundamentals of Estate Planning seminars. I'm afraid I don't give you a "free" dinner, but I also don't collect your name / address and try to sell you anything. As an educational seminar offered through Lawrence Parks & Recreation / Douglas County Senior Center, those attending are not asked to register with any personal or contact information. You are free to attend and learn, then make whatever use you want of the information and materials.

Fundamentals of Estate Planning is a bit like taking a sip from a fire hose, providing a broad overview of options in arranging your affairs:

- What happens under intestate succession if you die without a plan,
- Wills and Living Trusts, including the use of trusts for beneficiaries,
- Non-testamentary transfer options, such as joint tenancy and POD / TOD beneficiary designations,

- Probate administration,
- Estate and gift taxes,
- Durable General Powers of Attorney,
- Durable Healthcare Powers of Attorney, and
- Living Wills & Healthcare Directives.

I do quarterly seminars for Lawrence Parks & Recreation / Douglas County Senior Center (listed at page 58 of the Winter / Spring 2016 Activities Guide), plus those scheduled by other venues. Currently scheduled during the first half of 2016 are the following:

- February 3, 3:00-4:30 p.m., at Meadowlark Estates, 4430 Bauer Farm Drive, Lawrence.
- March 10, 2:00-3:30 p.m., at the Carnegie Building, 200 West 9th Street, Lawrence.
- May 31, 6:00-7:30 p.m., at the Douglas County Senior Center, 745

Vermont Street, Lawrence.

Fundamentals of Estate Planning is relevant to adults of all ages. It is free and open to the public, and lasts about 1½ hours with time for questions. Those attending also receive a free copy of the book Estate Planning Overview.

I hope you can make it to a seminar. If you have a group that would like to schedule a seminar, please give me a call. But whatever you do, make a plan that reflects your priorities and choices.

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

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JILL ON MONEY

Recognizing those who have improved our financial lives

This is a time of year when we count our blessings. I'd like to thank a variety of organizations, agencies and companies that have improved our financial lives.

The Financial Planning Coalition, a collaboration of the Certified Financial Planner Board of Standards, the



Jill
Schlesinger

Financial Planning Association, and the National Association of Personal Financial Advisors, has provided a strong and unified voice promoting the recognition and regulation of financial planners and increased investor protection. The big task that the coalition has been trying to tackle is educating policymakers and consumers about the importance of advice that is in the best interest of the client—the so-called fiduciary standard.

The coalition's tireless efforts may soon pay off.

Next on my list is the United States Department of Labor, which is expected to finalize rules that would require advisers of all retirement accounts to put customers' interests first. Although the financial industry has fought hard to thwart the initiative, most believe that it will survive. Its enactment would amount to the big-

gest changes to the Employee Retirement Income Security Act (ERISA) since that law was drafted more than 40 years ago.

Thanks, too, must go to developers of financial technology, which has greatly enhanced the ability to better manage personal finances. Mint and You Need A Budget (YNAB) are among the many free apps that help you keep track of your money, while Acorns and Level Money help you budget and then find even the smallest dollars that you can save or invest.

And a tip of the hat goes to Betterment, Wealthfront, Motif Investing and MarketRiders, who have introduced a cost efficient way for investors to better allocate and manage their investments and retirement accounts.

There are also plenty of terrific tools available to help people with their financial lives. The EBRI Choose to

Save Ballpark Estimate is an easy to use calculator to help quantify retirement savings needs. FinAid is the go-to site for students and their families to help understand the various ways to pay for college. And LifeHappens helps families understand their life and disability insurance needs.

I am often asked about which financial blogs that I use to augment the multitude of publications that I need to do my job. I am thankful for the terrific work of Bill McBride of the Calculated Risk blog. In addition to his wise insights about the housing market, Bill has a wonderful way of providing much need context to a world of economic numbers. I am also grateful for Barry Ritholtz' blog The Big Picture, with its great mix of information, humor and a healthy dose of skepticism. Although a bit wonkier, I always learn from economics professors James D. Hamilton and Menzie Chinn, who are the brains behind Econbrowser and Mark Thoma of Economist's View.

Other great resources of useful economic enlightenment are the Federal

Reserve Bank of St. Louis's FRED blog, with its nifty charting features; the Federal Reserve Bank of New York's research on household credit; the Bureau of Labor Statistics' historic databases; the Bureau of Economic Analysis' interactive data; and the IRS' rich website?

On the research front, the folks at Pew Research Center, the Center for Retirement Research at Boston College and the Georgetown Center on Education and the Workforce are producing some of the most interesting and useful publications, which help me in my job every day.

And finally, the greatest thanks goes to you—the readers, listeners and viewers, who take time out of your days to absorb my content and who generously provide commentary, both and good and bad. To quote Alice Walker, the words thank you “expresses extreme gratitude, humility, understanding.”

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

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This project was supported, in part by grant number 90SM0087, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.

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MAYO CLINIC

Rotator cuff injury that involves torn tendon may require surgery

DEAR MAYO CLINIC: I have a rotator cuff tear that isn't getting better despite physical therapy. My shoulder is painful and weak, and I have trouble raising my arm. At what point should I consider surgery? How likely is the surgery to completely relieve the pain and fix the problem?

ANSWER: For some mild to moderate rotator cuff injuries, treatment with physical therapy and medication usually relieves pain and restores shoulder function. But if the injury is more serious and you have a complete tear of one of your rotator cuff tendons, then surgery may be necessary to repair the damage and relieve the pain.

Your rotator cuff is a group of muscles and tendons that surround your shoulder joint. They hold the joint in place, provide stability and strength to your shoulder, and help you raise your arm.

Injuries to the rotator cuff are common, especially as people get older. These injuries may be the result of one incident, such as a fall on your shoulder or an attempt to lift or pull an object that's too heavy. Or the rotator cuff may become damaged over time due to stress caused by repetitive movements or as a result of aging.

If a tendon in the rotator cuff becomes inflamed or is partially torn, then the first line of treatment usually involves conservative measures, such as rest, ice and physical therapy. Physical therapy exercises often can help restore flexibility and strengthen the shoulder.

If symptoms persist, then anti-inflammatory medications or an injection of a corticosteroid medication into the shoulder joint may be recommended to reduce inflammation and pain. For minor rotator cuff injuries or partial tears, these therapies typically are all it takes to relieve the symptoms.

However more severe injuries, especially complete tears that involve a rotator cuff tendon becoming detached

from the bone, will not heal without surgery. Surgery for a complete tear usually involves repairing the injured tendon.

The surgery tends to be more successful when it's done soon after the rotator cuff injury happens. Complete tendon tears that occur gradually and are present for a long time before surgery takes place may be more challenging to successfully repair. That's because when the tendon is no longer attached to bone, the muscle begins to weaken and eventually turns to fat. Once that happens, restoring strength and stability to the area is very difficult.

When the surgery is done promptly, it often can significantly reduce or eliminate the pain of a rotator cuff tear. Surgery alone may not be able to make your shoulder stronger, though, or increase its range of motion. But additional physical therapy after surgery may help strengthen the muscles around the shoulder, improving your shoulder function.

To find out if you may benefit from surgery, talk to your doctor about having an MRI or ultrasound image taken of your shoulder, if you have not done so already. These advanced imaging studies can reveal the extent of the rotator cuff tear.

If you have a partial tear, then corticosteroids or other medications to help reduce inflammation may be useful in addition to your physical therapy. If you have a complete tendon tear, then it's quite likely that surgery will be your best choice. - John W. Sperling, M.D., Orthopedics, Mayo Clinic, Rochester, Minn.

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

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HEALTH & WELLNESS

Health tips from ancient Greece

It is not surprising to find that our ancient ancestors tried to tackle many of the same health issues we live with today. What is surprising is that, despite the very great difference between their ways of thinking and ours, the advice bequeathed to us by past generations is often remarkably fresh and sound. Much of this takes the form of popular sayings: An apple



Laura
Bennetts

a day keeps the doctor away. Similar sayings are common in every culture, from Afghanistan to Zimbabwe.

What advice has been passed down from your ancestors? (Feel free to send me your own nuggets of ancestral wisdom. I may use them in a future column!) My mother liked to say "Sleep makes sleep." Until I became a parent myself, I thought that was puzzling—just true by definition. Ultimately, I realized that, the more and better we all slept, the easier it was to fall asleep and stay asleep the next time. Sleep makes sleep, and a well rested family is a happy family, all else being equal.

Some of the simplest advice in the annals of health tips come from the famous healer Hippocrates, who led a kind of medical school in classical

Greece around 400 BC. On the subject of healthy, sustainable living, Hippocrates is credited with many small gems, each of which is well worth revisiting even now.

Consider the following:

1. **The natural healing force within each of us is the greatest force in getting well.** This is what we now think of as the power of our immune system. Given just a little help—fueled by a good diet, regular sleep, friendly social connections, and fun—your immune system will do the rest. Your body is your friend—treat it well!

2. **Healing is a matter of time, but also, at times, a matter of opportunity.** These days, this tip means to get healthcare when you need it. Get your annual wellness exam, get all your needed tests, and don't hesitate to visit your doctor when you feel under the weather. Many people are reluctant to "bother" their doctors with what they feel are small complaints. But your health matters and your doctors want to help. Let them!

3. **If you're in a bad mood, go for a walk.** If you're still in a bad mood, go for another walk. This may sound like advice from your grandmother—and she was right. Walking can make you feel better, and being outside, especially, is good for the soul. Hippocrates is also telling us to keep trying—if at first you don't succeed, try, try again. It's worth the effort to take care of yourself. So, if at first a stroll doesn't work, stroll, stroll again.

4. **Let food be thy medicine and let**

medicine be thy food. Fresh unprocessed foods help our digestion; they offer rich nutrients; and they make us feel better. And medicines are food of another kind, available when illness strikes.

5. **That which is used—develops.**

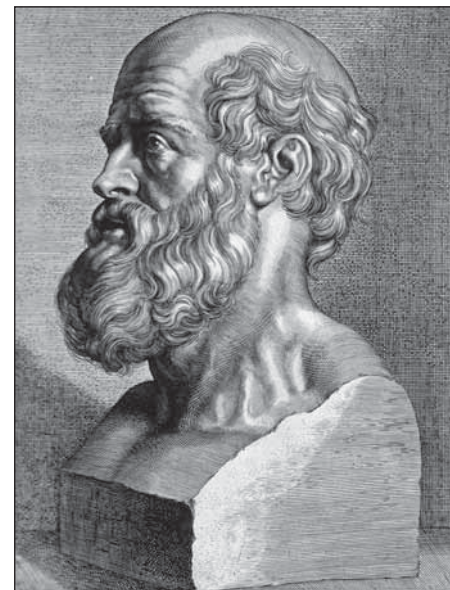
That which is not used wastes away. Everyone has heard today's version of this saying: Use it or lose it. That was true in classical Greece and it's just as true now. When you're active, you're using your muscles and exercising your mind. The best idea is to do more than the minimum. That develops new

muscle fibers and keeps your thinking fresh. It's also good to acquaint yourself with new experiences, new music, and new people to develop your mind further.

Of course, Hippocrates and his disciples had more to say, and much of that is still relevant: www.goodreads.com/author/quotes/248774.Hippocrates. But this is a good start.

May the New Year be yet another opportunity to put ancient wisdom to good use!

- Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and



Hippocrates

Baldwin Therapy Services (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see www.LawrenceTherapyServices.com.



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Dr.
Farhang
Khosh

use of medicinal plants is an important part of our history. Modern science continues to show us that medicinal plants have remarkable health benefits. Below is a list of some of the world's healthiest culinary medicinal plants.

Cinnamon is a popular spice found in many recipes, including desserts, baked items, and drinks. Research indicates

that cinnamon has compounds in it that can lower blood sugar levels, making it very effective for those with diabetes or related blood sugar problems. Cinnamon also fights inflammation and has been shown to lower cholesterol, especially the triglycerides in the blood.

Thymus is a revered medicinal plant that has been around for centuries. It can be noted as one of the great medicinal plants due to it being used throughout history for numerous purposes. Thyme is very effective against infections, especially the respiratory and digestive tract. It can be taken for diarrhea, stomach pain, colic, gastritis, flatulence, appetite stimulant, bad breathe, intestinal parasites, and bed-wetting. Thyme is one of the well-known herbs for cough, congestion, and as a cold remedy. Thyme acts as an expectorant to clear the lungs of mucous, as well as an antitussive that calms coughing

spasms, making it beneficial in whooping cough and bronchitis. It helps to relieve a sore throat and relieve aches and pains associated with the flu.

Sage is a wonderful smelling and easily grown medicinal plant. Sage is not only a common item in the culinary world, it is an incredibly valuable plant. Sage reduces inflammation and swelling. It has been used as an antifungal and to aid in digestion. It also provides relief for stomach cramps and clears up diarrhea. Sage can dry up phlegm, fights colds, reduces inflammation, and kills bacteria, an especially important thing to remember this time of the year.

Peppermint has a long history of medicinal use, culinary use, and being used as aromatherapy. Peppermint is extremely useful in gastrointestinal complaints. Many studies have shown that peppermint oil is useful in relieving stomach cramps, diarrhea, gas, and bloating. Peppermint has been used to fight nausea and vomiting in pregnancy or other conditions. Culinary uses of peppermint include stimulating digestion and improving taste.

Turmeric is a powerful medicinal

plant. Countless studies have shown the effectiveness of turmeric in the treatment of many different conditions. Turmeric is a yellow spice that can be seen in many curries. It contains several compounds with medicinal properties. The most important is called curcumin. Curcumin is a remarkably powerful antioxidant, anti-inflammatory, antibacterial, antifungal, antiviral, and fights cancer. Studies also shown that it can improve brain function, arthritis, and reduce heart disease. Since inflammation plays a major role in many Western diseases, it is not surprising to see that turmeric is linked to a variety of health benefits.

Other medicinal plants that deserve to be mentioned include ginger, garlic, holy basil, rosemary, cloves, cayenne pepper, pumpkin, onions, cardamom, dill, fennel, lemon, mustard, nutmeg, and saffron. So when you are cooking, don't forget to check out those great tasting and effective medicinal plants in the pantry.

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

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SENIOR CALENDAR

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

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

ARTS/CRAFTS

SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

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

LAST FRIDAY OF THE MONTH FINAL FRIDAYS

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

BINGO

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

**SUNDAYS, WEDNESDAYS & FRIDAYS
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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.
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**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

**JAN 6-FEB 10
BRIDGE 1**
This course is designed for the first time player. Classes follow Audrey Grant's "Club Series" which lays the groundwork of Standard

American bidding and introduces the basics of Play of the Hand and Scoring. Lessons focus on discussion of pre-dealt hands which follow a step-by-step progression to facilitate learning the language of bidding. Lessons are fun, friendly and interactive. Bring a friend and join the fun! Instructor: Don Brennaman. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 9 11 a.m. Fee. Location: Indoor Aquatics Center.
LAWRENCE, 785-832-7920

**JAN 11-FEB 29
LIFELONG MEDITATE AND BREATHE**
Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. Instructor: Kristen Spencer. Register at www.lprd.org or any Lawrence Recreation Center. Mondays, 9:30-10:45 a.m. Fee. Location: Carnegie Building.
LAWRENCE, 785-832-7920

**JAN 19
SENIOR SUPPER AND SEMINAR**
This month's topic: "Nutrition Concerns of the Older Adult." Presented by Barb Hermreck, RD, LD, of LMH Nutrition Services. 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. Seating is limited so enroll early.
LAWRENCE

**JAN 20
PRE-DIABETES CLASS**
A free class for those at risk for developing diabetes or have already been told that they have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and avoiding potential complications. Taught by LMH Diabetes Education Center Staff. LMH Conference Room A, 12-1:30 p.m. Fee.
LAWRENCE, 785-505-5800

**JAN 20-FEB 10
WRITING OUR FAMILY STORIES**
This course will provide guidance in collecting and writing your family stories. These stories help us stay in touch with who we are. Preserving these stories will help future generations know themselves better. We will use journaling methods and prompts to inspire your words. Everyone can do this! Previous students are welcome to return—there are always more stories to tell. Instructor: Iris Wilkinson. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 6-8 p.m. Fee. Location: Carnegie Building.
LAWRENCE, 785-832-7920

**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 or any Lawrence Recreation Center. Mondays, 7-8:30 p.m. Fee. Location: Community Building, Lawrence Parks and Recreation.
LAWRENCE, 785-832-7920

**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 or any Lawrence Recreation Center. Tuesdays, 10-11:30 a.m. Fee. Location: Community Building, Lawrence Parks and Recreation.
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.lawrenceession.com

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

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

**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

■ CONTINUED FROM PAGE 16

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

JAN 1 & 2

LAUGH LINES

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

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

JAN 9

LINCOLN TRIO

Praised for their "joy of sheer technical ability, unanimity of phrasing and beautiful balanced tone" (Classical Voice of New England), the trio takes their name from their home in the heartland of the United States, the land of Lincoln. The Trio's polished presentations include well-known chamber works and accessible contemporary repertoire. This has led to their reputation as a first rate ensemble, and gained them many admirers, from sophisticated music lovers to audiences of all ages discovering chamber music for the first time. Washburn University – White Concert Hall, 1700 SW Jewell. Fee.

TOPEKA, 785-273-2767
www.topekacca.org

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

JAN 17

THE SPINNERS

Most often thought of as a Motown recording act, The Spinners have never lost their universal appeal. They have sold millions of records and topped both the Pop and R&B chart. Prairie Band Casino, 12305 150th Rd., 7 p.m. Fee.

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

JAN 22

HARLEM GLOBETROTTERS

Celebrating 90 years of providing smiles, sportsmanship and service to millions of people worldwide, the world famous Harlem Globetrotters will bring their unrivaled family show to Kansas Expocentre at 7 p.m. during their 90th Anniversary World Tour. 1 Expocentre Dr. Fee. TOPEKA, 785-235-EXPO
kseppo.com

JAN 23

WORLDS AWAY

Terrie Baune, Violin. THE FAR EAST Borodin, Polovtsian Dances from Prince Igor. Chen Yi, Chinese Folk Song Suite. Rimsky-Korsakov, Scheherazade. The Topeka Symphony Society, Washburn University, 7:30 p.m. Fee.
TOPEKA, 785-232-2032
www.topekasympphony.org

JAN 24

MOSCOW FESTIVAL BALLET: THE SLEEPING BEAUTY

The world-famous Moscow Festival Ballet will present The Sleeping Beauty. Often considered the finest achievement of the classical ballet, this piece offers a grandiose and refined blending of the traditional mime, expressive pas d'action and spectacular divertissements in a lavish theatrical setting. Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

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

JAN 29

SHEMOKIA COPELAND WITH SPECIAL GUEST BLIND BOY PAXTON

Copeland's passion for the blues gives her music power and a heart-pounding urgency. This young singer, dubbed as the new "Queen of the Blues," has opened for the Rolling Stones, headlined at the Chicago Blues Festival, scored critics choice awards, shared the stage with Buddy Guy, B.B. King, Mick Jagger and Eric Clapton, and has performed at the White House for President Barack Obama and First Lady Michelle Obama. Joining her is Blind Boy Paxton, who was named the Village Voice's 2014 Blues Artist of the Year. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

JAN 31

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

NOV 3-JAN 2

THE GREAT SOLDIER STATE: KANSAS AND THE CIVIL WAR

Frontier Kansas was pivotal in the Union victory. As Kansas impacted the war effort, the war also impacted Kansans. After the war, settlement by hundreds of thousands of veterans who created new towns, businesses, and railroads led Kansas to become known as the Great Soldier State. This special exhibit tells the Kansas story of the Civil War and features related objects from the collections of the Kansas Historical Society. Kansas Museum of History, 6425 SW 6th Ave. Fee.
TOPEKA, 785-272-8681
www.kshs.org/museum

DEC 4-JAN 23

GARDEN PLOTS EXHIBITION

Need a cure for the Winter Blues? Visit Garden Plots: Thomas Fox Averill and Clinton Ricketts, an exhibition at the Mulvane Art Museum. This installation includes short texts by Averill, Professor of English and Writer-in-Residence at Washburn University, and illustrations by Clinton Ricketts, Adjunct Professor of Design, Drawing and Printmaking at Washburn. 1700 SW Jewell Ave. Free.
TOPEKA, 785-670-1124
www.washburn.edu/mulvane

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

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

ONGOING

FIT FOR LIFE

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

ONGOING

ZUMBA GOLD

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

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE. Lawrence Parks and Recreation. For more information, contact Stephen Mason.
LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

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 HealthCare's HealthWise Clinic, 2522 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

■ CONTINUED FROM PAGE 17

to stay fit. 9:30 to 10:45 a.m. Tuesdays and Thursdays at Stormont-Vail HealthCare, 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 HealthCare 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 HealthCare'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

JAN 5-MAR 3

ARTHRITIS FOUNDATION EXERCISE PROGRAM

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

JAN 5-MAR 3

SENIOR STRENGTH TRAINING

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

JAN 6-MAR 2

SILVER STEPPERS

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

JAN 7-MAR 3

SILVER N' FIT

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

JAN 8-MAR 4

PEDAL PUSHERS - CYCLING CLASS

Indoor cycling increases endurance and strength in your lower body, core and upper body. This is a beginning class for older adults. Bikers can modify their cycling resistance and pace according to their own fitness level. Instructor: Melanie Johnson. Register at www.lprd.org or any Lawrence Recreation Center. Fridays, 11:15 a.m.-12:00 p.m. Fee. Location: Community Building LAWRENCE, 785-832-7920

JAN 16

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 appointment needed. 8-9:30 a.m. LAWRENCE, 785-749-5800

JAN 18-MAR 9

BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI - LEVEL 2

Builds on Level 1 movements with a continued focus on building core strength and coordinating multiple movements of the hands and feet with slow, relaxed breathing. There is continued weight-bearing and non-weight-bearing stances, posturally correct body alignment, and multiple, coordinated movements executed in a continuous, circular, and flowing manner. LMH Therapy Services, Mondays and Wednesdays. 9-9:55 a.m. Fee. LAWRENCE, 785-505-2712

JAN 18-MAR 9

BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI - LEVEL 3

Builds on Level 2 movements with a continued focus on building core strength and coordinating multiple movements of the hands and feet with slow, relaxed breathing. There is continued weight-bearing and non-weight-bearing stances, posturally correct body alignment, and multiple, coordinated movements executed in a continuous, circular, and flowing manner. LMH Therapy Services, Mondays and Wednesdays. 10:05-11 a.m. Fee. LAWRENCE, 785-505-2712

JAN 19-MAR 10

BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI - LEVEL 4

Builds on Level 3 movements with a continued focus on building core strength and coordinating multiple movements of the hands and feet with slow, relaxed breathing. There is continued weight-bearing and non-weight-bearing stances, posturally correct body alignment, and multiple, coordinated movements executed in a continuous, circular, and flowing manner. LMH

Therapy Services, Tuesdays and Thursdays, 9-9:55 a.m. Fee.

LAWRENCE, 785-505-2712

JAN 19-MAR 10

BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI - LEVEL 1

Arthritis Foundation certified multi-week balance exercise class with Tai Chi movements incorporated. Balance for Life is designed to be fun as well as improve functional strength and balance. Certified instructors are Registered Physical Therapists who will assist with progression through the appropriate level of exercises for each individual. Advance enrollment required as class size is limited. Focus is on building core strength and coordinating multiple movements of the hands and feet with slow, relaxed breathing. Those with low or no mobility can start by participating from a seated position. LMH Therapy Services, Tuesdays and Thursdays, 10:05-11 a.m. Fee. LAWRENCE, 785-505-2712

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.

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Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH THURSDAY OF THE MONTH
Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

FOURTH FRIDAY OF THE MONTH
Brandon Woods, 1501 Inverness Dr., 10 a.m.

MEETINGS

SUNDAYS

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

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

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

MONDAYS

GRIEF SUPPORT GROUP

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

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

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

FIRST & THIRD MONDAY OF THE MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

GRIEF SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the

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

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

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

FIRST TUESDAY OF THE MONTH

BLOOD PRESSURE CLINIC

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

FIRST TUESDAY OF THE MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - LAWRENCE

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

FIRST TUESDAY OF THE MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

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

FIRST & THIRD TUESDAY OF THE MONTH

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 information, call Grace Hospice at 785-228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 1 p.m. TOPEKA

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF THE MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve 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 PROSTRATE CANCER SUPPORT GROUP - TOPEKA

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

FIRST THURSDAY OF THE MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST THURSDAY OF THE MONTH

PARKINSON MEETING

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

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

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

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

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

FIRST FRIDAY OF THE MONTH

STROKE SUPPORT GROUP

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

SATURDAYS

LAWRENCE BRIDGE CLUB

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

ONE SATURDAY EACH MONTH

LAWRENCE DEATH CAFE

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

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club. LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup. LAWRENCE

SECOND WEDNESDAY OF THE MONTH

MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF THE MONTH

DIABETES EDUCATION GROUP

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

■ CONTINUED ON PAGE 20

■ CONTINUED FROM PAGE 19

**SECOND WEDNESDAY OF THE MONTH
SOROPTIMIST INTERNATIONAL OF
TOPEKA**

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

TOPEKA, 785-221-0501
www.soroptimisttopeka.org

**SECOND THURSDAY OF THE MONTH
NAACP MEETING-LAWRENCE CHAPTER**

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.

LAWRENCE, 785-841-0030, 785-979-4692

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

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.

LAWRENCE, 913-831-3888

**SECOND SATURDAY OF THE MONTH
HAPPY TIME SQUARES SQUARE DANCE
CLUB**

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

LAWRENCE, 785-843-2584
www.happytimesquares.com

**THIRD TUESDAY OF THE MONTH
LAWRENCE PARKINSON'S SUPPORT
GROUP**

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

**THIRD TUESDAY OF THE MONTH
GRANDPARENT AND CAREGIVER
SUPPORT GROUP**

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

TOPEKA, 785-286-2329 or 785-231-0763

**THIRD TUESDAY OF THE MONTH
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.tgstopeka.org

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

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

TOPEKA

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

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

TOPEKA, 785-478-0651

MISCELLANEOUS

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

**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 Alvarar, 1510 Saint Andrews Dr., 3 p.m. Open to the public.

LAWRENCE, 785-841-6847

JAN 23

ANNUAL KAW VALLEY EAGLES DAY

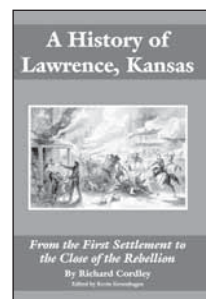
Come celebrate the return of bald eagles to area lakes and rivers. There will be live bald and golden eagles and other wild critters to help us appreciate the return of these glorious animals. It's an event for the whole family, featuring lots of hands-on educational and fun activities for kids. A look at last years' presentations by renowned experts will give you a taste of what you missed, so mark your calendars now and watch for more updates as the event nears. Free State High School, 4700 Overland Dr., 9 a.m. Free.

JAN 23

TOPEKA CORKS AND FORKS

Put on your feathers, fedoras, sequins and suspenders for the American Cancer Society's Corks and Forks. Revive The Roaring Twenties and raise funds to help save lives from cancer. The evening will include a five course dinner paired with wines, wine and bourbon tastings, live and silent auctions, live music by Atomic Suede and dancing. Top of the Tower, 534 S. Kansas Ave. #1430.

TOPEKA, 785-354-7746
www.topoftopeka.com



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Social Security evolves to serve customers

By Norm Franker

Social Security District Manager in Lawrence KS

Social Security is at the forefront of adapting and meeting the ever-changing needs of our customers. Technology plays an important role in helping us provide the world-class customer service America expects and deserves. And we're changing to keep current with new laws and judicial rulings as well.

One way we've evolved is by developing the *my Social Security* account. Once you enroll for a free account at www.socialsecurity.gov/myaccount, Social Security can help you estimate your future retirement or disability benefits, or manage them if you are already receiving benefits. You can do all of this easily and securely from the comfort of your home or office.

Social Security listens to your needs as we improve the technologies that enhance the customer experience. We continue to look for new services to add to my Social Security to make it an even more powerful resource for you and your family.

Another way we're evolving is by adapting to legal and social changes. In 1935, when Social Security was created, the definition of "family" was different than it is today. On June 26, 2015, the Supreme Court issued a decision in *Obergefell v. Hodges*, holding that same-sex couples have a constitutional right to marry in all states. As a result, more same-sex couples will be recognized as married for purposes of determining entitlement to Social Security benefits or eligibility for Supplemental Security Income (SSI) payments.

Not only have we adapted to pro-

vide benefits for same-sex spouses, but transgender people can now change the gender marker on their Social Security records based on identity, with no requirement for reassignment surgery.

Our mission at Social Security is to deliver services that meet the changing needs of the public. By keeping

the public informed of their benefit estimates with *my Social Security* and adapting to our changing society, we will continue to achieve our goals and help you achieve yours. No matter who you are, you deserve the benefits of Social Security. Find out more at www.socialsecurity.gov.



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RICK STEVES' EUROPE

Wandering Dubrovnik's city walls

By Rick Steves

Tribune Content Agency

Croatia, with thousands of miles of coastline on the Adriatic Sea, is Eastern Europe's Riviera. Holiday-makers love its pebbly beaches, predictably balmy summer weather and dramatic mountains. Croatia's top tourist town, Dubrovnik, is deservedly known as the "Pearl of the Adriatic," jutting confidently into the sea on the southern tip.

While Dubrovnik's museums are nothing special, this town is one of those places that you never want to leave. The real attraction here is the Old Town and its relaxing, breezy setting. It's a multigenerational celebration of life, where everybody's out enjoying an easygoing stroll or taking a dip in the sea.

For travelers, Dubrovnik's single best sight is the still-stout medieval wall that surrounds this city of about 40,000, offering an unforgettably scenic mile-long stroll above town. While constructed over many centuries, today's impressive fortifications date from the 1400s, when they were beefed up to defend against the Ottoman Turks.

Jockeying my way between cruise-excursion groups that have descended upon the town (800,000 cruisers stopped here in 2014), I climb the steep steps to the top of the mighty wall. As I begin a slow, circular, hour-and-a-half walk around the fortified perimeter of one of Europe's best-preserved medieval towns, I'm bombarded with ever-changing views. On one side is a sea of red rooftops; on the other side, the actual sea.

As I approach the Pile Gate wall entrance, I pause to enjoy a full frontal view of the Stradun, the 300-yard-long promenade that runs through the heart of Dubrovnik's Old Town. In the Middle Ages, merchants lined this drag; before that, it was a canal. Today

this is the main artery of the city: an Old World shopping mall by day and sprawling cocktail party after dark.

Farther along, I look down and see a peaceful stone terrace perched above the sea, clinging like a barnacle to the outside of the city walls. Generously shaded by white umbrellas, this is my favorite Dubrovnik escape, a rustic outdoor tavern called Buza. The name means "hole in the wall"—and that's exactly what you'll have to climb through to get there. Filled with mellow tourists and bartenders pouring wine from tiny screw-top bottles into plastic cups, Buza comes with castaway views and Frank Sinatra ambiance.

Looking inland from my ramparts perch, my eyes fall on a random arrangement of bright- and dark-toned red roof tiles. In this complex and once troubled corner of Europe, even a tranquil stroll around the walls comes with a poignant history lesson. After Croatia declared independence from Yugoslavia in 1991, the Yugoslav National Army laid siege to this town and lobbed mortars over the hill. Today, the new, brighter-colored tiles mark houses that were hit and have been rebuilt. At a glance, it's clear that more than two-thirds of the Old Town's buildings suffered bomb damage.

Surveying the rooftops, my thoughts turn to Pero, my B-and-B host, who spent years after the war turning the bombed-out remains of his Old Town home into a fine guesthouse. Upon my arrival last night, Pero uncorked a bottle of "orahovica" (the local grappa-like firewater). Hoping to write that evening with a clear head, I tried to refuse the drink. But this is a Slavic land. Remembering times when I was force-fed vodka in Russia by new friends, I knew it was hopeless. Pero made this hooch himself, with green walnuts. As he slugged down a shot, he handed me a glass, wheezing, "Walnut grappa - it

recovers your energy."

Pero reached under the counter and held up the mangled tail of a mortar shell, describing how the gorgeous stone and knotty-wood building he grew up in suffered a direct hit in the siege. He put the mortar in my hands. Just as I don't enjoy holding a gun, I didn't enjoy touching the twisted remains of that mortar. Pero explained that he gets a monthly retirement check for being wounded in the war, but he got bored and didn't want to live on the tiny government stipend—so he went to work rebuilding his guesthouse.

I took Pero's photograph. He held up the mortar and smiled. I didn't want him to hold up the mortar and smile, but that's what he did. He seemed determined to smile—as if it signified a personal victory over the destruction the mortar had wrought.

It's impressive how people can weather tragedy, rebuild, and move on. In spite of the terrors of war just a couple of decades ago, life here is once again very good, and, from my perch here atop the city walls, filled with promise.

IF YOU VISIT...

SLEEPING: Hotel Stari Grad has eight extremely stylish rooms a half-block off the Old Town's main drag (splurge, www.hotelstarihrad.com). Ivana and Anita Raic rent three apartments with modern flourishes (moderate, www.apartments-raic.com).

EATING: Dalmatino offers some of the best traditional Dalmatian cooking in the city (Miha Pracata 6, tel. 020/323-070). Konoba Kamenice, a no-frills fish restaurant on a market square, is a local institution (Gunduliceva poljana 8, tel. 020/323-682).

GETTING AROUND: Dubrovnik's Old Town is easily walkable, while buses get you farther afield.

TOURIST INFORMATION: www.tzdubrovnik.hr.

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

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Length or Depth

By Connie Michaelis, Marketing Director
pr@mccriteretirement.com

There is so much information coming out these days about the possibility of increasing our life span. I just watched a documentary on National Geographic Channel called "Breakthrough" that suggests that with the research being done today, it is quite possible to double the expected life span in the next generation. Children born today may have the opportunity to have their genetic code modified to eliminate many of the complications of aging. Not too long ago a research scientist named Aubrey DeGrey announced that soon people would live to 1000 years. Other scientists ridiculed him; now his theories are being substantiated. Right

now scientists can triple the life span of laboratory mice!

My question is, "Do we want to live 200, 300, 1,000 years?" Ralph Waldo Emerson said, "It is not length of life, but depth of life." Do we want a life that is a mile wide and an inch deep or a life that is an inch wide and a mile deep? The knowledge of mortality is significant. Whether we like it or not, the big question of life and death drives us towards an inner life; a life of curiosity, questioning and search for meaning. Dr. Bernie Siegel, whose bestselling book, "Love, Medicine and Miracles" says, "An awareness of one's mortality can lead you to wake up and live an authentic, meaningful life." There are so many issues with the projection of a longer life span. What about birth rate and living space? How would that affect finances? It would require a complete reorganization of life as we know it. But from a philosophical point of view, what does a longer life span do to our inner life. Would we take life for granted and delay the deeper search for meaning? The gift of age is the focus on important things. When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.

HUMOR

Door to Door

Seth Willoughby was six years old when he became a door-to-door salesman. Seth's Mom sent him out with his little red wagon to sell her garden vegetables. Seth was shy, and it scared him to go round the neighborhood knocking on doors. But it would have been worse to disappoint his Mom.



Larry
Day

"Hello Mrs. Appleside," he says looking down at his scruffy shoes. "Would you please like to buy some vegetables?"

"Why yes of course, Seth," Mrs. Appleside would say, "I'll take a bunch of those lovely beets."

By the time he was eight, Seth was selling packages of garden seeds in the spring, vegetables and fruits in the summer, potatoes and beets in the fall, and holiday cards in the winter. As he grew, Seth overcame his shyness.

Fast forward 20 years. Seth is the assistant sales manager of a nationally known department store chain in Chicago. Now he's self-assured and outgoing.

"Is there a problem, madam?" he asks approaching a plump well-dressed older woman who is arguing

with a sales clerk.

"This scarf was marked down 30 percent," she says, "and this girl wants to charge me full price for it."

"That scarf wasn't hanging on the 30 percent off rack, sir. It comes from over there," says the sales girl, pointing to a rack where higher priced scarves are hanging.

"I'll handle this, Phyllis," Seth says to the clerk.

Seth smiles.

"What excellent taste Madam has, and what luck finding such a lovely scarf on the 30 percent off rack. It looks dazzling with this brooch, don't you think?" Seth holds up a \$120 enamel brooch. The woman buys the brooch and insists on paying full price for the scarf. At the cash register Seth keys in the clerk's number so that she gets credit for the sale.

Years pass. Seth gets promotions and raises. Then he switches firms and becomes a vice president. Eventually, he becomes a company president, then CEO. He marries but has no children. He collects stamps and his wife chairs boards of directors for charity organizations. They travel the world.

When they are in their mid-60s, both happy, and apparently healthy, Seth's wife passes away in her sleep. Depressed, Seth spends a dark year brooding. A friend who is also a therapist suggests Seth return to his roots.

"I was a poor small-town boy selling stuff door to door. Now I'm a rich old

man. I can't go back to my roots," says Seth.

"Yes you can," says the friend. You'll figure it out."

And he does.

Seth sells everything—all his stocks, his bonds, his mansions, his cars, his boats and all his costly doodads. He gives closets full of tailor-made Zegna, Brioni and Desmond Merrion suits to charity. He donates racks of Busemi, Salvatore, and O'Keeffe Felix shoes to Goodwill.

Then he puts all his assets, except for a few bucks, in a blind trust. He buys a couple of pair of used jeans, some shirts, and other clothing at a thrift store. He throws a dart at a map of the United States to decide where he will start his new door-to-door career. The dart lands in south central Utah.

Seth calls his therapist.

"I'm going to central Utah to be a door-to-door salesman," says Seth. "But it's too early in the year. There aren't any vegetables. What shall I sell?"

"You'll figure it out."

"Don't tell me that."

"You could sell signs."

"What?"

"You could get yourself a supply of house signs like 'for sale,' 'for rent,' 'no trespassing,' 'piano lessons,' 'beware of the dog,' and sell them door to door. That would be neat--and Freudian."

Thus, it is that Seth Willoughby is standing on the porch of a house on Sunnyside Drive in Cedar City, Utah, with a satchel full of house signs.

A man comes to the door.

"Good morning, sir. I'm selling house signs for five dollars apiece."

"Go away. I don't buy anything from door-to-door salesmen."

"Oh, then you'll love this one," said Seth and hands him a sign.

It says "no solicitors."

- 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

It's important to slowly gain a dog's trust

Q: I've never known a dog to act like this one. My boyfriend lives on a ranch with many acres. He found a dog on the property. The dog doesn't want any attention. And after all these years, he doesn't seem to trust us. Every time we go to the door, she runs off the porch

ing, your dog is infected—veterinary intervention will be required.

Honeckman added, "No doubt this dog is living in fear, based on your description. Of course, I can't say why. Genetics may play a role. The dog

might not have been socialized appropriately. Or the poor dog might have been abused. Maybe it's a combination of explanations. Your goal is to make the dog feel safe."

Foote said to cut up little pieces of hot dog, or low salt chicken or turkey meat—and every time you see the dog—from a distance your dog accepts—toss the treats. Over time, don't toss them as far, until eventually you're dropping them in front of the dog. Soon the dog will take them from you. Trust, of course, isn't built overnight. It's possible that in your effort to

be a pal, you've pushed a tad too hard.

There are some great resources to help with fearful dogs. One is the website, www.fearfuldogs.com. Another is a book "A Guide to Living With & Training a Fearful Dog," by Debbie Jacobs (DogWise Publishing, Wenatchee, WA \$16.99; 2011).

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

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Steve Dale

and hides behind the bushes. She has fleas, and she's always scratching. And as a result she has no fur at the top of her tail. Can you help? J.C., Sun City, FL

A: "I have no doubt that this poor dog hurts as a result of the inflammation caused by those flea bites," said Dr. Sally Foote of Tuscola, Ill.

"This dog has got to be miserable; it's only right that you deal with the fleas," added Dr. Lynn Honeckman in Orlando. Just drop a chewable flea preventive in the dog's food, and he'll eat it right up. Products like Bravecto and Nexgard do what they're supposed to do, and will eradicate the fleas. That will make a difference. After all, if you're totally miserable, you don't feel like making new friends.

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WOLFGANG PUCK'S KITCHEN

Easy side comes from the oven

By Wolfgang Puck

Tribune Content Agency

You might think that, working as I do in the food world, the rush of festive meals coming at the end of the year would leave me feeling tired. But the opposite, in fact, is true.

For one thing, some of my restaurants are closed for the big holiday occasions, so I do get to feel like I have a little time off. Even more important is the simple fact that I love the holidays, especially cooking for the people I love. From hors d'oeuvres and appetizers, through main dishes to desserts, I enjoy the process of preparing a special menu in my own kitchen.

It might surprise you, though, that one of my favorite parts of holiday menus each year is the side dishes. Too many people overlook such recipes, or leave planning them to the last minute. Then, they're often content just to steam or boil some broccoli or green beans and maybe toss them with butter and some toasted nuts; or, of course, they'll boil potatoes and quickly mash them with butter, and perhaps some cream and cheese.

You probably noticed two things those examples have in common. For one, they feature everyday vegetables that aren't likely to surprise the people gathered around your table. And they also include lots of dairy fat, which may increase the likelihood a side dish will taste good but does nothing for how good you might feel after the meal is over.

The following recipe for a special-occasion side dish, though surprisingly easy to prepare, is anything but ordinary. It features not one or two but eight different kinds of root vegetables, plus a whole head of garlic. And, despite being absolutely delicious and beautiful to behold, it's a model of healthy eating.

A little more than 1 percent of the dish's approximate 161 calories per serving come from fat - just the traces

of fat that naturally occur in the vegetables themselves and the spritz of nonstick spray that coats them before roasting. Then there's the flavor. It is incredibly rich thanks in good part to the vegetables' natural sugars, which caramelize as they roast in the oven.

I hope you'll add this side dish to your own meals, feeling free to vary the kinds and amounts of roots you include based on your own tastes and on what you find at the farmers' market.

ROASTED ROOT VEGETABLE MEDLEY

Serves 12 to 16

8 slender organic carrots, peeled and trimmed

8 baby turnips, peeled and trimmed

8 organic fingerling potatoes, scrubbed clean under cold running water, peels left on

2 large parsnips, peeled and trimmed

1 medium orange-flesh or ruby sweet potato, scrubbed clean under cold running water, peel left on

1 medium yellow onion, peeled

1 kohlrabi bulb, peeled

1 small celery root (celeriac) bulb, peeled

1 small head garlic, cloves separated, left unpeeled

2 sprigs fresh rosemary, sage, or thyme

Olive oil-flavored nonstick cooking spray

Kosher salt

Freshly ground black pepper

Chopped fresh Italian parsley or chives, for serving

Preheat the oven to 400 F (200 C).

Prepare the vegetables, cutting off and discarding any green tops. Leave the carrots and baby turnips whole. Halve the cleaned potatoes lengthwise. Cut the parsnips diagonally into chunks. Cut the sweet potato into chunks. Halve the onion, then cut each half into quarters. Cut the kohlrabi into thick wedges. Halve the celery root and

cut each half crosswise into thick slices. Separate the garlic head into individual cloves, leaving them unpeeled.

Put all the vegetable pieces, garlic cloves and herb sprigs in a large baking dish. Spray with olive oil-flavored nonstick cooking spray and toss until lightly and evenly coated. Season well with salt and black pepper, and toss again to coat evenly.

Roast in the preheated oven, stirring

occasionally to ensure even cooking, until the vegetables are golden brown and tender enough to be pierced easily with the tip of a metal skewer or small, sharp knife, about 45 minutes. Present the vegetables in their baking dish or transfer them to a heated platter. Garnish with parsley or chives just before serving.

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MEMORIES ARE FOREVER

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

www.MemoriesAreForever.net

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



Tom
Mach

How Green Was My Golf Course

By Donald Stuart Pady

After WWII my family moved from Manhattan, Kansas—where Dad had taught biology and botany at Kansas State University and worked on a project for the U.S. War Department—to Montreal, Quebec, Canada, during 1946 to 1952. The return of Canadian veterans required increased faculty at McGill University where Dad taught biology and botany. He commuted by commuter train to and from our home in Lachine every day, and I rarely saw him because he was so busy and tired when he arrived home. My mother took on small jobs, sang and played piano in a church choir, taught Sunday school, and tried to master the French-Canadian dialect that most neighbors spoke.

Since my parents were busy with their activities, my sister and I soon discovered that we could spend a lot of time away from home. Both Helen and I found lots of friends in our schools, and we played with them in sports and visits to their homes. Since I was 14 years old, I could take the train alone into Montreal to watch movies, window shop, watch the Montreal Canadians

play hockey at the Forum, visit the city library—among other things. But one thing I really enjoyed during the spring, summer and early fall of 1951 was caddying at the Royal Montreal Golf Course west of Lachine in Dixie. The Royal Montreal Golf Course was originally established in Montreal in 1873, and since 1904 has been the site of the Canadian Open—even though its location had more recently changed several times.

Caddying brought good money because many famous golfers practiced the course during the summer in preparation for the Canadian Open held annually in the early fall. Caddies, too, secretly hoped to be hired by some of the world's best golfers. Caddies had to carry the players' clubs, just as they do, today. Riding a battery-powered golf cart was then unheard of. Hand-pulled golf carts or visual range-finders were not allowed in the Open, either. So the caddy had to pull the right club or iron when his golfer decided which one would send his ball closest to the flagged pin on the green.

On about the second day of the Canadian Open, I happened to be first in line; I was at the caddy shack at 6:00 a.m. By taking the number one card, I was entitled to be the first called for a golfer who needed a caddy. I didn't have to wait long, however; I was called to the caddy shack at about 7:00 o'clock to meet the golfer for whom I would caddy. Can you imagine my surprise when I shook hands with Ben Hogan, whose regular caddy, brought with him from the States, had a severe bout of the flu during the night, and was still bedridden in a nearby hotel.

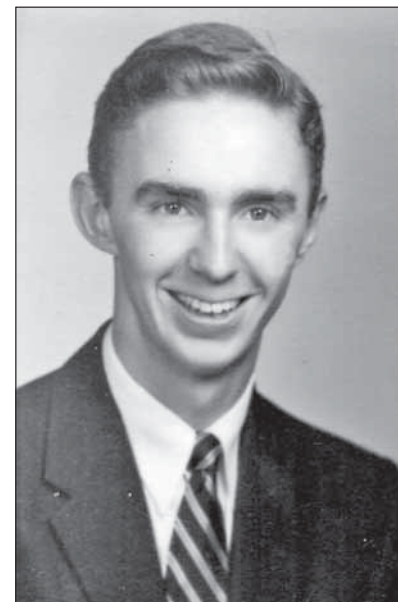
I remember that my mind swirled that morning as I walked with Hogan out to the practice putting green. He had won the PGA Championship in 1948 and the formidable U.S. Open in both in both 1950 and 1951. Surely, I thought to myself, he can win the Canadian Open this year, too. But it rained that morning, and the rain continued intermittently during the afternoon. Ben confided in me that rain and low atmospheric pressure hindered his game because his strength abated due to the near-death car crash that both he and his wife suffered in 1949. He was

not expected to walk again; yet here he was! But Hogan's drives and fairway shots were long and straight, even during the steadily-increasing rain. All players and their caddies had to seek shelter during the heavier downpours, but strangely enough there was no lightning. I was thankful that I had brought my yellow slicker and rain hat.

One specific incident that had engrained its details into my memory of that inclement day showed just how much Ben Hogan's display of character meant to me. On the 13th fairway, he somehow shanked a 6-iron shot that landed in the rough in a small creek. He could have taken a penalty stroke and place the ball on higher ground. But he insisted on playing the

shot with his wedge from its position in the shallow water. He took off his shoes and socks and positioned himself in the water's edge, and proceeded to make that very difficult shot, which landed on the green. And what did he say to me? "I knew I could do it!"

Ben Hogan did not win this Open, but he played well and the huge gallery loved him for his congeniality and determination. I was delighted to have had the chance to caddy for him—partly because he paid me \$100, and partly because my rain-soaked feet did not cause my toes to cramp. He greatly inspired later generations of golfers from Arnold Palmer to Greg Norman to Tiger Woods ... and many more. It was a memory I will never forget.



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GOREN ON BRIDGE

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Both vulnerable. South deals.

NORTH

♠-K 7
♥-7 5 3
♦-A K 7 6
♣-Q J 7 5

WEST

♠-Q 10 5
♥-K J 6
♦-10 9 8 4
♣-9 4 2

EAST

♠-9 8 6 4 2
♥-10 8
♦-5 3 2
♣-10 6 3

SOUTH

♠-A J 3
♥-A Q 9 4 2
♦-Q J
♣-A K 8

The bidding:

SOUTH	WEST	NORTH	EAST
2NT	Pass	6NT	Pass
Pass	Pass		

Opening lead: 10 of ♦

Declarer counted 11 top tricks and saw that a successful finesse in either major would bring him to 12. He had one additional asset, the nine of hearts,

which he could put to good use if he could eliminate all of the minor suit cards from the West hand.

South won the opening diamond lead in hand with the jack and continued with the queen. Next came the ace-king of clubs and a club to the queen, noting the 3-3 split. Declarer now cashed the ace-king of diamonds, shedding two low hearts, and it was mission accomplished! West was known to be out of minor suit cards.

Leaving the jack of clubs in dummy, South led a low heart toward his hand, inserting the nine when East played low. West won with his jack, but with no minor suit cards, was forced to return a major. Either major would provide South with his 12th trick. Nicely played!

Note that it would not have helped East to have played his 10 on the first round of hearts. South would simply have covered this with the queen, achieving the same ending. As both major suit finesses were failing, the "extra" asset saved the day, or at least the slam.

- 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.

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PUZZLES & GAMES

CROSSWORD

Across

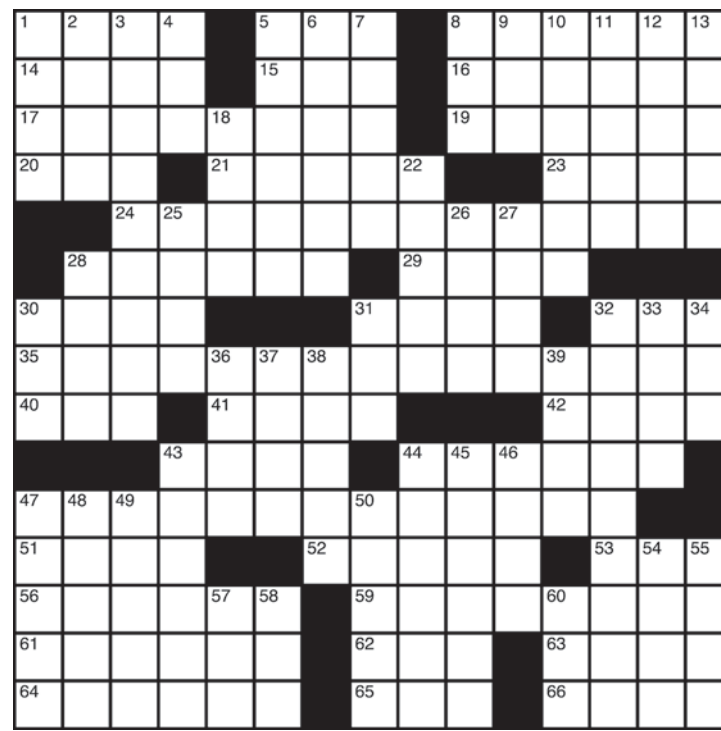
- 1 Parlor action
- 5 Dorm peer leaders: Abbr.
- 8 Lidless container
- 14 Palm that produces purple berries
- 15 CPR giver
- 16 Missouri River city
- 17 "You don't look a day over 29," probably
- 19 One may use a teleprompter
- 20 IM guffaw
- 21 Hustled
- 23 Points in math class
- 24 Didn't come to pass
- 28 Chorus for the villain
- 29 "Dang!"
- 30 Fellow
- 31 Drink with sushi
- 32 Cow or sow
- 35 Flooring phrase
- 40 Promos
- 41 General organization?
- 42 Tetra holder

- 43 Reining word
- 4 "Given the circumstances ..."
- 47 So as not to be noticed
- 51 Stories of the ages
- 52 Invalidate
- 53 Vacation destination
- 56 Wanted badly
- 59 Device for exposing the end of 17-, 24-, 35- or 47-Across
- 61 ___ Pie
- 62 Great Basin native
- 63 Orkin victim
- 64 Pull out of the water
- 65 TD's half-dozen
- 66 Gorillas, e.g.

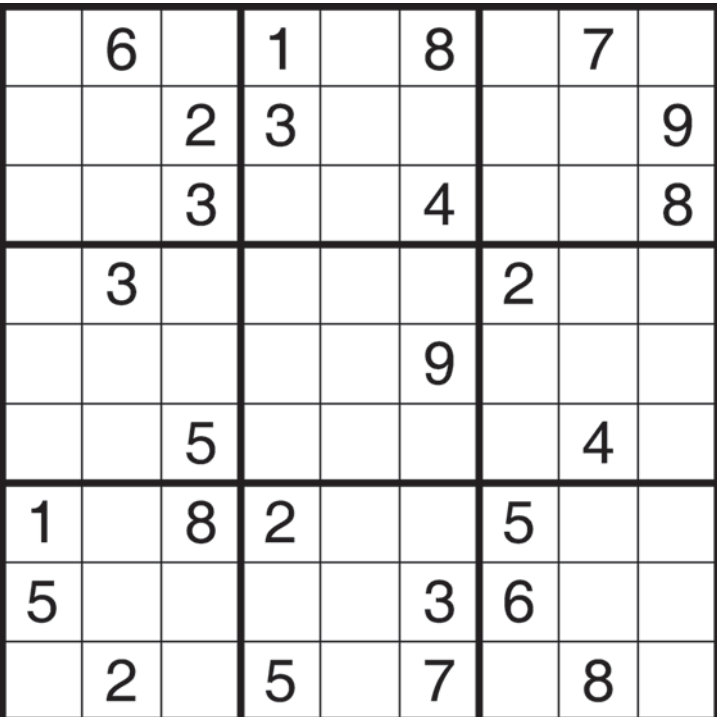
Down

- 1 Go through a lot of tissues
- 2 Tunnel effect
- 3 Help from behind
- 4 Gather dust
- 5 "I can ___"
- 6 ___ curiae: friend of the court

- 7 Tough to climb
- 8 Nav. noncom
- 9 Word before base or ball
- 10 Kingdoms
- 11 Skywalker associate, familiarly
- 12 Monastic garment
- 13 Inducing the willies
- 18 Sea eagles
- 22 Kitchen dweller of song
- 25 Spanish 101 verb
- 26 Cook quickly, in a way
- 27 Half-note feature
- 28 Obey
- 30 Campus no.
- 31 Farm home
- 32 Unit between levels
- 33 Prince in "Frozen"
- 34 Large grazer
- 36 Cowardly Lion player
- 37 Bouncy pace
- 38 Missouri River city
- 39 Sundance Kid's girlfriend
- 43 Boll eater
- 44 Actor Will of "The Lego Movie"
- 45 Many diner dishes
- 46 Not working
- 47 Stress-related ailment,



- possibly
 - 48 Language on a longship
 - 49 16th-century circumnavigator
 - 50 Turn out
 - 54 Prepare for a shot
 - 55 Song and dance
 - 57 Former Abbey Road Studios owner
 - 58 "GoodFellas" boss
 - 60 IRA suggester
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JUMBLE THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

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

LENEK
[] [] [] [] [] [] [] [] [] [] [] []

THRIM
[] [] [] [] [] [] [] [] [] [] [] []

RAHOTT
[] [] [] [] [] [] [] [] [] [] [] []

TEPLYN
[] [] [] [] [] [] [] [] [] [] [] []

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A: [] [] [] [] OF [] [] [] [] " [] [] [] [] [] [] "

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Double Word Score RACK 1
[] [] [] [] [] [] [] [] [] [] [] []
E₁ E₁ E₁ I₁ V₄ H₄ B₃

RACK 2
[] [] [] [] [] [] [] [] [] [] [] []
A₁ E₁ U₁ D₂ K₅ N₁ S₁

RACK 3
[] [] [] [] [] [] [] [] [] [] [] []
A₁ A₁ E₁ L₁ N₁ R₁ D₂

3rd Letter Triple RACK 4
[] [] [] [] [] [] [] [] [] [] [] []
A₁ E₁ E₁ N₁ N₁ C₃ H₄

RACK 5
[] [] [] [] [] [] [] [] [] [] [] []
A₁ O₁ Y₄ C₃ R₁ N₁ N₁

PAR SCORE 265-275
BEST SCORE 332
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

FIVE RACK TOTAL TIME LIMIT: 25 MIN

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

Answers to all puzzles on page 30

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

CROSSWORD SOLUTION

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



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SUDOKU SOLUTION

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

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. It's a win-win-win situation: You'll gain additional customers; Senior Monthly readers will receive discounts; and Senior Monthly will gain new subscribers.

A full listing of participating businesses and their discounts will appear on the Kaw Valley Senior Monthly website at seniormonthly.net/savings. Here are a few sample listings to give you an idea of the layout:

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A ₁	D ₂	R ₁	E ₁	N ₁	A ₁	L ₁	RACK 3 =	58
E ₁	N ₁	H ₄	A ₁	N ₁	C ₃	E ₁	RACK 4 =	70
C ₃	A ₁	N ₁	O ₁	N ₁	R ₁	Y ₄	RACK 5 =	62

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