

Kaw Valley Senior Monthly

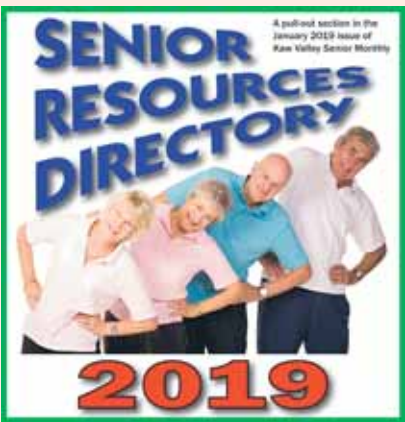
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Vol. 18, No. 7

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Paul Bahnmaier: Promoting Lecompton's history.

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Bahnmaier promotes Lecompton's history

By Kevin Groenhagen

If Paul Bahnmaier's hometown of Lecompton hadn't been slighted in 1954, he may never have become the president of the Lecompton Historical Society nearly three decades later.

"The centennial of the Kansas Territory was in 1954," Bahnmaier said. "I was 12 years old at the time. Someone had written a book for the centennial. We were sitting at the supper table and my dad said to my mom, 'Why didn't they mention Lecompton?' Someone told her Lecompton was left out because it was on the losing side of the Civil War."

Given that his family's history in the United States is intertwined with Lecompton's history, that didn't sit well with the young Bahnmaier. He knew there was much more to Lecompton's history than its association with the pro-slavery movement in Kansas.

"The people who came to Lecompton weren't necessarily pro-slavery," Bahnmaier said. "They came here to

make money."

Among those who came to Lecompton, the territorial capital of Kansas, to make money was Bahnmaier's ancestor, George Michael Bahnmaier. Born in Württemberg, Germany, in 1829, George Michael Bahnmaier left Europe in 1855 and settled in Lecompton, where he worked as a tailor in one of the city's hotels. At that time, Elmore Street in Lecompton was known as the "Wall Street of the West" and the city had a population of about 4,000 people. That may sound like a small town by today's standards. However, consider that the 1840 census placed Chicago's population at just 4,470.

According to Bahnmaier, outside forces were largely responsible for Lecompton's pro-slavery reputation.

"Presidents Franklin Pierce and James Buchanan wanted Kansas to come into the Union as a slave state because that would have made the power equal in the U.S. Senate at the time," he explained. "They thought

KEVIN GROENHAGEN PHOTO



Paul Bahnmaier at Constitution Hall in Lecompton

that Nebraska would join Iowa as a free state and Kansas would join Missouri as a slave state. They also sent pro-slavery governors to the Kansas Territory."

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Bahnmaier

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In accordance with the Kansas-Nebraska Act of 1854, which was proposed by Senator Stephen A. Douglas of Illinois, the territories of Kansas and Nebraska were to decide for themselves whether to permit slavery or not.

“Kansas probably would have been a slave state with the original vote in 1854, but Missourians nullified the vote when they crossed the border en masse and voted illegally,” Bahnmaier said.

Pro-slavery forces also prevailed in a second vote, which was held in March 1855. Again, pro-slavery voters from Missouri and other southern states infiltrated the territory. After the pro-slavery victory, the First Kansas Territorial Legislature enacted a number of laws that were highly discriminatory towards anti-slavery persons living within the Kansas Territory. The establishment of the Kansas Territory as a pro-slavery territory and the enactment of these laws, commonly known as “bogus laws,” led to a series of violent civil confrontations during an era known as “Bleeding Kansas.”

“There are estimates of up to 150 people being killed in Kansas over the slavery issue,” Bahnmaier said. “John Brown killed five pro-slavery men near Osawatomie in 1856. Two years later, the pro-slavery people killed five men at the Marais des Cygnes Massacre site. It was kind of tit for tat. There was unbelievable viciousness on both sides. It just continued on after Quantrell burned Lawrence in 1863.”

“On August 16, 1856, the Free-Staters came to sack Lecompton,” Bahnmaier continued. “They came to Colonel Henry Titus’ home and they had a battle. Three people were killed and 14 people were injured. The Battle of Fort Titus was the first battle between Free State and pro-slavery forces in which there were actual casualties.”

Lecompton was nearly the scene of additional violence a year later when the Lecompton Constitutional Convention met at Constitution Hall and adopted a pro-slavery constitution.

“James Lane and several hundred Free-Staters were going to burn Con-

stitution Hall and kill the pro-slavery delegates as they fled,” Bahnmaier said. “But since Lecompton was the legal capital recognized in Washington, the federal troops who were at Camp Sackett came to town and chased them off.”

Several years later, Lane attempted to embarrass Lecompton when the United Brethren Church decided it wanted to have a university in the city. The church said it would name the university after the person who pledged the most money. Lane, a Free-Stater, pledged the most, but did not fully honor his pledge. Nevertheless, the new school was named Lane University.

The violence that resulted from the adoption of the Lecompton Constitution wasn’t limited to Kansans and Missourians.

“In the U.S. House of Representatives, they got into a physical fight over the Lecompton Constitution in 1858,” Bahnmaier said. “The Speaker couldn’t bring the House to order and neither could the Sergeant at Arms. The House didn’t come to order until the congressman from Wisconsin pulled the wig off the congressman from Mississippi, held it up in the air, and yelled out, ‘Look, I scalped him.’”

The debate over the Lecompton Constitution was covered by newspapers throughout the country. Even newspapers in England reported on the debate.

“Lecompton is a very important historic city nationwide because of the Lecompton Constitution,” Bahnmaier said. “That constitution, which was written on the second floor of Constitution Hall in Lecompton, went to Washington, D.C., passed in the U.S. Senate 33 to 25, and was strongly endorsed by President James Buchanan. However, it failed in the House 120 to 112. If it had passed in the House, Kansas would have entered the Union as a slave state with Lecompton as the capital of Kansas.

“As a result of this, it split the national Democratic Party. When Abraham Lincoln, a Republican, ran for president in 1860, there were three other candidates: Stephen A. Douglas as a northern Democrat; John Breckinridge as a southern Democrat; and John Bell of the Constitutional Union Party. Lincoln won with just 39 percent of



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Bahnmaier

■ CONTINUED FROM PAGE FOUR

the vote. So, without the fight over the Lecompton Constitution in Washington that split the national Democratic Party, Lincoln would not have been elected president in 1860.”

Shortly after Lincoln was elected president, seven slaveholding states seceded from the Union. On January 29, 1861, Kansas was admitted to the Union as a free state. Another four slaveholding states seceded from the Union after Lincoln's inauguration in March 1961. The Civil War officially began the following month when secessionist forces attacked Fort Sumter in South Carolina.

However, as Lecompton's signage proudly notes, Lecompton is the “Civil War Birth Place” and “Where Slavery Began to Die.”

“Jonathan Earle, who was a professor and historian at the University of Kansas and is now at Louisiana State University, was interviewed by *The New York Times* when they came out

to do an article on Lecompton's Lincoln connection six years ago,” Bahnmaier said. “This was when Steven Spielberg's *Lincoln* movie was popular. Earle said Lincoln would not have been president if not for the Lecompton Constitution.”

When the capital of Kansas was moved from Lecompton to Topeka, Lecompton's population dropped precipitously. Today, the population is just 640. George Michael Bahnmaier stayed in Lecompton and became a farmer.

Paul Bahnmaier has been the president of the Lecompton Historical Society since 1980.

“We are one, large historical group here,” he explained. “When we advertise for bus tours, we advertise for everyone. The Freedom's Frontier National Heritage Area is promoting this area and we appreciate their efforts. Of the original 16 Kansas state historical sites, Constitution Hall is the only one still open full-time. I credit State Senator Marci Francisco, former State Representative Tom Sloan, and State Senator Anthony Hensley for keeping the building open. It's a national landmark.”

10 FACTS ABOUT LECOMPTON

1. Lecompton was founded in 1854 on a 640-acre Wyandotte Indian land claim.

2. Settlers could pre-empt (purchase) 160 acres of Kansas territorial public land for a minimum of \$1.25 per acre, or \$200 for a new Kansas farm.

3. Lecompton was originally named Bald Eagle. The name was changed to Lecompton in honor of Samuel Lecompte, the chief justice of the territorial supreme court.

4. Lecompton was mentioned 51 times in the Lincoln-Douglas Debates

5. Albert Gallatin Boone, grandson of the famous frontiersman Daniel Boone, was one of the

founders of Lecompton. Boone Street in Lecompton is named for him.

6. There were seven capital locations in territorial Kansas, but Lecompton was the only permanent, official location.

7. The town of Denver, Colorado, was platted by a group of men from Lecompton.

8. Titusville, Florida, home to the Kennedy Space Center, was named for Colonel Henry Titus.

9. Ida Stover and David Eisenhower, students at Lane University, were married in Lecompton in 1885. They were the parents of President Eisenhower.

10. Constitution Hall was opened as an historic site in 1995.

Visitors to Lecompton can tour both museums, the Territorial Capital Museum and Constitution Hall, and visit the Democratic Headquarters and

Fort Titus.

“We have about 10 to 15 motor-coach tours a year,” Bahnmaier said.

■ CONTINUED ON PAGE SEVEN

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Bahnmaier

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“We have motorcoaches come here from various places. In late November, we had 50 people from Independence, Kansas. We’ve even had people from Chicago. Several years ago, we had a professor from Leningrad University come in. He taught American history in Russia and was touring the United States. He said he wanted to be able to tell his students that he visited Lecompton. We also have about 30 school groups visit every year as part of their seventh-grade curriculum.”

“We do a Bleeding Kansas play whenever we have motorcoach groups or school groups,” Bahnmaier continued. “Tim Rues, the administrator of Constitution Hall, portrays James Lane. Other characters include Charles and Sara Robinson, John Brown, and Sheriff Samuel Jones. The audiences are divided into the North and South and encouraged to cheer or boo the speakers as if it’s an 1850s Kansas town meeting.”

Bahnmaier portrays Sheriff Jones, a pro-slavery adherent who built Constitution Hall as an entrepreneurial enterprise. Jones rented the hall to the U.S. land office, U.S. District and Territorial Supreme Court, two Kansas National Democratic Party political conventions, and, of course, the Lecompton Constitutional Convention.

“We have Sheriff Jones’ tombstone without the body,” Bahnmaier said. “One of our members, Shirley Funk, was researching Sam Jones and she found out that he was buried in an abandoned cemetery in Las Cruces, New Mexico. They had moved his body to another cemetery and his tombstone was just lying there in the abandoned cemetery. We contacted the Las Cruces city government and asked if we could have the tombstone if no else wanted it. They said we could as long as we came down to get it and put a little marker saying the original is in Lecompton, Kansas. Jones left here in 1858 because he got mad at the governor because he thought the governor wasn’t treating the prisoners harsh enough. He got a job in the New

Mexico territorial legislature.”

Bahnmaier notes that it’s a team effort to host groups in Lecompton. The City of Lecompton, the Lecompton Historical Society, the United Methodist Church, businesses, and even the school district all work together to welcome the groups.

“Smaller groups can eat at Kroeger’s Country Meats or Aunt Netter’s,” he said. “But when we have 50 or more people, the United Methodist Church serves the meal. Visitors can also shop

at Recollections and Claymama’s. This is economic development for the city.”

Lecompton is currently preparing for the Bleeding Kansas Program Series, which will include programs on every Sunday from January 27 to March 3 (see dates and descriptions under “History/Heritage” on page 21). Conceived by Tim Rues more than two decades ago, the programs, which are held at Constitution Hall, include talks and dramatic interpretations on the violent territorial and civil wars of Kansas and

the nation.

“You will find people motivated to attend a meeting on the second floor of this historical site that affected American history,” Bahnmaier said. “We could hold the Bleeding Kansas program at the Territorial Capital Museum, but it wouldn’t be the same. There are generally around 100 people at each program.”

For more information on Lecompton and its history, visit lecomptonkansas.com.

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VNA celebrates 50th anniversary

By Billie David

Fifty years ago, as the nation watched Walter Cronkite deliver the latest news on the Vietnam war and listened to the Beatles' newly-released "Hey Jude," a woman named Lyn Rothwell moved to Lawrence and threw her energy into a project that resulted in the creation of an organization that has since touched the lives of thousands of Lawrence residents.

The result of her labor, the Douglas County Visiting Nurses Association (VNA), will celebrate its 50th anniversary in February of 2019.

It was just over 50 years ago that nurse practitioner Lyn Rothwell's husband, Kenneth Rothwell, accepted a teaching position at the University of Kansas, causing them to leave their home on the East Coast and move to Lawrence.

At that time, the East Coast was already offering home health care,

but the idea hadn't yet spread to the country's interior, and Rothwell had the vision and determination to change that.

As luck would have it, one of Rothwell's new neighbors was Dr. Ralph Reed, who was instrumental in founding the Reed Medical Group in Lawrence. Reed enthusiastically joined the effort. This was especially fortunate because a doctor's orders are needed in order for nurses to see patients in their homes. Reed's help was also needed in the role of a physician champion to help Rothwell gain support from the medical community.

Another stroke of serendipity was that the Rothwells received a different kind of assistance from another new neighbor, Fred Six, attorney and Kansas Supreme Court Justice, who helped write the original articles of incorporation for the VNA.

Rothwell had to start from scratch because home health care was a com-

COURTESY PHOTO



VNA staff member with patient in the home

pletely new concept for the Lawrence community, explained Cynthia Lewis, CEO of Douglas County VNA. Rothwell began by implementing fundrais-

ers in 1968 and raising money through other sources such as a grant through the Kansas Department of Health,

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Visiting Nurses

■ CONTINUED FROM PAGE EIGHT

through which she hoped to raise matching funds to the tune of \$8,000.

She also obtained money from the Lawrence United Fund (now United Way), the Douglas County Medical Society, the Lawrence Kennel Club, the Douglas County Medical Auxiliary, and the Kaw Valley Heart Association.

By January of 1969, Rothwell had raised a grand total of \$5,500, after which she discovered that a federal grant was available from the Department of Health, Education and Welfare, which added \$2,299 to the total.

Finally, with less than \$30,000, Rothwell was ready to proceed to the next step, moving into the organization's first office space, which was donated by the Douglas County Health Board.

"Initially, there were four registered nurses, one physical therapist and four homemakers, which today are called certified home health aides," Lewis said. "Shortly afterward, they added an occupational therapist and a speech therapist."

The initial plan was to charge a fee per visit according to the patient's ability to pay, as well as providing uncompensated, or charity, care.

"The initial fee was \$6.00 per visit, and \$2.00 per visit for home aid," Lewis said.

Then at some point after February

of 1969, which was the VNA's official opening date, they brought on a dietitian.

"With that and nursing services, the VNA helped launch Meals on Wheels," Lewis said. "They started Meals on Wheels in March of 1970, so their 50th anniversary is coming up."

During the first year, the VNA saw 89 patients and made 2,624 visits.

"As we grew," Lewis said, "there was a period of time where the VNA and the Health Department consolidated services. The VNA's director was also the director of nurses for the Health Department from April 1973 through March of 1980."

At that point, a move and the growth of both organizations brought an end to this arrangement.

Not only did the VNA see substantial growth, but they also were able to expand the geographical area that they served. In the beginning, the VNA served mainly the city of Lawrence, but in 1974, they started a geriatric clinic in Baldwin City and expanded their services to Eudora, Lecompton, and other outlying communities until they encompassed all of Douglas County.

The VNA's services naturally included the care of patients who had terminal illnesses.

"In 1979, the Board of Directors formed a steering committee to start a hospice program," Lewis said.

The steering committee recom-

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Visiting Nurses

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mended that they go ahead with their plan, and the hospice service was launched in August of 1980.

The VNA director at that time commented that the hospice staff was very comfortable in providing “hospice care without walls” because, as Lewis explained, the terminally ill were kept at home, in hospitals, and nursing homes. VNA’s hospice meant that staff could go where the patients were.

Then, in the 1980s, the VNA began implementing changes associated with the developing technology. For example, they started using software for billing and accounting in 1983, and their Help at Home program, through which aides provide patients with services such as companionship and shopping, assumed oversight of Care Link, working with the vendor that provides the equipment to offer a personal emergency response system and fall detector to their patients.

“We still have that program today,” Lewis said.

The VNA started keeping its first medical records electronically in 1998, and have been using EMR, or Electronic Medical Records, for over 20 years.

In 2006, telemonitoring was added, allowing for monitoring of patients at a distance using electronic devices for communication.

While around 77 percent of home health care is paid for through Medicaid, the VNA is the only not-for-profit home health organization based in Douglas County, extending care to

individuals who are uninsured on a sliding-scale basis.

Between its founding in 1969 through 2017, Douglas County VNA has made 1.6 million visits, including the 58,000 visits made to 1,500 patients in 2017.

As for what she would like to see in the future, Lewis said, “Our preference, based on who we are and on our mission, would be to always say yes, but now we have to prioritize.”

For example, Medicare only reimburses home health services for people who are homebound. Referring to the burden this places on caregivers, Lewis said, “We would like to expand that. It would be great to have the resources to expand help at home on a sliding scale, but that is not currently sustainable, partly because of the number of uninsured and the underinsured people in our other programs.”

The VNA will celebrate its 50th anniversary with several events, including an invitation-only founder’s dinner, which will be attended by family members of the original founders, including

the children of Lyn Rothwell and Dr. Reed.

In addition, an open house is scheduled at the VNA offices on the third floor of 200 Maine. This event is open to the public and is scheduled for 4 to 6 p.m. on Thursday, February 21, 2019.

“We also have an annual appeal,” Lewis said, adding that the theme is 50 for 50, encouraging those who wish to contribute to donate in increments of \$50.

“It is a way to help us continue what Lyn Rothwell started, to continue our tradition, and to honor our heritage,” she said,

A special fundraiser is also planned at the VNA’s 3-D Casino night, which will be held at Crown Toyota, located at 3430 Iowa Street in Lawrence. The event will include food, games, a silent auction, and a “Prize Is Right” game show.



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First of all, it's important to understand this inverse correlation between interest rates and bond prices. Essentially, when interest rates rise, investors won't pay you full price for your bonds because they can purchase newly issued ones that pay higher rates. So, if you sell your bonds before they mature, you

could lose some of the principal value.

You may be seeing a price drop among your bonds right now, because interest rates generally rose in 2018 and may continue to do so in 2019. While you might not like this decline, you don't necessarily have to take any action, particularly if you're planning to hold these bonds until maturity. Of course, you do have to consider credit risk—the chance that a portion of the principal and interest will not be paid back to investors—but unless the bond issuers default, which is usually unlikely, particularly with investment-grade bonds, you can expect to receive the same regular interest payments you always did, no matter where rates move.

Holding some of your bonds—particularly your longer-term ones—until they mature may prove useful during a period of rising interest rates. Although long-term

bond prices—the amount you could get if you were to sell these bonds—tend to fall more significantly than short-term bond prices, the actual income that longer-term bonds provide may still be higher, because longer-term bonds typically pay higher interest rates than shorter-term ones.

To preserve this income and still take advantage of rising interest rates, you may want to construct a “bond ladder” consisting of short-, intermediate- and longer-term bonds. Because a ladder contains bonds with staggered maturity dates, some are maturing and can be reinvested—and in a rising-rate environment such as we're currently experiencing, you would be replacing maturing bonds with higher-yielding ones. As is the case with all your investments, however, you must evaluate whether a bond ladder and the securities held within it are consistent with your objectives, risk tolerance and financial circumstances.

You can build a bond ladder with individual bonds, but you might find it easier, and perhaps more affordable, to own bond-based mutual funds and exchange-traded funds (ETFs) that invest in bonds. Many bond funds and ETFs own a portfolio of bonds of various maturities, so

they're already diversified.

Building a bond ladder can help you navigate the rising-rate environment. But you also have another incentive to continue investing in bonds, bond funds or ETFs—namely, they can help diversify a stock-heavy portfolio. If you only owned stocks, your investment statements would probably fluctuate greatly—it's no secret that the stock market can go on some wild rides. But even in the face of escalating interest rates, bond prices generally don't exhibit the same sharp swings as stocks, so owning an appropriate percentage of bonds based on your personal circumstances can help add some stability to your investment mix.

As an investor, you do need to be aware of rising interest rates, but as we've seen, they certainly don't mean that you should lose your interest in bonds as a valuable part of your investment strategy.

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



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HEALTH & WELLNESS

Dietary tips for the winter months

The winter months can be a very busy time. The holidays, family dinners, and parties keep us from taking care of ourselves. In addition, the cold weather can make many of us feel less motivated to keep active. It is



Dr.
Deena
Beneda

Developing healthy dietary habits can help boost your health during the winter months. Maintaining proper diet and exercise routines go a long way towards preventing illness. Basic suggestions include:

- **Cook with spices:** Adding spices such as onions, garlic, cilantro, turmeric, and oregano to your meals is a wonderful way to spice up those dull meals and energize your immune system.

- **Eat more green, purple, and orange vegetables:** Spinach, kale, carrots, chard, and beets are delicious during the winter and will add zest to any meal.

- **Decrease your carbohydrate consumption:** During the winter, it is very common for us to overconsume carbohydrates and other high-calorie foods. These delicious sugary treats raise the serotonin levels in our brain, which makes us think we are happy. The happiness wears off and we crave

more carbohydrates, and this cycle goes on and on until we step on the scale and then the happy feelings will fade. To counter these carbohydrates cravings, eat protein-packed meals that balance the carbohydrates cravings.

- **Drink herbal teas:** There are a variety of different herbal teas that can help you stay healthy. Herbal teas such as lemon, cinnamon, mint, and chamomile are wonderful for the immune system and are loaded with antioxidants. Tea can also calm nerves and improve your sleep.

- **Cook with mushrooms:** Mushrooms have immune-boosting benefits. Mushrooms have the ability to kill many different pathogens, including bacteria and viruses. These immune system abilities allow us to fight off many illnesses that can plague the immune system during the winter months.

- **Fiber intake:** Fiber is a great way to boost the immune system and, at the same time, decrease inflammation in the body. Soluble fiber is found in a variety of foods, including apples, avocado, whole grains, berries, brown rice, beans, and nuts. Fiber has been shown

to reduce cholesterol levels and help promote weight loss, which is helpful with that extra winter weight we gained over the holidays.

In conclusion, keep in mind the simple things you can do to boost your immune system over the winter months, including getting plenty of rest, washing your hands, and not sharing any drink containers.

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

easier to stay inside where it is warm than to go exercise. Eating habits can go astray during the winter months, when people are snacking more and adding on those extra pounds. The lack of exercise and unhealthy eating can lay the foundation for a weakened immune system, which poses a greater risk of catching viruses or bacteria.

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HEALTH & WELLNESS

Pieces delivers quilts to hospitalized children

By Caroline Trowbridge

LMH Health

The name says it—in so many ways. When Marla Welch was diagnosed with multiple sclerosis in her 30s, she was floored. The wife and mother of twin sons had worked and managed a medical office. After about 20 years of living with multiple sclerosis, the time came that she just couldn't work anymore.



"I was devastated, of course," said Welch, now 63.

But in February 2007, about a year after she left work, Welch entered a clinical drug trial.

"Immediately, I started doing so much better," she said.

Several years later, the thankful Welch decided she wanted to create a few quilts for children who were hospitalized. Hers definitely was a modest plan. But some friends got involved. Her sister, who lives in McPherson, thought it was a great idea.

When Welch, who moved with her husband to Lawrence from Hoisington in 2004, delivered her first donation of 11

quilts to the hospital in May 2010, it was clear she had exceeded her original idea of making five or six quilts. At LMH Health, Welch was asked to complete paperwork that included her group's name. There was just one problem. The group didn't have a name. But then it came to her.

"Pieces. That's what we do," she said. "We take pieces and make something out of them."

Pieces is self-funded. People give scraps of high-quality 100 percent cotton fabric to the group, which at any one time might include six piecers who create the quilt blocks and three or four quilters. And at the hub is Welch—organizing, sewing and ensuring each quilt is washed before it's donated.

"The nice thing about our group is you get to do what you like to do," Welch said. "Some people just piece. Some people just quilt. There are multiple hands on each quilt."

Welch and her husband, Greg, a retired educator, recently delivered the 1,500th quilt created by Pieces.

"That's a little more than the five or six I had planned on," Welch said, smiling. "It's truly a labor of love to do this for the kids."

The former director of the LMH mother-baby and pediatrics department said that love is apparent.

"Each quilt is carefully made with a

■ CONTINUED ON PAGE 35

COURTESY PHOTO



A quilt made by Pieces

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JILL ON MONEY

Trade jitters and the dreaded inverted yield curve

The first week of December was an exhausting one for investors, even though there were only four trading sessions.

It began right after the G-20 Summit, when the United States and China announced a 90-day trade war time out.



Jill
Schlesinger

While all current tariffs will remain in place, the U.S. will not raise the rate from 10 percent to 25 percent on \$200 billion worth of Chinese imports, which was slated to occur Jan. 1. The news was received well and investors pushed up stock indexes.

But the euphoria wore off 24 hours later, after President Trump tweeted that he is a “tariff man,” followed by another in which he questioned whether a “real deal” with Beijing is possible. Investors ran for the hills, pushing down stock indexes by 3 to 4 percent.

Trade tensions between the world’s two largest economies escalated after the arrest of Huawei Technologies’ chief financial officer Meng Wanzhou on allegations that she violated U.S.

sanctions against Iran.

All of these events come amid a nagging anxiety about a global growth slowdown. One sign of that tension was seen in the bond market. **WARNING: HERE COMES A DISCUSSION OF THE DREADED INVERTED YIELD CURVE!**

Let’s start with some basics. Typically, it should cost less to borrow for shorter periods of time than longer ones. So when you buy a 10-year government bond, the interest rate is normally higher than when you buy a two-year (the difference between those two interest rates is known as the “spread”).

You get paid more for a longer term because a lot can happen in the future, most notably, inflation can eat away at your fixed bond payments. Therefore, bond buyers usually demand higher rates to compensate them for the additional risk of holding the asset for a longer time period.

When you plot interest rates on a graph, a normal yield curve will slope up; the steeper the slope, the more that

investors think that inflation and interest rates will rise in the future. When investors believe that growth is slowing and that the rate of inflation will be tepid in the future, the yield curve flattens out. That’s kind of where we are right now.

But, when short-term rates are higher than long-term rates, the curve inverts, meaning that it slopes down. Here’s the hair-on-fire part: Every U.S. recession for the past 60 years followed an inverted yield curve, though sometimes not until months or even years later.

In early December, the gap between three- and five-year government bond yields dropped below zero for the first time since 2007 and the spread between two and ten year bonds, the most important relationship to investors, decreased to 0.11 percent, the narrowest since 2007. That’s not technically inverted, but it got already freaked out investors even more freaked out.

Before you rush to the exit and sell every stock or stock mutual fund that you own, remember that you are a long-term investor who is not going to fall for the age-old trap of thinking you

can time the market. Instead, remind yourself that you do not need to figure out when the next recession is coming, but you do need to have adequate emergency reserves and a diversified portfolio that will allow you to sleep at night when the eventual slowdown occurs.

Let the so-called experts try to predict whether current stock valuations are too high, relative to the ability of companies to make money in amid a slower growth environment, while you enjoy a stronger batch of eggnog this holiday season.

- Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, “Jill on Money.” She welcomes comments and questions at askjill@moneywatch.com. Check her website at www.jillonmoney.com.

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MAYO CLINIC

Weight loss coupled with other therapies can help manage arthritis pain

DEAR MAYO CLINIC: Nine months ago, I lost a significant amount of weight after being told doing so should help with pain from osteoarthritis. I now have a healthy body mass index, but my joints still hurt. Why is that? What else can I do to lessen my symptoms?

ANSWER: By losing weight, you have definitely improved your overall health, and you've decreased the risk that your arthritis symptoms will worsen. Unfortunately, weight loss doesn't reverse the effects of osteoarthritis on your joints. That means weight loss alone usually isn't enough to completely eliminate pain and other symptoms caused by osteoarthritis. But, along with maintaining your weight loss, exercising regularly, taking medication and participating in physical therapy all can help you manage arthritis pain.

Osteoarthritis is sometimes called wear-and-tear arthritis because it often develops over time as the cartilage within joints breaks down. Cartilage is the hard, slick coating that cushions the ends of your bones and allows them to move freely. In time, the cartilage may wear away completely, so bone grinds directly on bone, causing pain and making it hard to move the joint. Other common symptoms of arthritis—in addition to pain and loss of flexibility—include joint stiffness, redness and swelling.

Being overweight or obese significantly raises the risk of developing osteoarthritis in the hips, knees and spine. That's because extra weight places added pressure and strain on those joints, putting the cartilage at higher risk for damage. In addition, fat tissue produces proteins that may cause harmful inflammation in and around your joints that contributes to osteoarthritis.

Losing weight decreases stress on the joints. That makes it less likely the cartilage will break down further. Weight loss also may help lessen inflammation, and that can reduce arthritis symptoms. However, weight loss can't fix the damage that's already been done to cartilage. And once cartilage begins to break down, that process cannot be reversed.

So, while weight loss is an excellent step in helping to manage arthritis symptoms, it typically needs to be coupled with other therapies to most effectively minimize the inflammation and pain caused by osteoarthritis.

Physical therapy, in particular, can be useful for easing arthritis symptoms. A physical therapist can work with you to create an exercise program that strengthens the muscles around your joints, increases your range of motion and reduces pain. Regular, gentle exercise that you do on your own, such as biking, swimming or walking, also can help. Your physical therapist can give

you suggestions for the activities that will work best for your situation.

Some people find that movement therapies, such as yoga and tai chi, help ease osteoarthritis pain and increase their range of motion. These therapies involve gentle exercises and stretches combined with deep breathing. If you're interested in trying tai chi or yoga, ask your physical therapist to recommend an instructor. It's important to work with someone who understands how to provide guidance to people with arthritis, so the exercises don't harm your joints.

You also may need medication to control arthritis symptoms. Nonprescription pain relievers, such as acetaminophen and ibuprofen, usually can help ease pain. Prescription drugs, including stronger nonsteroidal anti-inflammatory medications, also can reduce inflammation.

In addition, if you smoke, quit. Smoking is related to accelerated damage of connective tissues and developing arthritis and pain from arthritis.

Talk with your health care pro-

vider about creating a treatment plan to help you deal with arthritis. With your weight loss, you've already tackled one of the more difficult parts of controlling this disease. Working with your provider, you can find ways to reduce your symptoms and control your osteoarthritis now and in the long run. - Eric Matteson, M.D., Rheumatology, Mayo Clinic, Rochester, Minn.

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

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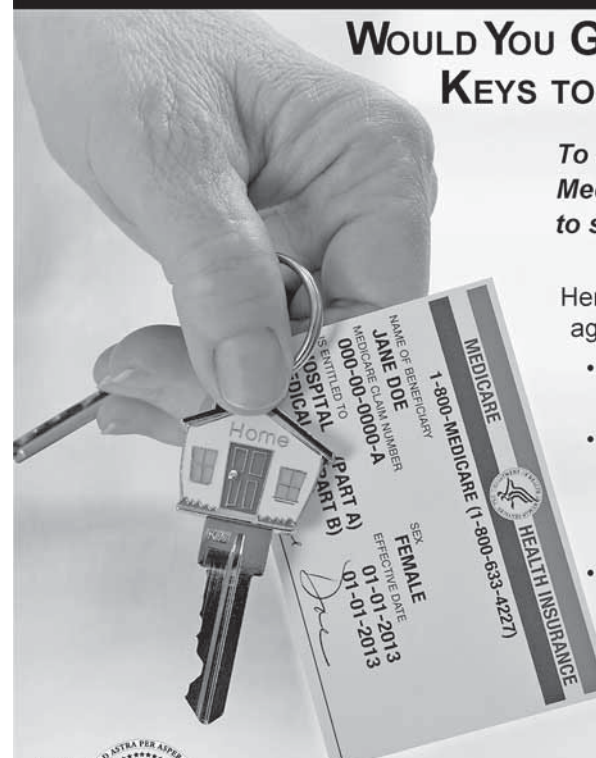
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SENIOR CALENDAR

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

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

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWALK

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on

the Final Friday of the month. See website for participating locations.

LAWRENCE, 785-842-3883
finalfridayslawrence.wordpress.com

JAN 24

INSIGHT ART TALK: TARA MOORMAN

Tara Fisher Moorman was raised in a family of men and women who were always making something; building homes and furniture or designing clothes and beautiful quilts, productivity was valued. Tara embraces their creative and artistic traditions. Lawrence Arts Center, 940 New Hampshire, 7 p.m. Free.
LAWRENCE, 785-843-2787
lawrenceartscenter.org

JAN 28

ART TALK: JEN UNEKIS

Jen Unekis has been an advocate for Lawrence artists throughout her career, as president of the Lawrence Art Guild, LAG Gallery Director and the coordinator of Art in the Park. She is an award-winning artist and has maintained her career showing in galleries and outdoor art fairs along with having her work in national and international collections. Most recently she was honored with an acquisition from the new KU School of Business. Lawrence Arts Center, 940 New Hampshire, 7 p.m. Free.
LAWRENCE, 785-843-2787
lawrenceartscenter.org

FEB 2

HIDDEN ART LOCKED AWAY

Artwork produced by inmates of the US Penitentiary and the US Disciplinary Barracks at Ft. Leavenworth. Takes place at the Riverfront Community Center, 1223 S Esplanade. Preview Fri 4-8 p.m.; Sale Sat 9 a.m.-5 p.m. Free admission.
LEAVENWORTH, 913-682-4459, www.lvks.org

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS

LEXINGTON PARK

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

2806 North 155th, 7 p.m.
BASEHOR, 913-526-0080

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LAWRENCE, 785-843-8544, themerc.coop/classes

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Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one

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TOPEKA, (785) 354-6787

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHES

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

FRIDAYS

HEALTHWISE TV

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

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the third Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.
LAWRENCE, 785-505-2807

JAN 7

MEDICARE MONDAYS

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

JAN 7

BEGINNING COMPUTER NAVIGATION

Learn the proper way to hold and move the mouse. Learn about check boxes, radio buttons and scroll bars. If you cannot make one of these sessions, go to a Computer & Gadget Help session to get started. Anton Room 202, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

■ CONTINUED ON PAGE 19

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■ CONTINUED FROM PAGE 18

JAN 8, 15, 22 & 29

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 3-4 p.m.
TOPEKA, 785-580-4400

JAN 8

SENIOR SUPPER AND SEMINAR

On the second Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connectcare@lmh.org. LMH Auditorium, 5-7 p.m.

LAWRENCE, 785-505-5800, lmh.org/events

JAN 9, 16, 23 & 30

BIOHACKING YOUR BRAIN'S HEALTH LEARNING CIRCLE

This study group will meet for four weeks to explore the topic of how nutrition, exercise, meditation and sleep affect the health of our brains. Register at tsopl.org/register. Marvin Auditorium 101A, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8:30 p.m.
TOPEKA, 785-580-4400

JAN 9

INTERNET INTRODUCTION

Learn basic internet functions and visit a variety of sites for information and entertainment. Topeka Room, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

JAN 10

HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to make an informed decision regarding your Medicare Part D drug coverage every year. Register at tsopl.org/register. Seniors Registration begins Saturday, December 1. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 9:30-11 a.m.
TOPEKA, 785-580-4400

JAN 12

UNDERSTANDING DNA RESULTS FOR GENEALOGY

Richard and Alisa Branham will look at case studies, talk about what to do with all those "matches," and provide tips and strategies to help students decipher DNA results. We offer a DNA class every year and update it with new information. This is our most popular class! To purchase tickets, visit the series webpage: www.watkinsmuseum.org/events/gen18. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-noon. Fee.

LAWRENCE, 785-841-4109

JAN 17

MASTER GARDENER SERIES: PLANNING YOUR BEST GARDEN

Whether you are renovating an older garden or starting from scratch, you will be most successful if you plan ahead. Planning gives you the opportunity to consider the gardener's first rule: right plant, right place. Presented by Shawnee County Extension's Master Gardeners all ages. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 10-11 a.m. or 7-8 p.m.
TOPEKA, 785-580-4400

JAN 18

HOOPLA DIGITAL

Learn how to instantly borrow digital movies, music, eBooks, television shows, graphic novels, and more 24/7 with your library card on your computer or devices. Anton Room 202, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

JAN 23

EMAIL FOR BEGINNERS

Learn to log into an account and to open, delete, reply to and forward email messages. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

JAN 24

RESEARCHING YOUR HOME AND THE PEOPLE WHO LIVED IN IT

Diana Staresinic-Deane, Franklin County

Historical Society, will discuss how to build a connection to the history of your home and its former residents. Program is made possible by Humanities Kansas and hosted by Topeka Genealogical Society. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8:30 p.m.
TOPEKA, 785-580-4400

JAN 27

AUTHOR NANCY SPROWELL GEISE

In 1945, Joe Rubinstein walked out of a Nazi concentration camp. For more than 70 years his story was hidden until Topeka author Nancy Sprowell Geise published her bestselling book *Auschwitz #34207*. Geise will discuss Joe's story of triumph and her experience sharing it with the world. Q&A and book signing to follow. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 2-3:30 p.m.

TOPEKA, 785-580-4400

JAN 28

LEGAL ISSUES WITH ALZHEIMER'S DISEASE AND DEMENTIA

Learn about the legal and financial issues around Alzheimer's disease or a related dementia including division of assets, durable power of attorney, guardianship and living wills. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 5:30-7 p.m.
TOPEKA, 785-580-4400

FEB 4

MEDICARE MONDAYS

Senior Health Insurance Counseling for

Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.

TOPEKA, 785-580-4400

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, lawrencesession.com

THURSDAYS

JUNKYARD JAZZ

Put on your dancing shoes and dance to the sounds of The Junkyard Jazz. American Legion, 3408 West 6th St., 7-8:30 p.m.

LAWRENCE, 785-842-3415

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

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

LAWRENCE

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YOUR RIGHTS

to the Medicare Home Health Benefit



YOUR MEDICARE BENEFIT ALLOWS YOU TO RECEIVE treatment for an illness or injury in the comfort of your home, so you can regain your health and maintain your independence.

Your Rights as a Patient:

- You are entitled to home health care services under Medicare if you qualify.
- You have a right to choose the home care provider you want in your home.

Benefits of Receiving Home Health Care:

- Continuity of care from hospital to home.
- Convenient: Your health care team comes to you.

You are Eligible if:

- You have Medicare.
- You are under a doctor's plan of care.
- You need skilled nursing care or therapy services on an intermittent visit basis.
- You are homebound (you leave home infrequently and it requires considerable effort).

2019 Medicare Open Enrollment Period

- From October 15 to December 7, 2018.
- During this annual enrollment period (AEP) you can make changes to various aspects of your coverage.

100%
medicare coverage

We are Hiring!

Visit our website to find out what positions are available at:
jobs.angmarmedical.com

Angels
Care Home Health
An AngMar Managed Company

KAW VALLEY
and surrounding areas
620-728-0900
angelscarehealth.com

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SATURDAYS COMMUNITY JAM

Totally free and open to the public, the AMA Saturday Jam has become a tradition in the Lawrence music community. All styles and levels welcome, acoustic instruments only. Americana Music Academy, 1419 Massachusetts St., 3-5 p.m. LAWRENCE, 785-830-9640
americanamusicacademy.com

JAN 11

STORY SLAM: KANSAS? LOVE IT/ HATE IT

Stories told live, MOTH-style, the second Friday of every month, September to May (except December).. Never the same story, or evening, twice. Adults, 18+ only. Live music & social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire. Admission: Suggested Donation \$5. LAWRENCE, lawrenceartscenter.org

JAN 18, 19, 20*, 24, 25, 26, 27*

HOLMES AND WATSON

A Mystery by Jeffrey Hatcher. Three years after Sherlock Holmes reportedly plunged to his death, three patients turn up in a remote asylum, each claiming to be the fabled detective. As Dr. Watson investigates, he is drawn into a web of intrigue, murder, and surprise that could reveal what really happened in the fateful confrontation between Holmes and his nemesis, Professor Moriarty. Theatre Lawrence, 4660 Bauer Farm Dr. Evening performances start at 7:30 p.m. *Indicates a 2:30 p.m. performance. Fee. LAWRENCE, 785-843-SHOW

JAN 27

RUSSIAN NATIONAL BALLET: THE SLEEPING BEAUTY

The Russian National Ballet presents *The Sleeping Beauty*, a crowning jewel of Marius Petipa's career, with music by Tchaikovsky. The Sleeping Beauty is a supreme demonstration of the challenge of Petipa's style-steel pointe work, sharply accented spinning turns, soaring leaps, high extensions and daring lifts, all with lavish stage treatment for this fairy tale. Lied Center of Kansas, 1600 Stewart Drive, 2 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/calendar

FEB 12

SHEN YUN

Watch ancient legends, heavenly realms, and modern tales of courage spring to life through classical Chinese dance. See ethnic dances, dazzling costumes, and powerful flips fill the stage with color and energy. And let the orchestra's exquisite melodies, the singers' soaring voices, and the dynamic animated backdrops uplift your spirit and transport you to another world. Presented by Falun Dafa Association of Kansas City. Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee. LAWRENCE, 785-864-2787
lied.ku.edu/calendar

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

Need help reaching your fitness goals? Lawrence

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

ONGOING

HEALTHY STEPS MALL WALKING

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

ONGOING

FREE MEMORY SCREENING CLINIC

Schedule a free, confidential memory screening at the Cotton O'Neil Clinical Research Center. The screening takes about 20 minutes. You will receive a copy of your results and they can be made available to your physician. By appointment Monday-Friday, 9 a.m.-3 p.m. TOPEKA, 785-368-0744

ONGOING

WELLNESS COACHING

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

ONGOING

FIT FOR LIFE

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

ONGOING

ZUMBA GOLD

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

DAILY

EXERCISE CLASS

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

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

Seaman Community Church, 2036 NW Taylor. 9:30-10:15 a.m. TOPEKA, 785-357-8777 or 785-213-6016

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE LITE

Fitness that's invigorating, not intimidating. This 60-minute class pairs moderate aerobics with exercises designed to improve your strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St. LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

FLEXERCISE

This exercise program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. Meets from 8:30-9:30 a.m. at East Lawrence Recreation Center, 1245 E. 15th St. Closed. Fee. Enroll at LPRD.org or at East Lawrence Center. LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

appointment necessary.

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

VACCINE CLINICS

Shingrix (shingles), Tdap (tetanus, diphtheria and pertussis (whooping cough) and Td (tetanus and diphtheria) vaccines are available by appointment and with a Cotton O'Neil physician's prescription. HealthWise Clinic, 2252 S.W. 10th Ave. Call for information. TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCCE BALL

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

WEDNESDAYS

FREE NUTRITION CLINIC

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

WEDNESDAYS

FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments available by phone or at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hearing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday of the month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids. LAWRENCE, (785)748-8034

THURSDAYS

WELLNESS CLINIC

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

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

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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

DEC 5

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

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

FEB 9

HEALTHY HEARTS FAIR

An annual event focused on screenings and information and about cardiovascular disease and its prevention and treatment. Registration not required. Lipid profile \$25.00 at the door.
LAWRENCE, 785-505-5000

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

HISTORY/HERITAGE

JAN 25

RAVEN BOOK CHATS AT THE WATKINS: THE DIARIES OF REUBEN SMITH

For 50 years, Reuben Smith wrote fascinating narratives about all he experienced during territorial days, the Border War, Civil War, and early Kansas politics. Recently, Lana Wirt Myers edited Smith's writings into a well-received book. Join us as Lana discusses Reuben Smith's adventures and offers books for sale and signing through The Raven Book Store. This event is part of a new programming series, Raven Book Chats at the Watkins. Watkins Museum of History, 1047 Massachusetts St., 6 p.m. Free.
LAWRENCE, 785-841-4109
watkinsmuseum.org/reuben-smith

JAN 27

BLEEDING KANSAS PROGRAM SERIES 2019: KANSAS DAY

By United States Representative Steve Watkins and Jim Ogle, Executive Director, Freedom's Frontier National Heritage Area. Constitution Hall, 319 Elmore, 2 p.m. Admission: Suggested donation of \$3 for adults.
LECOMPTON, 785-887-6520

FEB 3

BLEEDING KANSAS PROGRAM SERIES 2019: STOP THE PRESSES! LATE-BREAKING NEWS FROM BLEEDING KANSAS

By Liz Leech, former journalist and adjunct instructor at Northwestern University and The University of Kansas and Bill Noll, professional land surveyor & director, Jefferson County Kansas Public Works Department. Constitution Hall, 319 Elmore, 2 p.m. Admission: Suggested donation of \$3 for adults.
LECOMPTON, 785-887-6520

FEB 10

BLEEDING KANSAS PROGRAM SERIES 2019: WAR ON THE BORDER 1854-1865: KANSAS & MISSOURI

By Ralph A. Monaco, II, Esq., author, historian, living historian, and past president and current treasurer of the Jackson County Missouri Historical Society. Books signing follows presentation. Constitution Hall, 319 Elmore, 2 p.m. Admission: Suggested donation of \$3 for adults.
LECOMPTON, 785-887-6520

FEB 17

BLEEDING KANSAS PROGRAM SERIES 2019: DO NOT HURT: THE EARLY ANIMAL-RIGHTS MOVEMENT AND 1856 KANSAS FREE STATE VEGETARIAN SETTLEMENT

By Diane Eickhoff and Aaron Barnhart, authors and historians. Books signing follows presentation. Constitution Hall, 319 Elmore, 2 p.m. Admission: Suggested donation of \$3 for adults.
LECOMPTON, 785-887-6520

FEB 24

BLEEDING KANSAS PROGRAM SERIES 2019: THE BATTLE OF MINE CREEK: BORDER WAR BRUTALITY

By Dr. Carl Graves, historian and educator. Constitution Hall, 319 Elmore, 2 p.m. Admis-

sion: Suggested donation of \$3 for adults.
LECOMPTON, 785-887-6520

MAR 3

BLEEDING KANSAS PROGRAM SERIES 2019: THEY PUT UP MORE THAN HAY: JOEL AND EMILY GROVER, THEIR BARN, AND THE UNDERGROUND RAILROAD

By Judy Sweets, historical researcher and genealogist [Portals2history] and Kerry Altenbernd historian and living historian. Constitution Hall, 319 Elmore, 2 p.m. Admission: Suggested donation of \$3 for adults.
LECOMPTON, 785-887-6520

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 East Lawrence Rec Center located at 1245 East 15th Street. Dances are open to everyone. Admission is \$6 per person.
LAWRENCE, 785-842-8034

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

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

FIRST & THIRD MONDAY OF THE MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH GRIEF SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH SPOUSE/PARTNER LOSS

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

FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by the Senior Resource Center for Douglas County, 2920 Haskell Ave., 2:15-3:45 p.m.
LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY MEN'S COFFEE

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

TUESDAYS

BREW HA HA!

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

TUESDAYS

GENERAL GRIEF SUPPORT GROUP

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

TUESDAYS

INTERGENERATIONAL CHOIR

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

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

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

FIRST TUESDAY OF THE MONTH MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

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

FIRST TUESDAY OF THE MONTH TOPEKA AREA OSTOMY SUPPORT GROUP

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

TUESDAYS & THURSDAYS WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool

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with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124. LAWRENCE, 785-838-7885 OrthoKansasPA.com

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

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

WEDNESDAYS

GRIEF SUPPORT GROUP

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

**FIRST THURSDAY OF THE MONTH
MAN TO MAN PROSTATE CANCER
SUPPORT GROUP - TOPEKA**

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

**FIRST THURSDAY OF THE MONTH
LAWRENCE AREA PARTNERS IN AGING**

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

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

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

SATURDAYS

LAWRENCE BRIDGE CLUB

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

**ONE SATURDAY EACH MONTH
LAWRENCE DEATH CAFE**

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

SECOND MONDAY, SEP-MAY

**LAWRENCE CLASSICS, GENERAL
FEDERATION OF WOMEN'S CLUBS**

Volunteer service club. LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

SECOND MONDAY OF THE MONTH

LMH HEART BEATS

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

SECOND TUESDAY OF THE MONTH

LAWRENCE ACTION CIVITAN CLUB

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

SECOND WEDNESDAY OF THE MONTH

MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF THE MONTH

DIABETES EDUCATION GROUP

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

SECOND WEDNESDAY OF THE MONTH

**SOROPTIMIST INTERNATIONAL OF
TOPEKA**

Soroptimist International's mission is to improve the lives of women and girls in local communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more information. TOPEKA, 785-221-0501 soroptimisttopeka.org

SECOND THURSDAY OF THE MONTH

DEMENTIA SUPPORT GROUP

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

SECOND THURSDAY OF THE MONTH

NAACP MEETING-LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m. LAWRENCE, 785-841-0030, 785-979-4692

SECOND & FOURTH FRIDAY OF THE MONTH

**ALZHEIMER'S/CAREGIVER SUPPORT
GROUP**

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m. LAWRENCE, 913-831-3888

SECOND SATURDAY OF THE MONTH

**HAPPY TIME SQUARES SQUARE DANCE
CLUB**

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alexander. LAWRENCE, 785-843-2584 happytimesquares.com

THIRD TUESDAY OF THE MONTH

**LAWRENCE PARKINSON'S SUPPORT
GROUP**

First Presbyterian Church, 2415 Clinton Parkway, 2 p.m. LAWRENCE

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 WEDNESDAY OF THE MONTH

BETTER BREATHERS CLUB

BBC Support group is to improve the quality of life and functional status for members. It will provide disease specific education and emotional connection. Angels Care Home Health Lower Conference Room, 5375 SW 7th St., 11:30 a.m. TOPEKA, 785-273-3560

THIRD TUESDAY OF THE MONTH

STROKE SUPPORT GROUP

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

THIRD WEDNESDAY OF THE MONTH

CANCER SUPPORT GROUP

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

THIRD WEDNESDAY OF THE MONTH

**NATIONAL ACTIVE AND RETIRED
FEDERAL EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of the month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees

from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.

LAWRENCE, 785-843-7481

**THIRD THURSDAY OF THE MONTH
LUNCH AFTER LOSS**

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

**THIRD FRIDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

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

**THIRD SATURDAY OF THE MONTH
JAYHAWK MODEL MASTERS**

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

LAWRENCE, 785-312-4840

jayhawkmodelmasters.com

**FOURTH WEDNESDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd., 1 p.m. TOPEKA, 785-235-1367, EXT. 130

**FOURTH THURSDAY OF THE MONTH
TOPEKA GENEALOGICAL SOCIETY**

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December. TOPEKA, 785-233-5762 tgstopeka.org

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

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

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

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of the month (except Nov. and

■ CONTINUED FROM PAGE 22

Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, contact Jim Miller at 785-478-0651 or Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting.
TOPEKA

LAST WEDNESDAY OF THE MONTH WARM UP WEDNESDAYS GROUP

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

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

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

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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
kansasdiscovery.org

JAN 19

EAGLES DAY

The Corp of Engineers are putting on their annual Eagles Day. Presentations 9-10:30 a.m. & 1:15-2:45 p.m. for Kansas' Nesting Bald Eagles & Live Raptors Eagle Viewing Field Trips - Meet at the North entrance of Free State High School (4700 Overland Drive, Lawrence) 10:45 & 3 p.m. Dress for the weather. (FREE bus rides for field trip are available by picking up a ticket at the Audubon table on the day of the event.) FOOD will be available for purchase. Free admission.
LAWRENCE, 785-393-3809
kawvalleyeaglesday.com

JAN 25

SCOTCH WHISKEY TASTING

Did you know that January 25 is Robbie Burns' Birthday, a festive Scottish holiday? We will

celebrate the poet who immortalized haggis and Auld Lang Syne with a scotch tasting in the Patton Conference Room before *Holmes and Watson*. Designed to tempt the novice as well as the connoisseur, the evening will feature four single malt scotches from different regions. Led by John Doveton and Ron Renz, you are sure to gather copious amounts of information and trivia along with your spirits. Theatre Lawrence, 4660 Bauer Farm Dr., 6:30 p.m. Fee: \$30.
LAWRENCE, 785-843-SHOW

FEB 8

ANNUAL CHILI & VEGETABLE SOUP SUPPER

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TOPEKA

TOURS/TRIPS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

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

FIRST SATURDAY OF THE MONTH DISCOVER WITH DOLE

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

SECOND SATURDAY OF THE MONTH FREE STATE EAST SIDE BREWERY TOUR

Free State Brewing Co.'s East Side Brewery offers tours on the second Saturday of the month at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.
LAWRENCE, 785-550-9718
freestatebrewing.com

MAR 16-25

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RICK STEVES' EUROPE

Experiencing the soul of Spain in Andalucía's hill towns

By Rick Steves

Tribune Content Agency

When my travel dreams drift off to Spain, they often include visions of Andalucía, the southern part of the country that feels so quintessentially Spanish. With a string of whitewashed hill towns, sunny skies, vibrant festivals and tempting tapas, Andalucía is the soul of Spain—almost stereotypically so.

Most tourists hit Andalucía's three great cities—Granada, Córdoba and Sevilla—or the Costa del Sol. But for something more authentic, I like exploring the region's interior along the Route of the White Hill Towns (Ruta de los Pueblos Blancos). This charm bracelet of cute villages perched in the Sierras gives you wonderfully untouched Spanish culture, where middle-size towns are more accessible and friendlier. Whether crouching in a ravine or perched atop a hill, each town—painted white to stay cool in scorching summers—has a personality and a story of its own.

Exploring these hill towns is easiest by car, with only the major towns easily accessible by public transportation: Arcos de la Frontera (by bus) and Ronda (by train).

The romantic queen of the towns is Arcos de la Frontera, a photographer's feast. Arcos smothers its hilltop, tumbling down its back like the train of a wedding dress. The fairy-tale old center is a labyrinthine wonderland, where you can viewpoint-hop all the way through town and feel the wind funnel through the narrow streets as cars inch around tight corners. Around town, I like to peek discreetly into pri-

vate patios. These wonderful, cool-tiled courtyards, filled with plants, pools and happy family activities, are typical of the region.

Arcos' main church—and the town's name (de la Frontera means “on the frontier”)—are reminders of the Reconquista, the centuries-long fight to take Spain back from the Muslim Moors. After Christian forces retook Arcos, the mosque was demolished, and a church was built on its ruins. Today, these hill towns—no longer strategic—are just passing time peacefully.

From Arcos, a short drive takes you to Ronda. With nearly 35,000 people, it's the most substantial and entertaining home base on the route.

Ronda's main attractions are its gorge-spanning bridges, an intriguing old town, and one of the oldest bullrings in Spain—built in 1785. The arena's columns corral the action, creating a kind of Neoclassical theater. But the real joy lies in exploring Ronda's back streets and taking in its beautiful balconies, wispy gardens and panoramic views. Walking the streets, you feel a strong local pride and a community where everyone seems to know everyone.

While crowded with day-tripping tourists from the nearby Costa del Sol, late in the day locals reclaim their streets and squares, and a thriving tapas scene takes over.

Ronda's breathtaking perch above a deep gorge, while visually dramatic today, was practical and vital when it was built. For the Moors, it provided a tough bastion, one of the last to be conquered by the Spaniards in 1485. The ravine divides Ronda into its old Moorish town and the relatively modern new

RICK STEVES, RICK STEVES' EUROPE



Ronda is the birthplace of modern bullfighting and home to a venerable bullring that dates to 1785.

town, which was built after the reconquest. The two towns were connected by a bridge in the late 1700s.

The dramatic road linking Arcos and Ronda cuts through the Sierra de Grazalema Natural Park, famed throughout Spain for its lush and rugged mountain scenery. Within the park lie the towns of Zahara de la Sierra and Grazalema. While Grazalema is a better overnight stop, Zahara is a delight for those who want to hear only the sounds of the wind, birds and elderly footsteps on ancient cobbles.

Tiny Zahara, in a tingly setting under a Moorish castle, has a spectacular view over a turquoise reservoir. The town had long been a strategic stronghold for the Moors, and Spanish Reconquista forces considered it the gateway to Granada. Today the castle is little more than an evocative ruin with a commanding view.

Grazalema is another postcard-pretty town, offering a royal balcony for a memorable picnic, a square where you can watch old-timers playing cards and

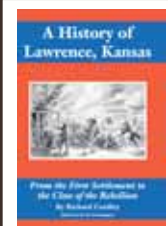
plenty of quiet, whitewashed streets to explore. Shops sell the town's beautiful handmade wool blankets and good-quality leather items from nearby Ubrique. While the Sierra de Grazalema Natural Park is known as the rainiest place in Spain, the clouds seem to wring themselves out before they reach the town—I've only ever had blue skies.

In any of these towns, evening is prime time. The promenade begins as everyone gravitates to the central square. The spotless streets are polished nightly by the feet of families licking ice cream. The whole town strolls—it's like “cruising” without cars. Buy an ice cream, join the parade and soak up the essence of Spanish life.

- 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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The History of Lawrence, Kansas

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JAY'S MUSICAL MEMORIES

Happy New Year, Everyone!

By Jay Wachs

2019...already?!

It's hard to believe that we are entering the last year of the teens of the 21st century.

Do you think the 20s of the 21st century will be as roaring as they were 100 years ago?

My grandmother was in her 20s during the 20s and she said it was a hoot.

Prohibition was the rule of the land, which meant that all alcohol consumption was done in secret.

Kansas was among the first states to ratify the amendment and the very last state to repeal it.

There are lots of tunnels under downtown Lawrence and rumor has it there was a lot of gin milling and consumption going on down there during the 20s.

Liberty Hall has a basement that looks like it was a bar at one point and there are rumors that it was a speak-easy back in the day.

You can still get that feel at John Brown's Underground when you sit in the small rooms behind the bar.

Musically, the 20s was the time of Ragtime, and Scott Joplin and Bessie Smith were all the rage. Scott Joplin's famous tune, "The Entertainer," carried through decades later as part of the soundtrack for the Robert Redford classic "The Sting."

Jazz music dominated the charts in the early days of radio and eventually morphed into the Big Band sound of the 30s and the 40s.

Every decade that followed had its own sound.

That's probably why you can find decade specific channels on satellite radio.

My favorite is the 70s on 7, but I get annoyed with the fact that they play the same

songs over and over. I can assure you there were more than 200 good hits in that decade.

The first two decades of this 21st century have not produced any particular sound that can be identified as a decade.

The last decade to do so was the 90s, which was categorized by grunge in the first years and bubble gum pop boy and girl bands in the last years.

I will be interested in seeing where

music takes us in the next decade.

But back to 2019.

Did you make any resolutions?

Have you kept them?

I made some and I am still keeping them.

Here we go:

1. I will be the best me that I can be without being something that I am not (I know...heavy right? I get it).

2. I will keep my friends and family closer than ever.

3. I will express more gratitude on an ongoing basis.

4. I will eat fewer cookies (maybe).

5. I will devote more time to enjoying my core interests: reading, music, cooking and theater

That's not a bad list.

And as far as music goes, I will always keep the "oldies" from the 60s,

70s, 80s and 90s alive on LawrenceHits.com!

Here are my top songs from each decade:

60s: The Monkees, "I'm A Believer"

70s: The Bee Gees, "Stayin' Alive"

80s: Michael Jackson, "Billie Jean"

90s: LeeAnn Rimes, "How Do I Live Without You"

And my favorite new year's song of all time...that's easy: Kool and the Gang's "Celebration."

Thanks for listening and thanks for reading and have an amazing 2019!!!

- Jay Wachs is the owner and operator of LawrenceHits.com the online and APP based radio station serving all of NE Kansas. The station plays a wide variety of oldies from the 60s through the 90s from classic pop, rock, country and soul music genres.



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Healthy New Year! See in the new year with an easy main dish

"I'll start my diet tomorrow" may be one of the statements most frequently made on Dec. 31. Just as we're planning a high-spirited New Year's Eve dinner, we're also beginning to think about New Year's resolutions that will probably include healthy eating and weight loss.

But a wise person once told me that one of the best ways to spend the last night of the year is to start practicing



Wolfgang
Puck

habits you'd like to follow in the year to come. Which leads to the question: How do you make your New Year's Eve menu as festive as possible while also following healthy eating principles?

Please let me suggest one simple solution: Choose ingredients that are not only good for you but also taste delicious, and prepare and present them in a way that is simultaneously health-conscious and elegant.

If that sounds ambitious, I'm happy to share a perfect example with my recipe for pan-seared salmon fillets with rustic pesto, cherry tomatoes and vegetable "spaghetti."

Let's start with the good-for-you part of the recipe. Salmon is a superbly healthy main-dish ingredient; an excellent source of lean protein that is also rich in heart-healthy omega-3 fatty acids. I accompany the salmon with vegetable "spaghetti": vitamin-packed fresh vegetables cut into long, thin strands. And I top it up all with a rustic pesto sauce that uses far less oil and fewer pine nuts than found in the traditional recipe.

As for deliciousness worthy of a special meal, this recipe doesn't hold back. Salmon is luxuriously rich in flavor and texture, especially when cooked

medium-rare. The pesto, even in this leaner version, packs a big punch of flavor. And the vegetable strands surprisingly offer much of the pleasure you'd get from eating a starchy bowl of pasta.

One look at the results leaves no doubt that this makes a perfect choice for an end-year celebration. The swirl of brightly colored vegetables, the vivid green and red of the pesto and tomatoes, and the rose-pink salmon add up to a presentation that may remind you of a beautiful fireworks display.

You'll also be surprised by how easy the dish is to put together. You can prep the vegetables in advance, the pesto takes 5 minutes to put together, and the final cooking and plating will take no more than 15 minutes. This will leave you, the host, plenty of time for one more glass of Champagne—a small indulgence with which to toast a new year of healthy, flavorful eating.

PAN-SEARED SALMON FILLETS WITH RUSTIC PESTO, CHERRY TOMATOES, AND VEGETABLE "SPAGHETTI"

Serves 4

RUSTIC PESTO AND CHERRY TOMATOES:

1/2 cup packed fresh basil leaves, finely chopped

1/4 cup (60 mL) extra-virgin olive oil

3 tablespoons freshly grated Parmesan cheese

2 tablespoons pine nuts, toasted

2 garlic cloves, minced

1 cup cherry tomatoes, cut in halves

Kosher salt

Freshly ground black pepper



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

VEGETABLE SPAGHETTI AND PAN-SEARED SALMON:

2 medium zucchini, trimmed

1 medium yellow squash, or 1 extra zucchini, trimmed

2 large carrots, peeled and trimmed

3 radishes, trimmed

1/4 cup (60 mL) extra-virgin olive oil

4 portions center-cut salmon fillet, each about 6 ounces (185 g)

Kosher salt

Freshly ground black pepper

6 tablespoons extra-virgin olive oil

Edible organic flowers, for garnish, optional

To make the pesto, put the basil, olive oil, Parmesan, pine nuts and garlic in a mixing bowl. Stir well. Add the cherry tomatoes and stir again to coat them thoroughly. Season to taste with salt and pepper. Set aside.

For the vegetable spaghetti, use a spiralizer to cut the zucchini, yellow squash, carrots, and radishes into spaghetti-like strands; or, if you don't have a spiralizer, cut them using a mandolin or by carefully cutting them lengthwise into thin slices and then stacking the slices and cutting them lengthwise into similar thin strands. Set aside all the vegetable spaghetti in a bowl, tossing them together.

Season the salmon fillets to taste on

both sides with salt and pepper. Heat 4 tablespoons of the olive oil over medium-high heat in a saute pan large enough to hold all the fillets comfortably in a single layer.

When the oil is hot enough to shimmer slightly, carefully add the fillets and cook until nicely browned, 3 to 4 minutes per side for medium-rare, turning them only once; the fish should still look a slightly deeper rose color at the center when a small knife-tip is inserted between the flakes near the thickest part. When the fish is done to your liking, transfer to a plate and keep warm.

In a clean pan, heat the remaining 2 tablespoons olive oil over medium-high heat. When the oil is hot, add the vegetable spaghetti, season to taste with salt and pepper, and stir and toss continuously until the strands are brightly colored and have softened slightly, about 1 minute.

Using tongs, arrange beds of the vegetable spaghetti on individual heated serving plates. Place a salmon fillet on top of the vegetable spaghetti on each plate. Spoon the pesto-tomato mixture over and around the salmon. If you like, garnish with edible flowers. Serve immediately.

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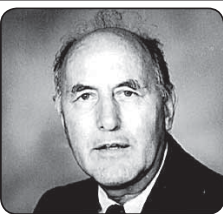
Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

HUMOR

Parking Sticker Blues

In most confrontations, The Powers that Be win and the Little Guys lose. In this story, the Little Guy won, and the Powers that Be had to do rewrite the rules.

Some background is essential for readers to understand this story. Decades ago when we moved to Letongaloosa to teach at Letongaloosa Community Junior College, Emmaline and I lived next door to a retired military officer. His last assignment was in a country where cars drove on the left



Larry
Day

side of the road. The colonel bought a four-door Hillman Minx over there and shipped it to the U.S. The car's steering wheel was on the right-hand side. When he moved away a couple of years later, I bought the car. I loved driving that car. The gearshift was on the left side of the steering column.

At the beginning of fall semester, the university administration gave faculty members and students a pamphlet that outlined driving and parking instructions. Everyone on campus had to buy a parking sticker and display it on the rear window of their car. The instructions were explicit. The parking sticker

was to be displayed in the lower corner of the rear window *on the driver's side*.

I affixed my parking sticker in the lower corner of the rear window on the right side of my right-hand-drive car. That model Hillman Minx had a curved rear window—so the parking sticker was less visible than on domestic cars.

A couple of days after school started, I received a parking citation for not displaying the parking sticker correctly. I called the Parking Department and told them that my parking sticker was displayed according to regulations and asked them to invalidate the parking citation. For the next several days, I found parking citations under my windshield. I put the citations in the glove box, assuming that the Parking Department would inform the people who issued the tickets that my sticker was properly displayed and would void the citations.

A week or so later the dean called me to his office. The Parking Department had accused me of being an egregious parking offender. They asked the dean to make me pay the fines for all the parking tickets that the department had issued.

I told the dean that my parking sticker was displayed strictly according to the regulations, but that I would get the problem straightened out.

The university police handled parking on campus, so I called the department and told the dispatcher that despite the fact that my parking sticker was affixed strictly according to regulations I had received numerous parking

citations and that the department had contacted my dean.

The dispatcher said that the people who issue parking citations didn't make mistakes and that my sticker was obviously misplaced. I demurred, he insisted. I demurred. Finally, he told me to bring the car to the parking lot behind the Police Department so he could see for himself.

I drove to the Police Department parking lot and parked near the office with my car facing away from the building so that the dispatcher could see my rear window. The dispatcher took one look at my car and said:

"That sticker is on the wrong side."

I said, "Sir, do I have the option of changing the way I follow this pamphlet? I handed him the parking regulation pamphlet.

"No, you DON'T," he said emphatically.

I said, "The regulation says that my sticker is to be displayed on the back

window on the driver's side. That's where the sticker is."

"No, it's on the left side, That's wrong."

"Sir," I said. "Please Look! The steering wheel is on the right side. I am displaying the parking sticker on the driver's side just as the regulation requires.

The officer looked, sputtered for a few seconds, and then said, "WELL, That's not what we meant!"

The Parking Department voided all my citations and I reported to the dean that the problem had been solved.

The next year the parking regulation said that parking stickers were to be displayed in the lower corner of the LEFT side of the rear window. I smiled.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.



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MY PET WORLD

Couple rescues former housecat living on the street

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

Dear Cathy: My wife and I subcontract for several local banks, performing property assessments of foreclosed properties. We recently came to a bank that included an abandoned cat. We needed another (third) cat like a hole in the head, and while we could have dropped her off at the shelter, she ingratiated herself so quickly that it didn't even come up as a possible option.

We pieced together Mrs. Kitter's history based on an obituary picture we found of a sweet old lady that owned her until she died three years ago. Since then, the cat has lived outdoors under an upside-down shopping cart. Her fur was matted and came out in clumps. Her nails had grown to the point where many had curled around halfway back to the paw.

We read a lot about reintroducing abused animals and braced ourselves for a long, frustrating process. Everything we read said not to expect much and to be prepared for a standoffishness that could last a lifetime. To all those who said to expect a permanently wounded soul, however, I want to add Mrs. Kitters' voice. Even though she had a life of affection (followed by living on the street), she has adapted to life in our home very easily. Whether it's her sex or age, our other two male

cats seem to have some sort of innate respect for her, because they always let her eat first. She's a lap cuddler, to the point where it's difficult to eat or pay bills without making space for her.

My question is, given her easy adjustment, how "respectful" do I need to be regarding clipping her nails? I don't want to traumatize an old lady that's been through a lot. But her nails are the last remaining vestige of her abuse, and we need to take care of them. She lets me "trigger" them, and I honestly don't think she'll mind, but am I at risk for ruining the trust we've built over the past six weeks? - Alan and Megan, Chimayo, N.M.

Dear Alan and Megan: Thank you for rescuing Mrs. Kitters off the street. It sounds like she might have slipped out of the house when her owner died. I am glad she has a new home with the two of you now.

As for her nails, if they have curled under, the "quick" (living tissue in the nail) has grown with it. While she might let you cut her nails, you might accidentally cut the quick, which is painful for dogs and cats. So, my advice is to have the veterinarian do it the first time to see how she handles it and to see how far back the veterinar-

ian can take those nails without hitting the quick.

If you want to do it yourself, then just cut just one nail at a time and pair it with a treat to reward her calm behavior. If she flinches or races away upset, however, stop and let the vet's office do her nails the first time. This way her complaint is with the vet and not you. If she lets you do it though, go for it. She sounds like an easy-going cat, so I bet you won't have any problems in the future cutting her nails.

Dear Cathy: Though I agree with your response to the lady in Arizona who has the 12-year-old golden retriever who won't drink water when outside, I also think that you should have said that a dog should not be kept all day in the heat, especially in Arizona. That poor dog. Please tell pet owners to keep dogs indoors during extreme heat. (Love the column.) - Kristen, Schererville, IN

Dear Kristen: Since it's fall, and we are heading into winter, I will make this an all-season alert. Please bring your pets indoors during extreme heat or extreme cold outside. During the summer, pets are susceptible to heat stroke if not given the proper shade for both them and their water. During the winter, water and pets can freeze if not provided a safe, dry place to stay warm. The general rule of thumb is, if it's uncomfortable for you to be outside all day in the heat or cold, then it's uncomfortable for your pet.

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

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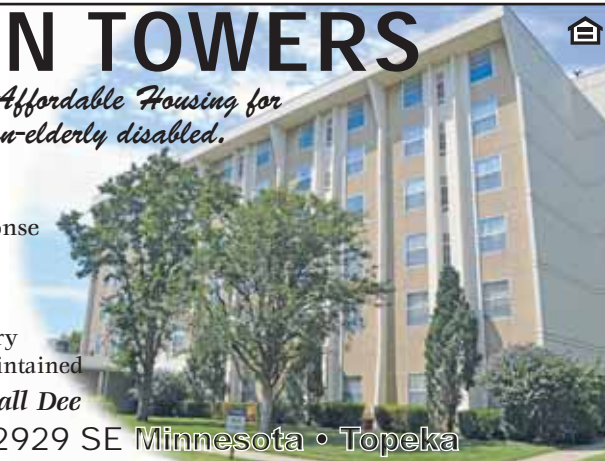
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SRC names Megan Poindexter executive director

The Senior Resource Center for Douglas County has announced that Megan Poindexter will join the agency as the executive director effective January 14, 2019.

Poindexter comes to the position with experience working with seniors, having been the executive director of Trinity In-Home Care for the last six years. In this role, she managed operations of an agency serving seniors and persons with disabilities needing non-medical in-home and community supports.

SRC Board Chair Janet Prestoy said, "We are thrilled to welcome Megan as our next Executive Director. Her experience with nonprofit leadership in senior services, in addition to her close relationships with clients, stakeholders, partners, and others in our community, will be especially valuable as she leads SRC into its vital future. 2019 will be an exciting year for SRC under Megan's leadership, with the



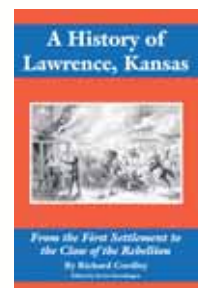
Poindexter

planned move back to our renovated space at 745 Vermont and an expanded set of services for all seniors of Douglas County."

Poindexter holds a master's degree in Nonprofit Management and maintains strong connections within the area community as a member of numerous civic and industry groups dedicated to serving the senior population, including the Lawrence Rotary Club, Douglas County Coalition on Aging, and Lawrence Area Partners in Aging.

Current Executive Director Dr. Marvel Williamson announced her retirement in October. She will stay on in a consultant capacity past her retire-

ment date of December 31 to maintain operations until Poindexter can start and will aid in her transition as head of the agency.



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WITH BOB JONES

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FANCY FOOTWORK

East-West vulnerable, North deals

NORTH

♠ A K Q J
♥ K 9 7 5 2
♦ 4
♣ A 7 2

WEST

♠ 7 3 2
♥ Q 10 6 4
♦ K J
♣ Q 10 5 4

EAST

♠ 6 4
♥ J 8
♦ Q 10 7 5
♣ K J 9 8 6

SOUTH

♠ 10 9 8 5
♥ A 3
♦ A 9 8 6 3 2
♣ 3

The bidding:

NORTH	EAST	SOUTH	WEST
1♥	Pass	1♠	Pass
4♦*	Pass	4♥	Pass
4NT	Pass	5♥	Pass
6♠	All pass		

*Splinter bid, raise to four spades with shortness in diamonds

Opening lead: Two of ♠

North's aggressive bidding landed North-South in a slam contract that had reasonable play. It would have been cold on any lead but a trump. South would simply cash his four side-suit winners and then score all eight of his trumps on a cross ruff.

The trump lead made it much more difficult, but South was up to the task.

Dummy's jack won the opening spade lead and declarer led a diamond to the ace and ruffed a diamond with the queen of spades. The king of hearts was cashed followed by a heart to the ace. Another diamond was ruffed, this time with the king of spades and a heart was ruffed by South. Declarer ruffed another diamond with dummy's last trump, the ace, and ruffed a heart back to his hand.

Both red suits had been established by ruffing, but South was down to his last trump while the opponents still held three trumps. No problem! South cashed his 10 of spades, drawing two of the outstanding trumps, while discarding a club from dummy. He then led an established diamond, shedding another low club from dummy. East ruffed this, but dummy took the last two tricks with the ace of clubs and the established nine of hearts. East-West never knew what hit them.

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

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PUZZLES & GAMES

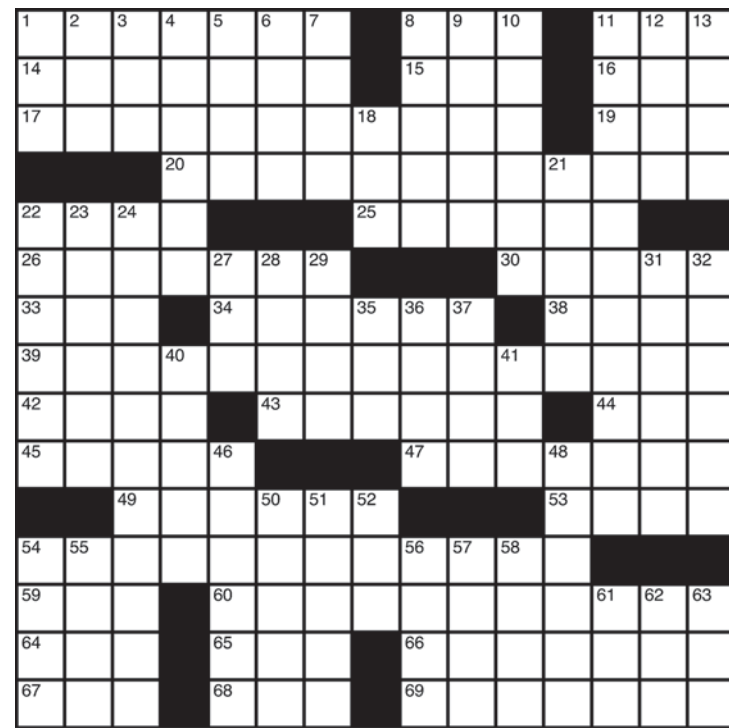
CROSSWORD

Across

- 1 Sonic employees
- 8 Shrinking section at Barnes & Noble
- 11 Bit of wit
- 14 Anatomical rings in irises
- 15 Earth-moving tool
- 16 Reproductive cells
- 17 Fishing spot for vacationing Londoners?
- 19 Upset, with "over"
- 20 Legwear for air travelers?
- 22 Ruff stuff
- 25 Lacking
- 26 Not quite right
- 30 Until now
- 33 P replacers, in some lineups
- 34 Woman's name meaning "white"
- 38 Smooth, perhaps
- 39 Retirement party remark ... or a homophonic hint to four long Across answers
- 42 Epps of "House"
- 43 Computer conveniences
- 44 [That's kinda funny]
- 45 Sylvester's genus
- 47 Radius, e.g.
- 49 "The Great Escape" setting
- 53 Lots
- 54 007 returning from assignment?
- 59 "... __ quit!"
- 60 Vacant look?
- 64 Toondom's Phineas, to Ferb
- 65 Strauss' "___ Heldenleben"
- 66 Like the edges of some mirrors
- 67 Dodge City-to-Topeka dir.
- 68 Mining supply
- 69 Talked big

Down

- 1 Waiter at a stand
- 2 LAX stat
- 3 Bonn : Kšnig :: Lisbon : ___
- 4 Place of rapid growth
- 5 Miscellany
- 6 "ÀQuŽ ___?"
- 7 Very, in Vienna
- 8 "Carmina Burana" performers
- 9 "It tolls for thee" poet
- 10 Wetlands grasses
- 11 Beat the buzzer, say
- 12 National alternative
- 13 Show wonder
- 18 Email attachment
- 21 Court action
- 22 After "Our" and with 54-Down, title for the Virgin Mary based on an 1871 apparition
- 23 Where many strikes are called
- 24 Subtle come-on, perhaps
- 27 Geisha accessory
- 28 Thin coating
- 29 WWII White House dog
- 31 Johnson & Johnson brand
- 32 Hard-working "little" folk tale critter
- 35 "30 Rock" network
- 36 Michael of "Arrested Development"
- 37 ___ vincit omnia



- 40 Work on a novel
- 41 System of thought
- 46 Carpenter's array
- 48 Access requirements
- 50 Forum language
- 51 "___ you done yet?"
- 52 E. Berlin's land
- 54 See 22-Down
- 55 African city on the Mediterranean
- 56 Romaine relative
- 57 Muffin go-with
- 58 St. Petersburg's river
- 61 Space bar neighbor
- 62 What's found in central Arizona?
- 63 Byrnes of '50s-'60s TV

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

JUMBLE

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

FUNTI

○ □ □ □ ○

GRRIO

○ □ □ □ ○

WAGSEE

□ □ □ □ ○ ○

NITONO

□ □ □ ○ □ ○

Print your answer here: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

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<p>□ □ □ □ □ □ □ □</p> <p>A₁ E₁ I₁ O₁ R₁ C₃ T₁</p>	<p>RACK 1</p>
<p>□ □ □ □ □ □ □ □</p> <p>A₁ O₁ T₁ N₁ N₁ F₄ C₃</p>	<p>2nd Letter Triple RACK 2</p>
<p>□ □ □ □ □ □ □ □</p> <p>A₁ I₁ O₁ Y₄ T₁ P₃ C₃</p>	<p>RACK 3</p>
<p>□ □ □ □ □ □ □ □</p> <p>A₁ E₁ O₁ U₁ L₁ S₁ Z₁₀</p>	<p>Double Word Score RACK 4</p>
<p>□ □ □ □ □ □ □ □</p> <p>A₁ E₁ Y₄ L₁ D₂ D₂ T₁</p>	<p>RACK 5</p>

PAR SCORE 260-270
BEST SCORE 331
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.
For more information on tournaments and clubs, email NASPA-North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website-www.scrabbleplayers.org. For puzzle inquiries contact scrgams@gmail.com

Answers to all puzzles on page 34

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

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

JUMBLE ANSWERS

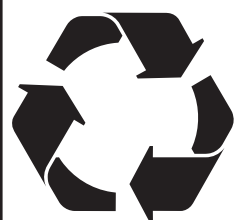
Jumbles: UNFIT, RIGOR, SEWAGE, NOTION

Answer: His story about the Liberty Bell didn't -- RING TRUE

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SCRABBLE GRAMS SOLUTION									
E ₁	R ₁	O ₁	T ₁	I ₁	C ₃	A ₁	RACK 1 =	59	
N ₁	O ₁	N ₁	F ₄	A ₁	C ₃	T ₁	RACK 2 =	64	
O ₁	P ₃	A ₁	C ₃	I ₁	T ₁	Y ₄	RACK 3 =	64	
Z ₁₀	E ₁	A ₁	L ₁	O ₁	U ₁	S ₁	RACK 4 =	82	
D ₂	A ₁	T ₁	E ₁	D ₂	L ₁	Y ₄	RACK 5 =	62	
PAR SCORE 260-270							TOTAL	331	

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MY ANSWER

God's gift all you need to alleviate fear of death

By Billy Graham

Tribune Content Agency

Q: One of my best friends (only 28) was killed in an accident recently, and I'm having a hard time dealing with it. It's not just that I miss him, but I've never thought much about death before, and it's got me scared. How can I get over my fears? - R. Y.

A: I'm sorry for your friend's death; down inside we all know death is real, and yet it's still a shock when it unexpectedly happens to someone close to us. This is especially true when that person is young, as was your friend's case. The Bible says, "The life of mortals is like grass ... the wind blows over it and it is gone" (Psalm 103:15-16).

How can you deal with your fears? One way would be to deny them or try to put them out of your mind—and in

reality, that's what many do. We may talk ourselves into believing death isn't real, or that the grave is the end and nothing exists beyond it. Or we may try to forget about it and lose ourselves in entertainment or busyness or drugs. But none of these truly answers our fears and doubts.

Instead, the only real answer to our fears about death is to discover what God has promised us in Jesus Christ. God made us—and He made us not only for this life but eternity with Him in Heaven. Now He offers this to us as a free gift—free, because Jesus Christ paid for it through His death for us.

But like any other gift, it must be received. Don't live in fear, but turn to Christ and receive Him into your heart. "For the wages of sin is death, but the gift of God is eternal life in Christ Jesus

our Lord" (Romans 6:23).

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

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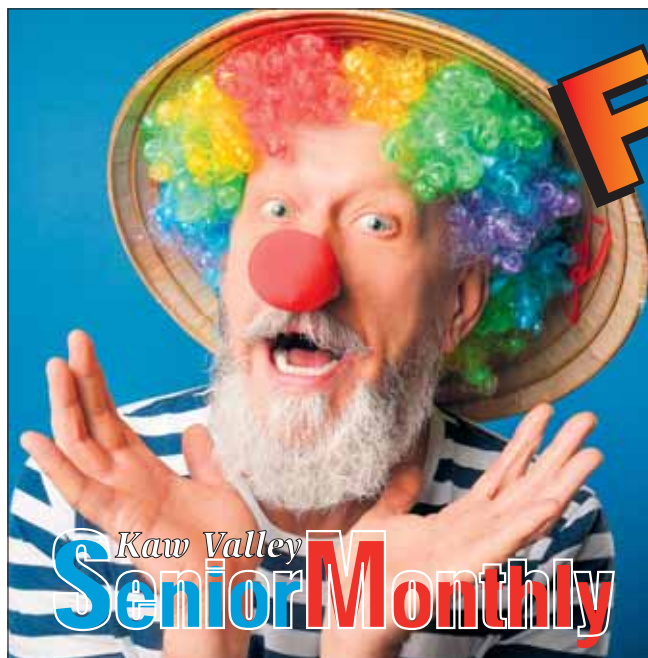
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Quilts

■ CONTINUED FROM PAGE 15

thought of providing comfort to a child while they are ill,” said Traci Hoopinger, who now is vice president for clinical care and chief nursing officer. “Marla provides many different quilts that are specific to gender and age. The nurses will look at all of the different quilts and pick just the right one to make that child feel better. ... The children will cuddle with them and keep the quilt on the bed. It provides comfort to the child and to the family.”

During the years, members of Pieces have received letters, emails and photographs from those families.

“Although it gives the kids a lot, it has given me so much more,” Welch said. “I named the group Pieces, but because of the kids and the families, this mission has helped me put the pieces of my life back together.”

- Caroline Trowbridge, who is marketing communications manager for LMH Health, can be reached at caroline.trowbridge@lmh.org.

COURTESY PHOTO



Marla Welch with a few quilts.

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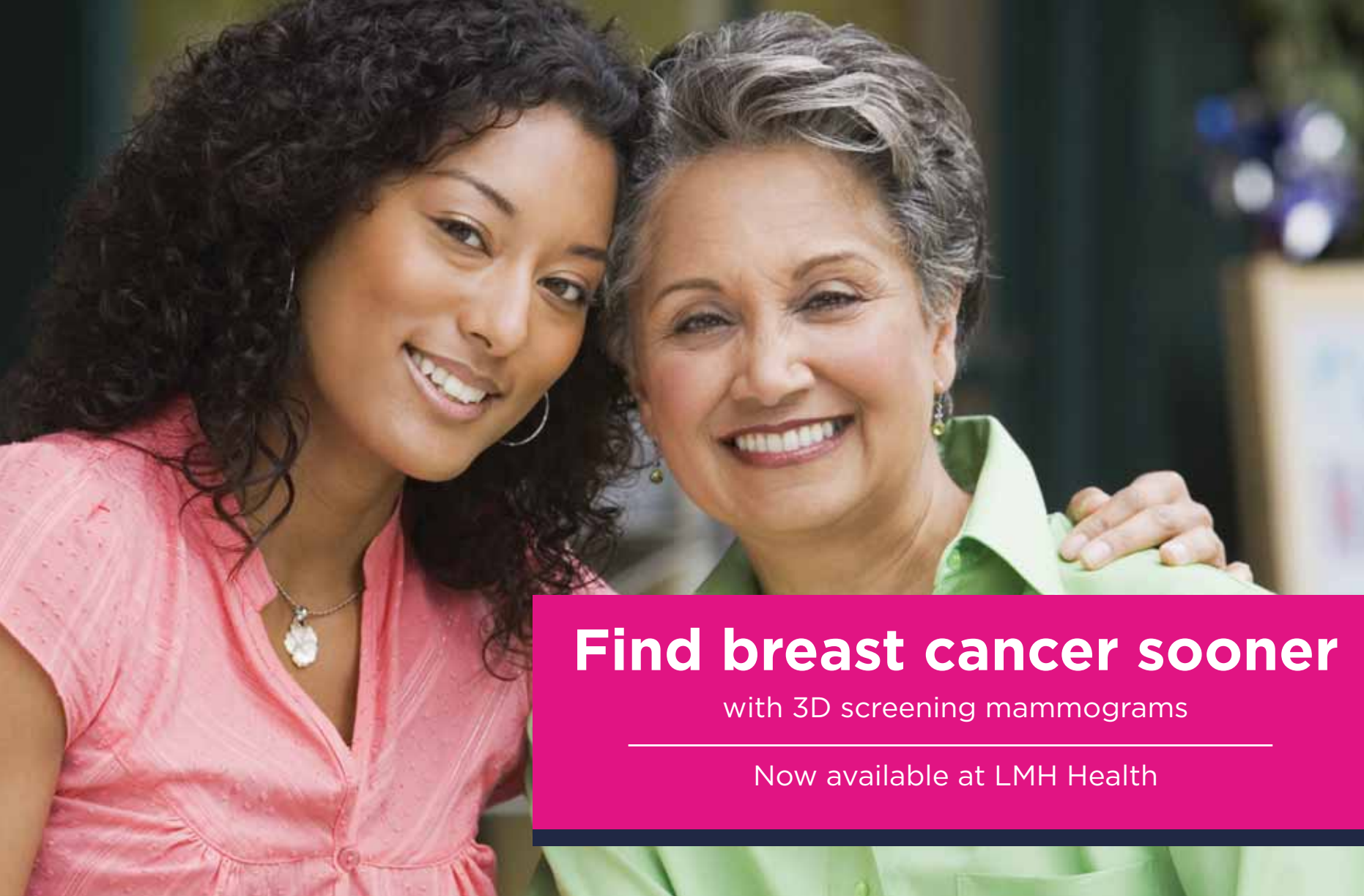
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