

Kaw Valley Senior Monthly

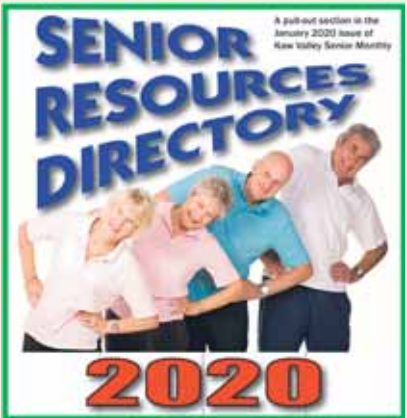
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Vol. 19, No. 7

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Raymond Comstock: Excelling at the creative art of quilting

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Comstock enjoys quilting, experimenting with natural dyes

By Kevin Groenhagen

Raymond Comstock has always had an artistic side. In fact, he taught music for several decades. However, around 1990 he decided to explore a different kind of art.

"I walked into the music office where I was teaching and there was a sign on the bulletin board that said quilting classes were being offered," Ray said. "I thought it would be fun."

Ray, then in his 50s, couldn't even sew at that time. So, he had to learn how to sew and how to quilt at the same time. Thirty years later, he does quilting almost every day.

Ray grew up in Vermont and came to the Midwest to study music at Drake University in Des Moines, Iowa. He earned both a bachelor's and master's degree at Drake.

While in college, Ray married Virginia "Ginny" Hale in 1957. Ginny, a registered nurse, also had an artistic side and enjoyed creating watercolor paintings.

The couple moved to Oskaloosa,

Iowa, where Ray taught strings to music students at the elementary through high school levels.

"If you can get junior high school students to work for you, they're tremendous," he said. "If you can't, they're a pain. For most of them, learning music was something they wanted to do."

Ray later taught music in Kenosha, Wisconsin, and then went to the University of Iowa, where he earned his Ph.D.

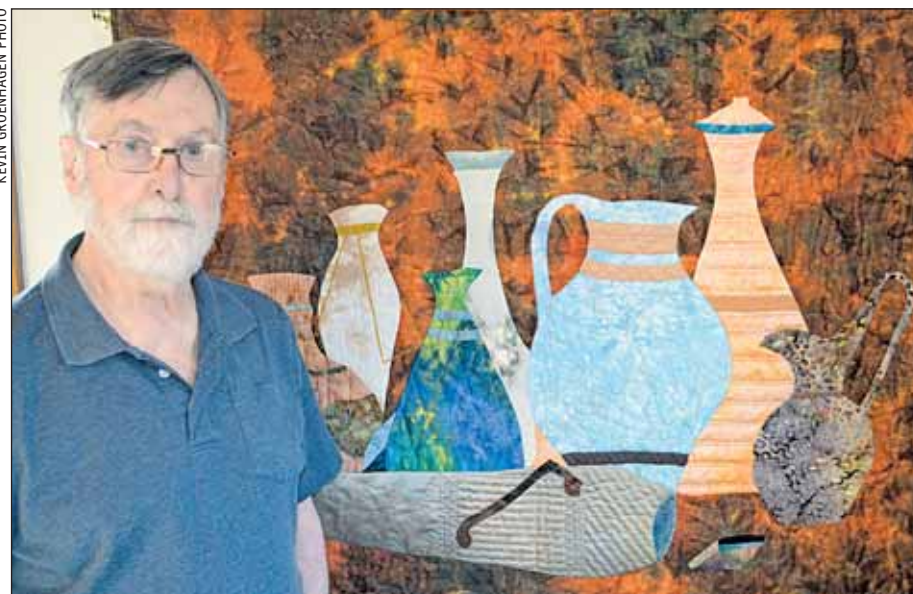
"I taught at the high school level in Iowa City for 10 years," he said.

The Comstocks then went to Duluth, Minnesota.

"I ended my teaching career at the University of Minnesota in Duluth, where I conducted the orchestra and taught violin," Ray said.

Ray was at the University of Minnesota when he took up quilting. As a novice quilter, he eagerly sought out mentors.

"When I first started to quilt, there was a really good quilt shop in Superior, Wisconsin, which is across the bridge from Duluth," he said. "I took my classes there and they took me seriously. The two women who I took the



Raymond Comstock with one of his many quilts

classes from would go to the shop on Tuesday mornings and I would meet them. They both worked there part-time. We would quilt, talk, and then go out for lunch. We did that for a couple of years. I was lucky because they were

really experts at what they were doing. I learned a lot about choosing fabrics from them."

Ray also took a two-week class taught by Jane Dunnewold during a

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$9.50 for 12 monthly issues.

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Raymond Comstock

■ CONTINUED FROM PAGE THREE

summer session at the University of Minnesota. Dunnewold is a textile artist and author who offers classes and workshops throughout the country. She teaches students how to experiment with fiber-reactive dyes, household bleach, fabric paints, water-based resists, photocopy transfers, foiling, silk screening, stenciling, stamping, embroidery, and beading.

“Her idea is to take color out of fabric and then add color to it,” Ray said. “When I first started quilting, I followed patterns. However, after taking Jane’s class, I started experimenting with taking color out of fabric and then putting other patterns on the fabric. I have some quilts that I made entirely by taking color out with bleach. I don’t necessarily follow patterns. I do my own creative things.”

After Ginny died in December 2016, Ray moved from Duluth to live with his daughter, Laurie, in rural Baldwin City.

“When I moved here, I started giving away some of my quilts to family members,” he said. “Everything I do is by hand. I don’t use a sewing machine at all. Few people quilt by hand anymore. So, it’s kind of hard to give quilts away

when you’ve put that much time into them.”

It didn’t take long for Ray to connect with fellow quilters in Douglas County. He joined the Maple Leaf Quilters’ Guild in Baldwin City. He also learned that a friend of his daughter is also a quilter. Laurie and Dee Boeck met through RunLawrence, an affiliate of the Road Runners Club of America, an umbrella organization for running clubs all over the United States. Celeste Leonardi, another runner, also helped Ray meet people.

“I’m doing a quilt right now for my daughter that uses the T-shirts from marathons she has run,” he said. “She’s run at least 30. She ran the Boston Marathon twice.”

Dee is helping Ray with the T-shirt quilt.

Ray has also been experimenting with making natural dyes from leaves, berries, and other plants. He likes using maple and oak leaves. While these leaves are known for their red, gold, and brown hues during the fall, he uses them while they are still green.

“You get more color from leaves when they’re alive,” he said. “You won’t get a green color from green leaves, but whatever color you’ll get will be stronger if the leaves are green. You’ll get yellow and brown.”

Interested in Joining a Quilting Guild?

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Kansas Capital Quilters Guild

Woman’s Club of Topeka

5221 SW West Drive, Topeka

2nd and 4th Tuesdays, 7 p.m.

kscapitalquilters.com

Kaw Valley Quilters Guild

Plymouth Congregational Church

925 Vermont St., Lawrence

3rd Tuesday, 9:30 a.m. and the

Monday before 3rd Tuesday, 7 p.m.

kawvalleyquiltersguild.org

Maple Leaf Quilters’ Guild

Baldwin City Library

800 7th St., Baldwin City

4th Thursday of the month, Janu-

ary through October, 7 p.m.

facebook.com/

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Sunflower Piecemakers Quilt Guild

Westminster Presbyterian Church

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“I hadn’t dyed much with berries until this fall,” Ray continued. “I use blueberries, pokeberries, and sumac. Pokeberries dye really well.”

Pokeberries grow in grape-like clus-

ters on tall perennials with purple-red stems. Pokeberry dye can be used for shades of pink, purple, mauve, and red.

Ray recently learned another way to

■ CONTINUED ON PAGE FIVE

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Raymond Comstock

■ CONTINUED FROM PAGE FOUR

dye fabric.

“One of the gardening groups in Lawrence invited people to learn about growing indigo,” he said. “So, I took some seeds and grew indigo last year. Indigo dyes really well and is used to dye blue jeans.”

A plant from the bean family, true indigo is a shrub that is one to two meters tall. Dye is obtained from the processing of the plant’s leaves.

“Oddly enough, the leaves are green,” Ray said. “You have to go through quite a process to get the blue out.”

Ray has also been using natural dyes to dye silk, which he buys undyed on the internet.

“Silk holds natural dyes really well,” he said. “It’s more difficult to dye cotton, which is the primary material used for quilts.”

Ray has made quilts that use both cotton and silk materials. In addition, he has made scarves from his dyed silk

fabric. Has given away and sold some of these scarves.

“I don’t put in as much time with the scarves, so I don’t feel the need to keep them all,” he said.

According to a 1993 article in the *Baltimore Sun*, “The earliest evidence of quilting is a circa-3400 B.C. carved ivory figure in the British Museum of an Egyptian pharaoh wearing what looks like a quilted mantle.” In Europe during the 15th century, only wealthy households could own quilts. In the United States, it wasn’t until the 1800s that Americans of all classes made and owned quilts.

When asked about the common misconception that only women, especially older women, quilt, Ray smiled and noted that a member of the Maple Leaf Quilters’ Guild is a young man who started quilting when he was just 10 years old.

In fact, the International Quilt Museum at the University of Nebraska-Lincoln notes that “man-made” quilts go back at least to 13th-century Europe. Florence Peto profiled several male quiltmakers in her 1939 book, *His-*

KEVIN GROENHAGEN PHOTO



In addition to quilting, Raymond Comstock has used natural dyes made from leaves, berries, and other plants to dye silk.

toric Quilts. “Men have shown a disposition to be inventive in their quilt creations,” Peto wrote. On Facebook, there are several pages devoted to men who quilt, including Real Men Quilt, American Men Who Quilt, and Men’s Quilt Exchange.

For Ray, who thought quilting would be fun to try when he saw that sign on the bulletin board 30 years ago, he has discovered that his hobby is not only fun, he has made many friends he never would have met if he hadn’t started quilting.

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McPherson matches clients' needs to insurance plans

By Billie David

As Lawrence resident Kim McPherson's children matured and became more involved in sports—one daughter plays on a college soccer team, another participates in competitive Taekwondo, and another plays basketball—she decided it was time for a career change that would free her up to attend their sporting events, so she left her profession as an occupational therapist and became an independent insurance broker.

The transition was quite natural for McPherson who, during her 23 years of work as an occupational therapist—including 10 years as a co-owner of Lawrence Therapy Services and another seven years as director of therapy services at a local skilled nursing facility—has seen firsthand the frustration many of her clients have experienced as she helped them understand exactly what services their insurance covered and what they would have to pay themselves. This experience made her well aware that if there was a mismatch between the client's needs and what the plan covered, it was too late to do anything about it. As an agent, she can now help people match their needs to their plan at the very beginning, before it is too late.

Also working in her favor is the fact that, three years ago, she started doing medical reviews for insurance companies, which required translating everything from insurance terminology to layman's terms, providing even more experience in reading and under-

standing all the small print as well as explaining it to clients.

In addition to her helping clients understand their health coverage's terms and conditions, McPherson's background as an occupational therapist taught her another important concept: As a therapist, it was essential to learn the background and individual needs of each client, and McPherson knows that the same requirement applies to insurance.

"There's no one-size-fits-all with insurance," she said. "I approach it like I would as an occupational therapist. I look at the whole picture, their medical history, their background. I learn who they are and then work to solve their situation."

She especially enjoys working with seniors, she said. "That's my passion. They are the most vulnerable," she explained. "They maybe don't know what questions to ask and they may not have a person to help them. They may not even use a computer. I meet one-on-one with these people. We can do it in their home or in a coffee shop. We can meet halfway—wherever they are comfortable."

McPherson also enjoys working with younger people, and during the period after open enrollment for Medicare and the Health Insurance Marketplace ends, she begins preparing for the next year, studying to pass the certification exam and meeting the recertification requirements for each of the two-dozen insurance companies she is a broker for.

McPherson is an independent health insurance broker working with the



COURTESY PHOTO

Kim McPherson, left, discusses insurance plan options with a client who is on Medicare.

Chicago-based Healthcare Solutions Team, which has over 2,000 insurance agents working with them.

"We are independent, but they provide the training," McPherson said. "As brokers, we don't work for one particular company. We have a wide range of possibilities to fit the client's needs."

She chose Healthcare Solutions Team, she said, because of the support they give their agents.

"They're the backbone for all of us in terms of support and answering questions," she said.

As for keeping track of all the different options and changes, McPherson said,

■ CONTINUED ON PAGE SEVEN



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McPherson

■ CONTINUED FROM PAGE SIX

"I'm very organized. I have a laptop and a home office. It's all about balance, and I excel at juggling. I love the variety because I can help people of all ages. For example, seniors need to work with someone each year because things change, like the drug plan pricing."

Another challenge for seniors, she added, is that "somebody hears something from somebody else that may not be true or may have changed."

McPherson likened this phenomenon to the game of Telephone, where a message gets whispered down a line of children, with the end message turning out quite different from the original message.

"There's a lot of confusion and misunderstanding," she explained. "Seniors are bombarded with so much information, it's hard to understand it all. Often they will have a big stack of mail and need someone to help them go through it to determine which are ads, what needs to be saved, and what needs to be disposed of."

McPherson, who grew up in the small central Kansas town of Arlington, near Hutchinson, has been a Lawrence resident since she moved here to attend KU in 1991. She said it's important for her to have an ongoing relationship with her clients so that they can feel free to call with questions, like needing help reading a bill or finding out which doctors are in the plan's network.

"When people meet with me, they get more than just an insurance agent," she said. "They get someone who has

worked in the medical field for more than 20 years."

More information is available on

McPherson's website at kmcpherson.myhst.com or by calling 785-766-9022.



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FFNHA welcomes new and returning officers at board of trustees' annual meeting

The Freedom's Frontier National Heritage Area (FFNHA) Trustee Board elected new officers and installed them at the annual meeting on Friday, November 22, at the Parkville Branch of the Mid-Continent Public Library.

Grant Glenn is the new Chair of the Trustees from FFNHA. He has served on the Trustee board as the head of the personnel committee and as Vice-Chair for the past two years.

"I am humbled by the opportunity to help lead this outstanding organization," said Glenn. "I am astounded how much our small but creative and dedicated staff has and can accomplish."

Glenn is a Kansan whose grandmother was raised in Missouri by her grandfather, who was a Confederate guerilla. Glenn is a practicing lawyer in Topeka and is active in the Friends of the Free State Capitol. That organization's goal is to restore Topeka's Constitution Hall. Constitution Hall served as the first Kansas Capital building from 1861 to 1869.

Glenn takes the Chair from Duane Benton. Benton serves on the United

States Eighth Circuit Court of Appeals.

"Judge Benton has been an outstanding leader of our organization, and through his leadership, we have been able to successfully help support the many efforts in Quindaro as well as making a difference in our current programming," said Glenn.

"I appreciate the confidence he has demonstrated in me and encouraged a smooth transition proves. I know that

he will continue to be an important resource as he continues to serve as immediate Past Chair," Glenn added.

Former Harrisonville, Mo., Mayor Kevin Wood, is now Vice-Chair. Wood is an investment professional with Waddell and Reed in Independence, Mo.

Deborah Barker, the retired longtime director of the Franklin County Historical Society in Ottawa and archi-

ivist for the Black Archives of Mid-America, was re-elected as Secretary. Walter Wulf, Chairman of the Board of Monarch Cement Company, continues as Treasurer.

Three Trustees were selected to serve on the Executive Committee with the other five officers. They include Larry Pfautsch of Harrisonville, Mo., Mary Hunkeler of Mission Woods, Kan., and Kristen Zane of Overland Park, Kan.



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By Norm Franker

Social Security District Manager in
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OPINION

It's about time I start carrying a purse

By Greg Schwem

Tribune Content Agency

Excuse me, random female, may I borrow your purse?

I will return it momentarily; I just want to know how it feels to carry whatever you want throughout the day and evening without an unsightly protrusion in your back pocket; one that could easily cause your pants to drift south at inopportune moments.

It's what we men face when we carry a wallet.

I know, ladies, you look at wallets with jealousy. "Imagine," you say to yourselves, "being able to fit everything in that 5-by-4-inch bi-folded area and then hide it. No need to worry about whether the exterior matches our outfit and which hand feels more comfortable to carry it everywhere we go."

It's similar to my wife lamenting that I can be ready for an evening out in the time it takes to run a comb through my hair, while she spends an hour in front of the bathroom mirror surrounded by an army of tubes, brushes and powders.

"Men have it so easy," she'll say, while I tap my foot and look at my watch, signaling we are already 15 minutes late.

But when it comes to the purse versus

wallet choice, girls, YOU have it easy. You don't have to prioritize. Need to carry an extra credit card? The purse has room. A secondary form of identification? You could shove a passport into its inner confines, and nobody would know. If I'm asked to show anything other than a driver's license to the bank teller, the airport security employee or the hotel front desk clerk, I'm screwed.

Internet retailers seem well aware of my dilemma; each year around the holidays, I get bombarded with online ads from companies determined to solve my space issue. This year the winner was the Ridge, makers of a wallet it claims holds up to 12 cards and oodles of bills. The website also touts the most puzzling feature I've ever heard: "Expands to remain slim."

I fail to see how anything can expand yet remain slim. It certainly didn't happen to my body following Thanksgiving dinner and during the season of Christmas eating.

Still I excitedly forwarded the Ridge link to my wife, telling her I would like it under the tree this Christmas.

"I finished shopping for you months ago," she replied. "And haven't you

tried these things before? You always go back to a regular wallet."

She's right. As I peer in my wallet now, I see 15 cards—three over the "expands to remain slim" Ridge wallet limit—and wonder how I could part with any of them. Sure, I could carry one credit card; but what if it gets declined while I'm Christmas shopping? That has already happened once, but an angry call to my credit card issuer proved the error was theirs, not mine.

My ATM card? It's a must, for I'm of the generation that occasionally prefers cash, as opposed to whipping out a credit card for a 99-cent cup of coffee. Then there's my transit card and my health insurance card. Sure,

I could forego the latter but what if, while taking the subway, I get mugged and require medical attention? See the dilemma?

Before long, I've convinced myself I'm not an ideal candidate for anything other than an old-fashioned wallet that includes plastic sleeves for inserting pictures of children. I'm proud to say all those photos have been moved to my iPhone. Just give me a minute while I feverishly swipe through my photos app to find a decent shot of my kids.

So, women, hand me your purses. Unlike wallets, they come in all shapes, sizes, colors and patterns. I'll pick one and will spend my time wondering

■ CONTINUED ON PAGE 11

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Purse

■ CONTINUED FROM PAGE 10

what to carry, as opposed to what not to carry, when I leave the house each morning. I'll confidently march down the subway stairs knowing I have everything for the ride, including a transit card, my phone and maybe even a hard cover book to pass the time.

Plus, if need be, I'll have a weapon

to swing at a subway mugger.

- Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at www.gregschwem.com.

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If you're fortunate, you'll live independently and in good health throughout your retirement years. However, if you ever needed some type of long-term care, such as a stay in a nursing home, would you be financially prepared?



Derek Osborn

To answer this question, you may want to evaluate two variables: your likelihood of needing long-term care and the cost of such care. Consider the following:

- Someone turning age 65 today has an almost 70% chance of eventually needing some type of long-term care, according to the U.S. Department of Health and Human Services.
- The average cost for a private room in a nursing home is about \$100,000 per year, while a home health aide costs about \$50,000 per year, according to Genworth, an insurance company.

Clearly, these numbers are worth thinking about. If you needed several years of long-term care, the expense could seriously erode your savings and investments. And keep in mind that Medicare typically pays only a small percentage of long-term care costs. Therefore, you may want to evaluate the following options for meeting these expenses:

- *Self-insure* – You could “self-insure” against long-term care expenses by designating some of your investment portfolio for this purpose. However, as the above numbers suggest, you’d likely have to put away a lot of money before you felt you were truly protected. This could be especially difficult, given the need to save and invest for the other expenses associated with retirement.

- *Long-term care insurance* – When you purchase long-term care insurance, you are essentially transferring the risk of paying for long-term care from yourself to an insurance company. Some policies pay long-term care costs for a set number of years, while others cover you for life. You can also choose optional features, such as benefits that increase with inflation. And most long-term care policies have a waiting period between 0 and 90 days, or longer, before benefits kick in.

You'll want to shop around for a policy that offers the combination of features you think best meet your needs. Also, you'll want an insurer that has demonstrated strength and stability, as measured by independent rating agencies. Here's one final point to keep in mind: Long-term care premiums get more expensive as you get older, so if you're interested in this type of coverage, don't wait too long to compare policies.

- *Hybrid policy* – A “hybrid” policy, such as life insurance with a long-term care/chronic illness rider, combines long-term care benefits with those offered by a traditional life insurance policy. So, if you were to buy a hybrid policy and you never needed long-term care, your policy would pay a death benefit to the beneficiary you've named. Conversely, if you ever do need long-term care, your policy will pay

benefits toward those expenses. And the amount of money available for long-term care can exceed the death benefit significantly. Hybrid policies can vary greatly in several ways, so, again, you'll need to do some research before choosing appropriate coverage.

Ultimately, you may decide you're willing to take the chance of never needing any type of long-term care. But if you think that's a risk you'd rather not take, then explore all your coverage options carefully. There's no one right answer for everyone – but there's almost certainly one for you.

- Derek Osborn is with Edward Jones, 1311 Wakarusa Drive, Suite 2200, Lawrence. He can be reached at 785-371-1301 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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JILL ON MONEY

Why we aren't contributing enough toward retirement

U.S. stock indexes continue to hit new all-time high levels, though not with the usual hoopla. Perhaps politics is overshadowing market performance, but there is also evidence that almost half the country doesn't care. Just 52 percent of Americans actually own stocks or stock mutual funds



Jill
Schlesinger

either inside or outside of a retirement account. And that half doesn't tell the whole story.

A research 2017 paper by New York University professor Edward N. Wolff found that "despite the fact that almost half of all households owned stock shares either directly or indirectly through mutual funds, trusts, or various pension accounts, the richest 10 percent of households controlled 84 percent of the total value of these stocks in 2016."

I thought about these stats after the IRS announced its annual inflation adjustments to retirement plan contributions for tax year 2020. If you participate in a 401(k), 403(b), most 457

plans and the federal government's Thrift Savings Plan, you will be able to contribute a maximum of \$19,500 next year, up \$500 from 2019.

The catch-up contribution for employees ages 50 and over in these plans will increase from \$6,000 to \$6,500. (Note: the limit on annual contributions to traditional and Roth IRAs is unchanged at \$6,000, as is the catch-up contribution for those over 50, which stays at \$1,000.)

For many Americans, these limits are irrelevant because they are not even close to maximizing their contributions. It's not due to some moral flaw. According to a recent paper from the Center for Retirement Research at Boston College, for workers to accumulate substantial retirement savings, they must contribute regularly to their plans, keep their money in the accounts and they also need to maximize after-fee returns.

That's a tall order, according to the authors, who say the reason that most workers have 401(k)/IRA balances at retirement that are "substantially below their potential" is due to aspects of the U.S. retirement system that make it difficult to achieve these goals.

The two biggest factors that contribute to the low level of retirement savings are "the immaturity of the system" and "the lack of universal coverage." The paper notes that the shift from

employer-funded pensions to employee funded retirement accounts occurred in the 1980s, which means "many of today's 60-year-olds did not participate in a 401(k) plan when they were young workers."

Additionally, many workers today still do not participate in plans, either because the employer does not offer one or because they are not eligible to participate.

Of those who do participate, some retirement balances shrink over time due to "leakages," which include the ability to cash out when changing jobs, in-service withdrawals (hardship and tax-free withdrawals beginning at age 59 1/2), and loans; and those dastardly fees.

The analysis concludes "the typical older worker has less than \$100,000 in 401(k)/IRA assets, instead of the \$364,000 he would have had under a system in which workers participated throughout their careers, paid zero fees on account balances, and did not withdraw money prematurely from their accounts. The discrepancy is somewhat less if individuals under 30 and those with defined

benefit plans are excluded from the analysis, but it is still significant."

The low level of savings, combined with increasing life expectancies, explains why many older Americans are staying in their jobs longer.

According to AARP, "Americans 55 and older make up slightly less than a quarter of the nation's labor force, but they filled almost half (49 percent) of the 2.9 million jobs gained in 2018—the biggest share of any age group."

Working longer is one of the ways many people are helping to fund retirement.

- 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@jillonmoney.com. Check her website at www.jillonmoney.com.

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PAINTING WITH WORDS

Leaves of Grass

Poem: Title: *Leaves of Grass*

Poet: Walt Whitman

Walt Whitman happens to be one of my favorite poets. On the surface, his poems sound simple, even trivial. But if you dig deep into his



Tom
Mach

poems you will find some gems of wisdom. In one particular portion of his poetry work, *Leaves of Grass*, he writes:

Great is Life, real and mystical, wher-

*ever and whoever,
Great is Death—sure as Life holds all
parts together,
Death holds all parts together,
Death has just as much purport as Life has,
Do you enjoy what Life confers? you
shall enjoy what Death confers,
I do not understand the realities of
Death, but I know they are great,
I do not understand the least reality of
Life—how then can I understand the
realities of Death?*

That one line of his has intrigued me for a long time: “*sure as Life holds all parts together, Death holds all parts together.*” In fact, I wrote a historical novel called *All Parts Together* that wove in the lives of Whitman and Lincoln. I think I finally know what this famous line means. I think it means that

the important things in our soul while we lived—the people we loved, the lessons we learned, the opportunities we had for giving kindness and compassion for others—all those things will remain with us after we die. It’s a beautiful thing to think about, isn’t it?

If you have any questions on this or would like me to consider publishing your poem, drop me an email. Please know I will base any poem I might select on my own biases. My email address is given on my website at www.Tom-Mach.com.



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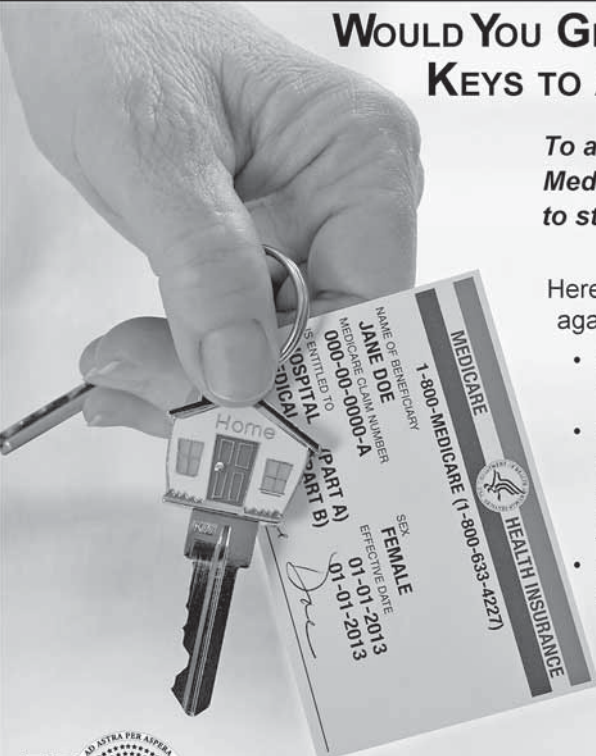


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MAYO CLINIC

Elimination of dietary lectins isn't a cure for medical disorders

DEAR MAYO CLINIC: I keep reading about weight loss and other health benefits from a diet where people eliminate lectins. Is there any truth to the claim that a lectin-free diet can cure autoimmune diseases and other health problems?

ANSWER: No scientific evidence exists to show that eliminating dietary lectins will cure any medical disorders or conditions, including autoimmune diseases. But your diet certainly can have an effect on the way you feel, especially if you have a chronic condition. If you have a medical concern triggering symptoms that seem to be related to the foods you eat, consider talking with a registered dietitian, who can review your diet and offer suggestions for modifying it in a way that may help ease your symptoms.

Lectins are naturally occurring proteins that are found in most plants. Some foods that contain higher amounts of lectins include beans, peanuts, lentils, tomatoes, potatoes, eggplant, fruits, and wheat and other grains. Lectins serve a protective function for plants as they grow. They don't have any nutritional value when con-

sumed in foods.

Some research seems to indicate that taking in large quantities of raw lectins could have negative health effects. The amount you'd need to consume each day to get to that level, however, is much higher than a typical diet would include. And studies have shown that lectins break down when processed or cooked, so the risk of adverse health effects arising from lectin-rich foods that aren't raw is not cause for concern.

In addition, most foods that contain lectins are recommended as part of a healthy, well-balanced diet. There's a well-established body of scientific evidence that clearly supports the benefits of a diet rich in fruits, vegetables and whole grains. The health benefits you receive from including those foods in your diet outweigh any perceived benefits from avoiding foods with lectins. With that in mind, a diet that avoids lectins is not one most dietitians would typically recommend.

Also, if you're eating a diet that includes a variety of foods and you're having symptoms that make you feel unwell, it often can be difficult to pinpoint the specific source of the problem on your own. It could be an allergy or

a food intolerance, or it may not be related to your diet at all.

If you're in that situation, consider working with a registered dietitian, or a health care provider and a dietitian team, to sort out the cause of your symptoms. Some medical centers have dietitians that specialize in gastrointestinal issues, and those professionals can be particularly helpful in these kinds of cases.

A dietitian may recommend, for example, a short-term elimination diet, excluding certain categories of foods that tend to cause allergic reactions most often. Once those foods have been taken out of a diet, they then can carefully be reintroduced in an effort to identify possible causes of food-related symptoms. Based on that or on other evaluations, a dietitian can then make recommendations that fit the situation.

Rather than using a generalized

approach and trying to apply it to everyone—such as avoiding all food with lectins—a diet that's structured and overseen by a dietitian and based on scientific evidence can be customized to accommodate a person's individual sensitivities. That type of systematic approach typically yields better long-term results than just avoiding a certain kind of food or a food ingredient and hoping to feel better. - Katherine Zeratsky, R.D., Endocrinology/Nutrition, 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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HEALTH & WELLNESS

The medicinal uses of cloves

The holiday season brings about many festivities and, with these events, cooking becomes a natural part of the season. A common ingredient in many holiday foods and beverages are cloves. Cloves, or the Latin name, *Eugenia aromatic*, have been used since ancient times for a variety of pur-



Dr.
Deena
Beneda

poses. Cloves are used in the culinary fields as a spice, especially in Indian cuisine, teas, cheeses, baked goods, and soups.

Cloves are also important for the smell and fragrance they create. In many Asian cultures, it is commonly used in the production of perfumes. In some European countries during the holiday season, it is a tradition to make pomanders from cloves and oranges and hang them around the house. This serves two purposes: it adds the clove scent throughout the house; and also as a holiday decoration. Whole cloves are often used in hams during the holidays in the United States. Cloves can be added to spice mixtures, such as curry powders, mulling spices, and Worcestershire sauces. Cloves are popular in the Middle East, where they are generally used for meat dishes. In addition, the rice may also have cloves added to it.

As with many spices, the history of cloves goes back centuries. In fact, this spice was one of the first to be traded

on trade routes during the Middle Ages. Cloves were added to foods, fragrance, flavoring agents, and used as an anti-septic. Clove oil has been used since ancient times to freshen breath. Even today dentists rub the main constituent of clove oil onto gums because it's naturally anesthetic and antibacterial. Cloves were highly-prized items in ancient times by the Romans and Chinese. Cloves were considered luxury items by the Europeans, whom smuggled the plants and seeds from their original locations. Another traditional use that is still in use today is adding cloves to cigarettes to help improve the scent of the smoke.

Medicinally, cloves have been used for dental caries, so naturally it may be added to mouthwashes and tooth-pastes. It has also been used for dental pain, as an antifungal, fever reducer, for acute tension headaches, ringworm, diarrhea, and as a mosquito repellent. Recent research has found cloves to be effective against superbugs such as staphylococcus when combined with eucalyptus, lemon, thyme, and tea tree oil. Because of its antiseptic properties, it can also help with the flu, colds, and bronchial congestion.

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



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HEALTH & WELLNESS

Tips for being safe on the roads and on foot this winter

Jessica Brewer

LMH Health

Winter is here! This means freezing temperatures, snow, black ice and lots of slipping and sliding are on the way. Though winter weather can look beautiful and peaceful, it can also be very dangerous if you are not prepared. LMH Health wants to make sure that you are being safe on the roads and on foot this winter.



Aynsley Anderson Sosinski, community outreach and engagement specialist at LMH Health, says that the number one rule for being out in frigid temperatures is to not go out unless it is absolutely necessary.

“In inclement weather, there is no reason to be out grocery shopping, walking or getting the mail,” she said. “Try your best to plan ahead. If it is a necessity, make sure that your paths are clear from ice and snow, have ice melt or sand on hand and make sure to use smaller steps to have better balance.”

Make sure that you have on sturdy and warm winter shoes if you are out in snowy conditions. Plan ahead to ensure your walking or driving route has been cleared and have hiking/walking poles or an ice tip on your cane for support, if necessary.

At the grocery store, park near the cart corral and grab a cart to bring in with you for extra balance. Try not to carry a bag over your arms. If you have a bag or purse, try carrying a backpack because even a small bag can throw off your balance and cause a fall on slippery surfaces.

“For those who love exercise outdoors, try to find an indoor alternative,” Anderson Sosinski said. “There are many indoor walking loops in Lawrence and also at home workouts

that can be found online such as ‘Do Yoga With Me’ and many more.”

If you insist on exercising outside, make sure you have reflective gear and layers of lighter clothing. Always carry a cell phone and have a running buddy with you.

“For those times where it is necessary for you to drive in inclement weather, make sure your car is always winter ready,” Anderson Sosinski said. “Make sure your car is well maintained, you have good tires and your gas tank is full. Keep a safe distance between the cars in front of you while driving because it takes much longer to stop in icy weather. Give yourself plenty of time to get to your destination.”

It’s also important that you dress appropriately for colder temperatures. Bundle up as much as you can and wear many layers. It is much easier to be too hot and take layers off than be too cold with no way to add warmth.

“Cold weather can happen very quickly,” Anderson Sosinski said. “Do not go outside unless you absolutely have a hat, gloves, good footwear and a coat. Please, no flip-flops in the winter.”

Kenna Young, trauma coordinator at LMH Health, said the number of accidents always heightens in the winter.

“We see a lot of fractures, head injuries, hypothermia, lacerations from falls and ice and bad stress on the body from shoveling,” she said. “Frostbite can happen too when you’re not wearing proper clothing.”

Young said that children and the elderly are more sensitive to the cold so it is important, for everyone but especially these generations, to dress warmly even when inside.

“Dress in proper clothing when indoors as well,” Young said. If you choose to use a space heater, to prevent further safety issues, make sure your space heaters are carefully watched to prevent fires. Make sure children, pets and flammable objects like curtains are not near the heater and that they are

What you should have in your car emergency kit

During the winter months, you should avoid driving during inclement weather. If driving is a must, it is important to be prepared in case trouble arises. The CDC recommends that you carry the following items in your car at all times during these cold and snowy months:

- Cell phone, portable charger and extra batteries
- Items to stay warm such as extra hats, coats, mittens and blankets
- Windshield scraper
- Shovel
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water and snack food
- First aid kit with any necessary medications and a pocket knife
- Tow chains or rope
- Tire chains
- Canned compressed air with sealant for emergency tire repair
- Cat litter or sand to help tires get traction, or road salt to melt ice
- Booster cables with fully charged battery or jumper cables
- Hazard or other reflectors
- Bright colored flag or help signs, emergency distress flag and/or emergency flares
- Road maps
- Waterproof matches and a can to melt snow for water

only used with proper ventilation.”

Limited assistance through Safe Winter Walkways is available for Lawrence residents. If you have a disability or cannot shovel your driveway or sidewalk, contact the City of Lawrence and for assistance to help keep you safe in inclement conditions. Try to take it easy this winter and when the weather

is bad, enjoy some time inside and stay warm.

“Be cognizant of the weather this season,” Young said. “Always have a backup plan, minimize travel and in extreme cold, stay inside.”

- Jessica Brewer is the social media and digital communications specialist at LMH Health.



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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

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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 31 & FEB 1

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 Friday 4-8 p.m.; Sale Saturday 9 a.m.-5 p.m. Free admission. LEAVENWORTH, 913-682-4459, lvks.org

FEB 1

SOUPER BOWL SATURDAY!

The Lawrence Arts Center's annual Souper Bowl Saturday is on its way again! We are gearing up for the event by making lots of beautiful ceramic bowls for you to choose from.

This community event raised funds through the sale of handmade bowls and donated soups and bread. The bowls, \$10 and up, come with complimentary soup and bread and the proceeds benefit the Arts Center's visual arts education programs. Lawrence Arts Center, 940 New Hampshire St., 11 a.m.-2 p.m. LAWRENCE, 785-843-2787
lawrenceartscenter.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 S.E. Michigan Ave. TOPEKA, 785-267-1923

MONDAYS

EAGLES #2700

215 15th St. Game play: 7 p.m. OTTAWA, 785-242-6142

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 S.W. 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

EDUCATION

ONGOING

COOKING CLASSES

The Merc offers many healthy cooking classes

every month. To learn more about classes and to register, see The Merc's website.

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

ONGOING

FREE INSURANCE COUNSELING

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

MONDAYS BEGINNING OCT 7

BEGINNERS SQUARE DANCE LESSONS

First three lessons are free to try out. Centenary Methodist Church, 245 N. 4th St., 6:30 p.m. For more information, call Kathy at 785-841-7555 or Toni and Vernon Nelson at 785-266-7048. LAWRENCE

FIRST, THIRD & FIFTH TUESDAY OF EACH MONTH

EUDORA SQUARE DANCE WORKSHOP

A great opportunity to practice the calls you are having trouble with. Callers: Lynn Nelson (fall/spring), Beth Neidecker (winter). Suggested donation: \$3/person. Please bring your own water. Contact Nancy Wickersheim. Eudora Parks & Recreation Center, 1630 Elm St., 1-2:30 p.m. Mainstream, 2:30-2:45 p.m. Plus (if enough dancers). EUDORA, 785-393-4036

SECOND AND FOURTH MONDAYS

LEXINGTON LUNCHES

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

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 2 & FEB 6

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records. Shawnee North Community Center, 300 N.E. 43rd St., 10-11:30 a.m. TOPEKA, 785-580-4400

JAN 6, 13, 27, FEB 3

BEGINNING COMPUTER CLASS

This hour is devoted to a different topic each week in a beginner-friendly environment. Click "Beginning Computer Class" above to see the weekly topics. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-12 p.m. TOPEKA, 785-580-4400

JAN 6 & FEB 3

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 S.W. 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

JAN 7, 14, 21, 28, FEB 4

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice your computer skills or learn to use the library catalog while trainers are available. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-3 p.m. TOPEKA, 785-580-4400

JAN 8

ALZHEIMER'S ASSOCIATION REMOTE LEARNING

Learn about memory disorders and the challenges associated with managing them at sessions held the 2nd Wednesday of each month. Call 800-272-3900 to register for any session. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m. TOPEKA, 785-580-4400

JAN 9-MAR 5

FENCING: MODERN OLYMPIC SPORT

Truly a sport for the ages, Fencing has been included in every modern Olympic games, since the first in 1896. This fencing class is for beginners as well as more experienced fencers in foil, epee and saber, emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Instructor: John Dillard. Class code: 127105. Fee. Thursdays. Sports Pavilion Lawrence, 100 Rock Chalk Rd., 7-9 p.m. LAWRENCE, 785-832-3450, lprd.org

JAN 10

AARP DRIVER SAFETY

Senior Resource Center for Douglas County, 707 Vermont St., 9 a.m.-2 p.m. Contact Larry Woydziak to register. Fee. LAWRENCE, 785-727-7875

JAN 10

CREATING ORAL HISTORIES FOR GENEALOGY

Learn how to use the library's oral history kits to preserve and enhance your own family and community history. Registration required. Topeka Room, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-1 p.m. TOPEKA, 785-580-4400

JAN 13

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records. Central Park Community Center, 1534 SW Clay St., 5-6 p.m. TOPEKA, 785-580-4400

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JAN 14

HEALTHY LIVING SERIES

Topic: Fitness for Adults by Joe DeLeo, Strength & Conditioning Specialist, LMH Performance & Wellness Center Each month, LMH Health brings you a healthy three-course supper and health seminar. \$5.50 for the meal. Online reservations are required. Visit lmh.org/events. LAWRENCE, 785-505-3066, lmh.org

JAN 14

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. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 7-8 p.m. TOPEKA, 785-580-4400

JAN 15

PREDIABETES EDUCATION

This class covers prediabetes, metabolic syndrome, insulin resistance and impaired glucose tolerance. LMH Health, noon-1:30 p.m. LAWRENCE, 785-505-3066, lmh.org

JAN 19

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. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., Noon-1 p.m. TOPEKA, 785-580-4400

JAN 27

HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. Learning Center, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2:30 p.m. TOPEKA, 785-580-4400

JAN 29-FEB 19

BEGINNING UKULELE

This beginning uke course will cover tuning, basic chords and beginning strum patterns. Share the fun while learning to play commonly known songs. Students brand new to ukulele are welcome! Ukuleles and tuners are not provided. If you are considering buying one, please contact the instructor before class and she will guide you in buying a good starter one. Come share the joy of Aloha! Instructor: Linda Tilton. Class code: 127410. Fee. Wednesdays. Senior Resource Center, 745 Vermont, 6:30-7:30 p.m. LAWRENCE, 785-832-3450, lprd.org

FEB 8

FINDING AND USING U.S. IMMIGRATION RECORDS

Yes, we are a nation of immigrants! Understanding the kinds of records available and where to find them is important to your genealogy research. Our guest speaker will be Elizabeth Burnes, an archivist with the National Archives in Kansas City, Mo. She will also explain how NARA can assist you by email or

U.S. mail with a wider range of resources, too, for example military records and federal court records. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-noon. Fee. LAWRENCE, 785-841-4109 watkinsmuseum.org/immigration-records

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

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 4, 11, 18, 25, FEB 1

SATURDAY AFTERNOONS WITH JOHN JERVIS

Make your Saturday afternoons special by listening to John Jervis. John is "fluent in classical guitar, and well-known in Lawrence for his precision performances in coffeehouses, restaurants and other public spaces that welcome musical expression. S&S Artisan Pub & Coffeehouse, 2228 Iowa St., 2-4 p.m. LAWRENCE facebook.com/events/1388963061256452

JAN 10

STORY SLAM: EMPTY

Stories told live, MOTH-style, September to May (except December). Never the same story, or evening, twice. Adults, 18+ only. Live music and 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 lied.ku.edu/calendar

JAN 10

TREASURE OF THE SIERRA MADRE

In this John Huston classic two Americans searching for work in Mexico convince an old prospector to help them mine for gold in the Sierra Madre Mountains. Stars Humphrey Bogart, Tim Holt and Walter Huston. 1948, black & white, 126 min. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-5 p.m. TOPEKA, 785-580-4400

JAN 17, 18, 19, 23, 24, 25, 26

THE COMPLEAT WORKS OF WLLM SHKSPR

All 37 plays in 97 minutes! Madcap men (and maybe women) in tights weave their wicked way through all of Shakespeare's comedies, histories, and tragedies in one wild ride that will leave you breathless. This is an irreverent, fast-paced comedic romp through the Bard's plays! Theatre Lawrence, 4660 Bauer Farm Dr. Thursday, Friday, Saturday 7:30 p.m. and Sunday 2:30 p.m. Fee. LAWRENCE, 785-843-7469 wp.theatrelawrence.com/events/2019-20-season

JAN 23

THE COLOR PURPLE

With a soul-raising, Grammy-winning score of jazz, gospel, ragtime and blues, *The Color Purple* is an unforgettable and intensely moving revival of an American classic. Based on the Pulitzer Prize-winning novel and Academy Award-nominated feature film, *The Color Purple* leaves its mark on the soul. Don't miss your chance to be mesmerized by this joyous show. Lied Center of Kansas, 1600 Stewart Dr., 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 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

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TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

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

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

FLEXERCISE

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located one block west of Wakarusa at the intersection of Research Park Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No appointment necessary. LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

VACCINE CLINICS

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

WEDNESDAYS

OPEN BOCCIE BALL

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

WEDNESDAYS

FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and

questions. Appointments available at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.

TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

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

TOPEKA, 785-354-6787

THURSDAYS

WELLNESS CLINIC

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

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

JAN 6-MAR 6

SENIOR STRENGTH TRAINING

Designed to strengthen major muscle groups, increase muscle mass and bone density while improving balance. This is a full strengthening workout. Class code varies. Fee. See www.lprd.org or the Lawrence Parks and Recreation Activity Guide. Mondays, Wednesdays, Fridays. Multiple classes. Holcom Park Recreation Center, 2700 W. 27th St.

LAWRENCE, 785-832-3450, lprd.org

JAN 6-MAR 6

FITNESS FOR LIFE

Fitness for Life combines a low-impact aerobic dance workout with strength training and stretching, which incorporates strength and balance training for improved coordination and agility. Instructor: Melanie Johnson. Class code: 127256. Fee. Mondays, Wednesdays, Fridays.

Holcom Park Recreation Center, 2700 W. 27th St., 10-11 a.m.

LAWRENCE, 785-832-3450, lprd.org

JAN 7-MAR 5

TAI CHI FOR ALL

Now meeting at the Senior Resource Center! This program is designed to improve health and quality of life for everyone. The movements are simple and can be adapted for all. Participants may stand or sit throughout class. There are no floor exercises. The Arthritis Foundation of America, Centers for Disease Control and Prevention and Administration on Aging each recommend this program as meeting their standards for health programming. Instructor: Susan Pomeroy. Class code: 127502. Fee. Tuesdays and Thursdays. Community Building, 115 W. 11th St., 5:30-6:15 p.m.

LAWRENCE, 785-832-3450, lprd.org

JAN 7-MAR 5

JOINTS IN MOTION

A class for gentle, effective exercise that does not strain joints. Working from seated and standing positions (no floor work) this class provides the benefits of exercise for those new to exercise or managing chronic conditions. Instructor: Jade Katz. Class code: 127290. Fee. Tuesdays and Thursdays. Sports Pavilion Lawrence, 100 Rock Chalk Rd., 5:30-6:30 p.m.

LAWRENCE, 785-832-3450, lprd.org

JAN 7-MAR 5

LIFELONG GENTLE STRETCH

Join us in exploring gentle yoga postures to find peace, stillness, and happiness while increasing strength and balance. Instructor: Kristin Spencer. Class code: 127284. Fee. Tuesdays and Thursdays. Holcom Park Recreation Center, 2700 W. 27th St., 10:45-11:35 a.m.

LAWRENCE, 785-832-3450, lprd.org

JAN 7-MAR 5

DANCE FITNESS

Now meeting at the Senior Resource Center! Get your groove on with this fast-paced dance exercise class that stresses while body fitness. Consisting of a 30 minute cardio sequence, followed by 30 minutes of toning and stretching. Routines are simple enough for beginners, yet challenging enough for advance students. Instructor: Rosie Shelton. Class code: 127250. Fee. Tuesdays and Thursdays, 4:45-5:45 p.m.

LAWRENCE, 785-832-3450, lprd.org

JAN 8

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop-in screening offers a full cholesterol test and blood sugar glucose by finger stick. \$20/test, exact cash or check. A fast of 9-10 hours is recommended; water and necessary medications are okay. Outside LMH Gift Shop, 8-9:30 a.m.

LAWRENCE, 785-505-3066, lmh.org

FEB 3-MAR 5

WELLNESS CHALLENGE PROGRAM – DRIVE AWAY THE WINTER DOLDRUMS

Challenge yourself and help drive away any winter "doldrums" you might have by participating in this free, do-on-your-own wellness challenge program. Participants complete a

minimum of six weekly challenges and receive a reward at the end of the program. Challenges include health screenings, fitness, nutrition and personal wellness goals. The program runs February 3-March 5. Register at www.lmh.org/events. Enrollment deadline is January 31. LAWRENCE, 785-505-3066

HISTORY & HERITAGE

JAN 25

ENCOUNTER ON THE UNDERGROUND RAILROAD

Hosted by Watkins Museum of History. Help us recreate the events of January 1859, when John Brown took 12 persons fleeing slavery through Lawrence. We'll meet in the Holcom Park Recreation Center parking lot and make a short walk to the historic Grover Barn—where Brown's party stayed—then enjoy a historic presentation. Dress warmly. Holcom Park Recreation Center, 2700 W. 27th St., 3:30 p.m. Fee. LAWRENCE, 785-841-4109

watkinsmuseum.org/encounter-pm

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m.

Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m.

Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m.

Arbor Court, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m.

Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.

Wyndam Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.

Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

MEETINGS

MONTHLY

SHAWNEE SWINGERS

Square dancing is a social activity for all ages and benefits the body and the mind. Shawnee Swingers has monthly dances and sponsors lessons in the Fall. For more information, call or text 785-845-2357 or email shawneeswingers@gmail.com. Like us on Facebook (Shawnee Swingers Square Dance Club). TOPEKA, wesquaredance.com

SUNDAYS

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

O.U.R.S. dances are held every Sunday evening from 6-9 p.m. at the Holcom Rec Center, 2700

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W. 27th Street. Dances are open to everyone. Admission is \$10 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 SPOUSE/PARTNER LOSS

The Midland Care Center for Hope and Healing, 1112 S.W. 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, 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY MEN'S COFFEE

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

FIRST TUESDAY OF THE MONTH 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 S.W. 7th St. TOPEKA, 785-295-5555

TUESDAYS

BREW HA HA!

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

TUESDAYS

GENERAL GRIEF SUPPORT GROUP

The Midland Care Center for Hope and Healing, 1112 S.W. 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 dhansonabromeit@ku.edu. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m. LAWRENCE

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

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

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. 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 S.W. 6th St., 3-4 p.m. TOPEKA, 785-430-2194

FIRST & THIRD WEDNESDAY OF THE MONTH DEPRESSION BIPOLAR SUPPORT ALLIANCE

The Depression Bipolar Support Alliance (DBSA) is an organization serving people of all ages who struggle with mental health issues. DBSA meets at the Topeka Shawnee Country Public Library (see board for room) and has a peer-led support group called "Share and Care" from 7-8 p.m. In addition, beginning at 6 p.m. on the third Wednesday of each month, DBSA has a speaker who talks about issues of interest to those struggling with mental disorders. TOPEKA

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 GRIEF SUPPORT GROUP

Facilitated by LMH Health Chaplain, Robin Colerick-Shinkle. Meets in Conference Room D South. LMH Health. LAWRENCE, 785-505-3140

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 S.W. 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

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 LMH Health 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 & FOURTH MONDAY OF THE MONTH DEPRESSION BIPOLAR SUPPORT ALLIANCE

The Depression Bipolar Support Alliance (DBSA) is an organization serving people of all ages who struggle with mental health issues. DBSA meets at the Topeka Shawnee Country Public Library (see board for room) and has a peer-led support group called "Share and Care" from 2-3 p.m. TOPEKA

SECOND & FOURTH MONDAY OF THE MONTH CHRONIC PAIN SUPPORT GROUP

Come meet others who have similar struggles in a supportive and understanding group. Group Leader: Annie Ross, Certified Peer Specialist. LMH Health Conference Rm. D-North (on lower level), 3:30-4:30 p.m. LAWRENCE, 785-218-8848

SECOND TUESDAY OF THE MONTH

BETTER BREATHERS CLUB

This free education and support group is for those with chronic lung conditions and their support persons. Meeting is held in the LMH Health Pulmonary Rehab Department, 3rd floor, 330 Arkansas Street. Call. LAWRENCE, 785-505-5820

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 facebook.com/lawrenceactioncivitan or call Jason. LAWRENCE, 785-691-8520

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. LMH Health, Meeting Room A. LAWRENCE, 785-505-3062

SECOND THURSDAY OF THE MONTH

LMH HEALTH OSTOMY SUPPORT GROUP

An affiliate of the United Ostomy Associations of America, the LMH Health Ostomy Support Group meets on the second Thursday of each month at 5:30 p.m. in Conference Room D North. No registration required. Free. LAWRENCE, 785-505-6265
<https://bit.ly/32g2fEK>

SECOND THURSDAY OF THE MONTH

MEADE FLOWER AND GARDEN CLUB

The Meade Flower and Garden Club is made up of amateur gardeners who get together with others who are interested in gardening and exchange information. Meets in the Ward Meade House, 124 N.W. Fillmore Street (Old Prairie Town), in the Preston Hale Room at 6:30 p.m. TOPEKA, 785-817-4835

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, 745 Vermont St., 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 United Way building, 2518 Ridge Ct., Room A, at 6:30 p.m. LAWRENCE, 785-841-0030, 785-979-4692

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

■ CONTINUED ON PAGE 22

■ CONTINUED FROM PAGE 21

THIRD TUESDAY OF THE MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

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

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

THIRD TUESDAY OF THE MONTH STROKE SUPPORT GROUP

For those recovering from a stroke, and/or their family and friends. For more information, call LMH Health Therapy Services.

LAWRENCE, 785-505-2850

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 S.W. 7th St., 11:30 a.m.

TOPEKA, 785-273-3560

THIRD WEDNESDAY OF THE MONTH CANCER SUPPORT GROUP

Join representatives from LMH Health 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, S.W. 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 S.W. Topeka Blvd., 12-1 p.m.

TOPEKA, 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 S.W. Gage Blvd., 1 p.m.

TOPEKA, 785-235-1367, EXT. 130

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

TOPEKA, 785-233-5762

tgstopeka.org

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards.

5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com.

TOPEKA

FOURTH FRIDAY OF THE MONTH NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of the month (except Nov. and Dec.) at Aldersgate Village, 7220 S.W. 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 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 S.W. 6th St., 3-4 p.m.

TOPEKA, 785-430-2194

JAN 16

GRIEF SUPPORT GROUP

A 12-week program facilitated by LMH Health

Pastoral Care. Next session begins January 12.

Call to register.

LAWRENCE, 785-505-3140

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. Clinton Place, Senior Resource Center for Douglas County, 745 Vermont St., 1-4 p.m. For more information call or text 785-505-0893.

LAWRENCE

■ CONTINUED ON PAGE 23



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■ CONTINUED FROM PAGE 22

THURSDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. J&S Coffee, 4821 W. 6th St., 3-6:30 p.m. For more information call or text 785-505-0893.

LAWRENCE

JAN 5

EPIPHANY CELEBRATION

"What Love Can Do For You" is Sunday, January 5, at the Kansas Avenue United Methodist Church, 1029 N. Kansas Ave. in NOTO. A collection of nativities will be on display and assorted chocolate treats will be served at 4:30 p.m. A program of music and pageantry depicting the arrival of the wise men will follow at 5:30 p.m.

TOPEKA, 785-234-0507

JAN 18

EAGLES DAY - 22ND ANNUAL EVENT

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 and 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

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 you will need to reserve your place by registering online. 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

shop.freestatebrewing.com/collections/front-page/products/brewery-tour

JAN 29

LPRD LIFELONG TRAVEL SHOW

Be among the first to learn about Lifelong Travel opportunities for the first half of 2020.

This will be a year of expansion with more local destinations, special interest tours and outdoor excursions. Trips are open to adults of all ages and provide a chance to engage with others who share your interests, learn about new cities—or explore your own backyard, while leaving the details to us. Onsite registration for all Lifelong Travel will open at the travel show. Online and mail-in registration opens on Friday, January 31. Registration is on a first come, first served basis. Payment is required at the time of registration. Holcom Park Recreation Center, 2700 W. 27th St., 2 p.m.

LAWRENCE, 785-832-3450, lprd.org



Sons of The American Revolution

Can you trace your family tree back to a point of having an ancestor who supported the cause of American Independence during the years 1774-1783? If so, please consider joining the Sons of the American Revolution. Local contacts can guide you through the membership process.

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(Lawrence)

John Saylor (President)

785-841-5756

Thomas Jefferson Chapter

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Brian Vazquez (President)

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Matthew 5:14, 16

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RICK STEVES' EUROPE

Finding peace in Europe's overlooked sights

By Rick Steves

Tribune Content Agency

Seeing the top sights in Europe's big cities can be intense. It's hot, it's crowded, and your dream of having a quiet moment with the Mona Lisa is shared by around six million people every year.

The mission of my most recent trip to Europe was finding peace and tranquility in big cities that, in many ways, feel overrun with tourists. And it's surprisingly easy to do.

Many travelers stick to the most famous sights—and I don't blame them; the sights are famous for a reason. But cities like Rome, Florence, and Vienna have a number of attractions where you can get a similar appreciation for a city's cultural importance without the overwhelming crowds.

In Rome—the “Eternal City”—you can spend what feels like an eternity waiting in line with your fellow tourists at the most crowded spots. Fortunately, Rome has plenty of extremely rewarding sights that are cool, quiet, and give an intimate peek at an amazing ancient world.

Most clamor to see the famed outdoor sights (the Colosseum, Forum, etc.) and often neglect the indoor attractions. The National Museum of Rome and the Capitoline Museums have world-class collections. But even in peak season, you'll often be alone with the wonders of the ancient world, wondering, “Where is everyone?”

Within a 10-minute walk of Rome's main train station, the National Museum of Rome houses the world's greatest collection of ancient Roman art, including busts of emperors and a Roman copy of the Discus Thrower, one of the most iconic statues of Classical Greece.

Sitting atop Capitoline Hill, just a few minutes' walk from the Roman Forum, the Capitoline Museums hold more of ancient Rome's famous art. Highlights include an equestrian statue of Emperor Marcus Aurelius, a famous



RICK STEVES, RICK STEVES' EUROPE

In Rome, the dramatic Baths of Caracalla are a 10-minute walk from the mobbed-with-tourists Colosseum.

representation of an ancient wounded warrior—the Dying Gaul, and a bronze statue depicting a legendary she-wolf nursing the infants who became the founders of Rome—Romulus and Remus.

A 10-minute stroll from Rome's overcrowded Colosseum is a free-standing ruin of nearly equal vastness—the

impressive Baths of Caracalla. This sight is dramatic in part because nothing was built around or on top of it—and few people visit it. Today, with a fertile imagination, you can picture Rome at its zenith.

The same goes for Florence, where visitors cram into the three most

■ CONTINUED ON PAGE 27

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Rick Steves

■ CONTINUED FROM PAGE 26

famous sights (Accademia Gallery, Uffizi Gallery, and Duomo), leaving other museums and galleries—which would be big hits in a lesser city—essentially empty.

On my last trip to Florence, I visited the Hospital of the Innocents, just a few minutes away from the mobbed Accademia where Michelangelo's David stands surrounded by adoring fans. Designed in the 15th century by Filippo Brunelleschi, and considered by many the first Renaissance building, the hospital's architecture typifies the new (at the time) aesthetic of calm balance and symmetry. With its mission to care for orphans, the hospital was also an important symbol of the increasingly humanistic outlook of Renaissance Florence. Now a museum, it houses terra-cotta medallions by Luca della Robbia and other magnificent artwork. But on my last visit it was almost empty—I shared it

only with a group of school children on a field trip.

Even within a crowded sight, you can find areas tourists have overlooked. In Vienna, the Albertina Museum takes up a distant wing of the busy Hofburg Palace complex. On a recent trip, I enjoyed quality time alone here with some of my favorite artists. This laid-back museum has a remarkable collection of minor works by major artists, including sketches, woodcuts, and watercolors. As the exhibits rotate, at one time you might see Claude Monet's water lilies and Edgar Degas' dancers, at another time there might be Edvard Munch's moody landscapes and Gustav Klimt's eerie femme fatales.

Even in St. Petersburg, where one

blockbuster sight stands above them all—the world-famous Hermitage Museum—you can find peace in the massive museum's Impressionist section, located in a building across the square from the main galleries.

With a staggering three million works of art housed in a series of mostly interconnected buildings, the Hermitage can be a zoo. But its incredible Impressionist (and Post-Impressionist) collection stands alone in the nearby General Staff Building. Most visitors head straight into the Winter Palace and wind their way through the adjoining palaces in a route that can become overwhelming. Savvy travelers buy their ticket at the Impressionist galleries (where it's almost always less crowded), see this

collection first, then head for the highlights in the main complex.

Great art often hides in less-famous sights. Throughout my travels, I've noticed that huge crowds don't always gravitate to the most enjoyable locations. There are countless amazing places you can have all to yourself. If you do your homework, you'll know about attractions where peace and elegance trump crowds and chaos.

- 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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Anyone who has dined in one of my restaurants, read one of my books or articles, seen me on TV, or cooked or eaten with me personally knows that I think of the whole world as my pantry.

I love discovering ingredients and ways of cooking them that are new to me, and then mastering and sharing them with others. In the process, I'll

often combine influences from various countries and ethnicities into one dish, creating original recipes in a process sometimes referred to by the contemporary term of "fusion" cuisine, which came into use in the 1970s. (Even though you could argue that fusion has happened throughout history, whenever food lovers have traveled and brought their discoveries home with them.)

But since that culinary term was first coined some four decades ago, maybe we have finally moved beyond fusion today. While national and ethnic cuisines will always remain sources of genuine pride for the places and peoples they spring from, and be cooked and served in homes and restaurants where authenticity matters, more and more people love to eat fusion-style in their daily lives.

All-American breakfast followed by Japanese ramen for lunch and pizza or Mexican for dinner. And maybe that breakfast includes grilled Italian sausage; sliced fresh jalapeños garnish the ramen; and crème fraiche and smoked salmon top the pizza, as they do in one of the most popular items from my menu at Spago.

You could say that today ethnic cuisines once considered to belong to a specific group of people now belong to

everyone. And our lives are richer for that shared culinary heritage.

In that spirit, I would like to share one of my all-time favorite ethnic recipes: Jewish potato latkes, traditionally served at Hanukkah, the Festival of Lights that began December 22 and continued for seven more nights. Because Hanukkah commemorates a miracle in which one night's supply of oil kept the eternal light burning for eight nights in the rededicated Second Temple in Jerusalem, dishes fried in oil—like these crispy potato pancakes—feature prominently on holiday menus.

The wonderful thing about latkes, however, is they're perfect for other occasions and other family traditions and are endlessly adaptable as well.

Make a big batch to serve with your roast at the Christmas table. Or prepare little bite-sized latkes and top them with small slices of smoked salmon or other smoked fish such as sturgeon, whitefish, or trout, or some salmon or sturgeon caviar to make the most elegant Champagne-friendly appetizer for your New Year's party. Keep on making them, as I like to do, for a reliably delicious potato side dish all year long.

May you enjoy the bounty of an ever-expanding global pantry.

POTATO LATKES

Serves 12

8 medium-sized baking potatoes
1 medium-sized yellow onion
1 cup (250 ml) all-purpose flour
1 tablespoon baking powder
Pinch freshly grated nutmeg
Kosher salt
Freshly ground black pepper



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

1 cup (250 ml) milk
1 large egg, lightly beaten
2 tablespoons vegetable oil or melted unsalted butter
Peanut oil, for frying
Watercress sprigs, for garnish
Applesauce, for serving
Sour cream or crème fraiche, for serving

With a swivel-bladed vegetable peeler, peel the potatoes. With a sharp knife, peel the onion and cut it in half.

With the large shredding holes of a hand-held grater/shredder, or with the large-hole shredding disc of a food processor, cut the potatoes and onions into shreds, transferring the shreds to a mixing bowl. Add the lemon juice and toss thoroughly to coat the shreds and prevent discoloration.

By handfuls, pick up the shredded mixture and squeeze it over the sink, transferring the squeezed shreds to a large clean mixing bowl. Set aside.

In another mixing bowl, combine the flour, baking powder, nutmeg, and salt and pepper to taste. In a smaller bowl, stir together the milk and egg. Add the milk-egg mixture to the flour mixture, and then pour into the bowl of shredded potatoes and onion. Stir until thoroughly combined, drizzling in the 2

tablespoons of vegetable oil or melted butter as you stir.

Preheat the oven to 300°F (150°C). Line a baking sheet with several layers of paper towels. Line another baking sheet with aluminum foil or parchment paper.

Heat a large heavy skillet over medium-high heat. Pour in enough peanut oil to form a thin, even layer in the pan. With a large spoon, scoop up some of the potato mixture and form round pancakes, large or small as you like, in the pan, taking care not to overcrowd the pan.

Fry the pancakes until deep golden brown, 3 to 5 minutes per side, turning them once. Transfer to the paper towel-lined baking sheet to drain briefly on both sides.

Meanwhile, start cooking another batch of pancakes. While they cook, transfer the cooked pancakes to the foil- or parchment-lined sheet and put in the oven to keep them warm. Continue frying, draining and warming the remaining pancakes.

When all the potato pancakes are done, arrange the pancakes on a serving platter, garnish with the sprigs and serve with applesauce and sour cream or crème fraiche.

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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

Antofagasta

One doesn't come across the name Antofagasta—a Chilean city 678 miles north of Santiago—in ordinary conversation and one assumes that the words Atacama Desert come up even less frequently. Probably even fewer readers of this column have stopped off at either place. The region produces much of the world's supply of copper.



Larry
Day

I certainly didn't intend to land in Antofagasta when my flight left Bogota, Colombia. My destination was Santiago itself. I'd made many trips to Latin America and the Caribbean over the years on assignments for the United States Information Agency (USIA) to train journalists and seek their support for friend of the press.

The first indication that passengers had that we were going to land before we got to Santiago was when the pilot's voice came over the intercom. Pilots often talk to passengers from the cockpit, pointing out places of interest.

"This is the pilot speaking. We have just been informed that the Santiago airport is fog-covered. We can't land there yet. We've been instructed to land at Antofagasta, which is nearly 700 miles north of Santiago. Please fasten your seatbelts and put your tray tables in the upright and locked position in preparation for landing. Thank you." The plane banked and we began a steep descent. After an uneventful landing the plane taxied to a very small terminal building that was apparently closed.

We learned later that the air terminal only opened when flights were sched-

uled. Fortunately, the landside of the terminal was open 24 hours a day to accommodate traveler and commercial vehicle traffic. Food and beverages and travel items were available at various counters.

The passengers disembarked and headed for the counters and restrooms. They were immediately surrounded by people wanting to purchase U.S. dollars. Passengers were offered a variety of exchange prices depending on how vulnerable they looked. The gullible-looking passengers were offered 7.50 pesos for a dollar. The official exchange rate was 750.00 pesos per dollar.

One could tell the seasoned travelers by how few people surrounded them. One could detect the passengers who hadn't understood decimals in school by the fact that they got taken by buyers who moved the decimal point one or two places and cheated them ruthlessly.

Shysters moved through the crowd trying to bully passengers into yielding their dollars. Others gazed into passenger's faces with mock sincerity and sought dollars by pleading poverty and hunger.

To their credit, a number of honest citizens berated their crooked countrymen. The most effective do-gooders were those who spoke English. But they were berated by the shysters also. A few fights broke out.

At this point the aircraft's captain grabbed a bullhorn, climbed on top of a wooden box, and began shouting. The captain was a veteran of this airline route. He spoke Spanish fluently.

He shouted: "This is the captain speaking! Everyone take a step back and be quiet."

Then he spoke in English. "Passengers, return to the airplane and take your seats. The fog has lifted and that the airfield in Santiago is ready to receive our flight. And in the meantime, *courteously* decline currency transactions of any kind."

Despite the pilot's orders there was a flurry of currency exchanges as the passengers moved across the tarmac and climbed the stairs to the airplane.

As the plane taxied and lifted off, a few passengers complained about the

delay. Most were glad for the diversion and for a chance to see a place they had never heard of and to which they would never have thought of booking a flight.

The plane reached cruising altitude and passengers were told they could move around the cabin.

A passenger shouted, "I forgot. How much is this money worth?"

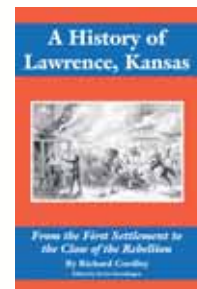
Another shouted, "Who cares? I'm saving mine to give to my grandkids. I'll give you \$30 for all your Chilean pesos."

"Pesos?" shouted another passenger. "Pesos? Shoot! Some shyster sold me a hand full of Brazilian paper money I thought I was getting a real good deal."

"I'll give you a buck for all your Brazilian money," said the grandma."

"Coffee, tea or milk?" asked a flight attendant.

- 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

Special bowls can help slow down fast drinkers

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: My Chihuahua/Jack Russell mix drinks his water much too quickly. He starts coughing and wheezing as the water goes down the wrong pipe. I hold him on my lap, hold his chest and slap his back. It helps but only after much coughing.

Any suggestions that might help the little guy? He drinks from a raised water bowl alongside his food bowl. Water is changed a few times daily. - Larry, Westbury, New York

Dear Larry: There are special bowls designed to slow down fast-drinking dogs. Slowdown bowls have something in the middle of the water dish, so the dog has to nudge around it to drink. Floater bowls have a floating disk in the water bowl. When the dog's tongue nudges the disk, it sinks a bit and the water rises up for the dog to drink, which keeps them from gulping water.

There is also a bowl called a StayDry Dog Water Dish. While it's designed for dogs that splash water all over the place, it could be useful for dogs who like to gulp water, too. It's a closed water dish that brings water to the surface via a grooved spinning wheel that's activated when a dog licks it.

Let me know if one of these works for your dog.

Dear Cathy: I am having a hard time understanding a concept I see frequently mentioned these days that the number of litter boxes in a home should be the number of cats plus one.

When I got married, I inherited my wife's two Siamese cats. Over the course of 40 years, we have had 12 cats: 10 Siamese, one Turkish Angora and one Balinese.

Our normal operation is to have one large litter box with cover and liner. We change the litter and liner every day. We use litter from a local super-

market that is bulky: 10 pounds of litter gives a lot of bulk for the cats to play in. We go through 10 pounds every day. I recognize that this is not the cheapest way to go. We have tried other non-clumping litter, but it doesn't provide enough litter to play in.

Over the years, we have had two to four cats and only one litter box with, for the most part, no problems. So, where does the "cats plus one" number of litter boxes come from? - Bob, via email

Dear Bob: I have been working in the animal welfare field for more than 25 years and have learned things along the way, as they say, and can't always recall the origins of my knowledge. But, if you search online, you will see many celebrity pet people and veterinarians advocating for the one litter box per cat plus one.

While this is not necessary in every home, especially if there are no litter box issues, it's also not always practical. For example, someone with 10 cats may not want 11 litter boxes in their home, so the advice is mostly for people who have a cat or cats with litter box issues.

Cats are very territorial creatures, so even adding one extra box in a new location when litterbox issues arise can make a difference.

A few years ago, a woman wrote to me saying her cat was not going upstairs to use the litter box and was using the downstairs kitchen floor instead. I asked her to observe the other three cats in the home for a few days. When she wrote back, she said she noticed the three cats blocking the other cat from going upstairs to use the litter box. She placed another litter box downstairs, which instantly solved the problem.

Litter box solutions require a lot of detective work. Adding a new litter box when problems arise can often help

Is your puppy making you sick?

The CDC and public health officials in several states are investigating a multistate outbreak of multidrug-resistant *Campylobacter jejuni* infections linked to puppies purchased from pet stores.

Latest outbreak information

- 30 people infected with the outbreak strain of *Campylobacter jejuni* have been reported from 13 states.
- 4 hospitalizations have been reported. No deaths have been reported.
- Contact with puppies, especially those at pet stores, is the likely source of this outbreak.



Symptoms of *Campylobacter jejuni*

• Diarrhea (often bloody), fever, and abdominal cramps. The diarrhea may be accompanied by nausea and vomiting. These symptoms usually start within 2 to 5 days after exposure and last about a week. Some infected people do not have any symptoms.

Treatment

Most people with *Campylobacter* infection recover without specific treatment. Patients should drink extra fluids as long as diarrhea lasts. Antibiotics are needed only for patients who are very ill.

Advice to pet owners and pet store workers

- Always wash your hands thoroughly with soap and water after touching your puppy or dog, after handling their food and after cleaning up after them.
- Don't let dogs lick around your mouth and face.
- Don't let dogs lick your open wound or areas with broken skin.



Source: CDC
Graphic: Staff, TNS

JAY'S MUSICAL MEMORIES

Happy New Year!

By Jay Wachs

Holy cow! It's 2020. How did that happen? Weren't we just celebrating the new millennium and carrying on about potential power outages and the demise of the internet? Or better yet, weren't we bopping to "Celebration" by Kool and The Gang as 1979 became 1980? Time has flown by so quickly. 1970 is now 50. Hard to believe.

Every time I hear the year 2020, I immediately think of Hugh Downs and Barbara Walters and the popular ABC News program. I realize they are not the hosts any more, but I really wanted them to say, "This

is 2020" one more time as we ushered in the new year.

The other 2020 thought I had was the song 20/20 by George Benson. This was not a widely popular "pop" tune but it did have a run on the soul chart

for a while in 1985.

I love the hook lyrics:

*If I knew back then
what I know now*

*If I understood the
what, when, why and
how*

*Now it's clear to me
What I should have
done*

But hindsight is 20/20 vision

2020 vision is a great mantra for the new year because it forces us to see



things clearly and in complete focus. So my new year's wish for you is to "keep your feet on the ground and keeping reaching for the stars" as Casey Kasem used to say. Keep listening to www.lawrencehits.com online and by downloading our free APP. Now in our 8th year, we are the "oldies" radio station for our area playing "classic" HITS from the 60s, 70s, 80s and 90s.

Happy New Year!

- Jay Wachs is the owner and operator of LawrenceHits.com, an APP and website based Classic Hits radio station that plays a variety of music from the 60s, 70s, 80s and 90s and covers the genres pop, rock, country and soul. The station is in its 8th year in operation and can be also be found on Roku and Tune In Radio. For more information, email briarcliffgroup@gmail.com.

My Pet World

■ CONTINUED FROM PAGE 30

resolve an issue by giving cats more options in the home.

Dear Cathy: All your suggestions were right on for the sneezing cat (in New York), but I want to add one more thing. Keep a warm air humidifier running at 30% to 40% in the home. My vet recommended it and it solved our problem entirely. It might also help rule out other problems such as a viral or bacterial infection. - Mary, Tucson

Dear Mary: Hopefully, the reader

with the sneezing cat will go back to the vet first to rule out illnesses, but a humidifier, especially during the winter months when the heat inside our homes can dry our nasal passages, will benefit everyone in the home, including the cat.

- 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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GOREN ON BRIDGE

WITH BOB JONES

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EXPERT REASONING

Both vulnerable, West deals

NORTH

♠ A 10 9 2
♥ A 10 6 4 3
♦ Q J 6
♣ 5

WEST

♠ 7
♥ 8 7 2
♦ K 5
♣ A K Q 10 8 7 6

EAST

♠ 6 5 4 3
♥ 5
♦ 10 9 8 4 3 2
♣ J 4

SOUTH

♠ K Q J 8
♥ K Q J 9
♦ A 7
♣ 9 3 2

The bidding:

WEST	NORTH	EAST	SOUTH
1♣	Db1	Pass	2♣
3♣	3♥	Pass	4NT
Pass	5♥	Pass	6♠
All pass			

Opening lead: Ace of ♣

Today's deal is a good example of expert reasoning at the table. South reasoned that his partner almost certainly had a five-card heart suit for his three-heart bid. He could have just doubled again with extra values and no five-card suit. Also, South reasoned, if his partner had started with three spades and five hearts,

he would have just overcalled at his first turn rather than make a takeout double. Therefore, North also had a four-card spade suit. The double promised at least three-card support for all unbid suits, so that meant that North had three diamonds and a singleton club, or possibly four diamonds and no clubs.

Putting all this together, South realized the slam would play much better in the four-four spade fit rather than the five-four heart fit, so he bid the slam in spades, introducing the suit for the first time at the six level. That was a good decision, as South was able to ruff two clubs in the dummy and discard his losing diamond on dummy's fifth heart. A six-heart contract would have had no chance with the king of diamonds offside.

Oddly, six spades can be defeated if West stumbles on the very unlikely lead of a heart. South will have to concede a club early to prepare for his club ruffs, and West can win the club and give his partner a heart ruff. South might never have recovered.

(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.)



By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

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_____	_____
_____	_____
_____	_____
_____	_____



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PUZZLES & GAMES

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Across

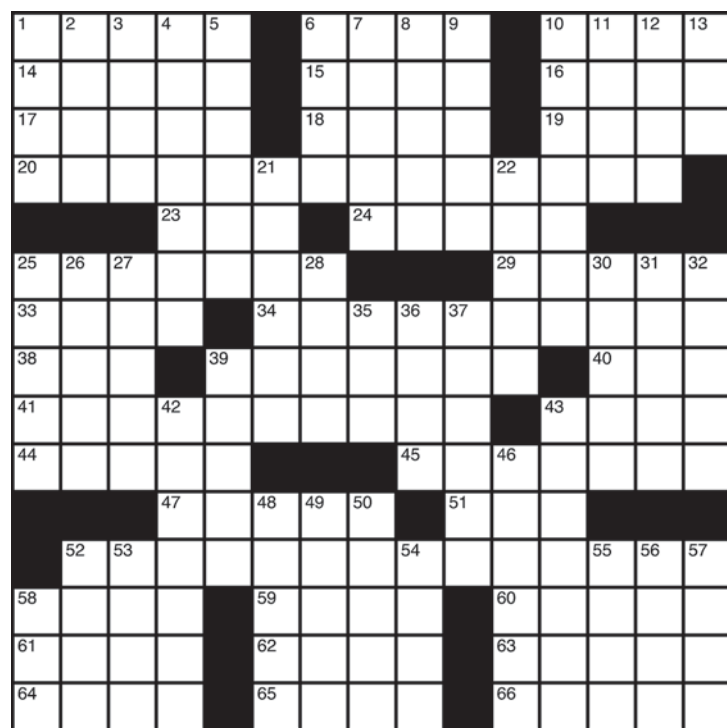
- 1 Workbench gadget
- 6 Antlered beast
- 10 Glasses, in ads
- 14 Popular depilatory
- 15 Campaign staffer
- 16 Rochester's bride
- 17 Part of the soft palate
- 18 Lady of the knight
- 19 Concussions generally aren't visible on them
- 20 Goal for some college-bound students
- 23 "What was ___ was saying?"
- 24 Tie ___
- 25 Rat Pack member
- 29 Growing concerns?
- 33 Like a used hibachi
- 34 Record-setting slugger in the Japanese Baseball Hall of Fame
- 38 General on a menu
- 39 Gadgets
- 40 One of 34-Across', 2,170
- 41 Ocular organs of

- cephalopods, say
- 43 Aspirin target
- 44 Nocturnal carnivore
- 45 Perambulates
- 47 Piece of cake
- 51 Poet's contraction
- 52 Period needed to fulfill a request ... and a hint to words hidden in three long puzzle answers
- 58 Homey
- 59 Pack firmly
- 60 "___ making this up"
- 61 Spigot issue
- 62 Site with tech reviews
- 63 Trilateral trade agreement, briefly
- 64 Tag line?
- 65 Grinder
- 66 Speed units

Down

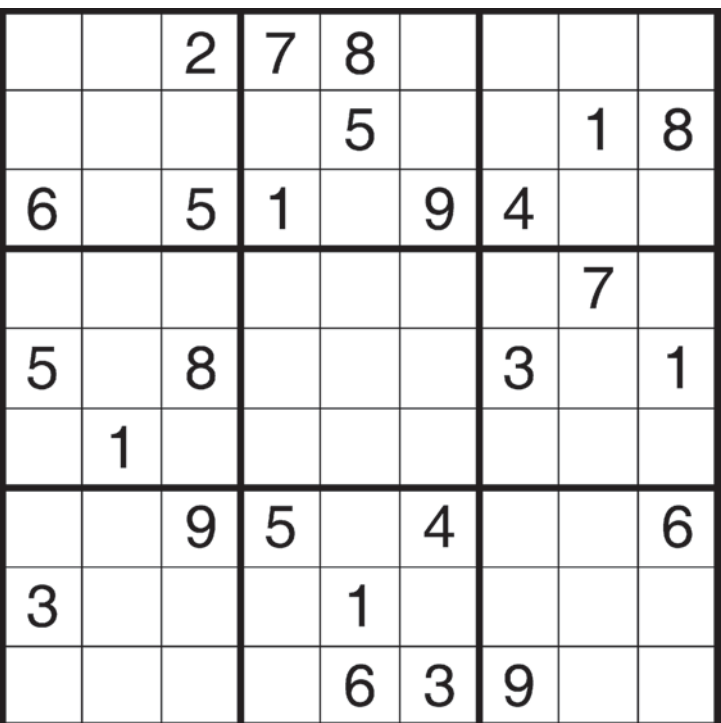
- 1 Mötley ___
- 2 Fiery flow
- 3 Bleu hue
- 4 Placate

- 5 Beseech, as a deity
- 6 Anti-DWI gp.
- 7 Venetian valentine message
- 8 Ones in charge, for short
- 9 Sixth-day Christmas gift
- 10 Workshop
- 11 One who likes to light up?
- 12 "___ go bragh!"
- 13 Chooses, with "in"
- 21 Two-front, as a Coast Guard rescue
- 22 Divans
- 25 Trunk piece
- 26 Put a value on
- 27 Words before "Yeah, you!"
- 28 Brubeck of jazz
- 30 Like much of New York
- 31 Company with a longtime travel guide
- 32 They often have guards
- 35 Self-help letters
- 36 Super-duper
- 37 1959 Ben-Hur portrayer
- 39 Let out gradually
- 42 Use an Enigma machine, say



- 43 "Black Swan" Best Actress Oscar winner
- 46 Bad bottom line
- 48 "No prob!"
- 49 Origami staple
- 50 Reason to trot
- 52 Corrida beast
- 53 Israeli weapons
- 54 Until
- 55 Scoop
- 56 Suffragist Lucretia
- 57 RR station predictions
- 58 Govt. health org.

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

JUMBLE

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

OCENU

○ ○ ○ ○ ○

TIKNH

○ ○ ○ ○ ○

DEUTUG

○ ○ ○ ○ ○

BCAROH

○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

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

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SCRABBLE G R A M S

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A1 O1 K5 C3 H4 P3 S1 Triple Word Score

A1 I1 O1 W4 L1 R1 F4

A1 O1 U1 L1 M3 C3 R1 1st Letter Double

A1 O1 O1 L1 N1 C3 N1

A1 O1 U1 D2 N1 R1 T1

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 255-265
BEST SCORE 348
FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

Answers to all puzzles on page 34

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

BOOGLE ANSWERS

RED, TAN, TEAL, BLUE, GOLD, GRAY, CYAN, WHITE, MAGENTA

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JUMBLE ANSWERS

Jumbles: OUNCE, THINK, TRUDGE, BROACH

Answer: The oil drilling business was failing because the owners were running it -- INTO THE GROUND

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SCRABBLE G R A M S SOLUTION

H ₄	O ₁	P ₃	S ₁	A ₁	C ₃	K ₅	RACK 1 =	104
A ₁	I ₁	R ₁	F ₄	L ₁	O ₁	W ₄	RACK 2 =	63
C ₃	L ₁	A ₁	M ₃	O ₁	U ₁	R ₁	RACK 3 =	64
N ₁	O ₁	N ₁	C ₃	O ₁	L ₁	A ₁	RACK 4 =	59
R ₁	O ₁	T ₁	U ₁	N ₁	D ₂	A ₁	RACK 5 =	58
PAR SCORE 255-265							TOTAL	348

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MY ANSWER

Show your generosity and become a channel for God

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: Why are so many ministries always asking for money? I often hear people say that if people do not give, the work of the Lord will not be accomplished. Is this really the case? - M.H.

A: God does not “need” our money to get His work done. He is sovereign and could do it without our help. Yet He has arranged it so that His work often is done through the generosity of His own people as a means to glorify Him in all that we do—even the expenditure of our funds. He entrusts His people to be responsible and generous because it blesses Him and others.

At least two things happen when we give. First, when we give with the

right attitude, God reminds us that what we have isn’t really ours. He gives us everything we have; it actually belongs to Him. King David prayed, “All things come from You, and of Your own we have given You” (1 Chronicles 29:14). We need to learn this important truth.

Second, when we give, we help meet the needs of others whom God also loves. By giving to others we testify to God’s love for them, and we point them to the greatest gift of all—God’s gift of His Son for our salvation.

Someone has said that our lives should resemble channels, not reservoirs. A reservoir stores water; a channel distributes it. God wants us to be channels of blessing to others. We are only stewards of the world’s resources. They are not ours; they are God’s. When we find our security in Him, we can then give gener-

ously from what He has entrusted to us. This is our Christian duty, and the true believer gives with a cheerful heart (2 Corinthians 9:7).

- This column is based on the words and writings of the late Rev. Billy Graham.

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Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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