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July 2015

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Vol. 15 No. 1

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William Woody Jr., a licensed and certified Medicare agent with Stephens Insurance, helps seniors understand their Medicare options. - page 8

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KAW VALLEY SENIOR MONTHLY

Rosen works to perpetuate the spirit of the American Revolution

By Kevin Groenhagen

Their husbands are from differ-**L** ent political parties, yet First Ladies Rosalynn Carter and Laura Bush belong to the same organization. The organization also counts conservative activist Phyllis Schlafly and Former Attorney General Janet Reno, Democrat, as members. These are four very different women with very

different views on many issues. However, there is one thev have in common. They are all directly descended from at

least one person who participated in the struggle for United States' indepen-

Being directly descended from a person involved in our nation's independence makes all four women eligible for membership in the National Society Daughters of the American Revolution (DAR), a non-profit, lineage-based membership service organization that is celebrating its 125th anniversary this year.

The first DAR chapter was founded

on October 11, 1890, at Washington, D.C.'s Strathmore Arms, which was the home of Mary Smith Lockwood Lockwood and the three other DAR co-founders, Ellen Hardin Walworth, Mary Desha, and Eugenia Washington, a great-grandniece of George Washington, decided to start DAR after the Sons of the American Revolution voted to exclude female members.

During that first DAR meeting, 18

women and four men attended. Since DAR has admitted more than 930,000 members. The organization currently has nearly

180,000 members and 3,000 local chapters throughout the United States and in several other countries. One of those chapters is the Betty Washington Chapter, which was organized in Lawrence on October 17, 1896.

"It was the second DAR chapter in Kansas," said DeAnne Rosen, regent (president) of the Betty Washington Chapter. "The name Betty Washington was chosen to honor the sister of George Washington and wife of Colonel Fielding Lewis. The organizing regent was Miss Mary L. Robinson. One of the chapter founding members was Sara Robinson, the wife of Charles Robinson, the first governor of Kansas."

Rosen's ancestor is Captain Michael Watson, who fought in the Ameri-

DeAnne Rosen addresses an audience on April 18 during the Betty Washington Chapter's commemoration of the three Civil War Medal of

can Revolution in South Carolina. According to DAR records, Watson commanded mounted militia, was a prominent Whig, and died during a conflict with the Tories in Orangeburg County. Rosen is also a distant cousin of George Washington.

Honor recipients buried in Oak Hill Cemetery.

Rosen joined DAR eight years ago after verifying her relationship to

"My grandfather's sister belonged to DAR," she said. "My grandmother wanted my mother to join, but she never wanted to join. She was a little bit rebellious. You know how children can be. I was doing some genealogical research at the library, and I was able

■ CONTINUED ON PAGE FOUR



Kevin L. Groenhagen Editor and Publisher

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DeAnne Rosen

■ CONTINUED FROM PAGE THREE

to verify everything in DAR records in the books there. I decided that I wanted to join DAR.'

Since DAR is a lineage-based organization, prospective members must prove lineal bloodline descent from an ancestor who aided in achieving United States independence. For Rosen, this was relatively easy since her aunt was a DAR member who had already established that proof. Rosen merely had to demonstrate her bloodline relationship to her aunt. However, for many the process requires a good deal of genealogical research. Fortunately, DAR maintains a Genealogical Research System, which includes several databases, to aid prospective members.

"We have a registrar who will work with prospective members," Rosen said. "We'll help them search the

DAR's objectives include the fol-

- To perpetuate the memory and spirit of the men and women who achieved American independence
- historical spots
- The preservation of documents
- and relics
- To celebrate all patriotic anni-

In the area of patriotism, on April 18 members of the Betty Washington Chapter participated in a statewide DAR initiative to commemorate the 65 Medal of Honor recipients buried in Kansas. Rosen and other members of the local DAR chapter spent months tracking down the descendants of the three Civil War Medal of Honor recipients buried at Oak Hill Cemetery in "We had people who came from

California, Colorado, and New Jersey who are descendants," Rosen said. "We had three recipients and we were able to find descendants of two of them. We had a reception beforehand at the American Legion so we could meet the descendants.

One of the descendants who came to Lawrence is Neal Templin, a Wall Street Journal deputy editor. Templin wrote an article about the ceremony, which his newspaper published on May

"We also do a lot of things for veterans," Rosen said. "We go to the veterans' hospital in Leavenworth in December and give them a little Christmas party. We've helped the American • The acquisition and protection of Legion with its Memorial Day luncheon. We usually help the American • The encouragement of historical Legion any time they ask us. For example, they had a visiting commander come last year and we served for that."

On Flag Day, the chapter baked and

CONTINUED ON PAGE FIVE

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DeAnne Rosen

distributed Flag Day cupcakes to two

CONTINUED FROM PAGE FOUR

nomes for the elderly in Lawrence. DAR also promotes education.

"DAR does several different con-

ests for children," Rosen said. "We sponsor a historical essay contest for fifth-grade students. The theme for 2014-2015 was 'A Child's Journey Through Ellis Island' because 2015 marks the 125th anniversary of Ellis Island as an immigration station. The winning essay winner gets a badge. The student who won our contest the vear before that also won on the state The Betty Washington Chapter also

sponsors numerous programs for its members (see a schedule of upcoming programs at right).

"One program that I really loved and this was several years ago—was when we got to go to the top of the Campanile tower at the University of Kansas and ring the bells. I got my undergraduate and graduate degrees from KU, so that was amazing to me. had never been in the Campanile

Dedicated in 1951, the Campanile is a memorial that honors the 277 KU alumni, students, faculty, and staff who died in World War II. The carillon, played by keyboard-operated hammers, has 53 bells cast by an English

foundry established in the 1360s. The Betty Washington Chapter meets

once a month on the third Saturday, September through April, at the American Legion in Lawrence (Dorsey-Liberty Post 14). The chapter holds an awards luncheon in May and a picnic in the summer. "We have 60 members, but some

of them live in different parts of the country," Rosen said. "We regularly have about 20 members who attend our meetings. But we have many junior members. It's amazing that during the past few years we've had a great number of young women joining. Two of our officers are junior members." Junior members are age 18, which is

the minimum age of DAR members, "We're very active, but we tell mem-

bers that the level of activity is up to them," Rosen continued. "They can do as much as they like, or as little. We're not an organization that says you have to do this and that if you're a member. We have members who I have never seen. When we do things, it's purely done voluntarily."

According to Rosen, this is an especially good year to join DAR.

"Since it's the 125th anniversary, there is a special seal on your membership when you join," she explained.

If you're interested in joining the Betty Washington Chapter of DAR, please call Rosen at 785-842-6955 or email her at drosegarden@gmail.com.

Betty Washington Chapter Schedule 2015-2106

SATURDAY, SEPTEMBER 19, 2015 10:00 a.m.

Tea, Food provided by the Chapter **Speaker:** Katherine McBride

Goyette

Topic: Military Spouse Law Licensure

Speaker: Shari Johnson Topic: Insignia

SATURDAY, OCTOBER 17, 2015 10:00 a.m.

Speaker: Dennis Domer, Associate

Dean Emeritus, of the University of Kansas

SATURDAY, NOVEMBER 21, 2015 10:00 a.m.

Speaker: Roger Shimomura, University Distinguished Professor of Art Emeritus of the University of Kansas

SATURDAY, DECEMBER 19, 2015

10:00 a.m. Christmas Tea

Tea, food provided by members

SATURDAY, JANUARY 16, 2016 Speaker: Kate Meyer, Assistant Curator of Works on Paper, Spencer

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Art Museum Topic: Art of the Dust Bowl

SATURDAY, FEBRUARY 20, 2016 Speaker: CAR Member

Topic: CAR project Speaker: Erica Post Topic: Women's Hearts

SATURDAY, MARCH 19, 2016

Speaker: TBA

SATURDAY, APRIL 16, 2016

Speaker: Jim Hanni, Member of the Board of Directors of the Gettysburg Foundation

Topic: Battle of Gettysburg

SATURDAY, MAY 21, 2016 11:00 a.m. Spring Awards Luncheon

Meetings will be held at the

American Legion Post #14 3408 West 6th Street, Lawrence

If you live outside of the Lawrence area and would like to join a different chapter, please visit www.dar.org/national-

society/become-member. Rosen notes that prospective DAR members are welcome to attend meetings as guests.

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KDADS' Senior Medicare Patrol program receives three-year funding from U.S. Department of Health and Human Services

Kansas Department for Aging and Disability Services (KDADS) Secretary Kari Bruffett on June 9 announced that the U.S. Department of Health and Human Services' Administration for Community Living has awarded the agency \$245,000 each year for three years to expand and strengthen its Senior Medicare Patrol program (SMP).

SMP is a statewide project designed to protect, detect and report Medicare and Medicaid fraud, waste and abuse. Through education, outreach, one-onone assistance and problem resolution, Medicare and Medicaid beneficiaries are educated and counseled on how to protect themselves, and how to identify and report scams and healthcare fraud or abuse.

"Kansas SMP trains volunteers who assist with educating consumers on how to avoid becoming ensnared in Medicare and Medicaid fraud through the agency's Commission on Aging. Kansas SMP currently has more than 80 trained volunteers and we are looking for more," Secretary Bruffett said. "This fiscal year the program has achieved an all-time high of reaching out to and educating more than 3.216 Medicare consumers in one quarter."

The new SMP grant funds will be used to foster statewide program coverage by expanding the volunteer base to ensure SMP counseling and assistance number of outreach events this summer is available throughout Kansas

The expansion will include a new initiative to partner with Kansas nutrition providers to provide information about Medicare fraud to customers receiving home-delivered meals, such as Meals on Wheels, and congregate meals.

Collaborating with meal providers in three service areas (Meals On Wheels of Shawnee and Jefferson Counties Inc., Aging Projects Inc., and Mid-America Nutrition Program Inc.), the agency is working toward expanding SMP into Wichita as well as much of the Western half of the state by the end of the year.

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The program will also launch an initiative with Landon Center on Aging at KU Medical Center to provide training for staff and community members, which will be taped and distributed to other KU Med locations. This includes providing Medicare fraud training to medical interns.

The SMP team has scheduled a

these events in the coming weeks.

SMP volunteer, call 785-296-0377 or nature Senior Living. The residences visit the KDADS website http://www. are located in the cities of Grapevine, kdads.ks.gov/commissions/commis- Denton, Flower Mound, Rockwall sion-on-aging/medicare-programs/ and Coppell. These high quality, well kansas-senior-medicare-patrol.

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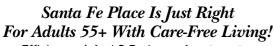
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Legend Senior Living announces the acquisition of five communities in Texas

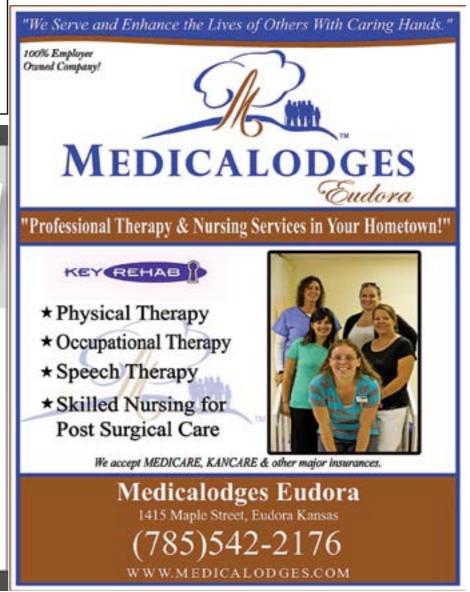
Legend Senior Living of Wichita across the state. The KDADS website on June 16 announced the acquisition will have additional information about of five assisted living and memory care residences in Texas, consisting To learn more about becoming a of 375 units formerly operated by Sigdesigned residences have all been built in the past four years and are well positioned for the future.

"We are pleased to add the Signature portfolio to the Legend family of residences," said Tim Buchanan, founder and CEO of Legend Senior Living. "Signature has a tenured reputation of quality services and mission at these properties. Legend will continue building on this foundation as we continue with the Legend standards of quality services, servanthood and caring."

Legend Senior Living opened Legend of Fort Worth Assisted Living Residence in May of this year. The company expects to continue expansion plans throughout the state of Texas with additional development, and acquisitions.

Legend operates 35 senior housing and care residences, representing 2,382 units in Florida, Kansas, Colorado, Oklahoma, and Texas, along with additional residences under construction and development.

Learn more about Legend at www. legendseniorliving.com.



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Woody enjoys helping people understand Medicare William Woody Jr.

By Billie David

When someone has worked in news broadcasting as long Lawrence's William Woody Jr. has, it is easy to become jaded, but there were times when the news items he was working with made a strong impression on him

"I worked in the news office, and the Medicare. stories that really affected me were the ones about people taking advantage of children and older adults," Woody

When his job, which included a nine-year stint as videographer for Channel 6 News that required him to work outside in the cold, snow and heat, became a bit challenging physically, he decided it was time to look around for a new career.

"I wanted something that had growth to it." he said

only allows him to help people avoid being taken advantage of, but also

involves working with seniors, where the aging baby boomers promise plenty of growth in the senior demographic.

"Ten thousand baby boomers are turning 65 every day," he said.

When a person nears their 65th birthday, they may notice that the contents of their mailboxes start growing with all kinds of information concerning

"Medicare can be a confusing topic and there are instances of people being taken advantage of," Woody said.

So Woody began to consider how becoming licensed in insurance and helping seniors to understand the intricacies of Medicare and to select the options that best suit their needs would fit his interests perfectly.

After all, he has many contacts in the community because of all the people he met working in the news arena. In addition, his family name is known The solution he came up with not and respected in the Lawrence community. His grandfather was Elgin Woody Sr., who was known for helping area



William Woody Jr.

youth by organizing minority baseball leagues and games. The city eventually purchased the land, just north of Lawrence Memorial Hospital, where those

games were held and in 1973 they insurance products. When you need named it Woody Park in honor of his auto insurance, do you go to a volgrandfather.

CONTINUED FROM PAGE FIGHT

Woody's own father, William Woody Sr., worked at Hallmark for many vears, and his uncle Hobart Woody worked in KU's Chemistry department and went on to become operator of the nuclear reactor on the KU campus.

"The name helps," Woody said. "We are well-known in the community. People may not know me, but they know of my family."

Woody obtained his insurance icense in July 2014, authorized as a Medicare agent, and began working at Stephens Chapin Insurance.

"It's important that people know we are licensed and certified insurance agents who have undergone hours of training," Woody said. "People should consider speaking with insurance agents about this process because, after all, we are dealing with unteer or do you go to an insurance ■ CONTINUED ON PAGE NINE agent? When you need homeowner's insurance, do you go to a volunteer or do you seek the advice of an insurance agent? I like helping people understand Medicare. There are a lot of moving parts to it, but it's pretty simple when you break it down. I help people get a grasp on it. It makes me feel good."

"There is a lot of misinformation out there when it comes to Medicare," he continued. "People think we charge a fee for what we do, but we don't. We are compensated by the carriers, not by the people we help. We are trained and certified to talk to people and help them figure out what works for them.'

There is a growing need for this service, he added, because when people become eligible to sign up for Medicare during a seven-month period that runs from three months before the month of the person's birthday through three months after the month they turn 65, many of them feel overwhelmed by all of the information about Medicare options and their tendency is to take he easiest path.

"People need to know they can get help and there's no charge for them,' Woody said. "This is a very important

explore all of their options." When clients call Woody, he will make an appointment to see them at his

decision, and it's important that they

office or at their home. "I can come to them in Kansas City,

Topeka, Eudora, McLouth, or anywhere that is convenient for them." he Woody will then discuss the client's situation—such as whether they are 65

or disabled—and then explain what original Medicare involves, including parts A and B, how it works, and what the client's potential costs are. He also explains Part D, supplemental insurance, and Medicare Advantage Plans (Part C).

"Folks can also attend our monthly Medicare meetings, which are held the first Monday of each month at the Union Pacific Depot," Woody said "They can contact our office for more

Woody can help clients enroll in the options of their choice, draw up the paperwork for them, and do the pro-

Making the decisions is not something that one should put off, though.

"When they turn 65, there is a window for them to enroll," Woody cautioned "If they wait too long, they can pay a penalty or be denied. The main thing is people should not be afraid to ask for

Once a person is enrolled in Medicare, they also need to keep in mind that every year seniors have the option to review their plans, which is known as the Open Enrollment Period (OEP) that runs from October 15 through December 7 of each year.

"If you want to make changes you can do it then without doing medical underwriting," Woody said. "You can make any changes you want at that time, and I can help with that."

Woody can be reached at bill@stephens-ins.com or by calling 785-841-





July 2015 • 9





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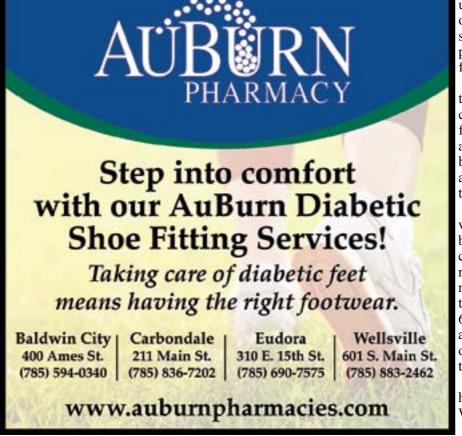
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Comprehensive prevention program effectively Lawrence Memorial Hospital receives positive bond rating reduces falls among older people

Families and physicians have a new tool in the fight against falls—a comprehensive prevention program developed by the U.S. Department of Health and Human Services that reduces both falls and resulting use of long-term care such as nursing homes.

The prevention program, which includes clinical in-home assessments of health, physical functioning, falls history, home environment, and medications to create customized recommendations, was developed by HHS based on the research evidence on risk factors and interventions. Using a randomized control trial, the program was tested among long-term care insurance policy holders age 75 and older to determine whether the intervention was effective and, if so, the impact on long-term care utilization.

led to significantly lower rates of falls over a one-year study period. Those who received the intervention had a 13 percent lower rate of falls, and an 11 percent reduction in risk of falling compared to the control group. Participants also had a significantly lower rate of injurious falls. Long-term care insurance claims were 33 percent lower over a three-year period. The intervention, which cost \$500 per person to administer, saved \$838 per person.

Falls—which happen to 1 in 3 people age 65 and over every year can cause pain, suffering, and death, and cost an estimated \$35 billion in health care spending in 2014. They are a leading risk factor for needing longterm care at home or in a nursing facility. Given the impact of falls, findings from the HHS-funded study give hope for reducing the rate of falls among the growing population of older adults.

"While falls are preventable, we need to intervene at the right time in a way that is comprehensive and yet individually tailored," said Richard Frank. Ph.D., the assistant secretary for planning and evaluation at HHS. whose office funded the study. "Preventing falls helps everyone: the older

long-term care systems. And this study shows that by investing in falls prevention, we can reduce long-term care use and spending.

fear of falling, gait and balance problems, certain medications, clutter in the home, and some health conditions. Few interventions have taken a comprehensive approach to address all of the risk factors through one program.

Although this study focused on the rate of falls and long-term care utilization and costs, future research will examine the impact of the intervention on health care utilization and costs.

"We expect to see a similar or greater return on investment in terms of health care costs," added Richard Frank.

The 2015 White House Conference on The study found that the program Aging, in partnership with the Nationa

person, their family, and the health and Council on Aging, recently convened a Falls Prevention Summit to call attention to the critical role of falls prevention in healthy aging and to provide opportunities for older Americans and stake-The risk factors for a fall include holders to share their views and ideas on

this important issue. More information design are available at http://aspe.hhs. Service in New York. gov/daltcp/reports/fallexpfr.htm.

The study appears online and in print in the June issue of Health Affairs.

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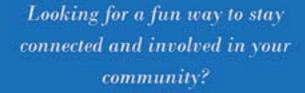
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By Janice Early

awrence Memorial Hospital has received affirmation of its A1 about the intervention and the study bond rating from Moody's Investors

The Moody's report, issued June 10, reaffirmed the rating, which the hospital has had since 2012. LMH Chief Financial Officer Joe Pedley said affirmation of the rating sends a positive message about the hospital's financial oicture.

"This is great news and reflects the efforts of all associated with LMH to manage the hospital in a cost-effective and highly successful manner," Pedley said in a press release from the hospi-

In the report, Moody's noted the A1 rating reflects LMH's track record of

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good operating performance, favorable financial ratios, status as part of market share in

a quality service Offsetting area. favorable characteristics, the Moody's report pointed out that

and is near enough to Kansas City and Topeka to face competition from hospitals in those areas.

LMH is among the smallest A1 rated hospitals by Moody's with just under the city of Lawrence with its strong \$190 million operating revenues in credit rating, and distinctly leading 2014 compared with the A1 median of \$938 million.

In 2012 Moody's upgraded the hostors Service has

LMH is small for an A1 credit rating 10 levels of investment-grade, longterm ratings, ranging from a high of Aaa down to Baa3. Many hospitals and health systems sit within the three sub-

categories of A ratings: A1, A2 and A3 Pedley said the announcement was

especially noteworthy given the fact that Moody's issued a report in December that said the outlook for the United States nonprofit health care sector remains negative for 2015. According to that report, growth in operating cash flow will be weak, operating margins will continue to narrow, and revenue growth will remain limited for the

- Janice Early is the Vice President, of Marketing & Communications at Lawrence Memorial Hospital.

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TPAC to host Grape **Escape: A Toast to the Arts**

The Topeka Performing Arts Center from area restaurants, caterers, and will host the 18th Annual Grape Escape: A Toast to the Arts on Friday, August 28, at 6 p.m.

general admission and \$150 for premium admission. This year, premium tickets will include a served meal from local restaurants and caterers. Tickets can be purchased online at www.ticketmaster.com, at the TPAC Box Office, or by phone at 785-234-2787, extension 100.

tival to benefit the Topeka Performing Arts Center. This annual event features tastings of more than 120 wines from around the world. In addition, samplings of gourmet food and desserts

businesses are available. Throughout the night, wine lovers and connoisseurs are encouraged to support TPAC by Tickets may be purchased for \$65 for bidding in live and silent auctions.

After the live and silent auctions have concluded, the evening will round out with a performance from Pat Hazell Showtime has stated that he is one of the five funniest people in America. Hazell is also one of the original writers for NBC's Seinfeld, a veteran of The Tonight Show, a critically acclaimed Grape Escape is a food and wine fes-playwright, and a contributing commentator to National Public Radio.

> Individual and Corporate sponsorships are still available. If interested, please contact Megan Yaussi, Director of Marketing, at 785-234-2787 x104.

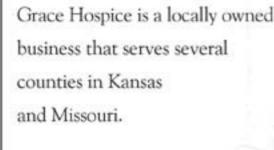


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Bob Ramsdell

listen to the treatment options outlined by your doctor, then know you well enough to select the option they believe vou would chose for yourself. So the 90% below the water is taking time to think through your preferences on healthcare and end-of-life decisions, then talking with your agents about your preferences before it is crunch time

The ABA Commission on Law and Aging has some excellent, free resources on its website-http://www. americanbar.org/groups/law aging. html – that can be viewed and/or downloaded to help you in this process.

The Consumer's Tool Kit for Health Care Advance Planning has 10 "tools" (user-friendly worksheets and questionnaires) to assist in thinking about your values and priorities, and how these are reflected in your healthcare preferences. For example, Tool #2

outlines a variety of physical situations and asks you to rate on a scale of 1-to-5 the strength of your preference to either receive or not receive medical treatment. Tool #4 asks a series of open-ended questions regarding your personal priorities and spiritual values related to healthcare and end-of-life choices.

I particularly like Tool #7 – The Proxy Quiz. This consists of two identical questionnaires posing a series of situations and asking what you would want to do. You and your healthcare agent take the quiz separately, then compare answers. Any situation where your answers differ highlights the need for additional discussion.

Ideally, the particular questions and situations posed in the Consumer's Tool Kit will serve to prime the pump—prompting you to think of other things that matter to you and need to be communicated to your agents. Tool #10 contains links to numerous other resources that may assist in this

Another free resource available from the ABA Commission on Law and Aging is Making Medical Decisions for Someone Else: A How-To Guide. The Guide discusses the issues a healthcare agent might face in carrying out his/her duties. Particularly useful sections address steps to follow in making a medical decision, working within the healthcare system and resolving disputes that might arise, and

common situations an agent is likely to face - managing pain and symptoms, opting for hospice care, DNR Orders, medically assisted nutrition and hydra-

More generally, for an overview of

modern medicine and insight into some of the treatment / end-of-life questions it can raise, I recommend reading One Doctor by Brendan Reilly, M.D. Wellwritten and extremely interesting, the book describes Dr. Reilly's rounds (in 2010) with his residents at a large New York City teaching hospital while he is also dealing with the decline and impending deaths of his elderly parents who live on Long Island. Flashbacks to the untimely death of a patient in the 1980's while Dr. Reilly was a family practice doctor in Hanover, New Hampshire, frame the perils of medicine that is test-driven and disconnected.

As the reader, you are there with Dr. Reilly as events unfold. You know what he knows, and share the sense of uncertainty created by what remains unknown even as critical treatment decisions must be made. Interactions with patients and their families—such as telling the wealthy architect with advanced pancreatic cancer that no treatment options exist and he will

soon die, followed by his reaction and that of his wife—highlight the emotional choices that must be made. Dr. Reilly then goes beyond the specific to a general discussion of end-of-life directives and their role in modern

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Read One Doctor for a superb overview, then wrestle with the nitty-gritty of your personal choices with the help of the Consumer's Tool Kit for Health Care Advance Planning. You-and your healthcare agents-will be glad you did.

Free Seminar in July: I will be presenting "Fundamentals of Estate Planning" on July 14th at Pioneer Ridge Assisted Living in Lawrence beginning at 6 p.m. See the Calendar Section of this issue for details.

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





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JILL ON MONEY

Retirement reconsidered

When it comes to retirement, most Americans aged 45 and older say that peace of mind is seven times more important than accumulating wealth. According to a survey from Merrill Lynch, people are reconsidering what retirement means and how they are going to get there.



Iill Schlesinger

The study starts with a Zen-like declaration: "Today's retirees aren't retiring—they're moving on to explore new options, pursue old dreams and live life to the fullest." When I read that line, I must admit that I said to myself, "Who are these people?" Fortunately, the mushy lifestyle question was just a way to get into the meat of the study, which explores the issues that worry people the most about retirement.

When I was a financial adviser, what concerned most people about retirement was not having enough money. (In the 1990s, the top priority was being able to retire early with lots of dough, but the Internet boom and bust, followed by the financial crisis and Great Recession, dashed those hopes and dreams.) Now, the focus has shifted: The number one retirement worry has

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become health problems (72 percent) followed by not being a burden on the family (60 percent).

Survey respondents understand that health-related issues and unanticipated medical expenses can blow up even the soundest retirement plan. According to a 2013 Time magazine article "Bitter Pill: Why Medical Bills Are Killing Us," 60 percent of bankruptcies in the U.S. today are related to medical bills. Even without a catastrophic event,

medical bills will eat up a big chunk of retirement savings. Fidelity Investments reports that a 65-year-old couple retiring in 2013 is expected to need \$220,000 to cover health care costs in retirement, not including nursing home or long-term care. The estimate applies to a couple with traditional Medicare and assumes life expectancies of 17 years for men and 20 years for women.

The good news is that the total is an 8 percent drop from last year's estimate of \$240,000. The bad news is that the decline may be attributed to people cutting back on medical care due to the economy or because of early retirement. The Merrill Lynch study found that nearly three out of five retirees say they retired earlier than they expected: "Although early retirement has often been equated with financial success, health problems are actually the top

Unfortunately, just because you want to work longer doesn't necessarily mean that there will be an opening for

you, or that you will physically be able to perform your job. Of course, these facts only add to retirement anxiety.

So, what are we supposed to do with these reports? As a former investment adviser, current financial journalist and self-identified lover of statistics, I enjoy these research papers because they help to highlight trends and underscore many of the problems that I addressed with clients in the past. That said, as I explained in a previous column, these studies are like various financial literacy efforts that are financed by big financial institutions whose motives may be suspect. It's clear that big financial institu-

tions conduct research so that people like me write about it, and then as you read about the facts, you may be encouraged to begin a relationship with those companies who have paid for the reports. That's why conclusions to the studies often end with something like this from Merrill Lynch: "We believe people want and need to know more about their retirement years before they are upon them, to gain greater clarity about what they want to achieve, and to understand what is possible in this stage of life." The obvious omission

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

But before you schedule your appointment, don't forget that a lot of this information is available online through easy-to-use calculators. If you do need help with planning for your retirement, make sure that you understand exactly how you are paying for als who put your interests first (fiducia-

- Jill Schlesinger, CFP, is the Emmy nominated. Senior Business Analyst 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.

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MAYO CLINIC

that the company can help consumers Range of treatment options available for stage 0 cervical cancer

DEAR MAYO CLINIC: Years ago, I had mild cervical dysplasia and was treated with cryotherapy. I now have cervical cancer (stage 0) and am leaning toward having a hysterectomy since I'm done having children, but my advice and try to work with profession-doctor says there are other options for treatment. What do you recommend?

ANSWER: Your treatment options depend on several factors, such as the for CBS News. A former options trader extent of the disease and if you have any other underlying medical conditions that may come into play. In general, a hysterectomy is a reasonable choice, given your situation. But other more conservative therapies are pos-

A diagnosis of cervical dysplasia means that abnormal cells were found on the surface of the cervix—the lower part of the uterus that connects to the vagina. In some mild cases of cervical dysplasia, treatment may not be necessary. Instead, the situation may simply require regular followup appointments to ensure there's no change in the abnormal cells. But in moderate to severe cases, cervical dysplasia may be successfully treated by destroying the affected tissue using cryotherapy—a procedure that

freezes the abnormal cells. Although cervical dysplasia is not

cancer, it is a form of cervical disease. Because you have had cervical dysplasia in the past, your condition now is considered recurrent cervical disease. You may have the option of being treated with cryotherapy again. Destroying the abnormal cells with laser therapy or surgically removing only the cancerous tissue may be possibilities, as well. But whether these treatments are right for you depends on how large the lesion is and how far it extends into the cervical canal. If the lesion is small—only a few mil-

limeters in size—and is completely visible, then such conservative treatments may be appropriate options. A stage 0 cancer, such as yours, would typically fall into this category. Many women in your situation, however, who have recurrent cervical disease and who are finished with childbearing, do opt to have the entire uterus, including the cervix, removed.

In many cases, this type of hysterectomy cures early-stage cervical cancer. as well as precancerous conditions, and no other treatment (such as chemotherapy or radiation) is needed. In addi-

tion, it prevents cervical disease from coming back, so you would no longer have to be concerned about another recurrence at the cervix. However, you still could develop disease in the

If the cancer is more extensive, then conservative treatments would not be recommended. In those situations. along with the uterus and the cervix, some of the vagina and lymph nodes in the surrounding area may also need to be removed. From your description, though, it does not sound as if your condition is likely to require this type of surgery.

Choosing to have a hysterectomy can be beneficial if you have other medical issues related to the uterus, such as uterine fibroids or menstrual abnormalities. A hysterectomy will eliminate those concerns, too. In addition, a hysterectomy provides permanent contraception, and that can be desirable for those who are not interested in becoming pregnant in the future.

Talk to your doctor about the range of treatment choices available to you. With knowledge of the risks and ben-

efits, if you would prefer to have a hysterectomy at this time, that is certainly a viable option, given a diagnosis of early-stage cervical cancer or recurrent cervical dysplasia. - Timothy Wilson, M.D., Gynecologic Surgery, Mayo Clinic, Rochester, Minn.

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

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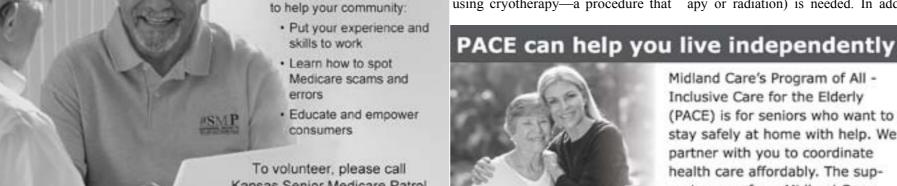
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ceiling in our therapy clinic—can help you re-learn how to stay upright. 2. Do you suffer from the unsteadi-

ness that comes with Parkinson's, Multiple Sclerosis, and Ataxia? A new



Laura **Bennetts**

training aid—a Balance Wear Vest has been designed especially for you.

Both the harness and the vest are major new inventions. Both offer new hope for people who may have struggled unsuccessfully with balance problems for years. It's been encouraging to try them out, and to see how well they work.

Harness Your Potential!

Balance is a perennial problem, but new solutions are now available. The power of the new harness system is that it enables you to stand safely and move without falling, or fear of falling, while you re-learn how to stay upright under the supervision of a physical therapist.

Like trapeze artists who practice with cables attached to their waists, our patients wear harnesses that catch them if they lose their balance. Since

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Thave two items of very good news we often work with people who need to re-learn to balance themselves after an injury or a stroke, we want to ensure that people are safe during our retraining sessions. By supporting your weight with a harness, we enable your brain to relearn how to stand and walk. without someone holding your arm. This enables you to learn more quickly how to stabilize and balance yourself. relying only on your legs and trunk. **Weight Training**

> Another new tool is a weighted Balance Wear Vest that is customized for people who suffer from the severe balance troubles that come with Parkin-

son's, Ataxia, and Multiple Sclerosis. The vest provides the greater sense of our body in space to improve movement and allow advancement of balance through therapy training techniques.

Your balance is tested by a PT or OT who is certified to fit you into an appropriate vest. Small weights—one eighth, one quarter, or one half a pound—are attached to the vest with Velcro, and vou wear the vest over your clothing. Weighted in this way, the Balance Wear Vest signals your brain, almost like a GPS tracker, where your body is located in space and time. The remarkable consequence is that many people whose balance would normally be askew, courtesy of Parkinsons or MS, are suddenly much better able to sense their locations and control their move-

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so using a cane or walker can help. But your best hope is to recover your balance as fully as possible so that you can return to the activities you love. From a therapy standpoint, the question is how we can most fully engage our brains and nervous systems to facilitate recovery. How can we optimize our ability to walk and return safely to golf or hiking

This is where the harness and the Balance Wear Vest enter the picture. People who are off balance are lucky to be able to use canes and walkers to make walking safer, and there are other equipment options to help you stay steady and safe—for example, grab bars in the shower. No one should hesitate to obtain and use these outstanding physical aids. They are often your very best option. But in the long run, if possible, it is even better to retrain your brain so that you can get around your home and walk outdoors without physical aids.

My patients often wonder, sensibly, if using canes will then make more dependent on canes. The answer is that,

unless you also retrain your brain to improve your balance, your brain can become dependent on balance aids like canes and walkers. So by all means, use these aids—but if your therapist can help you retrain your brain, pursue that option as well.

Train Your Brain

All good physical therapy is brain training. But our new harness system, and the Balance Wear Vest, offer new horizons of possibility in the realm of brain training. If you are among the many people who suffer from MS, Parkinson's, or Ataxia, you have new hope, thanks to these wonderful new brain-training tools.

- Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence than just water and sugar. Watermelon 66049, 785-842-0656) and Baldwin is actually a dense food that has a high Suite A, Baldwin City, 66006, 785- oxidants, and a low amount of calories. 594-3162). For full details, seewww. Watermelon not only tastes great, kids LawrenceTherapyServices.com.



Living Smarter, **Not Harder**

By Connie Michaelis, Marketing Director pr@mccriteretirement.com

smarter, not harder; I'm learning that applies to many areas of life. My as activities of daily living in our husband, who's a good golfer, was industry, are the measure of recently discoursing about his decision independence and autonomy. But if to move up to the 'senior' golf tees. He you choose to allow someone else do a explained that at 65 you can choose to move forward and shorten the length of your game. That way an older player, necessary to work hard? At McCrite we who may not be able to drive the do the cleaning, the cooking, the length of his early years, can play his maintenance, the yard work and more normal short game with chipping and The smart part is you get to choose putting and come out ahead. He what you want to do. The goal is to explained that your handicap has to be make your life more enjoyable! So adjusted for fairness. About this time think about living smarter, not harder. his strategy debate was going right When you have questions about Great over my head. The bottom line is the Living call the experts at McCrite Plaza

enjoyable. I added my two cents and said, "Then do it! After all you don't have to prove anything anymore!" I truly had an 'aha' moment! As we grow older we have many opportunities to live smarter, not harder!

You might think this is just a 'guy

thing, always trying to prove yourself

but it is not! Men and women both struggle with the concept of letting go of tasks, even when they are difficult For example, if keeping a spotless home has been a badge of honor for someone then giving that up seems You've heard the expression work like an admission of inadequacy. The normal tasks of life, otherwise known few of those activities it makes the 'game' of life more enjoyable. Is it really senior tees make his golf game more 785 267 2960.

The versatile sunflower

HEALTH & WELLNESS

day, one of the most common traditions is to eat watermelon. Watermelon is the perfect treat when the temperatures are high. It has a sweet taste and is full of water. The great news is that watermelon is made up of much more



Dr. **Farhang** Khosh

Therapy Services (814 High Street, amount of vitamins, minerals, and antilove it and it's good for us

Watermelon is a member of the Cucurbitaceae family, and is related to the cantaloupe, squash, pumpkin, cucumber, and gourds that grow on vines. Watermelons can be round, oblong, or spherical in shape and feature thick green rinds that are often spotted or striped. Watermelons vary in size and there are many different varieties of watermelon worldwide. The most common color of watermelon is the deep red-pinkish color. However, there are many varieties that have orange, vellow, or white flesh.

The history of watermelon is that t is generally believed to have originated in Africa several thousand years ago. It traveled over time from Africa to Asia, Europe, and North America. It was not until Europeans began to colonize North America that watermelons arrived in the United States.

Watermelon is an unusual fruit source of the carotenoid lycopene and rich source of antioxidants. Watermelon is a very good source of vitamin C. Other nutrients include pantothenic acid, zinc, copper, biotin, potassium, beta-carotene, vitamin B1, vitamin B6, magnesium, iron, soluble and insoluble fiber, sodium, fatty acids, amino acids,

It's finally summer! On a hot summer and much more. Recent studies have confirmed the importance of allowing a watermelon to fully ripen to get the most nutrients out of it. Research has shown that the biggest jump in lycopene content occurs at the time when a watermelon's flesh turns from white-pink to pink and then from pink to red. Clinical research also shows water-

melon is much more than just a sweet summer treat. Along with tomatoes, watermelon has moved up to the front line in research studies on high-lycopene foods. Lycopene is a carotenoid phytonutrient that's especially important for our prostate, bone, and cardiovascular health. Many studies have suggested that increasing consumption of watermelon promotes cardiovascular benefits, a healthy complexion and hair, and increased energy. Watermelon, because of its water and fiber content. helps to prevent constipation and irregularity for a healthy digestive tract Most commonly, watermelon is a great snack to have on hand during the hot summer months to prevent dehydration.

So enjoy your summer and the watermelon that comes with it.

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

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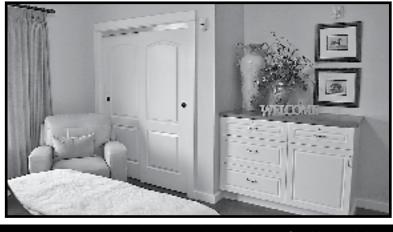


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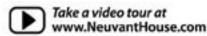
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Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. Please confirm any event you plan to attend.

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

ARTS/CRAFTS

SECOND SATURDAY OF THE MONTH

MONTHLY MOOSE MARKET

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JUL 11

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3408 W. 6th St., 7 p.m.

LAWRENCE, 785-842-3415 **FRIDAYS**

EAGLES LODGE

1803 W. 6th St., 7 p.m.

LAWRENCE, 785-843-9690

FRIDAYS

ARAB SHRINE Mini Bingo 6:30 p.m., Regular Bingo 7 p.m.

TOPEKA, 785-234-5656 SUNDAYS & TUESDAYS

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

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

EVERY OTHER MONTH MARCH-NOVEMBER AARP SAFE DRIVING COURSE

Stormont-Vail is pleased to offer the AARP Safe Drivers Course at Pozez Education Center on March 10 and 11 from 10 a.m.-3 p.m. This course reviews helpful tips and completion could help get you a discount on your auto insurance. Registration required, please call. Cost: \$15 per person for AARP Members, \$20 per person for non-members. Please bring your AARP card to class. TOPEKA, 785-354-5225

FIRST MONDAY OF EACH MONTH MEDICARE MONDAYS

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

FIRST & THIRD FRIDAYS OF EACH MONTH **HEALTHWISE AFTER 55**

Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV. Channel 13. TOPEKA, 785-354-6787

FOR FAMILY CAREGIVERS

Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airs from 9-9:30 a.m. on WIBW-TV, Channel

TOPEKA, 785-354-6787

JUL 8 & AUG 12

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, an affiliate of Stormont-Vail HealthCare, will hold Medicare Educational Seminars on Wednesday, July 8 and August 12 at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be Harvard Rd., 6-7:30 p.m. held at 2951 SW Woodside Dr. Please contact Crystal for reservations. TOPEKA, 785-286-6402

JUL 11 & 25

PAINTERS PALETTE

Techniques, styles and tips taught with acrylic paints on canvas or other surfaces. Designed for beginners and experienced painters alike. Class is designed as a drop-in session, so start anytime and attend on the second and fourth Saturday of each month. Bring your own supplies, suggested supply list available from instructor. Instructor: Lori Dalrymple. No registration

■ CONTINUED ON PAGE 1



required, fee applies to each drop-in session SECOND & FOURTH FRIDAYS OF EACH MONTH attended. Saturdays, July 11 and 25, 9:30 a.m.-Noon. Location: Community Building. LAWRENCE, 785-832-7920

FUNDAMENTALS OF ESTATE PLANNING

Death is a certainty. Incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning outlines what happens if you die without a plan, then describes the options for using a Will or Living Trust. More importantly, who do you want handling your affairs if you are alive but incapacitated? The seminar covers the uses of a General POA, Healthcare POA, and Living Will & Healthcare Directive for this purpose. It also discusses probate administration and estate taxes. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Pioneer Ridge Assisted Living, 4851 LAWRENCE, 785-841-4554.

JUL 15- AUG 5

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 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. Register

• companionship

at www.lprd.org or any Lawrence Recreation Center. Sponsored by Lawrence Parks and Recreation. Wednesdays, July 15-August 5, 6-7 p.m. Fee. Location: Castle Tea Room LAWRENCE, 785-832-7920

JUL 21

SENIOR SUPPER AND SEMINAR This month's topic: "Palliative Care and Hospice:

What's the Difference?" Presented by Janelle Williamson, APRN. On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. At 6 p.m., there will be a short educational program on a health or wellness topic presented by LMH affiliated physicians or associates. Advance reservations are required for the supper portion only, and must be made at least 24 hours in advance by calling LMH Connect Care at (785) 749-5800. Supper seating is limited so please enroll early. Seminar presentation is open to adults of all ages. LAWRENCE, 785-749-5800

JUL 22

PRE-DIABETES CLASS

A free class for those at risk for developing diabetes or have already been told that they have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and avoiding potential complications. Taught by LMH Diabetes Education Center Staff. Lawrence Memorial Hospital, 12 p.m. Call Connect Care to register. LAWRENCE, 785-749-5800

oral hygiene

JUL 25-AUG 19 **AMERICAN MAH JONGG**

This fascinating rummy-like game was

classes. Now with patience and a few lessons, anyone can master the intricacies of this classic game. Instructor: Pearl Neaves. Register at www.lprd.org or any Lawrence Recreation Center. Sponsored by Lawrence Parks and Recreation. Wednesdays, 7-9 p.m. Fee. Location: Castle Tea Room. LAWRENCE, 785-832-7920 JUL 28 TMJ DISORDERS, SLEEP DISORDERED

originally played solely by the Chinese ruling

BREATHING AND HEALTH

There are important links between the destructive and painful effects of TMJ (temporomandibular joint) disorders and varying stages of sleep apnea. Oral health and general health can be significantly impacted by these conditions that may affect as much as 30-40% of the population. Find out how worn teeth can be a sign of serious medical problems and why TMJ health must be evaluated before any restorative or orthodontic treatment is undertaken. LMH Medical Staff member and Lawrence Restorative Dentist, James Otten, DDS, will discuss the link between TMJ problems, worn teeth, sleep disordered breathing and other related conditions in this interactive forum. Advance enrollment requested, please. Lawrence Memorial Hospital. LAWRENCE, 785-749-5800

ENTERTAINMENT

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

MAY 5-JUL 12 **HAIRSPRAY**

HAIRSPRAY is the most requested "return engagement" in New Theatre's history. On

Broadway it won eight Tony awards and was hailed by the New York Times as "the best musical of the decade." Set in the 1960's, HAIRSPRAY is the story of a "pleasantly plump" mother and her teenage daughter... both full figured and ready to fight for what's right! New Theatre Restaurant, 9229 Foster St. OVERLAND PARK, 913-649-7469 www.newtheatre.com

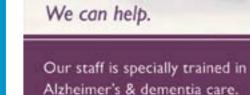
JUL 10

SUNDOWN FILM FESTIVAL

Join us for movie night. Lincoln (2012), starring Daniel Day Lewis. Rated PG. Bring blankets and lawn chairs and enjoy the movie outdoors

■ CONTINUED ON PAGE 20





Home Instead

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Our services can be provided in private homes, assisted living facilities, nursing homes, and hospitals.

Call for a Free In-Home Consultation (785) 856-5555

www.kseldercare.com • info@kseldercare.com



Ave., 9 p.m.

JUL 16

OF SOUL!

TOPEKA, 785-272-8681

707 Vermont St., 2 p.m.

TOPEKA, 785-251-2989

JUL 25-AUG 8

BYE, BYE BIRDIE

website for showtimes

www.rccplv.com

LEAVENWORTH, 913-651-0027

EXHIBITS/SHOWS

LAWRENCE, 785-843-3833

SUMMER SUNSET CONCERT

on the grounds of the Kansas Historical Society

Admission to the movie is free. Popcorn, candy,

soda, and water will be available for purchase.

The Kansas Museum of History, 6425 SW 6th

RICHARD PITTS: STORIES WITH A LOT

Richard has been playing the drum since his

childhood, is the leader of the musical group

to listen to some wonderful local artists per-

forming at their best. Bring your own lawn-

setting, while listening to some great music.

welcome. Old Prairie Town at Ward-Meade

Historic Site, 124 NW Fillmore St., 6-9 p.m.

parks.snco.us/Facilities/Facility/Details/28

Musical production performed by the River

Art Deco Theater located in historic down-

Performing Arts Center, 500 Delaware. See

39TH ANNUAL MERIDEN THRESHING

There will be tractors, threshing, baling, trac-

tor parades, history, antique automobiles, and

Kansas town. We will be sawing lumber at the

tractor pulls. Tour Cottonwood Station, our

reproduction living history of an early day

saw mill and grinding grain in the flour mill

each day. Our blacksmith will be hard at work

in the Blacksmith Shop. Stop by the General

Store for a Sarsparilla and attend church on

Sunday in the Bloomfield Church. Visit our

vendors. Don't miss the antique tractor pull on

on Saturday afternoon. We will have live music

cessions. The 2015 Featured Tractor is Case and

the featured engine is Cushman. We are located

one mile east of Meriden on K-4 Highway. For

more information, visit us online.

MERIDEN, 785-633-9706

www.meridenthreshers.org

Friday and Saturday nights. We have on-site

camping, modern restrooms, and on-site con-

Roots of Rhythm and has shared African

LAWRENCE FARMERS MARKET - TUES-

to provide children and adults in the Lawrence

FOURTH OF JULY EVENTS

4TH OF JULY CELEBRATION AT FORT

Events start at 4 p.m. with concessions, games.

fireworks at dusk over Merritt Lake. In case of

concert, "Salute to the Union" at 8 p.m. and

rain, fireworks at dusk on the 5th of July

FORT LEAVENWORTH, 913-684-2580

CITY OF LAWRENCE FIREWORKS

DISPLAY & PARTY IN THE PARK

Gates open at 4:30 p.m. on July 4 at Watson

Park. The fireworks show will begin at about

rants that are part of the Lawrence Originals

The event is free to enter, and people simply

can buy what food and beverages they desire

from the variety of food vendor booths. Five

area bands will play, beginning at 5 p.m. and

ers have arranged to have a larger children's

play area at the event. Laugh Out Loud and

Theatre Lawrence are hosting the play area.

The gazebo area in Watson Park will serve

as a spoken word stage. There are plans to

organizers: Lawrencehits.com, the restaurant

Watson and Burcham Parks, 7th St. and Ken-

Party in the Park 2014, has three major

force behind the actual fireworks display.

have a poet, theater performances and even a Free.

magician on hand. The event, which is dubbed TOPEKA, 785-354-6787

Lawrence Jaycees, which is the organizational Fitness that's invigorating, not intimidating

marketing group Lawrence Originals, and the JAZZERCISE LITE

continuing through the evening. Organiz-

organization will be on hand to serve food.

9:45 p.m. About 13 locally owned restau-

www.fortleavenworthfmwr.com

area, with locally grown foods and farm prod-

ucts. 824 New Hampshire, 4-6 p.m.

www.lawrencefarmersmarket.com

LAWRENCE, 785-505-0117

MAY 5-0CT 27

DAY

JUL 4

JUL 4

LEAVENWORTH

The mission of the Lawrence Farmers Market is Perfect for active older adults who are

ZUMBA GOLD

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 choreogra-

phy that focuses on balance, range of motion

and coordination. Come ready to sweat, and

prepare to leave empowered and feeling

trong. Choose from three class different

class schedules to meet your needs. For more

information or to enroll, call the Community

Building or search activity #127102 at www.

Need exercise? Come to the East Lawrence

ing friendships with fellow walkers. FREE!

Lawrence Parks and Recreation. For more

Monday-Friday at the East Lawrence Center.

For competitive, recreational and beginning

players. Call the East Lawrence Center for

specific days and times. There is no charge for

HealthWise 55 Clinic. 10 a.m.-noon. Health-

Wise 55 Resource Center, 2252 S.W. 10th Ave.

TUESDAYS, WEDNESDAYS & THURSDAYS

This 60-minute class pairs moderate aero-

bics with exercises designed to improve your

strength, balance, and flexibility. 10:20-11:20

This exercise program emphasizes safe and

beneficial movements and routines that will

increase your flexibility, strength and endur-

Lawrence Recreation Center, 1245 E. 15th St.

Closed. Fee. Enroll at LPRD.org or at East

Held at the Wakarusa Wellness Center, 4920

Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No

Bob Billings Parkway, located 1 block west of

Wakarusa at the intersection of Research Park

ance. Meets from 8:30-9:30 a.m. at East

information, contact Stephen Mason.

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

LAWRENCE, 785-832-7950

BLOOD PRESSURE CLINIC

a.m. at 3115 W. 6th St.

FLEXERCISE

Lawrence Center

LAWRENCE, 785-856-6030

appointment necessary.

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

open play

TUESDAYS

LAWRENCE, 785-832-7950

Recreation Center from 7-10 a.m. You'll get

your heart pumping and have a great time build-

LAWRENCE, 785-832-7920

A.M. WALKING CLUB

MONDAYS THROUGH FRIDAYS

WEDNESDAYS MEDICATION CLINIC

NUTRITION CLINICS

Bring questions about your medications (prescription or over-the-counter), 12:30-4:30 p.m. Call for appointment. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, 785-354-6787

FREE HEARING CONSULTATIONS

FIRST WEDNESDAY OF THE MONTH

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

FIRST THURSDAY OF EACH MONTH **BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free. TOPEKA, 785-354-6787

FRIDAYS BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

TOPEKA, 785-354-6787

SECOND THURSDAY OF EACH MONTH **BLOOD PRESSURE CLINIC** HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea, Free,

THIRD THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free. TOPEKA, 785-354-6787

THIRD THURSDAY OF EACH MONTH **BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free. TOPEKA, 785-354-6787

FOURTH THURSDAY OF EACH MONTH **BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free.

TOPEKA, 785-354-6787

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary.

\$8/test. East Information Desk. Sponsored by Lawrence Memorial Hospital, 8:30-10 a.m. LAWRENCE, 785-749-5800

TAI CHI- BEGINNING

cially suited to seniors. It consists of a series of slow motion movements that increases body strength, enhances coordination and improves balance. Tai Chi's relaxed performance calms the body, reduces emotional stress, and promotes clear thinking. Long practiced by people of all ages in China, Tai Chi is recognized in America as a way of carrying health and wellbeing into latter life. This class practices the Yang style tai chi short form. Instructor: Craig Voorhees. Register at www.lprd.org or any Lawrence Recreation Center. Mondays and Wednesdays, July 27-August 26, 10-11 a.m., Location Community Building. Monday evenings, July 27-August 24, 6:45-7:45 p.m.. Location: Community Building. Fee. LAWRENCE, 785-832-7920

JUL 27-AUG 26

YOGILATES The best of both worlds-core strengthening of Pilates combined with the flexibility and relaxation of yoga flow. This class will focus on coordination, balance and increasing your range of motion for a complete workout. Please bring a mat to class. Instructor: Kelsie Middaugh. Register at www. lprd.org or any Lawrence Recreation Center. Mondays and Wednesdays, July 27-August 26, 7:15-8:15 p.m. Fee. Location: Holcom Rec. Center LAWRENCE, 785-832-7920

JUL 28-AUG 27 SILVER 'N' FIT

July 2015 • 21

In this class you will work with hand weights. resistance bands and your own body weight. We'll get you moving and grooving to the music you're going to remember and love. Instructor: Tristan Ricks. Register at www. lprd.org or any Lawrence Recreation Center. Tuesdays and Thursdays, July 28-August 27,

Get ready to mix it up. This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping. Instructor: Susan Pomeroy Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, July 29-August 26 10:30-11:30 a.m. Fee. Location: East Lawrence Center.

JUL 31-AUG 28

CYCLING - PEDAL PUSHERS

■ CONTINUED ON PAGE 22

JUL 27-AUG 26 Tai Chi is a graceful, low impact exercise espe-

> 8:30-9:20 a.m. Fee. Location: Sports Pavilion LAWRENCE, 785-832-7920

> > JUL 29-AUG 26 SILVER STEPPERS

LAWRENCE, 785-832-7920

Indoor cycling increases endurance and strength in your lower body, core and upper body. This is a beginning and introductory class for older adults and is designed for those with no experience with indoor cycling. Bikers can modify their cycling resistance and pace according to their own fitness level. There are no fancy steps to learn so even if you don't know how to ride a bicycle, you can have an excellent aerobic

The next generation of Oticon

hearing instruments has arrived! With the new Inium Sense processor, Oticon hearing instruments can provide more gain on soft speech, **enriching private conversations** without compromising feedback and sound quality. This feature, "Soft

Speech Booster," is available in Oticon's new generation products: Alta2, Nera2, and Ria2. Oticon has also

introduced a range of special purpose programs and back directionality designed to assist users in extremely difficult listening situations.



Oticon Tinnitus SoundSupport™ is the industry's most comprehensive sound generator with unique ocean sounds in addition to a large number of sound options adjustment controls. Tinnitus SoundSupport is integrated across Oticon Alta2 Pro, Nera2 Pro, and Ria2 Pro families.

Call Gerald Whiteside, Au.D., CCC-A, to schedule a free consultation.



785-843-8479 1112 W. 6th St. Ste. 100 Lawrence, KS www.marstonhc.com

SHOW N' SHINE TRUCK AND CAR SHOW This annual car show is sponsored by the

Genuine Chevy GMC Truck Club of KC. There will be dash plaques and door prizes, Top 60, Best of Show, living history demonstrations, and miniature train rides. Registration 8-11 a.m. Fun for all ages. National Agricultural Center and Hall of Fame, 630 N. 126th St., 9 a.m. to 2 p.m. Admission fee BONNER SPRINGS, 913-721-1075

Stories and drumming, it doesn't get any better! www.aghalloffame.com

CRUISIN' THE CAPITOL CAR SHOW

Open years, styles - cars, trucks, cycles, American stories throughout Kansas for the past 4x4's, rat rods! This year we're PARKING & 18 years. Lawrence Public Library Auditorium, CRUISIN' around the newly renovated Statehouse of Kansas. Free to the public to attend. Vehicles can register online at Brown Paper Ticket - Cruisin the Capitol 2015 or offline at the Downtown Topeka, Inc. office starting June 15. Check the Facebook page for updates. 10th Bring your family out for this fun-filled evening & Jackson, 5 p.m. TOPEKA, 785-234-9336

chair and enjoy the beautiful Old Prairie Town www.facebook.com/DowntownsCruisinthe-This is a family friendly event and children are

FAIRS/FESTIVALS

JUL 14-18 FIESTA MEXICANA

The first Fiesta was held on August 17, 1933 and was a small event held within Topeka's Mexican barrio. Now, thousands of attendees gather every year for five nights of traditional food, dancing, a carnival and even a jalapeno

City Community Players in the historic 1930's eating contest. Food sales begin at 4 p.m. every day and continue until food is sold out. Fill town Leavenworth, the "First City in Kansas." up on homemade tacos, enchiladas, tamales, burritos and more. Stick around and ride the merry-go-round, the Ferris Wheel and the gator roller coaster at the nightly carnival beginning at 6 p.m. Make sure to stop by the Fiesta Mercado, located in front of Our Lady of Guadalupe Church to browse through authentic Mexican clothing, jewelry, souvenirs and more. 201 NE

TOPEKA, www.olg-parish.org/fiesta

JUL 16-19

FRANKLIN COUNTY FAIR & RODEO

The Franklin County Fair and Rodeo is fun for the whole family and celebrates 150 years this year! Come for the rodeo, demolition derby, 4-H displays, carnival and livestock auction. Each day event-goers can view exhibits, enjoy the carnival and rides and sample the hearty fair food. 220 W. 17th St., all day. OTTAWA, 785-242-1411 www.visitottawakansas.com

Saturday and the garden tractor pulls each day. JUL 18 There will also be a children's pedal tractor pull

AMELIA EARHART FESTIVAL

The 19th Annual Amelia Earhart Festival is a family friendly event to celebrate Atchison's famous aviatrix daughter. A craft fair, musical entertainment, and a block of fun and education devoted to children happen all day Saturday on Atchison's Commercial Street Mall. Puppet shows, Mad Science and Reptiles Up Close fill the stage while traveling entertainers, petting zoo and pony rides will keep the kids happy.

Activities move to the riverfront late afternoon as another stage provides music and a wide variety of food vendors. An aerobatics show will wow the audience as they settle in for the evening. The grand finale is our fireworks extravaganza, the "Concert in the Sky," a spectacular show set to music. A 2K/8K run is an early morning option. Carnival rides are available from noon until midnight. We honor a Pioneering Achievement Award winner each year who exemplifies the spirit of Amelia Earhart. This years honoree is Sophia Danenberg, the first black woman to reach the summit of Mt. Everest. She will participate in a Speaker's Symposium at 11 a.m. in the O'Mallley McAllister Auditorium at Benedictine College. Admission is free to the public. ATCHISON, 913-367-2427 www.atchisonkansas.net

JUL 24-AUG 2 DOUGLAS COUNTY FAIR

Experience the excitement of the annual county Fair. Events include barrel racing, concerts, antique tractor pull, demolition derby, carnival and much more. Along with great food, information booths and 4-H shows. Douglas County

Fairgrounds, 2110 Harper. LAWRENCE, dgcountyfair.com

JUL 25 WEST FEST: NATIONAL DAY OF THE

COWBOY West Fest: National Day of the Cowboy is fun for the whole family. Visitors can see miniature ponies and a mustang. Other outdoor activities include cowboy obstacle course, campfire singa-long, roping and horse care demonstrations, panning for gold, rope making, photo opportunity with cowboy props, stagecoach rides. Fee. Children five and under admitted for free. Kansas Historical Society, 6425 SW 6th Ave., 10 a.m.-3 p.m. TOPEKA, 785-272-8681 www.kshs.org

FARMERS MARKETS

EVERY SATURDAY APR-NOV TOPEKA FARMERS MARKET

Since the 1930s, the Topeka Farmers Market has come alive every Saturday morning from April through November. Vibrant with color, lively chatter and friendly faces, the Topeka Farmers Market attracts hundreds of Topeka residents and out of town visitors. 12th and Harrison, South of the Judicial Building, 7:30 a.m.-12

LAWRENCE, 785-249-4704 downtowntopekafarmersmarket.com

APR 11-NOV 21

LAWRENCE FARMERS MARKET -SATURDAY The mission of the Lawrence Farmers Market is

to provide children and adults in the Lawrence area, with locally grown foods and farm products. 824 New Hampshire. 7-11 a.m., April 11 to August 29. 8 a.m.-12 p.m., September 5-November 21. LAWRENCE, 785-505-0117 www.lawrencefarmersmarket.com

LAWRENCE, 785-856-3040 **HEALTH & FITNESS**

tucky and 200 Indiana St.

ONGOING

Sigurdson.

FIT FOR LIFE

ing environment. Physician's medical clearance required. 12 sessions. Fee. LMH Therapy Services. LAWRENCE, 785-505-2712

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 LAWRENCE, 785-832-7920

ONGOING

Exercise in a safe, supervised and non-threaten

■ CONTINUED ON PAGE 21

LAWRENCE, 785-832-7920

LAWRENCE, 785-749-5800

Lawrence, 9-10 a.m.

Lawrence, 1-2 p.m.

Lawrence, 9-10 a.m.

Lawrence, 1-2 p.m.

WEDNESDAYS

CHOLESTEROL SCREENING

AUG 5

reation. Fee. Location: Community Building

This screening event offers a total only (does

gerstick. No appointment or fasting necessary.

LIBRARY BOOKMOBILE

Prairie Commons, 5121 Congressional Circle,

not include HDL or LDL) cholesterol by fin-

Lawrence Memorial Hospital, 3-4:30 p.m.

LAWRENCE PUBLIC

Presbyterian Manor, 1429 Kasold Dr.,

Vermont Towers, 1101 Vermont St.,

Brandon Woods, 1501 Inverness Dr.,

Arbor Court, 1510 St. Andrews Dr.,

Babcock Place, 1700 Massachusetts St.,

Lawrence, 10:30-11:30 a.m.

Lawrence, 10:30-11:30 a.m.

group. Open to anyone with any cancer diagnoses

cancer. For more information, contact Liv Frost

at 785-505-2807 or email to liv.frost@lmh.org.

FIRST THURSDAY OF THE MONTH

SUPPORT GROUP - TOPEKA

Center, 1700 S.W. 7th St., 7 p.m.

TOPEKA, 785-230-4422

PARKINSON MEETING

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

information packet.

information packet.

TOPEKA, 785-232-2044

TOPEKA, 785-235-6600

ONE SATURDAY EACH MONTH

LAWRENCE DEATH CAFE

FIRST FRIDAY OF EACH MONTH

Meet other stroke survivors, their families.

to recovery. Please contact Randy Williams

Rehabilitation Hospital, 1504 SW 8th Ave.

and hear guest speakers discuss topics related

or Lisa Rundell for more information. Kansas

At a Death Cafe people, often strangers, gather

to eat cake, drink tea, and discuss death.

A Death Cafe is a discussion group about

death rather than a grief support or counsel-

ing session. Group meets once a month on

a Saturday from 2 to 4 p.m. To learn more,

contact cwhiston@sunflower.com or visit

Cafe/520304204753986?ref=hl.

SECOND MONDAY, SEP-MAY

LAWRENCE, 785-331-4575

LAWRENCE

www.facebook.com/pages/Lawrence-Death-

STROKE SUPPORT GROUP

TOPEKA, 785-232-2044

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

MAN TO MAN PROSTRATE CANCER

FIRST THURSDAY OF EACH MONTH

(includes lunch). 11:30 a.m.-1 p.m.

FIRST THURSDAY OF EACH MONTH

Midland Care, 200 SW Frazier, 5:30-7 p.m.

Ongoing adult group. Midland Hospice, Build-

ing A, 10:30 a.m. Please call for start dates and

Ongoing adult group. Midland Hospice, Build-

ing A, 5:30 p.m. Please call for start dates and

Meets at St. Francis Health Center's Cancer

LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Ashley at 785-842-

0543 for more information. \$12.00 to attend

LAWRENCE

SECOND TUESDAY OF EACH MONTH

KAW VALLEY HERBS STUDY GROUP

An informal group meeting monthly to study

herbs. We will learn about the aspects of each

medicinal properties, historical lore, growing

and crafting. This group is open to anyone

herb: culinary uses, aromatherapy applications,

wanting to learn more about the herbs grown in

the garden and in the wild. Meets at 7 p.m. at

the Unitarian Fellowship of Lawrence, 1263 N

1100 Rd. To sign up to receive updates, email

HerbStudyGroup@gmail.com or join our Face-

book page at www.facebook.com/HerbGroup.

SECOND WEDNESDAY OF EACH MONTH

Held at The Windsor of Lawrence, 3220 Peter-

son Rd., 2 p.m. For more information, please

SECOND WEDNESDAY OF EACH MONTH

The Diabetes Education Center provides a

free monthly program for those with diabetes

and their support persons, at 6 p.m. Lawrence

SECOND WEDNESDAY OF EACH MONTH

SOROPTIMIST INTERNATIONAL OF

Soroptimist International's mission is to

improve the lives of women and girls in local

communities and throughout the world. Meets at

6:30 p.m. at the Topeka-Shawnee County Public

Library. Guests welcome. Please email info@

soroptimisttopeka.org for more information.

SECOND THURSDAY OF EACH MONTH

NAACP MEETING-LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery

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

ALZHEIMER'S/CAREGIVER SUPPORT

1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.

SECOND SATURDAY OF EACH MONTH

HAPPY TIME SOUARES SOUARE DANCE

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, 913-831-3888

LAWRENCE, 785-843-2584

www.happytimesquares.com

DIABETES EDUCATION GROUP

Memorial Hospital, Meeting Room A.

TOPEKA, www.narvre.com

LAWRENCE

call Amy Homer.

TOPEKA

LAWRENCE, 785-832-9900

LAWRENCE, 785-505-3062

TOPEKA, 785-221-0501

Room at 6:30 p.m.

GROUP

CLUB

www.soroptimisttopeka.org

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

SUPPORT GROUP

THIRD TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT

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

STROKE SUPPORT GROUP For those recovering from a stroke, and/or their

ALZHEIMER'S SUPPORT GROUP Alzheimer's support group for families and caregivers. Blassingame Home Care, 1835 N

TOPEKA, 785-286-2273

LAWRENCE, 785-505-2712

THIRD WEDNESDAY OF EACH MONTH

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets

A social support group to re-engage life after

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

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

TOPEKA WIDOWED PERSONS BRUNCH

GRIEF SUPPORT GROUP Presbyterian Manor, 1429 Kasold., 4 p.m. Spon-

FOURTH MONDAY OF EACH MONTH

LAWRENCE, 785-841-5300

CAREGIVER SUPPORT GROUP

Aging, Inc. Designed to be a safe place to assis and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd., 1 p.m TOPEKA, 785-235-1367, EXT. 130 FOURTH THURSDAY OF EACH MONTH

TOPEKA GENEALOGICAL SOCIETY TGS promotes and stimulates the education

knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December. TOPEKA, 785-233-5762 www.tqstopeka.orq FOURTH THURSDAY OF EACH MONTH

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 EACH MONTH

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

MISCELLANEOUS

WILD WEE WEDNESDAYS AT THE

After the big kids are off to school, bring your lil'

sored by Grace Hospice.

FOURTH WEDNESDAY OF EACH MONTH

Administered by Senior Outreach Services in

CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

ACTIVE AND RETIRED FEDERAL EMPLOYEES

TOPEKA, 785-478-0651

WEDNESDAYS

DISCOVERY CENTER

ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses. create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m. TOPEKA, 785-783-8300 www.kansasdiscovery.org

SECOND FRIDAY OF EACH MONTH SCIENCE NIGHT LIVE: SCIENCE OF CHAIN REACTIONS

The second Friday of each month, the Kansas Children's Discovery Center opens its doors

cooperation with Jayhawk Area Agency on

THIRD TUESDAY OF EACH MONTH

family and friends. Meets at 4-5:30 p.m. For more information call LMH Kreider Rehab Center.

THIRD TUESDAY OF EVERY MONTH

Topeka Blvd., Suite 205, 6-7 p.m. RSVP by

ACTIVE AND RETIRED FEDERAL **EMPLOYEES**

the third Wednesday of each 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 EACH MONTH

LUNCH AFTER LOSS

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

Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11 a.m.-1 p.m. For more information about the Widowed

THIRD FRIDAY OF EACH MONTH

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka

Persons Service Program, please call Julie.

SECOND & FOURTH FRIDAY OF EACH MONTH **CAREGIVER SUPPORT GROUP** Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research,

THIRD SATURDAY OF EACH MONTH

TOPEKA, 785-357-7290

science in a unique setting. We mix music and dancing, drinks and fun, playful science and creative arts for discovery after dark. Each Science Night Live features a unique science theme, as well as tasty spirits and fun. 4400 SW 10th Ave, 6-9 p.m. TOPEKA, 785-783-8300

www.kansasdiscovery.org THIRD SATURDAY OF EACH MONTH **COFFEE & CONVERSATION**

exclusively to adults, 21+. Science is fun...at

any age. Science Night Live provides visitors

the opportunity to have fun and learn about

July 2015 • 23

Arbor Court at Alvamar, 1510 Saint Andrews Dr., 3 p.m. Open to the public LAWRENCE, 785-841-6847

FEB 8-0CT 11 SECOND SUNDAY MONTHLY HIKE

Clinton State Park and AmeriCorps invite you to join them for monthly hikes through the

park every Second Sunday through the coming year. Each journey is approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Younger children are welcome, but be aware that the uneven terrain and length of the hikes may create the need for more adult assistance. Don't forget to bring water and dress appropriately. A Vehicle Permit will be required. Purchase one by the day at \$5.00 or annually for \$25.00 and get into all Kansas State Parks for the rest of the year. Call

LAWRENCE, 785-842-8562 JUL 11

for more information.

TRACTOR DAZE & TOUCH-A-TRUCK At this annual event, kids can climb and explore

trucks of all shapes and sizes. You will find everything from fire trucks to tractors as well as many other kid-friendly activities. Hosted by Wyandotte and Leavenworth County Farm Bureau Associations. National Agricultural Center and Hall of Fame, 630 N. 126th St., 10 a.m.-4 p.m. BONNER SPRINGS, 913-721-1075 www.aghalloffame.com

JUL 25

CHRISTMAS IN JULY AT WYANDOTTE **COUNTY LAKE** The inaugural Christmas in July event will take

place at Wyandotte County Lake from 4-10:30 p.m. There will be activities for the children, a DJ, and plenty of food. Famous Dave's will be on site serving and Cabela's will have various displays. The highlight of the event will be the parade of decorated pontoon boats beginning at 8:15. This event is free to the public. KANSAS CITY, 913-573-8327 wycokck.org/parks



FRIDAYS Clinton Place, 2125 Clinton Parkway,

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

LAWRENCE PUBLIC **LIBRARY BOOK TALKS**

THIRD TUESDAY OF EACH MONTH Midland Adult Day Care, 319 Perry St., 10 a.m. Cottonwood Retirement 1029 New Hampshire.

Babcock Place, 1700 Massachusetts St., 3 p.m. THIRD WEDNESDAY OF EACH MONTH Brandon Woods, 1501 Inverness Dr., 10:30 a.m.

Prairie Commons, 5121 Congressional Circle, FOURTH WEDNESDAY OF EACH MONTH

Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m.

Presbyterian Manor-Asst. Living, 1429 Kasold

Dr., 11 a.m. Pioneer Ridge-Asst. Living, 4851 Harvard Rd...

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

MEETINGS

BREAST CANCER SUPPORT GROUP Meets at Presbyterian Manor, 1429 Kasold,

LAWRENCE, 785-979-8362 workout. Instructor: Melanie Johnson Register at www.lprd.org or any Lawrence Recreation MONDAYS, WEDNESDAYS & FRIDAYS Center. Sponsored by Lawrence Parks and Rec-

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. LAWRENCE, 785-838-7885 www.OrthoKansasPA.com

5:30 p.m. Call Dena for more information.

\$8/test. East Information Desk. Sponsored by **GRIEF SUPPORT GROUP**

> 12-week adult group for recent loss. Midland Hospice, Building A, 4-5 p.m. Please call for

start dates and information packet. TOPEKA, 785-232-2044 FIRST MONDAY OF EACH MONTH

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

INDIVIDUAL BEREAVEMENT SUPPORT

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

GRIEF SUPPORT GROUP

FIRST & THIRD MONDAY OF EACH MONTH

LAWRENCE MEMORIAL HOSPITAL

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

FIRST & THIRD MONDAY OF EACH MONTH

Vermont St., 2:15-3:45 p.m LAWRENCE, 785-842-0543

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

FIRST TUESDAY OF EACH MONTH **BLOOD PRESSURE CLINIC**

TOPEKA, 785-354-6787 FIRST TUESDAY OF EACH MONTH

END-OF-LIFE CHOICES

FIRST & THIRD MONDAY OF EACH MONTH

FIRST & THIRD MONDAY OF EACH MONTH Facilitated by LMH Chaplain Angela Lowe.

Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital. LAWRENCE, 785-505-3140

CAREGIVER SUPPORT GROUP For adults who have lost loved ones. Call LMF Chaplain Angela Lowe for more information.

4-5 PM, 785-840-3140

join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745

EVERY TUESDAY THROUGH FRIDAY MEN'S COFFEE

LAWRENCE, 785-749-2000

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free.

LAWRENCE AREA COALITION TO HONOR

SUPPORT GROUP - LAWRENCE Meets at Lawrence Memorial Hospital, 5:30 LAWRENCE, 785-393-1256 FIRST TUESDAY OF EACH MONTH TOPEKA AREA OSTOMY SUPPORT GROUP Our focus is supporting, assisting, and educating

Works with 31 other Kansas communities to

help all Kansans live with dignity, comfort and

bers have backgrounds in healthcare, pastoral

care, library and educational services. Meets at

care, senior citizens' services, funeral home

3 p.m. in Conference E of LMH.

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER

LAWRENCE, 785-830-8130

peace at the end-of-life, regardless of age. Mem-

at St. Francis Health Center, 1700 SW 7th St. TOPEKA, 785-295-5555 FIRST & THIRD TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES

individuals with colostomies, ileostomies, uros-

tomies and continent ostomies. Meets at 6 p.m.

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

Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at 785-228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 1 p.m. TOPEKA

TUESDAYS & THURSDAYS WATER AEROBICS CLASSES

www.OrthoKansasPA.com

GRIEF SUPPORT GROUP

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

FIRST & THIRD TUESDAY OF EACH 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 SW 8th St. TOPEKA, 785-478-4947 or 785-296-8349

FIRST WEDNESDAY OF EACH MONTH KAW VALLEY OWL (OLDER WOMEN'S LEAGUE)

Meetings are held at the United Way building

Join representatives from Lawrence Memorial

CANCER SUPPORT GROUP

2518 Ridge Ct. Social time begins at 1:30 p.m and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson. LAWRENCE, 785-691-7314 FIRST & THIRD WEDNESDAY OF EACH MONTH LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS Volunteer service club.

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

www.jhawkaaa.org CONTINUED ON PAGE 23

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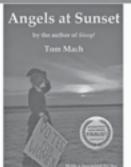
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Meals on Wheels Kansas (MOWK) receives \$2,500 for participation in Meals on Wheels America's 2015 March for Meals

on June 11 announced that it has received a \$2.500 grant from Meals on Wheels America for its participation in the 13th annual March for Meals campaign. This year's grants were made possible through the generosity of Subaru of America Inc. and its seventh annual "Share the Love" event. During the event, Subaru donated \$250 to the owner's choice of participating charities for every new vehicle purchased or

"This \$2,500 grant will help raise awareness about Meals on Wheels Kansas through a public radio campaign," said Heidi Pickerell, president of MOWK.

In total, \$370,250 is being granted to 258 local Meals on Wheels programs and two Meals on Wheels Americaaffiliated State Associations based on their March for Meals efforts.

"The March for Meals grant pro-



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gram is our way of recognizing local Meals on Wheels America. "In addiprograms for bolstering the dynamic tion to mobilizing nearly 400 local and effective partnership between Meals on Wheels celebrations across Meals on Wheels and the businesses, the country, we commemorated the organizations, governments and vol- month by releasing the findings of unteers who provide critical support a ground-breaking research study within their communities," said Ellie proving that Meals on Wheels deliv-Hollander, president and CEO of ers so much more than just a meal."

The annual March for Meals campaign is an effort led by Meals on Wheels America to present opportunities for By Rick Steves volunteers, businesses and govern-Tribune Content Agency ments to support seniors in a variety of ways that make communities stronger, The great value of travel is the safer and healthier. For more information, visit marchformeals.com

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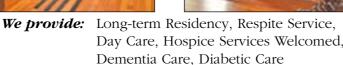
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RICK STEVES' EUROPE

Travel as a political act

L opportunity it offers you to pry open your hometown blinders and broaden your perspective. And when we implement that world view as citizens of our great nation, we make travel a political act. Here are my top 10 tips for doing just that:

- Get out of vour comfort zone: Choose Managua over Mazatlan or Turkey over Greece. When visiting Israel, explore the West Bank. You can enjoy far richer experiences for far less money by venturing away from the mainstream.
- Connect with people, and try to understand them: Make itinerary decisions that put you in touch with locals. Stay in people's homes (check out Airbnb.com or Couchsurfing.org) and spend time with your hosts. Visit a university, eat in the cafeteria, and make a new friend. Seek answers for cultural riddles: Why do some Hindus feed their cows better than their children? Why do many Muslim women wear scarves? Why do Norwegians so willingly pay high taxes?
- Be a cultural chameleon: Embrace cultural differences with joy rather than with judgment. Eat with your fingers in a Sri Lankan restaurant that has no silverware, dip your fries in mayonnaise in Belgium, smoke a hookah in Greece, kiss a stranger on both cheeks in France, or attend a hurling match in Ireland. Rather than gawking at pilgrims, become one. Climb Rome's Scala Santa (Holy Stairs) on your knees, feeling the pain while finding comfort in the frescoes of saints all around you.
- Understand contemporary context: While traveling, read the ocal news. Scan "The Times of India" in Mumbai. Go to a political rally in Scotland. Listen to expat radio on Spain's Costa del Sol. Think about how all societies are on parallel evolutionary tracks. Imagine how the American

approach to vexing societal problems might work in other places—and (more importantly) vice versa. • Empathize with the other 96

- percent of humanity: Just like Americans have the American Dream, others have their own dreams. Put yourself in the shoes (or sandals, or bare feet) of the people you meet. Find out why Basque people are so passionate about their language. Drink with Catholics in a Northern Ireland pub, discussing the notion of the tyranny of the majority. As you travel, learn to celebrate the local Nathan Hales and Ethan Allens, such as Turkey's Ataturk or El Salvador's Oscar Romero. Identify—and undermine—
- vour own ethnocentricity: The United States has been preoccupied with terrorism for the last generation. But other nations have their own, sometimes heavier baggage. Ponder societal needs even more fundamental than freedom and democracy. Why is Putin so popular in Russia? Why would a modern, well-educated Egyptian be willing to take a bullet for the newest military dictator (as my friend in Cairo just told me)? Why, in some struggling countries, does stability trump democracy?
- Accept the legitimacy of other moralities: Be open to the possibility that controversial activities are not objectively "right" or "wrong." Con-

Peterson Acres II Affordable Housing Based on Income. Applications being accepted nity at 2930 Peterson Road program. Applicants must be 50 years of age or older. One pet allowed 842-8358 or www.ldcha.org.

sider Germany's approach to prostitution or the Netherlands' marijuana policy, both of which are based on pragmatic harm reduction rather than moralism. Get a French farmer's take on force-feeding his geese to produce foie gras. Ask a Spaniard why bullfighting still thrives—and why it's covered not in the sports pages, but in the arts section of the local newspaper. You don't have to like their answer, but at least try to understand it.

- Sightsee with an edge: Seek out political street art, and find out what it means. Read local culture magazines and attend arts and political events. Take alternative tours to learn about heroin maintenance clinics in Switzerland and "maquiladora" labor in Tijuana. Tour the alternative-living commune of Christiania in Copenhagen. Walk with a local guide through a slum in a developing country. Meeting desperately poor villagers living with a spirit of abundance, ponder how so many rich people live with a mindset of
- Make your trip an investment in a better world: Our world has a lot

of desperation, and travelers are the lucky few who can afford to experience what's outside their hometowns. Travel with a goal of good stewardship and a responsibility to be an ambassador to, and for, the entire planet. Think of yourself as a modern-day equivalent of the medieval jester: sent out by the king to learn what's going on outside the walls, then coming home to speak truth to power (even if annoying). Make a broader perspective

July 2015 • 27

your favorite souvenir: Back home, be evangelical about your newly expanded global viewpoint. Travel shapes who you are. Weave favorite strands of other cultures into the tapestry of your own life. Live your life as if it shapes the world and the future—because it does. Believe that you matter. Then make a difference.

- 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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KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

pers from the Three Sisters constellation," said Four Finger Fanny.

"So he can retrieve your house slip-

to me if you'd get in touch with Kaybe

"I'll see what I can do," she said.

Q: I recently gave my 18-year-old Some months later, Kaybe swung African Grey parrot to a bird sanctuby our solar system and rolled up to ary because he became restless and my booth in the Enchantment. Four climbed and squawked a lot. In his Finger Fanny let me know when he'd huge new cage, he seems happier. I be there. Over a soft drink, I explained my plan to Kaybe. A few months later, he located and retrieved those old ratty house slippers and brought them to me at the Enchantment. They looked just

Finally, I was able to turn my inspired idea into reality. I transformed my old ratty house slippers from objects of scorn to objets d'art. The dear old visit him every week, but I wonder things now occupy a prominent place if this is actually detrimental to helpon my office shelf—as bronzed book- ing him adjust to his new surroundings. I only want him to be happy. Any

- Larry Day, B.A., M.A., Ph.D., is a thoughts? - N.L., Las Vegas, NV former foreign correspondent, newspa- A: "I don't believe there's any probper reporter and journalism professor. lem with you visiting the bird, unless He has written humorous fiction-some- he seems agitated or anxious during times intentionally-all his life. your visit, or the caretakers report he

appears upset after you leave," says certified parrot behavior consultant Kashmir Csaky, of Lynchburg, VA. "In fact, the visits may be beneficial."

your feathered friend, and Csaky wonders why you relinquished the parrot in the first place. She says that if it was because of his restless and noisy behavior, what might have been happening was merely an adolescent male seeking a hot babe bird.

she notes. "And the guy was possibly being ruled by hormones.'

It's possible that your parrot was oth-

to bring your bird back home.

- Steve Dale welcomes questions/ comments from readers. Although he can't answer all of them individually, © 2015 Distributed By Tribune Content Agency. he'll answer those of general interest

in his column Send e-mail to PET-WORLD@STEVEDALE.TV. Include vour name, city and state.

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"Yes," I said. "It would mean a lot o me if you'd get in touch with Kaybe Parrot may have been lovesick

PET WORLD

Steve

Dale

Clearly, you're still bonded with

"We don't spay or neuter parrots,"

erwise happy in your home, and with help from a certified parrot consultant, you might have figured out exactly what was causing the commotion. Perhaps, your pet simple needed a richer environment. Expert advice could have helped—and still might if you wanted Your loved one never leaves our care. Douglas County's only locally owned crematory



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Humor

Retrieving my cosmic house slippers

Finger Fannie I need to see on her feet. her?" I asked a young waitress as I walked toward my booth at the back of the Enchantment. It's a dingy roadhouse on the outskirts of Letongaloosa. Every college town needs a joint like the Enchantment to maintain its aca-



Larry Day

demic accreditation. I go there to have a soft drink and relax.

Tonight, however, I was at the Enchantment on urgent business. By the time I had reached the booth

Four Finger Fanny was there with a grateful!

I thanked her. Then I said, "Can you get in touch with Kaybe for me?" My friend KB-11.2 is an alien from outer space. He looks like a giant tuna fish can. Metal arms sprout from his stainless steel torso, a floppy two-foot antenna mounted with three sensoreyes rise from the middle of his lid. Kaybe has ball bearing wheels for feet. Four Finger Fanny is also from outer

dinner pail."

Four Finger Fanny

"That's right."

Emmaline off."

tact Kaybe."

"That sounds like a plan to me," said

"It was a plan," I said. "I agreed,

and 'whoosh' away soared Kaybe into space with the old house slippers. The

next time he swung by the Enchant-

ment, Kaybe told me that the slippers

were adrift in the "Three Sisters" star

group of the Orion's Belt constellation.

are now," said Four Finger Fanny.

"And that's where the house slippers

"But you don't want to leave them

"That's because I've had a burst of

"Here's how," I said. "Emmaline

wanted me to toss the house slip-

pers because they were so old and

ratty looking. I've got a plan that

will transform them. The idea came

to me after Emmaline and I attended

a baby's first birthday party and saw

one of the gifts. Now I need to con-

inspiration. I can have my house slip-

pers near at hand, and without ticking

"That would be a good trick."

"It's about the house slippers, ain't it?" she said

"Yes. Those slippers are dear to me we traveled many a mile and visited many a nation together over the years." After I threw them in a hotel room trash basket while Emmaline and I were in Florida, I missed them terribly. I became disconsolate. You remember, Fanny. I came out here to the Enchantment and moped a lot.

"Fortunately for me, Kaybe swung by our solar system and dropped by my booth that night. Kaybe felt bad when he saw how glum I looked. So, like the good friend that he is, Kaybe retrieved the house slippers from a Florida landfill and brought them back to Letongaloosa. I was delighted and

But I still had a vexing problem. Emmaline had said those ratty house slippers were *objets non grata*. They were not welcome at our house. What could I do with the sorry-looking things? Kaybe had an idea. He said he'd launch them into space so they could drift among the galaxies forever. Then I could look up at the stars and know that my good old house slippers would be drifting through space, but she looks like a middle-aged space long after I'd handed in my

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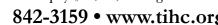
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WOLFGANG PUCK'S KITCHEN

Turn your hinged grill into a panini press

One of the most popular kitchen countertop appliances in recent years has been the electric hinged grill, also known as a contact grill. (Many people still fondly refer to it using the name of a widely known boxing champion who helped make these devices famous.) I have my own special ver-



sion of the appliance, which always excites viewers whenever I cook with it during my regular appearances on the Home Shopping Network.

Wolfgang

Puck

It's no wonder people love hinged grills. They make meal-preparation extra fast, cooking food from both sides at once, while delivering great results. Their hot, ridged plates help seal in juices while searing surfaces to a deliciously caramelized deep brown color and a crispy texture. They don't cost much and have a relatively compact size that doesn't take up too much counter space, so they're easy to store. And they work great for any relatively thin piece of food, from burgers to fish fillets, boneless steaks to sliced vegetables.

One of my favorite uses for a hinged grill, though, isn't for the dinnerstyle items I just mentioned but for a lunchtime favorite: grilled sandwiches widely known today by their Italian name, panini, which means "little breads." Originally, the term referred in Italy to any sandwich, especially one made on a small, individual-portion roll. But over the years it referred to those cooked in a hot pan or on a griddle, and then even more specifically to those cooked with a panini press that toasted the sandwiches on both sides at

As you probably know, you can actually buy panini makers, as if you need such a highly specialized device for making one kind of recipe. A hinged

grill will do the job just as well. By the same token, you can cook many different kinds of items on most panini makers

Let me start you off with one of my favorites, a combination of sliced roast beef, quickly caramelized shallots and a creamy horseradish sauce, assembled on pieces of French baguette. Once you've tried it, start coming up with your own combinations, using a goodquality bread of your choice, a main filling ingredient, plus condiments and garnishes, and some sort of cheese that will melt during cooking to help seal the sandwiches together. Panini are especially good for a casual

lunch. Children love them. And sometimes, when you need a quick, delicious dinner, they can provide a perfect solution.

ROAST BEEF PANINI WITH ROQUEFORT, CARAMELIZED SHALLOTS AND HORSERADISH **CREAM**

Serves 4

1/2 cup (125 mL) heavy cream, well chilled

1 to 1 1/2 tablespoons drained prepared horseradish

Kosher salt

Freshly ground black pepper 2 medium-sized baguette loaves

3 tablespoons unsalted butter

6 large shallots, thinly sliced 1 pound (500 g) thinly sliced

medium-rare roast beef

1 cup (250 mL) finely crumbled

First, prepare the horseradish cream: In a clean mixing bowl, whip the cream using a hand-held electric mixer or a wire whisk just until the cream is thick enough to hold very soft peaks when the beaters or whisk are lifted out Then, stir in the horseradish to taste and season to taste with salt and pepper.

With a sharp bread knife, carefully cut each baguette loaf crosswise into two halves to make a total of 4 portions. Then, carefully use the knife to cut each portion horizontally lengthwise in half to form top and bottom pieces for each panini sandwich.

Preheat a double-sided hinged countertop electric grill or a panini maker.

Meanwhile, in a small saute pan over medium heat, melt the butter. Add the shallots, season with salt and pepper to taste, and saute, stirring frequently, until the shallots turn caramel brown, 5 to 7 minutes. Transfer the shallots to a small bowl and set aside.

Spread the cut side of each piece of bread with horseradish cream. Arrange the roast beef slices evenly on the bottom pieces. Evenly distribute the shallots and then the Roquefort cheese on top of the roast beef. Neatly place the top pieces on each of the sandwiches.

Place each baguette sandwich in the hot hinged grill or panini maker, taking care not to overcrowd the cooking sur face. Lower the top half onto the sand- Each month I will write about a until the sandwiches are deeply browned nlease visit my blog at on both side and the cheese has melted and sealed them, about 4 minutes.

remove the panini, transferring them yourself, please send it as an attachto a cutting board. Carefully use the ment to your submission email. (The bread knife to cut each panini cross-photo below is me as a two-year-old wise in half. Transfer to plates and sitting on the steps of my home in Chiserve immediately.

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MEMORIES ARE FOREVER

wiches and press down gently to compact memory of a person's life and I hope them evenly, taking care the sandwich you will enjoy it. For information you halves don't separate. Cook the panini need to submit your own memories,

www.MemoriesAreForever.net

I would love to hear from you. If you Using tongs or a spatula, carefully wish to include a nostalgic picture of cago.) - Tom Mach



Tom Mach

Memories of My **Sunday Afternoons**

By Carol Yoho

grew up in Topeka in the 1950s. and highlights of those early years were Sunday trips taken in our family car, a frog-green Plymouth. I loved that car because it was the same age as me—both born in 1949! The Plymouth was heavy, stubby, with a sun visor shielding the front window, and lots of shiny chrome. The hood ornament was what I imagined-to-be a pirate ship!

On Sundays we'd go visit Dad's prothers and their families in the counrv. We always took what is now old US-75 highway north, then turned east on Meriden Road, passing through open skies, rolling hills, ravines. scrubby timber, farm fields and pasureland.

Dad had me ride in the middle of the front seat, close to him. In the case of any roadside emergency, he could throw his arm over me and protect me. This plan was a poor substitute for seatbelts, but back then we had never heard of seatbelts. I felt perfectly safe being tucked in near my dad.

We made these trips nearly every

ing the changing colors and shapes of the Northeast Kansas farmlands that flew by us. Dad told me stories of how his great grandfather had come to Kansas from northwestern Missouri in 1856. His plan was to homestead here. and he was among the earliest of white settlers to enter these Kansa Indian lands. These fields which we passed as we drove by held roots of farm crops like wheat, corn and milo and the roots of hedgerows planted along field borders as windbreaks. This same rolling prairie contained the Kansas roots of my family heritage as well. I had no siblings, so I always loved

weekend, and I learned to love watch-

visiting family and playing with my many cousins. I lived in the city, but my cousins lived with cows and horses and goats and sheep and chickens. My Uncle Harry and Aunt Zora even kept some peacocks. They were beautiful, strutting around the farmyard, flashing iridescent purples and greens! Aunt Zora would become greatly upset whenever a covote snuck up on a strutting male peacock and made a quick meal of him. Eventually, the coyotes killed all the peacocks on the farm. Zora never bothered to replace them, but she kept a supply of peacock feathers to use in decorating indoor rooms! There was usually at least one or

more farm dogs following us kids around the farmyard—as we opened fence gates or scampered into the barn. And there were lots of cats and kittens milling about. The felines were never welcomed into the farmhouse, but they hung around the barn and begged samples of fresh milk as my cousins milked the cows. I was told that the cats earned their keep by keeping mice and rats at

Playing in the barn's haymow was fun. We'd climb up a rough, gray wooden ladder and poke around in the loosely-strewn hay. We'd linger in one of the strips of sunlight shining into the generally-dark mow, adding brightness through gaps in the barn's siding. The smell of the fresh hay was wonderful To this day I remember the aroma

On the front porch, adults would sit



together and sip iced tea. There would be lively conversation, catching us up on all the family news.

Then, at about dusk, Dad and I would head back home.

Once, after my grandparents had retired from their farm and moved into town, they came with us on our Sunday excursion. After dark, heading home, my grandfather began to sing. I had never heard him sing before. He sang The Tennessee Waltz—a sad and beautiful melody. I was mesmerized! I vividly remember that magical evening: his soft,

sad voice, the glow of lightning bugs darting at the edges of the highway, a warm breeze blowing in through open car windows, and the hum of automobile tires—all accompanying Grandpa's song.

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Continuing home from these Sunday trips, especially if I were alone in the back seat, I'd lie down and close my eyes. Sometimes I'd drift asleep, but often I'd just rest. As Dad turned into our driveway I would pretend to be asleep. He would scoop me up and carry me indoors to bed. A perfect ending to a perfect day!



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The bidding

Pass

2♠ Pass

Opening lead: Nine of ♥

Another competitive auction, won by North-South due to the vulnerability—it was too dangerous for East-

1 **v**

4

Pass

shortness. There was a loser in each suit, but dummy's diamonds offered © 2014 Tribune Content Agency, LLC.

the potential to develop an extra trick for a discard. South won the opening lead in hand with the ace and led a low diamond, ducked by West and won with dummy's queen. Had South played a trump at this point, West would have grabbed his ace and led another heart. That would establish a heart trick for the defense, which East would cash when he obtained the lead with a club. Seeing this danger, declarer made the

excellent play of exiting dummy with a club at trick three. This forced East to use his entry before it could do him any good. East played his queen of hearts, setting up his jack, but he had no entry to cash it. South won dummy's king and finally led a trump. West won the ace and tried another club, but declarer ruffed, drew the last trump, and led another diamond. West won his ace, but there was no way for the defense to get a heart trick. The nine of trumps remained in dummy as an entry to the established diamond, and South had a parking place for his heart loser. Well

- Bob Jones welcome readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses The heart lead was obviously from may be sent to tcaeditors@tribune.

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Sign of success?

Sweetie Novelist Hunter

Dropped in *FedEx, for one

Simple Sty fare

3

Prince Valiant's boy *Wrestling move

Record producer Brian Tract for Heathcliff and Cathy

9

8

6

3

3

Any Elvis number *Some like it hot

Direct opposites Receiving customers

2

3

5

SUDOKU: Fill in the grid so that every row, every column and

every 3x3 box contains the digits 1 through 9 with no repeats.

9

8

"Help me out, will ya?" Eponymous ice cream

Steel beam

They're often displayed on a cart

clues

symbols

Cheers up

55 Wild party

Hwy.

Sportscaster Costas

"Whoa! Do that some

where else!" ... which

hints at what can be

shared by the begin-

ning and end of the

answers to starred

*Summary of atlas

Notice in passing?

7-Up, in old ads

Down Nursed

Under Cupid's spell

maker Salty spots on margarita glasses

Midrange voice

Wedding column word Where telecommuters work Deck coating dog: conditioned

reflex experiment 12 Meteor tail? 13 Was published

14 Telephone no. add-on 21 Courtroom VIPs

23 Beak

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26 Nobel Prize subi. 27 Confiscated auto

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31 Big truck

34 Prefix with dextrous 35 Colorful horse

36 Kid's punishment 38 Bullfight "All right!"

USN officer

40 Sephia automaker 43 South African

antelopes 45 Ike's WWII arena

47 Seat of County Kerry

48 School writing assignments 49 "So what"

Racket Sharp comeback

"The in view; draw up your powers": "King Lear"

56 Actress Neuwirth

57 Elevator name

58 Dugout rackmates

61 '60s-'70s arena, briefly 62 PC component

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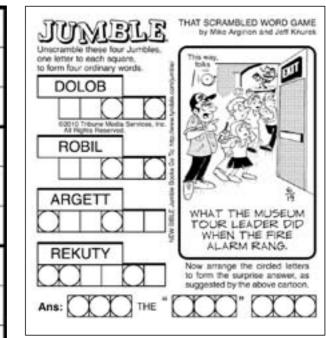
63 Word on U.S. currency

64 Repent

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60 Thurman of "Kill Bill"

expanse GRAMS





Answers to all puzzles on page 34

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The Summer 2015 issue of Amazing Inc.'s newsletter, will be included as a pull-out section in the August issue of Kaw Valley Senior Monthly, which is distributed throughout the Topeka and Lawrence area.

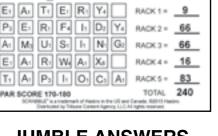
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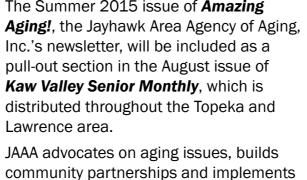
Answer: What the museum tour leader did when the fire alarm rang - GOT THE "LED" OUT

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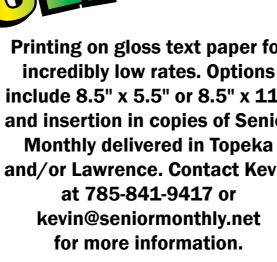
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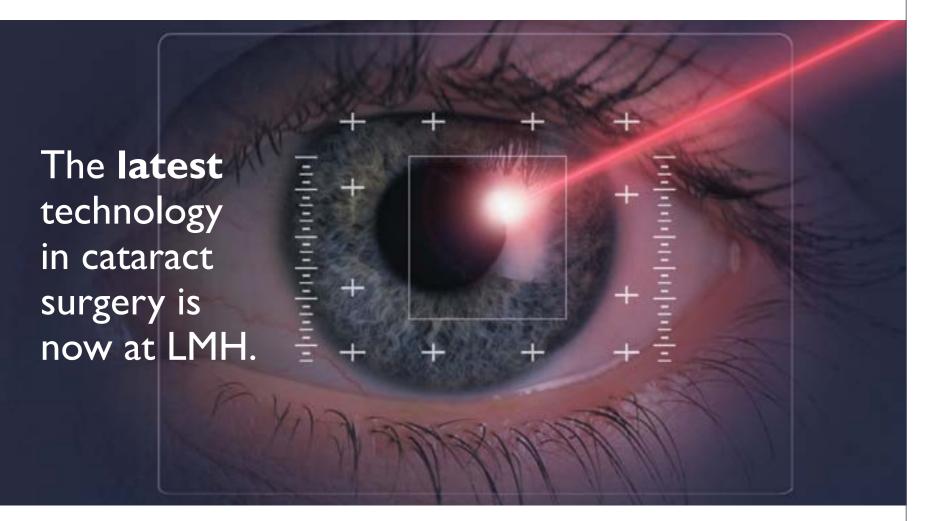
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Stay for Life.



