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INSIDE

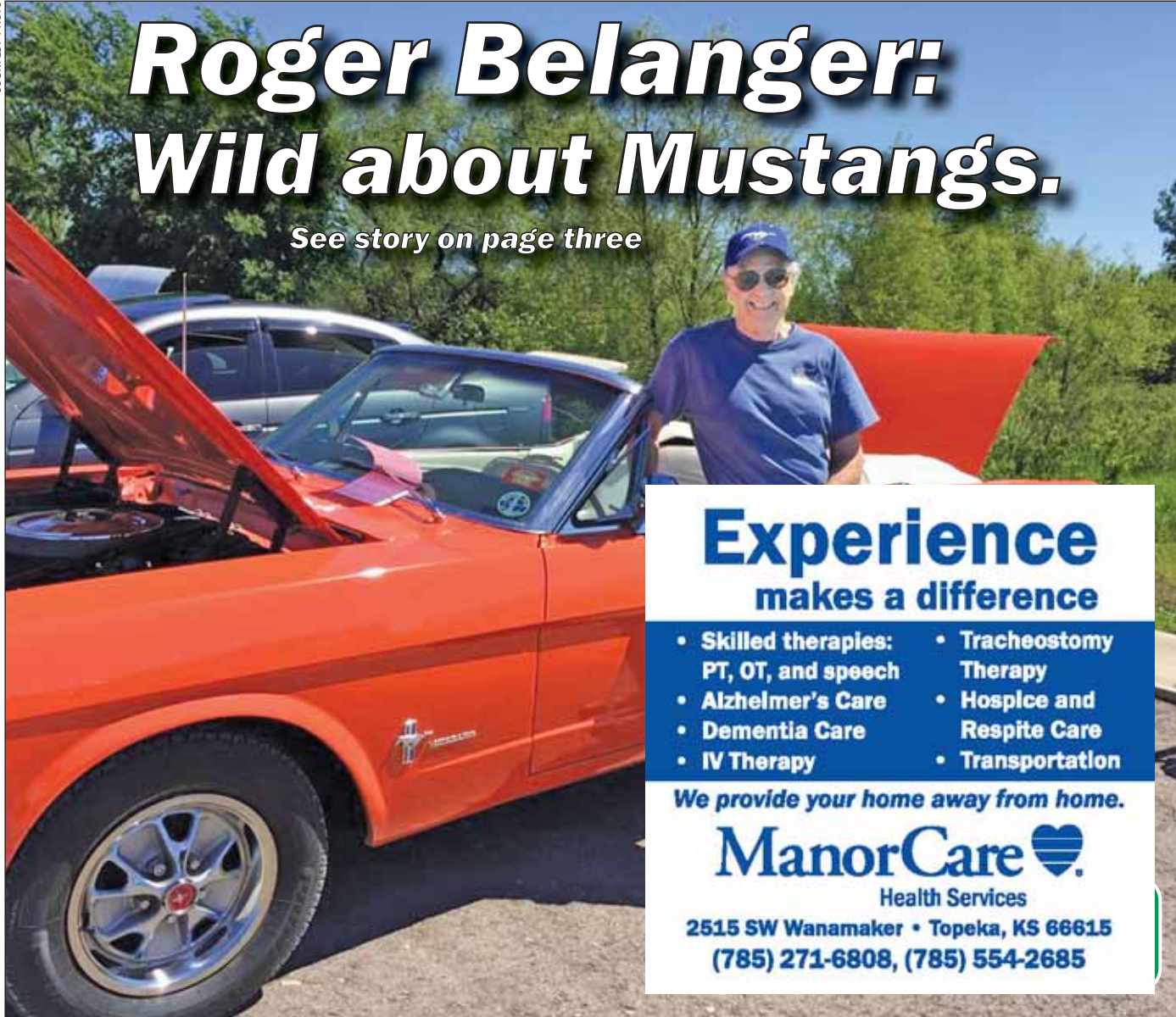


On July 12, Lawrence will celebrate the Lawrence-Douglas County Housing Authority's 50 years of helping the city's lower-income residents, disabled and senior citizens obtain housing that they can afford. - page 6

Business Card Directory...24, 25
 Calendar 16
 Financial Focus 15
 Goren on Bridge32
 Health & Wellness..... 12, 13
 Humor.....29
 Jay's Musical Memories.....27
 Mayo Clinic 14
 Memories Are Forever31
 My Answer34
 My Pet World30
 Puzzles and Games.....33
 Rick Steves' Europe26
 Wolfgang Puck's Kitchen..... 28

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COURTESY PHOTO



Roger Belanger: Wild about Mustangs.

See story on page three

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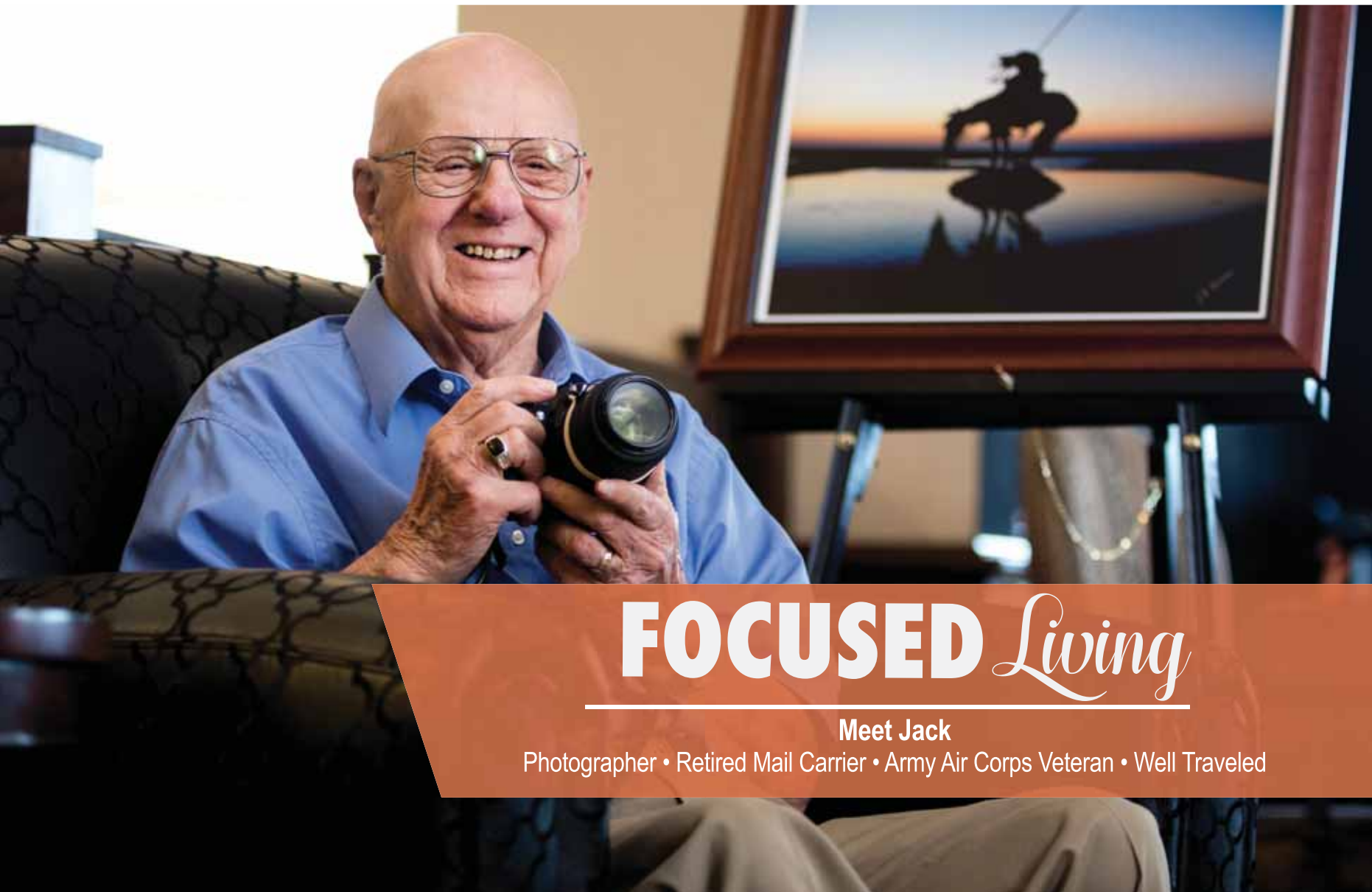
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Belanger leads Topeka Mustang Club, Inc.

By Kevin Groenhagen

Roger Belanger, Topeka, is a long-time fan of Ford vehicles, especially Mustangs. However, when he bought his first Mustang, a 1966 GT Fastback, in 1980, he soon discovered there was something missing in Topeka. "There was no organization available in Topeka to learn how to fix a Mustang or where to find parts," Belanger explained. "So, a friend and I decided to restart a Mustang club. There had been a club in Topeka before, but it was defunct."

In 1981, Belanger filed articles of incorporation for the Topeka Mustang Club, Inc. The club is also registered as a 501(c)(4) not-for-profit organization with the State of Kansas. In addition to being the founder of the Topeka Mustang Club, he became the club's first president. With the exception of two years, he has served in that position ever since the club's inception.

The Topeka Mustang Club meets on the third Thursday of every month at 6:30 p.m. at the Laird Noller Ford

Conference Center at SW 21st and SW Tyler Streets.

"Laird Noller has been a partner with us since 1981," Belanger said.

Each meeting usually includes a program of about 20 minutes. Of course, the programs are often Mustang-oriented. However, some programs are community-oriented. For example, the general manager of Heartland Motorsports Park gave a program last year in which he discussed the multi-purpose motorsports facility's plans for the future.

"Our club also puts on two car shows at Laird Noller every year," Belanger said. "One is strictly Mustang/Ford only. That's held in April in conjunction with National Mustang Day, which is April 17. In June we host a car show for all makes and models."

Unfortunately, the club cancelled the April car show this year because of inclement weather. The event was rescheduled and held in conjunction with the club's annual show for all makes and models on June 30.

COURTESY PHOTO



Roger Belanger's award-winning Mustangs, a 1965 convertible and a 2014 Shelby GT500.

"The proceeds from these car shows go to Wounded Warriors Family Support's High Five Tour and Sheltered Living, Inc.'s Festival of Trees," Belanger said. "So, we put the money back into the community."

Wounded Warriors Family Support is an independent nonprofit organization whose mission is to provide support to the families of those who have been

wounded, injured, or killed during combat operations. Its High Five Tour raises awareness of Wounded Warriors Family Support and raises funds to build smart homes. Sheltered Living, Inc. supports the efforts of individuals with intellectual disabilities to achieve independence and actively participate in the community.

■ CONTINUED ON PAGE FOUR

Kaw Valley
Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Mustang club

■ CONTINUED FROM PAGE THREE

According to Belanger, the Topeka Mustang Club currently has 22 members. The club welcomes members of all ages. A member does not have to own a Mustang to join.

Belanger continues to be a Mustang owner, but he no longer owns his first Mustang, the 1966 GT Fastback.

“I was the second owner of that Fastback,” he said. “I had another Mustang—just a regular Mustang II—but I sold the Fastback to the Golden Eagle Casino to pay off a balloon note on a Porsche 911. The casino displayed the Fastback inside the casino as a giveaway. They used cases of Coca-Cola as a barricade around the car. They displayed it for 30 days and then gave it away. A retired mechanic from Sabetha won the vehicle. I tried to locate him later but was unsuccessful. I wanted to try to buy it back.”

Today, Belanger owns two Mustangs, a 2014 Shelby GT500 that he purchased new and 1965 convertible.

“The 1965 was originally a California car,” he said. “It had been in storage from 1992 until I bought it in 2015. The second day I owned it, a lady hit me in the rear end.”

Unfortunately, while the damage was confined to the rear end of the vehicle, Belanger knew it wouldn't look right unless the entire vehicle was repainted.

Does he have a favorite between his two Mustangs?

“They're both my favorites,” he answered with a smile.

The original Ford Mustang, the first of a type of vehicle that came to be known as a “pony car,” debuted on April 17, 1964, at the price of \$2,368 (just over \$19,000 in today's dollars). Executive stylist John Najjar, who was a fan of the World War II P-51 Mustang fighter plane, is credited by Ford

to have suggested the name. Ford initially projected annual sales of about 100,000 units. However, on the first day alone, dealers took 22,000 Mustang orders. During the Mustang's first 12 months on the market, sales grew to 417,000. Within two years, sales had reached one million. It was Ford's most

successful launch since the Model A.

Early on, the Mustang benefitted from some free advertising in the popular culture. In 1964, the James Bond film *Goldfinger* was the first movie to feature a Mustang, a white 1964 convertible driven by a beautiful assassin. In 1966, Wilson Pickett recorded

“Mustang Sally,” a song about a man who buys a Mustang for his ungrateful girlfriend. In 1968, Steve McQueen drove a 1968 Mustang GT fastback in the movie *Bullitt*.

In 2001, the Ford Motor Company released the Bullitt edition Ford Mus-

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Mustang club

■ CONTINUED FROM PAGE FOUR

tang GT. Another version of the Ford Mustang Bullitt, which is closer to resembling the original film Mustang, was released in 2008, to commemorate the 40th anniversary of the movie.

The 1968 Mustang GT fastback Steve McQueen drove in *Bullitt* resurfaced at the Detroit Auto Show in January to help mark both the 50th anniversary of *Bullitt* and the launch of a new 2019 Mustang GT Bullitt tribute model. McQueen's granddaughter, Molly McQueen, who didn't know how to drive a stick shift, flew to Detroit from Los Angeles a month before the show to learn how to drive the 2019 Mustang Bullitt and videotape chase scenes in Dearborn for a debut film promoting the collector's edition.

In addition to a new Bullitt tribute model, Mustang fans have something else to look forward to in 2019. The

grand opening of the Mustang Owner's Museum in Concord, North Carolina, is slated for the Mustang's 55th anniversary on April 17, 2019. On the following day, organizers hope to break the Guinness World Record for a Mustang Parade, which was set in Toluca, Mexico, on December 3, 2017. That parade included 960 Mustangs.

Belanger grew up in New Hampshire and, after a one-year tour in Vietnam with the U.S. Army, was discharged from active duty at Fort Riley.

"I liked the weather in Kansas, so I stayed," he said. "The winters here are mild compared to back east."

Belanger then spent four years in the inactive reserve. After those four years, he joined the Kansas Army National Guard, from which he retired in 1995 as a public affairs supervisor for the *Plains Guardian* newspaper with 26 years of service.

After being discharged from the Army in 1968, Belanger worked at a department store in Manhattan.

"That didn't work out," he said. "The manager said I didn't know how to sell.

I then went to the *Manhattan Mercury* to do ad sales and the department store manager became one of my clients. We became very good friends."

Belanger later worked at the *Abilene Reflector-Chronicle* and the *Pratt Tribune*. He was in management at those newspapers, but realized he enjoyed selling much more. He had met the advertising director for the *Topeka Capital-Journal* at a Kansas Press Association conference.

"I just called him and asked if they had any openings," he said. "They did and they hired me in August of 1975."

Belanger retired from the *Topeka Capital-Journal* in October 2014. However, about three months later, he started selling online advertising for WREN Digital Media. He bought into WREN as a partner in 2016.

In addition to serving as the president

of the Topeka Mustang Club, Belanger is a life member of VFW Post 1650 in Topeka and is a member of the Civilian Club of Topeka. Since 2010, he has served on the First Tee of Shawnee County Committee. The First Tee of Shawnee County is an anti-poverty strategy of Community Action, Inc. that uses golf to shape the lives of young people by reinforcing values like integrity, respect and perseverance through nine core values.

Belanger also served as Post 1 Commander for American Legion Shawnee County Council and served as a Shawnee County Sheriff's Reserve officer for nine years.

For more information about the Topeka Mustang Club, Belanger can be contacted at powcat911@aol.com. The club also has a Facebook page at facebook.com/TopekaMustangClub.

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Lawrence-Douglas County Housing Authority to celebrate 50th anniversary

By Billie David

On June 6, 1968, the Lawrence-Douglas County League of Women Voters asked the Lawrence City Commission to establish a Local Housing Authority. This resulted in a meeting between the Lawrence Citizens Advisory Board, the League of Women Voters, and an ad hoc citizens group to discuss the matter.

Those in attendance unanimously passed a motion to encourage the Lawrence City Commission to establish a Local Housing Authority in Lawrence.

Lawrence is now preparing to celebrate the Lawrence-Douglas County Housing Authority's 50 years of helping the city's lower-income residents, disabled and senior citizens obtain housing that they can afford.

"We are having a big celebration on July 12 at Babcock Place," said Shannon Oury, executive director of the Lawrence-Douglas County Housing Authority. "Our goal is to acknowledge people who have made our work possible."

That list includes the League of Women Voters, Housing Authority board members, CEK Insurance (Glenn Kappelman was the chair of the Citizens Advisory Board when the motion to recommend establishing a Local Housing Authority was passed), anybody the organizers can locate who were associated with that meeting, key staff members, the Douglas County Commission, and the Lawrence City Commission, which recently appointed a study that identified a current shortage of 5,000 affordable units.

"There will be a focus on the fact that we again have a shortage," Oury said. "Where do we go from here?"

Things have changed since 1968. The members of the Housing Committee of the League of Women Voters, who presented their findings to City Hall, signed their names as follows: Mrs. Edward Daub, chairman, Mrs. Ross McKinney, Mrs. Eldon Fields, Mrs. Peter Frevert, Mrs. Richard Sapp, and Mrs. John Davidson.

These women, who by convention did not sign their first names to the document, generously donated their time to research and identified a need for a housing program for low-income families.

"A few years prior, they had done a poverty or welfare study and discovered that housing was an issue, so they did further research," Oury said.

"To do that, they must have done a lot of study."

Their research included figures from the 1960 Federal Census showing that 19% of Lawrence's available housing units were substandard and that of 9,758 housing units, 1,853 were dilapidated or deteriorating and 446 lacked indoor plumbing. If the Minimum Housing Code were to be enforced, they reasoned, it would cause even more problems for the tenants.

"When the City Commission approved their recommendation in 1968, they appointed a Housing Authority board," Oury said, "and the board started looking for grants from HUD."

In 1969, the first HUD grant was obtained.

"Then they started a project to build Edgewood Homes and Babcock Place," Oury said.

Most Housing Authorities started post-depression in the East, she explained, and they followed a basic



Shannon Oury



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Housing Authority

■ CONTINUED FROM PAGE SIX

HUD model. When the first grant was applied for in the late 1960s, that model was collective housing, which was reflected in the plans for Babcock Place and Edgewood Homes.

“Since then the model has changed—at least for family housing, but it’s still the same for seniors—to integrate into neighborhoods,” Oury said. “We have 94 units scattered around Lawrence that were built between 1984 and the mid-1990s.

“We run two major programs,” she continued. “We own about 370 units where we are the actual landlords, and we provide rental assistance through Section 8 vouchers where we pay rent to private landlords. We have about 775 of those.”

The Lawrence-Douglas County Housing Authority has increased its ability to help through partnerships with other entities such as Bert Nash, Tenants to Homeowners and Habitat for Humanity.

“Because the Housing Authority has

a first-time home buyer’s program, we do a down-payment match of \$3,000, and of the 85 who have used it, quite a few have purchased through Habitat for Humanity or Tenants to Homeowners,” Oury said.

The Lawrence-Douglas County Housing Authority also has programs for the homeless.

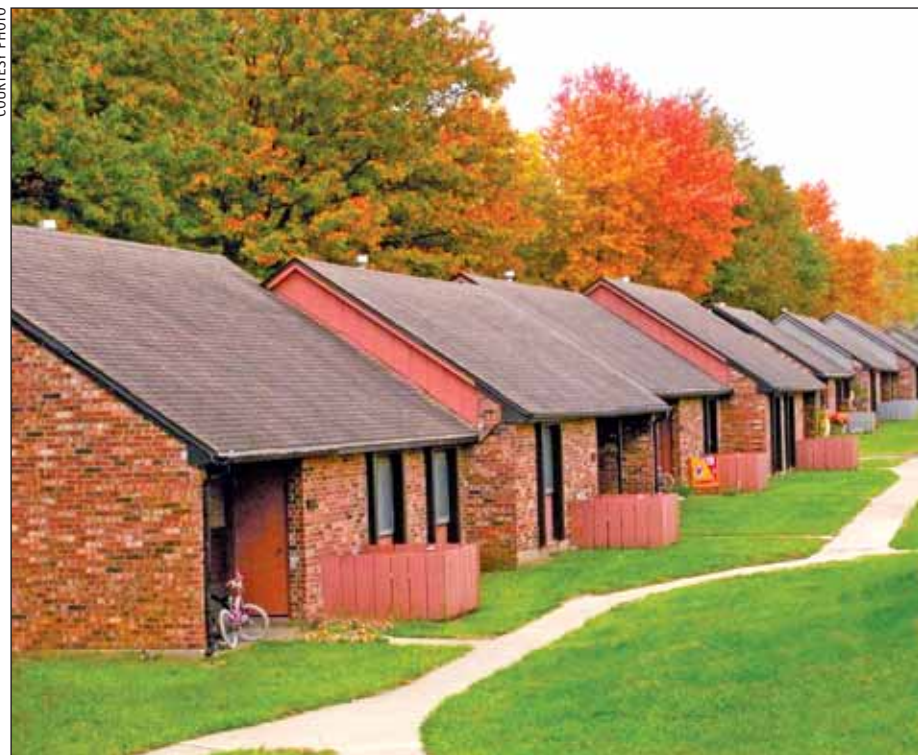
“We partner with Bert Nash to pair services to housing individuals who are coming out of homelessness or have a persistent mental illness,” Oury said. “We have 50 or so units that we run.”

As for seniors, “We intend to be their housing solution,” Oury said. “Our mission for seniors is to allow them to age in place. At Babcock Place we provide services, including transportation services, we make sure they have sufficient access to food, and we partner with Parks and Recreation to make sure they have an exercise program. It’s not assisted living, but it’s helpful living, allowing them to age in place with dignity.”

In 2006, the Lawrence-Douglas County Housing Authority purchased Clinton Place near the intersection of

■ CONTINUED ON PAGE NINE

COURTESY PHOTO



In 1969, the Lawrence-Douglas County Housing Authority (LDCHA) obtained a HUD grant. Its first two projects were Edgewood Homes (above) and Babcock Place. Since then, LDCHA has added Peterson Acres, Peterson Acres II, Clinton Place, and other units scattered throughout Lawrence.

MACRA AND ITS IMPACT ON MEDICARE SUPPLEMENT POLICIES

MACRA (Medicare Access and CHIP Reauthorization Act) changes the availability of certain Medicare supplement plans beginning January 1, 2020. Specifically, MACRA prohibits Medicare supplement plans to cover the Part B deductible of Medicare after that date.

The goal of MACRA is to reduce overall Medicare spending by requiring beneficiaries to pay a small portion of the costs (the deductible) each year. However, only individuals who *become* Medicare eligible on or after January 01, 2020 will be affected. Those entitled to Medicare prior to this date can keep their current Medicare supplement plan. The Part B deductible is \$183.00 in 2018.

If you are Medicare eligible prior to January 01, 2020, all Medicare supplement plans will still be available to you. If you are already enrolled in a Supplement Plan C or F, you can keep your plan. You may even change to another carrier that offers a Supplement Plan C or F after January 1, 2020, although medical underwriting may be required.

If you become Medicare eligible January 01, 2020 or later, Supplement Plans C and F will no longer be available. Plans C and F are being replaced by Plans D and G. Under the new plans, you will be responsible to pay the Medicare Part B deductible.

In summary, if you are a Medicare beneficiary prior to January 1, 2020, the new law will not affect you. If you become eligible on or after that date, you will choose from different plans requiring you to pay the annual Medicare deductible. The new law pertains to supplement plans only, and will not affect Medicare Part A or Part B, Part C Medicare Advantage Plans, or Part D prescription drug plans.

Finally, remember all Medicare supplement plans have exactly the same benefits as required by CMS. Those identified by the same letter have the same benefits. In other words, Plan G benefits are the same regardless of which insurance company you use. The only difference is the insurance company and the price you pay for the plan. Shop before you buy, or talk with a licensed expert to help you make the right selection of Medicare coverage for your circumstances.



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Housing Authority

■ CONTINUED FROM PAGE EIGHT

Clinton Parkway and Iowa Street. The structure, which was previously a privately-owned rent subsidized building for seniors that had been deteriorating, was completely remodeled and reopened in 2007. It is currently 100% occupied.

A third Housing Authority alternative for seniors is Peterson Acres on Peterson Road, with 33 independent

living units.

"It's bungalow and cottage-style living rather than apartment style," Oury said.

In 1999, the Lawrence-Douglas County Housing Authority joined the Moving to Work (MTW) Demonstration Program, which was enacted by Congress in 1996 to find ways to increase the effectiveness of Housing Authorities.

Local staff members met and determined that cost effectiveness could

be improved by combining the Public Housing program and the Housing Choice Voucher program into one program, the General Housing program.

They also determined that encouraging self-sufficiency through work requirements for adults—excluding seniors and the disabled—would help them meet this goal.

To do this, they instituted a mandatory work requirement and changed the way the rent was calculated. They also expanded their employment services

and provided financial support to help families with working expenses.

In 1999, when they joined the MTW Demonstration Program, only 70% of the eligible Lawrence-Douglas County Housing Authority participants were working. By 2013, 100% of this population met the work requirements.

The Lawrence-Douglas County Housing Authority is located at 1600 Haskell Avenue. They can be reached by calling 785-842-8110, and their web address is www.ldcha.org.



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Khosh*

Some of the common skin problems that are present in the summer include: heat rash; folliculitis; insect bites; acne; poison ivy, oak and sumac; viral, bacterial, and fungal rashes; and sunburns.

Heat rashes are common in the summer. A person is outside in the excessive heat and the sweat glands of the body can get blocked. Once the sweat glands get blocked, it will build up in your skin causing an itchy rash with little bumps.

Every hair on your body grows out of an opening in the skin called a follicle. When a follicle gets infected, it can look like little pimples on the skin that tend to be itchy and tender. It commonly presents itself on the face, scalp, armpits, chest, and neck.

Insect bites are the plague of summer months. Between the mosquitos, chiggers, spiders, wasps, and bees, there is a surplus of bugs that we encounter in the summer months that can leave us with itchy, painful bumps.

Though the sun can help with acne, it also can make it worse. Sweat will clog the pores causing an acne break-

out in the summer.

Whenever you're around grass, hiking trails, and trees a person can encounter poison ivy, poison oak, and poison sumac, leaving a person with a red, itchy rash that can be very intense. A substance called urushiol found in these plants causes the intense rash. The rash is not contagious and will disappear in one to three weeks.

Viral, bacterial, and fungal rashes are extremely common in the summer months. Bacterial skin infections often begin as small, red bumps that slowly increase in size. Some bacterial infections are mild and easily treated, while others require more invasive treatments. Different types of bacterial skin infections include cellulitis, impetigo, and boils. A virus causes viral skin infections. These infections range from mild to severe. Different types of viral infections that can be seen in the summer months include chickenpox and molluscum contagiosum. Fungal infections are commonly seen in the summer months due to the sweating the body has from the excessive heat. Fungal infections develop in damp areas of the body, such as the feet or armpit. Different types of fungal infections include athlete's foot, yeast infection, oral thrush, and diaper rash.

Sunburn and summer goes hand and hand. Sunburn entails red, itching, swelling, and painful skin that feels hot to touch. It usually appears a few hours after sun exposure and can take several days or longer to fade. If the sunburn is severe, it can cause headache, fever, confusion, chills, nausea, fatigue, and small fluid-filled blisters.

Prevention of rashes is usually the best way to treat them. Check with your health care provider to see what the appropriate treatment is.

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



Situated in a quiet residential neighbor in the heart of De Soto, Hillside Village is conveniently located just minutes from Lawrence and the Kansas City area. We offer 38 assisted living apartments with several floor plans and 49 skilled nursing beds, all of which are Medicare certified.

Onsite physical, occupational, and speech therapy is available six days a week. We are locally owned and operated.

Hillside Village offers a robust activities program to keep our residents active and is fortunate to have energetic activities associates to work with our residents. The goal of the program is to enhance the quality of life and maintain the level of functionality of our residents. A typical week might include Bingo, memory and word association games, a discussion of current events, a birthday party, movie night, a game watching party, and even Friday afternoon Happy Hour! Stop by for a tour and check out some of our great activities.



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HEALTH & WELLNESS

See the world anew: Low vision therapy

By Jocelyn Rietcheck OT

The three leading causes of irreversible vision loss in adults in the United States are macular degeneration, diabetic retinopathy, and glaucoma. Macular degeneration reduces your central visual field and can make reading and close work difficult. Glaucoma reduces peripheral or side vision causing increased risk for falling. Diabetic retinopathy causes scattered, spotty areas of vision loss. Per-



sons with diabetic retinopathy may have problems seeing contrasts, and have poor color discrimination and night vision. They may also experience double vision or fluctuations in vision resulting from changes in blood glucose levels.

You May Know Someone with Low Vision

Mary B. was diagnosed with macular degeneration, and now finds that not only is she unable to engage in her favorite hobbies—embroidery and crochet, but is now struggling to cut up foods for meal preparation, and turning on the stove burners correctly. This has resulted in a few minor burns, and she has experienced a couple of falls in the dimly lit areas of her home.

Harold E has diabetes, and has been

diagnosed with diabetic retinopathy. He has found it increasingly difficult to independently read his bank statement and write checks due to impaired vision. He finds it very difficult to read medication and food labels. He is frustrated that he cannot manage these activities for himself.

Both of these people have been very independent, and don't wish to ask family members to help them perform tasks they accustomed to doing with ease. Mary and Harold are both challenged in their daily routine due to reduced vision, or Low Vision. People with low vision find it difficult to solve these basic problems because their vision limits their ability find answers on their own.

What is Low Vision?

Low Vision is a visual impairment that cannot be corrected by medical or surgical intervention; and is severe enough to interfere with the performance of daily living tasks. If you have low vision you will have some usable vision. This is different from blindness which is defined as no light perception, leaving the person without usable vision for daily activities.

Gradual Loss of Independence with Low Vision

Tasks such as meal preparation, money management, self-care, shopping, laundry, and negotiating public spaces are often significantly impaired. Daily routines which were once done easily and quickly can become challenging, frustrating and time consuming. Applying toothpaste, seasoning

foods, setting dials on appliances, shopping, and reading labels and recipes are commonly impaired by vision loss.

Low Vision Therapy Can Increase your Independence

So, what can be done to regain independence in daily living and to rediscover ways to enjoy life-long leisure skills? Can simple modifications to your home environment improve safety and make meal preparation and household tasks easy again? How can you be able to enjoy reading again? A new program at LMH Therapy Services has been designed to provide Low Vision rehabilitation for the Lawrence community. An Occupational Therapist, in collaboration with your doctor, will evaluate your problems related to your vision and create a plan for you.

Challenges and Needs

Therapy offers you away to tackle some of the everyday problems that are slowing you down. When you see the occupational therapist she will:

Assess your challenges and needs: Do you have trouble reading fine print? Do you have problems with using your computer due to your vision?

Formulate goals and strategies to

address each problem: Therapy focuses on how you can maximize your remaining vision. You may need to use an optical devices like a magnifying glass, change the lighting in your kitchen or change the contrast color of your work surface.

Simple home modifications can help: The therapist will give you recommendations for simple changes in your home. Home changes might include: reducing the glare of overhead lighting or labeling hard to read controls on your stove. Reading skills will also be assessed by the OT, and intervention provided to improve ease in reading and writing.

A doctor's prescription for occupational therapy (OT) must be obtained prior to starting Low Vision Therapy. You can discuss a therapy order with your optometrist, ophthalmologist, neurologist or your primary care doctor.

- *Jocelyn Rietcheck OT is an occupational therapist at LMH Therapy Services. She specializes in Low Vision Therapy and has been a local practicing OT for more than 30 years. She is a graduate of the University of Kansas Occupational Therapy Program. She can be reached at (785) 505-2712.*

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MAYO CLINIC

Treatment plan for pancreatic cancer unique to each individual

DEAR MAYO CLINIC: How do doctors determine whether or not chemotherapy or surgery is appropriate for treating pancreatic cancer? Why do some people with a late-stage diagnosis have treatment, while others are told treatment will not help their situation?

ANSWER: The treatment plan for each individual with pancreatic cancer is unique to that person's situation and the stage of the disease when it is diagnosed. But where in the past many people were advised that no treatment was available when cancer had spread outside the pancreas, today improved chemotherapy offers new treatment possibilities for this difficult cancer.

Pancreatic cancer is uncommon compared to other kinds of cancer, such as lung, colorectal and breast cancer. Symptoms of pancreatic cancer are relatively nonspecific and can include abdominal or back pain, weight loss, new onset or worsening diabetes, and jaundice or yellowing of the skin. Smoking is the only known significant risk factor, and although a small fraction of patients have a genetic predisposition, the majority of causes are unknown. The lifetime risk of developing the disease for people in the general population is about 1 percent. Unfortunately for those who do get it, pancreatic cancer is one of the hardest kinds of cancer to successfully treat. The five-year survival rate now is

just over 7 percent.

The reason pancreatic cancer is so devastating is twofold. First, there's no early screening for it. Many cases are diagnosed at an advanced stage when cancer has already spread from the pancreas to other organs. The second reason has to do with the biology of the cancer. It's very aggressive and has a high tendency to spread to other sites, even with very small tumors in seemingly early-stage disease. That means that for many people, the disease comes back after treatment.

In people diagnosed before cancer has spread outside the pancreas, treatment may include surgery to remove the tumor, followed by chemotherapy. But that group is in the minority and only includes about 15 percent of patients at diagnosis. In up to 50 percent of patients, the cancer has spread to other sites outside the pancreas, making surgery ineffective. In about 35 percent of patients, the tumors involve vascular structures around the pancreas, so the cancer traditionally was felt to be surgically inoperable.

It's in this second group of patients that a new approach to treatment has been helping over the last several years. With the advent of improved chemotherapy and radiation therapy, it's now possible to give treatment to those individuals that may, in a significant number of cases, reduce the cancer

to a point that surgery is a viable option for long-term survival and even cure.

The advances in chemotherapy for pancreatic cancer have been particularly positive. Whereas the response rates to traditional chemotherapy in people with pancreatic cancer used to be at about 9 percent, that rate has almost tripled with the new chemotherapy regimens available today. It's even higher in patients whose tumors have not spread to other sites.

Additionally, the surgery used to remove pancreatic cancer has improved. First and foremost, for surgery to be successful there can't be any cancer cells left behind. If there are, patients do not derive any benefit from the operation. Historical data suggests that about 1 in 4 patients had some cancer remaining in the pancreas after surgery. With the use of preoperative chemotherapy and subsequent radiation therapy, along with updated surgical techniques, we have improved those percentages and increased the odds that all cancer cells will be removed. This strategy and improved care after surgery have also decreased the number of

complications that happen as a result of surgery, and that improves overall survival, too.

A diagnosis of pancreatic cancer can be very frightening. But for many people, modern treatment options are available. In the past, some doctors simply told people with this disease that nothing could be done, based on poor overall historical outcomes. Today that's often not true. If you are diagnosed with pancreas cancer and you aren't given any treatment choices, get another opinion. Talk to an oncologist or to a surgeon who specializes in pancreatic cancer at a center that does a high number of surgeries to find out what options may be possible for you. - Mark Truty, M.D., Surgery, Mayo Clinic, Rochester, Minn.

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

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FINANCIAL FOCUS

What should you do with an inherited IRA?

Individual Retirement Accounts (IRAs) are quite popular. At the end of 2017, investors owned nearly \$9 trillion in IRA assets, according to the Investment Company Institute, a trade association of U.S. investment companies. Given these numbers, it probably



Derek Osborn

wouldn't be surprising if you inherited an IRA someday. But what should you do with it?

First of all, you'll need to be aware of some basic rules. If your parent, or anyone other than your spouse, leaves you a traditional IRA—one in which contributions are typically tax-deductible and earnings can grow tax-deferred—you can transfer the money into an "inherited IRA," from which you'll need to take at least a minimum

amount of money—technically called a "distribution"—each year, based on your life expectancy. These distributions are taxable at your regular income tax rate. If you've inherited a Roth IRA, you also must take these minimum payouts, but the amounts won't count as taxable income, because your parents, or whoever left you the IRA, already paid taxes on the contributions that went into it. (To make sure you fully understand all the guidelines on distributions and taxation of inherited IRAs, consult with your tax advisor.)

It's also important to understand how your inherited IRA will fit in to your overall financial strategy. Consequently, you'll need to address these questions:

How much should I take out each year? As mentioned above, you must take a distribution of at least a minimum amount from your inherited IRA each year—if you don't, you may be subject to a 50% penalty on the amount you should have taken. But you can take out more than the minimum. In

deciding how much to take, you'll need to evaluate a few factors. First, of course, is whether you need the extra money to help support your regular cash flow. It's possible you have other pools of income from which to draw, and, in some cases, it may be advantageous for you to tap these sources first. Another consideration is taxes—if you've inherited a traditional IRA, the more you take out each year, the bigger your tax bill may be.

Should I keep the same investments? Inheriting an IRA doesn't mean you're stuck with the original account owner's investment choices. You can change the investments to align with your goals and risk tolerance, both of which may change over time.

How does the inherited IRA fit in with my overall financial strategy? You'll need to consider how your newly inherited IRA fits in to the "big

picture" of your financial strategy. Are you adding redundancies? If you keep the inherited IRA largely intact, how will it affect your current investment mix? Could the added income from required distributions change your retirement calculations or even enable you to retire earlier? You may want to consult with a financial professional about these and other questions related to your inherited IRA.

The person who left you an IRA worked hard for that money and thought enough of you to pass it on. Consequently, you'll want to respect this inheritance—and get the most out of it for as long as you can.

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

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SENIOR CALENDAR

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

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

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWALK

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

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

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS

LEXINGTON PARK

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

VETERANS OF FOREIGN WARS

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

DAY TRIPS/TOURS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

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

FIRST SATURDAY OF THE MONTH

DISCOVER WITH DOLE

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

■ CONTINUED ON PAGE 17



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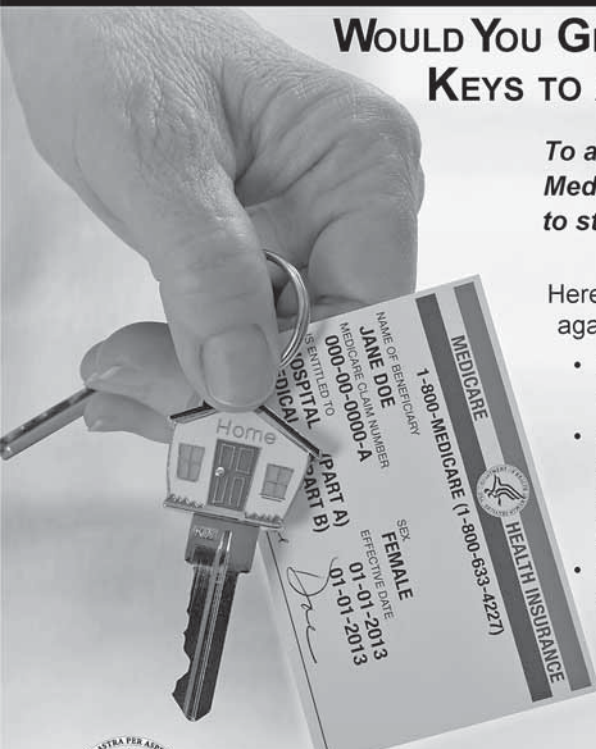
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■ CONTINUED FROM PAGE 16

SECOND SATURDAY OF THE MONTH

FREE SATE EAST SIDE BREWERY TOUR

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

LAWRENCE, 785-550-9718, freestatebrewing.com

JUL 23

LIBRARY ART COLLECTION TOUR

Tour the library's permanent art collection with Zan Popp, curator of exhibitions. She will share some of her favorite pieces including glass, ceramics, and a few paintings and prints. Topeka & Shawnee County Public Library, Marvin Auditorium 101C Art, 12:30-2 p.m. TOPEKA, 785-580-4400, tscpl.org/events

AUG 8 & 9

AMERICAN CLASSICS-HANNIBAL, MISSOURI

This trip is a visit with two men who made America laugh and inspired the world. A full two days begins in Marceline, Missouri, boyhood home of Walt Disney. Stops include the Hometown Museum and farm site where Walt first began to draw his iconic images. On

to Hannibal, home of legendary author Mark Twain. Stops include a Riverboat dinner cruise; Mark Twain Himself, a one man show and the Mark Twain Museum Complex. Our last stop is Chillicothe, the home of sliced bread. We'll tour the famous murals that tell the story of this town's rich heritage and visit the Grand River Historical society. Motorcoach travel with pick-up stops in Topeka and Lawrence. Class Code: 327874. Fee. Registration Deadline: July 1, 2018. Lawrence Parks and Recreation. LAWRENCE, 785-832-7920

EDUCATION

ONGOING

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

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

TOPEKA, (785) 354-6787

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■ CONTINUED FROM PAGE 17

**SECOND AND FOURTH MONDAYS
LEXINGTON LUNCHES**

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

FRIDAYS**HEALTHWISE TV**

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

THIRD WEDNESDAY OF THE MONTH**LOOK GOOD, FEEL BETTER**

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

LAWRENCE, 785-505-2807

JUL 9**HEALTHWISE SENIOR SUPPER**

Ryan Tomlins, M.D., CAQSM, of Cotton O'Neil Orthopedics & Sports Medicine, will discuss "Easing Osteoarthritis" at the monthly Stormont Vail HealthWise Senior Supper from

5:15 to 6:30 p.m. \$5 per person for the meal. Reservations required by Tuesday, July 3. Register online at <https://stormontvail.asapconnected.com/> or please call.
TOPEKA, 785-354-5225

JUL 10**SENIOR SUPPER AND SEMINAR**

This month's topic: "Defensive Driving" presented by Trooper Donald Hughes, Kansas Highway Patrol. On the second Tuesday of each month, seniors are invited to come and

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

JUL 10**MEDICARE EDUCATIONAL SEMINAR**

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, July 10, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane, Topeka. For information call 785-

■ CONTINUED ON PAGE 19



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■ CONTINUED FROM PAGE 18

270-4593, sign up at our website <http://century-insuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided.
TOPEKA

JUL 11

SELF-CARE ISN'T SELFISH: TEN STRATEGIES TO STAY HEALTHY AND WELL

This month, our diabetes education group focuses on people acting as caregivers, always taking care of others, but put themselves at the bottom of the list. Registration is not required. Lawrence Memorial Hospital, Conference Room A. Free.
LAWRENCE, 785-505-5800, lmh.org

JUL 16

HISTORY OF TOPEKA CEMETERIES

Rich Menear from Penwell Gabel Funeral Home talks about the rich history of Topeka's cemeteries. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 12:30-2 p.m. |
TOPEKA, 785-580-4400, tscpl.org/events

JUL 24

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, July 24, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Cotton O'Neil Heart Center at 929 SW Mulvane, Topeka. For information call 785-270-4593, sign up at our website <http://century-insuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided.
TOPEKA

JUL 27

AARP DRIVER SAFETY CLASS

The AARP Driver Safety refresher class has helped millions of drivers age 50+ sharpen their skills and drive safely on today's roads. Senior Resource Center for Douglas County, Peaslee Center, 2920 Haskell Ave., 8:30 a.m.-4:30 p.m. Fee. Russ T Hutchins, Instructor. Call 785-312-4627 or email russ724@gmail.com.
LAWRENCE

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

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

THURSDAYS

JUNKYARD JAZZ

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

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

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

SATURDAYS

COMMUNITY JAM

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

JUL 20-AUG 5

CLUE THE MUSICAL

The internationally popular game is now a fun filled musical which brings the world's best know suspects to life and invites you to help solve the mystery: who killed Mr. Boddy, in

what room and with what weapon. The audience receives forms to help them deduce the solution from clues given throughout the fun filled performance. Three audience members choose from cards representing the potential murderers, weapons and rooms; there are dozens of possible solutions. Only one hard nosed female detective is qualified to unravel the merry mayhem. Helen Hocker Theater, 700 SW Zoo Parkway. See website for more information. Fee.

TOPEKA, 785-251-5990

topekacivictheatre.com/event/clue-the-musical

JUL 28

KANSAS BALLET PRESENTS: PETER AND THE WOLF

Kansas Ballet's 6th Annual Summer Showcase will feature Prokofiev's famous Peter & The Wolf ballet as well as performances from professional guest artists from The Washington Ballet and The Kansas City Ballet. Dinner, dessert and performance included in the price of admission. The Summer Showcase is a fundraising event for Kansas Ballet's non-profit

community outreach and performance programming. Topeka Performing Arts Center, 214 SE 8th Ave., 5 p.m. Fee.

TOPEKA, 785-383-7918, tututix.com/tickets

EXHIBITS/SHOWS

JUL 20-22

42ND ANNUAL MERIDEN THRESHING SHOW

There will be tractors, threshing, baling, tractor parades, history, antique automobiles, and tractor pulls. Tour Cottonwood Station, our reproduction living history of an early day Kansas town. We will be sawing lumber at the saw mill and grinding grain in the flour mill each day. Our blacksmiths will be hard at work in the Blacksmith Shop. Stop by the General Store for a Sarsaparilla and attend church on Sunday in the Bloomfield Church. Visit our vendors. Don't miss the antique tractor pull on Saturday and the garden tractor pulls each day.

■ CONTINUED ON PAGE 20



Arbor Court Retirement
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■ CONTINUED FROM PAGE 19

There will also be a children's pedal tractor pull on Saturday afternoon. We will have live music Friday, and Saturday nights. Meriden Antique Engine and Threshers Association, 8275 K-4 Hwy. Fee.
MERIDEN, 785-633-9706
meridenthreshers.org

FAIRS/FESTIVALS

JUL 10-14

FIESTA MEXICANA

Celebrate Topeka's Mexican culture during this annual event that includes a parade downtown and five nights of traditional Mexican food, music, dancing and even a jalapeño eating contest in the Oakland neighborhood every July - near Our Lady of Guadalupe Church. See website for more information.
TOPEKA, 785-221-9253
olgfiamexicana.org

JUL 30-AUG 4

DOUGLAS COUNTY FREE FAIR

See it all at the Douglas County Free Fair, where everyone comes for good old-fashioned fun! It's a great event for all ages.
LAWRENCE, dgcountyfair.com

AUG 3

GRAPE ESCAPE: WINE, BOURBON & BEER FESTIVAL

Grape Escape is Topeka's premier wine and food festival with silent and live auctions to benefit the Topeka Performing Arts Center and the community programs we offer. This year, there will be a beer garden, cigar deck, and bourbon sampling! Come out and enjoy lots of swirling, sniffing and sipping going on at Grape Escape 2018, Wine, Bourbon, and Beer. Topeka Performing Arts Center, 214 SE 8th Avenue, 6 p.m. Fee.
LAWRENCE, 785-234-2787
topekaperformingarts.org/p/events/grape-escape

FARMERS' MARKETS

APR 14-NOV 17

LAWRENCE FARMERS' MARKET - SATURDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. 824 New Hampshire St. April 14-August 25, 7-11 a.m., September 1-November 17, 8 a.m.-noon.
LAWRENCE, lawrencefarmersmarket.org

APR 14-NOV

TOPEKA FARMERS' MARKET

Saturdays. 12th and Harrison, South of the Judicial Building, 7:30 a.m.-noon.
TOPEKA, 785-249-4704
downtowntopekafarmersmarket.com

APR 21-OCT 27

LENEXA FARMERS' MARKET

Visit the new Lenexa Farmers Market for a wide selection of fresh products including veg-

etables, fruit, meat, eggs, baked goods, flowers and more from over 20 locally based vendors. Saturdays. Lenexa Civic Campus, 17201 W. 87th Street Parkway, 8 a.m.-12 p.m.
LENEXA, lenexa.com/farmersmarket

MAY 5-OCT 27

LEAVENWORTH FARMERS' MARKET

Every Saturday from May thru October at the Leavenworth Farmers Market, 7 a.m.-12 noon. The Market is located at the beautiful Haymarket Square at the corner of 7th and Cherokee Street.
LEAVENWORTH, 913-651-2683
leavenworthfarmersmarket.com

MAY 8-OCT 23

LAWRENCE FARMERS' MARKET - TUESDAYS

As Kansas' oldest and largest producer market, the Lawrence Farmers' Market offers a festive, bustling atmosphere with the freshest, healthiest food produced within 50 miles of Lawrence. Parking Garage by Lawrence Public Library, 707 Vermont St., 4-6 p.m.
LAWRENCE, lawrencefarmersmarket.org

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

ONGOING

HEALTHY STEPS MALL WALKING

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

ONGOING

FREE MEMORY SCREENING CLINIC

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

ONGOING

WELLNESS COACHING

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

ONGOING

FIT FOR LIFE

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

ONGOING

ZUMBA GOLD

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

DAILY

EXERCISE CLASS

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

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

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

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

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

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

FLEXERCISE

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

VACCINE CLINICS

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

WEDNESDAYS

OPEN BOCCO BALL

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

WEDNESDAYS

FREE NUTRITION CLINIC

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

WEDNESDAYS

FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's

■ CONTINUED FROM PAGE 20

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

FIRST WEDNESDAY OF THE MONTH FREE HEARING CONSULTATIONS

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

THURSDAYS WELLNESS CLINIC

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

FRIDAYS BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at the Oakland Community Center, 801 N.E. Poplar. Free. No appointment necessary.
TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9 to 10 a.m. at the Rose Hill Place clubhouse, S.W. 37th and Gage Boulevard. Free. No appointment necessary.
TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9-10:30 a.m. at the Kuehne Branch (North) YMCA, 1936 N.W. Tyler St. Free. No appointment necessary.
TOPEKA, 785-354-6787

JUN 6-AUG 1 KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

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

JULY 4 EVENTS

JUL 4 SPIRIT OF KANSAS

Start your Fourth of July celebration with a classic car show followed by the Blues Festival with food trucks and vendors, watch the Water Ski Show in the early evening and then enjoy the Capitol Federal Fireworks Display at Lake Shawnee. Lake Shawnee, 3137 SE 29th, 9 a.m.-10:30 p.m. Free.
TOPEKA, 785-251-6800, parks.snco.us

JUL 4 LAWRENCE 4TH OF JULY FIREWORKS CELEBRATION - BURCHAM PARK

Presented by the Granada Theater and Ranjbar Orthodontics. An evening of music, food, fireworks and more. Starts at 5 p.m. Free.
LAWRENCE, 785-842-1390, thegranada.com

JUL 4 OVERLAND PARK STAR SPANGLED SPECTACULAR

Join the City of Overland Park for an Independence Day celebration! Live musical performances will include the Overland Park Civic Band and The Elders, a local Celtic rock band. Food trucks will be on hand all evening, leading up to a fireworks performance once the sun goes down. Corporate Woods Founders' Park 9711 W. 109th St., 5-10 p.m. Free admittance.
OVERLAND PARK, 913-344-8656

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

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

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

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

MEETINGS

SUNDAYS
O.U.R.S. (OLDSTERS UNITED FOR RESPONSIBLE SERVICE) DANCE
OURS dances are held every Sunday evening from 6-9 p.m. at the Eagles Lodge, 1803 W. 6th St. Dances are open to everyone. Admission is \$7 per person. Carry-in meal served at 7:15.
LAWRENCE

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

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

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

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

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

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

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

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

TUESDAYS
GRIEF SUPPORT GROUP
Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m. For more information, please contact Elizabeth.
TOPEKA, 785-430-2194

TUESDAYS
INTERGENERATIONAL CHOIR
Sing with KU students. Led by music therapy students from KU. The Intergenerational Choir will rehearse and perform once or twice a semester. Contact Deanna Hanson Abromeit at dhan-

sonabromeit@ku.edu. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m.
LAWRENCE

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

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

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

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

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

WEDNESDAYS
GRIEF SUPPORT GROUP
Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m. For more information, please contact Elizabeth.
TOPEKA, 785-430-2194

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

FIRST THURSDAY OF THE MONTH
PARKINSON'S DISEASE SUPPORT GROUP
Midland Hospice Church, 200 SW Frazier Circle, 5:30 p.m. Northeast Kansas Parkinson Association.
TOPEKA, 785-478-9045, nekpa.com

■ CONTINUED ON PAGE 22

■ CONTINUED FROM PAGE 21

FIRST THURSDAY OF THE MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST THURSDAY OF THE MONTH

PARKINSON MEETING

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

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

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

TOPEKA, 785-232-2044

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

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

TOPEKA, 785-232-2044

FIRST FRIDAY OF THE MONTH

STROKE SUPPORT GROUP

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

TOPEKA, 785-235-6600

SATURDAYS

LAWRENCE BRIDGE CLUB

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

LAWRENCE, 785-760-4195

ONE SATURDAY EACH MONTH

LAWRENCE DEATH CAFE

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death.

A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cwheston@sunflower.com or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl.

LAWRENCE

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.

LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-580-4662

SECOND MONDAY OF THE MONTH

LMH HEART BEATS

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

LAWRENCE

SECOND TUESDAY OF THE MONTH

LAWRENCE ACTION CIVITAN CLUB

Civitanians have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other Civitan proj-

ect updates, please visit the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan or call Jason.

LAWRENCE, 785-691-8520

SECOND WEDNESDAY OF THE MONTH

MEMORY SUPPORT GROUP

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

LAWRENCE, 785-832-9900

SECOND WEDNESDAY OF THE MONTH

DIABETES EDUCATION GROUP

The Diabetes Education Center provides a free monthly program for those with diabetes

and their support persons, at 6 p.m. Lawrence Memorial Hospital, Meeting Room A.

LAWRENCE, 785-505-3062

SECOND WEDNESDAY OF THE MONTH

SOROPTIMIST INTERNATIONAL OF TOPEKA

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

TOPEKA, 785-221-0501
soroptimisttopeka.org

■ CONTINUED ON PAGE 23

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■ CONTINUED FROM PAGE 22

**SECOND THURSDAY OF THE MONTH
DEMENTIA SUPPORT GROUP**

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

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

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

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

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

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

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

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

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

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

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

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

**THIRD TUESDAY OF THE MONTH
PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP**

Meets at the Topeka & Shawnee County Public

Library, Anton Room 202, 6:45 to 8:15 p.m. For more information. Please contact Jeff Landers. TOPEKA, 785 224 5946.

**THIRD TUESDAY OF THE MONTH
STROKE SUPPORT GROUP**

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

**THIRD WEDNESDAY OF THE MONTH
CANCER SUPPORT GROUP**

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

**THIRD WEDNESDAY OF THE MONTH
NATIONAL ACTIVE AND RETIRED FEDERAL EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of the month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman. LAWRENCE, 785-843-7481

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

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

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

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

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

The purpose of Jayhawk Model Masters is to promote the building and safe operation of radio controlled (RC) model aircraft. In addition, we strive to fulfill our civic responsibility to the community, and support worthwhile projects. Our club meetings are open to the public and are held on the third Saturday of each month. Breakfast starts at 8 a.m. and the meeting at 9 a.m. We meet in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Fee for breakfast. LAWRENCE, 785-312-4840
jayhawkmodelmasters.com

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

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

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

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

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

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

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

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of the month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before

Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, contact Jim Miller at 785-478-0651 or Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting. TOPEKA

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

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

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kansasdiscovery.org

JUL 13-15

SUMMER BOOK SALE

Books, CDs, DVDs, audiobooks. Fri. and Sat., 10 a.m.-6 p.m.; Sun. 12-4 p.m. Friends of the Lawrence Public Library, 7th and Kentucky. LAWRENCE, 785-843-3833, ext. 149
LPLFriends.org

JUL 15

ONE ROOM SCHOOLHOUSE REUNION

The Wakarusa River Valley Heritage Museum is hosting a reunion for students and teachers of one room schoolhouses in the Wakarusa Valley. Come to celebrate a bygone era of education with others. While at the museum, be sure to explore our new education exhibit and share oral histories with us. Bring your photos, report cards, and memories. Refreshments will be served. Bloomington Park, 716 N. 1190 Rd., 2-4 p.m. LAWRENCE, 785-783-4420
wakarusamuseum.org

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RICK STEVES' EUROPE

Berlin escapes: Three easy day trips

By Rick Steves

Tribune Content Agency

Berliners joke that they don't need to travel anywhere because their city's always changing. While you could spend weeks in Berlin and not run out of things to do, even the natives like to get out of town once in a while. Recently I tried out three easy day trips from the German capital.

First I spent half a day at Frederick the Great's opulent palace playground at Potsdam. Next, for a small-town experience that packs a huge historical wallop, I headed about an hour south to Wittenberg, where Martin Luther famously nailed his 95 Theses to a church door. Finally, on the opposite side of Berlin—and the sightseeing spectrum—I made a journey to the Sachsenhausen Memorial and Museum, which commemorates the tens of thousands who died at this concentration camp during the Holocaust.

I started at Potsdam, just half an hour by train from Berlin. Squeezed between the Wannsee, one of Berlin's largest lakes, and a lush park strewn with the escapist whimsies of Frederick the Great, it's a sleepy town that has long been Berlin's holiday retreat.

The main sights here are Frederick's palaces—and while they're impres-

sive, they don't quite crack Europe's top 10. During his reign, Frederick built an ensemble of grand buildings around Sanssouci Park, with the two main palaces located at either end (a 30-minute walk or 10-minute bus ride between them).

Visiting both is overkill for most. The small, super-Rococo Sanssouci Palace is best, worth seeing for its opulence. But his massive New Palace is also imposing, especially its two showstopper rooms: the Marble Hall, with its dramatic 52-foot-high ceiling, and the Grotto Hall, featuring marble walls encrusted with thousands of seashells, semiprecious stones and fossils.

Beyond these royal retreats, Potsdam is simply enjoyable—a swanky bedroom community, where, thanks to its aristocratic heritage, everything seems bigger and better than it needs to be. Cold War enthusiasts might focus on the Cecilienhof (site of the famous Potsdam Conference held at the end of World War II) and the nearby KGB Prison Memorial (a museum and documentation center honoring victims of the Soviet spy agency).

In contrast to the royal sights in Potsdam, Wittenberg—my next stop—is a rather humble town. You need only look at its official name—Lutherstadt Wittenberg—to know this small city's claim to fame. The adopted hometown

of Martin Luther, and the birthplace of his Protestant Reformation, little Wittenberg has a gigantic history that belies its straightforward townscape.

Wittenberg can be a worthwhile stop even for those unfamiliar with the Great Reformer. It has a pair of historic churches—the Town Church of St. Mary, where Luther preached, and the Church of All Saints (Castle Church), where he famously hammered his 95 Theses to the door, challenging the power of the Catholic Church. There's also an excellent museum about Luther's life (Luther House), which displays original artifacts—the pulpit from which Luther preached, portraits of Luther and the other reformers and the Bible Luther boldly translated from Latin into the people's language.

Literally “White Hill,” Wittenberg sits atop a gentle rise above the Elbe River. The city is newly spiffed up and sparkling after recently celebrating the 500th anniversary of the Protestant Reformation. It's also an easy visit. The tourists' Wittenberg is essentially a one-street town—its sights are satisfying and quickly seen in just a few hours.

About 20 miles north of downtown Berlin is another historic site—the Sachsenhausen Memorial and Museum. While it can be a hard and emotional visit, as with all concentration camp memorials, the intention of Sachsenhausen is to share its story and lessons - and prevent this type of brutality from ever happening again.

Sachsenhausen was not, strictly speaking, a “death camp” for mass murder (like Auschwitz); it was a labor camp, intended to wring hard work out of the prisoners. Sachsenhausen's proximity to the capital gave it special

status as the place to train camp guards and test “new procedures”—such as horrifying medical experiments on inmates. About 50,000 died here, while countless others were transported elsewhere to be killed.

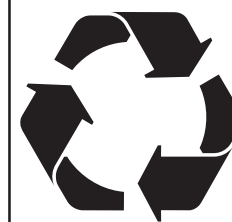
The camp's exhibits are scattered throughout the grounds in various buildings. You'll learn how Sachsenhausen was built by its prisoners and see original artifacts, including the gallows, a bunk from the barracks and uniforms. There are also chilling photos, a camp model and a 22-minute film. Many visitors come away from here with more respect for history—and the dangers of mixing fear, the promise of jobs, blind patriotism and an evil government.

As one of Europe's top destinations, Berlin welcomes more visitors annually than Rome. Whether it's the opulent palaces of Potsdam, the sweet Luther-laden town of Wittenberg or the sobering Sachsenhausen Memorial, an escape from the city can be a welcome break from its urban intensity.

- 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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JAY'S MUSICAL MEMORIES

Summer fun and patriotism

By Jay Wachs

It's July already.

And that means summer picnics, fireworks and celebrations of our heritage as Americans.

Most people accept *The Star-Spangled Banner* as our national anthem.

They would be correct.

It was officially adopted as our national anthem by Congress in 1931 and is now sung before every sporting and other event imaginable.

The song actually came from a poem written by Francis Scott Key in 1814.

It was not set to music until 1889, when an interpolation of the melody for "To Anacreon in Heaven" was used.

Curiously enough, the song "America," which we know as "My Country, 'Tis of Thee," also used an interpolation of the British version of "God Save Our Queen" as its melody.

Even more fascinating is the fact that the melody's origin is German...Saxon to be specific.

We also salute our flag and our country with the songs "America The Beautiful," "God Bless America," and "This Land Is Your Land."

Everyone has their favorite version of each of these songs. From Kate Smith to Ray Charles to Whitney Houston to Celine Dion, we play them over and over again.

My favorite is not on the list.

It's "America" by Neil Diamond and every time I do a soundtrack for fireworks, this song takes center stage.

It wouldn't be summer without patriotism.

Speaking of summer, July is usually the month that births the song of the summer.

This would be the anthem that everyone remembers fondly when they remember the summer of (insert year here).

Some of these summer songs aren't

played very often anymore.

Here are a few examples of those songs that dominated the pop charts in these summers:

- **1968:** Herb Alpert "This Guy's In Love with You"
- **1978:** Andy Gibb "Shadow Dancing"
- **1988:** Steve Winwood "Roll With It"
- **1998:** Brandy & Monica "The Boy Is Mine"
- **2008:** Katy Perry "I Kissed A Girl"

That's as far as I go.

Whatever you do this summer, bring a portable record player, boom box, or your bluetooth speaker along with you and let the music add that extra dimension of fun to your summer spirits.

And if you think of any good summer songs, send us a note at info@lawrencehits.com.

If we don't play it, we'll add it through Labor Day...but that's when the white pants and shoes go back in the closet along with those songs.

Stay cool!

- Jay Wachs is the founder and general manager of LawrenceHits.com, an app-based and online oldies radio station serving Lawrence and Douglas County.

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WOLFGANG PUCK'S KITCHEN

You can enjoy these irresistible hors d'oeuvres all year long

One of the great pleasures of cooking and eating during warmer weather is relaxing with family and friends over a glass of wine and homemade hors d'oeuvres. In fact, the term "hors d'oeuvre" itself nicely sums up the experience.

Literally meaning "outside the work" in French, hors d'oeuvre refers to dishes that stand apart from the rest of a meal; a special little respite enjoyed for itself alone. Isn't that just



Wolfgang
Puck

the sort of dish you want to enjoy with drinks on a lazy weekend?

With that kind of occasion in mind, I'd like to share one of my longtime favorite recipes for delicious little bites of food you can easily make from scratch in barely half an hour: my eggplant and goat cheese crisps.

Now, I don't want you to get the wrong idea that the word "crisps" here in any way refers to the British term for potato chips, or for anything resembling a cracker. But it does perfectly describe the end result of these beautiful little mouthfuls of sliced eggplant that make the perfect accompaniment to a glass of chilled rose or sparkling wine. I also like to serve it with a simple dip, such as pureed roasted red bell pepper mixed with a little mayonnaise or a warm fresh tomato sauce seasoned with garlic and crushed red pepper flakes.

While making this hors d'oeuvre is a fairly simple process, it's even easier than it sounds. And after you've done it even once, you'll find the work goes even more quickly the next time. You'll definitely want to make them again, too, as they are suited for all sorts of appealing variations.

Instead of the black olives in the fill-

ing, try pitted green ones; or substitute roasted red bell peppers, minced chile pepper or fresh herbs; or even add some thinly sliced and then chopped ham such as prosciutto or Black Forest ham. You could even substitute the extra-crunchy coarse Japanese-style dried breadcrumbs called panko for the fine fresh crumbs.

You don't even have to serve this as an hors-d'oeuvre, either. One of my favorite ways to eat the crisps is scattered over fresh salad greens, tossed with a basic vinaigrette made with aged balsamic or sherry vinegar and olive oil.

In fact, any way that you enjoy this dish, you'll feel as if you've pressed the "pause" button on your daily life. Isn't that just what you'd expect from an hors d'oeuvre?

EGGPLANT AND GOAT CHEESE CRISPS

Makes 24 pieces

4 or 5 medium-sized Japanese eggplants or other long, slender eggplants, 7 to 8 inches (17.5 to 20 cm) long, about 3/4 pound (375 g) total weight, left unpeeled

Kosher salt

Freshly ground white pepper

1/2 cup (125 mL) olive oil, plus extra as needed

6 ounces (185 g) fresh creamy goat cheese

1/4 cup (60 mL) finely chopped pitted black olives

1 cup (250 mL) all-purpose flour, plus extra as needed

3 or 4 large eggs, lightly beaten

1 cup (250 mL) fine fresh breadcrumbs, plus extra as needed

Peanut oil or vegetable oil for deep-frying

Trim the ends of the eggplants. Cut each one lengthwise into slices about 1/4 inch (6 mm) thick and 6 to 7 inches (15 to 17.5 cm) long. Select the 24 best slices, setting aside the remainder to chop up and include in a vegetable stew

or other preparation. Lightly season the slices with salt and pepper.

In a large skillet over medium-high heat, heat 2 tablespoons of olive oil. Working in batches and taking care not to overcrowd the pan, saute the eggplant slices in a single layer until tender and lightly golden on both sides, 3 to 4 minutes total. Transfer the slices to paper towels to drain and cool, adding more oil to the pan as needed to saute remaining slices.

In a small bowl, thoroughly stir together the goat cheese and olives. Using about 1 teaspoonful for each crisp, scoop up the mixture and form 24 small balls, placing each ball near one end of a cooled eggplant slice. Carefully roll up the slice, tucking in the sides as you do to completely enclose the filling in the eggplant. Secure with a thin wooden skewer or long wooden toothpick.

In a deep, heavy saucepan or an electric deep fryer, heat about 3 inches (7.5 cm) of the peanut oil to a temperature of 350 F (175 C) on a deep-frying thermometer or the deep fryer thermostat.

Meanwhile, arrange the flour, eggs and breadcrumbs in separate bowls side by side near the stove or the deep fryer. When the oil is hot, one at a time, lightly coat each eggplant ball with flour, shaking off the excess; then, dip

it into the egg and finally roll it in the bread crumbs to coat it evenly.

As you finish coating each eggplant ball, carefully place each one in the hot oil and cook until deep golden brown, 30 seconds. (Take care not to overcrowd the oil, cooking in batches as necessary.) As each ball is done, use a metal slotted spoon or wire skimmer to remove it from the oil, transferring it to clean paper towels to drain.

Arrange the eggplant crisps on a platter and serve immediately, leaving the skewers or toothpicks in if you like for easy serving as an hors d'oeuvre. Or carefully slide out the skewers or toothpicks if adding the crisps to a salad or another dish.

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HUMOR

Climbing High in La Mancha

There are few moments in life where the time span between the current and younger versions of yourself collide. Étienne Haute-Montange had such a moment three weeks ago and despite his aversion to leaving Provence, the newly retired French cyclist was excited for his next adventure. But, he never thought it would bring him all the way back to Letongaloosa.



Larry
Day

In the early 1980's, Étienne was working on his grandfather's lilac farm when news came that he had been accepted into a business program in the United States at La Mancha University. He didn't want to leave. He wanted to stay at home and compete and, after only a month in La Mancha, he rushed back to do what he loved—cycling high into the mountains.

Étienne had had a two-decade-long career as a competitive cyclist.

Fast forward to just a few weeks ago. After completing his final time trial, Étienne packed up and set out to retrace all of his favorite bike routes. He wanted to think. He needed to figure out where the next stage of his life would lead.

Two days later he rode onto his favorite old Roman bridge, Pont Julien. He wanted to take in its height and its spectacular views. As he gazed, his cell phone buzzed. The message was from his bug-loving best friend, Jimmy Tarbox. The call solved Étienne's "what's next" problem, and put him on a plane bound for Letongaloosa Community Junior College.

The LCJC was offering a summer cycling course for La Mancha and Letongaloosa residents. The course needed an instructor, and Jimmy knew

Étienne would be perfect for the job.

Étienne arrived in the small Midwestern college town and got together with Jimmy. Then he went to meet with the chair of the Department of et. al, et al, Dr. Ima Farseer, to get her help with the academic paperwork.

Then he headed over to the entomology department to see Jimmy.

"Be careful. The legs of a Cuban rainbow beetle can be rather delicate, or so I've read in a paper a good friend of mine wrote."

Jimmy looked up from the cage of rainbow beetles and smiled.

"Is that so? Well, you know, the Cuban rainbow beetle is tougher than most people would think. This particular species lives high in the mountains and the best way to see one is to climb high into the mountains. You should know all about climbing."

Étienne grinned, "Yes, I know quite a bit."

Then they headed over to The Enchantment—a bar on the outskirts of town. The kind every college town needs to keep its accreditation. They ordered root beers. Étienne filled Jimmy in on the details of his final professional time trial. Then they talked about life in Provence.

Étienne mentioned how he would miss competing in races like the Tour de Fleur, but he was delighted to come back to Letongaloosa to teach others to climb the mountains as he had done in Provence.

Jimmy laughed, "Slow down, old friend. Most of the residents taking part in the summer cycling program are looking to go bike-packing on the surrounding trails or enjoy a leisurely ride around town."

Then Jimmy remembered the Fourth of July celebration sponsored by La Mancha U, LCJC and some of the other businesses around La Mancha and Letongaloosa. Of course, there would be fireworks, games, and a big cycling race to be held at the Letongaloosa Lake Loop Trail,

"There's a cycling race on July 4th if

you're interested. It's no Tour de Fleur, but it is fun and the climb might even challenge you. Plus, Bastille Day is just around the corner. I think you'll enjoy the festivities."

Étienne was delighted. He sipped his root beer and thought about this new stage of his life. Coming back to the small Midwestern town was the right decision. He had good friends. Étienne was able to continue doing what he

loved. He was on the right path.

Jimmy and he finished their root beers, paid the bill and headed for the door. It was going to be a great summer. Étienne was ready to climb higher and have the time of his life!

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



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MY PET WORLD

Does my cat really want us to watch him eat?

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: Oliver is our 3-year-old cat. He was rescued at about 8 weeks old. He has grown to become a happy, healthy and very playful adult cat. However, he has one odd behavior that we don't understand. Before he approaches his food bowls, he will meow at whatever family member is nearby to come and stand next to him while he eats. Sometimes while he is eating, he'll look up to make sure the person is still there and can be reassured with a little pet. If the person is otherwise preoccupied, he'll just sit there and meow until they come. This behavior isn't really an inconvenience; rather, we find it kind of amusing. We are just curious why he behaves this way. My daughter's theory is that he wants someone to "watch his back" while he's eating. - Sandy, Seaford, NY

Dear Sandy: Your daughter's theory is likely correct. Cats are always on the lookout for danger, falling asleep throughout the day, but always ready to pounce at a moment's notice. When they are eating, they are vulnerable, so Oliver is simply asking your family to "watch his back," as you say.

Most cats, however, don't refuse to eat unless a family member is around. But when a cat can communicate his wishes and get his family to comply, I consider the cat highly- intelligent and the family highly-intuitive. I love that your family responds to him and stands with him while he eats. Oliver's very lucky to have such a loving and perceptive family.

Dear Cathy: My son's dog, a beautiful 2-year-old German shepherd, is great in so many ways except for one habit/compulsion: she constantly wants to play ball. Even after a two-mile run she can't just sit down and relax. We love her and want the best for her, but she is relentless with this

habit to a point where people get really annoyed. Please give us some advice on how to calm her. She is such a great dog but needs some guidance. - Meg, Port Jefferson, NY

Dear Meg: Ironically, the qualities that exhaust you are the exact qualities the government looks for in bomb-sniffing dogs. These dogs are trained with toys. When they detect a "scent" in training, they get the toy back for a minute to play. So, as you can imagine, bomb-sniffing dogs are highly-motivated to pick up "the scent," so they can get their toys back.

Exercising the dog is a good start, but some dogs need training to relax. Put all her toys away, so she knows playtime is over, and begin training her to "stay" (preferably on a dog bed

or small blanket) for a minute or two before giving her a treat. Have your son build on this "stay" time over the next few weeks, rewarding her with treats every time she shows relaxation poses, like laying her head down or rolling her hips to the side.

To get her to stay longer, give her a Kong filled with frozen peanut butter that she can work on for a while. If this gets her too excited, stick with the treats. Your son's initial goal should be 10-minutes rest, eventually leading up

to a 30-minute "stay." Always follow-up playtime with a "rest period" and she will eventually learn to settle down on her own.

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

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MEMORIES ARE FOREVER

*Friends: There will be no more contributions from folks for this column, as it is being phased out. However, for the July, and August issues, I will include an excerpt from my book, **America!** I sincerely hope you have enjoyed these columns over the past three years. Memories are indeed forever and I have cherished reading the ones that were published. Thank you, and I wish you well. - Tom Mach*

America! A nostalgic trip to the states

By Tom Mach

In this and the next issue of *Senior Monthly*, I will give you excerpts from my new book about this wonderful country of ours. The book is called **AMERICA!** (available for \$15 ppd from Tom Mach, PO Box 303, Lawrence, KS 66044)

I would be remiss if I didn't introduce the subject of America by first thanking our Armed Forces. If there had been no Army, Navy, Air Force, Marines, and Coast Guard, we might never have had an America. We would not have been able to resist enemies who sought to destroy us and our way of life. It is sad when some folks don't feel like standing up when our National Anthem is played. It is also sad when some folks deliberately ignore the words "under God" when we sing the anthem.

A book that praises and aptly describes not only America but *each* of the 50 states

that constitute this great nation is long overdue.

As a student of history, I was surprised to learn what I did when I researched these states to discover more about them. Prior to creating each of these poems I studied not only the history of each state, but also its official bird or flower, the meaning of the state flag, famous people born there, the state song, famous quotes, and so on. I found it challenging to write so that I would sound poetic, while at the same time, be highly informative. In the process, I was surprised by the things I learned about each state, such as the fact that it was an astronomer from Arizona who discovered Pluto, that Connecticut had the nation's oldest public library, that it was Massachusetts, not Maine, which had our nation's first lighthouse, or that it was North Dakota, not Kansas, that grew the most sunflowers in this country.

I like to think of the United States as a family. It has, at its head, three equally important parents—the Executive Branch, the Legislative Branch, and the Judicial Branch. It is a large family with 50 adult children—the states. These "children" are independent and govern themselves. However, when their "parents" help them out with financial aid they expect their children to behave in a certain way. Or when any of these children misbehave so that they are a threat to the family as a whole, these parents must step in and take charge. But this family remained cohesive, and therefore it was and still is the "united" states of America. This analogy helped me understand the history of each state and its relevance to this country. The plan the founders created for us worked, and it is amazing how our nation existed

for almost 2-1/2 centuries since the Declaration of Independence was signed.

I personally believe that God has had a hand in our destiny up to this point. But I fear if we leave Him out of our future, if we continue to ignore Him with our lack of morality and show disregard for any kindness toward others in our daily lives, if we assume that only science has the all the answers as to why we really are here, our future may become dim indeed.

The founders of the original 13 colonies risked everything for the sake of liberty, and eventually grew to become those fifty states we now have. George Washington was an unwitting prophet when he said "Liberty, when it begins to take root, is a plant of rapid growth." He also said, "It is impossible to rightly govern a nation without God and the Bible".

Here is but a small excerpt from book **AMERICA!**:

Blow cold winds,
from Plymouth to Philadelphia.

Blow winds of distrust!

Truths are not always self-evident,
though Jefferson said they were.

Men roared back at the Lion

at its large army and navy. No taxation without representation because the Declaration of 1776 reminded the cowering Lion that all men *are* created equal, and that the rights of colonists are given by the Creator—that among these are life, liberty, and the pursuit of happiness.

The Lion's head was thus severed, but the French aristocracy ignored their peasants who rebelled. Seventeen years from the Declaration the Rooster's head was severed. Eighty-fives years from the Declaration the Eagle's head was to be severed, but a great Civil War erupted because the States had to be United. Some of these States had forgotten we are one nation under God, and all people are created equal, including slaves.

- Questions or comments? Write to me at PO Box 303, Lawrence, KS 66044).



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GOREN ON BRIDGE

Possible play

With Bob Jones

Tribune Content Agency

Both vulnerable, West deals

NORTH		EAST	
♠-K J		♠-7 4 2	
♥-K 9 7 5 4		♥-Q 10 8 6	
♦-9 6		♦-8 7 5	
♣-A K Q 9		♣-J 7 3	
WEST	EAST		
♠-Q 6 3	♠-7 4 2		
♥-A J	♥-Q 10 8 6		
♦-A Q 10 4	♦-8 7 5		
♣-10 8 6 5	♣-J 7 3		
SOUTH			
♠-A 10 9 8 5			
♥-3 2			
♦-K J 3 2			
♣-4 2			

The bidding:

WEST	NORTH	EAST	SOUTH
1♦	Db1	Pass	2♠
Pass	3♦	Pass	3NT

All pass

Opening lead: Eight of ♣

North considered his hand too good for a simple one-heart overcall, so he started with double. This led to a game contract with slim chances for success.

South won the opening club lead with dummy's ace and led the jack of spades, running it when East played low. West won with the queen and continued with another club to dummy's king. Declarer overtook dummy's king of spades with the ace and cashed three more spade tricks, discarding three

hearts from dummy as West shed his two lowest diamonds. Next came a heart toward the king. West grabbed his ace and exited with the jack of hearts to dummy's king. South had a perfect read on the hand and cashed the queen

of clubs before exiting with dummy's last club. West won this with the 10, but was forced to lead a diamond to South's king for the ninth trick.

Declarer played the hand skillfully, but West might have done better had he allowed the jack of spades to hold the second trick. South can cash two high clubs and put West on play with another club, but what will he discard from his hand? He must keep three diamonds, so he will have to part with a spade. West can cash the ace of hearts and exit with a heart.

Dummy must lead a diamond at this point. West will win and exit with the queen of spades. Having discarded a spade earlier, South will have to give West two more diamond tricks. Down one!

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

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Andrea Graham, Director

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PUZZLES & GAMES

CROSSWORD

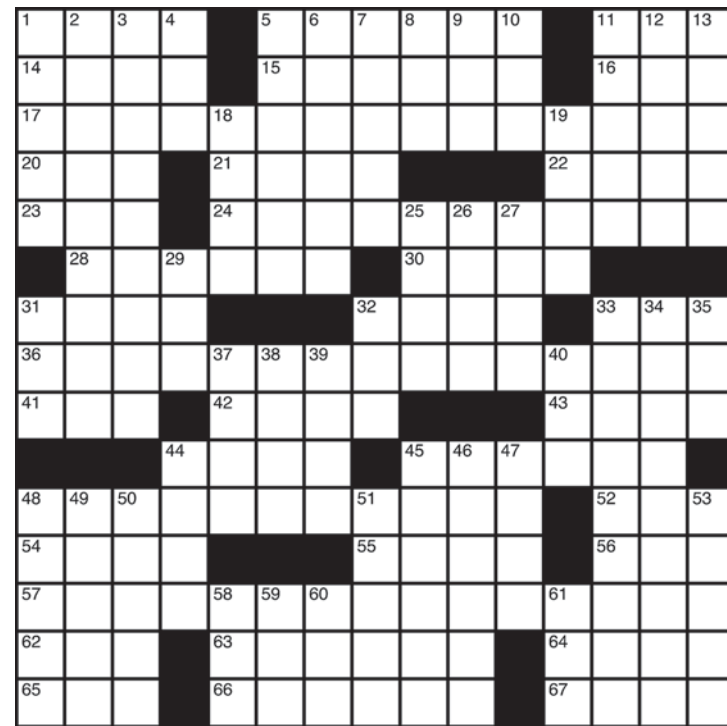
Across

- 1 It reportedly had an impact on beachgoers in 1975
- 5 Pyle player
- 11 Seventh of 24
- 14 Finished
- 15 Got away from
- 16 Rented
- 17 Convent seamstress' workshop items?
- 20 Viet Cong org.
- 21 Zagros Mountains locale
- 22 Period in ads
- 23 ___ Paulo
- 24 Enlightened kid?
- 28 Rodeo loops, essentially
- 30 Cranial projections
- 31 Deca- minus two
- 32 Goya subject
- 33 Not yet on the sched.
- 36 Bichon Frise pack leaders?
- 41 Resting place
- 42 Laudatory lines
- 43 1968 self-titled folk album
- 44 Hindu sovereign
- 45 Called
- 48 Sandwich in the desert?
- 52 Thom McAn spec
- 54 Obstruct
- 55 Suffix for those who are flush
- 56 To the point
- 57 Request for relief, and a hint to the formation of this puzzle's four other longest answers
- 62 Alley end?
- 63 Spanning
- 64 WWII Normandy battle site
- 65 "Life Is Good" rapper
- 66 Weakens
- 67 Historical Cheyenne rivals

Down

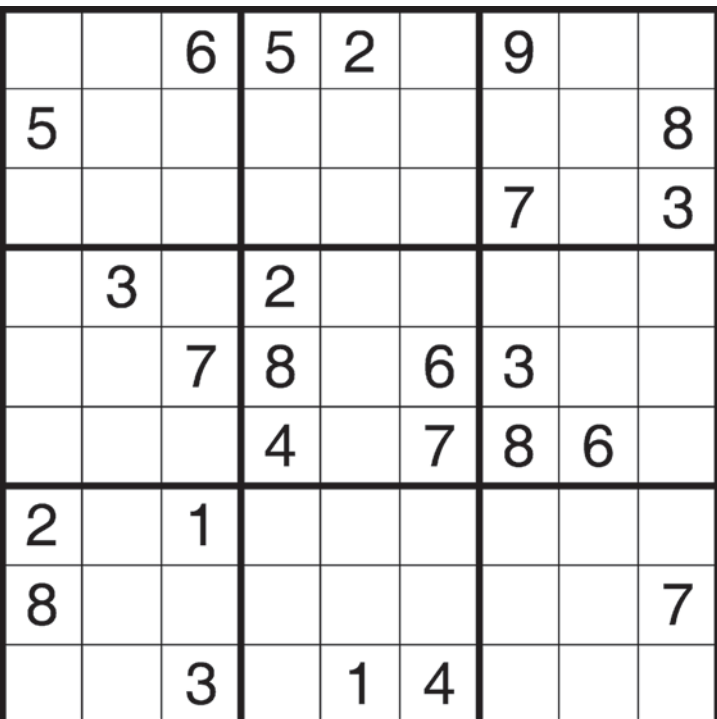
- 1 St. ___ University
- 2 Dramatic influx, as of fan mail
- 3 Ducky?
- 4 Indian honorific

- 5 Mysterious monster, familiarly
- 6 Fulfills a need
- 7 Everyday
- 8 Not everyday
- 9 Commission recipient, often
- 10 Deterrent announced in 1983: Abbr.
- 11 Legendary Castilian hero
- 12 Effectiveness
- 13 Bamboozled
- 18 File extensions
- 19 Loose ___
- 25 "Okey-doke"
- 26 Gulf of California peninsula
- 27 River through Orsk
- 29 Stumblebum
- 31 Nev. option for pony players
- 32 Podium VIPs
- 33 Green disappointment
- 34 Image on cabbage?
- 35 Japan's largest active volcano
- 37 Stormy ocean output
- 38 ___ Valley: San Luis Obispo County wine region
- 39 Freudian denial
- 40 Legendary man-goat



- 44 Old World Style sauce brand
- 45 Vivaldi was ordained as one
- 46 Beset
- 47 Berliner's wheels, perhaps
- 48 Descendant
- 49 Heavy hitter in the light metals industry
- 50 Court activity
- 51 Aired, as a sitcom
- 53 Value system
- 58 Black ___
- 59 CXXX quintupled
- 60 Braz. neighbor
- 61 Sun Devils' sch.

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

JUMBLE

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

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

SYOBS

□ □ □ □ □

TINYU

□ □ □ □ □

DONTER

□ □ □ □ □

NURREN

□ □ □ □ □

Print your answer here: "□□□ - □□□□□"

CAMPING DURING THE THUNDERSTORM WAS _____

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

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SCRABBLE GRAMS

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RACK 1: A1 E1 Y4 W4 P3 S1 R1

RACK 2: E1 I1 B3 H4 N1 B3 S1

RACK 3: A1 E1 L1 S1 R1 T1 L1

RACK 4: E1 E1 E1 E1 R1 B3 F4

RACK 5: A1 I1 Y4 F4 L1 C3 C3

RACK 1

RACK 2

RACK 3

RACK 4

RACK 5

PAR SCORE 265-275
BEST SCORE 344

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 34

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: BOSSY, UNITY, RODENT, RUNNER

Answer: Camping during the thunderstorm was -- "IN-TENTS"

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SCRABBLE G R A M S SOLUTION													
S ₁	P ₃	Y ₄	W ₄	A ₁	R ₁	E ₁	RACK 1 =	<u>65</u>					
N ₁	E ₁	B ₃	B ₃	I ₁	S ₁	H ₄	RACK 2 =	<u>92</u>					
S ₁	T ₁	E ₁	L ₁	L ₁	A ₁	R ₁	RACK 3 =	<u>57</u>					
F ₄	R ₁	E ₁	E ₁	B ₃	E ₁	E ₁	RACK 4 =	<u>63</u>					
C ₃	A ₁	L ₁	C ₃	I ₁	F ₄	Y ₄	RACK 5 =	<u>67</u>					
PAR SCORE 265-275							TOTAL	<u>344</u>					



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

MY ANSWER

The Ten Commandments are still valid today

(Editor's note: Rev. Billy Graham died on February 21 at the age of 99. Tribune Content Agency has been the distributor of Rev. Graham's "My Answer" column since its debut in 1952. The syndicated column, "My Answer," carries on. It is based on the thoughts, words and works of Rev. Graham, and it is compiled and edited by his associates.)

By Billy Graham
Tribune Content Agency

Q: I've always heard about the Ten Commandments, but where can I find them? Are they in the Bible? I'm embarrassed to ask this, but I didn't grow up in a religious family and I don't know anything at all about the Bible or God,

although I'd like to. - J.H.H.

A: Don't be embarrassed; I'm thankful you want to learn about the Bible and about God, because nothing could be more important. Jesus' promise was meant for people just like you: "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you" (Luke 11:9).

The Ten Commandments are found in two places in the Bible: Exodus 20 and Deuteronomy 5. (The Bible is actually a "library" of books—some long, some short—written under God's guidance over hundreds of years. You'll find the books of Exodus and Deuteronomy near the beginning of the Bible, in what we call the Old Testament.) The Ten Commandments

were given so God's people would know how He wanted them to live, and they're still valid.

But the Ten Commandments not only tell us how we ought to live; they also remind us how far we fall short. No one has ever kept them perfectly, and no one ever will. We are selfish and sinful, and no matter how hard we try, we can never measure up to God's standard, which is perfection.

This is why we need Christ, because He came from heaven for one reason: to make it possible for us to be reconciled to God. Begin your journey of faith today by asking Jesus Christ to come into your life, and He will. Then make it your goal to grow closer to Him every day.

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

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A photograph of an elderly couple embracing outdoors. The woman, with short grey hair, is wearing a red long-sleeved shirt and has her arms around the man's shoulders. The man, with grey hair and a mustache, is wearing a yellow shirt and a plaid jacket. They are both smiling warmly. The background is a soft-focus outdoor setting with trees and a bright sky.

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A woman with dark hair in a ponytail, wearing a bright green zip-up hoodie and white leggings, is captured in a side stretch. She is leaning forward with her right leg extended straight out and her left leg bent at the knee. Her right hand is reaching towards her right foot, and her left hand is resting on the ground. The background is a textured brick wall. The overall scene conveys a sense of fitness and determination.

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