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June 2015

Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 14, No. 12

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KEVIN GROENHAGEN PHOTO



**Frank Chaffin:  
Streaming  
into the  
future with  
the past.**

See story on page three

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# Chaffin, WREN are back 'on the air' in Topeka and beyond

By Kevin Groenhagen

WREN is an Internet radio station based in Topeka. Jenny Wren Ready-Mixed Flour was a brand of the Lawrence-based Bowersock Mills prior to World War II. While the radio station and Bisquick-like product would seem to have very little in common, their shared history goes back to 1926.

R.C. Jackman launched the original WREN that year to promote his Jenny Wren Ready-Mixed Flour. The call letters came from the name of the flour brand and the four middle letters of LaWRENce. Reportedly, the station's first transmitter was in one of the mill's storerooms, with the microphone perched on a stack of flower sacks. During the 1930s, a larger, state-of-the-art transmitter was located in Tonganoxie.

In 1947, a few years after the flour plant closed, WREN was sold and moved from Lawrence to Topeka. The radio station changed hands again in 1952.

Frank Chaffin grew up in Topeka and, at the age of 15, started working on Sundays as a disc jockey at

KTOP in 1958. He joined WREN radio in 1961 as a disc jockey at the station's building on 10th Street. Chaffin worked early mornings at WREN, and remembers the first time he met the station's owner.

"They built onto a house in 1957, and the whole front of the studio was glass," Chaffin said. "One morning I looked out because some guy was knocking on the window. He had on a flannel shirt, some old pants, and a hat, and he was pointing at the back door. And I was shaking my head 'no.' It was 4:30 in the morning. He kept knocking on the glass and pointing at the back door. So I went back and opened the back door. I said, 'I'm sorry, but at this time of the day we can't let anyone in.' And he yelled, 'I own the place!'"

The owner was Alf Landon, former Kansas governor and the Republican Party's presidential nominee in 1936.

"He used to get up around 4:00 in the morning and ride his horse," Chaffin said. "And then he would come over to the studio occasionally after riding. He would then come back later in the day. He was always in his office."



Frank Chaffin (a.k.a. Frankie C.) can be heard live on WREN on Saturdays from 11 a.m.-2 p.m.

Although Chaffin may have irritated Landon a bit during their first meeting, he later became WREN's sales manager and, eventually, the station's general manager. Chaffin has many memories of Landon, including one

from November 22, 1963.

"The day Kennedy was assassinated, we all made it over to the studio," Chaffin said. "We were all sitting in the lobby listening to the radio. Alf

CONTINUED ON PAGE FOUR

## Kaw Valley Senior Monthly

Kevin L. Groenhagen  
Editor and Publisher

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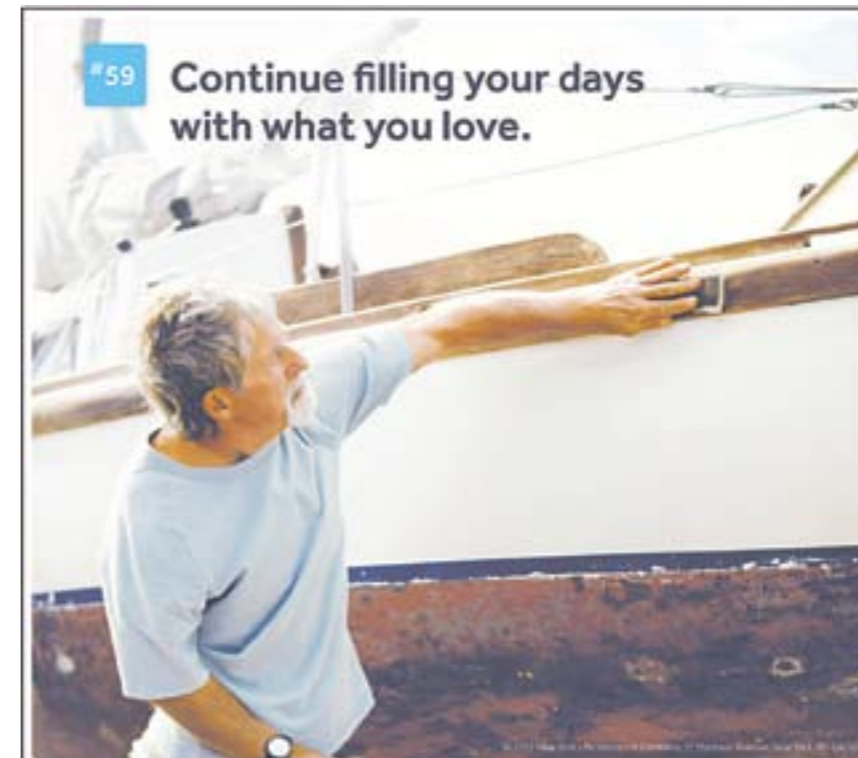
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# Frank Chaffin

■ CONTINUED FROM PAGE THREE

was sitting on the stairway. When they came on with the announcement that Kennedy was dead, he cried. He just kind of crumpled. I can see that today just as if it happened yesterday.”

Landon later sold WREN to a broadcasting group led by his former son-in-law, Phil Kassebaum. The Kassebaum group sold the station to N.E. Paton and Ted Cramer in 1985. Unfortunately, Paton and Cramer ran into financial trouble, and WREN went off the air in 1988.

Chaffin left WREN immediately after Paton and Cramer bought the station, and moved to television to become KSNT’s co-op director.

“I was there was for three years,” Chaffin said. “I developed a co-op department for four television stations, and then started an advertising agency after that.”

Chaffin ran his advertising agency for 21 years before retiring in 2009. However, as his LinkedIn profile notes,

he was bored as a retiree. According to Robert M. Pirsig, the author of *Zen and the Art of Motorcycle Maintenance: An Inquiry into Values*, “Boredom always precedes a period of great creativity.” That appears to be the case with Chaffin.

“Les Glenn and I had been talking about trying to find a terrestrial radio station in the market, but there just were none. We also couldn’t find one out of the market to move here. Les had already set up an Internet radio station in his basement. I asked him if we could go live with it. He checked it out and figured out how we could do it.”

Glenn had been a program and operations manager for a radio station in Burlington, Kan., and also worked for KMAJ, KTOP, and other stations in Topeka.

Chaffin and Glenn spent about a year developing the music format for their Internet radio station. Oldies 99.3 had changed its format to classic rock in 2004, which created a void in Topeka for those who wanted to listen to music from the ‘50s and ‘60s. Chaffin and

Glenn decided to fill that void with a format that would be similar to the old Top 40 format that was on WREN when Chaffin was with the station.

“A lot of people think that music back in the ‘50s was all rock ‘n’ roll, and that’s not so,” Chaffin said. “It was pretty eclectic. Sinatra had hits on the Top 40. There was Connie Francis, rockabilly, and Elvis was getting started. That’s what we wanted to recreate.”

Coincidentally, the WREN call letters became available while Chaffin and Glenn were working on the format.

“I found the call letters on a radio station in Alabama that, oddly enough, had just gone off the air in 2010,” Chaffin explained. “The owner gave me the call letters.”

With Chaffin as the co-owner and general manager and Glenn as co-owner and program director (WREN is Topeka’s only locally owned and operated commercial radio station), WREN Oldies Radio began streaming online at www.WRENradio.net in February 2012 from Glenn’s basement. The station later began broadcasting

from a small corner of the Lazy Toad in the Fairlawn Plaza Mall. Chaffin and Glenn now operate the station out of its own building at 842 N. Kansas Avenue, which is in the heart of the NOTO Arts District.

“The NOTO Arts District is really one that now includes a rebirth of the old, downtown North 200,000 listeners a Topeka,” Chaffin said. “More people were thinking about the wrecking ball library with more than anything else. But John Hunter and Anita Wolgast had a vision to turn “The reason we aged some artists and antique shops to listeners we have located here, and the rest is history as that we get rated on they say. It has grown tremendously. a daily basis,” he said. “We feel we are a fit here because said. “It’s part of our we are historic and that this is an art music license with form.”

The WREN studio is an open, walk-in studio full of WREN memorabilia how many people on the walls and a replica malt shop in are listening and how much money we are making or losing so

“Oh, I remember WREN. I’m happy they know how much we have you’re back,” Chaffin said. “It’s a fun to pay them every month. Our server place to be.”

According to Chaffin, in just three kind of player they are using, and has a world map showing the locations of

■ CONTINUED ON PAGE FIVE

# Frank Chaffin

■ CONTINUED FROM PAGE FOUR

years WREN has gone from an audience limited to friends and family to



the listeners. In April, I noticed there were listeners in Belgium on the map where our IP addresses are listed. So I said, ‘Hello, Belgium. How are you doing today?’ Later when I was checking out our Facebook page, someone from Belgium wrote, ‘Yes, we’re tuned in. It’s my brother’s birthday. Will you play a Buddy Holly song?’”

The map of IP addresses also tells Chaffin that most of WREN listeners are probably in offices.

“We can see the audience increase in the morning, go through the day, and then drop off around 4:30 in the afternoon,” he said.

“Then it picks back up again in the evening.”

While the local audience is WREN’s core audience, the map also shows many listeners on the East Coast and



The WREN studio includes a replica of a malt shop and WREN memorabilia on the walls.

later in the day, the West Coast. “We knew there was a niche to be filled, and I think that’s why we’ve

been successful,” Chaffin said. “People want to listen to actual music.”

■ CONTINUED ON PAGE SIX



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# Frank Chaffin

■ CONTINUED FROM PAGE FIVE

The older audience was totally disenfranchised when Oldies 99.3 changed its format.”

“We’re family-oriented,” Chaffin added. “We adhere to all the FCC rules even though we’re not regulated by them. We don’t do political commentary and we don’t make off-color jokes. We just present what we believe is good radio the way it was back in the ‘50s, ‘60s, and early ‘70s. We’ve taken something that was and just put it into a new medium.”

Chaffin believes this new medium will soon be the dominant medium for listening to music.

“I was talking about Internet radio with a guy recently, and he said, ‘Well, come to think of it, we don’t have a radio in our house,’” Chaffin said. “His kids listen to music on their tablets or phones. When he gets into his car, he listens to an Internet station.”

In fact, according to a recent article in *U.S. News & World Report*, “An increasing number of smartphones, along with in-vehicle Internet connectivity, mean that more and more music listeners will stream music through a mobile device or infotainment system rather than an AM/FM radio.”

Chaffin notes that, while the number of advertisers on WREN is growing, the ad revenue has not yet quite caught

up with the number of listeners. However, he is confident that it will.

“I went through the same thing during the 1970s when FM was coming on,” he said. “Many car radios didn’t even have FM. Advertisers would say, ‘FM? I can’t even get it.’ But then FM did what we said it was going to do. It became the dominant radio medium. The same thing is happening now with Internet radio.”

While WREN plays the “oldies,” Chaffin stresses that the station’s audience is not limited to older listeners.

“We also have a younger audience that has never heard this music before,” he said. “It’s memories for one end of the age spectrum, it’s great music for the middle of it, and then there’s the younger audience coming in and saying, ‘Hey, this is great stuff!’”

Chaffin has also traveled to Manhattan to talk about Internet radio with Dr. Steven Smethers’ students at Kansas State University’s A.Q. Miller School of Journalism and Mass Communications.

“I’ve been fortunate to go over on several occasions to speak to his classes,” he said. “I tell them that what we are doing at WREN is something that was. We’ve just put it into a new medium. I tell them that they need to think about possibilities of what they can do as young people if they want to get into Internet broadcasting. For a few hundred dollars, you can have

■ CONTINUED ON PAGE SEVEN

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# Frank Chaffin

■ CONTINUED FROM PAGE SIX

a radio station and broadcast it. Of course, they’ll also have to support it financially somehow. They’ll either have to sell advertising like we do, sell subscriptions, or come up with another way to fund it. I tell them they can do what we’re doing or they can do something new, and I encourage them to do something new.”

WREN’s programming is available 24 hours a day, seven days a week. The station is live Mondays through Fridays from 9:00 a.m.-4:00 p.m., on Saturdays from 9:00 a.m.-10:00 p.m., and on Sundays from 2:00-8:00 p.m. WREN offers a request line at (785) 783-2151.

You can listen to WREN on the Internet at [www.WRENradio.net](http://www.WRENradio.net). If you have smartphone or tablet, you can listen to WREN through TuneIn, which offers free mobile apps that allow users to listen to streaming audio from over 100,000 radio networks and radio stations worldwide.

## WREN's current programming schedule:

### Mondays & Tuesdays:

- Les Glenn 9AM-1PM
- Mack Collins 1PM-4PM

### Wednesday Thru Friday:

- Les Glenn 9AM-1PM
- Jack Diamond 1PM-4PM

### Saturdays:

- Antonio Barber 9AM-11AM
- Frankie C 11AM-2PM
- Louie Louie 6PM-10PM

### Sundays:

- Oakland United Methodist Church 930AM-10AM
- Wings Kalahan 12PM-2PM
- Antonio Barber 2PM-6PM
- 70’s Drive Thru with JD Nash 6PM-8PM



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# Marston Hearing Center offers latest hearing technology **Marston**

By Billie David

Dr. Gerald Whiteside, owner of Marston Hearing Center, has worn hearing aids himself since 2005, so in his practice he draws not only from his studies in audiology and years of experience, but also from his own personal knowledge.

“That is a plus,” he said. “I try to be honest about what we can and cannot do.”

Regarding what they can do, recent developments in hearing aid technology are helping Marston clients hear better.

While the earlier hearing aids may have operated on the assumption that more is better, advances in digital technology have made it possible to focus more on quality.

“They are more centered on hearing and understanding,” Whiteside said. “Most hearing aids in the past have used a wall of sound, but it was hard to pick up individual pieces. New technology makes it easier. It has made hearing aids quieter and increased the fidelity so it’s easier to hear the differences in the sounds.”

One major development in this area is the use of binaural hearing aids, or wearing two hearing aids together, which helps people with hearing loss in both ears. It does this by employing the brain’s natural wiring, which is designed to analyze and process the sounds coming from both ears at once.

This helps the brain hone in on the conversation it wants to hear by helping locate the sound’s origin while making the sounds more distinguishable.

“This is how a person normally knows where a sound is coming from and helps them pick out who is talking in a noisy crowd,” Whiteside said. “They help you localize the sound and they make it as natural as possible to help separate speech from background noise.”

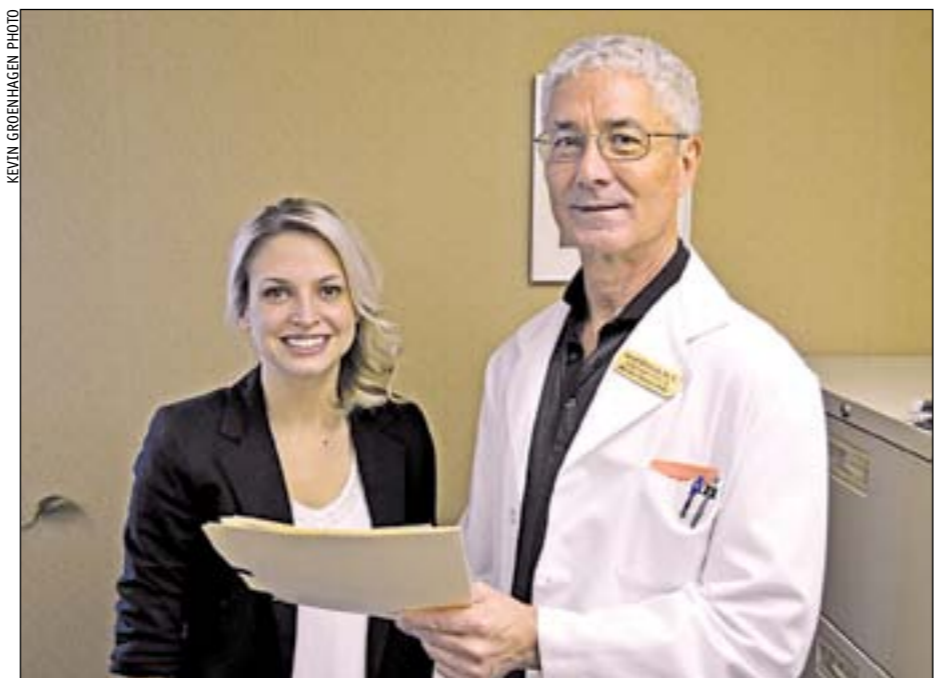
The new hearing technology became available about a year ago, Whiteside said, but it has been refined in the last nine months.

“Everybody’s trying to achieve a natural sound, but some manufacturers are better than others,” he added. “Some of them don’t have the two hearing aids communicate well to help find a signal in a noisy environment.”

Marston Hearing Center mainly handles the Oticon brand of hearing devices, not only for their durability and reliability, but also for their focus on working with the brain.

“They’re the ones that are focusing on what signal to give the brain to maximize the benefit,” Whiteside said, explaining that hearing aids do not work in the same way that glasses do because, while the function of glasses is to reflect light to hit the receptor cells, hearing aids can’t accomplish the same thing with sound.

“With hearing aids, the receptor cells—the ultimate receivers—are



Office Manager Heather Lindner and Dr. Gerald Whiteside

damaged, so we can’t replicate normal hearing. This is what we need to overcome,” he said.

One way to do this is to zero in on where the sound is coming from, and Oticon endeavors to do this as much as possible, he explained.

The company’s hearing devices not only focus on the conversation in front of the hearing aid wearers but also use directional microphones to help them as they turn their heads from one speaker to another. Oticon’s automatic noise processing design reduces the

loudness of noises coming from the back and sides. The design can also detect changes in pitch to help identify human speech, and the technology can recognize steady background noises like fans and car engines, identifying which sounds to enhance and which ones to reduce.

In the future, as technology continues to develop, clients can anticipate more miniaturization and more automatic modes for specific situations

After he determines the degree and type of hearing loss, Whiteside works to match clients with the hearing aids

■ CONTINUED FROM PAGE EIGHT

such as music, noisy venues and lecture halls, as well as more user-friendliness in the ability to communicate with other devices such as telephones and TV transmitters, Whiteside said.

Marston’s Hearing Center was started in 1975 by Dr. Larry Marston. Whiteside had earned a master’s degree in audiology and was starting on his doctorate when he began working with Dr. Marston and decided to stay at the center. That was back in 2003. Whiteside bought the practice from Dr. Marston in 2005 and earned a doctor of audiology from the University of Kansas a year later.

“We’ve tried to continue to provide the same level of service that Dr. Marston used to build the practice for 30 years,” Whiteside said. “There are a lot of hearing aid practices that provide hearing aids, but people are looking for who is going to provide service afterwards.”

When clients first come to Marston Hearing Center, they are given comprehensive hearing tests to determine whether the hearing loss is actually caused by the loss of receptor cells or if it is caused by something else, such as an infection, problems with the bones behind the eardrum, a disease of the ear or some other ailment. Sometimes the client’s physician will refer the patient to Whiteside for a diagnosis.

After he determines the degree and type of hearing loss, Whiteside works to match clients with the hearing aids

■ CONTINUED ON PAGE 9



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that best suit their needs by talking to them about what they are looking for and picking up on phrases such as ‘I can’t hear my spouse (or professor, or pastor).’

“What they tell us is what we target,” Whiteside said. “We match their hearing aids to their needs. If there’s something that’s motivating them to come here, the least we can do is address that.”

He also makes sure the clients know what hearing aids will not do, such as a situation where a person can’t hear

from one room to another when a television is competing with the sound of a person talking in the other room.

“After doing the hearing test, then the client is allowed to take the hearing aids home and test them out in their environment before they spend thousands of dollars on them,” Whiteside said. “What you want to hear is out there, not in the office.”

Long-time clients may notice a new person in the office. She is Heather Lindner, who began her position as

office manager in February. “Her positive attitude and cheery demeanor make coming here a more pleasant experience,” Whiteside said. “She has picked up on what’s going on here and is really good at it, and she’s also able to do some minor trouble-shooting.”

Marston Hearing Center is located at 1112 W 6th St, Suite 100, and Whiteside can be reached at 785-843-8479. More information about the clinic is available at [www.marstonhc.com](http://www.marstonhc.com).

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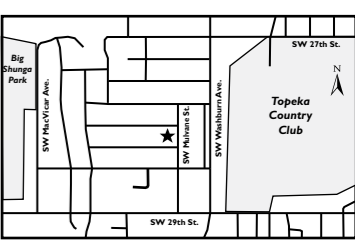


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# LMH unit focuses on rehabilitation close to home

By Janice Early

Patients affected by stroke, hip fractures and other debilitating illnesses or injuries are finding hope for returning to a normal lifestyle with the help of the acute rehabilitation unit at Lawrence Memorial Hospital. The 12-bed unit is known as the Center for Rehabilitation and Wellness.

After serving patients needing intensive levels of therapy to help them return to their activities of daily living for 15 years, the unit soon will be undergoing a major facelift. Starting May 9, patients on the fourth floor began being moved to the third floor so that construction work can begin. The renovation, which is expected to last about 10 months and cost about \$4 million, is being supported in part by community donations. So far, about \$1.6 million has been donated to the LMH Endowment Association to help with the project.

Program Director Jaye Cole said the Center for Rehabilitation and Wellness is looking forward to the physical enhancements. But the philosophy of the unit will not change. "Acute rehabilitation prepares patients to return home," she said. "The goal is to return the patient home as functionally independent as possible," she said. "We work intensively on the essentials, such as walking, dressing, bathing, feeding, even swallowing."

Staffed by physical therapists, physical therapy assistants, occupational therapists, occupational therapy assistants, speech pathologists, social workers and round-the-clock nurses trained in rehabilitation, the unit relies on a strong interdisciplinary team approach to recovery. Physicians work closely with the staff through daily updates and weekly team meetings to devise a plan of treatment and a plan of discharge for each patient.

The team approach not only applies

to the staff, but to the patients, as well. Patients work together during therapy sessions, and all patients dine together at a structured mealtime. Cole said the group format offers countless benefits.

"We try to simulate the home environment and make the unit not so institutionalized," she said. "It really helps patients to see others at a higher level of recovery than themselves. And the social interaction actually helps some patients heal faster."

Cole believes the program can improve the quality of life in Lawrence and its surrounding communities. With an expected average length of stay of 10 to 12 days, many patients can return home and resume a somewhat normal routine. That is an accomplishment Cole finds very rewarding. She said the rehabilitative approach has an important dimension to the continuum of services available.

Medical Director Shari Quick, MD, agreed, stating that the acute rehab unit

does more than just correct an underlying medical problem; it creates strategies and techniques to help patients deal with their medical problems. Dr. Carolyn W. Colvin, Acting Commissioner of Social Security, on April 29 medicine and rehabilitation and serves as the attending physician for patients on vision will serve as a "North Star" to the unit.

"The Center for Rehabilitation and Wellness enhances the continuum of care here in Lawrence," Dr. Quick said. "Even if patients have to be transferred to Topeka or Kansas City for acute services we don't offer at LMH, they don't have to stay there for their rehabilitation. They can return here and recover close to home knowing they will be receiving excellent care."

**Regaining independence**  
Some of the disabling illnesses or injuries treated at the Center for Rehabilitation and Wellness at LMH include:

- Stroke
- Hip fractures and replacements
- Amputations
- Multiple Sclerosis
- Parkinson's Disease
- Cancer
- Polyarthritis
- Closed head injury
- Neuropathy and myopathy
- Spinal cord Injury
- Peripheral nerve injury
- Multiple trauma

Admission criteria include:

- Significant functional limitations due to illness or accident
- Medical stability
- Need for more than one therapy (physical, occupational or speech) at least three hours per day/five days a week
- Willingness and ability to participate
- Potential to improve function or achieve independence

For more information about the Center for Rehabilitation and Wellness at LMH, visit [lmh.org/acuterehab](http://lmh.org/acuterehab) or call (785) 505-6470.

- Janice Early, MBA, is Vice President of Marketing and Communications at Lawrence Memorial Hospital. She can be reached at [janice.early@lmh.org](mailto:janice.early@lmh.org).

# Social Security announces Vision 2025, a long-range service delivery vision

Embarking on its 80th anniversary of being a key piece of the nation's fabric, Social Security is announcing its Vision 2025. The agency will serve as a "North Star" to guide Social Security and show how the agency will accomplish and deliver three key priorities: superior customer care here in Lawrence," Dr. Quick said. "Even if patients have to be transferred to Topeka or Kansas City for acute services we don't offer at LMH, they don't have to stay there for their rehabilitation. They can return here and recover close to home knowing they will be receiving excellent care."

When employees, customers, and partners are given the right tools to help them work better together, wonderful things happen. In shaping Vision 2025, Social Security reached out to as many individuals and organizations as possible for input. The agency engaged in active listening and communicating with internal and external stakeholders. Internally, the agency engaged employees, labor unions, and management associations. The agency encouraged and received feedback and ideas from the public through an online survey accessed on

the agency's website, [www.socialsecurity.gov](http://www.socialsecurity.gov). The agency also worked with the National Academy of Public Administration, members of Congress, advocacy groups, and the Social Security Advisory Board. The input Social Security received resulted in "emerging themes" that led to the development of the three key priorities.

Vision 2025 reflects Social Security's full commitment—now and in the future—to offering customers choices in how they do business with us. This commitment includes sustaining a field office structure that provides face-to-face service and is responsive to members of the public who need or prefer face-to-face service.

"Vision 2025 represents the agency's commitment to continuous long-term planning. It will guide our more than 65,000 employees who continue to provide exemplary service to our customers," Acting Commissioner Colvin said. "We are proud of our longstanding commitment to customer service and continual efforts to improve efficiency. We are also excited about our vision for serving the public in the next 10 to 15 years."

For more information, you can access the Social Security Vision 2025 interactive website here: [www.socialsecurity.gov/vision2025](http://www.socialsecurity.gov/vision2025).



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# New effort benefits area seniors and Meals on Wheels

Gail Shaheed from the Shawnee and Douglas Counties area is on a mission to see more families share sit-down Sunday dinners with their senior loved ones. The reason? New research shows that 50 percent of surveyed families living near senior relatives feel they do not share enough meals with older loved ones, losing an important family connection.

“For seniors, it’s not what’s on their plate that matters most at mealtime—it’s who is at the table with them,” said Shaheed, owner of the local Home Instead Senior Care® office. “When seniors share meals with a companion, they have a better mealtime experience—both nutritionally and emotionally.”

Almost 75 percent of the people surveyed said they only sit down for a family meal with senior loved ones for special occasions, events, or holidays. They say a big part of the problem is time—both not having enough of it and conflicting schedules.

To encourage families to make time

for these meals, the Home Instead Senior Care Foundation® will donate \$1 to Meals on Wheels America (up to \$20,000 total through July 31, 2015) for each person who commits to regularly scheduling family dinners at SundayDinnerPledge.com. Pledging to have a sit-down dinner with loved ones will help to ensure other seniors will have a quality meal through the Meals on Wheels program.

“We hope families will make the pledge to either revive or begin new mealtime traditions with their senior loved ones,” Shaheed said. “This small commitment can have a big impact on a senior’s well-being.”

Shaheed’s Home Instead office will also donate \$500 between the Topeka and Lawrence Meals on Wheels for every person who signs up through their website, [www.homeinstead.com/584](http://www.homeinstead.com/584) or Facebook page. For those with no access to a computer, Shaheed said the local Meals on Wheels office will have forms available.

To help families across the country host their own Sunday dinner, Home Instead Senior Care has partnered with celebrity chef and mother of four Melissa d’Arabian to develop easy, nutritious recipes. Additional resources include tips for how to involve seniors in meal planning and preparation, pre- and post-dinner activities and meal plans for healthy,

inexpensive meals that all generations can enjoy.

For these free resources and more information on how you can bring back the Sunday dinner and reconnect with your senior loved ones, visit [www.SundayDinnerPledge.com](http://www.SundayDinnerPledge.com) or call Home Instead Senior Care at 785-272-6101 in Topeka and 785-856-8181 in Lawrence.

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# ESTATE PLANNING

## Financial Elder Abuse

The Consumer Financial Protection Bureau has noted that the most common form of elder abuse is financial exploitation, citing a study that found 5% of adults 60+ experienced financial mistreatment by a family member in a single



Bob Ramsdell

year. And these are significant losses. Another study estimated that, in 2010 alone, older Americans lost \$2.9 billion to financial exploitation—and many experts think actual losses are much greater. (See “Protecting Residents from Financial Exploitation” produced in May 2014, available on the CFPB’s website.)

1.) Taking the personal property or financial resources of an elder person for the benefit of the defendant or another person by taking control, title, use or management of the personal property or financial resources of an elder person through:

A.) Undue influence, coercion, harassment, duress, deception, false representation, false pretense or without adequate consideration to such elder person; or

B.) A violation of the Kansas Power of Attorney Act; or

C.) A violation of the Kansas Uniform Trust Code; or

2.) Omission or deprivation of treatment, goods or services that are necessary to maintain physical or mental health of such elder person.

Under consideration in the current legislative session (but not enacted as of mid-May, the time I am writing this), Senate Bill 57 seeks to amend the Power of Attorney Act to add a specific notice of the agent’s fiduciary duties and amplify items such as the requirement to maintain adequate records (for a period of five years after the date of the transaction), liability for commingling of funds or assets contrary to the best interest of the principal, etc.

But prosecution after the fact rarely recoups the money and assets taken. Dirtbags (a legal term of art) who abuse their authority under a Power of Attorney or Trust Agreement tend to spend what they steal on trips to the casino, nice meals, vacations, and other pleasures,

leaving little, if any, stolen assets to recover. If you are being financially exploited—or are aware of someone being exploited—report it immediately to a family member, one of your health-care providers, the police, the District Attorney’s office, or some other responsible, trustworthy person.

And exercise judgment regarding the fiduciaries you name in your Power of Attorney and other estate planning documents. Do not name a person your agent just because he or she happens to be your eldest child or holds some other relationship to you. Your agent needs to be someone absolutely trustworthy—who also possesses financial common sense and the ability to balance a checkbook. If you’ve named someone and later learn something that alters your trust—such as that person displaying poor judgment, filing for bankruptcy or exhibiting other signs of financial distress—then execute an updated Power of Attorney naming someone else. Also give consideration to naming a trust company or the trust department of a bank as your agent.

Another safeguard can be to exclude the exercise of certain powers outright (in addition to those prohibited by law) or to specify that the exercise of certain powers requires the agreement of your primary and successor agents. For example, you can allow your primary agent to individually handle most transactions while specifying that certain transactions—such as transactions above a certain dollar amount or the withdrawal of an amount in excess of the Required Minimum Distribution from an IRA or other retirement account—require the agreement of your primary and successor agents.

The key is to be proactive and protect yourself.

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

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Cognitive impairment heightens the vulnerability of elders. Research indicates our functional intelligence peaks at about age 53. The previously cited CFPB manual noted that about 22% of adults 70+ have mild cognitive impairment and one person out of eight aged 65+ has some form of Alzheimer’s.

Kansas has taken steps to address this problem. Effective July 1, 2014, KSA 21-5417 was amended to add mistreatment of an elder person (defined as a person 70 years of age or older) to the criminal code. The statute defines mistreatment of an elder person as:

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## Be A Fountain

*By Connie Michaelis, Marketing Director  
pr@mccriteretirement.com*

Everyone has heard of the mysterious Fountain of Youth. Unsubstantiated accounts say that the Spanish conquistador, Ponce de Leon, was on a quest to find the illusory source of eternal life in Florida in 1513. Although he encountered a poisoned arrow that ended his life, the mystery of the fabled wellspring continues to this day. What did result from Ponce de Leon’s exploration are the historic City of St. Augustine and numerous tourist locations that tout restorative bathing pools and drinking fountains. Most of these have posted warnings from the state concerning the safety of the Sulphur smelling water! Americans have been seeking the Fountain of Youth ever since. We may be a little more sophisticated in our search with pharmaceuticals, surgeries and health foods, but ‘forever young’ remains wishful thinking.

Sophia Loren, 81, discovered a powerful truth, “There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.” We can quit searching for the magic elixir to drink and look for that life-giving stream inside ourselves. My observation is that there are basically two kinds of people; the fountains and the drains! You know immediately when you are in the presence of someone who enhances life or someone who saps the life out of you. We are naturally attracted to those that fill us up and inspire us. One of the best reasons to live in community is the positive and life-fostering environment. Abe Lincoln surmised that folks are usually about as happy as they make their minds up to be. So we have a choice, be a fountain or be a drain! When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.



# JILL ON MONEY

## How much do you need to retire?

The answer depends on a variety of personal factors, starting with how much you need to float your lifestyle today.

Because so many people hate the idea of figuring out what they are spending now, they often use an old



Jill Schlesinger

financial planning calculation to determine their retirement income need: reduce current salary by 20 percent. The rationale behind this strategy is: In retirement, people will no longer be on the hook for payroll taxes, retirement plan contributions or commuting costs.

Of course if you are living on far less than 80 percent of your current pay or some of your big expenses will disappear during retirement (mortgage, school loans), you may want to use a lower monthly need. Then again, according to a report by HealthView Services, the average couple should expect to spend \$266,600 throughout retirement on health care. So maybe that 20 percent reduction is not such a bad substitute for your future monthly nut.

Once you have your retirement need in hand, you need to determine how much income you will receive from Social Security and pensions. Any shortfall between your monthly need and your stream of income has to come from your investments.

I continue to emphasize the importance of using a reasonable “withdrawal rate,” which is the percentage

that retirees can safely withdraw from their assets annually without depleting their nest eggs. A conservative withdrawal rate is 3 to 3.5 percent on an annual basis. That means every \$1 million you save can generate about \$30,000 to \$35,000 of annual retirement income.

The biggest problem in figuring out how much you need to retire is that it requires a lot of moving parts to operate smoothly over a long period of time. As economist Paul Krugman, a columnist for The New York Times, says: “In an idealized world, 25-year-old workers would base their decisions about how much to save on a realistic assessment of what they will need to live comfortably when they’re in their 70s ... In the real world, however, many and arguably most working Americans are saving much too little for their retirement. They’re also investing these sav-

ings badly.”

How badly are Americans at investing? A recent Bankrate.com study found that just 48 percent of Americans own stocks or stock mutual funds. Of those who don’t participate in the stock market, 53 percent say they simply don’t have the money to invest. Considering that median per capita income, adjusted for inflation, has basically been flat since 2000 and many Americans are still climbing out of a massive hole from the Great Recession, that result is not surprising.

But a whopping 39 percent cite reasons for avoiding stocks that are worrisome: 21 percent don’t know about stocks; 9 percent don’t trust brokers or advisors; 7 percent think stocks are too risky; and 2 percent are afraid of high fees. All of those rationalizations can be resolved without much work, especially in an age of abundant, free information and resources.

Here are a few answers to questions that may keep people sidelined from the market:

What is a stock/Isn’t owning a stock risky? When you own a share of stock,

you are a part owner in a publicly traded company. Stocks as an asset class are risky, which is why when most people invest, they use mutual funds and spread out their risk among different assets, like stocks, bonds, real estate and cash.

What if I don’t trust brokers or advisors and/or want to avoid high fees? To invest without an intermediary in an affordable way, just use no commission index funds. Some of the most inexpensive index funds are offered through Vanguard, Fidelity, T. Rowe Price, TD Ameritrade and Charles Schwab.

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

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# MAYO CLINIC

## Severe tinnitus can interfere with hearing but doesn’t cause hearing loss

**DEAR MAYO CLINIC:** For the past several months I’ve had a high-pitched ringing in my ears. It comes and goes, but lately it seems to happen more frequently. My doctor said that it is tinnitus and is quite common, but I’m concerned and want to know what could have caused it. Could it be related to stress? Does it ever lead to hearing loss?

**ANSWER:** Tinnitus involves hearing noise in one or both ears that’s not caused by an external sound. Tinnitus is common, but it is not a condition on its own. Rather, it’s a symptom of another underlying condition.

The noise of tinnitus often sounds like a ringing in the ears, but it can also be buzzing, clicking, roaring or hissing. The noise may vary in pitch from a low roar to a high squeal. In some cases, the sound can be so loud that it

interferes with your ability to concentrate or to hear actual sound. Tinnitus may be present all the time, or it may come and go.

You need additional evaluation to see if the cause of your tinnitus can be found and treated. If after that assessment the cause remains unclear, then you and your health care provider should discuss how to best treat your symptoms. Although severe tinnitus can interfere with your hearing, the condition does not cause hearing loss.

Tinnitus is a symptom associated with many ear disorders. A common cause of tinnitus is inner ear damage. Tiny, delicate hairs in your inner ear move with the pressure of sound waves. That movement triggers the cells in your ear to release an electrical signal. The signal travels from your

ear, through the auditory nerve and into your brain. Your brain interprets the signal as sound.

If the hair cells inside your inner ear are broken, bent or otherwise damaged, they may spark random electrical impulses to your brain, causing tinnitus. Some of the ear conditions that can lead to tinnitus include exposure to loud sound, age-related hearing loss, earwax buildup and changes within your ear bones.

It’s not only ear problems that can lead to tinnitus, however. Other conditions that can cause it include cardiovascular disease, allergies, anemia and some jaw disorders. Other factors such as diet, stress and certain medications can play a role in the development of tinnitus, too.

Reviewing your medical history with your primary health care provider, along with getting a thorough physical exam and having diagnostic tests, can help provide vital clues to the cause of your tinnitus. You may be referred to an otologist for a more thorough evaluation of your ears and possible cause of your tinnitus.

In many cases, a hearing exam completed by an audiologist is a key part of a tinnitus assessment. This test

involves listening for sounds played through earphones into one ear at a time and signaling when you can hear the sounds. This exam is not painful. A hearing exam may be able to help identify ear disorders or hearing problems. Imaging exams, blood tests and other procedures may be necessary, as well, depending on your medical situation.

If an evaluation reveals an underlying condition, then treatment for that condition often relieves tinnitus. If the cause cannot be identified, then talk to your health care provider about treatment to help ease tinnitus. Commonly, an audiologist can assist you in using a hearing aid, white noise machine or another similar device to help mask tinnitus and make your symptoms less bothersome. - Jamie Bogle, Au.D., Ph.D., Audiologist, Mayo Clinic, Scottsdale, Ariz.

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

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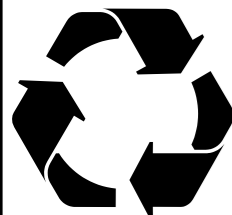
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## HEALTH & WELLNESS

# Arthritis and knee pain

Arthritis can be a pain in the knee. Half of everyone over 65 is said to have arthritis in one or more joints—and for people over 80 the number is 75%. Knee arthritis in particular is a very common cause of pain. The problem is that arthritis can stretch the ligaments in the knee until it bends outwards or inwards. This is a painful condition that may ultimately require joint



Laura  
Bennetts

replacement. But surgeons say that replacement surgery should be delayed as long as possible, and that other treatments should be tried until surgery is truly unavoidable. No one, of course, is eager to have surgery. And as excellent as surgical skills and technologies have become, replacement joints may not last longer than 15 or 20 years.

Luckily, there are other treatments to help strengthen your knee and keep you active.

### Step 1: Consult Your Doctor

Not all knee pain is caused by arthritis. If you suffer knee pain, you should see your doctor to learn the cause. Knee pain can be caused by conditions such as irritated knee caps, torn ligaments or cartilage, or inflamed tendons (tendonitis). You need to know exactly why you hurt to get the right treatment and reduce stress on the joint.

### Coping With Arthritis

Often, of course, knee pain is caused by arthritis. So if your knees hurt, you may need to understand and cope with

arthritis. Basically, arthritis causes degeneration of the knee joint. The cartilage (meniscus) that absorbs shocks can be worn down, leaving bone pressing on bone. Arthritic inflammation can make the smooth shiny bony surfaces of the joint rough and pitted. The tendons and ligaments that keep the knee joint stable can swell up, making walking painful and difficult.

None of this is much fun. And we're still largely in the dark about why some people are unusually susceptible to arthritis, or why arthritis affects knees more than the other leg joints. But fortunately we do know a lot about treating knee arthritis, and knee pain in general.

### Treatment

Once your pain is diagnosed, you should seek treatment ASAP. Whether arthritic or not, painful knees grow weak and unstable, causing persisting pain. You have several non-surgical treatment options, including pain medications, anti-inflammatory medications, and physical therapy. The best and quickest results come from combining medications with therapy. One of the main benefits (and goals) of therapy is to enable you to cut down on your pain medications as you get stronger and your pain decreases.

### Let's Start with Exercise

Exercise works wonders—or rather,

YOU work wonders when you exercise. Your physical therapist will help you exercise in the best way possible. This will help you decrease your pain, increase strength, regain range of motion, and increase joint stability.

Therapists use modalities such as ultrasound, electrical stimulation and infrared light therapy to reduce joint swelling and pain. Exercise also increases the flow of synovial fluid in the joint, bringing nutrients through the increased blood flow. The muscles around your knee joint, when strengthened maximally, will work with your cartilage to absorb the impact on the joint when you walk. The joint parts will work together to make your knee stable and decrease the energy you need to walk.

### Splash and Sit

Exercising in water is often good for people with knee and hip arthritis. Water exercise builds muscular endurance. This improves your ability to move or exercise continuously—so that you can walk, say, 20 rather than 10 minutes. Water exercise strengthens and stabilizes the knee joint, which is vital for ease in walking. And you can further improve knee stability (for walking in snow or on stairs or in other difficult circumstances) by exercising with weights or by doing standing exercises in the gym. The best stabilizing exercises include: half squats, sitting leg presses, standing toe raises, single leg exercises, and weight lifting.

### Helpful Hints

Here are several other things to watch

for if you have knee pain.

1. Back pain. People with knee pain often hurt their backs by bending at the waist to reach things on the floor. Better is to use a long-handled reacher.
2. Walking with a limp. If one knee hurts, you probably shift your weight to your other leg. But this may cause back or hip pain by causing you to walk with uneven steps or limping. Better is to use a cane (in the hand opposite the painful knee) to avoid limping.

3. Foot and ankle pain. If your knee bows inward or outward, your ankle and foot will suffer stress as well. You may benefit from improved arch support, or perhaps from a knee brace.

4. Falling. If your right knee hurts, you are more likely to fall to the right side if your knee buckles. You can decrease the chance of falling—and fracturing a hip or wrist—by using a cane in your opposite hand (in this case, the left hand).

### Kneed Help? Get Help!

Knee pain shouldn't keep you home this summer. Treatment and proper exercise can make your knee stronger—and you'll feel better.

- Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see [www.LawrenceTherapyServices.com](http://www.LawrenceTherapyServices.com).

## HEALTH & WELLNESS

# The versatile sunflower

Sunflowers are known scientifically by the genus name *Helianthus* from the Greek words *Helios*, meaning “sun” and *Anthos*, meaning “flower.”

Sunflowers are related to other flowers, such as daisies, marigolds, and black-eyed Susans, all of which are



Dr.  
Farhang  
Khosh

members of the *Compositae* family. The stem is thick, hairy, and light green with leaves that are large, rough, toothed, and heart-shaped. Sunflowers grow from two to 10 feet high and the flower heads measure from three to 14 inches in diameter.

Kansas recognized the sunflower as the official state flower in 1903. The sunflower is a native plant. The American Indian first used the sunflower. Sunflower seeds have been found at several archaeological sites in the United States. At prehistoric sites in Arizona, several sunflowers disks have been found, as well as designs of the flowers that are incorporated in their artwork, including the pottery. In addition, Native Americans used this brilliant flower in many ceremony rituals. The sunflower was highly regarded by the Aztecs. The Aztec had the sun-

flower in their temples of the Sun; the priests were crowned with sunflowers and carried them in their hands. Medicinal purposes of the sunflower are wide and variable. It has been mentioned in history as a cure for snake bites and pulmonary infections, such as respiratory ailments like bronchitis, coughs, colds, whooping cough, laryngitis, and pleurisy. In addition, sunflowers have been used to treat stomach worms, remove warts, rheumatism, improve appetite, as a disinfectant for cuts and wounds, fatigue, dermatological conditions, chest pains, and fevers.

Sunflower seeds and sunflower oil are delicious food sources. Roasted sunflower seeds can be used to make a coffee-type drink. Sunflower seeds can be made into nut butters and used to make nutritious breads. The Chinese have used the fiber from the sunflower stems to make fabrics and paper. Sunflower oil be used in cosmetics, dermatological applications, and as an additive to many capsules used in supplements. Sunflowers have been used as a fuel, feed for livestock, a wash for horses, soil fertilizer, and as tobacco.

So as you are looking enjoying the summer and see a sunflowers growing, remember its many medicinal, culinary, and pertinent purposes.

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



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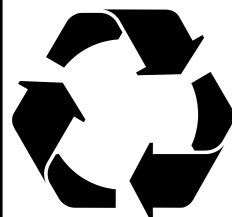
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Please recycle this copy of Kaw Valley Senior Monthly when you are through with it.



# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

### SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

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

### LAST FRIDAY OF EACH 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 every month. See website for participating locations. LAWRENCE, 785-842-3883 finalfridayslawrence.wordpress.com

### MAY 1-DEC 4 FIRST FRIDAYS ART WALK

Thousands of Topekans participate in the ARTSConnect First Friday Artwalk along with dozens of businesses who host special artist showings, musical performances, and other special events. North Topeka Arts District (NOTO), 800-1000 N Kansas Ave., 5:30-8:30 p.m. TOPEKA, artsconnecttopeka.org

### JUN 6 & 7 MULVANE ART FAIR

Make a trip to Washburn University this summer for the 23rd Annual Mulvane Art Fair! This open-air art fair features more than 90 artists from across the country displaying works of

art in an array of media. 1700 SW College, 10 a.m.-4 p.m. Fee. TOPEKA, mulvaneartfair.org

### JUN 19 & 20 SWAN ARTS FESTIVAL

The SWAN Arts Festival is a two-day regional event that highlights the arts that exist in the area, as well as introduces regional and national artists. Be prepared for fine arts, live music, children's activities, delicious food, art demonstrations, vendors and so much more. The event is free and open to the public. Ottawa & Franklin County Visitor Information Center, Fifth and Main Streets. OTTAWA, 785-242-1411 www.swanartsfestival.com

### JUN 27 BONNER SPRINGS FESTIVAL OF THE ARTS

Come enjoy Kansas City area arts, crafts, music, performances, food, and more in support of the Bonner Springs Arts Alliance. Event is held in conjunction with Bonner Blast Independence Day Celebration, which includes an ice cream social at 8 p.m. and Patriotic City Band Concert from 8:30-9:30 p.m. with fireworks at approximately 9:45 p.m. BONNER SPRINGS, 913-558-9669

## BINGO

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

**SUNDAYS, WEDNESDAYS & FRIDAYS CAPITOL BINGO HALL**  
Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays, 2050 SE 30th St. TOPEKA, 785-266-5532

**MONDAYS & THURSDAYS AMERICAN LEGION POST NO. 400**  
3029 NW US Highway 24, 6:30 p.m.  
TOPEKA, 785-296-9400

**WEDNESDAYS PINCREST APARTMENTS**  
924 Walnut, 12:30-1 p.m.  
EUDORA, 785-542-1020

**WEDNESDAYS & FRIDAYS VETERANS OF FOREIGN WARS**  
3110 SW Huntoon, 6:30 p.m.  
TOPEKA, 785-235-9073

**WEDNESDAYS & SATURDAYS LEGIONACRES**  
3408 W. 6th St., 7 p.m.  
LAWRENCE, 785-842-3415

**FRIDAYS EAGLES LODGE**  
1803 W. 6th St., 7 p.m.  
LAWRENCE, 785-843-9690

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

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

## EDUCATION

**ONGOING COOKING CLASSES**  
The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website. LAWRENCE, 785-843-8544 themerc.coop/classes

**EVERY OTHER MONTH MARCH-NOVEMBER AARP SAFE DRIVING COURSE**  
Stormont-Vail is pleased to offer the AARP Safe Drivers Course at Pozez Education Center on March 10 and 11 from 10 a.m.-3 p.m. This course reviews helpful tips and completion could help get you a discount on your auto insurance. Registration required, please call. Cost: \$15 per person for AARP Members, \$20 per person for non-members. Please bring your AARP card to class. Instructor: Bridey Stangler. Register at www.lprd.org or any Lawrence Recreation Center.

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

**FIRST & THIRD FRIDAYS OF EACH MONTH HEALTHWISE AFTER 55**  
Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, 785-354-6787

**SECOND & FOURTH FRIDAYS OF EACH MONTH FOR FAMILY CAREGIVERS**  
Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, 785-354-6787

**JUN 3-24 WRITING OUR FAMILY STORIES**  
This course will provide guidance in collecting and writing your family stories. These stories help us stay in touch with who we are. Preserving these stories will help future generations know themselves better. We will use journaling methods and prompts to inspire your words. Everyone can do this. We all have stories to tell. Instructor: Iris Wilkinson. Register at www.lprd.org or any Lawrence Recreation Center. Sponsored by Lawrence Parks and Recreation. Wednesdays, 6-8 p.m. Fee. Location: Carnegie Building LAWRENCE, 785-832-7920

**JUN 10-24 ALTERED BOOKS**  
Have you been saving family photos, greeting cards, postcards and letters for a someday project? Use those precious mementos to turn an old, neglected book into something new, meaningful and completely unique. All levels of creativity and artistic experience welcome. Enrollment includes all materials and supplies. Instructor: Bridey Stangler. Register at www.lprd.org or any Lawrence Recreation Center.

■ CONTINUED ON PAGE 19

**■ CONTINUED FROM PAGE 18**  
Sponsored by Lawrence Parks and Recreation. Wednesdays, 6:30-8:30 p.m. Fee. Location: Community Building. LAWRENCE, 785-832-7920

**JUN 10, JUL 8, & AUG 12 MEDICARE EDUCATIONAL SEMINAR**  
Century Health Solutions, an affiliate of Stormont-Vail HealthCare, will hold Medicare Educational Seminars on Wednesday, June 10, July 8, and August 12 at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. Please contact Crystal for reservations. TOPEKA, 785-286-6402

**JUNE 13 & 27 PAINTERS PALETTE**  
Techniques, styles and tips taught with acrylic paints on canvas or other surfaces. Designed for beginners and experienced painters alike. Class is designed as a drop-in session, so start anytime and attend on the second and fourth Saturday of each month. Bring your own supplies, suggested supply list available from instructor. Instructor: Lori Dalrymple. No registration required, fee of \$20 applies to each drop-in session attended. Saturdays, 9:30 a.m. – Noon. Location: Community Building. LAWRENCE, 785-832-7920

**JUL 15- AUG 5 BEGINNING UKULELE**  
This beginning uke course will cover tuning, basic chords and beginning strum patterns. Share the fun while learning to play commonly known songs. Students brand new to ukulele are welcome. Ukuleles are not provided. If you are considering buying one, please contact the instructor before class and she will guide you in buying a good starter one. Come share the joy of Aloha. Instructor: Linda Tilton. Register at www.lprd.org or any Lawrence Recreation Center. Sponsored by Lawrence Parks and Recreation. Wednesdays, July 15-August 5, 6-7 p.m. Fee. Location: Castle Tea Room LAWRENCE, 785-832-7920

**JUN 16 SENIOR SUPPER AND SEMINAR**  
This month's topic: "No Bones About It-Osteoporosis: Diagnosis and Treatment Overview." Presented by Joan Brunfeldt, MD, of the Reed Medical Group. On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. At 6 p.m., there will be a short educational program on a health or wellness topic presented by LMH affiliated physicians or associates. Advance reservations are required for the supper portion only, and must be made at least 24 hours in advance by calling LMH Connect Care at (785) 749-5800. Supper seating is limited so please enroll early. Seminar presentation is open to adults of all ages. LAWRENCE, 785-749-5800

**JUL 25-AUG 19 AMERICAN MAH JONGG**  
This fascinating rummy-like game was originally played solely by the Chinese ruling classes. Now with patience and a few lessons, anyone can master the intricacies of this classic game. Instructor: Pearl Neaves. Register at www.lprd.org or any Lawrence Recreation Center. Sponsored by Lawrence Parks and Recreation. Wednesdays, 7-9 p.m. Fee. Location: Castle Tea Room. LAWRENCE, 785-832-7920

## ENTERTAINMENT

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

**MAY 5-JUL 12 HAIRSPRAY**  
HAIRSPRAY is the most requested "return engagement" in New Theatre's history. On Broadway it won eight Tony awards and was hailed by the New York Times as "the best musical of the decade." Set in the 1960's, HAIRSPRAY is the story of a "pleasantly plump" mother and her teenage daughter...both full figured and ready to fight for what's right! New Theatre Restaurant, 9229 Foster St. OVERLAND PARK, 913-649-7469 www.newtheatre.com

**JUNE 5 SUNDOWN FILM FESTIVAL**  
Join us for movie night. *Little Women* (1994), starring Winona Ryder. Rated PG. Bring blankets and lawn chairs and enjoy the movie outdoors on the grounds of the Kansas Historical Society. Admission to the movie is free. Pop-corn, candy, soda, and water will be available for purchase. The Kansas Museum of History, 6425 SW 6th Ave., 9 p.m. TOPEKA, 785-272-8681

**JUN 20 WHEATSTOCK XI**  
Old Prairie Town is proud to host the 11th Annual Wheatstock Concert featuring acoustic and bluegrass music. Bring your family out for this fun-filled day to listen to some wonderful artists performing at their best. Bring your own lawn-chair and enjoy the beautiful Old Prairie Town setting, while listening to some great music! There will be food available for purchase. Bring the children as this is a family friendly event. Event is free but donations are welcome. Old Prairie Town, 124 NW Fillmore, 10 a.m.-8 p.m. TOPEKA, 785-368-2438

## EXHIBITS/SHOWS

**JUN 1-10 REMEMBERING OUR HEROES**  
This is a free traveling photo exhibit of all Kansans killed in Iraq and Afghanistan in the Global War on Terrorism since Sept. 11, 2001. Museum of the Kansas National Guard, 125 SE Airport Dr., 10 a.m.-8 p.m. Free. TOPEKA, 785-862-1020 www.kansasguardmuseum.org

**JUN 13 CAR SHOW**  
Visit the Historic Town Square and take a walk through our state's greatest old time cars! There are several vendors, and competitions to participate in so bring your family and friends. Paola Chamber of Commerce, 6 W. Peoria, 11 a.m.-5 p.m. PAOLA, 913-294-4335

## FAIRS/FESTIVALS

**JUN 13 & 14 CAPITAL CITY FOOD TRUCK FESTIVAL**

■ CONTINUED ON PAGE 20

This two-day event will feature delicious delicacies from eight food trucks, including Noble House and Coffee Cake KC, lined up along SW Zoo Pkwy. The trucks will specialize in a variety of food including Hawaiian, barbecue, specialty cupcakes and coffee and more. While eating, enjoy shopping at several vendors and attend three separate concerts at Gage Park Amphitheater featuring Lucas Maddy, a county artist from Manhattan. Free. 11 a.m.-9 p.m. TOPEKA, 785-267-1156

**JUN 20 GREAT AMERICAN BANK'S NIGHT ON THE KAW MUSIC FESTIVAL**  
Country music festival. Headliner to be announced soon! Tickets will be available online only at www.nightonthekaw.com. De Soto Riverfest Park, 33440 W 79th St., 4 p.m. DE SOTO, 913-583-1585

**JUN 27 TAP THAT TOPEKA – A CAPITAL BREW FESTIVAL**  
Come sample some of America's finest year-round and seasonal craft beer and hard ciders while enjoying local foods, and learning more about the process of brewing a cold one! Roughly 50 breweries and 150 brews will be in the Capital City for the annual event. 11 a.m.-3 p.m. TOPEKA, 785-234-9336 www.downtowntopekainc.com

## FARMERS MARKETS

**EVERY SATURDAY APR-NOV TOPEKA FARMERS MARKET**  
Since the 1930s, the Topeka Farmers Market has come alive every Saturday morning from April through November. Vibrant with color, lively chatter and friendly faces, the Topeka Farmers Market attracts hundreds of Topeka residents and out of town visitors. 12th and Harrison, South of the Judicial Building, 7:30 a.m.-12 p.m. LAWRENCE, 785-249-4704 downtowntopekafarmersmarket.com

**APR 11-NOV 21 LAWRENCE FARMERS MARKET - SATURDAY**  
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rence area, with locally grown foods and farm products. 824 New Hampshire. 7-11 a.m., April 11 to August 29. 8 a.m.-12 p.m., September 5-November 21.

LAWRENCE, 785-505-0117  
www.lawrencefarmersmarket.com

**MAY 5-OCT 27  
LAWRENCE FARMERS MARKET - TUESDAY**

The mission of the Lawrence Farmers Market is to provide children and adults in the Lawrence area, with locally grown foods and farm products. 824 New Hampshire, 4-6 p.m.

LAWRENCE, 785-505-0117  
www.lawrencefarmersmarket.com

**FOURTH OF JULY EVENTS**

**JUL 4  
4TH OF JULY CELEBRATION AT FORT LEAVENWORTH**

Events start at 4 p.m. with concessions, games, concert, "Salute to the Union" at 8 p.m. and fireworks at dusk over Merritt Lake. In case of rain, fireworks at dusk on the 5th of July. FORT LEAVENWORTH, 913-684-2580  
www.fortleavenworthfmwr.com

**JUL 4  
CITY OF LAWRENCE FIREWORKS DISPLAY & PARTY IN THE PARK**

Gates open at 4:30 p.m. on July 4 at Watson Park. The fireworks show will begin at about 9:45 p.m. About 13 locally owned restaurants that are part of the Lawrence Originals organization will be on hand to serve food. The event is free to enter, and people simply can buy what food and beverages they desire from the variety of food vendor booths. Five area bands will play, beginning at 5 p.m. and continuing through the evening. Organizers have arranged to have a larger children's play area at the event. Laugh Out Loud and Theatre Lawrence are hosting the play area. The gazebo area in Watson Park will serve as a spoken word stage. There are plans to have a poet, theater performances and even a magician on hand. The event, which is dubbed Party in the Park 2014, has three major organizers: Lawrencehits.com, the restaurant marketing group Lawrence Originals, and the Lawrence Jaycees, which is the organizational force behind the actual

fireworks display. Watson and Burcham Parks, 7th St. and Kentucky and 200 Indiana St. LAWRENCE, 785-856-3040

**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  
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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

**MONDAYS THROUGH FRIDAYS  
A.M. WALKING CLUB**

Need exercise? Come to the East Lawrence Recreation Center from 7-10 a.m. 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 East Lawrence Center. 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

**TUESDAYS  
BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 10 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, 785-354-6787

**TUESDAYS, WEDNESDAYS & THURSDAYS  
JAZZERCISE LITE**

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

**TUESDAYS AND THURSDAYS  
FLEXERCISE**

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

**TUESDAYS AND THURSDAYS  
FREE BLOOD PRESSURE CLINIC**

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

**TUESDAYS AND THURSDAYS  
ZOSTAVAX (SHINGLES) CLINIC**

HealthWise 55 Clinic. 8 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, 785-354-6787

**WEDNESDAYS  
NUTRITION CLINICS**

Meet with a Registered Dietitian to discuss your nutrition needs and questions. HealthWise 55 Resource Center, 2252 S.W. 10th Ave., 8 a.m.-noon. Free. Call for an appointment TOPEKA, 785-354-6787

**WEDNESDAYS  
MEDICATION CLINIC**

Bring questions about your medications (pre-

scription or over-the-counter), 12:30-4:30 p.m. Call for appointment. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, 785-354-6787

**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 each month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids. LAWRENCE, (785)748-8034

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

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

**FRIDAYS  
BLOOD PRESSURE CHECKS**

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

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

HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free. TOPEKA, 785-354-6787

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

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

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

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

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

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free. TOPEKA, 785-354-6787

**JUNE 3  
CHOLESTEROL SCREENING**

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/ test. Lawrence Public Library. Sponsored by Lawrence Memorial Hospital, 9:30-11 a.m. LAWRENCE, 785-749-5800

**HISTORY/HERITAGE**

**JUN 20**

**TERRITORIAL DAYS**

Territorial Days celebrates Leocompton's National and State history. Historic Reenactments, pioneers skills demonstrators, craft and food booths. All museums open. 319 Elmore St. Starts at 7 a.m. Free. LECOMPTON, 785-887-6520  
www.lecomptonterritorialdays.com

**LAWRENCE PUBLIC LIBRARY BOOKMOBILE**

**MONDAYS**

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

**WEDNESDAYS**

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

**FRIDAYS**

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

**LAWRENCE PUBLIC LIBRARY BOOK TALKS**

**THIRD TUESDAY OF EACH MONTH**

Midland Adult Day Care, 319 Perry St., 10 a.m. Cottonwood Retirement 1029 New Hampshire, 2 p.m. Babcock Place, 1700 Massachusetts St., 3 p.m.

**THIRD WEDNESDAY OF EACH MONTH**

Brandon Woods, 1501 Inverness Dr., 10:30 a.m. Prairie Commons, 5121 Congressional Circle, 1 p.m.

**FOURTH WEDNESDAY OF EACH MONTH**

Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m. Presbyterian Manor-Asst. Living, 1429 Kasold Dr., 11 a.m. Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 1 p.m. Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

**MEETINGS**

**MONDAYS**

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

**MONDAYS, WEDNESDAYS & FRIDAYS  
WATER AEROBICS CLASSES**

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

**MONDAYS**

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

**FIRST MONDAY OF EACH 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 EACH MONTH  
BEREAVEMENT SUPPORT GROUP**

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

**FIRST & THIRD MONDAY OF EACH 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 EACH 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 EACH MONTH  
CAREGIVER SUPPORT GROUP**

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

**EVERY TUESDAY THROUGH FRIDAY  
MEN'S COFFEE**

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

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

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free. TOPEKA, 785-354-6787

**FIRST TUESDAY OF EACH 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 PROSTRATE CANCER SUPPORT GROUP - LAWRENCE**

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

**FIRST TUESDAY OF EACH MONTH  
TOPEKA AREA OSTOMY SUPPORT GROUP**

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

**FIRST & THIRD TUESDAY OF EACH MONTH**

**SCRAPBOOK MEMORIES**

Grace Hospice, 3715 SW 29th St., Suite 100, 6 p.m. All supplies provided (except photos). TOPEKA, 785-228-0400

**FIRST & THIRD TUESDAY OF EACH MONTH  
GRIEF SUPPORT GROUP**

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

**TUESDAYS & THURSDAYS**

**WATER AEROBICS CLASSES**

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

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

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging

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■ CONTINUED FROM PAGE 21

families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 SW 8th St. TOPEKA, 785-478-4947 or 785-296-8349

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

Meetings are held at the United Way building, 2518 Ridge Ct. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson. LAWRENCE, 785-691-7314

**FIRST & THIRD WEDNESDAY OF EACH MONTH CANCER SUPPORT GROUP**

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

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

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

**FIRST THURSDAY OF EACH 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 EACH 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 EACH 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

**ONE SATURDAY EACH MONTH LAWRENCE DEATH CAFE**

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death. A Death Cafe is a discussion group about

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

**SECOND MONDAY, SEP-MAY LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS**

Volunteer service club. LAWRENCE, 785-331-4575

**SECOND MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP**

Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m. TOPEKA, 785-235-1367 www.jhawkkaa.org

**SECOND TUESDAY OF EACH MONTH NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES**

Meets at 9:30-11 a.m. at Coyote Canyon Buffet. TOPEKA, www.narvre.com

**SECOND TUESDAY OF EACH MONTH KAW VALLEY HERBS STUDY GROUP**

An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page at www.facebook.com/HerbGroup. LAWRENCE

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

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

**SECOND THURSDAY OF EACH 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 EACH 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 EACH MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB**

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

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

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

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

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

**THIRD TUESDAY OF EVERY MONTH ALZHEIMER'S SUPPORT GROUP**

Alzheimer's support group for families and caregivers. Blessingame Home Care, 1835 N Topeka Blvd., Suite 205, 6-7 p.m. RSVP by calling. TOPEKA, 785-286-2273

**THIRD WEDNESDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES**

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

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

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 EACH 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 EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH**

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11 a.m.-1 p.m. For more information about the Widowed Persons Service Program, please call Julie. TOPEKA, 785-357-7290

**FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP**

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice. LAWRENCE, 785-841-5300

**FOURTH WEDNESDAY OF EACH 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 EACH MONTH TOPEKA GENEALOGICAL SOCIETY**

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

**FOURTH THURSDAY OF EACH 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 EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES**

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller. TOPEKA, 785-478-0651

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**JUN 18**

**LUNCH AND LEARN MEETING OF THE STORMONT-VAIL HEALTHCARE AUXILIARY**

The Auxiliary is a group of men and women who support the health center with voluntary service and monetary assistance of programs. If you are interested in attending the meeting to learn more about the Auxiliary's activities, please contact Stormont-Vail HealthCare Auxiliary Services. Stormont-Vail HealthCare, Administrative Conference Center, 1500 S.W. 10th Ave., 11 a.m. TOPEKA, 785-354-6095.

**MISCELLANEOUS**

**WEDNESDAYS**

**WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER**

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

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

The second Friday of each month, the Kansas Children's Discovery Center opens its doors exclusively to adults, 21+. Science is fun...at any age. Science Night Live provides visitors the opportunity to have fun and learn about science in a unique setting. We mix music and dancing, drinks and fun, playful science and creative arts for discovery after dark. Each Science Night Live features a unique science

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theme, as well as tasty spirits and fun. 4400 SW 10th Ave, 6-9 p.m. TOPEKA, 785-783-8300 www.kansasdiscovery.org

**THIRD SATURDAY OF EACH MONTH COFFEE & CONVERSATION**

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

**FEB 8-OCT 11**

**SECOND SUNDAY MONTHLY HIKE**

Clinton State Park and AmeriCorps invite you to join them for monthly hikes through the park every Second Sunday through the coming year. Each journey is approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Younger children are welcome, but be aware that the uneven terrain and length of the hikes may create the need for more adult assistance. Don't forget to bring water and dress appropriately. A Vehicle Permit will be required. Purchase one by the day at \$5.00 or annually for \$25.00 and get into all Kansas State Parks for the rest of the year. Call for more information. LAWRENCE, 785-842-8562

**JUN 6**

**HEARTLAND MILITARY DAY**

Heartland Military Day includes WW II and current military equipment displays, Civil War displays and demonstrations, two WW II battle re-enactments, panel presentations from the Iraqi & Afghan War, Band Concerts, a Pancake Feed, and a 6:30 p.m. concert and Memorial Ceremony on the War on Terrorism. Free. Museum of the Kansas National Guard, 125 SE Airport Dr., 7 a.m.-4 p.m. TOPEKA, 785-862-1020 www.kansasguardmuseum.org

**JUN 6 & 7**

**FREE FISHING WEEKEND**

It's FREE Fishing Weekend at all Kansas public

waters. No fishing license required. You must still have a vehicle permit if you enter into a Kansas State Park.

**JUN 13**

**QUILTS OF VALOR**

Holton is quickly becoming known for its love of art in all forms from textiles to painting to antiquing. Enjoy the spirit and culture of downtown Holton with wine tastings and specials, on second Saturdays each month as you shop local boutiques and market venues. Visit Holton Saturday, June 13, for Quilts of Valor and a military band in Holton's courtyard and gazebo on the square. Holton Jackson County Chamber of Commerce, 400 New York Square, 4-7 p.m. HOLTON, 785-364-3963 www.exploreholton.com

**JUN 20**

**WINGFLING**

The first-ever WingFling is a one-day event of hot wings, cold drinks and friendly competition at the Kansas Expocentre. Local and national restaurants will compete for one of four titles: "WingFling King," "BBQ Wing King,"

"Twisted Wing King"—each chosen by a panel of judges—and "Top Pop Wing"—chosen by the event patrons as the People's Choice. Sample as many wings as you desire while enjoying live music, watching sporting events, and playing party games like cornhole, ladder toss and beer pong. Kansas Expocentre, One Expocentre Dr., 12-4 p.m. Fee. TOPEKA, 785-235-1986 www.ksexpo.com

**JUN 20**

**12TH ANNUAL VAN GO "WHAT FLOATS YOUR BOAT" FUNDRAISER**

Join Van Go for the party of the summer! Dance under the stars, eat delicious barbecue, and bid on unique outdoor art to benefit Van Go's job-training programs. Since 2003, WFYB has been held at Clinton Lake Marina, and it just keeps getting better! Join 600 of your closest friends in supporting this home-grown non-profit that combines job-training, social services and art to positively impact young lives in Douglas County. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd., 6-11 p.m. LAWRENCE, 785-842-3797



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# Stormont-Vail receives excellence award

Stormont-Vail HealthCare has received the Excellence Award for Clinical Effectiveness from VHA, Inc., for achieving exceptionally high levels of performance in clinical effectiveness when compared to national benchmarks.

Stormont-Vail was one of six VHA-member hospitals in the nation to receive the Excellence Award for Clinical Effectiveness. VHA, Inc. is the largest member-owned health care company in the country, serving 5,000 health system members and representing more than a quarter of the nation's hospitals. The award was presented May 14 at a VHA conference in Las Vegas.

"This award demonstrates the high standards of our physicians, staff and organization in providing quality care for our community," said Randy Peterson, president and chief executive officer of Stormont-Vail HealthCare. "We are evolving into a system that is based on value instead of volume. Value emphasizes quality, service and wellness. This award is an indicator that we are successful in that effort while continuing to provide excellence in care."

To determine the winners of the Clinical Effectiveness Award, VHA evaluated all qualifying member hos-

pitals that achieved exceptionally high scores on several key national pay-for-performance measures as well as a high level of engagement in VHA improvement programs.

"Hospitals across the country are focused on making the transition to a value based model for care delivery while also working to ensure they are meeting new performance measures for clinical effectiveness," said Byron Jobe, VHA executive vice president, service and delivery. "VHA's Clinical Effectiveness Award recognizes and celebrates those member organizations that have been most successful in making this critical transition while continuing to deliver high quality care in the communities they serve."

**Know an interesting senior who would be a great subject for a Senior Profile? Please call Kevin at 785-841-9417.**

KEVIN GROENHAGEN PHOTO



**Kim Smith, Tanglewood Health & Rehabilitation administrator, Toni Dunbar, the facility's admissions and marketing director, and Pete Doll, a volunteer with the Greater Topeka Chamber of Commerce Ambassadors, cut the ribbon at the facility on May 13. The ribbon-cutting ceremony was held to celebrate the facility's name change, new ownership, and recent renovation at 5015 SW 28th St. in Topeka.**

KEVIN GROENHAGEN PHOTO



**Bobby Reding performed a variety of boogie-woogie favorites for residents of The Windsor of Lawrence on April 29.**

## RICK STEVES' EUROPE

# Europe's smart harborfront makeovers

If there's an industrial wasteland where a great European city hits the water—London, Berlin, Amsterdam, you name it—it's slated for a major makeover. Derelict areas on the wrong side of the river—what we in the USA might call "the wrong side of the tracks"—are being rejuvenated with modern buildings and fresh greenery.

My pick for one of Europe's most impressive urban overhauls is London's Docklands. In the early 1800s, the Docklands was the home port of "the empire upon which the sun never set"—so it became the world's leading harbor. But after being destroyed by Nazi bombers during World War II, the Docklands struggled and declined. Several decades later, investors realized the area was ripe for redevelopment, construction took off, and the neighborhood called Canary Wharf was born.

Hop on the Tube to go out there and immerse yourself in today's London. Where sailors once drank grog and stevedores unloaded cargo, thousands of office workers (the stevedores of the Information Age) populate a forest of skyscrapers, towering high above the remnants of the Industrial Age.

Like most of Europe's redevelopment projects, Canary Wharf was designed with a futuristic people-friendliness. Locals enjoy plenty of green spaces, art-filled plazas, trendy cafes, and pedestrian bridges that arc over waterways. Yet traces of its illustrious shipping roots can still be found. For instance, a row of 19th-century brick warehouses still lines the canal. An old sugar warehouse now houses the Museum of London Docklands, which tells the story of the world's busiest 19th-century port.

Of any place in Europe, Berlin is a work in progress—a place you need to be in every couple of years to see how it's developing. One way to take it all

in is to enjoy the vibrant scene along the Spree River. During the Cold War, Berlin turned its back on its riverbank. Much of it was a militarized "death strip"—part of the Berlin Wall that separated people on the East from the West. The East German regime even put nets underwater to stymie those swimming to the West for freedom.

What's most remarkable about Berlin is how it's gone from a home base of aggression to the capital of chill. Today the riverbank is a people-friendly park lined with impromptu "beachside" beer gardens with imported sand, BBQs in pocket parks, and locals walking their dogs, taking a lazy bike ride, or jogging against the backdrop of stunning new governmental architecture. It's easy to join the scene—just grab a drink and lounge chair, walk or bike along the trail that leads from the cathedral to the main train station, or hop aboard a riverboat cruise.

Another city in transition is Amsterdam, where a new north-to-south subway line is being built. This will move much of the transportation clutter across the wide IJ waterway to Amsterdam's (until now) underdeveloped north bank. Long neglected as a sleepy residential zone, this side of the water—which will get a huge boost when the new transit hub opens—is on its way to becoming a smart people-zone. Heralding the coming gentrification of this area is the striking new EYE Film Institute, with a complex of museum spaces, theaters playing art films, and a trendy terrace cafe with great waterside seating.

One of the most exciting revitalization projects in all of Europe is in Oslo (though, being Norwegian, maybe I'm biased). Oslo is a classic old Norwegian city. But in recent visits, I've been amazed at some of the dramatic changes going on here. The main construction centers around an ambitious

urban renewal project called Fjord City (Fjordbyen). In a few years, Oslo's waterfront will be a five-mile-long strolling and biking promenade—with nearly all traffic zipping through the city in underground tunnels.

Oslo's harborfront was dominated by the Aker Brygge shipyard until it closed in 1986. Today Aker Brygge is a promenade—each night it's a Nordic paseo. I like to enjoy the scene with a simple picnic from a grocery store. The harborfront comes with lots of picnic tables, comfy wooden lounges for two, and places where those citizens who can't afford the pricey restaurants can still enjoy the same views.

One harbor over from Aker Brygge, Oslo's striking Opera House—opened in 2008—is still the talk of the town. Its white-marble roof famously slopes

into the fjord, creating a public plaza, allowing the people of Oslo to literally walk on top of the theater they helped fund. Inside, a state-of-the-art, 1,400-seat performance hall brings ballet and opera to the masses.

All across Europe, cities are investing in the future and reinventing themselves. And, after a lifetime of traveling there, I never get bored. With ever-changing cityscapes and a dedication to good living, Europe's cities keep me on my toes.

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

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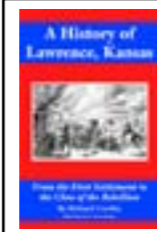
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## HUMOR

## Cosmic House Slippers

I was disconsolate as I nursed a soft drink in a back booth of The Enchantment. That's a dingy roadhouse on the outskirts of Letongaloosa. Every college town needs a joint like the Enchantment to maintain its academic accreditation. The Enchantment is where I go to have a soft drink and relax. On that night I had gone to The



Larry Day

Enchantment to brood. I had goofed up, and I was feeling low. Then, happily, my robot friend Kaybe rolled up to my booth.

Do you believe in aliens from outer space? I do. I've been friends with one for decades. KB-11.2 doesn't have green skin and luminous eyes like the aliens one sees in sci-fi movies. Kaybe looks like a giant tuna fish can.

Erector Set® arms sprout from the curving sides of his body, and three spindly metal legs drop down from the underside of his flat stainless steel torso. He has ball bearing wheels for

feet. A floppy two-foot antenna, with three sensor-eyes, stick out of the middle of his lid. Kaybe comes from the Alpha Centauri star system. Many years ago on a visit to Earth, Kaybe saved my marriage. Now here he was again to cheer me up.

Emmaline and I had taken a vacation to Northwest Florida, where we used to live. We had spent a lovely week at a hotel in a room overlooking the beach. On the last day as we packed and got ready to leave for the airport, I realized I hadn't packed my house slippers.

But there was not a smidgen of room in any of our luggage. These house slippers were brown suede. And they were OLD. The rubber sole of the right one was flapping, and the tops of both were heavily spotted with toothpaste. So I stuffed them into an already loaded trash basket, and walked out the door.

I felt a pang of regret immediately. I had worn those house slippers forever. They were with us on our trips to the Smoky Mountains, and with me on my journalistic assignments to Central America and the Caribbean, South America, and Africa. Yet now I had callously left them in a trash basket in a tourist hotel room far from home. It wasn't right.

Emmaline, practical and logical, said it was long past time to get rid of those house slippers.

"The sole of the right one was coming off, and they were filthy," she said. "Filthy," is a relative term with Emmaline. The word covers everything from something that is undeniably dirty, to a tiny spot on an otherwise pristine necktie.

Emmaline was right, of course. It was past time for the slippers to go. But I loved them. And I was born in the year of the Dog. In Chinese astrology, people who are born in the year of the dog are innately loyal to their belongings. Even, apparently, a pair of worn out house slippers.

As the plane took off, I thought how those dear old house slippers would soon be lying under a heap of trash in some malodorous landfill.

I continued to brood even after we had unpacked our suitcases and put them back in the closet, and I had picked up the mail that the Post Office had held for us.

"You need to go to The Enchantment," said Emmaline. "Go have a soft

drink and get this out of your system." That's where I was when Kaybe, my alien robot friend, rolled up to my booth.

Kaybe communicates and takes nourishment telepathically, and he's highly intuitive. Kaybe ordered a nonalcoholic beer from the waitress, Three-Finger Fannie, who is also an alien. I watched the brew disappear from the mug without Kaybe ever having touched it.

His words filtered into my mind, "You loved them, right?"

"Dearly," I said. "They didn't deserve to be abandoned like that."

"Then be of good cheer. Your house slippers are safe and well," said Kaybe. "I pulled them from the landfill, and I flung them into space. Your dear slippers will sail happily through the galaxies forever. Now go home and get some sleep."

And, gratefully, I did.

- 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.

## PET WORLD

## Research offers hope for feline heart problems

**Q:** Penny, our beloved tabby, died in my arms last weekend. We loved him for 9 years and he appeared to be perfectly healthy when he suddenly collapsed. I rushed Penny to the emer-



Steve Dale

gency clinic, but nothing could be done. I was devastated. Our veterinarian never warned us of the danger of heart problems in cats. Skylar, Penny's buddy, has taken his death very hard. Do you have advice to help Skylar?

Also, can you talk more about heart health in cats? - M.H., via cyberspace

**A:** Tragically, I understand exactly what you're going through. I had a cat named Ricky who suddenly collapsed due to feline hypertrophic cardiomyopathy (HCM) in 2002. HCM is the most common cause of sudden death in cats, and is the most common heart disease in cats. We knew Ricky had HCM after our veterinarian heard a heart murmur, and an ultra-sound was performed by a veterinary cardiologist. (Note: Not all cats with murmurs or other heart irregularities have HCM.)

Some cats with HCM suffer terribly, throwing thromboembolisms (with stroke-like affects), and though most of these cats have a chance at recov-

ery with prompt veterinary care, such medical emergencies can recur and get expensive and difficult for all involved. Other HCM cats (like your Penny or our Ricky) die suddenly. Others do well, then suffer from heart failure before succumbing. Some lucky cats with HCM live out a normal life and die at a ripe old age of an unrelated illness.

Ricky was quite the famous cat, known for his piano-playing talents and other skills, such as jumping through hoops or over dogs on a 'down/stay.' If YouTube had been around at the time, Ricky would have been an Internet star. He was a TV star, though, appearing on many shows, including some on Animal Planet and the National Geographic Channel.

After Ricky's death, I initiated the Ricky Fund with the non-profit Winn Feline Foundation (which funds health studies) so more could be learned about HCM. So far, the fund has raised over \$100,000 and supported several studies, including some that made it possible to determine if a genetic defect may occur in Ragdoll or

Maine Coon cats (using a simple cheek swab). Learn more at [www.winnfelinefoundation.org](http://www.winnfelinefoundation.org).

As for your other cat, Dr. Andy Roark, a veterinarian in Simpsonville, SC, notes that time is a great healer.

"Play relieves stress, likely for the other cat, as well as you," he said. "As you're witnessing, some cats do need to grieve. Maybe, when you're ready, you'll get another cat. Meanwhile, enjoy Skylar, and Skylar will enjoy your companionship. And play is a great stress outlet for your cat, and also for you."

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Send e-mail to [PET-WORLD@STEVEDALE.TV](mailto:PET-WORLD@STEVEDALE.TV). Include your name, city and state. Steve's website is [www.stevedalepetworld.com](http://www.stevedalepetworld.com); he also hosts the nationally syndicated "Steve Dale's Pet World" and "The Pet Minute." He's also a contributing editor to USA Weekend.

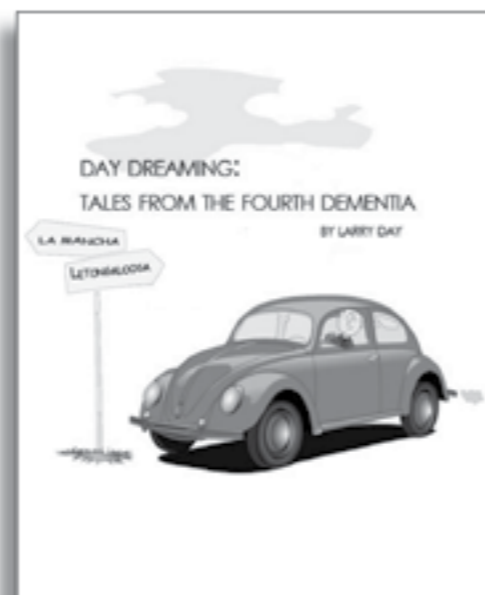
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# WOLFGANG PUCK'S KITCHEN

## Opt for sustainable, healthy beans

So much of my cooking revolves around the seasons and the fresh vegetables and fruits my team and I find at farmers' markets. We frequent so many of them, from those practically in my backyard, like the renowned Santa Monica Farmers' Market, to the stand on the northern San Diego County



Wolfgang Puck

family farm run by three generations of the Chinos, who have become so close to me that they make me feel like I'm their adopted, Austrian-born family member. And that's not to mention all the other local growers who supply the kitchens at my many restaurants from Dallas to Chicago and beyond.

Everyone in my restaurants is serious about making a commitment to helping the planet when it comes to the products we buy and the way we cook them. We do our best to source fresh, in-season, organic ingredients. We celebrate local farmers whenever we can. We promote the use of sustainable seafood and humanely treated animals, including serving eggs that come only from cage-free hens. Understanding that fresh produce offers one of the healthiest ways to eat both for human beings and the environment, we are also looking to expand the vegetarian selections on our menus.

But this philosophy isn't something new for me. I grew up in a humble home where a lot of the food we ate came from the garden my mother and grandmother tended. Meat was more of a luxury than the centerpiece of our table. In my restaurants, I've always thought of plant-based foods as star players on our menus, rather than boiled or steamed side dish afterthoughts.

Let me share with you here a perfect example: a recipe I've been making

for more than 30 years. It's a ragout, or stew, of black beans, flavored not with the chilies most people expect to season with, but with more Mediterranean touches: fresh thyme leaves, basil and tomato, along with onion and garlic. It makes a great accompaniment to roast or grilled meat, poultry or even seafood; or, if you make it with vegetable stock or water, you can serve it as a vegetarian main dish together with steamed rice. Feel free to substitute other dried beans you like, such as white, red or pinto beans. And vary the seasonings to your taste, too.

However you cook them, you'll find this plant-based dish deeply satisfying, with a flavor and texture that can best be described as earthy.

### CLASSIC BLACK BEAN RAGOUT

Serves 4 to 6

- 2 cups (500 mL), about 3/4 pound (375 g) dried black beans, picked over and rinsed
- 3 tablespoons extra-virgin olive oil
- 1 medium yellow onion, about 6 ounces (185 g), minced
- 1 garlic clove, minced
- Leaves from 3 or 4 sprigs fresh thyme
- 7 to 8 cups (1.75 to 2 L) organic chicken broth, water, or half broth and half water
- 1 tablespoon salt
- Freshly ground black pepper
- 1/2 cup (125 mL) peeled, seeded, and diced fresh organic tomato
- 8 large fresh basil leaves, chopped

In a large bowl, put the sorted and rinsed beans. Add enough water to cover them by 2 to 3 inches (5 to 7.5 cm). Leave the beans at cool room temperature to soak overnight.

The next day, heat 1 tablespoon of the olive oil in a small skillet over medium heat. Add the onion, garlic and thyme and saute, stirring occasionally, until the onion is translucent, about 5 minutes. Scrape the onion mixture into a 2 1/2-quart (2.5-L) saucepan.

Drain the beans and add them to the saucepan. Stir briefly to combine the beans and onion mixture evenly.

Pour in 6 cups (1.5 L) of the broth, water, or broth-and-water mixture, season with salt, and add pepper to taste. Bring to a boil over high heat. Then, reduce the heat to maintain a steady simmer and cook, stirring often to prevent the beans from sticking to the bottom of the pan and scorching, until the beans are tender, about 2 hours; as necessary, add more of the liquid to keep the beans surrounded by

liquid. By the time the beans are fully cooked, most of the liquid will have been absorbed.

Remove 1 cup (250 mL) of the beans and puree them in a blender or a food processor fitted with the stainless-steel blade. Return them to the saucepan and add the tomato, basil and remaining 2 tablespoons of olive oil. Stir thoroughly. Add more salt and pepper to taste, as necessary. Keep warm until serving time.

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# MEMORIES ARE FOREVER

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

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



Tom Mach

## My Marriage to a Special Man Named Earl

By Anne Haehl

We met at a church picnic in Kansas—how cliché! But Earl might never have gotten his nerve up without being pushed. I invited him to a yell-in—an archaic ritual in which a sorority welcomes new pledges. There are no matchmakers in Lawrence, Kansas, but my sorority sisters took him in hand. Walking back from a class together, one might ask, “Do you and Anne have plans for the weekend? Good movie at the Friday Flicks.” Or “Has Anne mentioned what you're doing Saturday? You should tell her your plans.”

It wasn't long before (to the delight of my sisters) Earl and I were an item. My sorority sisters were delighted, but my housemother called me in. “Really, you shouldn't be going around with that young man. You need someone who can take care of you. I only have your interests at heart.”

You see, Earl had carelessly chosen to be born upside down. His hands

shake, and his gait is awkward.

My sisters gave me permission not to have the normally-required weekly visit with Mother Anderson.

I recall once when I walked with Tom, a man known for his absolute dedication to equality of all kinds. He told me a story about a Japanese Christian who said that he never quite fit into a white Christian church. Tom claimed Earl would also never fit in.

And what about my parents? My mother was the neighborhood liberal—no George Wallace signs in our yard. She always said that she would support whomever I would marry. Understand that this was the 60s, and the young man was not only white, not only Christian, but of our own small sect. His mother was a businesswoman; his father a professor.

My parents had been divorced a couple of years by this time, but at my next visit home they decided to have a “gang up on Anne time.” My father yelled, “If you waste your life on this cripple, I'll spend the rest of my life cleaning up after you.” (He yelled a lot more, but that's vanished into the shades of time). My mother didn't yell. But she looked at me in utter disgust, saying, “Because I couldn't keep my man, did you decide to pick someone who wasn't a real man?”

As for us, we were in that rosy glow of falling in love. I knew he was funny, a lover of words, a lover of our Lord, and a collector of odd facts.

My housemother sensed I had been avoiding her so I told her the truth. I didn't want to see her because of her attitude toward Earl. I explained that this was the way I was raised and I could not help feeling the way I did.

She said she didn't like to be around people like Earl. I replied that I didn't want to be around prejudiced people like her. We parted company, and we rarely talked to each other after that.

Earl's dad being in theater, we went to the university theater, and a couple of times to Lawrence High to watch his brother in plays. We got burgers at Griff's, because Earl couldn't have caffeine, and they had root beer.

We also went to church activities



Earl and Anne Haehl

together—it was an exciting time to be a Christian. We thought justice might come. At that time people were not sensitive to people with special needs. There were no wheelchair ramps outside of care homes, no wheelchair accessible bathrooms, and no Braille markers by doors. People with mental retardation were still sent to state farms, and people with mental illness had to live out their lives the best they could.

Earl continued with college, and we continued with our life together. In his gentle way, he won over the housemother. As she chaperoned a dance, she said, “I realized how silly it was that I was prejudiced against Earl.”

My parents managed to show up for the wedding but paid little attention to us at the ceremony. But my thoughts remained with Earl. Years later I wrote my thoughts about him in a poem:

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# GOREN ON BRIDGE

## Balancing no trump

Goren on Bridge: With Bob Jones

Tribune Content Agency

East-West vulnerable. West deals.

NORTH

♠-A J 5 4

♥-K 7 5

♦-K Q J

♣-10 7 5

WEST

♠-Q 10 8 3 2

♥-A 2

♦-8 2

♣-A Q 9 3

EAST

♠-9 6

♥-Q 9 6 4

♦-10 7 5 3

♣-J 8 6

SOUTH

♠-K 7

♥-J 10 8 3

♦-A 9 6 4

♣-K 4 2

The bidding:

WEST NORTH EAST SOUTH

1♠ Pass Pass 1NT

Pass 3NT Pass Pass

Pass

Opening lead: Three of ♠

A one no trump overcall of an opening bid on your right shows 15-18 with a stopper in the bid suit, but a one no trump overcall in the balancing, or pass-out seat, shows 11-14, also with a stopper. Even so, South has a dead minimum for that

action, and many would prefer a take-out double. The final contract was decidedly skinny. Was South up to the task?

He made the key play of inserting dummy's jack of spades at trick one. The three high diamonds in dummy were cashed, followed by a spade to the king and the ace of diamonds. West had to make two discards on the diamonds and shed his two lowest clubs.

A heart toward the king came next. West rose with his ace and led the queen of spades, clearing the suit and setting up two spade tricks in his hand. Declarer read the position perfectly - he won the ace of spades in dummy, cashed the king of hearts and exited with dummy's last spade. West could cash another spade, but had to give South the king of clubs for his ninth trick. Well done!

Note that the hand would have become very awkward had declarer let the opening spade lead run to his king. Some of the variations are a bit complex, but it seems that the defense can always prevail.

- Bob Jones welcome readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to [tcaditors@tribune.com](mailto:tcaditors@tribune.com).

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## PUZZLES & GAMES

### CROSSWORD

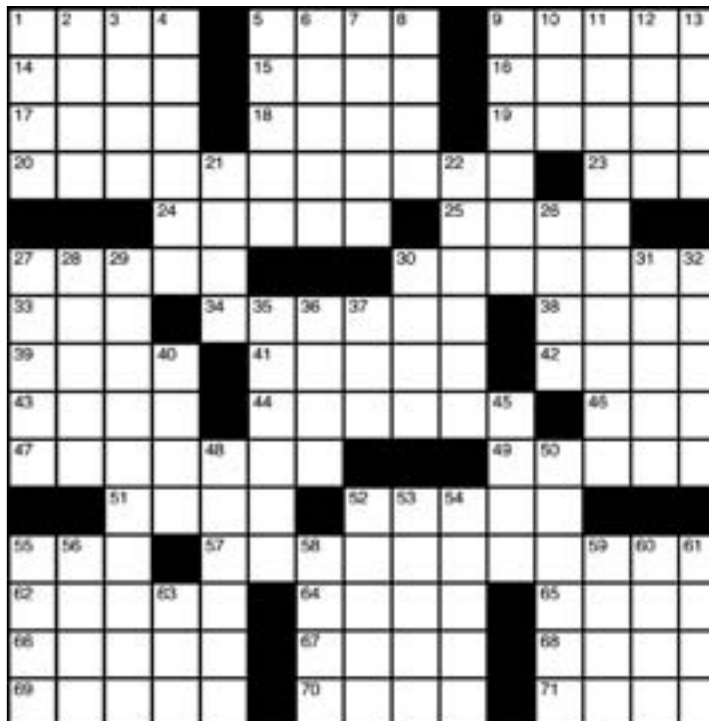
#### Across

- 1 Some arm bands
- 5 Work on the web
- 9 Grant access
- 14 Earthy hue
- 15 "That can't be!"
- 16 Heat energy source?
- 17 On the roof of
- 18 \_\_\_ accompli
- 19 Seeing red
- 20 Odd way to check for ore?
- 23 Dreyer's partner in ice cream
- 24 Blooms with hips
- 25 Waimea Bay locale
- 27 Uncomfortable place to be in
- 30 Friendly response to a knock
- 33 Atty.'s group
- 34 Letter before mu
- 38 It may be a lot
- 39 '50s sitcom name
- 41 Pyle of Mayberry
- 42 Mumbai music
- 43 1939 Garland co-star
- 44 Without exception
- 46 Remove
- 47 Attaché's place
- 49 Is inclined
- 51 Shows of support
- 52 Bit of a scrap
- 55 Dash no.
- 57 What you need when your car is stuck in the mud?
- 62 Muse for Millay
- 64 Culture medium
- 65 Scraped together, with "out"
- 66 Maker of the Mighty Dump
- 67 Pace
- 68 Texter's button
- 69 Optional component
- 70 Some shooters, briefly
- 71 "Toodles!"

#### Down

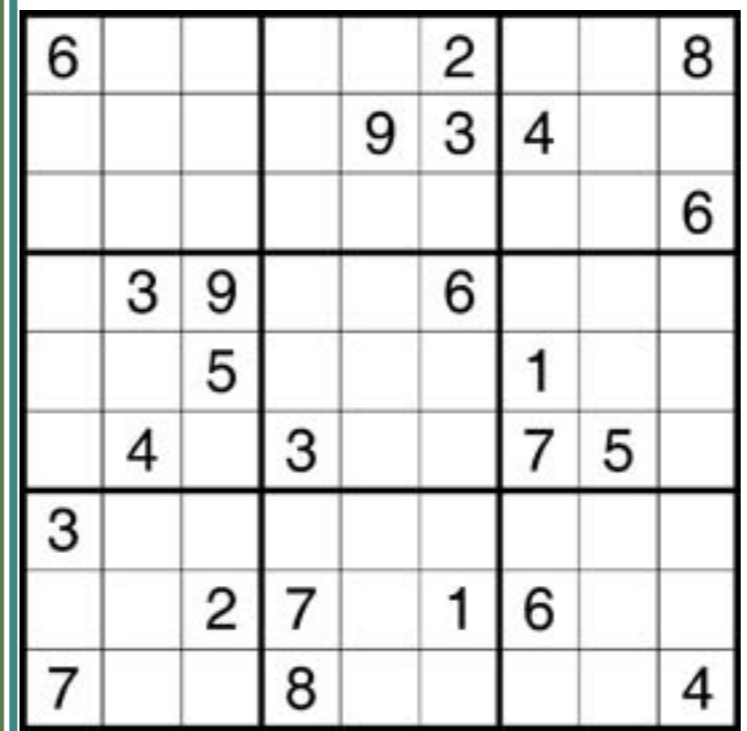
- 1 One in the standings
- 2 Opening on Broadway
- 3 "\_\_\_: Uprising": Disney sci-fi series
- 4 A-one

- 5 Remote hiding places?
- 6 Introduce gradually, with "in"
- 7 DDE and JFK, e.g.
- 8 Words of denial
- 9 Pamplona pals
- 10 E, but not A, I, O or U
- 11 Summons from the cosmetician?
- 12 Contacted, in a way, briefly
- 13 Neat
- 21 Trade item?
- 22 Official with a seal
- 26 Winter coat
- 27 Serve from a pot
- 28 Steel girder
- 29 Fix potatoes the hard way?
- 30 Bean sprout?
- 31 Rye fungus
- 32 Some tides
- 35 "Open" autobiographer
- 36 Herb that protected Odysseus from Circe's magic
- 37 Audi rival, and, when spoken as a command, a hint to this puzzle's theme
- 40 "Dies \_\_\_"
- 45 Move a little



- 48 South Pacific islander
- 50 Use money to make money
- 52 Majestic
- 53 Allegheny, as of 1979
- 54 "Darn!"
- 55 Self-referential prefix, in modern lingo
- 56 Impel
- 58 Tabloids, to some
- 59 Flat pack furniture seller
- 60 One seen in a store dish
- 61 Icelandic literary work
- 63 Ref's ruling

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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 Mike Argrison and Jeff Khuros

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

RUCOS  
ELVOG  
IPSOME  
BRUPES

Answer:

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

**SCRAMBLE GRAMS**

DOCTORP  
FLEURWTR  
DOJANIC  
EUOHNPN  
OUMHIL

MAX SCORE: 365 215  
HIGHEST SCORE: 329

TIME TAKEN: 23 MIN

Answers to all puzzles on page 34

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**CROSSWORD SOLUTION**

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

**SUDOKU SOLUTION**

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

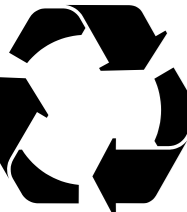
**SCRIBBLE BRAND GRAMS SOLUTION**

P <sub>5</sub>	O <sub>1</sub>	R <sub>1</sub>	T <sub>1</sub>	I <sub>1</sub>	C <sub>5</sub>	O <sub>1</sub>	RACK 1 =	87
R <sub>1</sub>	E <sub>1</sub>	W <sub>1</sub>	R <sub>1</sub>	O <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	RACK 2 =	60
C <sub>5</sub>	O <sub>1</sub>	N <sub>1</sub>	J <sub>1</sub>	O <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	RACK 3 =	66
N <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	H <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	O <sub>1</sub>	RACK 4 =	60
H <sub>1</sub>	O <sub>1</sub>	O <sub>1</sub>	D <sub>1</sub>	L <sub>1</sub>	U <sub>1</sub>	M <sub>1</sub>	RACK 5 =	76
<b>PAR SCORE 266-275</b>							<b>TOTAL</b>	<b>329</b>

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**JUMBLE ANSWERS**

Jumbles: SCOUR GLOVE IMPOSE SUPERB  
 Answer: Helps geese cross the road -- GOOSE BUMPS  
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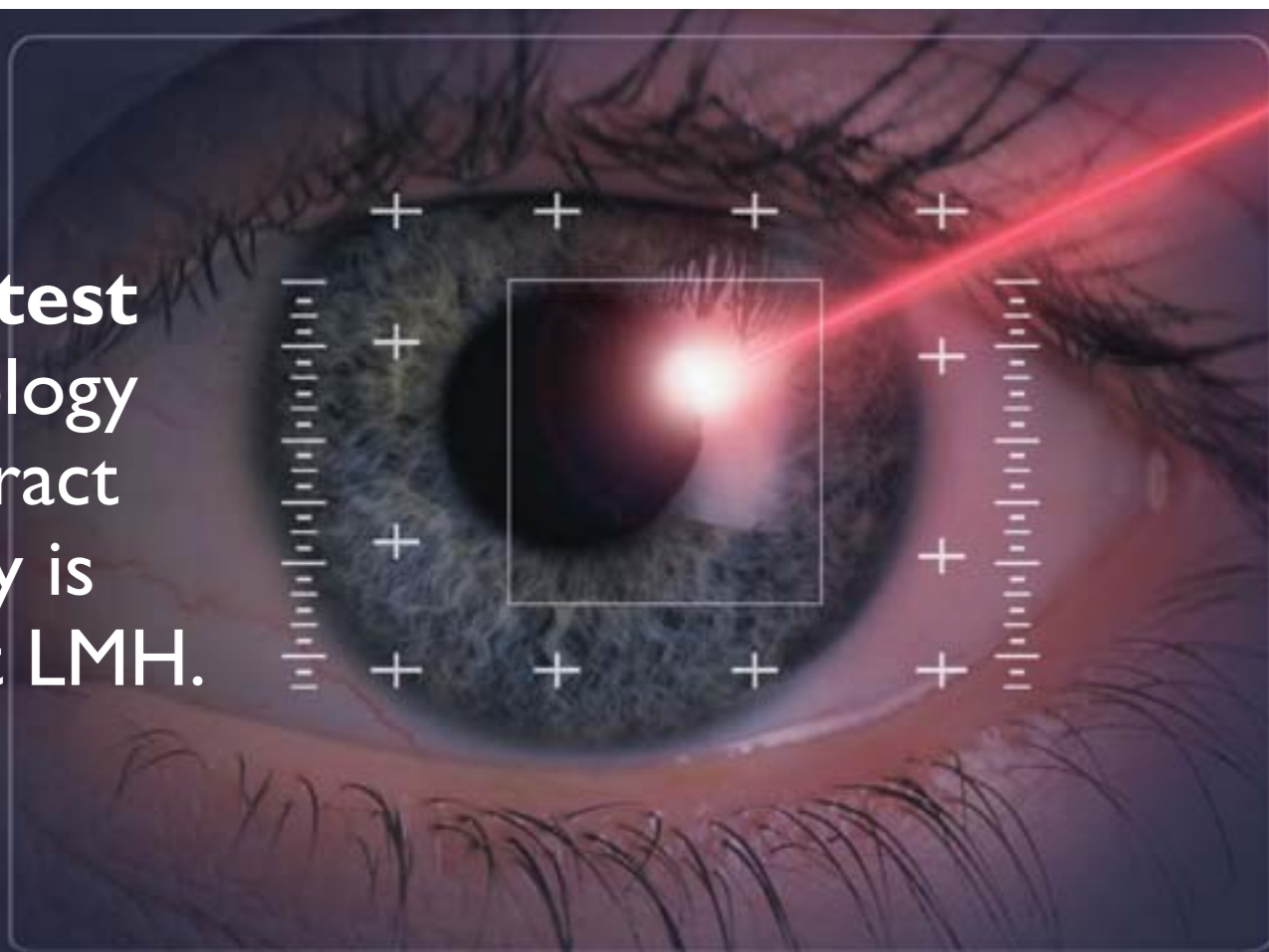
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