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Vol. 15, No. 12

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KEVIN GROENHAGEN PHOTO

## Percival Pascua: Surgeon, colonel, and harmonica player

See story on page three



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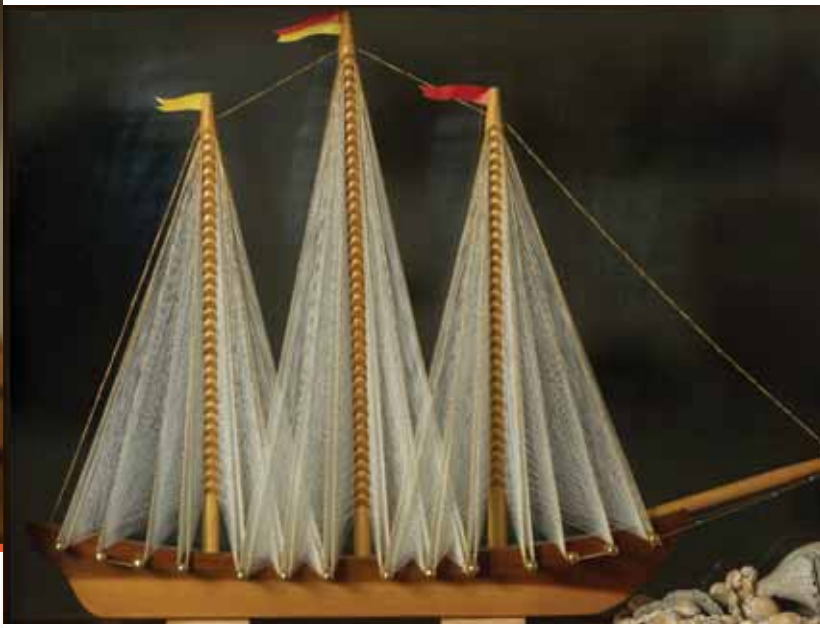
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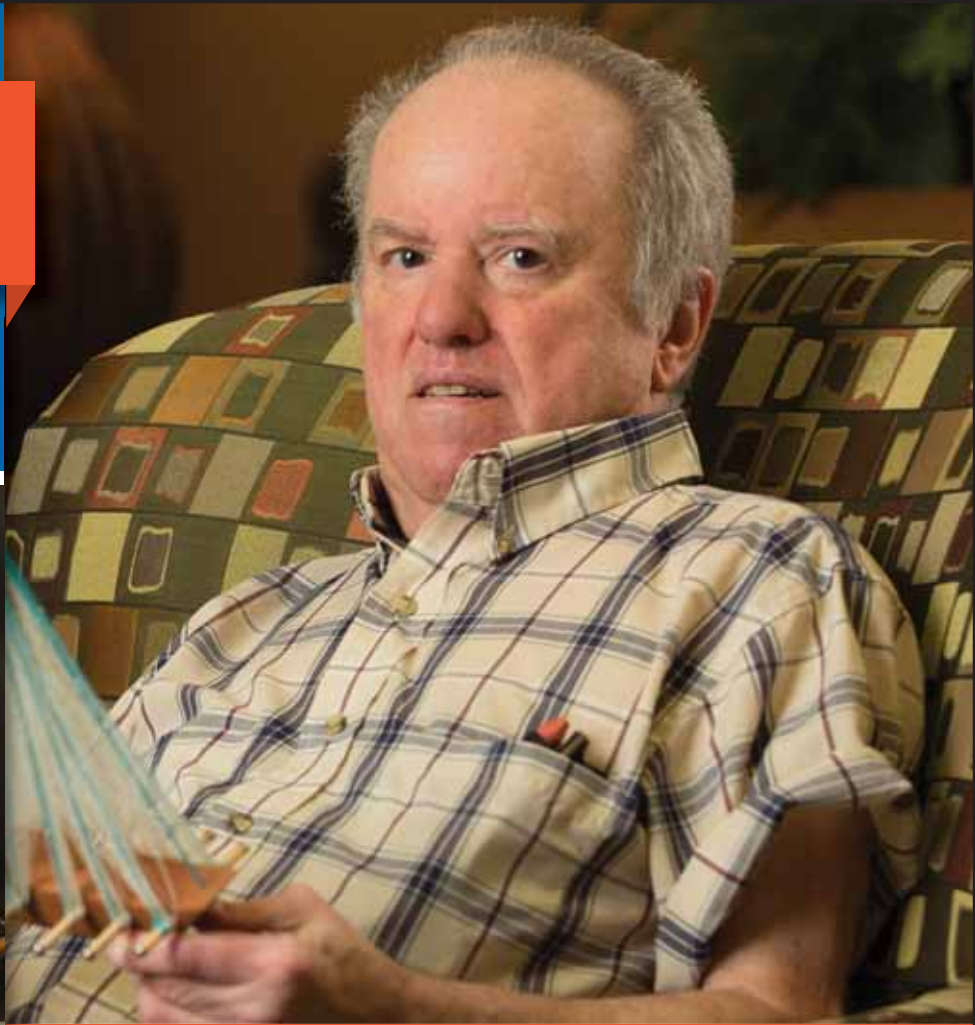
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# Pascua promotes harmonica playing for fun, therapy

By Kevin Groenhagen

Dr. Percival G. Pascua has worn many hats during his life. Among many other roles, he was an NCAA swimmer in the Philippines, where he won several gold and silver medals. He even qualified for the 1956 Olympics in Melbourne. He later became a medical doctor, had his own private practice in Nashville, Tenn., served in the U.S. Air Force, was a co-founder of the Kansas National Guard Museum in Topeka, and served as the commander of the Military Order of the World Wars (Topeka Chapter 86).

However, the cap Pascua wore on a Regal Princess cruise two years ago told others what hat he has worn the longest. That black cap simply read "HARMONICA PLAYER" in bold, yellow letters. Unbeknownst to him, one of the musicians scheduled to perform on that cruise was John Bressler, a well-known comedian, songwriter, musician, and harmonica enthusiast. At the end of his performance, Bressler autographed Pascua's cap.

While Pascua enjoys relative comfort during his retirement years, the first few years of his life were far from

a pleasure cruise. He was not yet three years old when, in December 1941, the Japanese began attacking American and Philippine bases in the Philippines, which, at that time, was an American colony. Pascua's father was a captain in Philippine Army. When Bataan fell in April 1942, Captain Pascua was among the tens of thousands of Philippine and American troops forced to participate in the Bataan Death March. Given little water and food, the troops marched the 60 miles north to Camp O'Donnell in the extreme heat and humidity. Thousands died during the march from heat and exhaustion. The Japanese bayoneted or beheaded many of those who collapsed along the way.

"My dad was a medic, so that is how he survived," Pascua said. "He treated the Filipino POWs during the Death March."

The capture of Pascua's father was not the end of the family's misfortune during World War II.

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COURTESY PHOTO



**Dr. Percival Pascua** plays harmonica, accompanied by the Philippine concert band "Studio One," on February 27, 2009.

"The Japanese burned our village, so we went in hiding on Mount Arayat," Pascua said.

Mount Arayat is an extinct volcano

located on the central plains of Luzon, the largest and most populous island in the Philippines.

■ CONTINUED ON PAGE FOUR

**Kaw Valley Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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## Dr. Percival Pascua

■ CONTINUED FROM PAGE THREE

“The Philippine guerrillas escorted my mother, my baby sister, and me to the top of the mountain and gave us food,” Pascua continued. “I was about five or six years old at the time. It took us almost three days to climb up that mountain.”

The Pascuas stayed on Mount Arayat until early 1945.

“One morning, we could see P-38 planes flying,” Pascua said. “We could see stars on the wings, so we knew they were American planes. Later they made the announcement that General MacArthur had landed at Leyte, so we could get out of our hiding places, go down to our villages, and wait for the GIs to come. I remember one GI. He was carrying two Hershey bars. He was smiling and gave them to me. I had never eaten chocolate before, and ate all of it. The GI was laughing at me. He carried me and talked to me. I thought to myself, ‘This must be an angel.’”

“After we came down from Mount Arayat, someone told my mom that several POWs were at Cabanatuan,” Pascua continued. “Cabanatuan is about 80 miles from where we were hiding.”

The Japanese relocated most of the POWs to other parts of the Philippines, and even sent thousands of others to serve as slave laborers on the Japanese mainland. Pascua’s mother had no idea if her husband would be at Cabanatuan, or even if he was still alive. Nevertheless, she and her two young children traveled to the POW camp in Cabanatuan, where they found a Japanese officer. This was a precarious period in which the Japanese retreated as the American and Philippine forces began retaking territory. The Japanese killed many POWs before retreating.

“After waiting at the POW camp for about seven hours, here comes my dad,” Pascua said. “He was skin and bones. He began crying. He said, ‘They just killed my cousin, and I was the next one.’ They had to dig their own graves.”

The family returned to Manila, where Pascua’s father, suffering from malaria, received treatment at an

American clinic. It would be more than 30 years before he would talk to his son about the war.

“He had post-traumatic stress disorder,” Pascua explained.

Not long after returning to Manila, Pascua first became acquainted with the instrument that he has been playing for over 60 years now.

“My cousin Joey played harmonica,” he said. “He was about 10 years older than me. I asked him if he could teach me how to play harmonica. He said he couldn’t. Instead, he told me to go buy a harmonica and just keep playing and playing. Up until now, I still don’t know how to teach others how to play harmonica.”

Nevertheless, Pascua helped others learn to play the harmonica beginning when he was just six years old.

“There was a church in Quezon City,” he said. “In front of that church there were about 20 to 25 beggars. I was a member of the Legion of Mary. Father Pedro Martinez approached me and asked, ‘Percy, what can we do with these beggars? Can you raise some money to help them out?’ I said, ‘Padre, I play harmonica. Is there money to buy several harmonicas?’ So he gave me money to buy harmonicas, which I gave to the beggars. I trained them for about three years, and started a group called the Harmonious Beggars. They were invited to several parties, such as fiestas. We even played on television one time. That was the beginning of my passion for harmonicas.”

“I later started a group called Comancheros,” Pascua continued. “We were all members of the Legion of Mary. I was the harmonica soloist. That’s when I started collecting harmonicas. When I was deployed to other countries while in the military, I would look for unique harmonicas to buy.”

Pascua excelled in elementary school, high school, college, and graduate school. He graduated with honors and was conferred the degree of doctor of medicine at the Far Eastern University in Manila in 1962. In 1963, he became a general practice resident at the Chinese General Hospital in Manila. He later became the chief resident at the same hospital. He also met Erlina Febre at Chinese General Hospital. The couple married on December 18, 1966. The newlyweds would soon



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## Dr. Percival Pascua

■ CONTINUED FROM PAGE FOUR

make another major change in their lives.

“At that time, a lot of American doctors were drafted to serve in Vietnam,” Pascua said. “The U.S. was in need of doctors. I had been a surgeon for four years already, while Erlina had just finished her board exams.”

The couple was offered positions at Saint Thomas Hospital in Akron, Ohio. The young doctors traveled there just six months after getting married.

“At that time, it was hard because we had just \$10 in our pockets and one suitcase,” Pascua said. “My father was upset that we were leaving the Philippines, but I told him that we were going to America to start all over again. Saint Thomas took care of our travel expenses, and gave us free board and lodging.”

The following year, the couple moved to Nashville, where Pascua was a first-year internal medicine resident at Baptist Hospital. Pascua later went

into private practice in Nashville. He was also employed as a consultant in internal medicine, and was affiliated with Donelson Hospital and Donelson Clinic. The long hours eventually caused Pascua to become burned out. Then he met a recruiter for the U.S. Air Force.

“He said, ‘Doc, you seem to be really, really tired,’” Pascua said. “‘Why don’t you consider joining the Air Force?’ So Erlina and I decided to join the Air Force. I went ahead and sold my clinic. We also sold our house in Nashville. Because of our backgrounds, we became majors right away. We became lieutenant colonels two or three years later. Our first assignment was at McConnell Air Force Base in Wichita. We served there for six years. I was the chief of internal medicine and chief of medical education there, and Erlina was the chief of pediatrics.”

After serving at McConnell Air Force Base for six years, Pascua knew he would receive orders to serve either in South Korea or Germany. Since he didn’t want an overseas assignment,

■ CONTINUED ON PAGE SIX

KEVIN GROENHAGEN PHOTO



**Dr. Percival Pascua** donated his flight suit to the Museum of the Kansas National Guard. Pascua, a co-founder of the museum, sits on the museum’s board a directors and volunteers there along with his wife, Dr. Erlina Pascua, once a month.

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## Dr. Percival Pascua

■ CONTINUED FROM PAGE FIVE

Pascua decided he would instead join the Air Force Reserves. However, a chance meeting with the adjutant general of Kansas at the officer's club changed his plans.

"I didn't know that I was talking to a two-star general," Pascua said with a laugh. "He said he had a proposal for me. He said the commander of the medical corps in Topeka had just been killed in a car wreck. He said he could assign me to that position, promote me to full colonel, and send me to flight school. I said, 'But sir, I already have my orders to go overseas. How can I get out of that?' He said, 'My brother is a three-star general at the Pentagon. I'll give him a call.'"

Pascua was in Topeka two weeks later. He then went to flight school and received his wings as a flight surgeon. However, after passing out during centrifuge training, his instructor said he should stick to doctoring. He served as the commander of the 190th Medical Clinic, Kansas Air National Guard, at Forbes Field in Topeka from 1988 to 1991. He also served as a staff internist, chief of employee health services, and a clinical researcher at the Menninger Clinic in Topeka from 1984 to 1997. Erlina, meanwhile, served as the vice-commander of the 190th Medical Squadron and the medical director of the Kansas Neurological Institute.

After 39 years of medical practice and 23 years of military service, Pascua retired as chief flight surgeon in the U.S. Air Force on March 3, 2001. The list of honors and awards he received while in the Air Force, including the Air National Guard Surgeon General's Award, would fill several pages. However, he is especially proud of one honor. During his retirement ceremony, which about six generals and the Kansas governor attended, he received the Kansas National Guard Medal of Excellence. According to the Adjutant General's Department, "The recipient [of the Medal of Excellence] must distinguish himself/herself for clearly exceptionally meritorious service in a duty of great responsibility, exceptionally significant public service

or acts of heroism, valor or bravery, performed under circumstances of personal hazard or danger and the voluntary risks of life."

Since retiring, Pascua has devoted a great deal of time mentoring others, doing volunteer work, serving as a guest speaker before various groups, traveling, and researching the use of the harmonica as an aid in preventive medicine.

"I was thinking of the link between music and medicine," he said. "I know

that laughter is the best medicine, but music is also the best medicine."

"Playing the harmonica could be an aid or tool to improve your breathing, posture, as well as your mental attitude," Pascua wrote in an article he dedicated to, among others, the beggars he gave harmonicas to when he was a child.

According to Pascua, the basic techniques of harmonica playing and yoga breathing are the same, except that you get chords with the harmonica. Because of this, playing the harmonica can help

patients manage asthma and chronic obstructive pulmonary disease.

Playing the harmonica can also improve your posture since you're able to play better if you are standing with your spine in a straight position. In addition, playing the harmonica can relax your nerves when you are anxious or nervous.

Pascua points to President Reagan as an example of using a harmonica as therapy. For years, there were rumors

■ CONTINUED ON PAGE SEVEN

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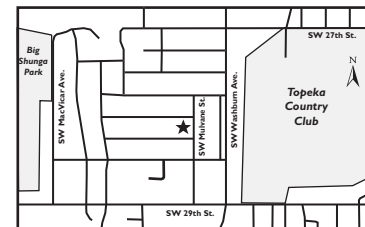
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COURTESY PHOTO

An active member of the Philippine-American community for many years, Dr. Percival Pascua played “Amazing Grace” and “Happy Birthday” for Dora Plummer during her 90th birthday party on May 7.

## Dr. Percival Pascua

■ CONTINUED FROM PAGE SIX

that Reagan was a secret harmonica player.

“During my research, I found out that President Reagan played the harmonica while recuperating after an assassination attempt in 1981,” he said. “It just so happens that my classmate in medical school was the anesthesiologist when they operated on Reagan. I asked him two years ago if he saw Reagan playing the harmonica. He said, ‘Yeah, he was playing the harmonica when he was recuperating.’”

Pascua has combined his loves for playing the harmonica and traveling many times by playing at different venues. For example, he played the harmonica for fellow pilgrims at the basilica at Lourdes in France in 2008, which was the 150th anniversary of the Blessed Virgin Mary’s apparitions to St. Bernadette. In April, he played “Amazing Grace” and “Rock

of Ages” at the Shrine of Divine Mercy in Krakow, Poland. He also played “Amazing Grace” at the Marizell Basilica in Austria.

And then there was the Pascuas’ pilgrimage to Spain.

“There was sort of a miracle that happened during this pilgrimage,” Pascua said. “This boy from Texas named Thomas had a cognitive disability, and was part of our group in Barcelona, Spain. He heard me playing the harmonica, and told me that he wanted to play the harmonica. I said, ‘Thomas, I’m sure that you can play, but I cannot teach you. I’ll buy a harmonica for you.’ I told him to practice playing ‘London Bridge,’ which is a really easy song to learn. My gosh, by the end of the pilgrimage he was able to play it. His parents were so surprised.”

In addition to playing the harmonica, Pascua plays the ukulele, the Philippine flute, and the ocarina. The ocarina is an ancient wind instrument with four to 12 finger holes and a mouthpiece that projects from the body.



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# GraceTime Project records family histories

By Billie David

Family reunions are good places to pass on ancestral history and share individual stories, but the benefits are generally limited to those in attendance. What about family members who couldn't make it, those who live in other parts of the world, or those who haven't even been born yet but who will someday want to know about those stories and the family members who told them?

That was a question posed to Dan Stark, owner of GraceTime Project, when he was working on his own family history, and thanks to his background in business and technology, he

was able to come up with a way that people can pass down their stories to other generations and make them accessible to anybody they wish to anywhere in the connected world. Not only that, but they can also do it through video so that other family members can feel like they are right there conversing with them.

It was in part due to a family reunion that Stark became involved in recording people's stories.

"The Stark family has a very rich history," he said, comparing it to the musical entitled *Seven Brides for Seven Brothers*, with a setting around the mid-19th century.

"There were seven brothers who

came from Iowa on a covered wagon train and settled in Stark, Kansas," he said. "They dispersed from there. I have relatives who have impacted history."

One relative, for example, was a caretaker for Osage Indian tribe members in Pawhuska, Okla., and his wife was a nurse who provided first aid to the tribe members. In return for their services, the Osage Indians would give him a painted pony every month, and he collected them until he had a sizable herd, which he kept on some land on a river bottom until a huge storm came and washed them away.

Stark talked to some second-cousins in Oklahoma about it but had no way to record the information, and that's where the incentive for the GraceTime Project kicked in.

Then he met a third-cousin, then in his 80s, at a family reunion. Knowing Stark was interested in the story, he provided more information that piqued Stark's curiosity further.

"I started digging to see what the Osage guy actually looked like," he said.

In his quest to record the family history on video, Stark discovered that he had little knowledge and no indexing system for storing the information into a database.

The challenge to create a system to track his family history and to index his videos and make them easily accessible online was a good fit for Stark's background in technology, however.

"YouTube is there," he said. "You can put anything on there, but accessing it is a different story. I got into creating and making a site where that can happen."

Stark's efforts evolved into several databases, including GraceTime.com, where visitors can click on a picture that is of interest to them and pull up a video. In fact, people can search for the videos through Google and You-

Tube, if they wish, as long as they put GraceTime and a space in front of or behind the video's name.

To provide content for his family ancestry project, Stark worked on recording family information for the next four or five years.

Then, in 2004, Stark began to offer his services to others through GraceTime Project.

"Seven or eight years ago the pastor of a Methodist Church in Olathe encouraged me to see if it would work for anybody else," Stark said. "The pastor was associated with the Good Samaritan Senior Living Center in Olathe."

Stark interviewed some residents there and edited the results to five- or 10-minute videos to post on his website.

"Most of the people were in their 80s and 90s when I talked to them, and most of them have passed away," he said.

Stark wasn't sure that many people would be interested in those videos when he first posted them, but then something unexpected happened.

"For me, it was a way to check out my website, and I hadn't given much thought to the subject matter," he said. "Then I saw how many people visited my website."

"They got thousands upon thousands of views, and that was without advertising," Stark continued, adding that it was then that he recognized that he was really onto something.



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# GraceTime

■ CONTINUED FROM PAGE SIX

“Once people understand how searchable and available it is, they will really get excited,” he said.

Stark is excited about future possibilities for his project as well.

For example, there are QR Codes that can be placed on a gravestone so that visitors can point their iPhones at the code and pull up a video about that person’s life. The codes can be put into greeting cards as well. There is also the possibility of adding virtual reality to his GraceTime Project offerings.

“It’s exciting what’s about to happen,” he said.

Stark, who has 10 years of experience recording video interviews, also does videos of re-enactments, weddings, family reunions, and interviews showcasing people’s skills and products, many of which are available for viewing through [www.gracetime.com](http://www.gracetime.com).

People who want to make a video through GraceTime Project can choose one of three different packages, depending on their budgets and requirements. The Legacy, or lower-priced package, includes an interview of approximately 30 minutes, which Stark edits down to a 10- or 15-minute video, that he publishes on the GraceTime Project website. The Silver package includes a 60-minute video with up to 70 photos included in the edit-

ing, three DVDs and a QR Code Internet address. The gold package includes all the Silver package amenities and is custom edited. It includes up to 150 photos.

“The GraceTime Project allows people to learn from the experiences of seniors,” Stark said. “If you were to die tomorrow, what have you done to pass on information to the grandchildren you will never see? It allows people to share their life dreams, stories and experiences.”

“Once we get the project done and post it online, kids anywhere in the world can pull it up, or you can make it private by having passwords so you don’t have to share it with the whole wide world,” he continued. “Your grandkids who have never seen you will have the opportunity to see you and have a fireside chat with you anywhere in the world.”

For a limited time, the GraceTime Project is now offering a special “free” service where a senior living center will be selected once each month to do limited resident interviews. Interviews are usually done in a group setting. If a senior living center is interested in participating, they can contact Stark by sending an email to [gracetime@yahoo.com](mailto:gracetime@yahoo.com).

People are invited to visit the GraceTime Project website at [www.gracetime.com](http://www.gracetime.com) to find more information or to watch some of the videos posted there.

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# Social Security benefits U.S. citizens outside the United States

By Norm Franker

Social Security District Manager in Lawrence, KS

Over half a million people who live outside the United States receive some kind of Social Security benefit, including retired and disabled workers, as well as spouses, widows, widowers, and children.

If you're a U.S. citizen, you may receive your Social Security payments outside the United States as long as you are eligible. When we say you are "outside the United States," we mean you're not in one of the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, or American Samoa. Once you've been outside the United States for at least 30 days in a row, we consider you to be outside the country.

If you are traveling outside the U.S. for an extended amount of time, it's important that you tell Social Security the date you plan to leave and the date you plan to come back, no matter how long you expect your travel to last. Then we can let you know whether your Supplemental Security Income (SSI) will be affected.

You can use this online tool to find out if you can continue to receive your Social Security benefits if you are outside the United States or are planning to go outside the United States at [www.socialsecurity.gov/international/payments\\_outsideUS.html](http://www.socialsecurity.gov/international/payments_outsideUS.html).

This tool will help you find out if

your retirement, disability, or survivor's payments will continue as long as you are eligible, stop after six consecutive calendar months, or if certain country specific restrictions apply.

When you live outside the United States, periodically we'll send you a questionnaire. Your answers will help us figure out if you still are eligible for benefits. Return the questionnaire to the office that sent it as soon as possible. If you don't, your payments will stop. In addition to responding to the questionnaire, notify us promptly about changes that could affect your payments.

You can also read the publication titled *Your Payments While You Are Outside the United States* at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

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# Tickets on sale! – Grape Escape: A Toast to the Arts

The Topeka Performing Arts Center will host the 19th Annual Grape Escape: A Toast to the Arts on Friday, August 12.

Tickets may be purchased for \$65 for Tasting beginning at 6 p.m. and \$175 for VIP Dinner beginning at 5:30 p.m. Tickets can be purchased online at [www.ticketmaster.com](http://www.ticketmaster.com), at the TPAC Box Office or by phone at 800-745-3000.

Grape Escape is a food and wine festival to benefit the Topeka Performing Arts Center. This annual event features tastings of wines from around the world. The VIP Dinner guests will enjoy a served catered meal and our Tasting guests will enjoy gourmet food and desserts from area restaurants, caterers and businesses. Throughout the night wine lovers and connoisseurs are encouraged to support TPAC by playing the games and bidding in the

live auction.

Special celebrity guest, Dave Coulier, best known as “Joey” from the hit ABC television series, Full House and Netflix’s “Fuller House,” will be joining the VIP Dinner guests and round out the evening with a comedy performance following the live auction in the theater.

Dave also hosted ABC’s World’s Funniest Videos and his own series, Out of Control for Nickelodeon. Dave hosted Animal Kidding on the Animal Planet Network. You’ve also seen Dave guest star on How I Met Your Mother on CBS and appearances on the Super Bowl for Dannon Yogurt, Jimmy Fallon, The View, OPRAH: Where Are They Now?, Bravo’s Watch What Happens L!ve, Good Morning America and the Today Show.

Individual and Corporate sponsorships are still available. If interested,

please contact Megan Yaussi, Director of Marketing, at 785-234-2787 x104.

The Topeka Performing Arts Center is a non-profit organization that offers the best in live performance and arts education. Since 1991, TPAC has

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# MAYO CLINIC

## Numerous tests available to check heart function

**DEAR MAYO CLINIC:** My husband is 82. Over the past year, he's become very tired and sometimes gets short of breath. His doctor recommends he have tests to check his heart function. What are these tests, and what would they be looking for?

**ANSWER:** Doctors can use a number of tests to check heart function. In your husband's situation, his doctor may recommend an echocardiogram to assess his heart health and to see how well his heart is beating and pumping blood. An exercise stress test also may be useful. Depending on the results, other tests may be necessary, too.

The heart is basically a pump that sends blood to the rest of the body. When a heart cannot pump the way it should, some parts of the body may not get all the blood they need. That can lead to a variety of symptoms. Fatigue and shortness of breath are two of the most common. Others include swelling (edema) in the legs, ankles and feet, a rapid or irregular heartbeat, persistent cough, sudden weight gain, and elevated blood pressure, among others.

Of course, fatigue and shortness of breath can be caused by many conditions other than heart problems. To evaluate his overall health, your husband's physician likely will start with a careful review of his medical history and a physical exam. Blood tests, a

chest X-ray and electrocardiogram, or ECG, also may be recommended. An ECG records the electrical signals that trigger heartbeats.

One of the most straightforward ways to rule out a heart condition is with a test called an echocardiogram. An echocardiogram uses sound waves to produce images of the heart. During this test, a technician presses a device known as a transducer firmly against a person's skin, aiming an ultrasound beam through the chest to the heart. The transducer records the heart's sound wave echoes. A computer converts the echoes into moving images on a monitor.

From the images, doctors can assess the heart's valves, chambers and muscle. The size of the heart, its pumping strength, and the regularity of the heartbeat can provide information about a heart's health.

If echocardiogram results show that your husband's heart may not be pumping blood as well as it should, he could have a condition known as congestive heart failure, and an exercise stress test may be recommended.

An exercise stress test gathers information about how well the heart works during exercise. Because exercise makes the heart pump harder and faster than it does during most daily activities, the test may reveal heart problems

that might not be noticeable otherwise.

During the test, your husband would walk on a treadmill or ride a stationary bike while an ECG records the electrical signals that trigger his heartbeats. Before starting, sticky patches, called electrodes, are placed on the chest, legs and arms. They're connected by wires to an ECG machine. Blood pressure is monitored during the test, as well.

The test starts slowly. As it progresses, the speed and incline of the treadmill or resistance of the bike increases. The test continues until the heart rate reaches a set target or until symptoms develop that don't allow the participant to continue. The goal is to have the heart work hard for about eight to 12 minutes to thoroughly monitor its function. Your husband's doctor may be able to use the information gathered from an exercise stress test to diagnose

a heart problem or to determine if more tests are needed.

Have a conversation with your husband's doctor about the specific heart function tests that are appropriate for his situation. Talk about other tests or evaluations that may be necessary if no heart problem is found. If you have other questions, make sure to discuss them, too, so you know what to expect as you move forward. - Charanjit Rihal, M.D., Cardiovascular Diseases, Mayo Clinic, Rochester, Minn.

- *Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. E-mail a question to [MayoClinicQ&A@mayo.edu](mailto:MayoClinicQ&A@mayo.edu). For more information, visit [www.mayo-clinic.org](http://www.mayo-clinic.org).*

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## HEALTH &amp; WELLNESS

# What is Bisphenol A?

**W**hat is Bisphenol A, or BPA? Is BPA harmful? How do I get exposed to BPA? Is there any way to prevent being exposed to BPA?

BPA is a colorless solid that is used with other materials to make plastics. BPA was discovered in 1891 by a Russian chemist. In the early 1930s, BPA was recognized as an artificial estrogen



*Dr.  
Farhang  
Khosh*

and had two main uses. The first use of BPA was to enhance the growth of cattle and poultry. The second use of BPA was an estrogen replacement for women. BPA was only briefly used as an estrogen replacement and was replaced by diethylstilbestrol (DES). Currently, BPA is used to harden polycarbonate plastics and in the lining of food and beverage containers.

BPA is controversial because it exerts weak, but detectable, hormone-like properties. It can be found in many consumer products and foods. In 2008, several countries questioned BPA and its safety, prompting some retailers to withdraw polycarbonate products. A 2010 report from the FDA raised further concerns regarding exposure of fetuses, infants, and young children to BPA. In 2010, Canada became the first country to declare BPA a toxic substance.

Polycarbonate plastics, which are clear and nearly shatter-proof, are used to make a variety of common products including baby and water bottles, sports equipment, medical and dental devices, CDs, DVDs, household electronics, lining of water pipes, carbonless copy paper and eyeglass lenses. Epoxy resins containing BPA are used as coatings on the inside of food and beverage cans. Currently there are no BPA labeling requirements for plastics. The overall guide of plastics is as

follows: those plastics that are marked with recycle codes 1, 2, 4, 5, and 6 are very unlikely to contain BPA. Those plastics that are marked with recycle codes 3 or 7 may be made with BPA.

BPA is a weak endocrine disruptor, which is a substance that can interfere with the production, secretion and action of natural hormones. BPA can imitate your own body's hormones in a way that can be hazardous for your health. In 2006, the U.S. Government sponsored an assessment on BPA by a panel of experts. It was concluded that BPA at concentrations found in the human body is associated with changes in the prostate, breast, testis, mammary glands, body size, brain structure and chemistry, and behavior of laboratory animals. What are the possible ill health effects of BPA on humans? Reproductive disorders, male impotence, heart disease, diabetes, brain functioning, thyroid problems, neurological issues, memory, obesity, breast cancer, and asthma.

What are the ways to avoid BPA exposure? According to consumer groups, ways to reduce BPA exposure is to avoid eating or drinking canned foods or drinks unless they are labeled BPA free. A person should buy water bottles that state BPA free. You should not microwave foods in plastic containers. Plastic containers should not be washed in the dishwasher.

*- 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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## ESTATE PLANNING

## Intestate Succession

If you die without a Will, Trust, or some other recognized provision for the distribution of your property (such as joint tenancy or beneficiary or pay-/transfer-on-death designations), who gets your property and the share they receive is determined by the Kansas laws on intestate succession.



Bob  
Ramsdell

The statutes of intestate succession specify the priority and shares of your property that go to persons related to you within six degrees of separation. If no one related to you can be located and you had a spouse to whom you were married at the time of such spouse's earlier death, then the law specifies the priority and shares of your property that go to persons related to your predeceased spouse within six degrees of separation. If no one related to you or your predeceased spouse can be located, then your property goes to the State of Kansas.

Google "Roman Blum." Roman was a

Polish Jew who survived the Holocaust, came to America, and made a fortune developing real estate on Staten Island. He died in January 2012 at age 97, leaving an estate of \$40 million with no Will and no known heirs. They are still in court fighting to determine if anyone has a legitimate claim to the estate, or if it will go to the State of New York.

Even if you have easily identified heirs, the distribution under intestate succession may or may not be what you want. For example, if you die leaving a surviving spouse and children or issue, one-half goes to your surviving spouse and the other half goes to your surviving children or issue, per stirpes.

- If young, do you want your 2-year-old child to receive half of your probate estate (with the possible need for a court-supervised conservatorship) if your spouse survives you and is capable of continuing to raise your child?

- And then have the remaining assets paid out in a lump sum to the child upon turning 18?

- If older / retired, do you want half of your probate estate to go to your adult children and not your spouse?

The statutes on intestate succession also lack flexibility. For example, presume your spouse died before you and

you are survived by two children. Mary is in excellent health and is in the midst of a successful career that has made her wealthy. John was severely injured in an accident as a young adult, cannot work, and needs ongoing, expensive medical care. Under intestate succession, Mary and John will receive equal shares despite their differing circumstances.

While not a common circumstance, some people have surrendered their parental rights. For example, a high school student who gave up her baby for adoption at birth. Or a young man who, after a divorce, allowed their still young children to be adopted by the new husband of his former wife. While you cannot inherit from a child from whom your parental rights are severed, such a child remains your heir under intestate succession. Depending upon the circumstances, you may or may not want such a child to be treated the same as children

you subsequently had and raised.

Finally, if you are in a relationship where your life partner is not recognized as your spouse under Kansas law, then he or she will not receive any of your property under the laws of intestate succession.

Over the course of the next few columns, we'll explore the use of Wills, Revocable Living Trusts, and other provisions to pass your property to the people you want to receive it.

- 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.



### Affordable Senior Living



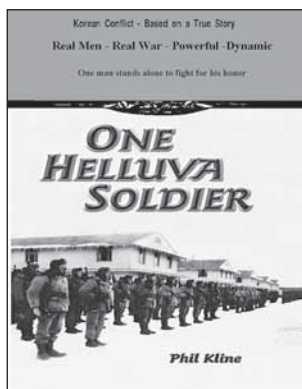
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Phil Kline's **One Helluva Soldier** is available at Amazon.com or may be ordered through any bookstore.

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## JILL ON MONEY

# How to spend your tax refund—responsibly

The IRS says about 82 million taxpayers have received an average refund of about \$2,800. Although many love the concept of found money, a refund is really just the return of a yearlong, interest-free loan that you extended to Uncle Sam.



Jill  
Schlesinger

Before the financial crisis, Americans would use refunds to purchase a new toy, but according to Adobe Digital Index, taxpayers are likely to act more prudently these days.

If you're caught up on your bills, here are some ways to spend your tax refund.

• **Replenish emergency reserves:** For one reason or another, you may have dipped into your emergency reserve funds over the course of the year. Uncle Sam's refund check can

help replenish the account. Ideally, those who are working should have six to 12 months' worth of expenses in reserve, and those who are retired should have 12 to 24 months' worth stashed away.

• **Save for a future expense:** Will you need to replace a car this year? Is there a looming tuition payment? After you have replenished your emergency reserve fund, start saving cash to fund these future expenses.

• **Pay down credit card, auto and student debt:** Your refund is an excellent way to put a dent in outstanding debt. The bonus is that when you pay down debt, you are essentially earning a guaranteed return that is likely much higher than any investment available.

• **Boost retirement contributions:** If you are still working and have access to an employer-sponsored retirement plan, like a 401(k), a 403(b) or a 457, increase your contribution amount for 2016. Because you have that 2015 refund in the bank, you can afford to absorb the extra money coming out of your paycheck. The 2016 pre-tax contribution limit for employer plans

has increased to \$18,000 and the limit for over-50 catch-up contributions is \$6,000.

You can also use that extra money to get a jump on funding an IRA or a Roth IRA for tax year 2016 right now. The maximum you can contribute to a traditional and Roth IRAs is the smaller of: \$5,500 (\$6,500 if you're age 50 or older) or your taxable compensation for the year. Note: Even if you have an employer-sponsored plan, you may also qualify for the full annual IRA deduction. Check the IRS website for details.

• **Invest in a non-retirement account:** If you have maxed out your retirement accounts and still have extra money, consider opening a non-retirement investment account with a no-load mutual fund company like Vanguard, T. Rowe Price, Fidelity or a discount brokerage firm like TD Ameritrade or Charles Schwab. Try to stick to low-cost index funds—a Morningstar study found that actively managed funds lagged their passive counterparts across nearly all asset classes, espe-

cially over a 10-year period from 2004 to 2014.

• **Fund 529 plans:** Is someone in your family struggling to save for college? It's not surprising since the cost of college tuition has spiked 300 percent since 1990. If you are interested in giving the gift of education, then consider funding a 529 college savings plan. The money you deposit in a 529 plan grows tax free, and withdrawals that are used to pay for qualified college expenses sidestep taxes, too. You can invest up to \$14,000 in 2016 without incurring a federal gift tax.

• **Be charitable:** You need not wait until December to be philanthropic. If you itemize your deductions, Uncle Sam will reward you next year.

Of course, if your financial house is in order, it really is OK to blow the refund and have some fun too!

- Contact Jill Schlesinger, senior business analyst for CBS News, at [askjill@JillonMoney.com](mailto:askjill@JillonMoney.com).

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# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

### TUESDAYS

#### THE BLANKET PROJECT

Calling all knitters, crocheters, and quilters who want to gather for a good cause—You are invited to participate with the residents at Arbor Court Retirement Community to create needed blankets for the Pregnancy Center of Lawrence. This is also an opportunity to teach and learn. If you want to learn a new art form, we are here to assist you as well. Arbor Court Retirement Community at Alvarado, 1510 St. Andrews Dr., 2 p.m. LAWRENCE, 626-429-1572

### FIRST FRIDAY OF THE MONTH

#### FIRST FRIDAY ARTWALK

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

### 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 THE MONTH

#### FINAL FRIDAYS

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

## 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

#### PINECREST 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., 6:45 p.m. LAWRENCE, 785-842-3415

### FRIDAYS

#### EAGLES LODGE

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

### FRIDAYS

#### ARAB SHRINE

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

### SUNDAYS & TUESDAYS

#### MOOSE CLUB

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

## DAY TRIPS/TOURS

### SECOND SATURDAY OF THE MONTH

#### FREE SATE EAST SIDE BREWERY TOUR

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

### JUN 2-JUL 31

#### HISTORIC ATCHISON TROLLEY TOUR

Take a one-hour historic tour aboard the Atchison Trolley or River City Coach to see the unique architecture and hear the legendary stories of how Atchison began. 200 S. 10th St., 1-3 p.m. Fee. ATCHISON, 800-234-1854

### JUN 4

#### HAUNTED TROLLEY

Since 1995, families from across the nation have come to Atchison to board the Haunted Trolley! On this one hour narrated ride you'll see the sites and hear the mysteries that make Atchison... "The Most Haunted Town In Kansas!" See a full schedule of "Haunted Events" at VisitAtchison.com. 200 South 10th St., 6-7 p.m. ATCHISON, 800-234-1854

### JUN 9 & 10

#### CRYSTAL BRIDGES

Join us for two days immersed in arts, history and architecture inspired by the natural beauty of northwest Arkansas. Our first stop will be at the national monument honoring scientist,

educator and humanitarian George Washington Carver. When we arrive in Bentonville, there will be time on the historic town square. The second day is filled with something for everyone beginning with a "Walk through America's Past" at the Museum of Native American History. At Crystal Bridges Museum of American Art we will begin with a guided tour to introduce us to the permanent collection, take a tour of the Bachman-Wilson House, an example of Frank Lloyd Wright's classic Usonian architecture and then take time for your own pace through the collection or on the trails enjoying outdoor sculpture or the natural spring from which the museum derives its name. Registration and details available at any Lawrence Recreation Center or by contacting Gayle Sigurdson @gsigurdson@lawrenceks.org. \$289/double, \$341/single. Price guaranteed through April 25. Reservations still accepted. LAWRENCE, 785-832-7920

### AUG 9

#### CHICKEN AND PICKIN'

If you want great food and great entertainment, join us for this tasty day trip to the tiny community of Walnut, located in Southeast Kansas. Owner Karen Duling has invited us to her farm for a fabulous fried chicken meal with all the fixin's! No deep fryers here; she cooks the old fashioned way... from scratch in a cast iron skillet! Register at www.lprd.org or any Lawrence Recreation Center. \$69 early bird registration by June 24, \$79 after June 24. LAWRENCE, 785-832-7920

## EDUCATION

### ONGOING

#### COOKING CLASSES

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

### ONGOING

#### FREE INSURANCE COUNSELING

Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug

■ CONTINUED ON PAGE 17

## THE FIRST APARTMENTS

"Home without the hassles"

Independent Community Living for 62 and older & under 62 100% disabled.

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■ CONTINUED FROM PAGE 16

Program. Stormont Vail Health HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.

TOPEKA, (785) 354-6787

#### FIRST MONDAY OF THE 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 WEDNESDAY OF THE MONTH

##### COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your financial future. Hy-Vee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online.

LAWRENCE, 785-838-4380

midwesttf.com/coffee-talk-lawrence

#### FRIDAYS

##### HEALTHWISE TV

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

#### SECOND TUESDAY OF THE MONTH

##### COMPUTER CAFÉ

This time is an opportunity to meet with other computer users and an instructor to problem solve or learn about new apps, websites and other ways technology can ease our lives.

Drop-in and enroll (fee) on-site at the Carnegie Building, 200 W. 9th St., on the second Tuesday of the month from 12-1:30 p.m.

LAWRENCE, 785-832-7920

#### THIRD WEDNESDAY OF THE MONTH

##### LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical

public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the 3rd Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.

LAWRENCE, 785-505-2807

#### JUN 6-27

##### HAND BUILDING WITH CLAY

Working with clay is very creative and therapeutic at the same time. In this class you will complete a cup, bowl, box or a sculpture of your choice. Techniques focused on in this class will be slab and coil building. All students will be able to take their artwork home after the final firing in the kiln. Instructor: Mary St. John. Register at www.lprd.org or any Lawrence Recreation Center. (Lawrence Parks and Recreation). Mondays, 7-8:30 p.m. Fee. Location: Community Building.

LAWRENCE, 785-832-7920

#### JUN 9-29, JUL 6-27

##### UKULELE

This beginning uke course will cover tuning, basic chords and beginning strum patterns. Students brand new to ukulele are welcome! The intermediate course is for ukulele players who already know basic chords and chord progressions. Focus is on fingerpicking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. If you are considering buying one, please contact the instructor before class and she will guide you in buying a good starter one. Come share the joy of Aloha! Instructor: Linda Tilton. Register at www.lprd.org or any Lawrence Recreation Center. Beginning: Wednesday, June 9-29, 6:30-7:30 p.m. Fee. Location: Carnegie Building. Intermediate: Wednesday, July 6-27, 6:30-7:30 p.m. Fee. Location: Carnegie Building.

LAWRENCE, 785-832-7920

#### JUN 11

##### COMMON HERBS AND THEIR UNCOMMON USES

Parsley, Sage, Rosemary and Thyme... we can all sing the lyrics to the song. Those herbs and others are easy to grow in our gardens. People love to use them in cooking, but did you know they also have been used throughout the centuries for healing, magic, beauty and MORE? You will learn about common herbs, tips for growing and using, and discover some uncommon ways to use them. Register at www.lprd.org or any Lawrence Recreation Center. (Lawrence Parks and Recreation). Location: Good Earth Gatherings Learning Center, 10-11:30 a.m. Fee.

LAWRENCE, 785-832-7920

#### JUN 12, JUL 10 & AUG 14

##### SKETCHBOOK DIARIES

Create your own artist sketchbook and fill the pages with different drawing, painting and collage techniques. Collaborate with friends to make a unique art process journal. Class meets monthly for collaboration and instruction and includes an end of the summer pop-up show. Instructor: Kristina Crawford. Register at www.lprd.org or any Lawrence Recreation Center. Sundays, 2-4 p.m. Fee. Location: Community Building.

LAWRENCE, 785-832-7920

#### JUN 14 & 28

##### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont-Vail Healthcare, will hold a Medicare educational seminar Tuesday, June 14 and 28 at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminar is 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. For information, call 233-1816, email us info@century-health.com, or sign up at our website, <http://centuryinsuranceagencyks.com> on the Medicare tab. Light snacks and beverages will be provided.

TOPEKA

#### JUN 21

##### SENIOR SUPPER AND SEMINAR

This month's topic: "Does Your Car Fit You?" Presented by Elaine Swisher of LMH Emergency Department. On the 3rd Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required for the meal due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to [connect-care@lmh.org](mailto:connect-care@lmh.org). Supper: 5:00 p.m., Educational presentation: 6:00 p.m.

LAWRENCE

#### JUN 25

##### ALZHEIMER'S FAMILY CAREGIVER WORKSHOP

Topeka area families caring for a loved one with Alzheimer's disease or a related dementia are invited to attend a free Alzheimer's CARE (Changing Aging Through Research and Education®) training workshop. The workshop will provide a hands-on approach to help family caregivers cope with the challenges often associated with Alzheimer's disease or other dementias. During the 3 1/2-hour workshop, local aging experts will share tips to a relationship-centered approach, focusing on the care and dignity of the person—rather than the diagnosis and symptoms associated with the disease. Family caregivers will also learn how to care for their loved ones while also taking the time to care for themselves. By the end of the session, caregivers will:

- Better understand Alzheimer's disease—what it is, and what it isn't
  - Learn how to minimize cognitive and behavioral symptoms
  - Learn activities to encourage engagement
- Hosted by Home Instead Senior Care, the

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([facebook.com/seniormonthly](https://www.facebook.com/seniormonthly))  
and be eligible for monthly  
prize drawings.



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Save A Life, Inc., P.O. Box 3073, Lawrence, KS 66046

*Who wouldn't want a piece of you?*

■ CONTINUED FROM PAGE 17

world's leading provider of in-home care services for seniors, the session will be held from 8:30 a.m. to 12 p.m. at Bryan University, 1527 West Fairlawn Rd., in Topeka. To reserve a spot, call Home Instead Senior Care at 785-272-6101 (Topeka) or 785-856-8181 (Lawrence).

## JUL 6 & 13

### PRINTMAKING WITH MONOPRINTS

The process of printmaking goes back farther than the creation of the printing press. One of many great printmakers we will learn about is Hokusai, who is famous for the beautiful print *The Great Wave*. The process of Monoprints will take each student through the major print making steps. Each student will make multiple prints. Instructor: Mary St. John. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Wednesdays, 7-8:30 p.m. Fee. Location: Community Building  
LAWRENCE, 785-832-7920

## ENTERTAINMENT

### SUNDAYS

#### LAWRENCE IRISH TRADITIONAL SESSION

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

### THURSDAYS

#### JUNKYARD JAZZ

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

### SATURDAYS

#### JOHN JERVIS, CLASSICAL GUITAR

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

### APR 27-JUL 3

#### BEAU JEST

BEAU JEST by James Sherman. Starring Cindy Williams & Eddie Mekka from *Laverne & Shirley*. Sarah is a nice Jewish girl with a problem: her mother wants her married to a nice Jewish boy. Her mom has never met her boyfriend, a WASP executive named Chris Kringle. She tells her she is dating a Jewish doctor and Mom insists on meeting him. Sarah plans a dinner party and, over the heated protests of Chris, employs an escort service to send her a Jewish date to be Dr. Steinberg. Instead, they send Bob Schroeder, an aspiring actor who agrees to perform the impersonation. Happily, he is extremely convincing in the role... so much so Sarah falls head over heels in love with him! New Theatre Restaurant, 9229 Foster St. Time: Varies by Performance. Fee.  
OVERLAND PARK, 913-649-7469  
[www.newtheatre.com](http://www.newtheatre.com)

### JUN 3-18

#### COMIC POTENTIAL

A sensation in London and New York, this is one of the funniest and most inventive plays by Britain's grand master of comedy, Alan Ayckbourn. A hilarious satire of television and a touching romantic comedy, it begins in a TV studio where a hospital soap opera is being taped. The producer, Adam, finds out that one of the actors is an "actoid" and he begins to fall in love with the charming robot. Wednesday and Thursday performances start at 7 p.m. Friday and Saturday performances start at 8 p.m. Sunday performances start at 2 p.m. Fee. Topeka Civic Theatre and Academy, 3028 SW 8th Ave.

TOPEKA, 785-357-5211

[www.topekacivictheatre.com](http://www.topekacivictheatre.com)

### JUN 10, 11, 17 & 18

#### THE WHIPPING MAN

It is Passover, 1865. The Civil War has just ended and the annual celebration of freedom from bondage is being observed in Jewish homes. One of them belonging to the DeLeons sits in ruins. Confederate officer Caleb DeLeon has returned from the war to find his family missing and only two former slaves remaining. Caleb is badly wounded and the two men, Simon and John, are forced to care for him. As the three men wait for the family's return, they wrestle with their shared past as master and slave, digging up long-buried family secrets as well as new ones. How does slavery and war change a man's soul? Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 8 p.m. Fee.

TOPEKA, 785-357-5211

[www.topekacivictheatre.com](http://www.topekacivictheatre.com)

### JUN 10, 11, 12, 16, 17, 18, 19, 24, 25, 26

#### GUYS AND DOLLS

This celebrated musical comedy about rolling the dice and falling in love under the bright lights of Broadway is often called the perfect musical comedy. Gambler Nathan Detroit tries to find the cash to set up the biggest craps game in town while the authorities breathe down his neck; meanwhile, his girlfriend, Adelaide, laments their 14 year engagement, and Nathan's fellow gambler Sky Masterson is chasing the straight-laced missionary Sarah Brown. Songs include "If I Were a Bell," "Take Back Your Mink," "Luck Be a Lady," and "Sit Down You're Rockin' the Boat." Theatre Lawrence, 4660 Bauer Farm Drive. Thursdays-Saturdays 7:30 p.m., Sundays 2:30 p.m. Fee.  
LAWRENCE, 785-843-7469  
[www.theatrelawrence.com](http://www.theatrelawrence.com)

### JUN 17, 18, 24 & 25

#### THE OUTSIDERS

A coming-of-age tale about the rivalry between the Greasers, a group of boys from a poorer community and the rich, high class Socs, through the point of view of Ponyboy, a 14-year-old Greaser. Helen Hocker Theater 700 SW Zoo Pkwy., 7 p.m. Fee.  
TOPEKA, 785-251-5990  
[www.topekacivictheatre.com](http://www.topekacivictheatre.com)

### JUN 20

#### AN EVENING WITH MARIA BAMFORD

Celebrated comedian Maria Bamford will kick

off the festival with a stand-up performance followed by a short film screening and Q&A. Bamford is the star of the upcoming Netflix series *Lady Dynamite*, Maria Bamford: the special special and the cult hit web series *The Maria Bamford Show*. She was awarded the American Comedy Award for Best Club Comic in 2014 and was included in Rolling Stone's list of 50 Funniest People. Maria voices characters on numerous animated series, including *BoJack Horseman*, *Adventure Time*, *Legend of Korra*, *Puss in Boots*, and PBS's Emmy-winning series *Word Girl*. Liberty Hall, 642 Massachusetts St., 7:30 p.m. Fee.

LAWRENCE, 785-843-1972

[www.libertyhall.net](http://www.libertyhall.net)

### JUN 24 & 25

#### WHEATSTOCK 12

Old Prairie Town is proud to host the 12th Annual Wheatstock Concert on Friday, June 24, from 6-9 p.m. and Saturday, June 25, from 11 a.m.-9 p.m. The concert will feature some of the best live music in Northeast Kansas. Bring your own lawn-chair and enjoy the beautiful Old Prairie Town setting, while listening to some great music! Food vendor will be selling food. Enter at 1st & Clay St. gate. Admission is free, but donations will be welcomed. All proceeds from this event go towards the preservation of Old Prairie Town at Ward-Meade Historic Site. Old Prairie Town, 124 NW Fillmore.

TOPEKA, 785-251-2989

[parks.snco.us/index.aspx?NID=223](http://parks.snco.us/index.aspx?NID=223)

### JUN 25

#### THE CHINA CIRCUS

The China Circus is known for its colorful costuming, and daring feats of human performance art. The acrobats of the China Circus are considered to be some of the most skilled and highly awarded Chinese Acrobats. Their daring feats of acrobatic skill are amazing and the beauty they bring to human performance art is breathtaking. This troupe features over twenty acrobats from China and has been seen around the world. These Acrobats are known for leading the way in creating new and stunning acrobatic skills and combining elegant dance with playfulness. Topeka Performing Arts Center, 214 SE 8th Ave., 7:30 p.m. Fee.

TOPEKA, 785-234-2787

[www.topekaperformingarts.org/china-circus.html](http://www.topekaperformingarts.org/china-circus.html)

### JUN 25

#### AMERICA

Founding members Gerry Beckley and Dewey Bunnell (along with former band mate Dan Peek) met in high school in London in the late 1960s and quickly harmonized their way to the top of the charts on the strength of their signature song "A Horse With No Name." America became a global household name and paved the way with an impressive string of hits following the success of their first #1 single. Forty plus years later, these friends are still making music together, touring the world and thrilling audiences with their timeless sound. Doors: 7 p.m. Show: 8 p.m. Prairie Band Casino & Resort - Great Lakes Ballroom, 12305 150th Rd. Fee.

MAYETTA, 785-966-7777

[www.prairieband.com](http://www.prairieband.com)

### JUL 2

#### KANSAS

This is a free concert with general admission, festival-style, first-come-first-served seating. Wheat & Greet upgrade packages do not guarantee a premium seat. Downtown Topeka, 7 p.m.

TOPEKA, 785-234-9336

[www.downtowntopekainc.com](http://www.downtowntopekainc.com)

## EXHIBITS/SHOWS

### JUN 1-JUL 24

#### DENNIS DUNLEAVY ART EXHIBITION

Exhibition of the Dennis Dunleavy collection at Muchnic Art Gallery. Every Sunday, Wednesday, Saturday, 1-5 p.m.

ATCHISON, 913-367-4278

[www.AtchisonArt.org](http://www.AtchisonArt.org)

### JUN 3

#### BMW MOTORCYCLE SHOW

The BMW Motorcycle Club will be showcasing their bikes at the Farmers' Market. Commercial Street Mall, 5th & Main Streets, 12-2 p.m.

ATCHISON, 913-367-2427

### JUN 11

#### PAOLA HEARTLAND CAR SHOW

The 14th Annual Paola Heartland Car Show will be on Saturday, June 11, from 11 a.m.-5:30 p.m. on the historical downtown Square. Free. Visit us online for more information.

PAOLA, 913-294-4335

[www.paolacarshow.com](http://www.paolacarshow.com)

### JUN 18

#### 3RD ANNUAL PISTONS 'N' PIN UPS

Hot rod car, truck and custom bike show. A show for all makes, models, and years. A classic pin-up girl contest. Food and drinks, beer garden. Baldwin City Chamber of Commerce, 720 High St., 9 a.m.-6 p.m. Free admission.

BALDWIN CITY, 785-594-3200

## FAIRS/FESTIVALS

### JUN 4 & 5

#### GERMANFEST

Germanfest is the main fundraiser for St. Joseph's Catholic Church. Aside from typical fair stuff, there's lots of food, beer, and stuff being raffled or auctioned off. 312 NE Freeman Ave.

TOPEKA, 785-234-3338

[www.sacredheartstjosephcatholic.org/Germanfest.html](http://www.sacredheartstjosephcatholic.org/Germanfest.html)

### JUN 10-18

#### SUNFLOWER MUSIC FESTIVAL

The Festival was organized in the spring of 1987 and the first concert was presented in June of that same year. Our concerts are sponsored by leading area businesses, generous private donors and philanthropic foundations. The concerts are offered to the public free of charge. Participating musicians come from national and international symphonies and musical institutions. The Blanche Bryden Institute was developed by the Festival musicians for the advanced study of chamber music. Both high school and college musicians, ages 14-26, come

■ CONTINUED FROM PAGE 18

together for a week of learning and performance coached by these Sunflower Orchestra musicians. Washburn University – White Concert Hall, 1700 SW Jewell, TOPEKA, 785-267-4840  
www.sunflowermusicfestival.org

**JUN 10 & 11**

**TONGANOXIE SESQUICENTENNIAL**

The festival will feature music on three stages, including a main stage with evening performances highlighting various genres. A barbecue contest, food and vendor stands and children's games and activities are being planned. Visitors can participate in a bed race, contests, old-fashioned games and witness historical characters come to life. Visit the Leavenworth County community of 5,100 people situated just 30 minutes from Kansas City and 20 minutes from Lawrence. June 10, 5-11 p.m. June 11, 7:30 a.m.-11 p.m.  
TONGANOXIE, 913-845-2620  
www.tonganoxie150.org

**JUN 11**

**CAPITAL CITY FAMILY & FOOD TRUCK FESTIVAL AT GAGE PARK**

Join Visit Topeka Inc. and Shawnee County Parks and Recreation for the Capital City Family & Food Truck Festival at Gage Park. This event will feature delicious delicacies from at least 20 food trucks lined up along S.W. Zoo Parkway in front of the Play Land and Animal Land. The trucks will specialize in a variety of food including Hawaiian, barbecue, cupcakes, coffee, and more. While eating, enjoy shopping at several vendors and attending concerts at Gage Park Amphitheater. 11 a.m.-7 p.m.  
TOPEKA, 785-234-1030  
www.VisitTopeka.com

**JUN 21-25**

**FREE STATE FESTIVAL**

The Lawrence Arts Center's Free State Festival is a week-long multidisciplinary arts festival that brings the very best in film, music, art, and ideas to the Lawrence Cultural District each June. This year's festival includes appearances by comedian and television star Maria Bamford, Radiolab founder and co-host Jad Abumrad, and artist and activist Aurora Robson. Lawrence Arts Center, 940 New Hampshire St.  
LAWRENCE, 785-843-2787  
www.freestatefestival.org

**JUN 25**

**TAP THAT TOPEKA: A CAPITAL BREW FESTIVAL**

Untap it or uncap it! Come sample some of American's finest year round and seasonal craft beer and hard ciders. Learn the art of brewing, get the details on OG, AVB and IBUs. Visit with other craft beer enthusiasts. Downtown Topeka, 5 p.m.  
TOPEKA, 785-234-9336  
www.downtowntopekainc.com

**JUN 25**

**BSAA FESTIVAL OF THE ARTS**

The festival will be an all day extravaganza including fine art displays, live crafts, demonstrations, food vendors, fine music, performance arts and art instruction in the kids corner. The Bonner Springs Arts Alliance hosts the annual event. Downtown Bonner Springs, 126 Cedar St., 9 a.m.-5 p.m. Free admission.  
BONNER SPRINGS  
www.bonnerspringsartsalliance.org

**JUL 4**

**GO FOURTH! FESTIVAL**

Look out for a car show, kids game, a stage full of music, great food and great local beer. Follow all that fun with a bigger better and bangier Fireworks show! It's the patriotic upgrade you've been wanting so don't stay at home that day - Go Fourth! There will be lots of parking nearby Burcham Park or you can park downtown and take one of our free shuttles there. Bring your family and your pets but don't bring a cooler or drinks. We will have all that there for you. Burcham Park, 408 Indiana St., 3-10 p.m. Free.  
LAWRENCE, 913-634-1711  
www.lawrencego4th.com

**JUL 4**

**SPIRIT OF KANSAS BLUES FESTIVAL**

This festival is not free to produce, but through community support and donations, the Topeka Blues Society is able to offer free admission to all attendees of the Blues Festival, thereby exposing the blues to a large audience on Independence Day. A donation will allow us to continue to bring quality, nationally recognized Blues bands to this festival, inspire continued growth for the Spirit of Kansas celebration, and generate additional commerce for area businesses. The festival has shown much growth, and it gets bigger and better each year. Lake Shawnee, 3027 SE Beach Terrace., 12-11 p.m.  
TOPEKA, 785-267-1156  
http://parks.snco.us

**FARMERS MARKETS**

**APR 9-NOV 19**

**SATURDAY FARMERS MARKET**

Stroll through the open air market, enjoy the live entertainment and demonstrations while you select fruits, vegetables, soap, baked goods, meat, jams, jellies, wine, pasta sauces, salsa, flowers, honey, fudge and so much more. 824 New Hampshire St., 7-11 a.m.  
LAWRENCE, 785-505-0117  
www.lawrencefarmersmarket.com

**MAY 3-OCT 25**

**TUESDAY FARMERS MARKET**

Stroll through the open air market, enjoy the live entertainment and demonstrations while you select fruits, vegetables, soap, baked goods, meat, jams, jellies, wine, pasta sauces, salsa, flowers, honey, fudge and so much more. Lawrence Public Library Outdoor Plaza, 707 Vermont St., 4-6 p.m.  
LAWRENCE, 785-505-0117  
www.lawrencefarmersmarket.com

**MAY 11-OCT 12**

**CAPITOL MIDWEEK FARMERS MARKET**

The Capitol Midweek Farmers Market is your place to find fresh, locally grown produce, herbs, honey and much more! We are celebrating 10 years of providing a walking destination to healthy, affordable foods in downtown Topeka throughout the 2016 season. Join us every week for the freshest local foods, special guest vendors and 10th anniversary events. Kansas State Capitol, 900 SW Jackson, 7:30 a.m.-12 p.m.  
TOPEKA, 785-296-8060

**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**

**FIT FOR LIFE**

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

**ONGOING**

**ZUMBA GOLD**

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

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Tradition...  
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www.warrenmcelwain.com

**Sons of The American Revolution**

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

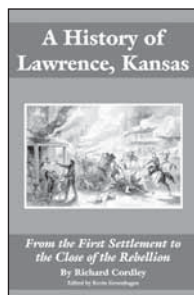


**Charles Robinson Chapter**  
(Lawrence)

John Sayler (President)  
785-841-5756

**Thomas Jefferson Chapter**  
(Topeka)

Brian Vazquez (President)  
785-272-7647



**Don't Know Much About  
Lawrence's History?**

Read Richard Cordley's *A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion* (1895)

Now available at

**The Watkins Community Museum of History**

1047 Massachusetts Street • Lawrence • 785-841-4109

**Hours:** Tuesday, Wednesday, Friday and Saturday, 10 a.m.–4 p.m.; Thursday, 10 a.m.–8 p.m.; Closed Sunday, Monday and Holidays

■ CONTINUED FROM PAGE 19

### FIRST MONDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### MONDAYS THROUGH FRIDAYS

#### A.M. WALKING CLUB

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

### MONDAYS THROUGH FRIDAYS

#### PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

### TUESDAYS

#### BADMINTON

Players of all skill levels are welcome to join in this friendly game that challenges agility, pace and coordination. Games are played on a drop-in basis so join us when you can. Basic equipment is provided; players are welcome to bring their own racquets. For more information, contact Gayle Sigurdson at 785-832-7920. (Lawrence Parks and Recreation). Location: Sports Pavilion Lawrence, 6-8 p.m. No fee. LAWRENCE, 785-832-7950

### FIRST TUESDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### TUESDAYS

#### FREE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### TUESDAYS, WEDNESDAYS & THURSDAYS

#### JAZZEXERCISE LITE

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

LAWRENCE, 785-331-4333

### TUESDAYS AND THURSDAYS

#### HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

### TUESDAYS AND THURSDAYS

#### FLEXEXERCISE

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

#### FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and questions. Appointments are available between 8 a.m. and noon every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.

TOPEKA, 785-354-6787

### WEDNESDAYS

#### FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments are available between 12:30 and 4:30 p.m. every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment.

TOPEKA, 785-354-6787

### FIRST WEDNESDAY OF THE MONTH

#### FREE HEARING CONSULTATIONS

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

LAWRENCE, (785)748-8034

### FRIDAYS

#### BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

### SECOND THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### SECOND FRIDAY OF THE MONTH

#### WELLNESS FRIDAY

Join representatives from LMH the second Friday of each month for discussion on a health

or wellness topic of interest. No registration needed; just drop in. Each program lasts about one hour. LMH Performance and Wellness Center, Suite 100, Lawrence Parks and Recreation Sports Pavilion, 100 Rock Chalk Lane, 9:30 a.m.

LAWRENCE, 785-749-5800

### THIRD THURSDAY OF THE 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 THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### THIRD THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### FOURTH THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### JUN 6

#### BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI

A multi-week class that will focus on balance exercises with Tai Chi movements incorporated. Designed to be fun as well as improve functional strength and balance. Instructors are Registered Physical Therapists who will assist with progression through the appropriate level of exercises for each individual. \$60 for the class series. Four class levels. Advance enrollment required due to limited class size. Call for more information. Classes are held at the LMH Performance and Wellness Center.

LAWRENCE, 785-505-2712

### JUN 7-JUL 28

#### SENIOR STRENGTH TRAINING

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights, and resistance bands. Class includes a warm-up period and a post-workout stretch. Instructor: Deb Geraghty. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays and Thursdays, 9-10 a.m. Location: East Lawrence Center. Fee.

LAWRENCE, 785-832-7920

### JUN 7-JUL 28

#### SILVER N' FIT

In this class you will work with hand weights, stability ball, resistance bands and your own body weight. We'll get you moving and grooving to the music you're going to remember and love! Instructor: Kristen Spencer. Register

at www.lprd.org or any Lawrence Recreation Center. Tuesdays and Thursdays, 8:30-9:20 a.m. Location: Sports Pavilion Lawrence. Fee. LAWRENCE, 785-832-7920

### JUN 7-JUL 28

#### TAI CHI FOR HEALTH

This program is designed to improve health and quality of life for everyone. The movements are simple and can be adapted for all. Participants may stand or sit throughout class. There are no floor exercises. The Arthritis Foundation of America promotes this particular program in the U.S. as the Arthritis Foundation Tai Chi Program. The Center of Disease Control and Prevention recommends this particular program on their official guide for falls prevention, and the Administration on Aging (AoA) found the Program to meet the highest level criteria for AoA evidence based disease prevention and health promotion programs. Instructor: Susan Pomeroy. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays and Thursdays, 11:15 a.m.-12 p.m., Location: Holcom Recreation Center. Fee.

LAWRENCE, 785-832-7920

### JUN 8-JUL 27

#### BOCCE BALL LEAGUE

Lawrence Parks and Recreation is offering an adult (18+) Bocce Ball ladder league. Bocce ball is a relaxed but strategic game that can be easily learned. In this league, individual players will be ranked week to week based on their win/loss record. Each week individuals will be matched with an opponent to play a three game match. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 6-8 p.m. Location: Holcom Park. Fee.

LAWRENCE, 785-832-7920

### JUN 8-JUL 27

#### SILVER STEPPERS

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

LAWRENCE, 785-832-7920

### JUN 9-AUG 11

#### FENCING: MODERN OLYMPIC SPORT

This fencing class is for both beginners who have no experience as well as more experienced fencers in foil, epee and saber emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Register at www.lprd.org or any Lawrence Recreation Center. Thursdays, 7-9 p.m. Location: Sports Pavilion Lawrence. Fee.

LAWRENCE, 785-832-7920

### JUN 10-JUL 29

#### PEDAL PUSHERS- CYCLING CLASS

Indoor cycling increases endurance and strength in your lower body, core and upper body. This is a beginning class for older adults. Bikers can modify their cycling resistance and pace accord-

■ CONTINUED FROM PAGE 20

ing to their own fitness level. Instructor: Melanie Johnson. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Fridays, 11:15 a.m.-12 p.m. Location: Community Building. Fee. LAWRENCE, 785-832-7920

JUN 10

### HEEL BONE DENSITY SCREENING

Are you at risk for osteoporosis? This quick, easy heel screening can indicate if further testing for this potentially debilitating disease is needed. Education provided. Appointment required. To arrange, please call \$15/person. LMH Performance and Wellness Center, 11 a.m.-1 p.m. LAWRENCE, 785-505-5840

JUN 11

### KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Performance and Wellness Center, 8-9:30 a.m. LAWRENCE

JUN 15

### KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Main Campus (West lobby), 325 Maine St., 8-9:30 a.m. LAWRENCE

## 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 THURSDAY OF THE MONTH

Babcock Place, 1700 Massachusetts St., 1 p.m.  
Presbyterian Manor, 1429 Kasold Dr., 2:30 p.m.

THIRD FRIDAY OF THE MONTH

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 10 a.m.  
Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH THURSDAY OF THE MONTH

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

FOURTH FRIDAY OF THE MONTH

Brandon Woods, 1501 Inverness Dr., 10 a.m.

## MEETINGS

SUNDAYS

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

OURS dances are held every Sunday evening from 6-9 p.m. at the Eagles Lodge, 1803 W. 6th St. Dances are open to everyone. Admission is \$7 per person. Carry-in meal served at 7:15. LAWRENCE

MONDAYS

### BREAST CANCER SUPPORT GROUP

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

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

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

### INDIVIDUAL BEREAVEMENT SUPPORT

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

FIRST & THIRD MONDAY OF THE MONTH

### BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

### GRIEF SUPPORT GROUP

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

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

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

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

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by 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 THE MONTH  
**BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 8:30-9:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free. TOPEKA, 785-354-6787

FIRST TUESDAY OF THE MONTH

### LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

FIRST TUESDAY OF THE MONTH

### MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

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

FIRST TUESDAY OF THE MONTH

### TOPEKA AREA OSTOMY SUPPORT GROUP

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

FIRST & THIRD TUESDAY OF THE 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 THE 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](http://www.OrthoKansasPA.com)

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

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

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

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

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

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

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

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

FIRST THURSDAY OF THE MONTH  
**PARKINSON MEETING**

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

EVERY OTHER THURSDAY  
**GRIEF SUPPORT GROUP**

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet. TOPEKA, 785-232-2044

EVERY OTHER THURSDAY  
**GRIEF SUPPORT GROUP**

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet. TOPEKA, 785-232-2044

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

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

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## SATURDAYS

### LAWRENCE BRIDGE CLUB

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

## ONE SATURDAY EACH MONTH

### LAWRENCE DEATH CAFE

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

## SECOND MONDAY, SEP-MAY

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

Volunteer service club. LAWRENCE, 785-331-4575

## SECOND MONDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m. TOPEKA, 785-235-1367  
[www.jhawkaaa.org](http://www.jhawkaaa.org)

## SECOND TUESDAY OF THE MONTH

### NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

Meets at 9:30-11 a.m. at Coyote Canyon Buffet. TOPEKA, [www.narvre.com](http://www.narvre.com)

## SECOND TUESDAY OF THE 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](mailto:HerbStudyGroup@gmail.com) or join our Facebook page at [www.facebook.com/HerbGroup](http://www.facebook.com/HerbGroup). LAWRENCE

## SECOND WEDNESDAY OF THE MONTH

### MEMORY SUPPORT GROUP

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

## SECOND WEDNESDAY OF THE MONTH

### DIABETES EDUCATION GROUP

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

## SECOND WEDNESDAY OF THE MONTH

### SOROPTIMIST INTERNATIONAL OF TOPEKA

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

## SECOND THURSDAY OF THE MONTH

### NAACP MEETING-LAWRENCE CHAPTER

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

## SECOND & FOURTH FRIDAY OF THE MONTH

### ALZHEIMER'S/CAREGIVER SUPPORT GROUP

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

## SECOND SATURDAY OF THE MONTH

### HAPPY TIME SQUARES SQUARE DANCE CLUB

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

## THIRD TUESDAY OF THE MONTH

### LAWRENCE PARKINSON'S SUPPORT GROUP

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

## THIRD TUESDAY OF THE MONTH

### GRANDPARENT AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice. TOPEKA, 785-286-2329 or 785-231-0763

## THIRD TUESDAY OF THE MONTH

### 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 THE 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 THE MONTH

### ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

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

## THIRD THURSDAY OF THE MONTH

### LUNCH AFTER LOSS

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

## THIRD FRIDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

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

## THIRD SATURDAY OF THE MONTH

### 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 THE MONTH

### GRIEF SUPPORT GROUP

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

## FOURTH WEDNESDAY OF THE MONTH

### CAREGIVER SUPPORT GROUP

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

## FOURTH THURSDAY OF THE MONTH

### TOPEKA GENEALOGICAL SOCIETY

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

## FOURTH THURSDAY OF THE MONTH

### CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

## FOURTH FRIDAY OF THE MONTH

### ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

## 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](http://www.kansasdiscovery.org)

## SECOND SUNDAY OF THE MONTH

### MONTHLY GUIDED HIKE

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Fee. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd, 1 p.m. LAWRENCE, 785-842-8562  
[ksoutdoors.com/State-Parks/Locations/Clinton](http://ksoutdoors.com/State-Parks/Locations/Clinton)

## JUN 3 & 4

### TOUCH-A-TRUCK & TRACTOR DAZE

At this annual event, kids can climb and explore trucks of all shapes and sizes. You will find everything from fire trucks to tractors as well as many other kid-friendly activities. Hosted by Wyandotte and Leavenworth County Farm Bureau Associations. National Agricultural Center and Hall of Fame, 630 N. 126th St., 10 a.m.-4 p.m.. BONNER SPRINGS, 913-721-1075  
[www.aghalloffame.com](http://www.aghalloffame.com)

## JUN 4

### TRUCKHENGE TAROT TIME

Arts, crafts, psychics, healers, fun, and food. Truckhenge, 4224 NE Brier Rd. (east on Seward to Kincaid, north on Kincaid 1.5 miles).

■ CONTINUED FROM PAGE 22

Fee. Children under 12 free. Contact Linda Lessman at 785-234-3486 or Oma Lacey at 785-357-1730 for more information.

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JUN 11 & 12

### WASHINGTON CREEK LAVENDER OPEN HOUSE

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JUN 11

### HEARTLAND MILITARY DAY

16th annual. Pancake feed (7-10 a.m.), reveille ceremony (8 a.m.), military equipment displays and reenactors (8 a.m.-4 p.m.), band concerts (9:30 a.m. and 11 a.m.), concessions (11 a.m.-2 p.m.), and more. Museum of the Kansas National Guard, Forbes Field, 125 SE Airport E. Dr. Free admission and events.

TOPEKA

JUN 18

### WHAT FLOATS YOUR BOAT

Join Van Go for the party of the summer! Dance under the stars, eat delicious barbecue, and purchase unique outdoor art all to benefit Van Go's job-training programs. '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 Lake Marina, 1329 E 800 Rd., 4-8 p.m.

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JUL 2

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The meal delivery bags can be picked up at different locations across Topeka. Meals on Wheels will accommodate your schedule and/or place of residence/employment.

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**WHEN:** Volunteers are needed Monday through Friday. All delivery routes (except for East Topeka) pick up between 10:45 and 11:00 a.m. The East Topeka routes pick up at 11:30 a.m.

**WHERE:** Topeka

**HOW:** Interested parties are invited

to call Kim Williams at (785) 295-3989 to discuss options that work for you as well as to set up a time for a one-hour training session to get started.

About Meals on Wheels of Shawnee and Jefferson Counties, Inc.: Currently Meals on Wheels serves approximately 1,000 daily hot, nutritious meals Monday through Friday to homebound and congregate dining centers. Our service helps clients remain independent in their homes, avoid hospitalizations/readmissions, prevent premature nursing facility placements, and assist in the management of chronic illnesses. In addition, Meals on Wheels volunteers provide a daily safety check that has been proven to defend against health crises and to provide reassurance to loved ones. For more information about our program, please visit our website at [www.mowks.org](http://www.mowks.org).



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## RICK STEVES' EUROPE

# Top travel mistakes - and how to avoid them

By Rick Steves

Tribune Content Agency

Once, while riding the train into Dresden, Germany, I got off where most other passengers did—at Dresden Neustadt. After 20 minutes of walking in a confused fog, my denial that I had gotten off at the wrong station slowly faded. Embarrassed by my mistake, I hopped on the next train. Five minutes later, I got off at Dresden Mitte. As I stepped outside the station, it slowly sunk in: I made the same mistake. Another train came. I got on and finally made it to Dresden Hauptbahnhof—a block from my hotel.

Even after countless trips to Europe, I still make my share of blunders—I get lost, miss train connections, and get shortchanged by taxi drivers. But with each slip-up, I learn something. Now I make it a point to tell people: “Many towns have more than one train station. Be sure you get off at the right one.”

Here are some of the biggest mistakes I see travelers make these days.

**1: SAVING MONEY AT THE EXPENSE OF TIME.** People focus on saving money while forgetting that their time is an equally valuable and limited resource. It's worth paying for museum admission rather than going on a free day and suffering through slow lines and crowds. If a taxi costs you and your partner \$5 more than two bus tickets, it's worth the 20 minutes saved. If ever time was money, it's when you're trying to get the most out of traveling abroad.

**2: TRAVELING WITH OUTDATED INFORMATION.** I may be biased, but an up-to-date guidebook is a \$20 tool for a \$4,000 experience—and justifies its expense on the first ride to your hotel from the airport. A guidebook can head off both costly mistakes (getting fined for not validating your train ticket) and simple faux pas (ordering cappuccino with your pasta in Italy). A good guidebook can also save time,

keeping you from visiting a museum that's closed for renovation, waiting for a bus that no longer runs, and...

**3: WAITING IN LINE, NEEDLESSLY.** I've said it before, and I'll say it again. There are two IQs for travelers: those who queue and those who don't. Crowds are unavoidable at big attractions, like the Eiffel Tower or Anne Frank's house—but what is avoidable is standing in line for hours to buy tickets. These days, most popular sights sell advance tickets that guarantee admission at a certain time (often with a small booking fee that's well worth it). While hundreds of tourists are sweating in long lines, those who've booked ahead can show up at their reserved time and breeze right in.

**4: NOT BEING ALERT TO SCAMMERS AND THIEVES.** You're not going to get knifed or

mugged in Europe. But if you're not on the ball, you could get conned, whether it's a cabbie padding your fare, a waiter offering a special with a “special” increased price, or a beggar with beautiful eyes, beautiful children, and sad stories asking for a euro—and stealing your wallet. Be cautious, and be alert. And watch for thieves, who work the lines at crowded sights and on the bus lines handiest for tourists. Store your passport, credit cards, and cash securely, in a money belt.

**5: NEVER LEAVING THE TOURIST ZONE.** Many people jockey themselves into the most crowded spot of the most crowded city in the most crowded month (Old Town Square, Prague, July)—and then complain about the crowds. Likewise, they eat dinner on the most touristy street at the most high-profile restaurant with the most aggressive sales pitch, then are upset by the big bill and disappointing food. You'll enrich your trip by wandering the back streets, away from the main tourist area. Old Town Square may be a mob scene, but six blocks away you'll find fewer crowds and eateries full of happy Czechs.

**6: NEVER LEAVING YOUR COMFORT ZONE.** A fundamental

goal in my travels is to have meaningful contact with local people. At a pub anywhere in England, don't sit at a table. Sit at the bar, where people hang out to talk. At lunchtime in Coimbra, Portugal, leave the quaint Old Town and head to the local university's cafeteria to eat and practice Portuguese with students and professors. Connecting with people is what enlivens your travel experience. And for many of us, that means getting out of our comfort zones.

**7. LETTING MISTAKES RUIN YOUR TRIP.** Many tourists get indignant when they make a mistake or get ripped off. When something happens, it's best to get over it. The joy of travel is not the sights and not necessarily doing it right—it's having fun with the process, being wonderstruck with a wider world, laughing through the mistakes and learning from them, and making friends along the way.

- 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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## HUMOR

# Man in the Mirror Redux

Last month my wife, Emmaline, and I rented the old mountain cabin where we have stayed nearly every year for the past 27 years. The cabin is located deep in the woods. This year we also rented the cabin (capacity 12) next door. Our kids and grandkids joined us for a family get together.



Larry  
Day

One of the reasons we love going to the cabin is that it looks just as did when we first stayed there back in 1989. The cabin is miles from town. It stands above a boulder-strewn river that begins somewhere high in the tree-covered Appalachians. A wall-sized outside window looks straight down from the

cabin onto a narrow river. The cabin is on a single floor with partitions for the living room, bedroom, and bathroom, which is at the far end of the cabin.

Emmaline had gone to get groceries. I was alone and it was in the bathroom mirror that I saw, instead of my own face, the face of the Little Dutchman—an old man with a long beard and a tri-cornered hat. I panicked when I saw him. I ran back to the front room. But there he was, standing on the kitchen table dressed in antique Dutch garb—a cloth jerkin strapped several times around the waist, breeches decorated with rows of buttons down the sides and bunched at the knees. He looked like he had just stepped out of the story of Rip Van Winkle. That's when my first adventure with him began.

Back then the Dutchman and his pals, with their beer steins foaming, and I with my foaming stein of root beer, took a bumpy ride down the river,

floating on truck tire inner tubes.

I thought later that the whole episode was a figment of my imagination. I told myself, "If you want to avoid dreaming about bearded Rip Van Winkle characters, then don't eat onions and bleu cheese at bedtime." Little did I guess.

Last month Emmaline and I and all the family made the trip and gathered in the front room of the cabin. We wanted to toast the cabin and our many happy visits there. We bought a whole bunch of plastic wine glasses and two magnums of non-alcoholic champagne. Just as we raised our glasses there was a knock at the door.

"There's no one at the door."

I had a premonition.

"Look down," I said.

"Wow!"

"It's the Dutchman, right?"

"And all his pals."

I handed Emmaline my glass and walked to the door. The Little Dutchman and about a dozen others were on the porch gesturing and pointing down the wooden stairs. Half a dozen inner tubes were moored to the cement landing below. The Dutchmen wanted everyone to join them on a float.

"Come in and have a drink, first," I said. After a moment's hesitation, they all trooped inside and stood in a semi-circle. Someone handed them glasses of ersatz champagne.

"To the cabin!" I said.

"To the cabin!"

"To the Dutchmen!"

"To the Dutchmen."

The little Dutchman touched my thigh and gestured. I recognized the gesture immediately.

"To the River!" I said.

"To the River!"

There being no fireplace, and the glasses being plastic, everyone simply put them on the table and walked to the door.

"To the River!" someone shouted, in an entirely different context.

"Don't trample the Dutchmen," I yelled. But I needn't have worried. My nimble little pals were already half way to the landing.

Emmaline and I paused in the living room for a moment and embraced.

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

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## PET WORLD

# How to handle a pet with diabetes

By Marc Morrone

Tribune Content Agency

**Q:** My nine-year-old cat was just diagnosed with diabetes. He was 16 pounds. Recently he lost three pounds. I am not giving him insulin shots. Is it possible to reverse the diabetes with diet alone? I'm giving him special food the vet has recommended. My question is will the diabetes be controlled enough with diet and no insulin? - Vincent Halstead, Hartford, CT

**A:** This is one of those questions that can cause endless debates among pet owners. If you go online and ask this question of 30 different people you will get 55 different answers.

You had a vet that examined the cat and has been monitoring the levels, so that is really the person who is best able to answer this for you. I personally have had two cats and one dog with diabetes. I was going through a "holistic" period in my life when my first pet was diagnosed and I did try myself to manage the situation without insulin but I had no success. I ended up throwing in the towel for the sake of the cat and gave her the insulin every day.

Quite frankly it was not a big deal and she lived another 12 years with the

insulin. When my other two pets were diagnosed, I went right to the insulin. So I would just advise you to put your trust in your vet as I did, and most likely things will work out as well as they did for me.

**Q:** Lately we have seen three different species of small snakes around the foundation of our house. We spread something called "Snake Away" around the house and mothballs too, but they just crawl over it. I know that snakes are beneficial, and I do not want to kill them, but I just do not want them around my house. Can you advise anything? - Sandy Williams, Atlanta

**A:** I am not making light of your situation, but I wish that I lived in an area where the natural habitat could support three different species of snakes. I cannot even remember the last time I saw a snake here on Long Island in its native habitat.

Most likely the snakes you are seeing are DeKay's Snakes that burrow in soft soil to eat earthworms, Garter Snakes that look for toads in moist areas and Green Snakes that eat insects they find in grass and shrubs. Most other snake species would be looking for rodents, and I doubt there would be so many rodents living around your foundation.

So to deter the snakes you have to make the areas you do not want them in to be devoid of food and hiding places. The best way to do this is to make the beds as barren as possible by spreading about two inches in depth of white marble chips that are sold in garden centers. Insects and toads and earthworms have a hard time to hide in those marble chips and they have sharp edges on them that the snakes do not like.

- Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at [petxperts2@aol.com](mailto:petxperts2@aol.com); please include your name, city and state.

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# WOLFGANG PUCK'S KITCHEN

## Fast food: Quickly cooked cod fillets convenient for family dinner, entertaining

When people hear the term “convenience food,” all too often their minds turn to something you probably shouldn't be eating but have to because of limited time. It could be frozen or canned food; or maybe something picked up from the prepared foods section of your supermarket,



Wolfgang  
Puck

like a whole rotisserie chicken or some sort of soup that has been kept hot for hours in a big vat. Or maybe it's take-out burgers or other fast food.

But I define convenience food in a different way. It's simply a recipe that begins with just a few readily available store-bought ingredients, including fresh produce. Then, the dish is put together in minutes with a minimum of fuss and few utensils. Finally, my ideal convenience food is cooked from start to finish in the same pan from which you serve it.

Do you find such a description too difficult to imagine? Then allow me to present one of my favorite easy recipes—Baked Cod Fillets with a Parmesan-Panko Crust—and explain how it meets all those requirements for convenience.

First, the recipe calls for only a handful of common ingredients you'll actually need to shop for, plus a few staples you will very likely already have in your pantry or refrigerator. The coarse, Japanese-style breadcrumbs called panko are now commonly found among other packaged breadcrumbs in well-stocked markets or in the Asian foods section. And you can substitute for the codfish any other mild-flavored, thick fish fillets that you like and find readily available.

Next, by my conservative estimate, you'll probably need 10 to 15 minutes

to assemble the dish, during which you'll also be preheating your oven to its hottest temperature. And that assembly all takes place in an ovenproof non-reactive skillet that you can even carry straight from the oven to your dining table, taking care, of course, to protect your hands with oven gloves or pads and your table with good heatproof trivets.

Consider the fact that the entire prep and cooking of the dish also allows the perfect amount of time to cook steamed rice or another grain dish, begun just before you start getting the fish ready. That will provide the ideal accompaniment to soak up all the delicious sauce that forms around the fillets during cooking.

I know many people who, once they've cooked and tasted this dish for the first time, put the recipe into their regular rotation, making it not only for family meals but also for casual dinner parties. Now, that's what I call convenient.

### BAKED COD FILLETS WITH A PARMESAN-PANKO CRUST

Serves 2 to 4

1 cup (250 mL) freshly grated Parmesan cheese, about 3 ounces (185 g)

1 cup (250 mL) panko or other coarse dry breadcrumbs

1/3 cup (85 mL) mixed chopped fresh herbs such as Italian parsley, chives, tarragon, thyme and chervil, plus extra for garnish

1/4 to 1/2 teaspoon crushed red pepper flakes

Kosher salt

Freshly ground black pepper

8 tablespoons (1 stick) unsalted butter

4 skinless cod fillets, each 4 to 6 ounces (125 to 185 g) and at least 1 inch (2.5 cm) thick

1/4 red onion, chopped

1/2 cup (125 mL) dry white wine

1 lemon, cut in half, plus extra slices for garnish

Place an oven rack in the highest position. Preheat the oven to 500 F (260 C). On a small baking sheet, stir

together the Parmesan, panko, 1/3 cup (85 mL) of the herbs, red pepper flakes, salt and pepper to taste.

Melt 6 tablespoons of the butter in a heavy ovenproof nonreactive skillet large enough to hold the cod. Season the cod with salt and pepper. Dip 1 side of a fillet into the butter, then press into the crumbs. Return it crumb side up to the skillet.

Repeat the process with the remaining cod and crumb mixture. Spoon melted butter over the crumbs and dot with the remaining unmelted butter. Scatter the onion around the fish. Pour the wine in between the fish fillets, taking care not to disturb the crumbs.

Squeeze in a lemon half.

Set the skillet over high heat and bring the wine to a simmer. Put the skillet in the oven. Bake until the crust is golden brown and the fish is cooked through, about 10 minutes. To test for doneness, use a dull skewer: Inserted into the thickest part of a fillet, it should meet no resistance.

Squeeze the remaining lemon half over and around the fish. Place the skillet over high heat to bring the juices back to a simmer. Garnish with lemon slices and the rest of the fresh herbs. Serve immediately.

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

## 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](http://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

## The GraceTime Project

By Dan Stark

As a child, I remember my grandmother Geiger holding me close to her chest, in front of an old gas stove, in the middle of a very cold winter. She rocked me while softly singing and patting me on the back. I recall when I was five how I woke up one morning to the smell of bacon and eggs frying on the stove. A breeze flowing through the screen door wafted the scent of wild onions and clover.

On weekends when I wasn't in school, my aunts and their families gathered at the farm just outside of town. My older cousins Emit and Cleo would go to the chicken pen to gather up two plump hens for the afternoon lunch and hand them to the ladies to take care of final preparations. Then we would chase ducks and explore the creek that ran behind the cabins.

I have been blessed with a wonderful family and some superb story tellers. They had great tales to tell about their heritage, especially the experiences and lessons they had learned along the way. Unfortunately, it wasn't until decades

later that they realized the value of their memories as youngsters when they recalled their past experiences.

When my father passed away and our family gathered together, the stories of the older people attending my father's funeral began to resurface. My siblings were delighted and surprised because they had not experienced the treasures these older relatives and friends had given them—stories which they had residing all those years in their memory vaults.

Each of their stories related to different life experiences. Some of the older folks had forgotten certain details while others recalled only specific aspects of their past. Some people, sadly, were not able to recall their youth. But my younger relatives pressed them for more details about their past. They seemed to have a thousand questions about what, where, and why those experiences occurred.

It occurred to them that these older folks should have written their stories down—or at least have done a voice recording. Today, digital story telling has become popular and affordable way that many of us should be able to master. It is a great way to create a story about your family and make it available for the extended family and their connected world to see.

Typically, we seniors end up saying that we wished someone would have saved our stories in some way, perhaps by writing them down. Or, we wished we would have jotted down information pertaining to each photo that was taken of us, our friends, and our relatives. We all have regrets about information that was lost after our friends and relatives are gone. Yet, nobody seems to take the time to do it. That is

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why I invented the GraceTime Project service to solve this problem.

After 10 years of assisting families in recording individual video interviews, creating memorials and doing on the spot product interviews, I was surprised to learn that thousands of folks from all walks of life come to see and learn from these recordings which are available from the GraceTime Project.

When I started my father's memorial video project I soon realized there were very few pictures, no video or voice recordings and only short vignettes of memories about his life. It was then, that I planted the seeds of the GraceTime Project. I somehow wanted to organize, save and perhaps even publish those memories. I had given a lot of thought on how to do just that.

During my last 10 years of semi-retirement, one of my experiments was to find out who really cares about the experiences and memories of others. Consequently, I did a series of interviews at the Good Samaritan Senior Living Center in Olathe, Kansas, about seven years ago. I thought that the

relatives of these individuals would appreciate having access to the past memories of these senior citizens. I assumed it would be similar to attending a funeral that displayed pictures, artifacts and other reminders of the past. I also assumed after that event

was over everyone would go their separate way and this would all be forgotten. I was wrong about that.

While all interviews were of interest, I was especially fascinated by the stories told by women who reminded me of my wonderful aunts. For instance, one of the subjects for my interview was Rose Erington, who was interviewed in 2007.

To date almost 8,000

people have visited that interview.

More information about The GraceTime Project may be found at these two locations: [www.gracetime.com](http://www.gracetime.com), [www.lifeandstory.org/media/topvideos.html](http://www.lifeandstory.org/media/topvideos.html).

**(Editor's note:** Dan Stark is willing to give away one GraceTime Legacy interview package—a \$200 value—each month for three months to the “Memories Are Forever” author. Contact Tom Mach at [tom.mach@yahoo.com](mailto:tom.mach@yahoo.com) for details.)



Dan Stark



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## GOREN ON BRIDGE

# Subterfuge

With Bob Jones

Tribune Content Agency

Neither vulnerable. South deals.

1NT	Pass	2♥*	Pass
2♠	Pass	Pass	Dbl
Pass	3♣	3♠	Pass
Pass	Pass		

\* Transfer to spades

NORTH

♠-K J 10 7 4 3

♥-9 6 2

♦-7 4

♣-8 4

WEST EAST

♠-Q 9 5 2

♠-8

♥-K 8 4

♥-A Q J 7

♦-8 5

♦-K Q 10 2

♣-Q J 10 2

♣-9 7 6 3

SOUTH

♠-A 6

♥-10 5 3

♦-A J 9 6 3

♣-A K 5

The bidding:

SOUTH WEST NORTH EAST

Opening lead: Queen of ♣

East's well-judged balancing double pushed North-South slightly out of their comfort zone. Eight tricks would have been easy - nine tricks was a challenge.

South won the opening club lead, cashed the ace of spades and led another spade, inserting dummy's 10 for a successful finesse. The 4-1 trump split proved too difficult for declarer to handle. He tried to reduce dummy's trump length for a possible trump coup, but ran short of entries and eventually conceded down one.

The defense can always prevail, but a clever declarer might have improved his chances. Can you spot how?

The poor spade split is predictable on the auction. South might have tried the effect of smoothly ducking the opening club lead! The defense will still succeed if West shifts to hearts and they take three heart tricks before playing another club, but would you shift if you were West? Partner's low club play might have been from a holding like ace-king-three.

Assuming a club continuation, South wins and cashes a third club, discarding a diamond from dummy. Now a low spade (not the ace) to dummy's 10 is followed by a diamond to the ace and

a diamond ruff. A spade is played back to the ace for another diamond ruff. Dummy is down to the king-jack of trumps and three low hearts. Declarer can exit with a heart and dummy cannot be prevented from winning both remaining trumps for nine tricks.

- Bob Jones welcomes readers' responses sent to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to [tcaeditors@tribune.com](mailto:tcaeditors@tribune.com).

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# PUZZLES & GAMES

## CROSSWORD

### Across

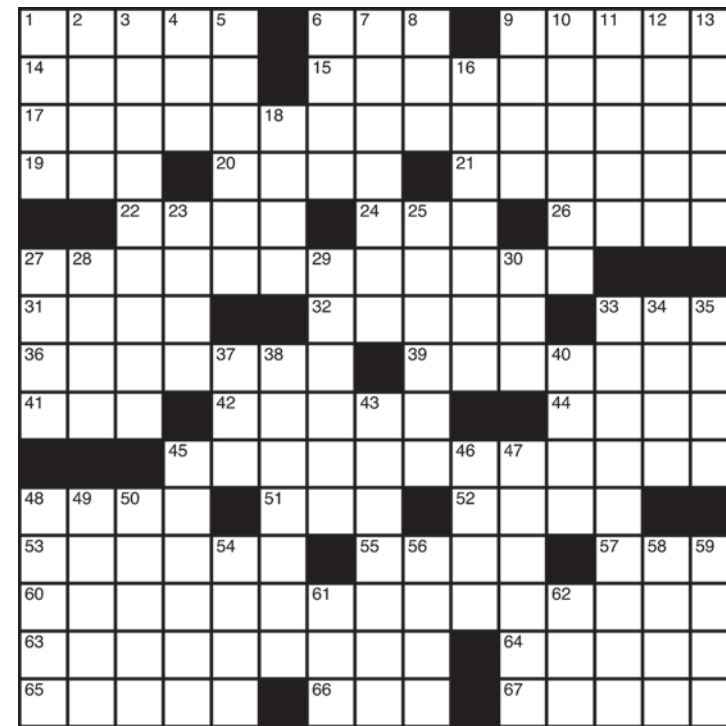
- 1 Thin streaks
- 6 Influenced by, recipe-wise
- 9 Ones who deal with dealers
- 14 First name in furniture
- 15 Editor's job
- 17 Seeking lodging
- 19 Unidentified Jane
- 20 Tugboat sound
- 21 Commodities dealer
- 22 Summit meeting goal
- 24 18-Down, with "down"
- 26 Rearing place
- 27 Pulling away
- 31 This and that
- 32 Deep gulf
- 33 Global financial org.
- 36 Mexican supermodel Elsa
- 39 Hardly transitory
- 41 Gig session
- 42 Venetian island
- 44 1998 Sarah McLachlan hit
- 45 More at dinner

- 48 Suffix with school
- 51 CIA predecessor
- 52 London home of Constables and Sargents
- 53 Block deliverers of yesteryear
- 55 Powerful lobby for seniors
- 57 Cape Canaveral's st.
- 6 Stadium supporters, and a hint to their cry hidden in 17-, 27- and 45-Across
- 63 Self-control
- 64 Felt poorly
- 65 "Golden Boy" playwright
- 66 "Hello, ewe!"
- 67 Mausoleums

### Down

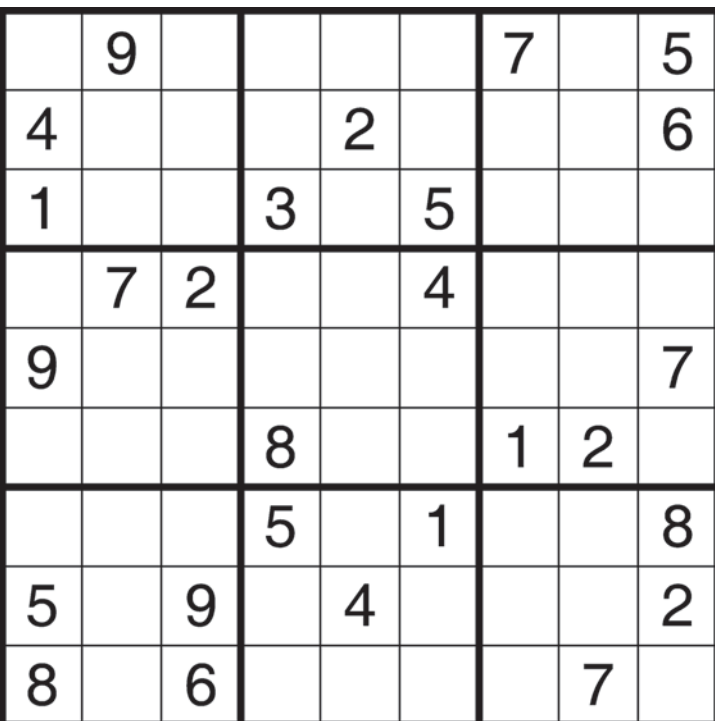
- 1 Metalworking union
- 2 "Was \_\_\_ hard on her?"
- 3 Crime scene clue
- 4 K2 is on its border: Abbr.

- 5 State secrets?
- 6 Cornstarch brand
- 7 Right hook setup
- 8 Noisy scene
- 9 "Mayberry R.F.D." setting
- 10 Nearby
- 11 \_\_\_ la Plata
- 12 Attends
- 13 Dik Browne pooch
- 16 Evaluation for creative types
- 18 Make a memo of
- 23 Yours, to Yvette
- 25 "Now I remember!"
- 27 Watch chains
- 28 Peter Fonda's beekeeper
- 29 Medicine cabinet items
- 30 Suffix with malt
- 33 Low-budget pic, usually
- 34 Chief
- 35 Coach's challenge indicator
- 37 StubHub offerings, briefly
- 38 Latvia neighbor
- 40 Spellbound
- 43 Baked, layered entree
- 45 Clown Kelly
- 46 French I infinitive



- 47 Purring snuggler
- 48 Extremely tiny
- 49 Needed liniment
- 50 Creator of many pieces?
- 54 Writes the wrong zip code, say
- 56 Pooch in whodunits
- 58 Award-winning comic book writer Jeph
- 59 Additions
- 61 Pointed end
- 62 South-of-the-border unclue

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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 Argirion and Jeff Knurek

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

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CLISHE

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Answer: " \_\_\_\_\_ - \_\_\_\_\_ "

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TIME LIMIT: 25 MIN

Answers to all puzzles on page 34

**CROSSWORD SOLUTION**

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



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

Kaw Valley Senior Monthly launched its Senior Savings Card program in May 2016, and we would like to invite your business to participate. In order to participate, all a business has to do is provide our subscribers with a discount (which is not currently available to the general public) when they present their Senior Savings Cards. Other than the discount, the program is **FREE** for participating businesses. It's a win-win-win situation: You'll gain additional customers; Senior Monthly readers will receive discounts; and Senior Monthly will gain new subscribers.

A full listing of participating businesses and their discounts is available on the Kaw Valley Senior Monthly website at [seniormonthly.net/savings](http://seniormonthly.net/savings). Here are a few sample listings to give you an idea of the layout:

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C <sub>3</sub>	H <sub>4</sub>	U <sub>1</sub>	T <sub>1</sub>	Z <sub>10</sub>	P <sub>3</sub>	A <sub>1</sub>	RACK 1 =	<b>119</b>	
R <sub>1</sub>	E <sub>1</sub>	U <sub>1</sub>	N <sub>1</sub>	I <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	RACK 2 =	<b>57</b>	
F <sub>4</sub>	R <sub>1</sub>	E <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	M <sub>3</sub>	Y <sub>4</sub>	RACK 3 =	<b>66</b>	
P <sub>3</sub>	I <sub>1</sub>	G <sub>2</sub>	G <sub>2</sub>	I <sub>1</sub>	S <sub>1</sub>	H <sub>4</sub>	RACK 4 =	<b>64</b>	
A <sub>1</sub>	C <sub>3</sub>	O <sub>1</sub>	L <sub>1</sub>	Y <sub>4</sub>	T <sub>1</sub>	E <sub>1</sub>	RACK 5 =	<b>62</b>	
PAR SCORE 260-270								TOTAL	<b>368</b>

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Yes, my business would like to participate in the Senior Savings Card program. We agree to offer Kaw Valley Senior Monthly subscribers a discount when they present their Senior Savings Card.

**JUMBLE ANSWERS**

Jumbles: ALTAR PLUME DELUXE CHISEL

Answer: What Rover felt like after chasing the car -- "EXHAUST-ED"

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Redesigned for privacy, convenience and family involvement, the **Center for Rehabilitation** at Lawrence Memorial Hospital provides a comfortable, healing environment. Our facility includes private rooms, a state-of-the-art therapy gym and even an apartment to help you practice activities of daily living before returning home.

## Get back to what you love, safely and comfortably.

No matter where you are in life, Lawrence Memorial Hospital is here to help you be the strongest you can be. Our newly remodeled Center for Rehabilitation is designed to help you achieve optimal independence – from healing properly after an injury or illness to regaining mobility after a stroke. Discover new possibilities for a strong and healthy life:

785-505-3554 • [lmh.org/acuterehab](http://lmh.org/acuterehab)



*Stay healthy. Stay close.  
Stay for Life.*