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Vol. 18, No. 12

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## SENIOR profile



# Sandy Narum: Offering 'a touch of whimsy' in Baldwin City

See story on page three

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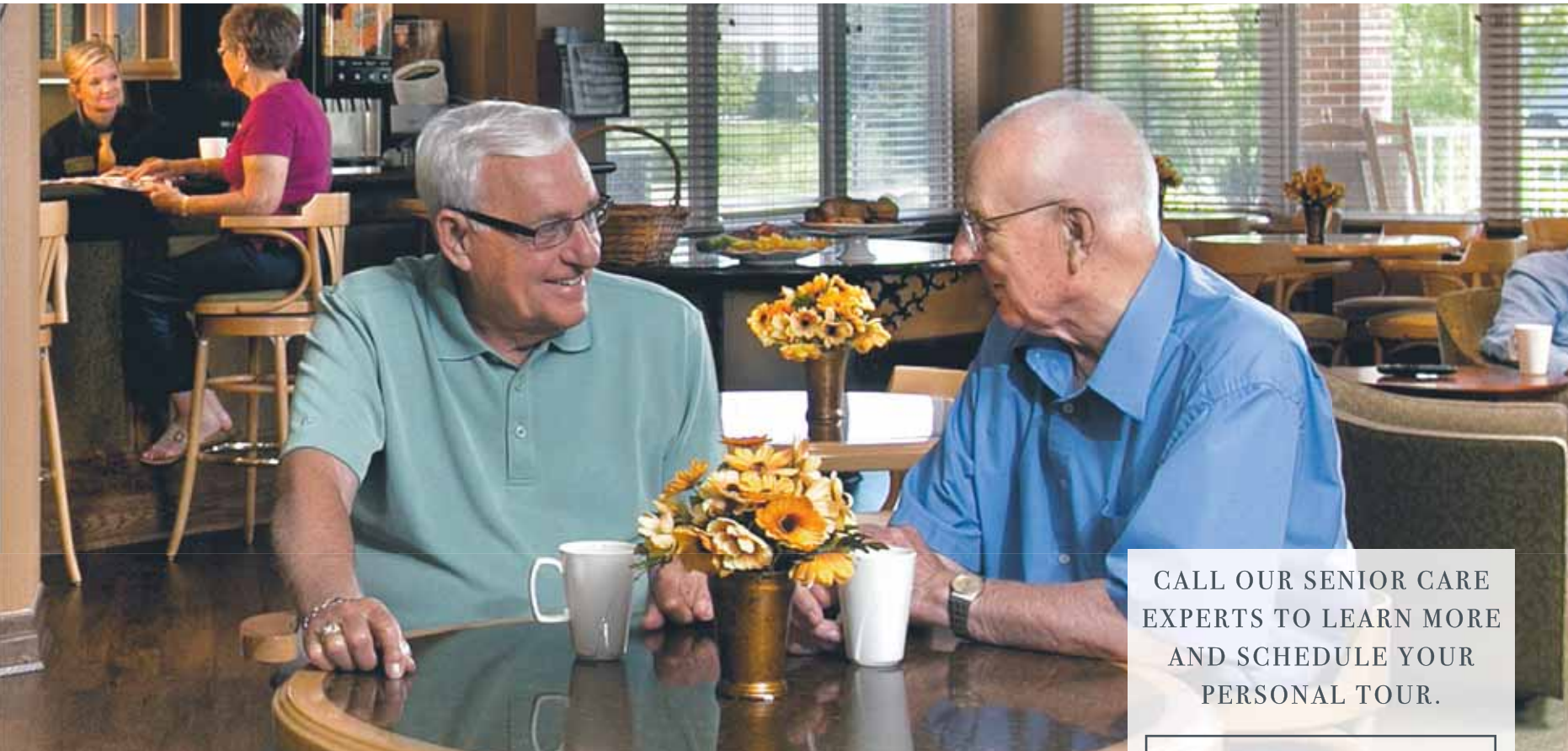


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# Narum's hobby leads to opening of Papa's Nest {egg}

By Kevin Groenhagen

When Sandy Narum and her husband, Bill, bought a foreclosed home in Baldwin City about four years ago, she had no idea at the time that that purchase would ultimately lead to the opening of a new business.

"The cabinets were a disaster!," Narum said. "They were either going to have to be replaced or painted. Replacing was too expensive, so I went to the ReStore in Lawrence and got some cabinet doors, bought some chalk paint, and taught myself how to paint them."

ReStores are independently-owned reuse stores operated by local Habitat for Humanity organizations that accept donations and sell home improvement items to the public at a fraction of the retail price.

"It was so much fun and so transforming that I moved on to furniture pieces in our house and furniture in other people's houses," Narum continued. "Since then, I've learned lots of amazing 'tricks' of the trade that make

that process even easier."

While learning how to refurbish her own cabinets and furniture, Narum, who had spent 30 years in medical practice administration, realized she was growing tired of being retired.

"I also came to realize there are a lot of people who are just kind of discouraged in life," she said. "I was looking for an opportunity to spread just a little bit of encouragement and kindness to other people. This shop was open, so I jumped right into it."

In September of 2017, Narum opened Papa's Nest {egg} at 606 High Street in downtown Baldwin City.

"People ask me what our shop name is all about," Narum said. "My hubby works hard so I can do what I do, so I wanted that acknowledged. So that's where 'Papa' came from since that's who he is to the grandkids. 'Nest' really fit because it depicts what home is to me. It's my goal for the shop to grow to the point where my husband can work with me full-time, so we're investing in that future. It would be our nest egg. It rolls together when you understand what it all means."

According to Narum, Papa's Nest {egg} is known affectionately as 'Papa's.' Papa's offers a wide variety of beautiful home décor and gift items, refurbished furniture, Dixie Belle Chalk Mineral Paints, and "a touch of whimsy."

"I really try to target home décor products you're not going to find just

KEVIN GROENHAGEN PHOTO



Sandy Narum

anywhere," Narum said. "I get a lot of feedback from people who say they find things in here that they don't see in other gift shops in the area. We also have amazing refurbished furniture. My husband and I lovingly redo every piece of furniture here is one of a kind. If someone comes in and they are shopping for furniture that I don't have, I take their name and number and then we actively look for what it is they want. We have had some successful missions in that respect."

"We also do custom work for people,"

she continued. "If someone comes in and says they have a dresser at home they'd like us to paint, we'll do it."

Narum promotes a few other local businesses by offering their products at Papa's. For example, Papa's carries the CopperLeaf Gourmet Foods line of products.

"CopperLeaf is actually a Baldwin City company," Narum said. "They make wonderful pepper jellies and jams, salsas, and barbecue sauces."

She also carries popular Jayhawk licensed jewelry created by Paula

■ CONTINUED ON PAGE FOUR

## Kaw Valley Senior Monthly

Kevin L. Groenhagen  
Editor and Publisher

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# Sandy Narum

■ CONTINUED FROM PAGE THREE

Potter, who owns Backyard Critters, another Baldwin City company.

“Paula is one incredibly talented gal and I love it when she refurbishes furniture in her very own funky style and I get to feature it in the shop,” Narum said.

Narum offers a wide variety of classes and workshops at Papa’s. She holds at least one cabinet workshop and one Painting 101 class a month in addition to several more “crafty” types of events.

“Painting your bathroom or kitchen cabinets can be one of the most rewarding changes you make to the interior of your home, bringing so much brightness into a space that’s been dark for a long time,” she said. “I’ve learned so much about what to do and what to avoid when I did my own cabinets that I teach people to avoid some of the aggravation I experienced through my own trial and error. It’s actually an easy process, although time-consuming, but so worth it when you know the right way to do it and you’re working with the right products.

“I tried about five different lines of chalk-type paints before I determined that Dixie Belle Paint was the line I’d be proud to carry in my shop. They call it ‘Easy-Peasy’ and I have to agree, but it’s also top-quality and durable. I carry the full line of 64 colors and all the top coats, gel stains, brushes, waxes, etc., that go with this product line. Not only do you not have to sand or strip off the original finish using this line, you also don’t have to seal the paint because it self-seals and it self-levels, giving a more manufactured finish than a chalky finish when applied correctly.

Narum also offers a “101” class in which she teaches the basics about the Dixie Belle product line. Every participant is given boards to practice on and get used to the different products and then they use her products to paint a small item like a shelf, frame, or tray that they bring with them. By the time they finish this 101 class, she says they’re prepared to refurbish a large piece of furniture.

“Right now we’re doing a lot of

custom sign classes, lazy susans, decorative trays, mason jar crafts, and patriotic items for those big summer holidays,” she said. “In addition, noodle boards are really popular now. A noodle board is like a big tray. The idea of a noodle board is that you set it on your stovetop and it provides you with more countertop space when the stove is not in use. I did a workshop the other night where we custom-sized the noodle board for a camper stove, where countertop space is at a real premium. It turned out fantastic!

“So many people think they’re not creative, but what I’m finding is that with the right tools, just a little bit of imagination, and a bit of coaching, we all have creativity that’s just waiting to be tapped into. It’s so fun to watch people who come in the door for class seriously doubting their ability to do the project right, absolutely light up when it’s done and they see how well it turned out.”

A “menu” of the different class offerings can be seen on Papa’s website, [papasnestegg.com](http://papasnestegg.com).

This summer, Papa’s is going to try something different. Since summer activities make it difficult to pull off a scheduled class, the workroom will be open all the time during regular hours. People are welcome to come by, play with practice boards, and get a feel for the different products. At that time, Narum can talk about the different class or workshop options and set up a time and date that is convenient for the person or group wanting to sign-up for a specific event.

“We love to do parties at Papa’s, too,” Narum said. “We’ve had a lot of birthday events. We’ve had a few couples get together and come in to do our cabinet class. People are welcome to make events as festive as they’d like. I have a group coming in with a potluck dinner and wine to do a custom sign class one evening.”

■ CONTINUED ON PAGE FIVE



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# Sandy Narum

■ CONTINUED FROM PAGE FOUR

Narum enjoys participating in the numerous events that Baldwin City hosts during the year, including the Maple Leaf Festival, which is held every year in October, and Polar Express over Christmas. Papa's will also participate in Wine & Brew, which will be on Friday, June 21, from 5-10 p.m. The event will feature products from at least 11 local wineries and breweries, food trucks, and live music. Tickets can be purchased at Eventbrite.com.

"Last year we represented a winery here as well," Narum said. "We'll have an open house again this year with complimentary appetizers and beverages. We'll also likely do some type of make-and-take craft."

Papa's will also participate in Baldwin City's Fourth of July celebration, which will actually be held on Saturday, July 6. The celebration will include a car show, live bands, food trucks, bounce houses, and fireworks.

The Lumberyard Arts Center hosts

Third Friday Artwalks every month during the summer and Papa's is always open and serving some fun treats during those events.

When asked if there is anything that has surprised her as a business owner in Baldwin City, Narum cited her relationship with her customers.

"When I told others that I wanted to go into retail, I was warned about customers being cranky, getting a lot of complaints, and getting a lot of returns," she said. "My husband and I were just talking about this the other day. We've been really, really blessed. We have had amazing customers and we have made some really good friends along the way. That part of the business has surprised us. I think there is a definite difference between a big box store and a small shop like this. If you go into a big box store, they have no idea who you are. Once a customer has been here once, I remember that they have been here. We try to develop relationships with our customers. They matter to us.

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items, home décor, and classes. We put our heart into the work we do and I believe it shows in the quality and variety of the items we sell and the superior service we provide to our customers. We want to become the 'go-to place' for gifts and home furnishings, and

we're working hard to build a reputation people can trust."

For more information about Papa's Nest {egg}, visit the shop's website at [papasnestegg.com](http://papasnestegg.com), its Facebook page at [facebook.com/PapasNestEgg](https://facebook.com/PapasNestEgg), or call 785-594-1420.

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# Bridge Haven to host ribbon cutting for Madel's House

By Kevin Groenhagen

When Bridge Haven celebrated a ribbon cutting back in March of 2017, it was for the opening of a second memory care home at their 1701 Research Park Drive location in west Lawrence. This year they are planning a June 13 ribbon cutting as a third home, Madel's House, joins the other two homes at the complex.

"The inside is almost done, and there is some landscaping to do," said Bridge Haven's executive director, Sarah Randolph, of the progress.

The new home will be called Madel's House after owner Robert Wilson's daughter Becky.

"It's a word meaning dear girl, an affectionate word for little girl in German," Randolph explained, adding that the names of the other two homes are also German. Oma's House means Grandmother's House, and Opa's House means Grandfather's House.

Madel's House came about because

two of the older Bridge Haven homes in Lawrence needed updating and, instead of retrofitting the older houses, it was decided that it would be more expedient to start from scratch with a plan that would more easily provide features like more private bathrooms and safety lighting along the baseboards and the lower part of the bathrooms.

"The new buildings have lots of lights and high ceilings and windows," Randolph said. "And it's easier for staff to care for residents when the place is designed for that."

"The designer is taking it over the top," she added, referring to amenities such as large landscapes, paintings of wild horses, and the granite floor-to-ceiling fireplace.

Adding the new home to the existing two has doubled the size of the enclosed yard as well.

"It helps with exercise because some residents are on walking and outdoor exercise programs," Randolph said.

KEVIN GROENHAGEN PHOTO



Bridge Haven Executive Director Sarah Randolph and CEO Robert Wilson will host a ribbon cutting for Madel's House on June 13.

The outdoor area contains a gazebo and a play structure for children. Many of the residents have grandchildren

and great-grandchildren, and the structure is in an enclosed area where the

■ CONTINUED ON PAGE SEVEN



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# Madel's House

■ CONTINUED FROM PAGE SIX

children can play while the residents watch.

There is also a walking path that connects with the walking paths for the other two homes, all of which are inside a fenced area, plus a horseshoe pit and an area to play bocce ball, which could be compared to outdoor bowling.

The Bridge Haven homes offer family-style memory care in a smaller, more personalized setting than regular nursing homes, with no more than 12 residents per house. They also offer a high staff-to-resident ratio and the ability to age in place in the Home Plus tradition that acknowledges that seniors do better in homelike settings.

Each Bridge Haven home on Research Park Drive has its own staff and house manager, and they maintain a ratio of one staff member for every four residents, which is four times

the state requirement. But because the houses are located near each other, the administration and nurses can respond to unforeseen resident needs more quickly.

One of Bridge Haven's objectives is to make sure families feel welcome at any time. "They have the codes to the doors, and we have fresh dog treats available. We don't charge for guest meals, no matter how many family members there are."

That includes Thanksgiving, Christmas, Easter and birthdays, Randolph said, adding that during the past Easter they had around 70 to 80 guests.

One reason why welcoming family members is so important is because it is often difficult and anxiety producing for residents to leave the home, so it is easier for them to have family visit them.

Another way Bridge Haven can accommodate this need is to reduce the number of times residents must leave the home to see a doctor or go to a hospital.

"We employ a house physician, Dr.

Eric Huerter, and we have Medicare ID numbers for each house," Randolph said. "He can come in and do primary care on site so that the residents don't have to go out."

The LMH lab also comes two days a week, and lab work can be drawn and run down to LMH, which also reduces hospital visits. In addition, X-rays are available as needed.

"We provide as much help as our residents need, but we encourage them to be as independent as they can be. It gives them a sense of control over their lives," Randolph said, adding that people tend to think that when individuals develop memory issues, they lose their value and can't learn new things. "That is patently false," she said. "They learn new things every day."

They also have a lot of life knowledge stored up, she added.

"We have some amazing, brilliant residents: professors, CEOs, doctors, lawyers, and quite a few individuals who were in the military, and we have several homemakers, which is the hardest job of all, with lots of children."

"We have a fire captain and a poet who writes brilliant poetry. One professor can speak in 10 languages and reads in six of them. They have such amazing life experiences?"

The days are intended to be relaxed and enjoyed at Bridge Haven.

"We try to make the days unfold slowly, so no one feels rushed. They get up when they are ready, and we have made-to-order breakfasts," Randolph said.

The residents also enjoy the performances of various music groups who come to play for them, as well as the music of an individual who plays Native American flute. Pet therapy is also provided via visiting therapy dogs.

But perhaps most importantly, there is plenty of laughter to go around.

"The sense of humor is one of the last things to go," Randolph said. "We do a lot of laughing and joking here."

More information about Bridge Haven can be found at [www.mybridgehaven.com](http://www.mybridgehaven.com) or by calling the office at 785-371-1106.

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By Norm Franker

Social Security District Manager in Lawrence, KS

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# Medicare costs

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# Legend Senior Living earns NRC Health Employee Approved Award

Legend Senior Living® has earned a 2019 Employee Approved Award from NRC Health, a healthcare intelligence firm based in Lincoln, Nebraska. The award recognizes senior care organizations across the country for engaging and inspiring their employees.

Of more than 470 companies surveyed by NRC Health, only 20 independent living, assisted living, or skilled nursing organizations earned this remarkable distinction. Winners were selected according to the results from NRC Health's 2018 Employee Experience Survey.

"The culture at Legend Senior Living has been recognized by associates as being Best in Class," said Chris Mahen, Chief Operation Officer. "Legend takes pride in attracting and retaining great associates who represent and believe in the company's mission. This shows our commitment to associates continues to have a positive meaning in the impact on people."

"In senior living, employee culture

makes all the difference," said Stephanie Kolbo, NRC Health's Vice President of Business Development. "These organizations have developed working environments that both create and sustain employee engagement, so workers can dedicate themselves wholeheartedly to care. NRC Health commends these organizations for their dedication to their staff."

The Employee Approved awards recognize organizations that achieve the highest overall employee satisfaction scores in the NRC Health database, the largest source of long-term care and senior living satisfaction metrics in the nation. To qualify, organizations must have a high percentage of respondents who recommend their locations as places to work. This measure is known as the Net Promoter Score, which strongly correlates with employee engagement, organizational loyalty, and job satisfaction.

This is the second time Legend Senior Living has been recognized with a national award for overall employee

satisfaction. In September 2018, the company was named as a finalist for Fortune's 2018 Best Workplaces in Aging Services.

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## FINANCIAL FOCUS

### Have you planned for long-term care?

If you are fortunate, you will retain your physical and mental capacities throughout your life and can always live independently. But there are no guarantees for any of us. If you ever require some form of long-term care, will you be prepared?



*Derek Osborn*

So what is the risk of needing long-term care services? According to the Department of Health & Human Services, about 40% of individuals over age 65 receive some form of paid in-home care, with an average care period lasting less than one year. However, about one-third of the population receives care in a nursing home: Of those individuals, about half stay less than one year, 30% stay between one and three years, and 20% stay longer than five years.

And, unfortunately, this care can be expensive. For example, it costs \$97,500 per year, on average, for a private room in a nursing home, according to the 2017 Cost of Care Survey produced by Genworth, an insurance company. In some major metropolitan areas, the cost is much higher. Furthermore, Medicare typically pays only a small percentage of these expenses.

So, how do you protect yourself against these potentially catastrophic costs? Essentially, you have four options:

**Self-insure** – You can try to build enough financial assets to cover the costs of a long-term care event. However, you

would need to accumulate an extremely large sum to fully protect yourself, and you'd be diverting assets that could be used to help fund your retirement.

**Long-term care insurance** – A traditional long-term care (LTC) insurance policy will pay for qualified long-term care costs. The younger you are when you purchase your policy, the lower your annual premiums are likely to be. Keep in mind, though, that a basic LTC policy offers no death benefit or cash value—your premiums are only paying for a nursing home stay, home health care or other type of long-term care service. (Also, even a good LTC policy will include a waiting period before the insurance kicks in and a maximum amount of coverage, such as three years.)

**Hybrid/linked benefit insurance** – Because of some concerns about paying for insurance but never needing care with traditional long-term care insur-



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ance, this type of insurance provides a death benefit plus long-term care coverage. You can accelerate the death benefit to help pay for long-term care costs, and you can also choose to create an additional pool for these costs after the death benefit has been exhausted. But if you don't need long-term care, you still have the life insurance death benefit. Due to the death benefit, your premiums will be higher than those of a traditional long-term care policy.

**Life insurance with long-term care/chronic illness rider** – By choosing a permanent life insurance policy with this rider, you can accelerate all or part of the death benefit to pay for long-term care costs. (Your death benefit will then be reduced.) This option generally provides more flexibility in

paying premiums than a hybrid policy, which may require a larger dollar commitment. Similar to hybrid, you still have the life insurance benefit if you don't need care.

Which option is best for you? There's no one "right" answer for everyone, but a financial professional can help you choose the method that's most appropriate for your situation. And from an economic standpoint—and possibly an emotional one, too—you may be better off by taking action sooner, rather than later.

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

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## JILL ON MONEY

### Activate the investor greed prevention plan

Was the fourth quarter of 2018 just a bad dream for investors? It sure looks like it now.

The S&P 500 closed out the first four months of the year with its best results in 32 years (1987). It has also rallied more than 20 percent from the December lows; and recently bested its previous all-time high. That's quite a turnaround from the nastiest December since 1931 and the worst annual performance for U.S. stocks (S&P 500 was down 6.2 percent in 2018) since the 2008 financial crisis.



Jill  
Schlesinger

At the end of last year, I attempted to help guard against your worst fear-based actions by creating an investor panic prevention plan. Now, as indexes take out their previous high water marks, it's time to activate the investor greed prevention plan.

**Step 1: Remind yourself why you are investing:** This was Step 1 of the panic plan—and it is equally useful now. Just because stocks have roared back in the first four months of the year does not mean that you should be hooting, hollering and high-fiving. In fact, now would be an ideal time to determine whether you are on track to meet your long-term goals (you have those, right?), such as retirement or college.

When projecting future returns on your investments, don't go crazy. Instead, try to identify the lowest rate of return necessary to reach those goals.

**Step 2: Rebalance (or get into balance):** Stock market records are the perfect time to check in on (or create) your asset allocation plan. Be careful not to fall prey to your greed, which may induce you to assume more risk in your portfolio than you can truly stomach. As many learned the hard

way, we may feel a bit bolder when markets are moving higher, only to regret it later when stock market indexes plummet.

One of the best ways to prevent emotional swings is to create and adhere to a diversified portfolio that spreads out your risk across different asset classes, such as stocks, bonds, cash and commodities. As one successful hedge fund manager recently told me, "In life—and in markets—there are always banana peels. You never know when you are going to step on one and fall on

your face."

And when you do slip and fall on that banana peel, you will be very happy to have built in some safety into your portfolio.

**Step 3: Replenish your emergency reserve fund:** Did an unforeseen tax bill force you to dip into your emergency reserves? If you have a non-retirement investment account or company stock, this could be a good opportunity to replenish it. Remember, you are trying to maintain six to twelve months of expenses (for those who are employed) and 12 to 24 months of expenses for those who are already retired.


While you are at it, be sure to set aside any funds that you might need

within the next 12 months, including a home down payment, a new car or a tuition bill.


**Step 4: Don't confuse market returns with your intelligence:** Rising markets can lead some to believe that they have a "magic touch," but that may be overstating your abilities. Some of us tend to think we are the incarnation of Warren Buffett when the bull is running, but the real test is whether you can handle the pressure when the bear comes out to eat your lunch.

- Jill Schlesinger, CFP, is a CBS News Business Analyst. Check her website at [www.jillonmoney.com](http://www.jillonmoney.com).

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# MAYO CLINIC

## Knee and hip pain without clear cause may benefit from physical therapy

**DEAR MAYO CLINIC:** I'm 45, and my right knee and right hip hurt off and on, especially after I lift weights or perform strenuous exercise. I had an MRI done, and there is nothing structurally wrong. Would physical therapy be a good next step?

**ANSWER:** When pain is a problem, and imaging tests and other assessments don't point to a clear cause, consulting with a physical therapist is a good idea. In your case, a physical therapist can review your workouts with you to ensure they are safe and effective, as well as modify your routines, as needed, to help you reach your fitness goals without pain.

Hip pain and knee pain are common concerns, especially with age. The pain can be caused by a wide variety of problems. In some cases, pain may relate to issues within the joints themselves, while, in other situations, pain may result from problems with the muscles, ligaments, tendons and other soft tissue that surround the hip and knee joints. Sometimes, hip and knee pain can be triggered by back issues. This should be considered if an exam of your leg doesn't reveal any concerns, and your history of pain doesn't point to a problem within the hip or knee.

Imaging tests, including MRIs, X-rays and CT scans, often can reveal injuries, such as a sprain or strain, as well as other issues like joint damage or inflammation that could contribute to pain. But imaging alone may not always be enough to uncover what's causing knee and hip pain.

If you haven't done so already, talk to your health care provider about getting a comprehensive assessment of your condition to make sure there isn't an underlying medical concern that must be addressed. A thorough history and physical exam often reveal the cause of many musculoskeletal pains. But if an evaluation doesn't identify a specific problem, then physical therapy likely would be a good treatment option to reduce pain.

Because the intermittent pain is affecting both your hip and knee, and because it seems to be associated with your exercise routine, it's possible that the way you're exercising could be contributing to the problem. A physical therapist can work with you to evaluate your routines and see if you need to make changes.

For example, when done correctly, weight training can help you increase strength and muscle tone, improve bone density and lose fat. If it's done incorrectly, though, weightlifting can lead to pain and injury. A physical therapist can check your lifting technique and guide you on proper form. The better your form, the better your results will be and the less likely you will hurt yourself.

The same is true for aerobic workouts. If you're running, swimming or cycling using improper technique, that could trigger pain. Your physical therapist can assess your exercise technique to see if there are ways you can adjust your form to reduce the likelihood of pain and injury.

It's also important to talk with your

physical therapist about how often you're working out to ensure you aren't exercising too much or too strenuously. More is not necessarily better when it comes to workouts, especially if you're experiencing pain as a result. If you notice pain during exercise, ease back or stop what you are doing. People often are told to "push through pain" when exercising. That's not good advice. While feeling fatigue or some mild discomfort during exercise is normal, pain is not. Ignoring pain can lead to serious injury.

Ask your health care provider to recommend a physical therapist who has training and experience in sports medicine. He or she can help you evaluate your fitness goals, assess your routines and create a plan to maintain the benefits of your workouts, while avoiding pain. - Daniel Montero, M.D., Orthopedic Surgery, Mayo Clinic, Jacksonville, Fla.

- 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.mayoclinic.org](http://www.mayoclinic.org).

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## HEALTH &amp; WELLNESS

# The medicinal properties of turmeric

Medicinal plants have been used throughout history for various reasons, such as being used for medical ailments, food, or in religious ceremonies. An example of one of these medicinal plants that has been around



Dr.  
Deena  
Beneda

for centuries is turmeric. Turmeric is a very common medicinal plant used in many medicinal formulas, including tinctures, supplements, and teas. In addition, to its health benefits, its flavor has been added to many South-eastern Asia, Indian, and Middle Eastern dishes. Turmeric is a member of the ginger family and the most potent active ingredient of turmeric is curcumin. Curcumin gives turmeric its

notorious "yellow color."

It is also known as "Indian saffron" or the "Golden spice" because of its brilliant yellow color.

In its historical literature, there is also mention of an ointment with turmeric in it that counters the effects of food poisoning.

Currently, turmeric is widely cultivated throughout the world. India produces nearly all of the world's turmeric and, in addition, consumes most all of it. The name turmeric comes from the Latin word *terra merita* ("meritorious earth"), referring to the color of ground turmeric.

Before turmeric can be used, its rhizomes must be processed. Rhizomes are boiled or steamed to remove the raw odor and produce a colored prod-

uct. The rhizomes are removed from the water and dried.

The powder maintains its coloring properties indefinitely, although the flavor may diminish over time. Protecting the turmeric powder from sunlight retards the rate of deterioration of its flavor.

The curcumin or curcuminoids in turmeric have many health benefits and is a powerful antioxidant. Antioxidants play an important role in extinguishing free radicals in the body. Free radicals in the body can damage your body's cells and other organs and speed up the aging process in your body.

Ancient Chinese and Ayurveda medicinal systems highly regard turmeric as a medicinal plant to promote health and wellness. Turmeric is also considered an adaptogen that supports the body's ability to adapt to stress both physical and mental. Turmeric can promote healthy skin, decrease inflammation in the body, improve the functioning of the immune system, support joint health, liver function, prostate health, breast health, maintain healthy cholesterol and blood sugar

levels, and aid the digestive and circulatory systems.

Even though turmeric has been around since ancient times and has been used medicinally for many ailments in the body, remember to always check with your health care practitioner first before taking turmeric or any new supplement.

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



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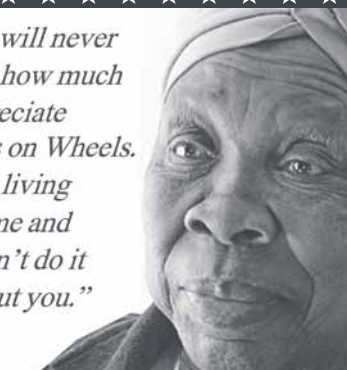
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## HEALTH & WELLNESS

### Loneliness can be a major issue for aging population, but it doesn't have to be

By Jeff Burkhead

The Golden Years — those years after retirement when a person is supposed to be enjoying life — aren't always so golden. In fact, they can be pretty dark.

But they don't have to stay that way.

Megan Poindexter, executive director of the Senior Resource Center for Douglas County, said for many of the elderly population, they can feel forgotten or ignored.



"They may be widowed or isolated," Poindexter said. "So often we hang out with the people we work with. But when you retire, who do you hang out with? Loneliness is a major issue for seniors."

For the 10,000 Baby Boomers, those born between 1946 and 1964, who are turning 65 every single day, according to the AARP, aging can mean something very different.

"People age differently," Poindexter said. "We see people who are 50 who are very frail, and we see people who are 90 who are running marathons. Some seniors work later in life, some out of financial necessity, and others to stay busy. For some who can't leave their house, the Internet can help them stay connected and not feel so alone, but for some seniors they may not have the technical skills to navigate the Internet."

Whether homebound or leading an active lifestyle, seniors can face some of the same issues, such as loss of a partner, or health concerns, or the financial drain of medical expenses, or they have children who live far away.

Before becoming executive director of the Senior Resource Center in January, Poindexter was executive director

of Trinity In-Home Care, which provides non-medical, in-home services with many clients who are low-income, which increases their vulnerability. She served in that capacity for six years and regularly encountered people who were lonely.

"At Trinity, I really got to see the most vulnerable and the most challenging situations of individuals who didn't really have anyone else in their life and how those issues impacted their physical and their mental health," Poindexter said. "As a society, we can't forget about these people. It's our responsibility to connect with these individuals and help them."

Poindexter said the aging population can't be painted with one, broad stroke.

"Sometimes people think they are supposed to stay in their house until they die, but they are lonely or unable to get out on their own. Then there are some folks who, when they move into a facility are a lot happier, because there's the social aspect. They share meals with people, they find community," Poindexter said. "There's a misconception that everyone who moves into a facility deteriorates. That is sometimes the case, but I don't think it's the same for everyone. The most important thing our society can do right now is allow all of the options to exist."

Elizabeth Hernandez, a therapist in

Adult Services at the Bert Nash Community Mental Health Center, said loneliness is a common issue for the aging clients she works with.

"Absolutely, many of the people who I work with who are older are widows or widowers, so loneliness is a common

thing," Hernandez said. "Loneliness is one of the major issues people deal with as they get older, due to loss of a partner or isolation or health issues."

Hernandez said Bert Nash offers individual therapy for seniors as well

■ CONTINUED ON PAGE 23



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# SENIOR CALENDAR

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

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

## ARTS & CRAFTS

### TUESDAYS

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

### FIRST FRIDAY OF THE MONTH

#### FIRST FRIDAY ARTWALK

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

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of the month. See website for participating locations.  
LAWRENCE, 785-842-3883  
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Sunday Bingo is 1:45 p.m., Tuesday Bingo is 6:30 p.m. Snack bar available (optional but appreciated). 3800 S.E. Michigan Ave.  
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### MONDAYS

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#### AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m.  
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### WEDNESDAYS

#### PINECREST APARTMENTS

924 Walnut, 12:30-1 p.m.  
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1011 SW Cottonwood Ct., 2 p.m.  
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3110 SW Huntoon, 6:30 p.m.  
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#### LEGIONACRES

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

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#### EAGLES LODGE

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

### FRIDAYS

#### ARAB SHRINE

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

### FIRST & THIRD SATURDAY OF THE MONTH

#### VETERANS OF FOREIGN WARS

2806 North 155th, 7 p.m.  
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## EDUCATION

### ONGOING

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### SECOND AND FOURTH MONDAYS

#### LEXINGTON LUNCHEES

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

### THIRD WEDNESDAY OF THE MONTH

#### LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the third Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.  
LAWRENCE, 785-505-2807

### JUN 3

#### MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.  
TOPEKA, 785-580-4400

### JUN 4

#### COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 3-4 p.m.  
TOPEKA, 785-580-4400

### JUN 5-10

#### BASIC MINDFULNESS MEDITATION

Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies that it can lead to lower stress, better health and greater overall happiness. This class will teach the basic elements of mindfulness practice. Instructor: Dr. Jeff Nichols. Class Code: 327271. Fee. Carnegie Building, 4:30-6 p.m. Sponsored by Lawrence Parks and Recreation Department.  
LAWRENCE, 785-832-7909  
[lawrenceks.org/lprd](http://lawrenceks.org/lprd)

### JUN 5-19

#### INTRODUCTION TO SKYGAZING

Enjoying the outdoors includes looking up! Join us as we learn about astronomy and explore the sky. In three evening classes discover the denizens of the Cosmic Zoo and the distances to them. Get introduced to stars, asterisms and constellations and learn about the celestial motions that govern the sky. Learn to use telescopes, planispheres, star charts and apps. Each evening class will end with observing, using the naked eye, binoculars and telescopes. Instructor Rick Heschmeyer is a longtime amateur astronomer, president of the Astronomy Associates of Lawrence and NASA/JPL Solar System Ambassador. Class Code: 327450. Baker Wetlands Discovery Center, 8-10 p.m. Fee. Sponsored by Lawrence Parks and Recreation Department.  
LAWRENCE, 785-832-7909  
[lawrenceks.org/lprd](http://lawrenceks.org/lprd)

### JUN 6

#### COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records as you research your family tree. Register at [www.tsepl.org/register](http://www.tsepl.org/register). Shawnee North Community Center, 300 NE 43rd St., 10-11:30 a.m.  
TOPEKA, 785-580-4400

### JUN 6-AUG 1

#### FENCING: MODERN OLYMPIC SPORT

Fencing is one of only four sports to be included in every modern Olympic Games since the first in 1896. This fencing class is for both beginners as well as more experienced fencers in foil, epee and saber, emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Instructor: John Dillard, fencing instructor for six decades. Class Code: 327105. Fee. Sponsored by Lawrence Parks and Recreation Department.  
LAWRENCE, 785-832-7909  
[lawrenceks.org/lprd](http://lawrenceks.org/lprd)

### JUN 8

#### COMPUTERIZED GENEALOGY 2

Now that you have your family tree, move to the next level. This class will focus on using online resources to find your ancestors where they may be hidden. Register at [tsepl.org/register](http://tsepl.org/register). Topeka Room, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 11 a.m.-1 p.m.  
TOPEKA, 785-580-4400

### JUN 10

#### COMPUTERIZED GENEALOGY

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

### JUN 13

#### HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. This event requires registration. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 9:30-11 a.m. This event requires registration.  
TOPEKA, 785-580-4400

### JUN 13

#### RETIREMENT & MEDICARE

Learn about Medicare from Senior Health Insurance Counseling for Kansas. They will answer questions, give unbiased counsel and help you determine how Medicare will best work for you. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 6:30-8:30 p.m.  
TOPEKA, 785-580-4400

### JUN 13 & 14

#### AARP DRIVER SAFETY

Lawrence Public Library, 707 Vermont St., 10 a.m.-3 p.m., both days. Fee. Russ Hutchins, Instructor.  
LAWRENCE, 785-312-4627

### JUN 18

#### GET PUBLISHED

Learn what it takes to get your book published. Panelists will address the benefits and challenges of different paths to publication. The

■ CONTINUED FROM PAGE 18

panel includes an author and former literary agent, a traditionally published author, a self-published author, and a small publisher. Marvin Auditorium 101BC, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 6:30-8:30 p.m.

TOPEKA, 785-580-4400

JUN 27

### USING HISTORICAL SOCIETY LIBRARY AND ARCHIVES

Sara Keckeisen, reference librarian at the Kansas State Historical Society, will share tips and tricks for using this awesome resource in Topeka. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 7-8:30 p.m.

TOPEKA, 785-580-4400

JUL 1

### MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

JUL 3

### THE WAR OF THE WORLDS - RADIO TO REALITY

Explore our fascination with aliens through the 1938 radio drama, The War of the Worlds. Hear excerpts from the original broadcast and examples of 1930s radio sound techniques.

We'll discuss original reactions and how perceptions have changed and evolved. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-4 p.m.

TOPEKA, 785-580-4400

## 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, 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

### COMMUNITY JAM

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

LAWRENCE, 785-830-9640

americanamusicacademy.com

MAY 31-JUN 15

### THE EXPLORERS CLUB

London, 1879. The prestigious Explorers Club is in crisis: their acting president wants to admit a woman and their bartender is terrible. True, this female candidate is brilliant, beautiful and has discovered a legendary Lost City, but the decision to let in a woman could shake the very foundation of the British Empire, and how do you make such a decision without a decent drink? See website for days and times. Topeka Civic Theatre and Academy, 3028 SW 8th Ave. Fee.

TOPEKA, 785-357-5211

topekacivictheatre.com/event/the-explorers-club

JUN 7, 8, 9\*, 13, 14, 15, 16\*, 21, 22, 23\*  
**MAMMA MIA!**

ABBA's timeless songs propel this joyful tale of love, romance, and friendship. Winner of five Tony Awards, Mamma Mia! is the ultimate feel good musical. It shares the story of bride-to-be, Sophie, and her quest to find her long-lost father in time to walk her down the aisle at her island wedding. ABBA classics like "Dancing Queen," "Take a Chance on Me," and the title number of this smash hit musical are sure to have you dancing in the aisles! Join the over 60 million people worldwide have fallen in love with the characters, the story and the music that make Mamma Mia! the ultimate feel-good show! Theatre Lawrence, 4660 Bauer Farm Dr. Evening performances start at 7:30 p.m. \*Indicates a 2:30 p.m. performance Fee.

LAWRENCE, 785-843-SHOW (7469)

wp.theatrelawrence.com/events/2018-19-season

JUL 5

### E.T.: THE EXTRA TERRESTRIAL

Watch this classic Steven Spielberg sci-fi adventure about a homesick alien and the kids who help him. Starring Henry Thomas and Drew Barrymore. Certified Fresh by Rotten Tomatoes. 1982 | PG | 114 min. Marvin Auditorium, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 10 a.m.-12 p.m.

TOPEKA, 785-580-4400

## EXHIBITS & SHOWS

MAR 20-JUN 16

### LAWRENCE'S LEADING LADY: GERTRUDE BULLENE

Too often, the wives and daughters of 19th-century businessmen have their life stories untold. Their lives become wrapped in the accomplishments of their fathers and husbands. As the daughter of Lathrop Bullene, and wife of A. D. Weaver, Gertrude Bullene's life was tied to Weaver's Department Store's history. Her social position influenced her education and guided which opportunities she pursued. However, Gertrude Bullene refused to be defined by other's lives. This exhibit will use photographs, newspaper accounts, and artifacts to explore the life and many adventures of Gertrude Bullene. Watkins Museum of History, 1047 Massachusetts St.

LAWRENCE, 785-841-4109

## FAIRS & FESTIVALS

JUN 6-9

### OLD SHAWNEE DAYS

A grand annual carnival, Old Shawnee Days is the place to be in the first weekend in June.

Johnson Drive. Hours vary each day.

SHAWNEE, 913-631-2500

visitshawneek.com/event/old-shawnee-days-2019

JUN 15

### LAWRENCE HOW-TO FESTIVAL

The Lawrence How-To Festival is a free fair where community members showcase their diverse hobbies, skills, and passions through demonstrations and information offerings. Celebrate our community's know-how, soak up all the library's D.I.Y. Lawrence Public Library, 707 Vermont St., 11 a.m.-1 p.m.

LAWRENCE

## FARMERS' MARKETS

MONDAYS

### MONDAY FARMERS MARKET

Shop high-quality, locally-grown produce, farm fresh eggs, baked goods, fresh cut flowers and bedding plants. Look for more variety as the season progresses. Free fun craft for kids at each market.

Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., parking lot, 7:30-11:30 a.m.

TOPEKA, 785-580-4400

TUESDAYS, MAY 7-OCT 29

### LAWRENCE FARMERS' MARKET

The oldest producer-only farmers' market in Kansas. Parking Garage by Lawrence Public Library, 725 Vermont St., 4-6 p.m.

LAWRENCE, 785-505-0117

lawrencefarmersmarket.org

SATURDAYS, APR 13- NOV 23

### LAWRENCE FARMERS' MARKET

The oldest producer-only farmers' market in Kansas. 824 New Hampshire St., 7:30-11:30 a.m.

LAWRENCE, 785-505-0117

lawrencefarmersmarket.org

## FOURTH OF JULY

JUL 4

### SPIRIT OF KANSAS BLUES FESTIVAL

The Topeka Blues Society is proud to annually present the Spirit of Kansas Blues Festival, scheduled every 4th of July at Reynolds Lodge, Lake Shawnee. Music starts at noon, and continues until dark. A spectacular nightworks show then lights up the sky, reflecting over the lake. Attendees may bring shade tents (there will be a designated area), coolers/food, blankets and chairs. The Topeka Blues Society has added a food tent in the festival area. All proceeds benefit the Topeka Blues Society and this festival. Starts at 12 p.m. Free.

TOPEKA

## HEALTH & FITNESS

ONGOING

### 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. \$15/person. Please call LMH Community Education (Aynsley Anderson) at (785) 505-3066 or Connect Care (785) 505-5800 to arrange an appointment.

LAWRENCE

ONGOING

### PERSONAL TRAINING

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

LAWRENCE, 785-832-7920

ONGOING

### HEALTHY STEPS MALL WALKING

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

TOPEKA

ONGOING

### FREE MEMORY SCREENING CLINIC

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

TOPEKA, 785-368-0744

ONGOING

### WELLNESS COACHING

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

LAWRENCE

ONGOING

### FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

### ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from

■ CONTINUED FROM PAGE 19

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](http://www.lprd.org).  
LAWRENCE, 785-832-7920

#### DAILY EXERCISE CLASS

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

#### FIRST MONDAY OF THE MONTH

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

#### MONDAYS THROUGH FRIDAYS

##### A.M. WALKING CLUB

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

#### MONDAYS THROUGH FRIDAYS

##### PICKLEBALL - OPEN PLAY

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

#### MONDAYS, WEDNESDAYS, & FRIDAYS SENIOR EXERCISES

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

#### FIRST TUESDAY OF THE MONTH

**HEALTHWISE BLOOD PRESSURE CLINIC**  
Drop in 8:30-9:30 a.m. at West Ridge Mall (Food Court, near the restrooms), 1801 S.W. Wanamaker 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

##### JAZZERISE LITE

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

#### TUESDAYS AND THURSDAYS

##### HEALTHWISE EXERCISE CLASS

This fun workout includes chair aerobics,

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

#### TUESDAYS AND THURSDAYS

##### FLEXERCISE

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

##### VACCINE CLINICS

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

#### WEDNESDAYS

##### OPEN BOCCIE BALL

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

#### WEDNESDAYS

##### FREE NUTRITION CLINIC

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

#### WEDNESDAYS

##### FREE MEDICATION CLINIC

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

#### FIRST WEDNESDAY OF THE MONTH

##### FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hearing consultations. Call today to schedule your desired appointment time or stop in the first

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

#### THURSDAYS

##### WELLNESS CLINIC

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

#### FRIDAYS

##### BLOOD PRESSURE CHECKS

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

#### SECOND THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

#### THIRD THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

#### THIRD THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

#### FOURTH THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

#### MAY 1-JUN 5

##### CHOLESTEROL AND GLUCOSE SCREENING

Fingerstick cholesterol and glucose screening. Fasting is required. No advance registration or appointments needed or taken. Just drop in. There may be a short wait depending on how many others are in front of you. \$20. Exact cash requested please, or check made payable to LMH Health. We are sorry but we cannot accept credit cards for community screening events. Wednesdays. Outside LMH Gift Shop, 8-9:30 a.m.  
LAWRENCE, 785-505-3066, [lmh.org](http://lmh.org)

#### JUN 4-JUL 11

##### LIFELONG TRX

TRX is a basic foundational exercise program for all ages and abilities. This complete workout includes flexibility, stability, balance and core strength. This suspension training system lets you work at your own level and pace in a non-impact environment. You'll leave this class feeling strong. Instructor: Melanie Johnson. Class Code: 327298. Fee. Sponsored by Lawrence Parks and Recreation Department. Community Building, 11:30 a.m.-12:20 p.m.  
LAWRENCE, 785-832-7909  
[lawrenceks.org/lprd](http://lawrenceks.org/lprd)

#### JUN 5-JUL 10

##### STRETCH AND RECOVER

This restorative class teaches methods of myofascial release (MFR) through the use of a foam roller along with stretching techniques to help muscles recover from a workout or postural constraints. Please bring a yoga mat. Instructor: Melanie Johnson. Class Code: 327296. Fee. Holcom Recreation Center, 11 a.m.-12 p.m. Sponsored by Lawrence Parks and Recreation Department.  
LAWRENCE, 785-832-7909  
[lawrenceks.org/lprd](http://lawrenceks.org/lprd)

## HISTORY/HERITAGE

#### JUN 19

##### GENEALOGY & LOCAL HISTORY DROP-IN

Stop by with your questions and learn about library resources for exploring community history and researching your family tree. Lawrence Public Library Local History Room (lower level), 707 Vermont St., 4-5 p.m. Free.  
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.  
Wyndam Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.  
Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

## MEETINGS

#### MONTHLY

##### SHAWNEE SWINGERS

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

#### SUNDAYS

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

OURS dances are held every Sunday evening

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from 6-9 p.m. at the East Lawrence Rec Center located at 1245 East 15th Street. Dances are open to everyone. Admission is \$6 per person. LAWRENCE, 785-842-8034

#### MONDAYS

##### BREAST CANCER SUPPORT GROUP

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

#### MONDAYS, WEDNESDAYS & FRIDAYS

##### WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885  
OrthoKansasPA.com

#### FIRST MONDAY OF THE MONTH

##### INDIVIDUAL BEREAVEMENT SUPPORT

First Monday between 5:30 and 7:30 p.m. Individual appointments are also available, as well as phone support. No cost. Call Terry Frizzell.

TOPEKA, 785-271-6500; 785-230-6730

#### FIRST & THIRD MONDAY OF THE MONTH

##### 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

##### SPOUSE/PARTNER LOSS

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.  
TOPEKA, 785-430-2194

#### FIRST & THIRD MONDAY OF THE MONTH

##### CAREGIVER SUPPORT GROUP

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

#### EVERY TUESDAY THROUGH FRIDAY

##### MEN'S COFFEE

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

#### TUESDAYS

##### BREW HA HA!

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

#### TUESDAYS

##### GENERAL GRIEF SUPPORT GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 5:30-6:30 p.m.  
TOPEKA, 785-430-2194

#### TUESDAYS

##### INTERGENERATIONAL CHOIR

Sing with KU students. Led by music therapy students from KU. The Intergenerational Choir will rehearse and perform once or twice a semester. Contact Deanna Hanson Abromeit at dhansonabromeit@ku.edu. Rehearsals at Babcock Place, 1700 Massachusetts St., 12:30-1:30 p.m.  
LAWRENCE

#### FIRST TUESDAY OF THE MONTH

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

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

#### FIRST TUESDAY OF THE MONTH

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

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

#### FIRST TUESDAY OF THE MONTH

##### TOPEKA AREA OSTOMY SUPPORT GROUP

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

#### TUESDAYS & THURSDAYS

##### WATER AEROBICS CLASSES

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

#### FIRST & THIRD TUESDAY OF THE MONTH

##### HEALING AFTER LOSS BY SUICIDE (HEALS)

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

#### WEDNESDAYS

##### GRIEF SUPPORT GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.  
TOPEKA, 785-430-2194

#### FIRST THURSDAY OF THE MONTH

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

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

#### FIRST THURSDAY OF THE MONTH

##### LAWRENCE AREA PARTNERS IN AGING

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

#### FIRST FRIDAY OF THE MONTH

##### STROKE SUPPORT GROUP

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

#### SATURDAYS

##### LAWRENCE BRIDGE CLUB

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

#### SECOND MONDAY, SEP-MAY

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

Volunteer service club.  
LAWRENCE, 785-331-4575

#### SECOND MONDAY OF THE MONTH

##### CAREGIVER SUPPORT GROUP

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free.  
TOPEKA, 785-580-4662

#### SECOND MONDAY OF THE MONTH

##### LMH HEART BEATS

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

#### SECOND TUESDAY OF THE MONTH

##### LAWRENCE ACTION CIVITAN CLUB

Civitans have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other Civitan project updates, please visit the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan or call Jason.  
LAWRENCE, 785-691-8520

#### SECOND WEDNESDAY OF THE MONTH

##### DIABETES EDUCATION GROUP

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

#### SECOND THURSDAY OF THE MONTH

##### MEADE FLOWER AND GARDEN CLUB

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

#### SECOND THURSDAY OF THE MONTH

##### DEMENCIA SUPPORT GROUP

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

#### SECOND THURSDAY OF THE MONTH

##### NAACP MEETING-LAWRENCE CHAPTER

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

#### SECOND SATURDAY OF THE MONTH

##### HAPPY TIME SQUARES SQUARE DANCE CLUB

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

#### THIRD TUESDAY OF THE MONTH

##### LAWRENCE PARKINSON'S SUPPORT GROUP

First Presbyterian Church, 2415 Clinton Parkway, 2 p.m.  
LAWRENCE

#### 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 WEDNESDAY OF THE MONTH

##### BETTER BREATHERS CLUB

BBC Support group is to improve the quality of life and functional status for members. It will provide disease specific education and

■ CONTINUED ON PAGE 22

■ CONTINUED FROM PAGE 21

emotional connection. Angels Care Home Health Lower Conference Room, 5375 SW 7th St., 11:30 a.m.

TOPEKA, 785-273-3560

### THIRD WEDNESDAY OF THE MONTH CANCER SUPPORT GROUP

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

LAWRENCE

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

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

LAWRENCE, 785-843-7481

### THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

TOPEKA, 785-271-6500

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

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

### THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

The purpose of Jayhawk Model Masters is to promote the building and safe operation of radio controlled (RC) model aircraft. In addition, we strive to fulfill our civic responsibility to the community, and support worthwhile

projects. Our club meetings are open to the public and are held on the third Saturday of each month. Breakfast starts at 8 a.m. and the meeting at 9 a.m. We meet in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Fee for breakfast.

LAWRENCE, 785-312-4840

jayhawkmodelmasters.com

### FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367, EXT. 130

### FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

TOPEKA, 785-233-5762

tgstoepka.org

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

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

TOPEKA

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

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of the month (except Nov. and Dec.) at Aldersgate Village, 7220 S.W. Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, contact Jim Miller at 785-478-0651 or Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting.

TOPEKA

### LAST WEDNESDAY OF THE MONTH

#### WARM UP WEDNESDAYS GROUP

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 3-4 p.m.

TOPEKA, 785-430-2194

## MISCELLANEOUS

### MONDAYS

#### SCRABBLE CLUB - OPEN PLAY

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

LAWRENCE

### THURSDAYS

#### SCRABBLE CLUB - OPEN PLAY

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

LAWRENCE

### JUN 8

#### HEARTLAND MILITARY DAY

Heartland Military Day is a commemoration of the service and sacrifice of Kansas service members. Please join us for an early morning pancake feed, military equipment displays, a panel discussion, band performances and World War Two reenactments in the morning and the afternoon. Museum of the Kansas National Guard, 125 SE Airport Drive. Free.

TOPEKA, 785-862-1020

kansasguardmuseum.org

### JUN 17

#### SENIOR LIFE WII BOWLING

If you are 55 or better and looking to get out and socialize, Wii Bowling is a great opportunity. Have fun with us whether you're a bowler or not. No experience necessary! Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1-2 p.m.

TOPEKA, 785-580-4662

### JUN 20

#### THIRD ANNUAL KPR ICE CREAM SOCIAL

Kansas Public Radio will be serving up Hy-Vee ice cream and Alchemy iced coffee (while supplies last) to give a big "Thank You!" to their listeners! This free family-friendly event will also feature face painting from Fairy Fox Design, a busker performance from Richard Renner, and music from Retro Cocktail Hour host, Darrell Brogdon. The first 200 KPR members in attendance will get their ice cream in a snazzy, new KPR mug. Union Pacific Depot / Lawrence Visitor Information Center, 402 N. 2nd St., 5-7 p.m.

LAWRENCE, 785-864-7853

### JUN 22

#### PRAIRIE WALK WITH THE KANSAS LAND TRUST

Join the Kansas Land Trust at the Akin Prairie, 1850 N 1150 Rd, for a walk on a nearby 16-acre native prairie led by ecologist and author Dr. Kelly Kindscher. 10 a.m.-12 p.m.

LAWRENCE

■ CONTINUED ON PAGE 23

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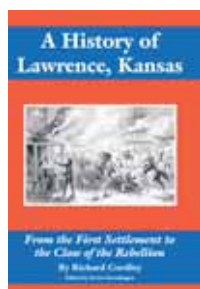
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## The History of Lawrence, Kansas

by Richard Cordley

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■ CONTINUED FROM PAGE 22

JUN 29

## 150TH ANNIVERSARY CELEBRATION (1869-2019)

Historical displays, dinner (reservations required), and program. Kansas Avenue United Methodist Church in NOTO, 1029 N Kansas Avenue, 4:30 p.m. Everyone welcome. Also, join us for a special message at our regular church service on June 30 at 11 a.m. TOPEKA, 785-234-0507

## TOURS/TRIPS

THURSDAYS

### BEHIND THE BRICKS: WATKINS MUSEUM TOURS

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

### FIRST SATURDAY OF THE MONTH DISCOVER WITH DOLE

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

### SECOND SATURDAY OF THE MONTH

#### FREE STATE EAST SIDE BREWERY TOUR

Free State Brewing Co.'s East Side Brewery offers tours on the second Saturday of the month at 2 p.m. Tours are free, and open to the public, but you will need to reserve your place by registering online. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd. LAWRENCE, 785-550-9718 shop.freestatebrewing.com/collections/frontpage/products/brewery-tour

JUN 14

### TALLGRASS PRAIRIE BISON AND WILDFLOWER TOUR

Tour a tallgrass prairie bison ranch. Tour is free and open to adults and families (children 5 years of age and older). Participants provide their own transportation to the site. Limit 12 per tour. Register at tscpl.org/register. Topeka & Shawnee County Public Library, offsite, 9-10 a.m. Free. TOPEKA, 785-580-4662

# Loneliness

■ CONTINUED FROM PAGE EIGHT

as family or couples therapy.

“We also recently started a healing through loss group,” Hernandez said. This group specifically focuses on helping people process their losses, all kinds of losses. We work on different kinds of coping skills. We work on helping people connect with their community, because as people get older than can tend to isolate.”

•••

Janet Riley lost her husband after only five years of being married. That was nearly 32 years ago.

“I’ve been single longer than I was married,” said the 72-year-old Riley.

Her husband, Gerhard Zuther, was a professor in the English Department at the University of Kansas for 29 years and served as chairman for several years. He had a rare form of cancer called multiple myeloma. He was only 57 when he died.

“He was the love of my life,” she said.

The death of her husband left a huge void. There were many lonely days and nights.

“It was hard,” Riley said. “There were days I cried all the way home from work.”

She has two step-daughters from her marriage.

“I call them my daughters, because I promised him I would look after them,” said Riley, who also has a 14-year-old grandson with whom she enjoys spending time.

Riley worked at KU for nearly 43 years. She worked first in the Housing Department, then in Academic Affairs, and finally in the Budget Office.

The demands of her job actually helped her get through the loss of her husband.

“I really think in many ways having a schedule and a reason to get up in the morning was very helpful,” Riley said.

She also found a support system in her church, Plymouth Congregational, where she has been an active member for more than 43 years.

“That has been a big part of my life,” Riley said.

Experiencing loss is a fact of life for anyone, but particularly for the aging population.

“I’ve lost a lot of good friends,” Riley said.

Staying active, both socially and physically, has helped Riley navigate the process of getting older.

“I’m not one of those people who feels isolated,” she said. “I’ve always been a very active and social person. Being social is really important to me. And having friends through so many different avenues, whether it’s through church or serving on different volunteer boards. Those are places to meet people and learn more about the community.”

Riley hasn’t had any desire to get remarried and hasn’t had any serious relationship since her husband died. She does have a male friend she does things with on occasion, like going to the theatre or attending community events. She also has many female friends she spends time with, but she doesn’t mind going places alone. No matter where she goes or what event she attends, there are always people she knows.

“My life is full,” she said.

Riley is grateful for her health, but she works at it. She exercises on a regular basis.

“I’m a big believer in exercise,” she said. “I go to a senior circuit class three days a week at Rock Chalk Park and then I walk afterward. But when you get to be my age, everybody has health problems. Other than if you have some physical disabilities or mobility issues that keep you from being active, there’s really just no reason not to be active. There are just so many things to do in Lawrence; that’s one of the terrific things about our community. You can do everything here, either as a senior or to raise your children. I feel blessed to be here.”

•••

Rich Givens never considered himself to be a social extrovert; his wife was the outgoing one.

But after his wife died, he found himself getting out of his comfort zone. It was either that or stay home alone.

“She was much better about getting out in the community,” Givens said. “My focus was always on the university.”

Givens joined the KU Chemistry Department in 1967, when he and his late wife, Sue, and their infant daughter, Barb, moved to Lawrence. He served as chairman of the department from 1988 to 1995.

After eight years in the Office of the Provost, Givens returned to a research position within the chemistry department in 2002. The same year he and Sue moved into the house where he presently lives.

When Sue died in 2015 — one year shy of the couples’ 50<sup>th</sup> wedding anniversary — Givens was left alone in the house he had shared with his wife.

“The hardest part was coming home in the evening and the house was empty,” Givens said. “Preparing supper by myself and going to bed alone, that wasn’t fun.”

Givens’ four daughters gave him a lot of support, as did neighbors, his KU chemistry colleagues and his church friends. His oldest daughter, Barb Heeb, lives in Lawrence.

Givens forced himself to become more active. He’s involved in a weekly “old man’s” book club. He’s a member of the Douglas County Democratic Committee and a precinct chair.

“Life has been greatly different since my wife died,” Givens said. “I’ve gotten closer to my children, and they have gotten closer to me. I’ve had to become more outgoing and get out in the community more. I’ve even started doing some cooking. I’m a chemist, I’ll experiment with things in the kitchen.”

Givens could always find refuge in his work.

“I still go into the office every day: I’m still publishing, I’m still teaching,” said Givens, who is 79.

During the course of focusing on staying busy and being more active socially, Givens met someone. They began dating. And on Christmas morning 2018, in front of his family, Givens got engaged. He is getting married on Memorial Day.

“She lost her husband to COPD like 19 years ago,” Givens said of his fiancée, who is 72. “We’ll be starting a new life together. I’m looking forward to not being alone in the house.”

- Jeff Burkhead is communications director at Bert Nash Community Mental Health Center.

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## RICK STEVES' EUROPE

# Historic hits in Italy's most mod city

By Rick Steves

Tribune Content Agency\

While many tourists come to Italy only for the past, those who make time for Milan find that this powerful, no-nonsense city is a delightful mix of yesterday and today. Anchored by its historic cathedral, Milan is a modern, time-is-money metropolis of refined tastes. The window displays on its shopping streets are gorgeous, the well-dressed Milanese are ultrachic, and even the cheese comes gift-wrapped.

But beyond the bling, Milan has historic highlights as powerful as other Italian cities. A visit to its statue-studded cathedral (the Duomo), with its rooftop overlooking the city, is a one-of-a-kind experience. Nearby is the Galleria, an elegant shopping arcade built in the 1800s but just as lively today. La Scala Opera House is ground zero for the world of opera. And Milan claims one of the Renaissance's top masterpieces, Leonardo da Vinci's *The Last Supper*.

I like to start a visit in the center of Milan, dominated by the Duomo. It's the third-largest church in Europe, after St. Peter's in Rome and the Cathedral of Sevilla in Spain. To build it, the Milanese used the most expensive stone

they could find—pink marble.

The facade is a commotion of Gothic features—pointed-arch windows, statues, little pinnacles, and reliefs. Scholars count a thousand individual carvings—big and small—on the church exterior and another two thousand sculptural elements inside. Once you step through the entrance, you're struck by the immensity of the place. The soaring ceiling is supported by sequoia-size pillars.

After touring the interior, you can climb the stairs—or take an elevator—to the marble-paved roof, 20 stories up, for the most memorable part of a Duomo visit. Up here, wandering through a fancy forest of spires, you'll notice that the saint statues up close suddenly become more lifelike. Beyond the statues lies a stunning view: On a clear day you can see all the way to the Alps. A 15-foot-tall gilded statue of Virgin Mary on the tallest spire overlooks it all.

Back on the ground, one side of the cathedral is dominated by a grand arch—the entrance to the Galleria Vittorio Emanuele II—built as one of the first shopping malls in the world. Then as now, it was home to shops and cafés and lots of strolling locals. Today, you can linger among luxury stores such as Gucci, Louis Vuitton, and Prada.



CAMERON HEWITT, RICK STEVES' EUROPE

Made of pink marble and decorated with Gothic spires, Milan's cathedral is one of the largest in Europe.

Though it looks like it's built of stone, the Galleria is actually a skeleton of iron beams, faced with stone, and topped with glass. When it was built, it was the marvel of its day and proclaimed Milan as the most cultured city of a newly united Italian nation. Later, the Galleria was the first building in Milan to have electric lighting.

If you cut through the Galleria from the cathedral square, you'll pop out at Piazza della Scala, home of the La Scala Opera House and Museum. Teatro alla Scala first opened its doors in 1778 and quickly established itself as one of the premier opera theaters in Europe. The stage is enormous, the acoustics are wonderful, and the talent has always been top-notch. Many of the greatest operas got their first performance here—*Madame Butterfly*,

*Nabucco*, *Turandot*. Almost all of the great opera singers—from Caruso to Callas and Pavarotti—have sung here. But unless you have tickets to a performance, you'll be limited to the adjacent museum. The main reason to visit the museum is the opportunity (on most days) to peek into the actual theater.

Milan's most famous sight, *The Last Supper*, is away from the city center. Decorating the former dining hall of the Church of Santa Maria delle Grazie, this remarkable, exactly crafted fresco by Leonardo is a masterpiece of natural-looking lighting and expressive faces. Reservations are mandatory and should be booked three months in advance.

This famous fresco survives—just barely—on a church wall. Christ and

■ CONTINUED ON PAGE 27



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# Rick Steves

■ CONTINUED FROM PAGE 26

his 12 apostles are eating their last meal before Jesus is arrested and executed. Leonardo captured the moment of psychological drama when Jesus says that one of the disciples will betray him. The apostles huddle in stressed-out groups of three, wondering, "Lord, is it I?"

Leonardo spent three years on The Last Supper. It's said that he went whole days without painting a stroke, just staring at the work. Then he'd grab a brush, rush up, flick on a dab of paint ... and go back to staring.

Milan may be overshadowed by Venice and Florence, but no Italian trip is complete without visiting this city. This vibrant and vital melting pot of people, industry, and history is one of the treasures of the wonder that is Italy.

## IF YOU VISIT...

**SLEEPING:** Hotel Spadari, two blocks from the Duomo area, offers

40 rooms with billowing drapes, grand paintings, and designer doors (splurge, [www.spadarihotel.com](http://www.spadarihotel.com)). Antica Locanda Leonardo is just down the street from The Last Supper and has a romantic, Old World vibe (moderate, [www.antica-locandaleonardo.com](http://www.antica-locandaleonardo.com)).

**EATING:** Near the Duomo, Ronchi 78 is a Milan institution for traditional Milanese cuisine (Via San Maurizio 7, [www.ronchi78.it](http://www.ronchi78.it)). Pizzeria Tradizionale is an affordable favorite of locals in Milan's canal district (Ripa di Porta Ticinese 7, [www.pizzeriatradizionale.com](http://www.pizzeriatradizionale.com)).

**GETTING AROUND:** Milan's public transit system ([www.atm.it](http://www.atm.it)) includes a clean and easy Metro; buses and trams fill in the gaps.

**TOURIST INFORMATION:** [www.turismo.milano.it](http://www.turismo.milano.it).

- 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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# WOLFGANG PUCK'S KITCHEN

## A cooking lesson from my mom

If there's one important cooking lesson I learned from my mother, it's that you can always do little things to make a recipe you like into something even better. Thinking back to afternoons spent watching her at work in our home kitchen, I can see her always tasting and adjusting seasonings, often quickly improvising based on a seasonal ingredient or simply some sudden inspiration she had.



Wolfgang  
Puck

The results, needless to say, were always delicious. It's her early influence, and the delicious food both she and my grandmother made, that played a big role in my career path to becoming a chef.

So, I'm happy to share a new version of a recipe I often ate as a child in my mother's kitchen; one that often evolved based on available ingredients and my mother's whim. The recipe is for a traditional Austrian dish called Kaiserschmarren (literally, the Emperor's shreds or mess).

The name describes the fact that, fancy though it looks when it comes out of the oven, this fluffy hybrid of a soufflé and a pancake is traditionally torn into rough pieces for serving. I'm sure that my mother loved to serve it to us children not only because it was delicious but also because of its versatility. She could make for dessert or as an economical one-dish supper.

In that versatile spirit, I would like to suggest that you prepare Kaiserschmarren as a breakfast or brunch main dish, a light supper or a special dessert.

Mother always served Kaiserschmarren with some sort of fresh fruit compote: apples in autumn or winter, for example, or plump berries in springtime or summer. That's one

great example of the way she often improvised.

Following my mother's example, I've gone on evolving the Kaiserschmarren recipe she handed down to me. Over the years, I've added more eggs to make it even less like a pancake and more like a soufflé. The recipe here even differs from a version I shared eight years ago, now containing a slightly higher proportion of egg whites to yolks for even fluffier results (plus a touch of cream of tartar to help stabilize those beaten whites), and a touch of vanilla for more flavor.

To make this version extra special, I've also decided to feature fresh cherries in the compote instead of the strawberries I often use. Right now, you should be able to find cherries in many farmers' markets and food stores; if not, you could always switch back to berries.

I hope you'll add this to your own recipe book. My mom would have been pleased to know it!

### KAISERSCHMARREN WITH FRESH CHERRY COMPOTE

Serves 6 to 8

For the Kaiserschmarren:

1/2 cup (125 mL) seedless raisins

6 tablespoons dark rum

2 cups (500 mL) creme fraiche

1 1/2 cups (375 mL) granulated sugar, divided, plus extra for coating

8 large eggs, separated

1 teaspoon vanilla extract

4 tablespoons all-purpose flour

1/4 teaspoon cream of tartar

Pinch kosher salt

4 tablespoons unsalted butter, at room temperature, for coating

For the cherry compote:

4 cups (1 L) pitted fresh cherries

1/4 cup (60 mL) freshly squeezed orange juice

1 tablespoon finely grated orange zest

1/4 cup (60 ml) granulated sugar

1 tablespoon freshly squeezed lemon juice

1/2 teaspoon vanilla extract

Confectioners' sugar, for serving

Position a rack in the center of the oven. Preheat the oven to 425 F (220 C). Meanwhile, put the raisins and rum in a small bowl and leave the raisins to plump for about 10 minutes, stirring occasionally. Drain off excess rum, reserving 1 tablespoon of rum.

Put the creme fraiche, 1/2 cup (125 mL) of the sugar, the egg yolks, plumped raisins, the 1 tablespoon rum and the vanilla extract in a mixing bowl. Whisk until blended. Sprinkle in the flour, stir, and set aside.

Put the egg whites in a large, clean mixing bowl. Add the cream of tartar and salt. With a hand-held electric mixer on medium speed and clean beaters, beat the whites until thick and foamy. Then, still beating, gradually sprinkle in the remaining 1 cup (250 mL) sugar. Continue beating until soft peaks form when the beaters are lifted out.

With a large spoon, drop a generous dollop of the beaten egg whites into the egg yolk batter. With a flexible rubber spatula, gently fold the whites into the batter to lighten it. Spoon the remaining meringue over the batter and gently but thoroughly fold it in.

With a brush or clean fingers, spread the butter inside a medium-sized oven-

proof skillet to coat it evenly. Evenly sprinkle in enough additional granulated sugar to coat the butter, turning the pan for even distribution; then, gently tap out any excess sugar.

With the spatula, gently scrape the batter into the prepared skillet and smooth the top. Bake in the preheated oven until the mixture puffs up and turns golden brown on top, and it feels springy when very gently and quickly touched at its center, 10 to 12 minutes.

While the soufflé bakes, make the cherry compote: In a nonreactive skillet, stir together the pitted cherries, orange juice and zest, granulated sugar, lemon juice and vanilla. Cook over medium-low heat just until heated through and the cherries have begun to give up some of their juices, stirring to help the sugar dissolve and mashing a few of the cherries to help thicken the sauce, about 5 minutes. Keep warm.

To serve, divide the compote among 6 to 8 serving plates. With a large serving spoon, scoop up large dollops of the soufflé, distributing it evenly on top of the compote. Dust generously with confectioners' sugar. Serve immediately.

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## MY PET WORLD

# Why do dogs eat grass?

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** Every two or three weeks, Anubis goes outside, walks around the yard very selectively eating grass, throws up a mixture of grass and yellow slimy liquid, and happily comes back in. My vet is at a loss, and there is nothing I can relate the vomiting to. Anubis is a northern Spitz type, about 60 pounds and 10 years old, with no health issues except for a sebaceous adenoma on the back of his neck. Any ideas will be appreciated. - Keri, Catasauqua, PA

**Dear Keri:** No one knows for sure why dogs eat grass and then throw up the slimy liquid you describe. Even though it's a fairly common behavior that most dogs do at one time or another, it naturally stresses most pet owners who worry their dog is ill.

While your dog could be ill, if Anubis has been to the vet and has a clean bill of health, then chances are the behavior is being triggered by something else. Some people think a dog that does this might have a nutritional deficiency. If your dog's food meets all nutritional requirements, this would not be the case. (Look for the AAFCO (Association of American Feed Control Officials) label on your pet food.)

Some say dogs eat grass because they are bored. Dogs, like people, can't do two things at once, so if you play with or otherwise distract your dog from eating grass while outside, then

eventually the behavior may stop.

Some think dogs may have tummy troubles and are trying to self-soothe. It's not been proven, but certainly possible. Others say dogs may need additional fiber in their diet. There

was a published study in which a miniature poodle who ate grass and vomited every day for several years, stopped the behavior entirely after his owner introduced fiber into his diet. So maybe add a teaspoon or two of pumpkin (not pumpkin filling, which has added sugar) to his food to see if that helps.

If nothing helps, rest assured Anubis' behavior is fairly normal among dogs and not one to be overly concerned about if your vet is not

worried and it happens infrequently. The only danger to your dog would be if the grass had been recently treated with a pesticide.

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

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

## JAY'S MUSICAL MEMORIES

# Me and My Dad

By Jay Wachs

I am not ashamed to admit listening to and liking Barry Manilow.

He was one of the few artists upon whom we could all agree as a family and, during the 70s, his albums took center stage on our turntable.

My favorite song of his was the 1979 gem "Ships," and it always makes me think of my late father.

The opening lyrics are:

*We walked to the sea, just my father and me*

*And the dogs played around on the sand*

*Winter cold cut the air, hangin' still everywhere*

*Dressed in gray, did he say, "Hold my hand"*

*I said, "Love's easier when it's far away"*

*We sat and watched a distant light*

*We're two ships that pass in the night*

*We both smile and we say, "It's alright"*

*We're still here, it's just that we're out of sight*

*Like those ships that pass in the night*

My Dad was the consummate salesman and was always working on a business deal up to and including the year of his death at the age of 85 in 2012.

We were those ships that passed in the night, but we had a good understanding and a good relationship and he is sorely missed.

It is hard to think of a June without him around for both Father's Day and his birthday.

This year, he would have been 92.

My father's music was the cocktail lounge list from the late 40s to the early 60s.

Las Vegas was his place!

Frank Sinatra, Dean Martin, Rosemary Clooney, and Sammy Davis Jr. were among his go-to staples.

But his all-time favorite was Louis Prima, especially the songs that included Keely Smith.

One year for Father's Day, I made him a two-hour cassette (yes, I said cassette) tape of his favorite songs.

When he passed away, we found that worn-out, barely playable piece of history prominently in the top drawer of his desk along with several pictures of me, my late mother, and some school awards and a few old business cards of mine from radio stations gone by.

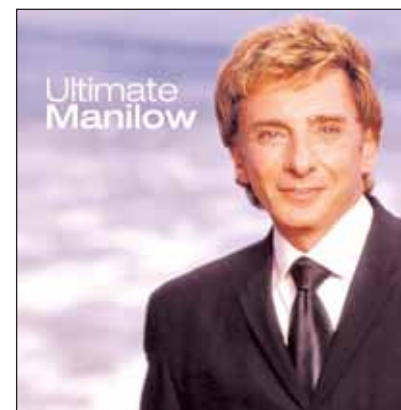
This Father's Day take a moment to celebrate Dad by listening to his music with him (if he is still with you) or in memory of him as a tribute.

Music connects us to our past but also gives us insight into the lives of others as well.

Happy Father's Day and enjoy the beginning of summer.

- Jay Wachs is the owner and operator of Lawrence-Hits.com, an APP and website based Classic Hits radio station that plays a variety of music from the 60s, 70s, 80s and 90s and

covers the genres pop, rock, country and soul. The station is in its 7th year in operation and can be also be found on Roku and Tune In Radio.



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WITH BOB JONES

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## CRISSCROSS OVERTRICK

North-South vulnerable, South deals

### NORTH

♠ A K Q  
♥ K 10 9 6 3  
♦ 8 5 3  
♣ A 6

### WEST

♠ J 6 4  
♥ 7 2  
♦ Q 9 4  
♣ K 10 7 5 4

### EAST

♠ 10 9 8 3 2  
♥ Q 8 4  
♦ 10 7  
♣ 8 3 2

### SOUTH

♠ 7 5  
♥ A J 5  
♦ A K J 6 2  
♣ Q J 9

The bidding:

SOUTH	WEST	NORTH	EAST
1NT	Pass	2♦*	Pass
2♥	Pass	4NT	Pass
6♥	All pass		

\*Transfer to hearts

Opening lead: Five of ♣

Many players would interpret North's four no trump bid incorrectly — as Blackwood. North's sequence of bids is invitational, showing a five-card major along the way. South had a maximum in support of hearts and jumped to the heart slam.

The opening club lead ran to South's nine, and the next problem was finding the queen of hearts.

South reasoned that West would not have led away from a king — an aggressive lead — if he had any hope of a trump trick. Accordingly, he led a low spade to dummy's ace and ran the 10 of hearts. A heart to the jack and the ace of hearts picked up the trumps and assured the contract.

An overtrick wasn't important, but it was fun to go after, especially if there was an unusual play involved. South cashed the ace of diamonds followed by dummy's king and queen of spades and the last two hearts, discarding three diamonds. This was the position:

### NORTH

♠ Void  
♥ Void  
♦ 8 5  
♣ A

### WEST

♠ Void  
♥ Void  
♦ Q 9  
♣ K 10

### EAST

♠ Void  
♥ Void  
♦ 10  
♣ 8 3

### SOUTH

♠ Void  
♥ Void  
♦ K  
♣ Q J

West still had to discard on the last heart. Whatever West chose, declarer could take the rest for a lovely overtrick.



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# PUZZLES & GAMES

## CROSSWORD

### Across

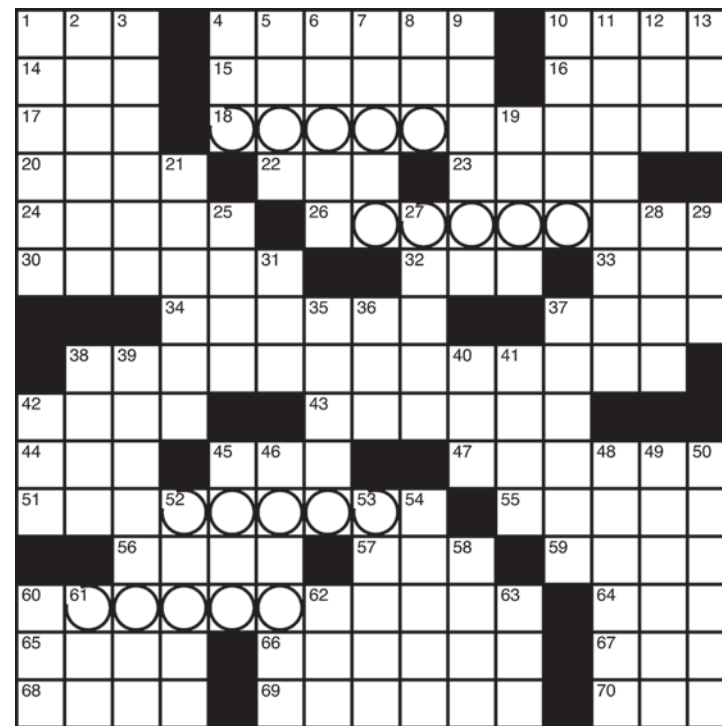
- 1 Civil \_\_\_
- 4 Tropical fish with large peepers
- 10 Add to the staff
- 14 Jungle swinger
- 15 Rapper whose professional name sounds like a candy
- 16 Sport, for ports: Abbr.
- 17 Kindled
- 18 Churchgoer's "If it's meant to be"
- 20 Explorer Ericson
- 22 Kitchy-\_\_\_
- 23 Blame taker
- 24 Curtain material
- 26 Another name for the gladiolus
- 30 Cable box display
- 32 Dispensable candy
- 33 High bond rating
- 34 Geological epoch in which mammals arose
- 37 Leave \_\_\_: reward the waiter
- 38 Post-Cold War hierarchy ... and what

- is literally contained in the circled squares
- 42 Mortar carriers
- 43 \_\_\_ Fables
- 44 Nonprofit URL ending
- 45 Adherent's suffix
- 47 Muscat residents
- 51 Out-of-the-office assignment
- 55 Point of view
- 56 Peau de \_\_\_: satin-weave cloth
- 57 Wide shoe width
- 59 In any way
- 60 They're often passed on the road
- 64 Holiday threshold
- 65 Starting course
- 66 Austrian capital
- 67 "\_\_\_ Misérables"
- 68 Chris of "The Good Wife"
- 69 First female Shuttle pilot \_\_\_ Collins
- 70 H.S. 12th-graders

### Down

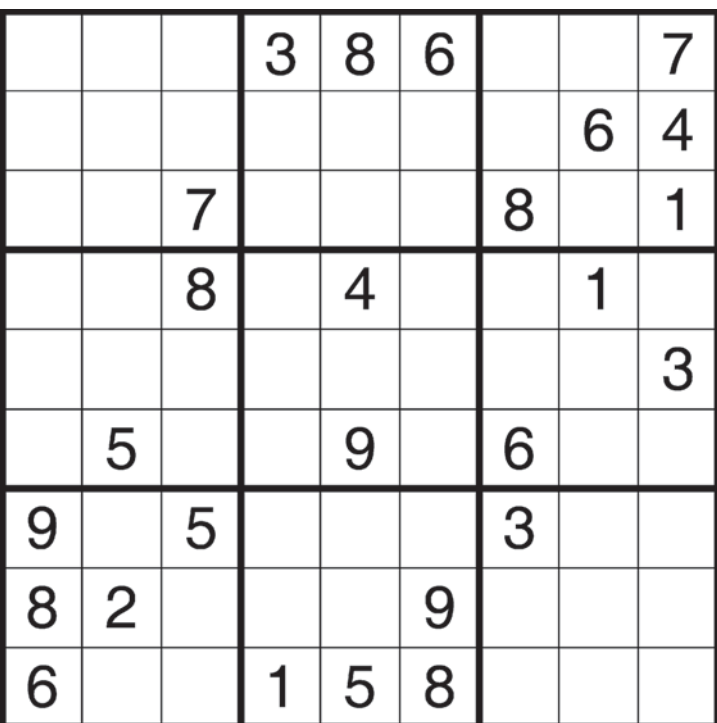
- 1 NYSE locale

- 2 Per unit
- 3 Head to bed
- 4 Brussels' land: Abbr.
- 5 "Don't worry about me"
- 6 Copter predecessors
- 7 Provide with funding
- 8 Evergreen that's a homophone of a vowel
- 9 Political refugee
- 10 Judaism : kosher :: Islam : \_\_\_
- 11 Start
- 12 Took part in a marathon
- 13 Cake mix need
- 19 City southwest of Warsaw
- 21 Reporter's quintet of questions
- 25 Ask for Whiskas, perhaps
- 27 Opinion columns
- 28 Lion's den
- 29 Jabber
- 31 Prefix with friendly
- 35 Muse of poetry
- 36 Marlins' MLB div.
- 37 Source of media revenue
- 38 "Me neither"
- 39 Barely beats
- 40 Valentine card hugs
- 41 LP measures
- 42 Baseball inst. in



- Cooperstown
- 45 "\_\_\_ it my way"
- 46 Turn sharply
- 48 Orange choices
- 49 "Well, \_\_\_!": "What an outrage!"
- 50 Blood pressure elevator
- 52 Acid test outcome, possibly
- 53 Party hearty
- 54 Nancy Drew creator Carolyn
- 58 White-tailed coastal bird
- 60 Nine-digit ID
- 61 Lav, in Bath
- 62 Three on a sundial
- 63 \_\_\_ Antonio

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RACK 1: A1 E1 O1 Y4 V4 R1 P3

RACK 2: A1 I1 N1 N1 W4 R1 D2

RACK 3: A1 E1 I1 U1 D2 D2 T1

RACK 4: A1 O1 O1 D2 W4 T1 F4 (Triple Word Score)

RACK 5: A1 E1 I1 M3 L1 D2 M3 (1st Letter Double)

PAR SCORE 260-270  
BEST SCORE 341

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 34

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

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## JUMBLE ANSWERS

Jumbles: ONION, SWIFT, DOCKET, WRENCH

Answer: Asked if their band would score, Pete Townshend and Roger Daltrey said -- WHO KNOWS

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SCRABBLE GRAMS SOLUTION													
O <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>	R <sub>1</sub>	P <sub>3</sub>	A <sub>1</sub>	Y <sub>4</sub>	RACK 1 =	65					
I <sub>1</sub>	N <sub>1</sub>	D <sub>2</sub>	R <sub>1</sub>	A <sub>1</sub>	W <sub>4</sub>	N <sub>1</sub>	RACK 2 =	61					
A <sub>1</sub>	U <sub>1</sub>	D <sub>2</sub>	I <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	D <sub>2</sub>	RACK 3 =	59					
F <sub>4</sub>	A <sub>1</sub>	T <sub>1</sub>	W <sub>4</sub>	O <sub>1</sub>	O <sub>1</sub>	D <sub>2</sub>	RACK 4 =	92					
D <sub>2</sub>	I <sub>1</sub>	L <sub>1</sub>	E <sub>1</sub>	M <sub>3</sub>	M <sub>3</sub>	A <sub>1</sub>	RACK 5 =	64					
PAR SCORE 260-270								TOTAL	341				



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

## MY ANSWER

## Beware the dangers of conforming to worldly patterns

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** I understand how our culture emphasizes appearance as “all-important” but what puzzles me is the lack of grooming habits of people today. While self-confidence is celebrated, doesn’t it seem that people are really celebrating sloppiness? - W.D.

**A:** Society has become used to a relaxed lifestyle with little structure. With the popularity of mobile devices people can move about easily and quickly. The day was when most people worked an eight-hour job, many “clocked in” and were required to work the full day (or night shifts) under scrutiny and supervision. Today people hold meetings at coffee shops; even in the park or walking along the street. There is a phenomenon of watching people

walk through malls alone yet carrying on what appears to be a one-sided conversation; but with headphones difficult to see, they are actually conducting business outside of the office and in casual clothing. It is difficult to distinguish someone working or vacationing.

Young people particularly are disconnected from “what used to be.” They emulate what they see in the movies and on television. Yet our culture is filled with more stress leading to anxiety. Much of this can be attributed to peer pressure, a strong emotional pull—not only for youth but for adults. People clamor for acceptance.

A popular theory is “individualism.” Yet people practice the most rigid conformity in dress, in speech, in moral attitudes and in thinking. Many follow fashion at the expense of integrity. Conformity can be good and it can be very dangerous. Citizens should conform to

the laws designed to protect us. Citizens who conform to rebellious behavior can harm themselves—and others. The Bible says, “Do not be conformed to this world, but be transformed by the renewing of your mind” (Romans 12:2).

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

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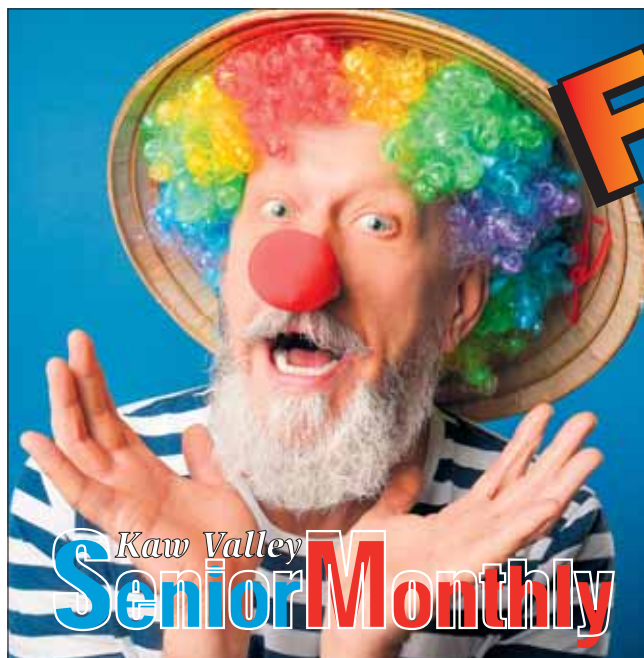
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# BARK IRIS GENEALOGY



The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rademaker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871. This 1865 painting of the *Bark Iris* by Domenico Gavarrone (1821-1874) is on display at the Larvik Museum in Larvik, Norway.

While writing an article about a 100-year-old woman in 2018, Kevin Groenhagen, the publisher of *Kaw Valley Senior Monthly*, discovered that her grandfather had served in the Civil War. She and her sister never knew about his military service.

Do you have a Civil War veteran in your family tree? An American Revolutionary War veteran? When did your ancestors come to America? What ship did they use? Kevin has researched his own family's genealogy for more than 30 years and can help you find the answers to these and many more questions you might have.

Have you had your DNA tested and aren't sure how to read the results? Exactly how are you related to all those cousins the testing company found for you? Kevin can help you answer these questions as well.

*Contact Kevin at 785-841-9417 or kevin@seniormonthly.net to discuss what you would like to find and what the research costs would be.*



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