

# Kaw Valley Senior Monthly

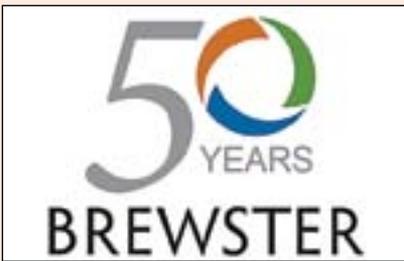
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Vol. 13, No. 9

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KEVIN GROENHAGEN PHOTO



**Former FBI agent Mark Bouton now writes mysteries.**

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# Bouton goes from nabbing perps to penning novels

By Kevin Groenhagen

Mark Bouton was an agent with the Federal Bureau of Investigation (FBI) for 30 years. During his career, he nabbed killers, kidnappers, and bank robbers. Given all the stories he could tell about his experiences, becoming an author was perhaps a natural choice after retiring 17 years ago.

Bouton grew up in Bartlesville, Okla., and earned a bachelor's degree in sociology at Oklahoma State University. He then went on to attend the University of Oklahoma College of Law, where he earned his law degree in 1966.

"The jobs available for lawyers were mainly doing research," Bouton said. "I had been looking at books for 10 hours a day, which was too long already."

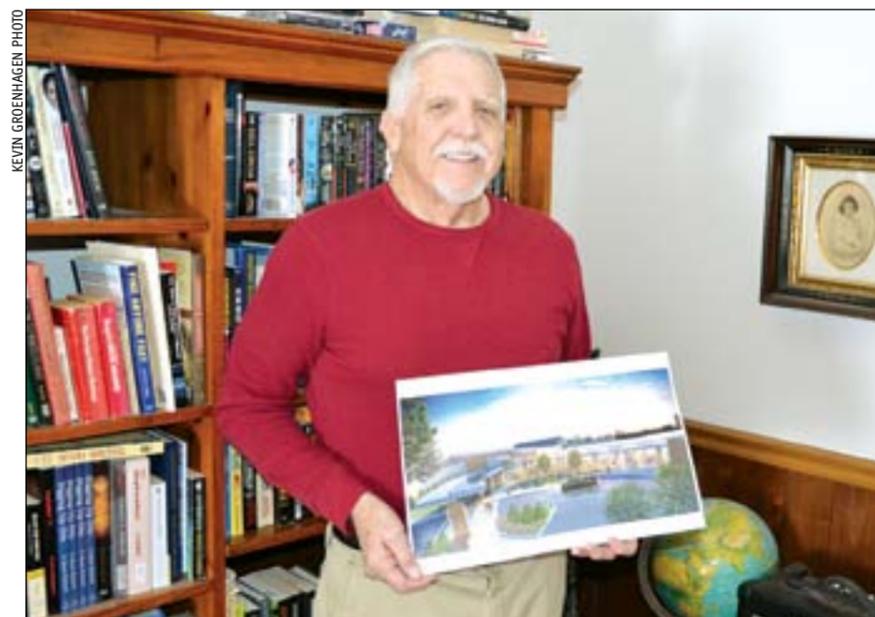
The FBI had visited Bouton's school to give a presentation on career opportunities, and Bouton decided to join the Bureau. He spent the next three decades working in Mobile, Alabama, New York, Chicago, Puerto Rico, Brownsville, Texas, San Antonio, Texas, and, during his final 10 years with the FBI, Topeka.

While some may think the Topeka area is boring (there is actually a Facebook page entitled "Topeka is the most boring city on the face of the Earth"), Bouton has many interesting stories about the area. For example, there's the story about the Overbrook waitress who worked at a topless club near Topeka.

"She had three lovely daughters," Bouton said. "She was in her 40s and, for some reason, she decided that she wanted a baby. I can't remember if it was her husband or boyfriend, but they couldn't have a baby. He told her that he was in the CIA, intelligence in the army, and had contacts that could get her a baby. He found out that some relative of his had just had a baby in Colorado. He drove to Colorado, visited a few days, and offered to take the relative with the baby to the mall. Instead, he drove her to a park, shot her three times in the head, shoved her out of the car, and brought the baby back to Overbrook."

The FBI eventually arrested the murder suspect in Overbrook after getting a tip that he had been in Colorado.

On August 5, 1993, Bouton and



Mark Bouton, who serves on the board of directors for Community HealthCare System, holds an artist's rendering of a hospital that will be built in Onaga.

another FBI agent heard shots while they were in their office in the Frank Carlson Federal Building in Topeka.

"There was a rumor that some Colombians were going to try to break

out some other Colombians who were going to be sentenced that day," Bouton said. "That's what I thought it was. On that morning, we had two agents who

■ CONTINUED ON PAGE FOUR

**Kaw Valley Senior Monthly**

Kevin L. Groenhagen  
Editor and Publisher

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Andrea Graham, Director

# Mark Bouton

■ CONTINUED FROM PAGE THREE

were on leave and another was out on the street. The shooting took place on the fourth floor and we were right underneath him on the third floor. We could hear the shots. We went out into the hall with our guns.”

Bouton and his fellow FBI agent didn't have a key for the fourth-floor door and taking the elevator up would have been too dangerous. So they waited for him to come down. While waiting, they heard more shots and the explosion of several pipe bombs.

It turned out that the shooter/bomber, Jack Gary McKnight, was not a Colombian but a resident of Jefferson County. He and his wife, who were convicted marijuana growers, were scheduled to appear in court that afternoon to be sentenced.

“We heard a boom and a bang, and then there was total silence,” Bouton said. “One of his pipe bombs went off while he was fiddling with it. It blew his stomach away and almost blew off his leg, so he shot himself. He also put four pipe bombs in his car and they went off on a timer.”

In addition to killing himself, McKnight, who had 21 pipe bombs and three pistols, killed court security officer Gene Goldsberry and shot a law clerk and a court spectator several times. Three deputy clerks were also injured during the attack.

Bouton was also in Topeka when another federal building was attacked. On the morning of April 19, 1995, a terrorist bomb attack on the Alfred P. Murrah Federal Building in down-

town Oklahoma City killed 168 people, including 19 babies and children, and injured more than 680.

“The Oklahoma bombing case came just a couple of years before I retired,” Bouton said. “It turned out that most of the work was in our territory out of Topeka, Fort Riley, Junction City, and that area. We knew that the Ryder truck that the bomb was placed in had been rented in Junction City. That was the first important clue that came up. Then we found out that the suspect had called the company that rented the truck to him on a Friday night. He went in there on Saturday and paid for the truck. On Monday he picked it up, so we figured he probably was around town most of that time. We checked motels, hotels, restaurants, gas stations, and liquor stores. We had a really good composite sketch done from the people who had seen him. We had a name of Robert Kling that he put on the rental receipt for the truck. The person who signed the receipt had backward-slanting handwriting. Only about 4 or 5 percent of the population actually has that.”

“I went to the Dreamland Motel and asked if anyone had been there with a Ryder truck,” Bouton continued. “The manager said that there had been. She described him, and it fit the description we had. I asked for the registration receipt, and it was for Timothy McVeigh, for the right days and had backward-slanting handwriting. He made four phone calls while he was there. Two of them were to a local Chinese restaurant. The interesting thing is that although he registered under the name Timothy McVeigh, he had ordered food from the restaurant using the name Kling, the name he used on

the truck rental form. He made the other two phone calls to Terry Nichols, who was his co-conspirator. FBI agents then searched Nichols' house and found all kinds of things that incriminated him. The FBI office in Oklahoma City obtained an arrest warrant for McVeigh. An agent there ran McVeigh's name in the National Information Crime Center computer and determined that he was in jail north of Oklahoma City. He was picked up about an hour and a half after the bombing for speeding. He was also unlawfully carrying a weapon, so the police kept him overnight.”

In 1997, McVeigh was found guilty on 11 counts of murder and conspiracy. He was executed four years later.

Since retiring from the FBI, Bouton has written seven books.

“I have a couple of different series,” Bouton said. “One of the series is kind of autobiographical. I might use some

of the cases I have worked on as background for my character.” Bouton feels that his experiences in the FBI in contacting all types of people in many settings and with different backgrounds has helped him develop fascinating characters for his books. Like Ernest Hemingway, he believes that the more experiences a writer has in his life, the better he can write about many subjects. He's also worked with many different types of law enforcement people, and he knows how they talk about cases.

The autobiographical character is Max Austin, an FBI agent based in Topeka. This series includes *Max Conquers the Cosmos* (2005) and *Max Unlocks the Universe* (2006). Bouton received the Kansas Authors Club's J. Donald Coffin Memorial Award for the best book of the year with *Max Con-*

# Mark Bouton

■ CONTINUED FROM PAGE FOUR

*quers the Cosmos*. He recently published *The ET Murders*, the third book in the series.

In *The ET Murders*, FBI agents are being murdered, and a bizarre trail of clues leads to Roswell, New Mexico, and Area 51. Roswell is best known for an alleged UFO crash that occurred on a ranch near the town in 1947. Area 51 is a U.S. Air Force installation in Nevada, and has become a focus of UFO conspiracy theories.

“I actually went to Roswell and interviewed the woman who is the head of the UFO museum there,” he said. “I have some scenes set in Roswell. Of course, I couldn't go to Area 51. I researched UFOs, sightings, and abductions for about a year. It's very fascinating. I put a lot of that into the book.”

Bouton's other series features Rick Dover, a detective with the Los Angeles Police Department. The books in this series include *Cracks in the Rainbow* (2005) and *The Second Savior* (2009).

Bouton's best-selling book is the non-fiction *How to Spot Lies Like the FBI: Protect your money, heart, and sanity using proven tips* (2010). Bouton shows readers how to perceive when someone is trying to trick them by interpreting his body language, facial expressions, and verbal “tells.” Bouton uses photographs and specific examples of how detecting lies helped him nab killers, kidnappers, bank robbers, con men, and bombers. According to Bouton, the same techniques can help readers spot when family, friends, lovers, salesmen, and repairmen are trying to deceive them.

In 2010, the Public Safety Writers Association honored Bouton during its annual conference in Las Vegas. He won second place in the Published Fiction Book category with *The Second Savior* and third place in the Non-Published Non-Fiction Book category with *How to Spot Lies Like the FBI*.

In 2012, Bouton published *The Sacrifice*. In this novel, the FBI races to find a kidnapped baby before she's sacrificed by a satanic cult. In his FBI career, Bouton worked a number of

kidnappings and hostage situations that helped inform this book.

Bouton published five of his books through traditional publishers. He self-published the other two through CreateSpace, which is an Amazon company. He has plans to collaborate on another non-fiction book on lying with a family psychologist in Topeka.

Bouton has delivered talks at writers' conferences, writers group meetings and libraries throughout Kansas and neighboring states. He also participates in several authors' groups, including WriteStuff, the Kansas Authors' Club, and Kansas Writers, Inc.

“I think it's good to be in a good critique group,” Bouton said. “It keeps you writing on a regular basis. I've been lucky to have had good groups where you have such a wide range of different experiences. I've been told things that have helped my writing about motorcycles, airplanes, and how things are done in hospitals.”

In addition to joining critique groups, Bouton advises would-be writers to study writing techniques.

“I took a *Writer's Digest* correspondence course for a year, which was helpful,” he said. “I've been to two week-long courses for mystery writers in Taos. And I probably read 50 books on how to write.”

Outside of his writing activities, Bouton serves on the board of directors for Community HealthCare System (CHCS). CHCS has two hospitals in Onaga and Holton, seven family practice health clinics in Centralia, Corning, Frankfort, Holton, Onaga, St. Marys, and Westmoreland, and three elder care facilities. CHCS expects to break ground on a new hospital in Onaga this spring.

Bouton has four sons and lives on an 80-acre ranch about 15 miles north of St. Marys. His wife, Ellen Byers Bouton, has been a professor at Washburn Law School for many years, and runs a horse business on the ranch, where she breeds, raises, and trains quarter horses for trail riding, show, and/or ranch work. Her company is Prairie Wind Palominos (www.prairiewindpalominos.com).

For more information about Bouton and his books, please visit www.mmbouton.com and Amazon.com.



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# Brewster Place kicks off year-long celebration of 50th anniversary

Brewster Place, one of the Northeast Kansas area's largest retirement communities, has begun a year-long celebration of its 50th anniversary since it first opened its doors in 1964. At a music-filled gala, over 130 people celebrated the organization's past and looked toward the future with Brewster further expanding beyond retirement and healthcare services on its 30-acre campus in Topeka.

Back on May 17, 1964, a full-page advertisement in the *Topeka Capital-Journal* invited people to "...inspect the beautiful and unique features of Brewster Place, The Congregational Home." The ad went on to say that Brewster Place "is the first in the Middle West to offer these opportunities to the 'New Generation' (persons over 62)."

The Congregational Home for older citizens, better known as Brewster Place, began as a dream of Roy and Frances Engler. Frances' elderly aunt was experiencing difficulties living alone and the couple couldn't find a suitable place for her to live conveniently and comfort-

ably. They both wondered why other churches besides the Methodist church had not built homes for their seniors. One day Roy Engler said to his wife, "Why don't we offer our church 10 acres of our farm for a building site... maybe we could start something."

The Englers took their idea and offer of land to their pastor, Rev. Ned Burr McKenney. Rev. McKenney took the idea to other Congregational churches in the area and, by 1958, representatives of four local Congregational churches were granted a corporate charter for The Congregational Home.

The first executive director, Nathan Barr, was hired in 1961 and by 1964 construction of the main building was complete and the first tenants arrived. Regardless of the corporate title (The Congregational Home), the community became known as Brewster Place, named after William Brewster (1567-1644), an outstanding Congregationalist and one of the leaders of the Plymouth Colony.

By 1969 the Brewster Place medical



Brewster Place residents in 1964

facility doubled in size with construction of a second floor. Brewster continued its growth by adding 38 living units in 1972—Brewster West. In 1979,

38 more living units were constructed, including cottages and apartments.

In more recent years, under the lead-

■ CONTINUED FROM PAGE SIX

ership of David Beck, who became president/CEO in 1996, Brewster has continued its growth and service to the community by adding the Brewster Health Center, eight townhomes, a Brewster at Home program for those not yet ready to relocate to Brewster Place, and the Rehab Center at Brewster Place.

Just this past month, St. Francis Family Medicine at Brewster Place opened its doors, adding to the services provided on the Brewster Place campus to its residents as well as the wider community.

"Today we are a nation looking for answers and needing solutions for problems that loom, many of them related to how we're going to care for the next 'new generation,' the baby boomers," Beck said.

Ironically, the post-war baby boom ended the same year Brewster Place was born. The boom started in 1946 and 78 million people were born during the next 18 years. Now and every year for the next 18 years, 10,000 people

■ CONTINUED ON PAGE SEVEN



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will turn 65 every day.

"The sheer number of seniors needing supports and services in the decades to come will force us to consider some very significant changes, and we really need to get started now if not yesterday," Beck said. "As evidenced by our four founding churches many years ago, the faith community and the not-for-profit sector are the leaders. On the big issues facing us now—chiefly how will we provide safe, affordable, accessible supports and services for seniors and their caregivers—Brewster has been called to lead."

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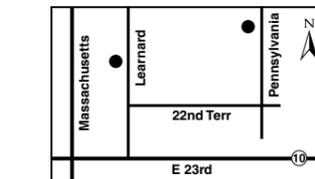


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## Celebrate National Nutrition Month by 'Rounding Up' for Senior Meals at The Merc

By Ray Buckingham

Senior Meals Program Manager

The DCSS Senior Meals Program is teaming up with The Community Mercantile in Lawrence for the month of March to promote and raise valuable funds for the meals program. Customers of The Merc will be given the opportunity to donate directly to the Senior Meals Program by rounding up their purchase amounts at check-out to the next dollar, dropping change in change jars and donating their bag refund of .05 directly to Senior Meals.

The Senior Meals Program is an approved nutrition provider for seniors and has been serving well-balanced, nutritious meals to seniors all over Douglas County for more than 30 years. Two congregate sites in Lawrence (Lawrence Senior Center and Babcock Place), one in Eudora and one in Baldwin City serve as host sites for individuals 60 and over to enjoy a lunch meal. Each site also offers the "Grab-N-Go" pick-up lunch program and home delivered meals to home-bound senior participants. All

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Although the program receives funding from various local, state and national funding sources, these revenue streams do not cover the entire cost of

operating the program. While our participants are asked to participate with a suggested donation of \$2.75 per meal, many seniors on fixed incomes simply cannot donate. Therefore, fund-raising campaigns make a significant impact on our ability to continue to offer meals to eligible participants without having a waiting list for the many seniors that depend upon the service.

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# Wine and food: Making a perfect match

(BPT) - If you've ever stood before an aisle of wine completely baffled by what to serve at your next dinner party, you aren't alone. Whether red or white, dry or sweet, the options can be overwhelming.

Two wine experts from The Art Institutes system of schools have teamed up to help you navigate the wine aisle like a pro.

"It's no longer necessary for wine to be just for special occasions," says Chef T. Stella Bernard, certified wine professional and an instructor for The Art Institute of Tucson. For her, the first step is demystifying wine, and she says there is something for everyone's taste. She encourages experimentation, which will help evolve your palate, but cautions against being dissuaded or oversold by the package. "Don't be turned off if it comes in a box or has a screw top. Don't worry if it doesn't have a cork."

According to Chef Bernard and Chef Bradley Owen, a certified sommelier and instructor at The Art Institute of California - Orange County, a campus of Argosy University, you need to match the acidity, flavors and body of the wine to the dish with which it will be served. "The old adage of white wine with fish and red wine with meat is true and false," he says. This will be true 80-90 percent of the time, but depending on how the dish is prepared, there are always ways to break this rule. He adds that chicken and pork are crossover proteins, which could work with whites or reds depending on preparation.

Acidity is very important, and Owen explains that you want to match the acidity of the wine with the acidity of the dish. Fish prepared in a traditional way works well with white wine, but when prepared with something like

■ CONTINUED ON PAGE 11



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# Wine and food

■ CONTINUED FROM PAGE 10

mushrooms or with red wine influences, you can move to a lighter red. Filet mignon, typically served with a red wine, can be paired with a white when served with a salad with high-acidic vinaigrette.

When matching flavors, Bernard recommends reading the back of the bottle. She says the same words that describe the wine should describe the food. For example, wines containing cherry flavors would go with something juicy such as a barbecue, since cherries are sweet and juicy. Strawberries are softer and would go with a more subtle dish, while black currants are more intense and would pair well with foods like venison, sausage or pepper steak. A simple way to remember this is the brighter the fruit on the label the lighter the food that goes with that wine, and the heavier

or darker the fruits on the label the heavier the food.

The body of the wine is the weight of the wine or the way it feels in your mouth. Owen says this body should also match the body of the food. Grapes have different body and richness based on the growing climate and decisions made by the wine makers. When looking to pair wine with meat, Owen recommends asking what you are pairing it with and what cut of meat is it. He says a rib eye with lots of fat, richness and flavor will need a wine with a rich body, such as cabernet sauvignon. A filet, which is less flavorful, could pair with a less full-bodied wine, such as a pinot noir.

With red wines, tannins are a consideration when looking at food pairings. Tannins come from the grape skins and provide the natural astringency found in red wines. Bernard says heavy tannin wines go well with heavy proteins such as red meats.

Regionality can also help you find the perfect complement, by pairing wine from the same area as the dish you are eating. For instance, if you are eating a French dish, consider a French wine. "Don't be intimidated about

going into the wine shop," Bernard says. She encourages you to start with what you like, and don't be afraid to ask for help from the people in your local wine store. "The wine you like is the best wine."



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## ESTATE PLANNING

### Insurance and estate planning

Various types of insurance can play key roles in your estate planning.

If there are people whose welfare depends upon your ability to earn income—such as minor children—then you need life insurance to replace



Bob Ramsdell

that income stream in the event of your death. While an insurance agent can outline various alternatives, a level term policy with coverage extending for the period of anticipated need (such as a 15- or 20-year term if you have young children you hope attend college) is likely to provide the most coverage for the least cost. Disability insurance is also a consideration. As you accrue assets, you can reassess the amount of insurance you need.

Life insurance can also provide liquidity to a high value estate that might be subject to Federal estate tax. (The inflation adjusted exclusion amount is \$5.34M per person in 2014. With portability, a married couple can

shield \$10.68M from estate taxes.) This is particularly useful if the estate consists of illiquid assets that would be difficult to sell quickly without depressing their price. Keep in mind that life insurance in which you retain any incident of ownership (not just ownership of the policy, but things like the ability to name beneficiaries) is included in your gross taxable estate and the proceeds themselves potentially subject to estate tax. An Irrevocable Life Insurance Trust can be used to separate the insurance proceeds from your taxable estate.

For a business owner, life insurance may be used as the source of funds for a buy-sell agreement implemented at the owner's death.

If you are able to afford the premiums—not just today, but those likely in the future—then Longterm Care Insurance can protect your assets from being exhausted by the cost of extended skilled nursing care. For a married couple, if the spouse requiring nursing care has a policy that qualifies as a Partnership Policy, then the amount of its coverage is added to the amount of assets set aside for the community spouse in the division of assets that precedes a Medicaid spend-down.

On a more day-to-day level, you should periodically revisit the liability

coverage on your homeowner/renter and auto policies to ensure your assets will be protected in the event you negligently injure a person. In addition, on most auto policies your liability limits also determine the amount of your Uninsured Motorist / Underinsured Motorist (UM/UIM) coverage.

Current Kansas law requires minimum liability coverage of \$25,000 per person / \$50,000 per occurrence. If a person with minimum coverage runs a stop sign and severely injures you, \$25,000 may cover the helicopter life-flight and first few hours in a trauma center. In all probability, a person driving with minimal coverage (or even without insurance) will lack assets available to compensate your injuries in excess of their coverage. Rather, their insurance company will offer to pay you the policy limit in return for a full release of your claims against the person who injured you.

However, if you have UM/UIM coverage under your own policy in excess of the liability limits of the person who injured you, you can seek additional compensation from your insurer. This

requires strict observance of statutory notice requirements to your insurer and may still require pursuing a lawsuit, but could be a crucial source of additional compensation for your medical expenses, lost income, and pain and suffering. Thus, carrying higher liability and UM/UIM coverage may, in some circumstances, protect you in the event of severe injury and incapacity.

In my experience, the typical “umbrella” policy only provides additional third-person liability coverage above the limits on your underlying homeowner/renter and auto policies. However, you may be able to obtain additional UM/UIM coverage as a rider with the payment of an additional premium.

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

## PERSONAL FINANCE

### Holding investment for the long-term can be less ‘taxing’

As we get closer to April 15, 2014, the tax-filing deadline, you may be wondering about the effects of some of your actions on the amount of taxes you pay. Of course, you don't have total command of some key tax-



Harley Catlin and Ryan Catlin



related components, such as your earned income. But one area in which you do have a degree of control is your investment-related taxes. And since 2013 has been a pretty good year for the financial markets, you may have some sizable gains. If you decide to sell some of your investments to “lock in” those gains, what would be the tax consequences?

Essentially, the answer depends on two variables: your tax bracket and how long you've held the investments.

Our tax code rewards those investors who hold their investments for longer time periods. Consequently, short-term capital gains, earned on investments held for less than one year before being sold for a profit, are taxed at an individual's ordinary income tax rate, which, in 2013, can be as high as 39.6%. However, long-term capital gains, earned on investments held one year or longer, are taxed at just 15% for most taxpayers and 20% for those in the 39.6% bracket. (At this tax

bracket, a 3.8% Medicare contribution tax may also apply to long-term gains, so the top capital gains rate would be 23.8%.) You'll need to check with your tax advisor for more details.

From a tax standpoint, you are likely to be better off by keeping your profitable investments at least one year before selling them. But are there also other reasons to hold investments for the long term?

In a word, yes. For one thing, if you are constantly buying and selling investments, you won't just incur taxes — you'll also rack up commissions and fees. And these costs can eat into your investments' real rate of return.

Also, if you are always buying and selling, you may be doing so for the wrong reasons. You might be chasing after “hot” investments, even though by the time you buy them, they may already be cooling off — and, in any case, they may not even be right for your needs. Or, you might decide you need to “shake things up” in your portfolio because you haven't liked what you've seen on your investment statements for a longer period of time. But if the overall market is down, it tends to drag everything down with it — even quality vehicles that still have good prospects.

But most importantly, if you are always buying and selling, you will find it difficult to follow a unified, long-term investment strategy — one that's based on your goals, risk tolerance and time horizon. When you follow such a strategy, you may indeed buy and sell investments, but only at those

times when it's really necessary, such as when you need to further diversify your holdings, a fundamental change in the company has occurred or when the suitability rating of the investment has changed. While diversification can't guarantee profits or protect against loss, it can help reduce the impact of volatility on your portfolio.

If you want to cut down on your capital gains taxes, holding quality invest-

ments for the long term makes sense. And for an investment strategy, a “buy and hold” approach can better position you long after tax season has ended.

- Harley Catlin and Ryan Catlin are with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262. This article was written by Edward Jones for use by your local Edward Jones Financial Advisors.

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## RETIRE SMART

### The new mortgage rules for this year

Big changes are sweeping through the mortgage market this year. The new rules, created by the Consumer Financial Protection Bureau (CFPB) as mandated under the Dodd-Frank Act, ban some of the lending practices that contributed to the housing boom and bust.

As of January 10, there is a new class of mortgages called "Qualified Mortgages" or "QMs". Borrowers who qualify for these loans are pre-



Jill Schlesinger

sumed to be able to repay the loan for many years, not just during the first few months when an initial "teaser" rate can keep monthly payments low. Additionally, many previously popular loans are banned. Those include interest-only loans; negatively amortizing loans, which can allow your loan principal to increase over time, even though you're making payments; and balloon loans, which have larger-than-usual payments at the end of the term. The new rules also prohibit loans that are longer than 30 years and limit excess upfront points and fees, depending on the size of your loan. For example, a loan over \$100,000 can't be a QM if it has points and fees that are more than 3 percent of the loan amount.

Any lender who wants to underwrite a Qualified Mortgage will have to determine a borrower's ability to repay a loan by considering factors like the borrower's income, assets, debts, and credit history. Another feature of a QM is a limit on how much of income can go towards the mortgage—the debt can't exceed 43 percent of monthly income. Additionally, to be considered a Qualified Mortgage, the loan must qualify for purchase or guarantee by Fannie, Freddie or by a federal housing agency; or the lender must keep the loan in its portfolio for a period of time.

Mike Raimi, President of PMAC Lending Services, says that QM should benefit consumers in some respects, though it may make it more difficult to secure financing for others, especially jumbo borrowers (those who borrow more than \$417,000 in most markets and up to \$625,500 in higher priced markets). Although the new rules may become the norm, Raimi reminds consumers that "Fannie Mae and Freddie Mac will still accept non-QM loans, which are often approved for borrowers with up to 55 percent debt-to-income ratio."

What do you need to know about attaining a mortgage now? According to Raimi, "The process has improved, but it is still labor intensive." Mortgages for new home purchases can take about three weeks to close, while refinancing can take longer—"anywhere from 30 to 60 days."

If you are looking for a 30-year con-

ventional mortgage with 20 percent down, the best rates are available for those with credit scores above 740. For every 20-point drop in score, the mortgage rate jumps by approximately a quarter of a percent. If your credit score is below 620, it's tough to get a loan closed, unless you qualify for the government's HARP plan or are working with FHA. (Credit scores do not have nearly as much impact on loans of 15 years and shorter.)

Whether you are trying to refinance or buy a home with a mortgage, here is what you will need:

- W-2 (2 years)
- Tax Returns (2 years)
- Pay Stubs (2 months)
- Bank statements - all pages (2 months): You may be required to provide an explanation for large deposits. This has more to do with anti-money laundering efforts than the mortgage process itself.
- Up to six months of mortgage payments in cash reserves.
- Investment accounts, if bank accounts do not show adequate assets.
- Donor letter: If a family member

or friend is helping you with your down payment or providing cash for the re-fi, he or she may be required to provide a letter and may also have to present his or her account statements.

• Self-employed applicants: Must have 2 years of proof of self-employment and 2 years of tax returns. Gone are the days when self-employed borrowers can "add-back" tax preference items. While you may have used the tax code to your advantage, the bank will not cut you any slack - the numbers on the return are set in stone.

• Two more items that you are likely to need: patience and perseverance!

- Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at [askjill@moneywatch.com](mailto:askjill@moneywatch.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com).

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## MAYO CLINIC

### Taking blood pressure medication at night may be keeping you awake

**DEAR MAYO CLINIC:** I was recently put on medication for high blood pressure. Does it matter what time I take it? I thought I was supposed to take it before I go to bed. But when I do, I'm up all night using the bathroom. Also, is this medication something I will have to take for life?

**ANSWER:** It usually is not necessary to take your blood pressure medication at night, unless your doctor has told you to do so. Whether or not you have to take the medication for the rest of your life depends on a variety of factors. In some cases, lifestyle changes can lower or eliminate the need for blood pressure medication. What you eat and how much you exercise can help control blood pressure. Lowering the amount of salt in your diet and eating plenty of fruits and vegetables, along with whole grains and low-fat dairy foods, can have a positive effect. Regular physical activity can also help lower blood pressure and keep your weight at a healthy level. Weight is a big factor

in high blood pressure. Research has shown that, in people who are overweight, lowering one's weight by just 10 percent can lower blood pressure.

Regarding the timing of when you take your medication, in the past many doctors did recommend taking blood pressure medication at night. That was based on the fact that heart attacks happen most often in the early morning. In theory, bringing blood pressure down during the night lowers the risk for a heart attack in the morning.

The reality does not match up with that theory for several reasons. First, blood pressure naturally tends to drop during the night in people who do not have high blood pressure, as well as in most people who do. That means there's typically not a critical need for medication to lower blood pressure during the overnight hours. Second, today's blood pressure medications last quite a while. In many cases, they only need to be taken once every 24 hours. When you take the medications during those 24 hours should not matter, as

long as you take them at the same time every day.

Experiencing disturbed sleep when taking blood pressure medications before bedtime is a common issue. Diuretics are the most frequently prescribed blood pressure medications. They work by helping your kidneys get rid of extra salt and water. They are often quite effective in lowering blood pressure. But they can make you go to the bathroom more often, especially in the hours right after you take them. To avoid this problem, you may want to start taking your blood pressure medication in the morning.

How long you will need to take blood pressure medication is hard to predict. Once they start taking medication to lower blood pressure, some people do continue to take it for the rest of their lives. However, there are steps you can take that may reduce your need for blood pressure medication.

In addition to the diet and exercise changes mentioned above, if you choose to drink alcohol, limit the amount you drink. Women and anyone older than 65 should not have

more than one alcoholic drink a day. Men younger than 65 should have no more than two drinks per day. Also, try to manage stress in healthy ways. Although stress by itself does not cause high blood pressure, having a lot of daily stress does make it more difficult to treat the condition.

These self-care steps may help bring your blood pressure down. If that happens, you may be able to take less of your medications or eventually stop taking blood pressure medication completely. Talk to your doctor about making lifestyle changes that can help. Do not make any changes in your blood pressure medication until you talk to your doctor. - Michael Hogan, M.D., Nephrology and Hypertension, Mayo Clinic, Scottsdale, Ariz.

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## HEALTH & FITNESS

### Tips for sudden health problems

We often hear about coping with emergencies. You know the drill: warning sirens, bottled water, flashlights, weather radios. But what if you have a sudden health problem? Your health can change as quickly as Midwestern weather, and you need to be ready. Here are some tips about a few not-quite-crisis situations you can be prepared to handle.



Laura Bennetts

#### Better safe than sorry

If you suddenly feel ill, you might want to call your doctor or an advice nurse to find out if you should make an appointment. There are a few things you can do first to have more information to report.

1. Check your temperature with a thermometer.

Be sure to tell the nurse whether you've taken any medication that might have lowered your temperature. If you have a temperature above the normal 98.6 degrees F, the nurse will determine if your fever is a significant concern.

2. Keep a list of your medications in your wallet or your purse.

You will need to give the nurse a

complete list of all the medications you take. This list should include prescription medications and any over-the-counter medications you take. Be sure, each time you start a new medication, to update your list. This list should include both the names of your medications and your regular dosages.

3. Keep a blood pressure cuff handy to check your blood pressure.

You should take your blood pressure when you're feeling unwell. Write down the result so that you report it to the nurse or doctor. Your blood pressure can be elevated when you're in pain or feeling unwell.

4. Take your blood pressure daily.

You need to know what blood pressure is normal for you, so that you can report this, too, when you call your nurse or doctor. Keep a daily log so that you become familiar with your normal range of pressures. Then you will know if your blood pressure is suddenly above normal.

#### The right tool for the job

If you already have a good thermometer and a blood pressure cuff, these steps will take you under five minutes. But if you don't yet have these items, you need to know what to buy. Here are some hints:

1. So long, Mercury!

If you still have a mercury thermometer, it is time to recycle it. Mercury thermometers are accurate but unsafe because you can easily break them

when you shake them to reset the mercury level. Mercury is a toxic substance and old thermometers must be recycled safely through a hazardous waste recycling program in your city. Call your city information line to find out more about how you can recycle the thermometer safely.

2. Go digital, you'll like it.

Digital thermometers are battery powered, easy to use, and have a clear digital read out. You simply turn the thermometer on, place it in your mouth, and wait for the readout to stop blinking to learn your temperature. Digital thermometers are also inexpensive, easy to handle, and they work quickly. You can buy one at any pharmacy.

3. Monitor your arm...or wrist.

You can monitor your blood pressure with an arm cuff or a wrist cuff. Both have digital readouts that accurately report your blood pressure and pulse. If you have any trouble with your hands (say, as a result of arthritis), you will find the wrist model easier to position correctly. You can buy either kind blood of pressure cuff at a pharmacy or a medical equipment supply store.

#### "Who you gonna call?"

For answers about medications, call your pharmacist. Even if you buy mail-order meds, you should still get to know a local pharmacist. If you're shopping, say, for an over-the-counter sinus medication, ask the pharmacist for a suggestion. Pharmacists also know about dangerous drug interactions, so have your list of medications ready to share.

You should also get to know your pharmacist well enough to comfortably ask questions about medications

and medical problems. This advice can help you make knowledgeable decisions about your own health.

#### Others can help, too

Most people think of doctors and nurses—the usual suspects—when they seek medical help or advice. But other health professionals can help you as well.

1. If you have painful joints or back pain, start with physical or occupational therapy to avoid surgery and unnecessary drugs.

2. If you need a back brace or shoe orthotics, you should see an expert in custom and non-custom braces—that is, an orthotist.

3. Your optometrist is your first line of defense against eye disease. Don't miss your annual checkups for early detection of eye problems.

4. Dentists offer routine checkups that help you catch tooth problems before they become painful and harmful to your health.

#### Act now

Don't hesitate to seek advice or an appointment if you suddenly feel unwell. Call your doctor or nurse or another health professional, depending on your problem. And if you follow the tips outlined above, you'll have all the facts at your fingertips when you make those calls.

- Laura Bennetts, PT, has practiced physical therapy professionally since 1982, when she earned a master's degree in physical therapy from the University of Southern California. She owns Lawrence Therapy Services LLC (785-842-0656) & Baldwin Therapy Services LLC (785-594-3162). If you have questions, please write to [laurabennetts@hotmail.com](mailto:laurabennetts@hotmail.com).

## HEALTH & FITNESS

### The wonder of ginger

By Dr. Farhang Khosh, N.D.

Ginger, or the Latin name *Zingiber officinale*, is a common herb. We see ginger as a spice being added to sweets, including gingerbread cookies, pumpkin pies, pickled in vinegar or sherry, as ginger tea, candy, soda, as sugar, or being eaten raw on the sides of sushi plates.

Ginger produces a hot, fragrant taste and is a well-known spice. Ginger is in the family that is closely related to turmeric and cardamom. Ginger was originally grown in the lush tropical jungles in Southern Asia. Ginger is thought to have originated on the Indian subcontinent.

The ginger plant itself is a perennial that grows from one to three feet in height and has a long history. Ginger was cultivated in India and China before historical records began. The earliest written medical books of both of these countries discuss ginger, both fresh and dried, and their many uses in great detail. An Ayurvedic text written about the third century BCE discusses treatments using ginger. Ginger reached the Mediterranean with Arab traders over 2,000 years ago. It was brought from India to the Near East. From there, it was brought across the sea and sold to both the Greek and Roman civilizations. Records show that ancient Rome taxed the imported ginger when it came ashore at Alexandria. When ancient Rome fell,

ginger and its uses were lost to most of Europe. It wasn't until the 11th century that Europe rediscovered ginger. Queen Elizabeth I (1533-1603) was fond of ginger. She is given the credit for the appearance of the now famous gingerbread men seen at Christmas time.

Medicinal use and research for ginger are far and wide. In studies, ginger has been used for nausea and vomiting caused by seasickness, morning sickness, and chemotherapy. Some studies have shown ginger to have a liver protective effect, effective in treating osteoarthritis, and joint and muscle injury, headache, common cold and sore throat. The most common uses for ginger include the gastrointestinal system. Ginger has been used for everything from diarrhea, to stomach pain, gas, bloating, improve gastric motility, constipation, and colic. A group of Cornell Medical school researchers published an article in the *New England Journal of Medicine* in 1980 that confirmed that ginger completely inhibited the potentially life-threatening process of platelet aggregation.

So the next time you eat a ginger snap or add ginger root to your food, remember how long ago it started its journey and how far it had to come to make it to your table.

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

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# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

### LAST FRIDAY OF EACH MONTH FINAL FRIDAYS

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

### JAN 17-MAR 2

#### WILLIAM S. BURROUGHS CREATIVE OBSERVER

The Lawrence Arts Center will host William S. Burroughs Creative Observer an exhibit featuring William S. Burroughs' art and collections. The exhibit will include work from many periods of Burroughs' life, providing insight into his prolific creative energy and his ideas on observing art and people. The exhibit also will include collaborative works with artists such as Brion Gysin, Robert Rauschenberg, Kurt Cobain, Keith Haring and George Condo. 940 New Hampshire St.  
LAWRENCE, (785) 843-2787

## BINGO

### SUNDAYS & TUESDAYS

#### AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.  
TOPEKA, (785) 267-1923

### SUNDAYS, WEDNESDAYS & FRIDAYS

#### CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays, 2050 SE 30th St.  
TOPEKA, (785) 266-5532

### MONDAYS

#### REBEKAH LODGE

Minis at 12:30 p.m., regular games at 1:00 p.m. 745 NE Chester Avenue.  
TOPEKA

### MONDAYS & THURSDAYS

#### AMERICAN LEGION POST NO. 400

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

### TUESDAYS

#### INDEPENDENT ORDER OF ODD FEL-

### LOWS

1 p.m. 745 NE Chester Avenue.  
TOPEKA

### WEDNESDAYS

#### PINECREST APARTMENTS

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

### WEDNESDAYS & FRIDAYS

#### VETERANS OF FOREIGN WARS

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

### WEDNESDAYS & SATURDAYS

#### LEGIONACRES

3408 W. 6th St., 7 p.m.  
LAWRENCE, (785) 842-3415

### FRIDAYS

#### EAGLES LODGE

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

### FRIDAYS

#### ARAB SHRINE

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

### SUNDAYS & TUESDAYS

#### MOOSE CLUB

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

## EDUCATION

### ONCE A MONTH

#### AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail. Call to make reservation.  
TOPEKA, (785) 354-5225

### FIRST & THIRD FRIDAYS OF EACH MONTH

#### HEALTHWISE AFTER 55

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

### SECOND & FOURTH FRIDAYS OF EACH MONTH

#### FOR FAMILY CAREGIVERS

Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13.  
TOPEKA, (785) 354-6787

### MAR 7, 10, 14

#### UNDERSTANDING THE KANSAS HEALTH-CARE EXCHANGE

Are you interested in finding out more about the health insurance options available in Kansas on the Healthcare Exchange under the Affordable Care Act? Want to know more about healthcare.gov? Attend one of three community town hall forums at Lawrence Memorial Hospital in the

Auditorium. Sheldon Weisgrau, of the Health Reform Resource Project, will present this free program. Counselors will be on hand to assist with enrollment after the presentation. Co-sponsored by LMH, Heartland Community Health Center, the Lawrence Public Library and the Lawrence-Douglas County Health Department. No advance registration needed. March 7, 1:30 p.m.; March 10, 5:30 p.m.; March 14, 3:30 p.m.  
LAWRENCE, (785) 749-5800

### MAR 13

#### SKILLBUILDERS: SURVIVING & THRIVING

Presented by Linda Upstill, Rumsey-Yost Funeral Home. After a life loss, learning to live again. Skillbuilders is an informative series of programs on various topics designed to assist anyone who is going through major transitions in their lives. The programs are free. Come to all or to just the topics that pique your interest. Skillbuilders programs are held in the community room on the lower level at Drury Place at Alvamar, 1510 St. Andrews Dr., 10-11:30 a.m.. For more information about Skillbuilders, contact Pattie Johnston, Outreach Services of the Lawrence Public Library.  
LAWRENCE, (785) 843-3833 ext. 115

### MAR 16

#### FUNDAMENTALS OF ESTATE PLANNING

Death is a certainty, incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning will help you create those plans. The class covers what happens under intestate succession if you die without a plan; the uses of a Will or Revocable Living Trust; an overview of

probate administration; the impact of estate and gift taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid eligibility might affect your assets. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Christ Community Church, 1100 Kasold Dr., 4-6 p.m.  
LAWRENCE, (785) 841-4554

### MAR 20

#### SKILLBUILDERS: LEGAL PLANNING

Presented by Cheryl Denton, Petefish, Immel, Heeb & Hird, LLP. Legalese interpreted: Power of Attorney, Living Will, Advance Directive, Trusts and Wills What are they and do you need them? Skillbuilders is an informative series of programs on various topics designed to assist anyone who is going through major transitions in their lives. The programs are free. Come to all or to just the topics that pique your interest. Skillbuilders programs are held in the community room on the lower level at Drury Place at Alvamar, 1510 St. Andrews Dr., 10-11:30 a.m.. For more information about Skillbuilders, contact Pattie Johnston, Outreach Services of the Lawrence Public Library.  
LAWRENCE, (785) 843-3833 ext. 115

### MAR 23

#### BASIC PERSONAL FINANCE & INVESTING

In our IRA / 401(k) world, you are responsible

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### ■ CONTINUED FROM PAGE 18

for your own financial destiny. Basic Personal Finance & Investing will help you chart that course. The class provides an overview of financial planning considerations, including: financial goal setting; investment options such as stocks, bonds, mutual funds, and ETFs; risk tolerance and capacity; and diversification, asset allocation, and rebalancing of an investment portfolio. While the focus is on saving and investing for retirement, the principles apply to other long-term financial goals, such as saving for a child's college education. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Christ Community Church, 1100 Kasold Dr., 4-6 p.m.  
LAWRENCE, (785) 841-4554

### MAR 27

#### SKILLBUILDERS: PERSONAL SAFETY AND HOME SECURITY

Presented by Susan Hadl, retired LPD. Feeling safe and securing your home and property. Skillbuilders is an informative series of programs on various topics designed to assist anyone who is going through major transitions in their lives. The programs are free. Come to all or to just the topics that pique your interest. Skillbuilders programs are held in the community room on the lower level at Drury Place at Alvamar, 1510 St. Andrews Dr., 10-11:30 a.m.. For more information about Skillbuilders, contact Pattie Johnston, Outreach Services of the Lawrence Public Library.  
LAWRENCE, (785) 843-3833 ext. 115

### APR 3

#### SKILLBUILDERS: AGING IN PLACE

Presented by Linda Crabb, OTR, CLT, Visiting Nurses. Staying in your home and making it safer and more accessible. Skillbuilders is an informative series of programs on various topics designed to assist anyone who is going through major transitions in their lives. The programs are free. Come to all or to just the topics that pique your interest. Skillbuilders programs are held in the community room on the lower level at Drury Place at Alvamar, 1510 St. Andrews Dr., 10-11:30 a.m.. For more information about Skillbuilders, contact Pattie Johnston, Outreach Services of the Lawrence Public Library.  
LAWRENCE, (785) 843-3833 ext. 115

### MAR 28-MAY 9

#### STEPPING ON: BUILDING CONFIDENCE, REDUCING FALLS

One in three adults over the age of 65 falls each year. Falling is not a normal part of aging. Take steps to learn how to prevent a fall. Join Lawrence Memorial Hospital and its partner agencies – Lawrence-Douglas County Housing Authority and Douglas County Senior Services, Inc. for this seven week program. Participants will learn balance and strength exercises, as well as develop specific knowledge and skills to prevent falls. \$25. To enroll, call the Douglas County Senior Center, 745 Vermont St. Fridays, 9:30-11:30 a.m.  
LAWRENCE, (785) 842-0543

## ENTERTAINMENT

### THURSDAYS

#### JUNKYARD JAZZ

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

### FEB 21, 22, 28; MAR 1, 2, 7, 8

#### MUSICAL COMEDY: "YOUNG FRANKENSTEIN"

When Sarah falls for a gentile man, she knows that her Orthodox Jewish family will never approve. She doesn't want to tell them about him, but she doesn't want to be chided for being single either, so she makes up a fictional boyfriend who she'll never have to introduce to them—until a massive dinner event comes up, forcing her to hire an actor named Bob to stand-in for her made up man. Performances at 8 p.m., except for 2 p.m. on March 2. 500 Delaware.  
LEAVENWORTH, (913) 651-0027  
www.rccltv.com

### FEB 28-MAR 1, 2, 6, 7 & 8

#### OTHER DESERT CITIES

A Drama by Jon Robin Baitz. Brooke Wyeth returns home to Palm Springs after a six-year absence to celebrate Christmas with her parents, her brother, and her aunt. Brooke announces that she is about to publish a memoir dredging up a pivotal and tragic event in the family's history—a wound they don't want reopened. In effect, she draws a line in the sand and dares

them all to cross it. Hailed by critics, this is a deeply moving play. All performances at 7:30 p.m., except for the March 2 and March 8 performances, which are at 2:30 p.m. Theatre Lawrence, 4660 Bauer Farm Drive.  
LAWRENCE, (785) 843-7469  
www.theatrelawrence.com

### FEB 28-MAR 2 & MAR 7-9

#### HARVEY

Elwood P. Dowd is an affable man who claims to have an unseen (and presumably imaginary) friend Harvey—whom Elwood describes as a six-foot three-and-one-half-inch tall pooka resembling an anthropomorphic rabbit. Elwood introduces Harvey to everyone he meets. His social-climbing sister, Veta, increasingly finds his eccentric behavior embarrassing and decides to have him committed to a sanitarium to spare herself and her daughter Myrtle Mae further embarrassment. Manhattan Arts Center, 1520 Poyntz Ave.  
MANHATTAN, (785) 537-4420

### MAR 8

#### DUELING PIANOS FUNDRAISER

Join us for a high energy, unique piano concert. Comedy, audience interaction, and incredible fun! Hors d'oeuvres, cash bar, silent auction, and raffle game. Benefit for LifeHouse Child Advocacy Center. Arab Shrine, 1305 S. Kansas Ave., 7-11 p.m. Fee.  
TOPEKA, (785) 232-5433

### MAR 9

#### GLEB IVANOV

Ivanov began playing for audiences at age

■ CONTINUED ON PAGE 20



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eight. He graduated from the Moscow Conservatory. He holds a master's degree from the Manhattan School of Music, where he worked with Nina Svetlanova. While in Russia, Ivanov was a protégé of Mstislav Rostropovich and appeared as soloist under the famous maestro. Since then, he has performed with numerous orchestras, including the Moscow State, Kremlin, Indianapolis Chamber, the Colorado Springs Philharmonic and many more. The Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee. **LAWRENCE, (785) 864-2787** [www.lied.ku.edu/events/ivanov.shtml](http://www.lied.ku.edu/events/ivanov.shtml)

MAR 16

**THE SENIOR CLASS**

A great offshoot from TCT's widely successful company, Laughing Matters, The Senior Class is another zany troupe of comedians. Only this time the company is made up entirely of over 55-year-old actors in our community. This group defines life in the golden years as a terrifically fun-filled trip. Admission fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. Doors open at 1 p.m. Show begins at 2 p.m. **TOPEKA, (785) 357-5211** [www.topekacivictheatre.com](http://www.topekacivictheatre.com)

MAR 29

**SOWETO GOSPEL CHOIR**

From the heart of South Africa, the Soweto Gospel Choir is an awe-inspiring and powerful vocal ensemble with an inspirational mix of tribal, traditional and popular African and international gospel songs. Their earthy rhythms, rich harmonies, a cappella and charismatic performances combine to uplift the spirit. The Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. **LAWRENCE, (785) 864-2787** [www.lied.ku.edu/events/soweto.shtml](http://www.lied.ku.edu/events/soweto.shtml)

APR 3 & 4

**BROADWAY'S NEXT H!T MUSICAL**

You will be doubled over laughing as Broadway's Next H!T Musical presents the only unscripted theatrical awards show. Master improvisers gather made up, hit-song suggestions from the audience and create a spontaneous evening of music, humor and laughter. The audience votes for its favorite song and watches as the cast turns it into a full-blown improvised musical — complete with memorable characters, witty dialogue and plot twists galore. The Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. **LAWRENCE, (785) 864-2787** [www.lied.ku.edu/events/next-hit.shtml](http://www.lied.ku.edu/events/next-hit.shtml)

**EXHIBITS/SHOWS**

MAR 22

**TOPEKA ANTIQUE AND VINTAGE MARKET**

The show will feature 60 dealers from around the region selling quality antiques and vintage furnishings all weekend. The show focuses on integrity and quality dealers – vendors will have a fantastic selection of high quality antiques including furniture, glassware, collectibles and more. In addition to antiques, the show will also have several dealers who specialize in vintage and eclectic home décor, with fantastic eclectic one-of-a-kind furniture and accent pieces, along

with vintage jewelry and clothing. Fee. Children 16 and under free. Parking is Free. Kansas Expocentre, One Expocentre Dr., 9 a.m.-5 p.m. **TOPEKA, (785) 235-1986**

APR 5 & 6

**2014 KAW VALLEY QUILTERS GUILD QUILT SHOW**

The 2014 Kaw Valley Quilters Guild Quilt Show featured quilter will be Roseanne Smith. In addition to the quilts being shown, there will be a silent auction of mini-quilts made by members to raise fund for various community organizations, There will also be vendors. Crown Automotive, 3430 South Iowa St., 10 a.m.-5 p.m. **LAWRENCE, (785) 842-4368**

**HEALTH & FITNESS**

MONDAYS THROUGH FRIDAYS

**FIT FOR LIFE**

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; **Fridays,** 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; **Fridays,** closed. Fee. **LMH KREIDER REHABILITATION SERVICES** LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

**BLOOD PRESSURE CLINIC**

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

TUESDAYS, WEDNESDAYS & THURSDAYS

**JAZZERCISE LITE**

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

TUESDAYS AND THURSDAYS

**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**

WEDNESDAYS

**MEDICATION CLINIC**

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

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 hear-

ing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday of each month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids. **LAWRENCE, (785)748-8034**

FIRST THURSDAY OF EACH MONTH

**BLOOD PRESSURE CLINIC**

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

FRIDAYS

**BLOOD PRESSURE CHECKS**

Drury Place, 1510 St. Andrews, 8:30 a.m. Open to the public. **LAWRENCE, (785) 841-6845**

SECOND THURSDAY OF EACH MONTH

**BLOOD PRESSURE CLINIC**

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

THIRD THURSDAY OF EACH MONTH

**BLOOD PRESSURE CLINIC**

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

THIRD THURSDAY OF EACH MONTH

**BLOOD PRESSURE CLINIC**

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

THIRD WEDNESDAY OF EACH MONTH

**NUTRITION CLINIC**

Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave., 10:30 a.m.-noon. **TOPEKA, (785) 354-6787**

FOURTH THURSDAY OF EACH MONTH

**BLOOD PRESSURE CLINIC**

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

MAR 8

**NUTRITION CARNIVAL**

Come one, come all to the second Nutrition Carnival. Join Lawrence Memorial Hospital and several community partners for a fun and informative event for all ages. Nutrition and fitness activities for kids ages 4-12 years, informational exhibits about nutrition for all ages, plus short presentations. In addition, representatives from the Kansas Masonic CHIP program ([www.kschip.org](http://www.kschip.org)) will be on hand to provide free child identification services. Children must be present. For a complete list of activities, visit [www.lmh.org](http://www.lmh.org) after March 1. This event is free; no registration needed. LMH, 9-11 a.m. **LAWRENCE, (785) 749-5800**

APR 2

**CHOLESTEROL SCREENING**

This screening event offers a total only (does not include HDL or LDL) cholesterol by finger-stick. No appointment or fasting necessary. \$7/ test. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m. **LAWRENCE, (785) 749-5800**

**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. Drury Place, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m. Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 215 Clinton Parkway, Lawrence, 9-10 a.m. Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m. Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

**LAWRENCE PUBLIC LIBRARY BOOK TALKS**

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

**MEETINGS**

MONDAYS

**BREAST CANCER SUPPORT GROUP**

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

MONDAYS, WEDNESDAYS & FRIDAYS

**WATER AEROBICS CLASSES**

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

MONDAYS

**GRIEF SUPPORT GROUP**

12-week adult group for recent loss. Midland **LAWRENCE, (785) 842-0543**

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Hospice, Building A, 4-5 p.m. Please call for start dates and information packet. **TOPEKA, (785) 232-2044**

FIRST MONDAY OF EACH MONTH

**INDIVIDUAL BEREAVEMENT SUPPORT**

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

FIRST & THIRD MONDAY OF EACH MONTH

**BEREAVEMENT SUPPORT GROUP**

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

FIRST & THIRD MONDAY OF EACH MONTH

**GRIEF SUPPORT GROUP**

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

FIRST & THIRD MONDAY OF EACH MONTH

**CAREGIVER SUPPORT GROUP**

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

FIRST & THIRD MONDAY OF EACH MONTH

**CAREGIVER SUPPORT GROUP**

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

FIRST TUESDAY OF EACH MONTH

**DOUGLAS COUNTY DEMOCRATS HAPPY HOUR**

Douglas County Democrats get together for a happy hour at Pachamamas, 800 New Hampshire St., from 5 to 7 p.m. **LAWRENCE, (785) 331-0421**

FIRST TUESDAY OF EACH MONTH

**BLOOD PRESSURE CLINIC**

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

FIRST TUESDAY OF EACH MONTH

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

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

FIRST TUESDAY OF THE MONTH

**MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - LAWRENCE**

Meets at Lawrence Memorial Hospital, 5:30

p.m.

**LAWRENCE, (785) 393-1256**

FIRST TUESDAY OF EACH MONTH

**TOPEKA AREA OSTOMY SUPPORT GROUP**

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

FIRST & THIRD TUESDAY OF EACH MONTH

**SCRAPBOOK MEMORIES**

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

FIRST & THIRD TUESDAY OF EACH MONTH

**GRIEF SUPPORT GROUP**

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

FIRST & THIRD TUESDAY OF EACH MONTH

**GRIEF SUPPORT GROUP**

Grace Hospice in association with Pioneer Ridge Assisted Living invites individuals coping with the loss of loved ones to join us. For more information call (785) 841-5300 or 1-800-396-7778. Pioneer Ridge Assisted Living, 4851 Harvard Rd., Lawrence, 10:30 a.m.

TUESDAYS & THURSDAYS

**WATER AEROBICS CLASSES**

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

FIRST & THIRD TUESDAY OF EACH MONTH

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

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

FIRST WEDNESDAY OF EACH MONTH

**OLDER WOMEN'S LEAGUE**

Meetings are held at the United Way building, 2518 Ridge Ct. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson. **LAWRENCE, (785) 832-1692**

FIRST & THIRD WEDNESDAY OF EACH MONTH

**CANCER SUPPORT GROUP**

Join representatives from Lawrence Memorial Hospital Oncology Center and the American Cancer Society for a general cancer support group. Open to anyone with any cancer diagnoses and/or family members or others affected by their cancer. For more information, contact Liv

Frost at (785) 505-2807 or email to [liv.frost@lmh.org](mailto:liv.frost@lmh.org). **LAWRENCE**

WEDNESDAYS & SUNDAYS

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

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6-9 p.m. on Sundays at the Eagles Lodge. **LAWRENCE**

EVERY OTHER THURSDAY

**GRIEF SUPPORT GROUP**

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

EVERY OTHER THURSDAY

**GRIEF SUPPORT GROUP**

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

FIRST THURSDAY OF THE MONTH

**MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - TOPEKA**

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

FIRST THURSDAY OF EACH MONTH

**LAWRENCE AREA PARTNERS IN AGING**

Networking group. Call Ashley at (785) 842-

0543 for more information. \$12.00 to attend (includes lunch). 11:30 a.m.-1 p.m.

FIRST THURSDAY OF EACH MONTH

**PARKINSON MEETING**

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

FIRST FRIDAY OF EACH MONTH

**STROKE SUPPORT AND RECOVERY GROUP**

Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library. **TOPEKA, (785) 232-7765**

SECOND MONDAY, SEP-MAY

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

Volunteer service club. **LAWRENCE, (785) 331-4575**

SECOND MONDAY OF EACH MONTH

**GRIEF AND ENCOURAGEMENT GROUP**

For those who have lost loved ones. Sponsored by Hospice Care of Kansas. Meets at Brookwood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Nancy Cook. **TOPEKA, (913) 599-1125**

■ CONTINUED ON PAGE 22

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**ManorCare**

■ CONTINUED FROM PAGE 21

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

Independence, Inc. 2001 Haskell Ave., 1-2 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

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

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

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

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

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

3 Sisters Inn, 1035 Ames St., 3:30-4:30 p.m. BALDWIN CITY, (785) 235-1367 or (800) 798-1366

**SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP**

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

**SECOND WEDNESDAY OF EACH MONTH DIABETES EDUCATION GROUP**

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

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

Soroptimist International's mission is to improve the lives of women and girls in local

communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more information. TOPEKA, (785) 221-0501 www.soroptimisttopeka.org

**SECOND THURSDAY OF EACH MONTH CAREGIVERS SUPPORT GROUP**

Learn more about caregiving, share your caregiving ideas and learn new ones. Find out about living options for your loved one and share comfort among others who are going through the same things. Refreshments are provided. Meets at The Windsor of Lawrence, 3220 Peterson Rd., 4 p.m. Call to RSVP. LAWRENCE, (785) 272-9400

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

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

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

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

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

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

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

Oskaloosa Public Library, 315 Jefferson St., 2-3 p.m. OSKALOOSA, (785) 235-1367 or (800) 798-1366

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

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

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

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

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

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

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

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

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

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

**THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP**

Baldwin Healthcare Center, 1223 Orchard Lane, 1-2 p.m. BALDWIN CITY, (785) 594-6492

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

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

**THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH**

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

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

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

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

Pioneer Ridge Assisted Living Library, 4851 Harvard, 6:30 p.m. LAWRENCE, (785) 344-1106

**FOURTH TUESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP**

Countryside United Methodist Church, 3221 SW Burlingame Rd., 1-2 p.m. TOPEKA, (785) 235-1367 or (800) 798-1366

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

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

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

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

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

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

**FOURTH FRIDAY OF EACH MONTH RETIRED GOVERNMENT EMPLOYEES**

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

**MISCELLANEOUS**

**SUNDAYS CHURCH SERVICES**

Drury Place, 1510 St. Andrews, 4 p.m. Open to the public. LAWRENCE, (785) 841-6845

**MONDAYS CHURCH SERVICES**

Drury Place at Alvamar, 1510 Saint Andrews Dr., 11 a.m. Open to the public. LAWRENCE, (785) 841-6847

■ CONTINUED FROM PAGE 22

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

Drury Place at Alvamar, 1510 Saint Andrews Dr., 3 p.m. Open to the public. LAWRENCE, (785) 841-6847

**MAR 7 & 8 MARBLE CRAZY**

For 15 years, artists from across the United States have gathered for Marble Crazy at the Moon Marble Company in Bonner Springs Kansas for two days of marble making fun. Marble Crazy is a show for art lovers and marble lovers. Demonstrations will take place on the techniques of taking molten glass from the furnace and from the torch and creating beautiful art marbles. The artists will display and sell their work direct to the public. 600 East Front St. Friday noon-9 p.m.; Saturday 10 a.m.-5 p.m. BONNER SPRINGS, (913) 441-1432 www.moonmarble.com

MAR 8

**KANSAS CRAFT BREWERS EXPOSITION**

The full spectrum of craft beer flavor will be awaiting you at an upcoming event in Lawrence. The Kansas Craft Brewers Guild and Downtown Lawrence are collaborating for the third Kansas Craft Brewers. Craft breweries large and small from around the region will be showcasing their beers at Abe & Jake's Landing at the Riverfront. In addition to the opportunity to sample scores of beers, there will be food, music, t-shirts and glassware, and informational and educational displays. Fee. LAWRENCE, (785) 843-4555

MAR 12

**RESOURCE FAIR FOR SENIORS**

Sponsored by Lawrence Area Partners in Aging. Come by anytime between 10 a.m. and 1 p.m. to visit booths and displays from local businesses and organizations that serve seniors in Douglas County. Free. Hy-Vee, 3504 Clinton Parkway. LAWRENCE, (785) 842-0543

MAR 15

**BLARNEY BREAKFAST**

Start your St. Patrick's Day Celebration with a Legendary Breakfast Buffet at Texas Road-

house. Tickets are \$10 for Adults and \$5 for Children and all proceeds support the children, teens, and adults with disabilities who are served at Easter Seals Capper Foundation. 5901 SW Huntoon St., 6-10 a.m. TOPEKA, (785) 272-4060

MAR 15

**ST. PATRICK'S DAY PARADE**

Come down and join us for the Annual St. Patrick's Day Parade! The 2014 events will be held on Saturday, March 15, kicked off by the parade at high noon! 12th and Harrison, noon-5 p.m. TOPEKA

MAR 17

**ANNUAL ST. PATRICK'S DAY PARADE**

From green horses to over-the-top floats, the St. Patrick's Day Parade in Lawrence is full of Irish fun. Each year, thousands of people don their green and line the streets in downtown Lawrence to watch the parade pass by. The parade is one of several events that parade organizers host to raise money for local charities. Downtown Lawrence, 1:30 p.m. LAWRENCE, (785) 749-6677 lawrencestpatricksdayparade.com

MAR 28

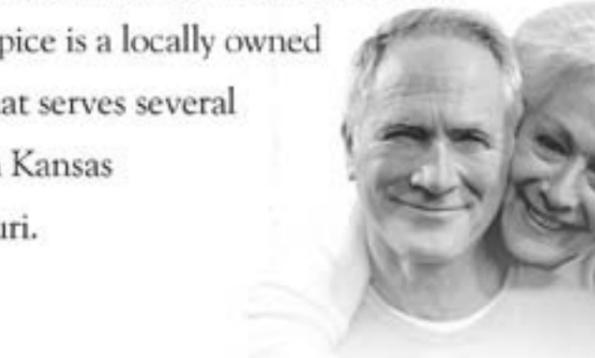
**HIGH HEELS DELIVER MEALS**

Meals on Wheels will be hosting "High Heels Deliver Meals" as a part of the March for Meals campaign. As a woman's initiative, women from around the community have been invited to deliver meals on Friday, March 28, to draw attention to the Meals on Wheels' mission of serving the homebound in the area. After a short and informal orientation, "High Heels" participants will be paired with seasoned volunteers to deliver meals clients in the Topeka community. March for Meals is a national initiative to raise awareness about senior hunger and to encourage action in the local community through volunteerism and monetary donations. Meals on Wheels delivers an average of 600 meals a day, Monday through Friday, in Shawnee and Jefferson counties. This is done with the assistance of approximately 1,200 volunteers. Additional volunteers are always needed. 2701 SW East Circle Dr. S, Ste. 2, 10:30 a.m.-noon. TOPEKA, (785) 295-3980



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Toll Free: 800-396-7778	
- KANSAS CITY - 9233 Ward Parkway Ste. 201 • Kansas City, MO 64114 (816) 444-4611 Fax (816) 444-9480	- LEAWOOD - 8900 Scam Line Rd., Ste. 459 • Leawood, KS 66206 (913) 948-9473 Fax (913) 948-9477
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## CHAPTER 19

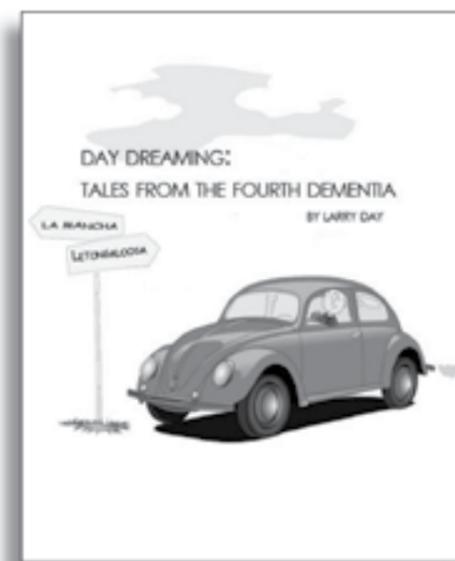
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# A LOOK AT BOOKS

If you have a book that was published from 2012 to the present, you may send it in for a possible review in *Kaw Valley Senior Monthly*. No poetry collections please. Send a copy of your book to: Tom Mach, c/o A Look At Books, PO Box 486, Lawrence, KS 66044. Send the image of your book cover to: kevin@seniormonthly.net



Tom Mach

**From Farm to Field** by Tad Pritchett (CreateSpace, ISBN 13-978-0-9843585-7-1)

This book contains the background and experiences of some forty veterans who had participated in the war against the Nazis' Adrennes Offensive in December, 1944. The Battle of the Bulge would become one of the largest land battles fought in WWII by Americans, eventually stretching across 80 miles of front and embroiling over a million young soldiers from both sides in a

and death struggle. The brave soldiers mentioned in Pritchett's book had farm experiences during the Great Depression, which enabled them to deal with sacrifice and handle hardships. In their own words, these veterans describe what it meant to leave their rural lives and face the horrors of combat in the fields of Europe. From the war in Africa and Italy to Omaha Beach at Nuremburg, the book is a compilation of hundreds of hours of individual interviews with the veterans, filled with riveting personal accounts of the harsh winter of 1944 and 1945. He gives tribute to the prisoners, infantry, tankers, artillerymen, airmen, medics, and navy. This book is an outstanding tribute to our heroic men in WWII.

**From High Heels to Gumboots** by June Hilbert (CreateSpace ISBN 978-1-49033-5306-7)

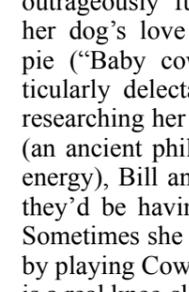
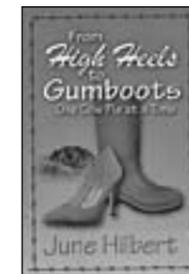
Hilbert describes her many humorous adventures when she switched from being a working girl in the city to being a working girl in the country. After she received a bouquet of broccoli from her suitor, a man who spent time herding cows on the Kansas prairie, she didn't know what to expect. When she first helped deliver a calf, her husband Bill celebrated the event with whiskey and

so they named the calf "Whiskey." But whenever Bill was gone for a few days all sorts of problems occurred, such as a missing calf. Another time she had to kill a snake with a hoe

and said she would have preferred a 10-foot handle on the hoe. Hilbert is outrageously funny as she describes her dog's love of nibbling at a cow pie ("Baby cow poop must be particularly delectable.") When she was researching her computer for *feng shui* (an ancient philosophy for channeling energy), Bill announced it looked like they'd be having Chinese for supper. Sometimes she would entertain herself by playing Cow Pie Frisbee. This book is a real knee-slapper, by golly!

**Islam in the Heartland of America** by Imam Omar Hazim (Xlibris ISBN 978-1-4568-5797-4)

This book reveals how Islam is being taught in Kansas. Hazim, who leads the Islamic Center of Topeka, hopes to inform people how Islam is taught and to clarify any misconceptions and distortions about the Islam religion. For example, Muslims believe that human life begins at conception and not at birth. Included in this book are such topics as the social value of eating,



how Islamists are to love and respect motherhood, the cycle of good deeds, and the historical events of Ramadan—as well as the history of the Islamic Center of Topeka. Hazim includes excerpts from his sermons as well as articles which appeared in the *Topeka Capitol-Journal*. The author includes a number of phrases that are taken from the Qur'an which are given in both English as well as Arabic. Overall, this book would be a great guide for anyone wishing to know what is being taught in the Friday services at a mosque.

**Mayday Over Wichita: The Worst Military Aviation Disaster in Kansas History** by D. W. Carter (The History Press ISBN 978-1-62619-052-8)

Before reading *Mayday Over Wichita* I had not heard of the tragedy that occurred on January 16, 1965. On that morning, an Air Force tanker carrying 31,000 gallons of jet fuel plummeted into an

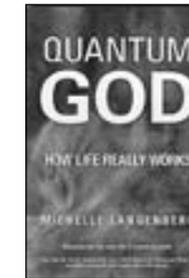
African-American neighborhood in Wichita, killing 23 residents and seven crew members on that aircraft while injuring 17 others. Carter, a historian, has written an exceptionally well-detailed book that reads like a page-turning thriller rather than a boring history text. He examines the tragic event from several perspectives—the lives of the seven crewmen, the FAA controller, the Wichita residents, the firemen arriving at the scene, and the press. This incident occurred during the height of the black cause for freedom—led by Dr. Martin Luther



King. This may explain why the mainstream press did not cover this event as extensively as it should have. The author includes rumors that circulated about the crash as well as the actual crash report. If you love Kansas history, you will treasure this book.

**Quantum God** by Michelle Langenberg (Balboa Press, ISBN 978-1-4525-7128-7)

Langenberg's book is a controversial one since it overturns some of the tenets held by many Christians. For instance, she says we "cannot sin nor change our divine nature" and she claims beliefs such as the Immaculate Conception Mary "grate against her (the author's) soul." On the other hand, she does offer some keen insight into how we can experience life to its fullest. We need to live without fear, practice joy, and decide to be happy. She believes that we are so much more than we think we are. Much of her book deals with how we can invite possibilities into our life and let go of things that make us feel uncomfortable. Judging, she believes, separates us from what we are really judging, and the result is that it destroys our peace of mind. Her book is replete with quotations that support some point she makes. There is an extensive Appendix which includes such things as the Native American Ten Commandments and a quiz about our understanding of science vs. spirituality.



# TRAVEL TROUBLESHOOTER

## Expedia double-charged me—can I get a refund?

Laura Pang has two airline reservations on Expedia. But she only needs one. Now the online agency refuses to refund the second charge. Is there anything she can do to persuade it to help her?



Christopher Elliott

**Q:** I recently booked one airline ticket through Expedia. At least that's what I thought. I paid \$310 for what I thought was one ticket, but when I was using the site, it felt a bit slow. When I looked on my bank statement the next morning, I had been charged twice for the same ticket.

I've called Expedia four times over the past two days, emailed two different representatives, and contacted them on Facebook and Twitter. But they claim the extra charge does not appear on their database and that therefore they have no obligation to refund me.

My bank says I should get in touch with the vendor, which I have. The subject heading for both charges is identical.

I am extremely upset having tried every method possible to get back that \$310, but to no avail. I'm a postgraduate student and can't afford to lose this much money—it goes toward schoolbooks, phone bills, housing. I'm panicking and I'm at a loss. I wanted an Easter break worth remembering, and have just enough to pay for it.

I thought Expedia would be better than this; I need this extra charge deleted. I live on a very tight budget and these kinds of things make my life far more difficult than it needs to be. Please help me. - Laura Pang, Sheffield, UK

**A:** It's difficult to tell if this was an actual charge or just a phantom double-charge. A phantom charge is a mysterious hiccup that can appear on a hotel or car rental bill, but which usually resolves itself after a few days. I've experienced it a time or two.

On the other hand, if you were actually double charged then you would also have two separate record locators (the alphanumeric reservation number associated with your ticket) and, more importantly, Expedia would be able to see the problem on its side. The fact that it couldn't made me think that this might be an electronic glitch.

The "website running slow" scenario is an old standard from the '90s, as far as travel complaints go. It's usually followed by someone trying to make the

same reservation again on the same site, or worse, on a different site, and then attempting to cancel one.

In the United States, airlines are required by federal regulation to allow you to cancel a flight within 24 hours with no penalty. In the UK, some airlines offer a "courtesy" cancellation if you want to change your flights within a day. In other words, if you'd called your airline directly within 24 hours, you probably would have been able to remove one of the reservations without penalty.

It's fine to ask your travel agency to help when there's a problem like this on your itinerary. But Expedia was right; you should have phoned your airline to get this fixed. I also list Expedia's emails on my site: <http://elliott.org/contacts/expedia/>.

I contacted Expedia on your behalf and it processed a refund.

- Christopher Elliott is the author of "How to Be the World's Smartest Traveler (and Save Time, Money and Hassle)" (*National Geographic*). He's also the ombudsman for *National Geographic Traveler* magazine and the

co-founder of the *Consumer Travel Alliance*, a nonprofit organization that advocates for travelers. Read more tips on his blog, [elliott.org](http://elliott.org) or e-mail him at [chris@elliott.org](mailto:chris@elliott.org). Christopher Elliott receives a great deal of reader mail, which he answers as quickly as possible, but because of a backlog of cases, your story may not be published for several months.

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# WOLFGANG PUCK'S KITCHEN

## Turn home-style bread pudding into a fabulous last-minute dessert

I'd have to rack my brain to think of anyone I know who doesn't like a good bread pudding. It seems to be a perfect definition of comfort food: slices of good bread soaked in and baked with a rich, sweet custard to form a dessert that delivers smooth satisfaction with every spoonful. Adding a generous dose of chocolate makes it even better.

The puddings taste delicious whether you serve them hot from the oven, warm, or chilled in the refrigerator. The recipe works most efficiently if you make enough for eight servings, as you might want to do for a dinner party. But if it's for just the two of you, you have not only seconds if you want them, but also more wonderful chocolate bread pudding to share the next day.



Wolfgang Puck

**BITTERSWEET CHOCOLATE CUSTARD BREAD PUDDING**  
Makes 8 servings, 3/4 cup each

**CHOCOLATE CUSTARD:**  
6 ounces bittersweet chocolate, coarsely chopped  
1- 1/2 ounces bitter chocolate, coarsely chopped  
3 whole large cage-free eggs  
3 large cage-free egg yolks  
1/2 cup sugar  
2 cups half-and-half

**SOAKING LIQUID:**  
1-1/2 cups half-and-half  
1/3 cup sugar  
1/2 cup unsweetened cocoa powder

**ASSEMBLY:**  
8 slices brioche, challah, or other rich egg bread, each 1/2 inch thick  
Unsalted butter, softened, for greasing

**SERVING:**  
Confectioners' sugar  
Unsweetened whipped cream

As I said, the ingredients couldn't be more basic: half-and-half; eggs; some good-quality bittersweet chocolate, bitter baking chocolate and cocoa powder, plus an egg-enriched loaf of bread like brioche or challah. While my recipe is easy, I do suggest that you prepare its custard base the day before you plan to serve it—or at least the morning before you'll do the final assembly and cooking. That will allow plenty of time for the mixture to chill well and thicken. Then, the next day, all you have to do is cut and soak the bread, assemble the pudding in individual-sized baking cups, and cook the dessert in the oven using a hot-water bath (easy to set up with a baking pan and some boiling water) that helps the custard cook gently and stay moist and delicate.

Several hours or a day ahead, make the custard: In a stainless-steel bowl or the top half of a double boiler placed over but not touching simmering water, melt the bittersweet and bitter chocolates.

In a large stainless-steel bowl, beat together the whole eggs and egg yolks until well combined. While whisking continuously, gradually pour in the sugar. Continue whisking until fluffy.

Meanwhile, in a small saucepan over medium-high heat, bring the 2 cups of half-and-half to a rolling boil. Remove the pan from the heat. While whisking the egg mixture continuously, very slowly pour in the hot half-and-half. Whisk in the melted chocolate.

Fill a large mixing bowl with ice cubes. Rest the stainless-steel bowl inside and stir until the custard mixture has chilled. Then, cover the bowl of custard and refrigerate.

When ready to make the pudding, combine the soaking liquid ingredients in a saucepan and stir over medium heat until the cocoa has dissolved completely. Set aside.

Using a round 2-inch cookie cutter, cut 2 circles from each bread slice. Arrange the 16 circles in 1 or 2 baking dishes large enough to hold them in a single layer. Pour the soaking liquid

over the bread and soak well, turning the circles so they absorb as much liquid as possible.

Preheat the oven to 350 degrees F. With the butter, grease the insides of 8 individual 3/4-cup custard cups or molds. Bring a kettle of water to a boil.

Spoon about 2 ounces of the custard into the bottom of each cup or mold. With a slotted spoon, lift a circle of bread and place it in a cup. Spoon more custard on top; then, add another circle of bread and another layer of custard. Repeat with the remaining cups.

Arrange the cups in a large baking pan. Pull out an oven rack partway and place the pan on it. Fill the pan with enough boiling water to come halfway up the sides of the cups. Very carefully slide the rack into the oven.

Bake the bread puddings until the custard has set, about 30 minutes. Carefully remove the pan from the oven and transfer the individual cups to a wire rack. Serve them hot or luke-warm, or leave them to cool to room temperature and then chill in the refrigerator.

To serve, sift powdered sugar over the tops of the hot or cool puddings. Offer whipped cream on the side.

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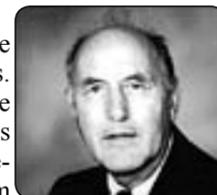
# HUMOR

## The Naked Truth

*"We must have hit something, Sancho, the dogs are barking."*

- Miguel Cervantes, *The Ingenious Gentleman Don Quixote of La Mancha*

Theodore "Ted" Boneworthy was a bachelor farmer who had eked out a living on the rocky soil of his hard scrabble acreage by working hard and learning all he could from agricultural extension agents. Then one day Ted ploughed up a very large gem quality garnet and became a wealthy man. Folks in his district had



Larry Day

always thought of Ted as an odd duck, but they figured that if he was lucky, he might also be smart, so they elected him to the State House of Representatives.

During his time as a state legislator, Ted Boneworthy worked unsuccessfully to pass laws that he thought society needed to be right and proper. He sponsored a bill that made it illegal to recite nursery rhymes backwards. He tried to make it a misdemeanor to swat flies with one's bare hand. And

he sought legislation that would punish people for sticking chewing gum under counters and tabletops in restaurants. Understandably, none of these bills were ever voted on by the House.

Ted chocked up to his colleagues' not supporting his legislation to their being a bunch of small town bozos.

So he ran for the U.S. House of Representatives. His opponents ridiculed the national chewing gum initiative. Men's groups called his stand on bare handed fly swatting "sissified," and teachers' organizations claimed that putting in practice his ideas on nursery rhyme recitation would stifle creativity.

The mass media were another problem. Radio, television and newspaper reporters mispronounced and misspelled Ted's name. More often than not they called him Sid Stonewearly or Rich Blatherly instead of Ted Boneworthy.

He lost the election by a historic margin.

Ted had been an only child. His mother and father were arch fundamentalists. The farm couple in Grant Woods' painting, "American Gothic" look positively jolly by comparison. For Ma Boneworthy everything in society was wicked and sinful or nasty and vile.

After being ridiculed in the state legislature and losing his campaign for the

U.S. House, Ted abandoned politics and entered what he called "the real world" to launch his biggest, weirdest project ever: **Ted urged Americans to stop letting animals run around naked.**

Ted hired a New York law firm at twice its normal fee to form an organization called "The League to Clothe Naked Animals," with him as the league's sole officer. Then he hired a top flight national advertising agency to buy full-page ads in leading newspapers throughout the country. The ads called on the nation's fair-minded citizens to "stand up and fight the scourge of animal nakedness."

The public reaction was volcanic. From the posh penthouses of America's great cities to the humble lunch counters of its smallest villages, people took up the cause. They inundated radio and television talk shows. Everyone wanted to be heard on the topic of naked animals.

Less than 24 hours after Ted's ads were published, nearly all the enormous public reaction could be put into six categories:

"Stand up for dignity. We MUST

clothe naked animals."

"Animals are born naked. Leave them alone."

"It's a government power grab."

"It's a Wall Street power grab."

"It's a communist conspiracy."

"Clothe Naked Animals, are you kidding me? Where's the hidden camera?"

Within 48 hours of the launch of what Ted thought would be an anonymous campaign, reporters from all over the world converged at his farm. They scared his livestock. They trampled his crops. They harassed folks for miles around asking questions about him.

Then just 72 hours after the first "Clothe Naked Animals" ads appeared in U.S. newspapers, the issue was dead. The mass media had identified another "big story." Coverage switched from the controversy about naked animals to news of a married couple in Salt Lake City who had won \$588 million in the national lottery and had announced that they intended to give all the money to the United Nations.

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

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# PET WORLD

## Treating clogged anal glands

**Q:** My Shiba Inu seems to have chronically clogged anal glands. I've had dogs my entire life, but I've never seen so much licking of the butt. I took my dog to the veterinarian for manual extraction but it didn't help. The veterinarian suggested surgery. What do you think? - S.L., Cyberspace

**A:** "This is a very common problem," notes Chicago veterinarian Dr. Sheldon Rubin. What's likely occurred



Steve Dale

is that the anal sacs have become impacted. The sacs are supposed to empty with each bowel movement. However, in some individual dogs this doesn't happen or they don't fully empty. Eventually, they may become impacted. Sometimes the sacs become infected.

"We express (empty) them, and then flush them with antibiotics," Rubin says. "When there is a chronic problem, we also look at the possible effects of allergies, even the possibility of cancer, particularly in older dogs."

Surgical removal of the anal sacs is not a procedure to be taken lightly. One potential complication might leave your dog incontinent. If you do ultimately opt for surgery, Rubin suggests you search for a surgeon with lots of experience at this procedure.

**Q:** What's a Munchkin? - C.C., Appleton, WI

**A:** Aside from characters in the "Wizard of Oz," the kind of Munchkin I suspect you're referring to is a cat breed, referred to as the Dachshund of the cat world. According to the Inter-

national Cat Association (TICA), the breed descended from a spontaneous mutation in a stray. This isn't a particularly new mutation; it's been documented many times over decades. Still, this breed with a long backbone and short legs remains controversial for its awkward appearance and potential medical problems as a result.

TICA accepted the Munchkin into its New Breed development program in September 1994, and nine years later into TICA Championship status. Munchkins

are surprisingly active and agile, given their body shape, and quite sociable.

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to petworld@steve-dale.tv. Include your name, city and state.

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# MY ANSWER

## Chronic pain requires us to ask what God wants of us

By Billy Graham  
Tribune Content Agency

**Q:** I've been in constant pain the last two years because of some back surgery that didn't work. Now I'm afraid I've gotten hooked on painkillers. I get prescriptions from several doctors who don't know I'm getting them from the others. I know that's wrong, but I can't stand the pain. Why doesn't God take it away? - M.W.

**A:** You know what you want God to do: You want Him to take away your pain. But have you ever asked yourself what He wants you to do?

I'm not a doctor, of course, but I can tell you two things that God wants you to do. First, He wants you to stop getting drugs illegally (for that's what you're doing by concealing your true

situation from these doctors). Not only are you jeopardizing your health and perhaps even risking arrest, but you may be endangering the professional status of your doctors. As I understand, most states have strict laws about such matters.

But God also wants you to get the best medical advice you possibly can for your problem (perhaps including a second opinion or advice from a spe-

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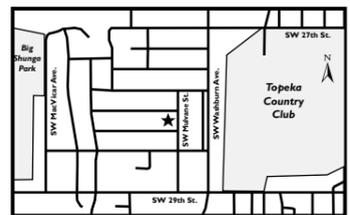


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cialized pain clinic). Concealing the seriousness of your problem from your doctor is not only unwise, but it could also greatly harm you.

The most important thing I can tell you, however, is that God loves you, and even if pain almost overwhelms you at times, God is still with you and wants to help you. By faith, invite Christ to come into your life, and then thank Him every day that nothing - not even your pain—"will be able to separate us from the love of God that

is in Christ Jesus our Lord" (Romans 8:39). And someday you'll go to be with Him in Heaven, where pain will be no more.

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

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# GOREN ON BRIDGE

## That extra chance

By Tannah Hirsch  
Tribune Content Agency

Both vulnerable. South deals.

### NORTH

- ♠-J 9 3
- ♥-A 9 8 6 2
- ♦-J 10 8 3
- ♣-7

### WEST

- ♠-7 6 5 2
- ♥-K J 4 3
- ♦-7 5 4
- ♣-Q 8

### EAST

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

### SOUTH

- ♠-A K Q 10 8
- ♥-5
- ♦-A 6
- ♣-A K 10 3 2

The bidding:

SOUTH	WEST	NORTH	EAST
2♣	Pass	2♦	Pass
2♠	Pass	3♠	Pass
4NT	Pass	5♦	Pass
5NT	Pass	6♣	Pass
6♠	Pass	Pass	Pass

Opening lead: Two of ♠

Remember the motto of the Seabees: "We do the impossible. Miracles take a bit longer." You can sometimes apply that at the bridge table.

With a three-loser hand, South chose to open with the artificial game force of two clubs, then show his spades over North's waiting bid of two diamonds. With a

known eight-card or better fit, North saw no reason to introduce his anemic heart suit and simply raised spades. On discovering that North held one ace but no king, South settled in the small slam.

West found the only lead to cause a problem for declarer—a trump. With any other lead, declarer could ruff three clubs in dummy and lose only a diamond. Even so, there were still 12 tricks available if clubs were 4-3, so declarer won the lead in hand, cashed the ace of clubs and ruffed a club in dummy, cashed the ace of hearts and ruffed a heart and another club. He was disappointed to discover that East had started with five clubs.

After considerable thought, South uncovered a distribution that would permit him to land the slam—East had to have both the king and queen of diamonds! Declarer led the jack of diamonds from the table, covered with the queen and taken with the ace. Now declarer cashed the rest of his trumps. East was forced to come down to the king of diamonds and J 9 of clubs. Declarer threw the defender in with the diamond, and the forced club return allowed declarer to take the marked finesse for the fulfilling trick.

*- Tannah Hirsch welcome readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to tcaeditors@tribune.com.*

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# PUZZLES & GAMES

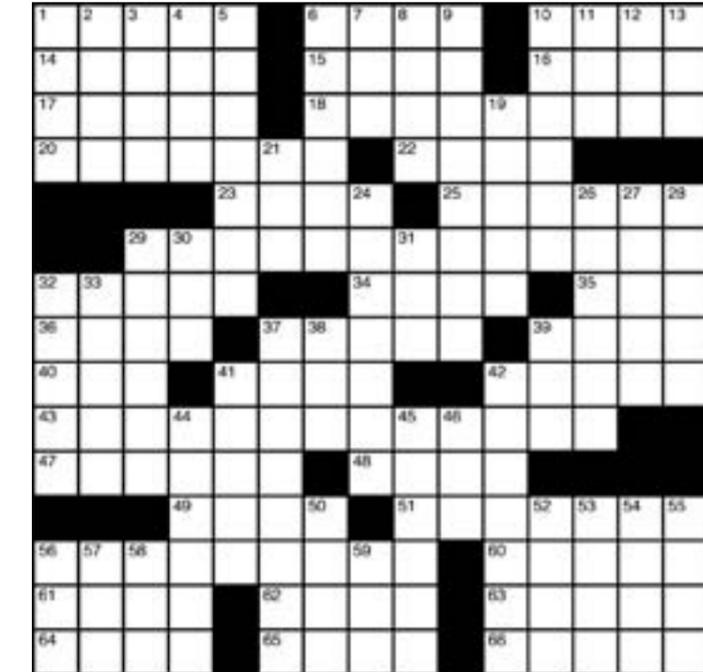
## CROSSWORD

### Across

- 1 One who's always on the go?
- 6 Fear that's good for poaching
- 10 Glass sheet
- 14 Superior to
- 15 Member of the opposition
- 16 One on a pedestal
- 17 Pick-me-up
- 18 Governor's pet projects?
- 20 Like one who forgot the Dramamine
- 22 Exposed
- 23 Nutritionist's recommendation
- 25 Causes to quail
- 29 Utensil that gives you ideas?
- 32 Take to task
- 34 Cock or bull
- 35 Blues-rocker Chris
- 36 Clothes
- 37 Alex Haley classic
- 39 Abarth automaker
- 40 Coffee hour item
- 41 Talent
- 42 Precipitation
- 43 Bully's secret shame?
- 47 Day spa offering
- 48 First name in fashion
- 49 Pundit's piece
- 51 Olympic Airways founder
- 56 Say "Come in, Orson!" e.g.?
- 60 Empty room population?
- 61 Poetic lowland
- 62 Iroquoian people
- 63 Compass direcci-n
- 64 Rep on the street
- 65 "Law & Order" org.
- 66 Composer Bruckner

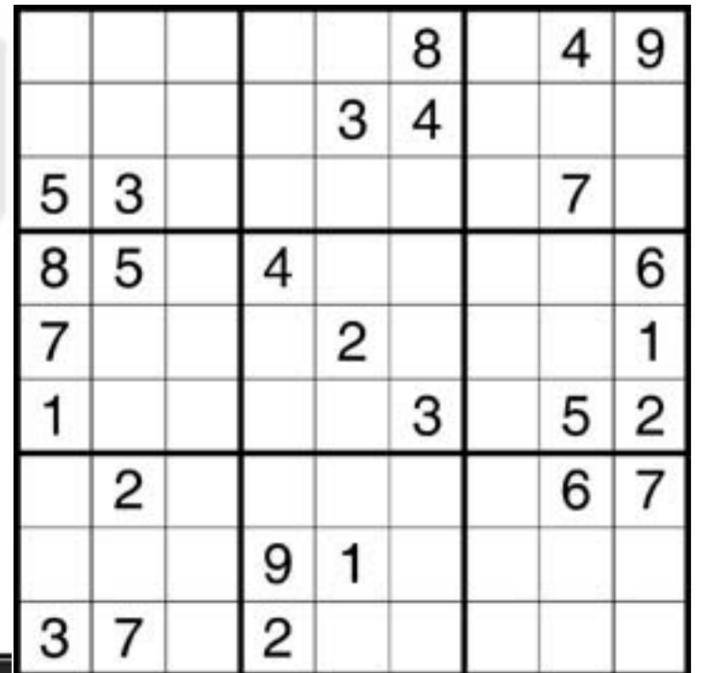
### Down

- 1 Expos, since 2005
- 2 High wind
- 3 Pulitzer poet Van Duyn
- 4 Budget alternative
- 5 Ruled
- 6 Hoops score
- 7 London's prov.
- 8 Shot in the dark
- 9 Fortresses
- 10 Find one's voice
- 11 Stir
- 12 Eur. kingdom
- 13 Antlered bugler
- 19 Take out
- 21 "Charlie Wilson's War" org.
- 24 Recipient of two New Testament epistles
- 26 Without a downside
- 27 Pet's reward
- 28 Use the rink
- 29 After-dinner drink
- 30 Jekyll creator's initials
- 31 Distillery vessel
- 32 Things
- 33 Chick of jazz
- 37 Winchester wielders
- 38 Frequently, in verse
- 39 Hardy's "\_\_\_ From the Madding Crowd"
- 41 Freak out
- 42 Liturgical shout of praise
- 44 Was revolting?
- 45 Brought to mind

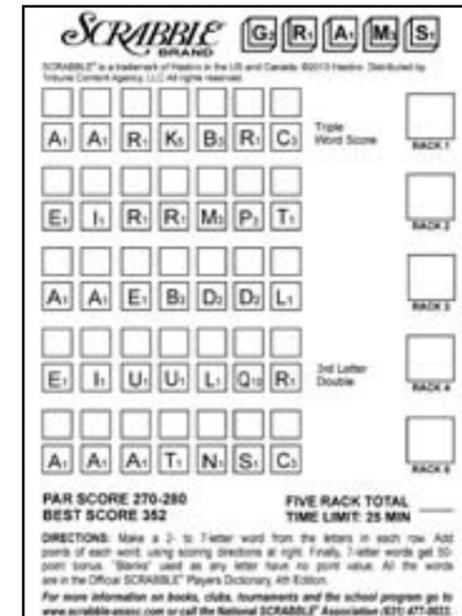


- 46 Place for a wide-screen TV channel
- 50 Fishing boat
- 52 In short order
- 53 Spreadsheet function
- 54 Liking quite a bit
- 55 Not hidden
- 56 Home shopping
- 57 Nasser's confed.
- 58 Cry for a picador
- 59 Fashionable jeans feature

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



Answers to all puzzles on page 35

# www.seniormonthly.net

## Martin Creek Place

- 1 & 2 Bedroom Apartments
- Organized Activities & Day Trips
- Townhomes
- Washer/Dryer Connections
- Emergency Monitoring System Available
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OPINION

Lawrence school district spends \$10,300 to promote Marxist theory

By Kevin Groenhagen

The February 2 issue of the Lawrence Journal-World included an article about Leidene King, a consultant with Pacific Educational Group (PEG). According to the article, King presented a two-day program entitled "Beyond Diversity: An Introduction to Courageous Conversations and a Foundation for Deinstitutionalizing Racism and Eliminating Racial Achievement Disparities" to "dozens of teachers, administrators and other people connected to the Lawrence school district."

Based on a book by Glenn E. Singleton, PEG's CEO, and Curtis Linton, "Courageous Conversations" is rooted in a discipline known as Critical Race Theory (CRT). According to the UCLA School of Public Affairs, "CRT recognizes that racism is engrained in the fabric and system of the American society. The individual racist need not exist to note that institutional racism is pervasive in the dominant culture. This is the analytical lens that CRT uses in examining existing power structures. CRT identifies that these power structures are based on white privilege and white supremacy, which perpetuates the marginalization of people of color. CRT also rejects the traditions of liberalism and meritocracy. Legal discourse says that the law is neutral and color-blind, however, CRT challenges this legal 'truth' by examining liberalism and meritocracy as a vehicle for self-interest, power, and privilege."

According to Robert Holland of the Lexington Institute, CRT "is a radical academic doctrine that gained currency in elite U.S. law schools in the 1980s and 1990s, and has more recently taken hold with multiculturalism advocates in teacher-training instructions." "One of the progenitors of CRT, the late Derrick Bell, a Harvard University law professor, berated liberal civil-rights scholars for their championship of a colorblind society," Holland

continued. "Like many of his allies, he relied largely on narrative and anecdote to advance his arguments, and argued for sweeping societal transformation generated more by political organizing than rights-based legal remedies."

Interestingly, Bell was one of Barack Obama's law professors at Harvard. According to the "Derrick Bell Official Site" (professorderrickbell.com), Bell "taught his introductory and advanced constitutional law courses in a non-traditional and non-Socratic style, that Derrick called 'participatory learning.' This pedagogy builds on the important work of Paulo Freire, and features each student as an active participant in learning."

Freire was a Brazilian Marxist best known for his influential work, Pedagogy of the Oppressed. According to Peter McLaren in Che Guevara, Paulo Freire, and the Pedagogy of Revolution, "Freire was always a revolutionary and as such never abandoned the dream of a radical transformation of the capitalist world." McLaren was the inaugural recipient of the Paulo Freire Social Justice Award presented by Chapman University.

Of course, it is possible that the CRT promoted by PEG has nothing to do with the CRT developed and promoted by Marxists. Unfortunately, that is not the case. In 2009, PEG's Singleton was the plenary speaker at the Summit for Courageous Conversation in Baltimore. Other speakers at the summit included keynote speakers Gloria Ladson-Billings and Antonia Darder.

Ladson-Billings was the president of the American Educational Research Association (AERA) in 2005-06. How radical is AERA? In 2008, a gentleman named Bill Ayers became an AERA vice-president. That's the same Bill Ayers who was a domestic terrorist with the communist Weather Underground during the 1970s and befriended Obama during the 1990s. Ayers and the other co-editors of Teaching for Social Justice (1998) dedicated their book to

Freire, poet Allen Ginsberg, and Haywood Burns, who helped found the National Conference of Black Lawyers in 1969 to serve as "the legal arm of the black revolution." Ladson-Billings has an article in this book. Interestingly, the book lists Obama's Dreams From My Father as a "resource for teaching change."

In 2012, Dr. Omiunota Nelly Ukpokodu of Lawrence became co-chair of Critical Educators for Social Justice, which is a special interest group of AERA. Like Bell and Ayers, Ukpokodu is a disciple of Paulo Freire. In a 2009 article in the Journal of Praxis in Multicultural Education, Ukpokodu, an associate professor in the School of Education at the University of Missouri-Kansas City, discussed a "qualitative study situated in a graduate course of a teacher education program at one university, located in a Midwestern community of the United States." The course purportedly fostered the teachers' "learning transformation and moved them from color-blindness to color-vision."

Darder is a Professor of Educational Policy Studies and Latino/a Studies at the University of Illinois at Urbana-Champaign, and the author of Culture and Power in the Classroom, Reinventing Paulo Freire: A Pedagogy of Love. Darder actually worked and studied with Freire.

Darder was also a keynote speaker at a National Association of Multicultural Educators (NAME) event in 2011. Her speech was entitled "The Neoliberal Restructuring of Cities, Education Policy, and Possibilities for Social Transformation Through a Marxist Lens." Note how often Freire's disciples use the word "transformation" and recall that, just before the 2008 election, Obama told supporters, "We are five days away from fundamentally transforming the United States of America."

Ukpokodu currently serves as chair of NAME's International Connections Committee, while an Ayers serves as NAME's co-president. This Ayers is Rick, Bill's younger brother and fellow communist. Conveniently, Bill was on the co-president nomination team.

According to Hans Bader with the Competitive Enterprise Institute, after

Seattle Public Schools hired PEG "they redefined racism consistent with Singleton's extreme and radical beliefs. The Seattle Schools defined 'individualism' as a form of 'cultural racism,' said that only whites can be racist, and claimed that planning ahead ('future time orientation') is a white characteristic." After an outpouring of criticism, Seattle Public Schools pulled Singleton's definitions from its website.

I contacted the Lawrence school district and learned that the district spent \$10,300 on this two-day program. I then emailed facts concerning CRT along with this question to all seven members of the Lawrence board of education: "As a member of the Lawrence school board, do you believe it is appropriate for the district to spend \$10,300 of the taxpayers' money promoting Critical Race Theory, which has a basis in Marxism?" I received the following responses from three of them:

"Yes. I think studying critical race theory is an important component to reducing racism & promoting excellence for all students." - Vanessa Sanburn

"I appreciate hearing from the community about school-related issues. My duties as a board member include working to support policies and initiatives that help our district provide an excellent education to ALL students in the district. Our equity work has helped us make measurable gains in closing the achievement gap for our students of color, while at the same time raising achievement for all our students. I support that goal, and am glad that our efforts to close the achievement gap are meeting with success." - Shannon Kimball

"Thanks for the laugh." - Rick Ingram

It is not unusual for school districts to pay PEG for consulting fees over a period of several years. If you have concerns about PEG's work in Lawrence, the email addresses and phone numbers of the school board members can be found at www.usd497.org/aboutus/SchoolBoard.

- Kevin Groenhagen is the author of Chapter 19: Defeating the Socialist Coalition and Restoring Our Constitutional Republic, which can be downloaded for free at www.chapter19.us.

SUDOKU SOLUTION

9x9 grid with numbers 1-9 in a standard Sudoku solution format.

CROSSWORD SOLUTION

Grid with crossword clues and solutions: NOMAD, BOSCH, PANE, ABOVE, ANTI, IDOL, TONIC, STATEPORK, SEASICK, BARE, DIET, DAUNTS, CREATIVESPORK, SCOLD, MALE, REA, TOGS, ROOTS, FIAT, URN, GIFT, HASTE, FEAROFTHEDORK, FACIAL, YVES, OPEP, ONASSIS, QUOTEMORK, NOONE, VALE, ERIE, NORTE, CRED, NYPD, ANTON.

Scrabble Brand Grams Solution table with rack scores: RACK 1 = 95, RACK 2 = 61, RACK 3 = 61, RACK 4 = 76, RACK 5 = 59, TOTAL 352.

JUMBLE ANSWERS

Jumbles: MADLY NOBLE ZODIAC PAYING Answer: When he caught Junior playing with matches, Dad was -- BLAZING MAD

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