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Vol. 15, No. 9

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# Towner directs the New Horizons Band of Lawrence

By Kevin Groenhagen

In 2003, Clyde Bysom, a longtime music legend in Lawrence, invited John Towner, also of Lawrence, to play with the city's New Horizons Band.

"I played one number with them, and Clyde said I might as well direct," Towner said.

Towner has directed the band ever since then, although Bob Wolfersberger, Topeka, has shared the responsibility as a co-director since the 2012-2013 season.

Now in its 20th year, the New Horizons Band of Lawrence was founded after Dr. Roy Ernst visited Lawrence in 1997 and presented a video to a group of interested musicians and directors of the Lawrence Senior Center. Ernst, professor emeritus at the University of Rochester's Eastman School of Music in New York, started the first New Horizons Band in 1991. "[M]y philosophy was that anyone can learn to play music at a level that will bring a sense of accomplishment and the ability to perform in a group," Ernst wrote in 2004. "Thousands of New Horizons musicians have proven that to be true,

■ CONTINUED ON PAGE FOUR

KEVIN GROENHAGEN PHOTO



**John Towner (left) directs the New Horizons Band of Lawrence** as the band performed for residents at the Pioneer Ridge Health Center on February 19.

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## Kaw Valley SeniorMonthly

**Kevin L. Groenhagen**  
Editor and Publisher

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# John Towner

■ CONTINUED FROM PAGE THREE

many starting in their late retirement years with no musical background at all. I recently met a person who was starting clarinet as a beginner at the age of 89.”

There are now more than 200 bands affiliated with the New Horizons Music Association, including bands in Australia, England, Ireland, Italy, and New Zealand. In addition to the Lawrence band, a band in Roeland Park is the only other New Horizons Band in Kansas.

Amy Akin, who then taught music at six elementary schools and both high schools in Lawrence, was among those who attended Ernst's presentation in Lawrence. Akin, a graduate of the Eastman School of Music, became the New Horizons Band of Lawrence's

first director. She served as the director until she moved out of town to assume a new teaching position.

The New Horizons Band initially had fewer than a dozen members. In fact, when the band was short a trumpet player, Akin would pick up her trumpet and play while conducting.

Bysom, an original member, was 80 years old when he joined the band. He continued playing the clarinet and saxophone with the band until just before his death at the age of 97 last June. In his honor, Lawrence City Commissioners declared Saturday, July 18, as Clyde Bysom Day. On that day, a celebration at the South Park Gazebo in downtown Lawrence included a performance by the combined New Horizons Band and Lawrence City Band.

Today, the New Horizons Band has about 30 members. Most are from the Lawrence area, but there are three

members who are from Osawatomie, which is more than 50 miles from Lawrence. At 93, Harry Crabb is currently the oldest member.

Towner, who turned 88 in February, was born in Ness City, Kansas.

“There's not much there,” he said. “It's the county seat of Ness County. It's 60 miles north of Dodge City and 60 miles south of Hays.”

Towner later moved to Lawrence to pursue a bachelor's degree in music education at the University of Kansas (KU). However, a short stint in the Army interrupted his education. He resumed his studies after leaving the Army and earned his bachelor's degree in 1954. He later earned a master's degree, also from KU, in 1961. He then taught music in public schools for 38 years.

“I taught at Waverly for three years and five years at De Soto. I taught at De Soto when the Sunflower Army Ammu-

munition Plant was still there. I then taught 26 years at Shawnee Mission.”

While at Shawnee Mission, Towner directed the Northwest Elementary Honors Band, which included elementary students from five buildings. The band played at the Kansas Music Educators Association conference in Wichita in 1977.

According to Towner, directing the New Horizons Band is very different from teaching music to public school students.

“This was new to me because I hadn't directed older musicians,” he explained. “These are people who maybe played in high school. They're not beginners. Some of the band's members have played their instruments off and on since their school days, while others have started performing again after many years of not playing.”

■ CONTINUED ON PAGE FIVE



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# John Towner

■ CONTINUED FROM PAGE FOUR

While the band members have more experience, that experience presents a different challenge.

"They're older people," Towner said. "Things happen where one or two might be absent. We also lose people. We lost five last year. Two good players died, and three moved away."

Among those who moved away was Lucy McAllister.

However, before leaving Lawrence, she took a box of photos, newspaper clippings, concert schedules, member rosters, and member obituaries, and organized them into three large binders

that document the band's history in chronological order from its founding to the present.

"She fixed it up very nicely for us," Towner said. "All the stuff in the box probably would have been thrown away if she hadn't done it."

Because of deaths and relocations, Towner is always asking area musicians to consider joining the New Horizons Band.

"We're always looking for additional band members," he said. "We could especially use more clarinet players. The clarinet section should be larger."

Towner invites anyone interested in joining the band to attend a rehearsal at the Douglas County Senior Center or a concert to learn more about the band.

"We play marches, overtures, and

show tunes," he said. "We play some easy things, and then we play some harder things. Some are simpler, like what a junior high band would play. And some are more difficult, like what a senior high band would play. The instrumentation is similar to that of school bands."

Tunes that are part of the band's current repertoire include "I Dreamed a Dream," "Londonderry Air" ("Danny Boy"), "Alexander's Ragtime Band," "Little Brown Jug," and selections from "The Music Man" and "Les Misérables."

"We have small, breakout groups within our band that practice together and then play at the concerts," Towner continued. "We have a clarinet group and a trumpet group."

Towner himself plays the trombone when Wolfersberger directs, while Wolfersberger is a trumpet player and percussionist when Towner directs.

The band begins its season in September every year.

"We rehearse all September," Towner said. "I always hope that I'll see everybody. In October, we start scheduling our concerts. I usually schedule rehearsals in between the concerts."

The band's season then continues through April, and then breaks for the summer.

The New Horizons Band usually performs at nursing homes and retirement communities, which is a practice that Towner initiated as director. Last month the band held concerts at

Brandon Woods and Pioneer Ridge Health Center in Lawrence. The band will hold its remaining concerts of the 2015-2016 season at Pioneer Ridge Assisted Living on March 4, Lawrence Presbyterian Manor on March 18, Meadowlark Estates on April 8, and Arbor Court on April 29. (Please see the *Senior Monthly* calendar section for more details. The New Horizons Band's concerts are listed under the "Entertainment" heading.)

"We also played three numbers at Free State High School's Mid-Winter Band & Orchestra Concert on February 23," Towner said. "We've played there for years. I don't know why, other than the first director was a music teacher there and she wanted us to play for the students there."

When Towner is not directing the New Horizons Band, he enjoys golfing (his son, Randy, was the director of golf at Alvamar in Lawrence for 23 years and is currently the general manager/head professional at Firekeeper

Golf Course in Mayetta), is a member of the Charles Robinson Chapter of the Sons of the American Revolution, and sings with his church's choir.

For more information about the New Horizons Music Association, visit [newhorizonsmusic.org](http://newhorizonsmusic.org). For more information about the New Horizons Band of Lawrence, call John Towner at 785-865-3519.



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# PRA Health Sciences is dedicated to the future of clinical development

By Billie David

A medication developed to improve the lives of patients with Alzheimer's has a tie to the Kansas City area, where volunteers at PRA Health Sciences participated in studies that tested the drug's safety.

It was at this 115-bed facility located at 9755 Ridge Drive, near 95th and Renner, in Lenexa that area residents, as well as people who came from much longer distances, volunteered to be test subjects for the researchers who conducted Phase I trials of the drug.

"The clinic has been at its current location since 2008 and has been conducting research studies for over 30 years," said Angie Parizek, the facility's executive director for clinical research studies. "We study all types of medication. In Lenexa, we do a lot of studies that compare food interactions and medication interactions — what you see on the drug labels. We also do studies exploring new medications, like the one in the article in *Time* magazine for the improvement and possible prevention of Alzheimer's."

The studies rely on volunteers, she added. The groups of volunteers are usually made up of healthy people in certain age groups, typically 18 to 45, 45 to 55, and 55 and above, and sometimes the studies call for volunteers with a specific condition such as diabetes, hypertension or obesity.

"Right now, we have a study for postmenopausal women," Parizek said, adding that another upcoming study is examining instant results from tests looking for potential cardiac problems.

Many people volunteer, she added, because in addition to being paid a stipend at an average of \$250 a day, volunteers have the satisfaction of knowing that they are making a difference. Many people also choose to volunteer because they have lost a friend or family member to a certain disease and volunteering provides them with the satisfaction of knowing that they are helping to ensure that others don't have to meet with the same fate.

But those are not the only reasons people volunteer, as evidenced by the fact that many people participate in a study and then sign up to volunteer again.

Especially for the older population, stays at the clinic provide opportunities to meet and become friends with other volunteers. Because the studies often require participants to stay at the clinic for several days, there is a commons area in the dormitories where people can play games, watch movies, use the Internet, read or just plain relax, and it is there that lasting friendships are often made.

"After the studies are over, the volunteers may all go out to breakfast together," Parizek said.

The Lenexa facility is the second-largest PRA facility in the United States. Fast-growing PRA Health Sciences is a global company that employs more than 11,000 employees in more than 80 countries. The Lenexa facility employs over 500 people.

"Basically we operate like a hospital," Parizek said. "We have a full medical staff and equipment, and volunteers

■ CONTINUED ON PAGE SEVEN



In addition to receiving an average daily stipend of \$250, volunteers with PRA Health Sciences have the satisfaction of knowing that they are making a difference.



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## PRA Health Services

■ CONTINUED FROM PAGE SIX

are closely monitored. We are open 24 hours a day, seven days a week.”

As for the safety of the studies conducted at the facility, Daniel Dickerson, MD, PhD, FAAFP, who is also the research physician in charge of the safety of the volunteers, explained how the process works.

Dickerson, who was a family physician in Eudora for 13 years, was recruited to work at the Lenexa clinic just over a year ago because of his background that includes a PhD in biochemistry. He reviews the medications to be studied and helps design the protocols.

He explained how the Phase 1 studies at the clinic fit into the entire picture, which begins with Phase 0. That's the stage where a researcher, who has observed how a molecule interacts with a receptor, comes up with a chemical and wants to explore how that chemical binds to the receptor. That's the stage where animal studies are conducted. Then, if the chemical shows promise and the researcher wants to see whether it is safe and effective for humans, Phase 1 of the studies begin.

The Phase 1 studies, which are approved and carefully monitored by an Institutional Review Board, begin by administering a small dose (perhaps as small as 1/100 of the amount used in the animal studies) to volunteers and checking for side effects. Then, the dosage is increased and volunteers are again monitored for side effects.

When sufficient studies have been

conducted, the trials move to Phase 2, where the chemical is tested on people who have the disease the drug was developed to treat.

Moving to Phase 3, the drug is tested on a larger population, perhaps 1,000 to 10,000 people who have been brought in to treat the disease. Data from all phases is then submitted to the FDA. The FDA determines if the drug is approved and can be prescribed.

“There are 10 years of trials before the medications are even marketed to humans,” Dickerson said. “Out of 100 chemicals put forward, only one will make it all the way through Phases 1 and 2.”

When Dickerson was doing his undergraduate work in biochemistry at the University of Missouri, he said that discovering things that other people didn't know about until the research was actually published was exhilarating.

Then, when his children were in elementary school, Dickerson was asked by Kenneth Holladay, MD, to take over his family practice in Eudora. They chose to move there because of his wife's love for horses and the opportunity for his children to grow up in a small-town community.

Now that his children are grown and attending the University of Kansas, PRA Health Sciences called Dickerson and asked him if he would come to work for them.

It was in this way that he saw firsthand how long it can take for drugs to move from development and Stage 0 studies to Phase 1.

“The human studies we are doing now are about the molecules that bind

## Becoming a volunteer with PRA Health Sciences

People who want to volunteer for clinical studies at PRA Health Sciences can register by visiting [PRAstudies.com](http://PRAstudies.com) or by calling 913-410-2900.

Usually PRA Health Sciences is looking for healthy adult volunteers, but sometimes they need volunteers from a specific patient population.

When volunteers arrive at the clinic, they are given paperwork to read and a consent form to sign. Then they are given a physical exam to determine whether they qualify to participate in a trial. Volunteers are notified within a few days concerning the results.

Participants must sign the consent form, which provides a list of the risks involved and details of the study, including the treatment and possible side effects. Volunteers have a right to refuse treatment at any point and can leave at any time with no penalty. They are compensated for the portion of the study they complete.

For participant protection, every trial is approved and monitored by an Institutional Review Board.

Studies can involve one overnight stay or one of several weeks, and there are also outpatient trials that include periodic visits to the clinic.

If the research involves an in-house stay, volunteers who return for the studies are escorted to their dormitories, which include a commons area

where participants can play games, watch movies, take advantage of Internet access or read. Participants are also provided with catered meals.

During the trial, volunteers receive doses of the medicine being studied at scheduled intervals and are also given tests, including blood and urine tests, at scheduled times depending on the needs of that particular study. Some volunteers may receive a placebo.

The length of the stay depends on the study's requirements. Some may require just a few quick visits and others require extended stays. Volunteers are paid a stipend based on the number of out-patient visits or the number of overnight stays. The average stipend is about \$250 per night.

People may also participate in a referral program even if they don't qualify for a study, where if they refer a person who actually participates in the program for the first time, they may receive a referral bonus of up to \$300, but the person who applies as a volunteer must remember to mention the person who referred them by name. For referring somebody who has already participated in a study at least once, the stipend is \$50.

In addition to the stipend, volunteers have the satisfaction of knowing that they play an important role in helping to develop safer, more effective drugs.

■ CONTINUED ON PAGE EIGHT



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## PRA Health Services

■ CONTINUED FROM PAGE SIX

onto the receptors that I had been studying during my undergraduate work. That's how long it takes to get to testing," Dickerson said, adding that this is one of the reasons for the high cost of drugs, because of all the time, care and expense associated with developing the drugs and testing them.

Dickerson's experience, from researching receptors and chemicals in college to conducting Phase I studies years later, is enhanced by his years of work as a family practice doctor working with patients who had the diseases that the chemicals were being developed to treat.

"That background helps me," he said. "I was learning about them as they were being developed, and then I treated the diseases as a family doctor. Now I'm working on trials to see if those molecules will help those diseases. Through my practice of family medicine so many years, I know what these people are going through, and that tunes me in to the safety issue."

It also gives him a glimpse into the quiet heroism of volunteers — people who are dealing with a disease and realize a treatment won't be developed in time to help them, but who want to volunteer anyway because they want to make sure others don't have to go through what they did. Or, maybe it is someone who wants to volunteer for the study of a drug for pancreatic cancer because they had an uncle who died from that.

"So it can be personal or altruistic," Dickerson said. "We have a wide variety of people coming in."

Whatever the reason, Dickerson also sees what a difference the development of those drugs has made.

"One hundred years ago in the United States, only half of the people lived to be 48 or 49. We have gained over 30 years of life in the last hundred years," he said, adding that the list of drugs developed during that time include vaccines, antibiotics and insulin.

"That's science," he continued, "but it requires people to be willing to volunteer. And volunteering may help their children in the future."

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# Tax time reminder for Meals on Wheels donation

The Kansas Department for Aging and Disability Services (KDADS) is urging state taxpayers to remember older adults in Kansas when they file their income tax returns.

The Senior Citizens' Meals on Wheel Contribution is a check off found on Kansas income tax forms that allows taxpayers to donate to the Meals on Wheels program. All contributions are used solely for the purpose of providing Meals on Wheels to the elderly and disabled homebound in our communities.

"Meals on Wheels provides thousands of Kansans with a nutritious hot meal, a friendly visit and a safety check," KDADS Interim Secretary Tim Keck said. "By donating, and by volunteering to deliver meals, you can ensure the seniors and the disabled in your neighborhood can live happy, healthy and independent lives at home, where they want to be."

Under a federal program that is part of the Older Americans Act, the meals are prepared by a dietary staff and delivered by community volunteers. The purpose of this program is to provide healthful and tasty nourishment to elderly and handicapped individuals in our communities, helping them to continue to live independently in their own homes for as long as possible. The friendly encounter with the volunteers is often the only social

interaction these individuals have on a daily basis, and the daily visit is important in case an emergency situation arises.

On your tax form, please check this program and enter the amount you wish to contribute. Contributions of less than \$1 cannot be credited to the program.

The tax checkoff is authorized by

Kansas Statute 70-3221g, which says:

(a) For all tax years commencing after December 31, 2001, each Kansas state individual income tax return form shall contain a designation as follows:

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In 2014, this tax checkoff provided \$80,631 to the Meals on Wheels program. More than 3 million meals were provided in Kansas in 2014. The total cost of the federally sponsored program is \$18.3 million.

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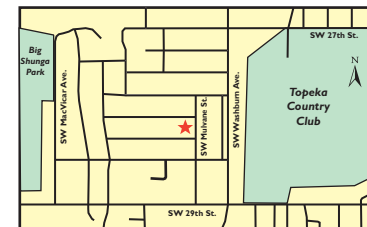
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# Women's history and Social Security

By Ann Woodbury

Social Security Management Support Specialist in Lawrence KS

March is Women's History Month — a time to focus not just on the past, but on the challenges women continue to face in the 21st century.

Ida May Fuller, born on September 6, 1874, was the first American to receive a monthly Social Security benefit check. Along with Secretary of Labor Frances Perkins — who was instrumental in the creation of the Social Security Act — Ida May Fuller was one of the first famous women of Social Security. She received the check, amounting to \$22.54, on January 31, 1940. Back then, people understood that she would be one of millions that would be positively affected by retirement benefits.

Seventy-six years after that first check, Social Security continues to play a vital role in the lives of women. With longer life expectancies than men, women tend to live more years in retirement and have a greater chance of exhausting other sources of income. With the national average life expectancy for women in the United States rising, many women will have decades to enjoy retirement. According to the U.S. Census Bureau, a girl born today can expect to live more than 80 years. As a result, experts generally agree that if women want to ensure that their retirement years are comfortable, they need to plan early and wisely.

## What you can do

"The best place to begin is by knowing what you can expect to receive from Social Security, and how much more you are likely to need to enjoy a comfortable retirement," said Carolyn W. Colvin, Social Security's Acting Commissioner and a Social Security pioneer woman in her own right.

You can start with a visit to Social Security's Retirement Estimator. There, in just a few minutes, you can get a personalized, instant estimate of your retirement benefits. Plug in different scenarios, such as retirement ages or projected earnings, to get an idea of how such things might change your future benefit amounts. You can find it at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

You should also visit Social Security's financial planning website at [www.socialsecurity.gov/planners](http://www.socialsecurity.gov/planners). It provides detailed information about how marriage, widowhood, divorce, self-employment, government service, and other life or career events can affect your Social Security.

Your benefits are based on your earnings, so you should create your personal *my Social Security* account to verify that your earnings were reported correctly.

If you want more information about the role of Social Security in women's lives today, Social Security has a booklet that you may find useful. It is called *Social Security: What Every Woman Should Know*. You can find it online at [www.socialsecurity.gov/pubs/10127.html](http://www.socialsecurity.gov/pubs/10127.html).

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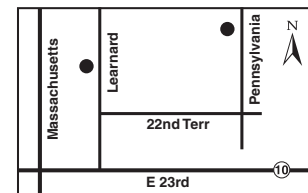
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# KDADS' Senior Medicare Patrol launches new emergency medical information initiative

The Kansas Department for Aging and Disability Services' (KDADS) Senior Medicare Patrol joined American Medical Response (AMR), Topeka firefighters, Topeka police officers and Shawnee County Meals on Wheels on February 11 to launch Operation Red File at Lexington Park Independent Living in Topeka. Operation Red File is designed to help seniors keep their critical health information accessible if needed in an emergency.

"It is important to keep copies of key medical records at hand in case of an emergency. Operation Red File makes those records instantly available and recognizable to first responders," said KDADS Interim Secretary Tim Keck, who was on hand to inaugurate the program. "This is life-saving information."

"The Red File provides an extra level of protection for older Kansans and those with disabilities when it is most critical," Secretary Keck said.

Participants in Operation Red File receive a large, red, magnetic folder that they can place on their refrigerator for instant access, where first responders will know to look for it. Participants are encouraged to put copies of their medical information and other critical documents in the folder, such as a clear, current photograph of the participant; a medical form with all current medical information; a medication list that can be updated as needed; and medical coverage information.

First responders and emergency staff can use this information to:

- Instantly access medical history and medication records in an emergency
- Avoid delays caused by trying to get information from a confused patient
- Ensure that the family/responsible party will be notified quickly
- Have a photograph available in the case of a Silver Alert

If you or a loved one are interested in Operation Red File, contact Paramedic Torre Booth at 785-233-2400 or KDADS Senior Medicare Patrol Program Administrator April Hazen at 800-432-3535 for more information. Meals on Wheels of Shawnee County will deliver Operation Red File kits

to all participants of their Meals on Wheels program.

At this time, Operation Red File is available to Shawnee County residents only, but KDADS plans to expand the program and distribute the Red Files in other locations across Kansas in coming months.

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## MAYO CLINIC

# Cause of ischemic colitis often unclear

**DEAR MAYO CLINIC:** What exactly is ischemic colitis? Do doctors know what causes it?

**ANSWER:** Ischemic colitis occurs when blood flow to part of the large intestine (colon) is reduced due to one of two reasons: either there's a blocked or narrowed blood vessel (occlusive), or there's a temporary decrease in blood flow to the colon (nonocclusive). Ninety-five percent of cases of ischemic colitis are due to a nonocclusive mechanism. When this occurs, cells in the digestive system don't receive sufficient oxygen, which then leads to areas of colon inflammation and ulceration.

While the exact cause of ischemic colitis is often unclear, with proper medical care, most people diagnosed with ischemic colitis typically recover in a day or two and never have another episode.

Even under normal circumstances, the colon receives less blood flow than any other portion of the gastrointestinal tract. As a result, if the colon is suddenly subjected to reduced blood flow—whatever the reason—its tissues may be damaged. The severity of damage varies depending on the amount of time that the blood flow was interrupted and the degree to which it was decreased. In rare cases, patients

can suffer a perforation (tear) of the colon, which requires surgical treatment.

Reduced blood flow to the colon may occur for a variety of reasons. One cause is narrowing of arteries serving the colon, which is often associated with the buildup of fatty deposits (atherosclerosis). More commonly, decreased blood pressure due to heart disease, severe illness, various medications, cocaine use, or hemodialysis can decrease blood flow to the colon and cause an episode of ischemic colitis.

Patients who participate in strenuous exercise can develop ischemia, likely due to a combination of dehydration and diversion of blood away from the colon to more vital parts of the body.

In addition, abdominal surgeries that require clamping off arteries that supply the colon with blood—such as during repair of an aortic aneurysm—may result in ischemic colitis. Blood clots in the vessels supplying the colon may be due to an underlying clotting disorder, or could have traveled from another part of the body, such as the heart.

While the vast majority of people who develop ischemic colitis are older than 55, younger patients also can develop this condition. When it occurs in younger patients, a potential clotting

disorder should be investigated.

The most common symptoms of ischemic colitis are abdominal pain—typically on the left side of the abdomen—and bloody diarrhea, which usually develops within 24 hours of the onset of pain. If a CT scan is performed, results can be normal or can show typical findings of bowel wall thickening (often in the left, but occasionally involving the right colon).

Bowel wall thickening is a nonspecific finding, however, that could also be the result of a bacterial infection of the colon, diverticulitis, or due to an autoimmune condition called inflammatory bowel disease.

The gold standard to diagnose ischemic colitis is an evaluation with either flexible sigmoidoscopy or colonoscopy. These tests can directly evaluate the lining of the colon, and also can be used to obtain samples (biopsies) of the

colon tissue.

Ischemic colitis tends to improve without treatment in 24 to 48 hours. In more severe cases, however, treatment may involve a day or two in the hospital for observation, intravenous fluids and supportive care. Antibiotics also may be given in severe cases. For most people, the colon heals completely in about two weeks; healing in a small percentage of people may take longer.

- Sarah Umar, M.D., Gastroenterology and Hepatology, Mayo Clinic, Scottsdale, Ariz.

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

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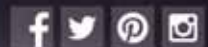
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# ESTATE PLANNING

## Back to Basics – General POAs, Part 1

Say “Estate Planning” and most people think of what happens after they die. However, we all face the risk of incapacity prior to death. This could occur over time as we age, or quite suddenly if a severe accident leaves us impaired.



**Bob  
Ramsdell**

A power of attorney grants authority to a person or entity (called your Attorney-in-Fact) to act in your name. While a power of attorney can be limited in scope (for example, authorizing a person to renew your auto registration while you are on vacation), for estate planning purposes we are looking at a Durable General Power of Attorney—a legal document granting broad powers to act on your behalf that continues in effect even if you are incapacitated.

Under the Kansas Power of Attorney Act, a Durable General Power of Attorney can authorize your Attorney-in-Fact to undertake virtually any lawful activity in your name—buy or sell property, take out or make loans, vote shares of

stock, sign tax returns, etc. Delegation of certain powers—such as making, modifying or revoking a Will, Living Will or Durable Healthcare Power of Attorney—is prohibited by law.

Some powers exist only if expressly stated and authorized. For example, while an Attorney-in-Fact can generally buy and sell real estate, the authority to give consent for the sale, gift, transfer, mortgage or other alienation of your homestead exists only if expressly granted. Other powers that exist only if expressly granted include the authority to execute, amend or revoke any trust agreement, to make or revoke gifts, to designate or change the designation of beneficiaries to receive any property, benefit or contract right upon your death, etc.

You can specify whether the authority of your Attorney-in-Fact is effective immediately upon signing, or only in the event of your incapacity. And you can mix these options, making the authority of your primary Attorney-in-Fact immediate (a frequent choice for a married couple naming each other) with the authority of your back-ups effective only if you are incapacitated and your primary Attorney-in-Fact is unable to serve.

In your Power of Attorney, you can specify the conditions under which you are to be considered incapacitated. A com-

monly used standard is to require affidavits from two licensed physicians attesting they have personally examined you and found that your ability to receive and evaluate relevant information, or to effectively communicate decisions, even with the use of assistive technologies or other supports, is impaired to such a degree that you lack the capacity to manage your property and affairs, or to meet essential needs for your health, safety, or welfare.

Some organizations, particularly government agencies, may require you to name a representative on a form of their own. For example, if you want someone to work with the Social Security Administration and act on your behalf, then you must appoint them your representative using Form SSA-1696. Similarly, for assistance in dealing with the Veteran’s Administration, a person can appoint a Veterans Service Organization (from the list of those recognized by the VA) as their representative using VA Form 21-22, or an individual person as their representative using VA Form 21-22a. So, if there is any particular organization or financial entity—including existing

accounts—with which you anticipate your Attorney-in-Fact will need to deal, find out in advance whether it will accept your Durable General Power of Attorney or if it requires another form.

Next month, Part 2 will discuss factors to consider in selecting an Attorney-in-Fact and safeguards to prevent abuse of their power.

•••

Two Free Seminars in March: I will be presenting “Fundamentals of Estate Planning” on March 10 at the Carnegie Building beginning at 2 p.m. and again on March 22 at Lawrence Presbyterian Manor beginning at 9 a.m. See the Calendar Section of this issue for details, and come to the afternoon or morning seminar that best fits your schedule.

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

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## HEALTH & WELLNESS

# DIY: Planning your recovery (Part 2)

Say that you decide to have surgery to replace an arthritic knee with an artificial joint. Once you schedule your surgery date, there are some helpful steps you can take prior to surgery.

1. Occupational Therapist: An occupational therapist can help you make your home convenient and safe



Laura  
Bennetts

for bathing and dressing. Does your bathroom need grab bars next to the toilet or in the shower? An occupational therapist will help you select the correct equipment and make sure it is installed in the right spot for your height.

2. Physical Therapist: A physical therapist can design a personalized exercise program to help you get stronger before your surgery. When you have joint pain the muscles get weak around the joint as you avoid using the painful limb.

Also, you may have problems with moving around post-surgically. If so, you will need help at home. Both occupational and physical therapists help you solve such problems. For instance:

1. Look, No Hands! Since you're likely to use a walker for several days

post-surgery, you won't be able to carry anything. Attaching a basket or a bag to your walker can help you solve that problem.

2. Watch the Steps! You'll be able to walk, but you'll be slow, off-balance, weak, and unable to handle stairs. If your bedroom is upstairs, you may need to arrange to sleep downstairs until you recover sufficiently to go upstairs.

3. Practice Makes Perfect! Once your surgical incision is healed you can begin showering again, but you may not be able to step over the edge of your tub yet because your leg is weak and stiff. Learning from a therapist how to use a shower bench can help. Getting the right shower chair before surgery will guarantee that you are safe when the time comes to enjoy a shower. An occupational therapist will measure your bathroom to recommend the right equipment and show you how to use it safely before you surgery.

### Take Responsibility

You're responsible for your own recovery and, when complications arise, you need to be sure to get sound medical advice and help. Many people pooh-pooh their own concerns ("I'm sure this isn't important, the doctor has better things to do than to listen to me"). That isn't productive—and your doctor truly doesn't have anything better to do. So, if any of the following problems arise, tell your friends or relatives that your doctor should be notified:

1. If you have any concerns about your medications. When you get your medications, read the enclosed explanation of possible side effects. Call your pharmacist with any questions. Once you start taking your medications, take them exactly as recommended and for as long as instructed. If you have unpleasant or unexpected side effects, call your doctor immediately to find out what to do. Some side effects, like skin rashes, might seem minor, but they could precede a serious reaction.

2. If you notice anything wrong with your incision. You need to follow your doctor's instructions in caring for your incision. If the doctor doesn't want you to open the dressing at all, leave it sealed until you see the doctor. If your incision doesn't feel right, call the doctor. If you are changing your own dressing, call if you notice redness or drainage of the incision that seems new.

3. If you have a question about how much you are allowed to do. After surgery your doctor will give you guidelines indicating how much weight you

can lift, how long to wear your arm sling, or how much weight you can put on your leg. If you see a therapist in the hospital, you may get program of beginning home exercises. It is best to follow all instructions until you get a referral for additional therapy (either in-home or at an outpatient clinic), or until your doctor gives you further instructions. If you are ready for more challenging exercises, you should consult your doctor and ask to see a licensed therapist.

### Slow Down

Let your friends and family run errands for you. Avoid ambitious home projects while you're recovering. Be as active as you are allowed to be, but take time to rest and heal. You'll be fatigued because your body is putting a lot of energy into healing after surgery. And healing yourself is the most important home project you will ever have.

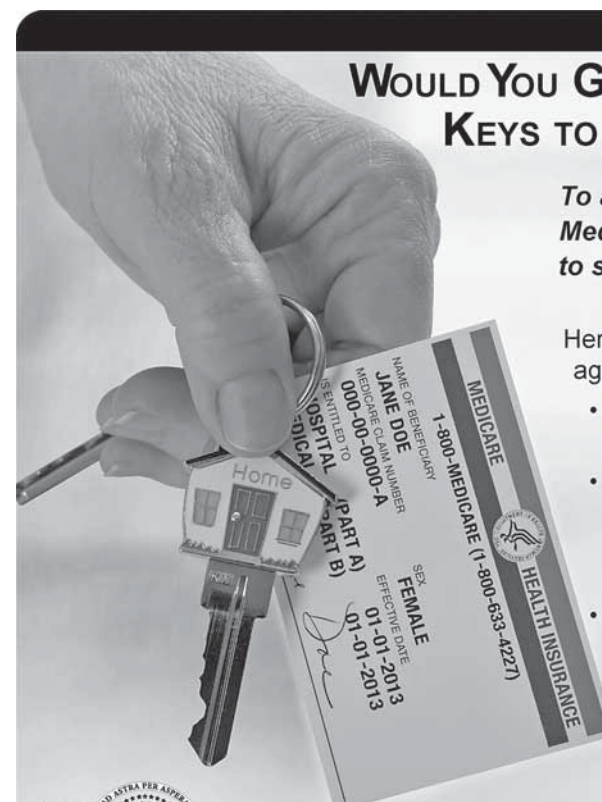
- Laura Bennetts, MS PT, earned a Master's degree in Physical Therapy from the University of Southern California. She has written this column in Senior Monthly since 2001.

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# HEALTH & WELLNESS

## Staying closer to nature

Spring is in the air! After the long winter, it is a glorious time for everyone in Kansas. For most of us, we are busy with the outdoor chores. Everything from repairing the winter damage to landscaping fills our weekends as we enjoy the longer days full



Dr.  
Farhang  
Khosh

of sunshine and warm temperatures. Gardening is on the minds of plenty people. However, gardening can be extremely baffling when it comes to when to plant, what to plant, and where to plant. The problem that most people experience, especially in Kansas, is people wait too long before planting their gardens. For some, they will wait to plant their gardens full of vegetables, fruits or herbs when the weather is warm at the end of May or first of June. However, there are plenty of plants that should be planted in the spring in order to have a plentiful harvest in the summer and fall. Also, remember that some of these plants can start growing inside the home for a short time before they are ready to be planted in the garden. A guideline for planting from the Farmers Almanac says the following vegetables can be planted in the early spring: broccoli, carrots, kale, spinach, collards, beets, potatoes, peas, and onions. After the last frost, consider planting the following vegetables and fruits: cucumbers, peppers, tomatoes, melons, and berries, including blueberries, strawberries, and raspberries. Herbs to be planted include cilantro, basil, parsley, sage, mint, dill, and thyme.

Remember these gardening tips:

1. Choose the right location. Find an area with plenty of sunshine and a water supply that drains well.
2. Make your garden a manageable

size. Use a plot or plant in containers whatever you can manage.

3. Ready the soil for your garden in the spring as soon as you can work with it. Be ready to plant when the weather allows.

4. Compost! Compost! Compost. Compost is easy and almost anything can be used as compost.

5. Use high quality organic none GMO seeds or starter plants to plant in your garden. It is worth the extra expense.

6. Mulching around your plants is beneficial to keeping weeds away and retaining moisture.

7. Don't throw away those eggshells use them a fertilizer for your garden.

8. Use chamomile tea on plants to prevent them from getting bacterial or fungal infections.

And finally, one of my favorite flowers to plant is Marigold, especially in flowering pots in front of the house. Marigolds chase away mosquitoes and other bugs with its rich aroma. Still not sure when to plant? Most state Extension services usually have a guide listing the planting dates of vegetables, fruits or herbs. So this spring go outside to enjoy and gain the benefits of a garden.

- 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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## Cotton O'Neil Kanza Park building opens

The Cotton O'Neil Kanza Park building, located at 2660 S.W. Third St., north of Sixth and MacVicar, opened for business in early January. A ribbon cutting ceremony was held on Wednesday, January 6. The 88,000-square-foot facility offers ample space, easy access and beautiful views for Stormont's orthopedic, rehabilitation and single day surgery services.

The second floor (top level) of the new building houses Cotton O'Neil Orthopedic and Sports Medicine (the new name of the combined practices of Kansas Orthopedic and Sports Medicine and Cotton O'Neil Orthopedic Surgery). Physicians who relocated to this new building include: John Gilbert, M.D., Peter Lapse, M.D., Michael McCoy, M.D., Joseph Mumford, M.D., Bradley Poole, M.D., Michael Smith, M.D., Shaun Steeby, M.D., Brett Wallace, M.D. and Brian Wilson, M.D. Kellie Bartlow, D.O., Family Medicine and Sports Medicine physician, also relocated her practice to the new facility and supervises a

concussion clinic there. Parking and entry is on the west side of the building.

Cotton O'Neil Physical, Occupational and Speech Therapy (Stormont Vail Physical, Occupational and Speech Therapy services, formerly located at Fleming Place and at Kansas Orthopedic and Sports Medicine) relocated to the first floor (middle level) of the building. The parking and entrance for this service is also on the west side of the building.

Stormont Vail Single Day Surgery relocated from its location at 823 Mulvane, to the lower level of the new building. The parking and entrance for this service is on the east side of the building, closest to MacVicar.

At the ribbon cutting event for the Kanza Park facility, Randy Peterson, Stormont Vail Health president and chief executive officer, announced that the building has been dedicated as the Dr. Kent Palmberg building.

A community open house is being planned for Spring 2016.

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## JILL ON MONEY

# A few tips to make tax prep easier, more secure

You may not have yet recovered from the holidays, but that's no concern to Uncle Sam. Tax preparation season has begun!

The good news is that, due to a local Washington, D.C. holiday, the tax filing



Jill  
Schlesinger

deadline is April 18 rather than the traditional April 15, so you will have an extra three days. That doesn't mean that you should dawdle. In fact, there is a good incentive to get your act together earlier this tax season: fraud prevention.

Last year, the IRS acknowledged that criminals had accessed IRS.gov to steal or attempt to steal information on nearly 400,000 taxpayers. States are also on high alert after the filing of fraudulent returns, which last year prompted TurboTax to temporarily suspend e-filings. While the IRS announced several measures the agency says will prevent tax fraud, filing early may be your best bet to prevent crooks from trying to file a return in your name.

Another anti-fraud tip to remember: The IRS never initiates contact with taxpayers about their accounts through email, text messages or other social media. If you get an unsolicited email claiming to come from the IRS, do not open attachments or click on any links; forward the message to the IRS.

Whether you prepare your own returns or hire a professional, create a

file called "2015 Taxes." In it, put last year's return, which will be your guide to what needs to be assembled. Be on the lookout for tax documents that are rolling in, including 1099s, W-2s and information from banks, investment companies and lenders. Tax documents should arrive by mid-February, though many forms are available online earlier. Gather your credit card summaries and review checking accounts for deductions, such as charitable donations and job-search costs.

You may be wondering if you need to hire a CPA. If you have a complicated financial life, it may be a good idea. For example, if you're self-employed, you may want someone who is familiar with Schedule C, who can advise on the best type of retirement plan to use, and who will let you know if you should file a Form 1099 to report any payments you made to others. If you had a lot of investment activity, sold property, have to file an estate tax return for someone else, or are subject to Alternative Minimum Tax, professional guidance will help minimize the tax consequences.

If this is the first year that you are

hiring a tax preparer, it's best to contact to contact him or her now; otherwise, you may get shut out. To make sure that a preparer is legitimate, use the IRS database to check on credentials.

If you are going it alone and your income is \$62,000 or less, the IRS provides free tax prep software called Free File. If you don't qualify, you are left with three main choices: Turbo Tax, H&R Block and Tax Act.

Most tax preparers that I spoke to say that Turbo Tax may be the best bet, even though it costs more than its competitors. They cite Turbo Tax's easier to use platform and the interface's ability to save time and reduce errors.

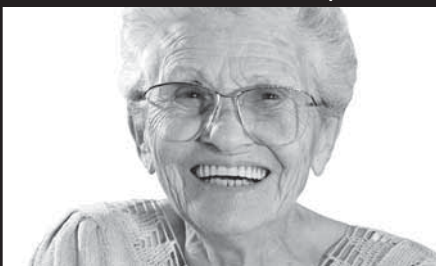
Whether you prepare your own returns or hire a pro, be sure to e-file, because the IRS says that the error rate for a paper return is about 20 percent, compared with an e-file return error rate of about 1 percent. And if you are due a refund, it will come faster if you e-file.

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

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## Oticon Dynamo: Super Power hearing aid, More speech details!

If you are very hard of hearing, you know all too well there's a long way from hearing sounds to making sense of them.

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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

### FIRST FRIDAY OF THE MONTH

#### FIRST FRIDAY ARTWORK

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

TOPEKA, artsconnecttopeka.org

### SECOND SATURDAY OF THE MONTH

#### MONTHLY MOOSE MARKET

Pancake feed and market with arts, crafts, gifts, baked items and more. Open to the public.

Pancakes are \$4 for all you can eat, free to shop. 8 a.m.–12 noon. Moose Lodge, 1901 N. Kansas Ave.

TOPEKA, 785-250-6788

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday OF THE MONTH. See website for participating locations.

LAWRENCE, 785-842-3883

finalfridayslawrence.wordpress.com

### MAR 11 & 12

#### CERAMICS SYMPOSIUM

Every two years, the Arts Center hosts nationally recognized ceramicists in a symposium on topics central to the contemporary ceramics art world, offering an opportunity to interact and observe ceramic artists working in the top of the field. During two days, this select group of artists demonstrate sculpting processes, wheel throwing, surface decoration and glazing. Sharing a diverse range of techniques and approaches to ceramic art in studios at the Arts Center, they demonstrate their techniques and encouraging dialogue with the audience. Lawrence Arts Center, 940 New Hampshire, 9:30 a.m.-4:30 p.m. each day. Registration is required. Fee.

LAWRENCE, 785-864-2787

www.lawrenceartscenter.org/ceramics-symposium

## BINGO

### SUNDAYS & TUESDAYS

#### AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.

TOPEKA, 785-267-1923

### SUNDAYS, WEDNESDAYS & FRIDAYS

#### CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m.

on Wednesdays and Fridays. Regular sessions

start at 6:30 p.m. on Sundays and 7 p.m. on

Wednesdays and Fridays, 2050 SE 30th St.

TOPEKA, 785-266-5532

### MONDAYS & THURSDAYS

#### AMERICAN LEGION POST NO. 400

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

TOPEKA, 785-296-9400

### WEDNESDAYS

#### PINECREST APARTMENTS

924 Walnut, 12:30-1 p.m.

EUDORA, 785-542-1020

### WEDNESDAYS & FRIDAYS

#### VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m.

TOPEKA, 785-235-9073

### WEDNESDAYS & SATURDAYS

#### LEGIONACRES

3408 W. 6th St., 6:45 p.m.

LAWRENCE, 785-842-3415

### FRIDAYS

#### EAGLES LODGE

1803 W. 6th St., 7 p.m.

LAWRENCE, 785-843-9690

### FRIDAYS

#### ARAB SHRINE

Mini Bingo 6:30 p.m. , Regular Bingo 7 p.m.

TOPEKA, 785-234-5656

### SUNDAYS & TUESDAYS

#### MOOSE CLUB

1901 N Kansas Ave, 6 p.m.

TOPEKA, 785-235-5050

## DAY TRIPS/TOURS

### MAR 24

#### DAVINCI: THE EXHIBITION AND KAUFFMAN CENTER FOR THE PERFORMING ARTS

This day features some real jewels of Kansas City. We will begin at the Kauffman Center for the Performing Arts. Our guided tour of the Center will include a historic overview of its development and highlight this architectural icon. Lunch is on your own at one of the many Crown Center dining choices. Our afternoon stop is historic Union Station for a hands-on exploration of one of history's greatest thinkers. Leonardo DaVinci was the original Renaissance man; artist, scientist, engineer, poet, inventor. The size of this exhibit provides an opportunity to explore DaVinci the inventor with 65 full

size recreations of his most important inventions. They include a tank, submarine and helicopter conceived over 500 years ago. His life as an artist is examined in more than 20 fine art studies and dozens of stunning displays. Registration and details available at any Lawrence Recreation Center or by contacting Gayle Sigurdson, gsigurdson@lawrenceks.org. Fee. LAWRENCE, 785-832-7920

### APR 13

#### NEW THEATRE-MOON OVER BUFFALO

Sponsored by Lawrence Parks and Recreation.

In this hilarious comedy, two fading stars of the 1950s are playing a comedy and a drama in rotation in Buffalo, New York. On the brink of a disastrous split-up, they receive word that they might have just one last shot at regaining their stardom. One perfect performance is all they need. Unfortunately, everything that can go wrong does go wrong and no on stage knows if they're in the drama or comedy. This trip will be in the LPRD department bus. Register at www.lprd.org or any Lawrence Recreation Center. Registration deadline: March 11. 10:45 a.m.-4:00 p.m. Fee.

LAWRENCE, 785-832-7920

## EDUCATION

### ONGOING

#### COOKING CLASSES

The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website.

LAWRENCE, 785-843-8544

themerccoop/classes

### ONGOING

#### FREE INSURANCE COUNSELING

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

TOPEKA, (785) 354-6787

### FIRST MONDAY OF THE MONTH

#### MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.

TOPEKA, 785-580-4400

### FRIDAYS

#### HEALTHWISE TV

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

### SECOND TUESDAY OF THE MONTH

#### COMPUTER CAFÉ

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

Drop-in and enroll (fee) on-site at the Carnegie

Building, 200 W. 9th St., on the second Tuesday OF THE MONTH from noon-1:30 p.m.

LAWRENCE, 785-832-7920

### MAR 8

#### RESOURCE FAIR FOR SENIORS

11th annual fair sponsored by the Lawrence Area Partners in Aging. Freebies, handouts, brochures. Drawings for grocery store gift cards, courtesy of LAPA. Exhibits featuring a wide range of businesses and organizations. Many vendor giveaways. Free. Sports Pavilion at Rock Chalk Park.

LAWRENCE, 785-841-2200

### MAR 8

#### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont-Vail Healthcare, will hold a Medicare educational seminar Tuesday, March 8, at 6:30 p.m. Learn the basics of Medicare and all of its options. The seminars is designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. For information call 785-233-1816, email us info@centuryhealth.com or sign up at our website <http://centuryinsuranceagencyks.com> on the Medicare tab. Light snacks and beverages will be provided.

TOPEKA

### MAR 9-APR 6

#### BRIDGE 2

This course is designed for the first time player or those interested in a review of basics. Classes follow Audrey Grant's "Diamond Series" which concentrates on the Play of the Hand, Opening Leads and Scoring. Lessons focus on discussion of pre-dealt hands which follow a step-by-step progression to facilitate the process of learning. Lessons are fun, friendly and interactive. Bring a friend and join the fun! Instructor: Don Brennaman. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Lawrence Parks and Recreation. Location: Indoor Aquatics Center, 9-11 a.m. Fee.

LAWRENCE, 785-832-7920

### MAR 10

#### THE NEW DIETARY GUIDELINES FOR AMERICANS

March is National Nutrition Month and, recently, the 2015-2020 Dietary Guidelines for Americans were released. These guidelines are designed to help Americans eat a healthier diet. Come and learn more in detail about what these updated recommendations are and have an opportunity to have your nutrition questions answered. Program presented by Patty Metzler, MPH, RD, LD, of Lawrence Memorial Hospital. Fee. Advance enrollment required due to space limitations. LMH Performance and Wellness Center, 7-8:30 p.m.

LAWRENCE

### MAR 10

#### ESTATE PLANNING SEMINAR

Death is a certainty. Incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning outlines what happens if you die without a plan, then describes the options for using a Will or Living Trust. More impor-

■ CONTINUED FROM PAGE 20

tantly, who do you want handling your affairs if you are alive but incapacitated? The seminar covers the uses of a General POA, Healthcare POA, and Living Will & Healthcare Directive for this purpose. It also discusses probate administration and estate taxes. Fundamentals of Estate Planning 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. Carnegie Building, 200 W 9th St., 2 p.m.

LAWRENCE. (785) 841-4554

MAR 10-31

### FACEBOOK FLUENCY

This class will start with creating a Facebook account and walk through how to safely use the many features that are available. Specific skills taught will include security features; posting pictures, links and videos; messaging and comments. It will end with a “brick wall” session to address individual questions and uses. Thursdays. Location: Riverfront Computer Learning Center, 7-8 p.m. Fee.

LAWRENCE, 785-832-7920

MAR 15

### SENIOR SUPPER AND SEMINAR

This month's topic: “A Conversation with Gene Meyer, President and CEO of Lawrence Memorial Hospital.” On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. At 6 p.m., there will be a short educational program on a health or wellness topic of interest to seniors, presented by LMH affiliated physicians or associates. Reservations are required for the meal and must be made at least 24 hours in advance by calling LMH Connect Care at (785) 749-5800 or sending an e-mail to connectcare@lmh.org. Seating is limited so enroll early.

LAWRENCE, 785-505-5800

MAR 16

### LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the 3rd Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop.

LAWRENCE, 785-505-2807

MAR 21-MAY 16

### LIFELONG MEDITATE AND BREATHE

Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. Bring a yoga mat. Instructor: Kristen Spencer. Register at www.lprd.org or any Lawrence Recreation Center. Lawrence Parks and Recreation. Mondays. Location: Carnegie Building, 9:30-10:45 a.m. Fee.

LAWRENCE, 785-832-7920

MAR 21-APR 11

### BUY, SELL AND TRADE SAFELY ON THE INTERNET

Are you trying to downsize, but find that your stuff is too few or too valuable for a garage sale? This class will teach you how to successfully and safely use the internet to sell your items to a wider market. Mondays. Location: Carnegie Building, 6-7 p.m. Fee.

LAWRENCE, 785-832-7920

MAR 22

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont-Vail Healthcare, will hold a Medicare educational seminar Tuesday, March 22, at 6:30 p.m. Learn the basics of Medicare and all of its options. The seminar is designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. For information call 785-233-1816, email us info@century-health.com or sign up at our website http://centuryinsuranceagency.com on the Medicare tab. Light snacks and beverages will be provided.

TOPEKA

MAR 22

### ESTATE PLANNING SEMINAR

Death is a certainty. Incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning outlines what happens if you die without a plan, then describes the options for using a Will or Living Trust. More importantly, who do you want handling your affairs if you are alive but incapacitated? The seminar covers the uses of a General POA, Healthcare POA, and Living Will & Healthcare Directive for this purpose. It also discusses probate administration and estate taxes. Fundamentals of Estate Planning 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. Lawrence Presbyterian Manor, 1429 Kasold Dr., 9 a.m.

LAWRENCE. (785) 841-4554

MAR 22-APR 5

### COMPUTER 102

This course is designed for the Internet newbie. We'll be working exclusively with Firefox as our web browser. We'll research pop-up and ad blockers, how to download files, and manage bookmarks, refine your searches and demystify internet security. Take home curriculum included. Basic computer skills required. Instructor: Sharon Gan. Register at www.lprd.org or any Lawrence Recreation Center. Lawrence Parks and Recreation. Tuesdays. Location: Riverfront Computer Learning Center, 2-3:30 p.m. Fee.

LAWRENCE, 785-832-7920

## ENTERTAINMENT

SUNDAYS

### LAWRENCE IRISH TRADITIONAL SESSION

The Lawrence Irish Session is a lively gathering of musicians sharing Irish traditional tunes each week. Beginners and experienced players are welcome. Come to listen, learn and share tunes and songs of Ireland, and best of all, have a

great time. Henry's on 8th, Upstairs in the Pub, 11 E. 8th St., 5:30-9 p.m.

LAWRENCE, www.lawrencecession.com

THURSDAYS

### JUNKYARD JAZZ

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

LAWRENCE, 785-842-3415

SATURDAYS

### JOHN JERVIS, CLASSICAL GUITAR

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

LAWRENCE

FEB 18-APR 24

### OVER THE MOON

OVER THE MOON by Ken Ludwig. Starring Marion Ross from *Happy Days* and Hal Linden from *Barney Miller* In this hilarious comedy two fading stars of the 1950's are playing a comedy and a drama in rotation in Buffalo, New York. On the brink of a disastrous split-up, they receive word that they might just have one last shot at regaining their stardom. One perfect performance is all they need. Unfortunately, everything that could go wrong does go wrong and no one on stage knows if they're in the drama or the comedy! New Theatre Restaurant, 9229 Foster St. Time: Varies by Performance. Fee.

OVERLAND PARK, 913-649-7469

www.newtheatre.com/home.html

FEB 26-MAR 26

### MEMPHIS

From the underground dance clubs of 1950s Memphis, Tenn., comes a hot new Broadway musical. Inspired by actual events, Memphis is about a white radio DJ who wants to change the world and a black club singer who is ready for her big break. Together they embark on an incredible journey. Winner of four Tony Awards including an original score with music by Bon Jovi founding member David Bryan.

Wednesday and Thursday performances start at 7 p.m. Friday and Saturday performances start at 8 p.m. Sunday performances start at 2 p.m. Topeka Civic Theatre and Academy, 3028 SW 8th Ave. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

MAR 3

### THE PRICE IS RIGHT LIVE

The Price Is Right Live™ is the hit interactive stage show that gives eligible individuals the chance to “Come On Down” to win. Prizes may include appliances, vacations and possibly a new car! Play classic games from television's longest running and most popular game show from Plinko™, to Cliffhangers™, to The Big Wheel™, and even the fabulous Showcase. Playing to near sold out audiences for nearly nine years, The Price Is Right Live! has given away more than 10 million dollars in cash and prizes and sold more than 1.2 million tickets. Topeka Performing Arts Center, 214 SE 8th Ave., 3 p.m. Fee.

TOPEKA, 785-234-2787

www.tpactix.org/events.html

MAR 4

### NEW HORIZONS BAND OF LAWRENCE

The New Horizons Band is a project of Douglas County Senior Services. Most, but not all, of the participants are retired or retirement age. Pioneer Ridge Assisted Living, 4851 Harvard, 4 p.m.

LAWRENCE, 785-785-865-3519

MAR 11, 12, 18 & 19

### DISNEY'S ARISTOCATS KIDS

The feline adventure is sure to get you tapping your feet to the upbeat, jazz score that includes some of your Disney favorites. Based on the Disney film. Helen Hocker Theater, 700 SW Zoo Pkwy. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

MAR 12

### SECOND CITY

The Second City knows a few things about love—we've been looking at and laughing about relationships for over 55 years. Hooking Up With The Second City makes mirth out of missed connections, girls' night out adventures and all the crazy things we do for love. This gaspingly funny revue is a modern mix of romance, rancor and everything in between. Topeka Performing Arts Center, 214 SE 8th St., 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.tpactix.org/events.html

MAR 13

### 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

MAR 18

### NEW HORIZONS BAND OF LAWRENCE

The New Horizons Band is a project of Douglas County Senior Services. Most, but not all, of the participants are retired or retirement age. Presbyterian Manor of Lawrence, 1429 Kasold Dr., 4:15 p.m.

LAWRENCE, 785-785-865-3519

MAR 18

### THE CHARLIE DANIELS BAND

From his Dove Award winning gospel albums to his genre-defining Southern rock anthems and his CMA Award-winning country hits, few artists have left a more indelible mark on America's musical landscape than Charlie Daniels. An outspoken patriot, beloved mentor to young artists and still a road warrior at age 77, Charlie has parlayed his passion for music into a multi-platinum career and a platform to support the military, underprivileged children and others in need. Prairie Band Casino & Resort, 12305 150th Rd., 7 p.m. Fee.

MAYETTA, 785-966-7777

www.pbpgaming.com



■ CONTINUED FROM PAGE 21

MAR 19

## WORLDS AWAY - THE WORLD IN STORM AND SEA

2016 marks the 50th anniversary of the tornado which tore through Topeka. We remember the storm at this evening's concert of the World in Storm. We will play Benjamin Britten's Stormy and Dramatic Four Sea Interludes from the opera Peter Grimes and offer perhaps the most famous of all storm music, Beethoven's Symphony No. 6, the Pastoral. The Topeka Symphony Society, Washburn University, 7:30 p.m. Fee.

TOPEKA, 785-232-2032

www.topekasympphony.org

MAR 20

## THE WTCT RADIO PLAYERS

Take a trip to yesteryear and enjoy radio favorites including The Lone Ranger, Gunsmoke, The Shadow, and a host of other favorites recreated by veteran actors who were thrilled by these stories when they were new! Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 2 p.m. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

MAR 22

## CHRISTIAN TAMBURR, VIBRAPHONE & PIANO

This event is part of the Just Friends Jazz Series. Complimentary wine, beer and non-alcoholic beverages will be available at the performance. DownBeat Magazine recognized Christian Tamburr with the Outstanding Solo Jazz Performer award and the 2013 Critics Choice Top Rising Star award on vibraphone. His newest album, Voyage, remained among the top 10 of the charts in 2014. His music can be heard on TV and in full-length motion pictures; on stages in Shanghai, Doha, Qatar and Abu Dhabi; and also at various festivals throughout the United States. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m.  
LAWRENCE, 785-864-2787  
lied.ku.edu/calendar

MAR 31

## AMY ANDREWS LIVE IN CONCERT

Crazy talented, charming, and award-winning vocalist most often compared to Sinatra, Ella, and Norah Jones, although a drunken Southwest flight attendant recently yelled out to Amy, mid-song: "female Elvis!" Born in Baltimore and raised on the Bay, Amy Andrews is known for brilliant performances, stunning vocals, and unassuming wit, charm, and candor on stage. A kid from a working class family with Italian roots, Amy was raised up listening to Sinatra and Soul, and makes her living traveling the continent with her dog and playing rooms big and small - from 30A Songwriters Festival to Alaska Folk Festival, and living rooms from coast to coast. Amy is an award-winning, ever-traveling, tree-hugging troubadour, and an artist you definitely don't want to miss live. Suggested donation. Doors open at 7 p.m. Cider Gallery, 810 Pennsylvania.

LAWRENCE

www.facebook.com/events/463282637210633

APR 1

## OLGA KERN, PIANO

With vivid stage presence, passionately-confident musicianship and extraordinary technique, Olga Kern captivates audiences. In 2001, the striking Russian pianist jumpstarted her U.S. career as the first woman in more than 30 years to receive the Gold Medal at the Van Cliburn International Piano Competition. Kern is a laureate of many international competitions and has an impressive discography including a Grammy nominated recording. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

APR 1, 2, 8, & 9

## SKIPPYJON JONES

An adventurous kids musical based on the book by Judy Schachner, this enchanting musical is about unleashing your powerful imagination and following your dreams. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 7 p.m. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

APR 1

## LAUGH LINES - SPRING 2016

Laugh Lines improv comedy shows pack the house and perform comedy sketches and games based on audience suggestions. You won't want to miss a single exciting evening with this troupe of comics that have become a Topeka tradition! Laugh Lines humor is not suitable for all audiences. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 7 p.m. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

APR 5

## SATURDAY NIGHT FEVER

SATURDAY NIGHT FEVER - THE MUSICAL, the iconic story of Tony - the kid from Brooklyn USA - who wants to dance his way to a better life is back! And back in an all-new production that shares Tony's love for dancing in spectacular new ways. Fueled by the vintage Bee Gee hits, this contemporary retelling of the classic story captures the energy, passion and life-changing moments that have thrilled movie audiences since 1977. Now, a new generation of dancers meets a new generation of playgoers to explore the soaring sounds and pulsating rhythms of this coming-of-age Disco fantasy. Topeka Performing Arts Center, 214 SE 8th St., 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.tpactix.org/events.html

APR 8

## NEW HORIZONS BAND OF LAWRENCE

The New Horizons Band is a project of Douglas County Senior Services. Most, but not all, of the participants are retired or retirement age. Meadowlark Estates, 4430 Bauer Farm Dr., 4 p.m.

LAWRENCE, 785-785-865-3519

APR 22

## NEW HORIZONS BAND OF LAWRENCE

The New Horizons Band is a project of Douglas County Senior Services. Most, but not all, of the participants are retired or retirement age. Arbor Court, 1510 St. Andrews Dr., 4 p.m.

LAWRENCE, 785-785-865-3519

## EXHIBITS/SHOWS

JAN 12-MAR 5

### HALLOWED ABSURDITIES: WORK BY THEODORE WADDELL

Made of road kill, animal skulls, jawbones, pelts and skins, as well as body bags, bullets, tools and actual guns, the art works in Hallowed Absurdities raise the issue of the use of guns in our society. The Mulvane Art Museum, 1700 SW Jewell Ave. Free.

TOPEKA, 785-670-1124

www.washburn.edu/mulvane

JAN 28-MAY 1

### WHAT'S COOKING, UNCLE SAM?

Food. We love it, fear it, and obsess about it. We demand that our government ensure that it is safe, cheap, and abundant. In response, government has been a factor in the production, regulation, research, innovation, and economics of our food supply. It has also attempted, with varying success, to change the eating habits of Americans. From the farm to the dinner table, explore the records of the National Archives that trace the government's effect on what Americans eat. Kansas Museum of History Special Exhibits Gallery, 6425 SW 6th Ave. Fee.

TOPEKA, 785-272-8681

www.kshs.org/museum

MAR 4-APR 23

### AMERICAN PLAINS ARTISTS SIGNATURE SHOW

Original paintings and sculptures of the American Great Plains rendered in traditional media and in a realistic or representational style similar to Remington or Russell. Artwork features the people, life, landscape, and wildlife of the Plains in past or present times. The artwork is produced by the Signature Members of the American Plains Artists (APA) who hail from across the U.S.A. Opening Reception is Friday, March 4 from 5-7p .m. at the SouthWind Art Gallery, 3074 SW 29th St. Gallery hours are Mon.-Fri. 10 a.m.-6 p.m., Sat. 10 a.m.-4 p.m.

TOPEKA, 308-249-1488

www.americanplainsartists.com

## FAIRS/FESTIVALS

MAR 5

### KANSAS BURLESQUE FESTIVAL

For an exotic night out, don't miss the 2nd Annual Kansas Burlesque Festival, a cabaret style show with talented dancers and unique acts hosted by Visit Topeka Inc. The live show will feature more than a dozen performances, including many dancers who perform with Burlesque Downtown Underground in Kansas City, Mo. The festival will also offer burlesque-style photo sessions as well as a dance class in a classic burlesque routine and another class in stretching for burlesque, earlier in the day. Downtown Ramada Hotel & Convention Center, 420 Southeast 6th Ave., 8 p.m. Fee.

TOPEKA, 785-234-1030

www.visittopeka.com

MAR 12

### ST. PATRICK'S DAY CELEBRATION

A Topeka tradition featuring the Great Topeka Bed Race and street fair followed by the St.

Patrick's Day Parade at noon and additional festivities through the day in downtown Topeka. Enjoy all the Irish flair at Celtic Fox and other downtown establishments.

TOPEKA, 785-234-9336

www.downtowntopekainc.com

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. 1 p.m. Free.

LAWRENCE

lawrencestpatricksdayparade.com

## HEALTH & FITNESS

ONGOING

### PERSONAL TRAINING

Need help reaching your fitness goals?

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

LAWRENCE, 785-832-7920

ONGOING

### FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

### ZUMBA GOLD

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

LAWRENCE, 785-832-7920

FIRST MONDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

### A.M. WALKING CLUB

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

LAWRENCE, 785-832-7950

■ CONTINUED FROM PAGE 22

### MONDAYS THROUGH FRIDAYS

#### PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

### FIRST TUESDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### TUESDAYS

#### FREE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### TUESDAYS, WEDNESDAYS & THURSDAYS

#### JAZZEXERCISE LITE

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

LAWRENCE, 785-331-4333

### TUESDAYS AND THURSDAYS

#### HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

### TUESDAYS AND THURSDAYS

#### FLEXEXERCISE

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

LAWRENCE, 785-856-6030

### TUESDAYS AND THURSDAYS

#### FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

### TUESDAYS AND THURSDAYS

#### ZOSTAVAX (SHINGLES) CLINIC

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

TOPEKA, 785-354-6787

### WEDNESDAYS

#### FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered

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

TOPEKA, 785-354-6787

### WEDNESDAYS

#### FREE MEDICATION CLINIC

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

TOPEKA, 785-354-6787

### FIRST WEDNESDAY OF THE MONTH

#### FREE HEARING CONSULTATIONS

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

LAWRENCE, (785)748-8034

### FRIDAYS

#### BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

### SECOND THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### THIRD THURSDAY OF THE MONTH

#### BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### THIRD THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### THIRD THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### FOURTH THURSDAY OF THE MONTH

#### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

### MAR 5

#### CHOLESTEROL SCREENING

This screening event offers a full lipid (cholesterol) profile by finger stick. \$15 test (exact cash or check only). Please fast 9-10 hours before

the screening (water and necessary medications are okay). No registration needed. Just drop into the LMH Performance and Wellness Center between 8 and 9:30 a.m.

LAWRENCE, 785-749-5800

### MAR 22-MAY 19

#### SENIOR STRENGTH TRAINING

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

Lawrence Parks and Recreation. Tuesdays/Thursdays, 9-10 a.m. Location: East Lawrence Center. Fee.

LAWRENCE, 785-832-7920

### MAR 22-MAY 19

#### SILVER N' FIT

In this class you will work with hand weights, stability ball, resistance bands and your own body weight. We'll get you moving and grooving to the music you're going to remember and love! Instructor: Kristen Spencer. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. (Lawrence Parks and Recreation.

Tuesdays/Thursdays, 8:30-9:20 a.m. Location: Sports Pavilion Lawrence. Fee.

LAWRENCE, 785-832-7920

### MAR 23-MAY 11

#### WEDNESDAY WALKS

Walking with others increases your chance of success. This group will explore the many trails in the Lawrence Parks system. Most are paved with minimal grade changes. Meet at the trailhead at 9 a.m. and walk at your own pace for an hour. We will explore different walking techniques and support each other's efforts. Schedule provided after registration. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Fee.

LAWRENCE, 785-832-7920

### MAR 23-MAY 20

#### SILVER STEPPERS

Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping. Instructor: Susan Pomeroy. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Lawrence Parks and Recreation.

Wednesdays, 10:30-11:30 a.m. Location: East Lawrence Center. Fee.

LAWRENCE, 785-832-7920

### MAR 25-MAY 20

#### PEDAL PUSHERS- CYCLING CLASS

Indoor cycling increases endurance and strength in your lower body, core and upper body. This is a beginning class for older adults. Bikers can modify their cycling resistance and pace according to their own fitness. Lawrence Parks and Recreation. Fridays, 11:15 a.m.-noon. Location: Community Building. Fee. Instructor: Melanie Johnson. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center.

LAWRENCE, 785-832-7920

### APR 2 & 9, APR 14-21

#### NORDIC WALKING

Walking poles work your arms, shoulders, chest and upper back muscles through a functional range of motion as you walk — which can help you turn your daily walk into a full-body workout. Poles also take some of the load off your lower back, hips and knees, which may be helpful if you have arthritis or back problems. This class will teach the proper technique using poles for improved balance, stability and increased aerobic benefits. Poles not provided. Co-Sponsored by Lawrence Memorial Hospital. Two Sessions: Saturdays, April 2 and 9, 9-10:30 a.m. and Thursdays, April 14 and 21, 6-7:30 p.m. Union Pacific Depot, 402 North 2nd Street

LAWRENCE, 785-832-7920

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

### MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m.

Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m.

Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

### WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m.

Arbor Court, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m.

Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

### FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.

Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.

Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

## LAWRENCE PUBLIC LIBRARY BOOK TALKS

### THIRD THURSDAY OF THE MONTH

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

### THIRD FRIDAY OF THE MONTH

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 10 a.m.

Prairie Commons, 5121 Congressional Circle, 1 p.m.

### FOURTH THURSDAY OF THE MONTH

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

### FOURTH FRIDAY OF THE MONTH

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

## MEETINGS

### SUNDAYS

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

OURS dances are held every Sunday evening



■ CONTINUED FROM PAGE 23

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

#### MONDAYS

##### **BREAST CANCER SUPPORT GROUP**

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

#### MONDAYS, WEDNESDAYS & FRIDAYS

##### **WATER AEROBICS CLASSES**

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

LAWRENCE, 785-838-7885

www.OrthoKansasPA.com

#### MONDAYS

##### **GRIEF SUPPORT GROUP**

12-week adult group for recent loss. Midland Hospice, Building A, 4-5 p.m. Please call for start dates and information packet.

TOPEKA, 785-232-2044

#### FIRST MONDAY OF THE MONTH

##### **INDIVIDUAL BEREAVEMENT SUPPORT**

Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell.

TOPEKA, 785-271-6500; 785-230-6730 on first Monday between 5:30 and 7:30 p.m.

#### FIRST & THIRD MONDAY OF THE MONTH

##### **BEREAVEMENT SUPPORT GROUP**

LAWRENCE SENIOR CENTER

2:15-3:45 PM, 785-842-0543

#### FIRST & THIRD MONDAY OF THE MONTH

##### **GRIEF SUPPORT GROUP**

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.

LAWRENCE, 785-505-3140

#### FIRST & THIRD MONDAY OF THE MONTH

##### **CAREGIVER SUPPORT GROUP**

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.

LAWRENCE MEMORIAL HOSPITAL

4-5 PM, 785-840-3140

#### FIRST & THIRD MONDAY OF THE MONTH

##### **CAREGIVER SUPPORT GROUP**

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

LAWRENCE, 785-842-0543

#### EVERY TUESDAY THROUGH FRIDAY

##### **MEN'S COFFEE**

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

LAWRENCE, 785-749-2000

#### FIRST TUESDAY OF THE MONTH

##### **BLOOD PRESSURE CLINIC**

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

#### FIRST TUESDAY OF THE MONTH

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

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

LAWRENCE, 785-830-8130

#### FIRST TUESDAY OF THE MONTH

##### **MAN TO MAN PROSTATE CANCER**

##### **SUPPORT GROUP - LAWRENCE**

Meets at Lawrence Memorial Hospital, 5:30 p.m.

LAWRENCE, 785-393-1256

#### FIRST TUESDAY OF THE MONTH

##### **TOPEKA AREA OSTOMY SUPPORT GROUP**

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

TOPEKA, 785-295-5555

#### FIRST & THIRD TUESDAY OF THE MONTH

##### **SCRAPBOOK MEMORIES**

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

TOPEKA, 785-228-0400

#### FIRST & THIRD TUESDAY OF THE MONTH

##### **GRIEF SUPPORT GROUP**

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

TOPEKA

#### TUESDAYS & THURSDAYS

##### **WATER AEROBICS CLASSES**

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

LAWRENCE, 785-838-7885

www.OrthoKansasPA.com

#### FIRST & THIRD TUESDAY OF THE MONTH

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

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

TOPEKA, 785-478-4947 or 785-296-8349

#### FIRST WEDNESDAY OF THE MONTH

##### **KAW VALLEY OWL (OLDER WOMEN'S LEAGUE)**

Meetings are held at the United Way building, 2518 Ridge Ct. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For

more information, call Gayle Sigurdson.

LAWRENCE, 785-691-7314

#### FIRST & THIRD WEDNESDAY OF THE MONTH

##### **CANCER SUPPORT GROUP**

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

LAWRENCE

#### FIRST THURSDAY OF THE MONTH

##### **MAN TO MAN PROSTATE CANCER**

##### **SUPPORT GROUP - TOPEKA**

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.

TOPEKA, 785-230-4422

#### FIRST THURSDAY OF THE MONTH

##### **LAWRENCE AREA PARTNERS IN AGING**

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

#### FIRST THURSDAY OF THE MONTH

##### **PARKINSON MEETING**

Midland Care, 200 SW Frazier, 5:30-7 p.m.

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

#### EVERY OTHER THURSDAY

##### **GRIEF SUPPORT GROUP**

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

TOPEKA, 785-232-2044

#### EVERY OTHER THURSDAY

##### **GRIEF SUPPORT GROUP**

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

TOPEKA, 785-232-2044

#### FIRST FRIDAY OF THE MONTH

##### **STROKE SUPPORT GROUP**

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

TOPEKA, 785-235-6600

#### SATURDAYS

##### **LAWRENCE BRIDGE CLUB**

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

LAWRENCE, 785-760-4195

#### ONE SATURDAY EACH MONTH

##### **LAWRENCE DEATH CAFE**

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

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

LAWRENCE

#### SECOND MONDAY, SEP-MAY

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

Volunteer service club.

LAWRENCE, 785-331-4575

#### SECOND MONDAY OF THE MONTH

##### **CAREGIVER SUPPORT GROUP**

Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m.

TOPEKA, 785-235-1367

www.jhawkkaa.org

#### SECOND TUESDAY OF THE MONTH

##### **NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES**

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.

TOPEKA, www.narvre.com

#### SECOND TUESDAY OF THE MONTH

##### **KAW VALLEY HERBS STUDY GROUP**

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

LAWRENCE

#### SECOND WEDNESDAY OF THE MONTH

##### **MEMORY SUPPORT GROUP**

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

LAWRENCE, 785-832-9900

#### SECOND WEDNESDAY OF THE MONTH

##### **DIABETES EDUCATION GROUP**

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

LAWRENCE, 785-505-3062

#### SECOND WEDNESDAY OF THE MONTH

##### **SOROPTIMIST INTERNATIONAL OF TOPEKA**

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

TOPEKA, 785-221-0501

www.soroptimisttopeka.org

#### SECOND THURSDAY OF THE MONTH

##### **NAACP MEETING-LAWRENCE CHAPTER**

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.

LAWRENCE, 785-841-0030, 785-979-4692

#### SECOND & FOURTH FRIDAY OF THE MONTH

##### **ALZHEIMER'S/CAREGIVER SUPPORT GROUP**

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research,

■ CONTINUED FROM PAGE 24

1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.  
LAWRENCE, 913-831-3888

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**THIRD SATURDAY OF THE MONTH**

**TOPEKA WIDOWED PERSONS BRUNCH**

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

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

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

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

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

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

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

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

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

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

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

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www.kansasdiscovery.org

**SECOND SATURDAY OF THE MONTH**

**FREE SATE EAST SIDE BREWERY TOUR**

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

**SECOND SUNDAY OF THE MONTH**

**MONTHLY GUIDED HIKE**

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

**THIRD SATURDAY OF THE MONTH**

**COFFEE & CONVERSATION**

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

**MAR 11**

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parks.snco.us

**APR 2**

**KEGS 'N' EGGS**

Kansas City's ONLY Adult Easter Egg Hunt and Craft Beer Festival! Search for eggs throughout the Kansas City Renaissance Festival grounds for EGG-celent prizes and even MONEY! Then partake in a CRAFT BEER festival with over 40 different breweries! Did we mention there will also be a Live BAND providing the soundtrack to this EGG-stravaganza? 633 N. 130th St., 1-5:05 p.m. Fee. BONNER SPRINGS, 913-721-2110

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A list of our current distribution locations is available online at [www.seniormonthly.net/locations.pdf](http://www.seniormonthly.net/locations.pdf)

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# Filing your taxes just got (a little bit) easier

By Ann Woodbury

Social Security Management Support Specialist in Lawrence KS

Now that it's March, your annual tax filing deadline is fast approaching. If you receive Social Security benefits, one of the documents you need to file your federal income tax return is your Social Security Benefit Statement (Form SSA-1099/1042S).

Your Social Security benefits may be taxable. This includes monthly retirement, survivor, and disability benefits. About one-third of people receiving Social Security benefits must pay taxes on some of these benefits, depending on the amount of their taxable income. This usually happens if you have other substantial

income — such as wages, self-employment, interest, dividends, and other taxable income that must be reported on your tax return — in addition to your Social Security benefits. You will never have to pay taxes on more than 85 percent of your Social Security benefits, based on Internal Revenue Service (IRS) rules.

To find out if you must pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099/1042S). You should automatically receive it in the mail each January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. The benefit statement is not

available for people who receive Supplemental Security Income (SSI), as SSI payments are not taxable.

Whether you file your taxes early or wait until the deadline, Social Security makes it easy to obtain a replacement benefit statement if you didn't receive one or misplaced it. You can get an instant replacement easily by using your secure online *my Social Security* account. If you don't already have an account, you can create one in minutes. Follow the link below to the *my Social Security* page, and select "Sign In or Create an Account." Once you are logged in, select the "Replacement Documents" tab to obtain your replacement 1099 or 1042S benefit statement. You can also use your personal *my Social Security* account to

keep track of your earnings each year, manage your benefits, and more.

You can also obtain a replacement benefit statement by calling us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m., or by contacting your local Social Security Office. If you live outside of the United States, please contact your nearest U.S. Embassy or Consulate. But by going online you can print your replacement benefit statement immediately and not have to wait to receive it in the mail.

With a *my Social Security* account, gathering your Social Security information for tax season has never been easier. Open your own personal *my Social Security* account today at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).



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## MY ANSWER

# Don't hold onto your guilt

By Billy Graham

Tribune Content Agency

**Q:** If God forgives us, then why can't we seem to forgive ourselves? I've hurt a lot of people over the years, and I'll never stop feeling guilty. I've even stayed away from some people because of what I did to them years ago. Is it ever possible to forgive ourselves? - Mrs. K.R.

**A:** Never lose sight of this great truth: When we come to Christ and put our faith and trust in Him for our salvation, God forgives us of all our sins, without exception. The Bible says, "As far as the east is from the west, so far has he removed our transgressions from us" (Psalm 103:12).

If God has forgiven us, then why can't we forgive ourselves? One reason, I suspect, is because the memories of what we've done still haunt us (including, in your case, the hurt you've caused others). I think, for example, of the Apostle Paul, who at one time hated Jesus and was determined to persecute (and even kill) anyone who followed Him. Those memories stayed with him all his life, although he knew God had fully forgiven him. Years later, the memory of what he'd done still burned within him: "For I am

the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God" (1 Corinthians 15:9).

How did Paul deal with his guilt?



First, he constantly reminded himself that Christ had forgiven him, totally and completely. Then he reached out to those he'd hurt and sought their forgiveness. I urge you to do the same.

In addition, he made it his goal to live for Christ every day, and not be controlled by his past. Thank God every day for His forgiveness, and ask Him to help you put Christ first in

everything.

(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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# KDADS awards grants to strengthen service delivery in nursing facilities

Kansas Department for Aging and Disability Services Interim Secretary Tim Keck has announced that the agency's Survey, Certification and Credentialing Commission has awarded four Work Enforcement training grants for 2016.

"The purpose of these grants is to improve the job skills and knowledge of workers in nursing facilities across the state," Secretary Keck said. "In addition to training staff in the best ways to keep residents in their care safe, the training provided by the grants will focus on ways to provide person-centered care to older Kansans who reside in nursing facilities and strengthen programs that enhance their quality of life."

- **The Aging Services Transformation Alliance (ASTRA)** in Topeka, a project of LeadingAge Kansas, has received a grant of \$35,340 for a staff and family project that will create a wraparound program for staff and families of nursing home and long-term care hospital units across the state.

This training focuses on providing appropriate and prompt care and services to residents.

- **Grow with Evergreen Resources for Transforming Innovations (GERTI)** in Olathe has received a grant of \$18,900 to develop training entitled "One Day Toward Culture Change." This training will provide nursing facility staff with an overview of person-centered care practices and will offer breakout sessions for specific job categories such as nursing, dietary, administration and nurses' aides. Cultural change for person-centered care involves guiding organizations away from the regimented top-down practices of the traditional model to a new approach based on personalized care/service plans, resident input and actively engaged families. It emphasizes customer service, hospitality and attentiveness to individual needs and preferences and provides resident with real choices across the board in their day-to-day living, relationships, activities, learning, leisure and end-of-life.

- **The Kansas Partnership to Improve Dementia Care** in Topeka has received \$38,181 to deliver the "Dementia Capable Care" education program training to nursing facility staff. This program empowers organization to provide person-centered care that allows persons with Alzheimer's and related dementias to receive better care and enjoy a better quality of life. The program focuses on what individuals with Alzheimer's and related dementias can still do instead of what they can't do. This training is designed to empower staff to provide person-centered care that helps nursing facility residents with cognitive impairments to thrive, not just survive.

- **The Office of the State Long-term Care Ombudsman** in Topeka has received \$38,492 to train the administration and staff of 30 Kansas nursing facilities to implement the national "Music & Memory" program. This program is designed to help individuals with Alzheimer's and related dementias find renewed meaning and connections in their lives through personalized music. The program trains staff how to set up personalized music playlists, delivered on iPods and other digital devices, for those in their care. These musical favorites tap deep memories not lost to dementia and can help bring participants back to life, enabling them to converse, socialize and stay in the present.



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We are interested in talking to individuals **65 and older** who **completed a living will or advance directive for health care in the past 12 months**.

Each interview will be conducted in the participant's home and will last approximately one hour. All matters discussed will remain confidential. Each participant will receive \$20.

To participate in this study or for more information, please call **785-864-0665** or email [ckoss@ku.edu](mailto:ckoss@ku.edu).

## RICK STEVES' EUROPE

# A feast of Greek pleasures

By Rick Steves

Tribune Content Agency

It's a joy to surrender to the Greek way of living. Greece's welcoming people, mouthwatering food and drink and joyful music and folk dances make it easy to immerse yourself into the easygoing lifestyle.

When I'm in Greece, I eat as the Greeks do. Around 9 p.m., I head to a taverna and order a medley of "mezedes" (appetizers) and share it family-style. The selection, while predictable, never gets old for me: garlic dip, fava bean dip, tzatziki dip (made from yogurt, cucumber and mint), or all three on a single serving platter; fried eggplant or zucchini; Greek salad; and big grilled peppers—red or green—stuffed with feta cheese.

Most of my meals also include something from the sea, such as grilled calamari or octopus, sardines, or a plate of fried small fish (three inch), very small fish (two inch), or very, very small fish (one inch). With three-inch fish, I leave the head and tail on the plate (and try not to wonder about the once inky, now dry black guts). With the smaller fish, I leave nothing but a line of greasy fingerprints on the fringe of my paper tablecloth.

In Athens, I enjoy visiting Central Market, where many locals come to do their weekly grocery shopping. It's a living, breathing, smelly barrage on all the senses. You'll see dripping-fresh meat, livestock in all stages of dismemberment and still-wriggling fish. The fruit and vegetable stalls, just outside the market, are flanked by shops selling feta from the barrel and countless varieties of olives.

My favorite stop at the market is the Karayiannis Ouzo Bar. This fun place, in the middle of the fish market, is a memorable setting for a drink and snack. And it's cheap. About 3 euros gets you an ouzo (anise-flavored liquor) and little plate of mezes to enjoy at the bar while taking in the action.

Just as important as food is religion.

Ninety-five percent of all Greeks consider themselves Orthodox, even if they rarely go to church. Orthodox elements appear everywhere. Icon shrines dot the highways. Orthodox priests—with their Old Testament beards, black robes, necklaces, cake-shaped hats and families in tow—mingle with parishioners on street corners. During the course of the day, Greeks routinely pop in to churches to light a candle, asking for favors. Even local teens who seem far from religious make the sign of the cross when passing a church.

Easter is a big deal in Greece—and not surprisingly, food plays a big role. Easter is not Easter without lamb, often eaten as part of a huge after-midnight feast. Wandering through a village one Easter, I noticed every family seemed to be roasting an entire lamb on a spit. I'll never forget watching the lamb go limp when my host withdrew the skewer. He then laid it across a chopping block, pulled out a big cleaver, and, in about two minutes, reduced the entire roasted lamb to two platters of meat.

When celebrating special events, especially at weddings and baptisms, Greeks love to dance. Popular dances include the graceful "kalamatianos" circle dance and the "syrtaki," done with arms outstretched or thrown across one another's shoulders as immortalized by Anthony Quinn in the film "Zorba the Greek." A few dancers might get carried away, "applaud" by throwing plates or flowers and then dance on the tables into the wee hours.

Music is not only for special events—it's part of everyday life. Wander through any town on a weekend summer evening and there's a decent chance you'll come across musicians sitting around an outdoor table playing traditional folk music on their bouzouki (a long-necked mandolin). When the weather cools down, they move inside to tavernas to entertain the late-night local crowds.

Greeks tend to show hospitality with drinks—often ouzo. You don't drink ouzo straight; instead, you add ice or

water, which turns the ouzo from clear to milky white. When Greeks really want to show hospitality, the drink is tsipouro. Similar to Italian grappa, this brandy-like firewater is about 40 percent alcohol and makes ouzo seem like kid stuff. The last time I had it, I had a hard time holding my camera steady as I took "going local" to a very tasty extreme.

But that's part of the appeal of this

place. When in Greece, sometimes it's best to put down the camera, ditch the plans and join in the fun.

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

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## HUMOR

# Zimmy, Kate and the Cuban Beetle

Until recently, the U.S. government didn't want you to go to Cuba. That policy, which started way back in the Eisenhower administration, required that everybody apply for a license before traveling to Havana.

My friend Zimmy Tarbox has a Ph.D. in entomology. He's been all over the world measuring the space



Larry  
Day

between the eyeballs of baby cockroaches. Zimmy's British colleague, Kate Billingsly, is the world's leading expert on pond scum skimmer bugs.

Back in 2006, Kate and Zimmy attended the 15th Annual International Cockroach and Pond Skimmer Conference in Cuba. In 2016 the sponsoring group, the Entomological Society, scheduled its 25th annual conference for Havana, and Kate and Zimmy were invited to give keynote addresses in recognition of their outstanding contributions to entomological research.

In Hong Kong last January, the two talked about their upcoming visit to Cuba.

"Speaking of," said Kate, "I met Ricardo Calvez in Samoa last month. He says that the *Hypolestes trinitatis*, a beetle endemic to Cuba, is in danger of extinction because of loss of habitat."

"We should do something."

"Yes, we should."

The two scientists got the opportunity sooner than either of them thought. They were invited to the White House. The President was preparing for a trip to Cuba and, covering all bases, wanted a staff briefing on the flora and fauna of the island. After speaking with Zimmy and Kate, one of the staffers proposed a presidential field trip on the island to search for the *Hypolestes trinitatis*. She wanted something to showcase the President's interest in the environment. Kate and Zimmy were invited to lead the expedition.

So, it turned out, Zimmy and Kate flew to Havana, not on a crowded commercial flight from Miami, but on Air Force One.

Organizing a private "off the agenda" trip by the U.S. President to the forests of central and eastern Cuba could have been diplomatically and politically difficult. But Zimmy and Kate had "friends at court" in the persons of two members of Cuba's Central Party leadership who were avid amateur ento-

mologists. The two leaders had been aching to look for the *Hypolestes trinitatis*, but couldn't justify the cost to the government of such a trip.

At first the Secret Service threw a fit over the idea of the president tramping around in the outback of a communist nation, but under heavy pressure acquiesced to the endeavor. Thus the party—consisting of the President, three Secret Service agents who didn't look like what they were, Kate, Zimmy, and the two Cuban party members—slipped out of Havana by night and headed for the highlands.

As they trekked through the submontane forest, sometimes on little-used trails and at other times cutting through thick foliage, the members of the expedition kept their eyes peeled for a glimpse of the elusive beetle. There were a couple of false sightings that disappointed everyone. Then one of the Cuban party members spotted the prize, a large bug that looked like *Hypolestes trinitatis*. The members of the expedition stepped back and waited for confirmation from Kate and Zimmy.

Kate approached the beetle carefully

and gazed at it for a long time. Then she motioned Zimmy to join her. With a motion of her head Kate asked for a magnifying glass, which Zimmy produced from his jungle vest pocket.

Leaning forward, Kate gazed through the glass, then handed it carefully to Zimmy. He studied the beetle through the glass and nodded.

They both stepped back. Then Kate spoke to the group.

"This is NOT a *Hypolestes trinitatis*! This is an entirely new beetle. There are now two unique beetles in this endangered habitat."

Back in Havana the Americans and the Cubans pledged not only to preserve that mountain habitat, but also to cooperate in an effort to improve the environment worldwide.

And after going through an official scientific process, the new beetle was given a designation in Latin. In layman's terms, it is the Kate-Zimmy Beetle.

- 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

### New test may be able to help diagnose your cat with kidney disease

**Q:** I've had three cats in my life that have died at an older age of complications due to kidney disease. This is the fourth cat now I've had diagnosed with kidney disease with some new test, and she's only 7 years old. Why do so many cats die of kidney disease? - B. S. C., Tacoma, WA



Steve Dale

**A:** "We don't know why so many older cats develop chronic kidney disease (CKD), but we're trying to find out," says Dr. Vicki Thayer, executive director of the nonprofit Winn Feline Foundation, which funds cat health studies. "The good news is that an early diagnosis may add to your cat's lifespan, as well as to enhance quality of life."

A new test, which is presumably the test you mention, can provide an earlier diagnosis of kidney than veterinarians ever could; the test is called Symmetric dimethylarginine or SDMA. The test is offered with the IDEXX regular blood chemistry panel.

Before SDMA, and likely with your previous cats, by the time kidney disease was discovered, 75 percent of

kidney function was likely gone. Using SDMA testing, kidney disease is typically diagnosed far earlier, while the loss of function doesn't yet affect quality of life.

SDMA is a game changer; up to 85 percent of older cats are potentially afflicted with CKD. Still there is no magic cure for CKD. "We fund studies to better understand kidney disease in cats, and ultimately to find a treatment," Thayer says. "Recently, we supported research for stem cell therapy. There seems to be some moderate benefit—but we need further studies." Learn more at [www.winnfelinefoundation.org](http://www.winnfelinefoundation.org).

**Q:** I recently rescued a 3-year-old Yorkshire/Shitzu-mix, and the dog has issues when I leave him. He's fine in the crate, but not when I leave him behind a gate in the kitchen because he keeps barking. Also, he's afraid of men. How can I help him? - L. D., Las Vegas

**A:** Congratulations on rescuing the pup.

Not all dogs with separation anxiety should be crated. Some dogs panic when home alone, and in desperate attempts to escape, injure themselves. And the anxiety actually worsens.

While some dogs with separation anxiety panic in the crate, others seem to appreciate the confinement, and apparently feel more secure. If your dog is content in the crate, why not just keep him there when you're

not at home? Perhaps, crating your dog is your hang-up, and not your dogs'.

More information on separation anxiety, and also crate training, is available in "Decoding Your Dog," authored by the American College of Veterinary Behaviorists, edited by myself, Dr. Debra Horwitz and Dr. John Ciribassi (Houghton Mifflin Harcourt, New York, NY, 2014; \$27).

As for your dog's fear of men, your best bet is to enlist professional help to appropriately assess your dog. A veterinary behaviorist or certified dog behavior consultant will be able to help.

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column Send e-mail to [PET-WORLD@STEVEDALE.TV](mailto:PET-WORLD@STEVEDALE.TV).

*WORLD@STEVEDALE.TV. Include your name, city and state. Steve's website is [www.stevedalepetworld.com](http://www.stevedalepetworld.com); he also hosts the nationally syndicated "Steve Dale's Pet World" and "The Pet Minute." He's also a contributing editor to USA Weekend.*

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# WOLFGANG PUCK'S KITCHEN

## It's soup season! Chase the winter chill away with a zesty bowl of soup

By Wolfgang Puck

Tribune Content Agency

Last year, much of the Midwest and Eastern U.S. endured snowstorm after snowstorm. Right now, where I live in Southern California, we're in the grip of what meteorologists have been saying may be the biggest El Nino rain system ever.

Yes, winter can feel like a burden. But I like to think of it in much more optimistic terms: It's perfect soup season. Whether you're facing a day of snow, rain or simply cooler-than-normal temperatures, a bowl of soup can soothe and nourish you.

I like to imagine people a century ago, or longer, with big kettles of soup murmuring by the fire. A favorite recipe might have simmered for hours, and the act of cooking it alone could have been as warming as the soup itself.

Today's cooks live in very different circumstances, of course. Central heating reduces or eliminates the practical purpose of gathering around the fire. And everyone seems to be living a busier life, often shying away from recipes that seem to take too long to cook.

But I have strived to share with home cooks my own secrets about how to make great-tasting food quickly and easily. And one of the best ways I know for preparing wonderful soups quickly is to use a pressure cooker.

Today's electric pressure cookers are models of safety and reliability, with secure lids and easy-to-set timers that automatically start counting down to a set cooking time once pressure has been reached. That makes it easier than ever to enjoy the benefits of this method, which dramatically reduces cooking times while concentrating flavor.

You'll see what I mean when you try a new take on one of my winter favorites. A pureed soup of butternut squash, bright with the fresh orange and ginger,

takes only 10 minutes to cook once pressure has been reached. That allows just enough time to make a quick cranberry relish to garnish each bowl.

But that not's the end of the ease that inexpensive modern appliances bring to this recipe. I also like to puree the just-cooked soup right inside the pressure cooker using a hand-held immersion blender. That's the perfect combination of convenience and great flavor any home cook would want—especially in the depths of winter.

### BUTTERNUT SQUASH SOUP

Serves 6 to 8

1 large butternut squash about 2 pounds (500 g), halved, seeded, peeled and cut into large chunks

1 large yellow onion, peeled and coarsely chopped

1 piece fresh ginger, about 2 inches (5 cm), peeled and thinly sliced

2 or 3 large oranges (1 zested), juiced to make 1 cup (250 mL)

1 sprig fresh rosemary

Kosher salt

Freshly ground white pepper

2 tablespoons honey

2 cups (500 mL) organic chicken broth or low-sodium vegetable broth

1/4 cup (60 mL) heavy cream, plus extra for garnish (optional)

Small sprigs fresh Italian parsley, for garnish

### CRANBERRY-SPICE RELISH:

3/4 pound (375 g) fresh or frozen whole cranberries or frozen

1/2 cup light brown sugar

Kosher salt

1/2 teaspoon ground cinnamon

1/4 to 1/2 teaspoon ground cardamom

In a pressure cooker, combine the squash chunks, chopped onion, ginger, orange zest and juice, rosemary, salt and pepper to taste, 1 tablespoon of honey and stock. If you like, add the cream. Secure the lid on the pressure

cooker, seal, bring to pressure, and cook under pressure for 10 minutes.

While the soup comes to pressure and cooks, make the cranberry-spice relish. In a heavy medium saucepan, combine the cranberries and sugar. Cook over medium heat, stirring occasionally, until the sugar softens, about 3 minutes. Cover and continue cooking until the cranberries pop and turn tender, about 10 minutes longer, seasoning to taste with salt. Stir in cinnamon and cardamom, cover, and cook until thick, about 5 minutes longer, stirring occasionally.

Turn back to the soup, and quick-release the pressure from the pres-

sure cooker. With tongs, remove the rosemary sprig and discard. With an immersion blender, blend the soup inside the pressure cooker. Taste, adjust the seasonings with salt and stir in 1 tablespoon honey to enhance the sweetness.

To serve the soup, ladle it directly from the pressure cooker into heated bowls. Place a spoonful of cranberry relish into the center of each bowl. (You can reserve leftover relish for another use.) Drizzle the soup lightly with some cream, if you like, garnish with parsley and serve immediately.

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# MEMORIES ARE FOREVER

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

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

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



Tom  
Mach

## The Great Snickerdoodle War

By Janet Stotts

My husband, Dave, and I crossed the floor of the new gym and found the tables of the Class of '59. It was his 50-year high school reunion and streamers in the class colors of blue and white festooned the tables, but what made everyone laugh was the small table favor at each place setting, two snickerdoodle cookies tied up in net and ribbon. Some senior classes are known for their accomplishments, some for their mischief, but the Class of '59 is still, after 50 years, known for the Great Snickerdoodle War.

I had heard Dave tell the story over and over, and I looked forward to this reunion to check on a few of the more

improbable details. Had there really been a Senior Boys' Home Economics class? The 50s were known for strict gender roles, and this was a real gender bender. Yes, I was told, the senior boys convinced the principal that such a class was necessary to prepare them for life away from mom's home cooking. The teacher was an avid supporter of all the sports teams, and loved the idea of having a class of senior boys. The first few weeks of class went very well. The class met just before lunch and consisted of walking down to the town grocery store and buying all the available steaks. The teacher then showed the class how to prepare the steaks and a few simple side dishes, such as baked potatoes and salad. The first few weeks went so well, the teacher felt "her boys" were ready to learn to bake, and snickerdoodles were the easiest cookie to make.

If you have never made snickerdoodles, they are very simple, just a basic dough that is formed into ping-pong sized balls, rolled in sugar and cinnamon and baked. According to Dave, the dough was prepared without incident and twenty senior boys were forming the dough into balls, when the intercom called the teacher to the office. None of those attending the reunion would admit to throwing the first ball of dough, but soon a full-fledged war broke out. Dough splattered on and adhered to the floor, the ceiling, the walls, the appliances and the students. It was at the height of this chaos that the teacher returned.

"Oh, boys," the teacher wailed, "how could you?" Twenty heads bowed in shame, and my husband, as class president, apologized for the whole class. He must have done a good job because the teacher's only punishment was for them to clean up the classroom. The cookie dough was scraped from all the room's surfaces and gathered into one big ball of dirty dough.

It was at this unfortunate juncture that the voice of the intercom again requested the teacher's presence in the office. The boys continued cleaning, and all might have been well, but a student from another class poked his head in and said, "Coach G is on the trampoline in the gym, showing off for Miss H." The boys all had a crush on pretty Miss H, and none of them liked Coach G, the new football coach who replaced a retiring beloved legend. My husband wouldn't say who came up with the plan to humiliate Mr. C. He also said that the class drew straws to see who would execute the plan, and he got the short straw. However, as I suspected, the rest of his class was sure he had volunteered to pitch the ball of dough over the rail-

ing in front of the bleachers and onto the trampoline on the gym floor 20 feet below. Two of his friends, one on crutches, agreed to hold the heavy gym doors open and keep an eye out for faculty or staff. Dave said he didn't look over the rail or attempt to aim in any way; he just lobbed the heavy ball of dirty dough over the rail and ran. He didn't see the dough ball knock the coach into the lap of the embarrassed English teacher. Running, he was passed by the boy on crutches, and all three were back in the classroom before the teacher arrived.

Fifty years later, the class reunion proved that the Great Snickerdoodle War is the glue that still keeps the class together, forming a cohesive group that defies time and distance.



Janet Stotts

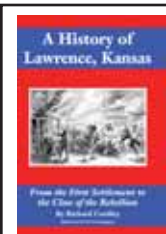


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## GOREN ON BRIDGE

# Seamon at the wheel

With Bob Jones

Tribune Content Agency

East-West vulnerable. South deals.

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

The bidding:

SOUTH	WEST	NORTH	EAST
1♣	Pass	1♥	Pass
2♦	Pass	3♦	Pass
3♥	Pass	3♠	Pass
5♦	Pass	Pass	Pass

Opening lead: King of ♠

This deal is from the finals of the Grand National Teams, played recently in Las Vegas. South was Michael Seamon, of Florida, a member of the winning team and the youngest in a long line of great players in his family.

Seamon won the opening spade lead with dummy's ace and led a low diamond to his jack, losing to the queen. He ruffed the spade continuation in his hand and led the 10 of trumps, losing

to East's ace. Another spade was ruffed with the trump king. This was followed by the ace-king of clubs and a club ruff, leaving this position:

When Seamon led the nine of diamonds, shedding a club from hand and drawing the last trump, East was crushed. Whether he discarded the queen of clubs or a heart, Seamon had the rest of the tricks and his contract! The same contract failed at the other table when South didn't find this line of play.

Seamon's sister, Janice Seamon-Molson, is a multiple world champion. They both have children. It would be interesting to see what happens should the kids take up bridge.

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

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### Across

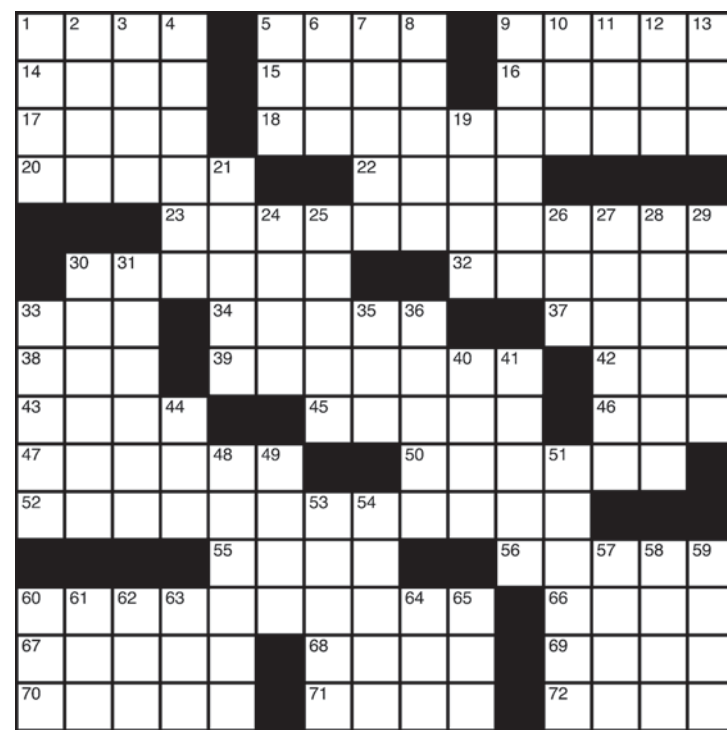
- 1 Command from a bailiff
- 5 Circle calculation
- 9 They smell
- 14 Like Mini Coopers
- 15 Pond croaker
- 16 Swine squeals
- 17 Gave the once-over
- 18 Particularly welcome casino visitor
- 20 Alpine song
- 22 Ear-splitting
- 23 Court case that generates a media frenzy, say
- 30 Handsome god
- 32 Get really angry
- 33 Granada gold
- 34 Irritate
- 37 "CSI" facilities
- 38 Tee sizes, for short
- 39 "Nice job!" ... and, in another sense, a hint about the first words of 18-, 23-, 52- and 60-Across
- 42 Geese formation

- 43 Leafy veggie baked for chips
- 45 Bitten by bees
- 46 Angled pipe fitting
- 47 Handsome god
- 50 \_\_\_ Raiders: consumer advocates
- 52 Abe Lincoln nickname
- 55 Principal role
- 56 Diet food phrase
- 60 Irritate to the breaking point
- 66 Shredded
- 67 Construction beam fastener
- 68 Former South Korean leader Syngman \_\_\_
- 69 Golf club used for chipping
- 70 Blissful settings
- 71 Jedi guru
- 72 Small change

### Down

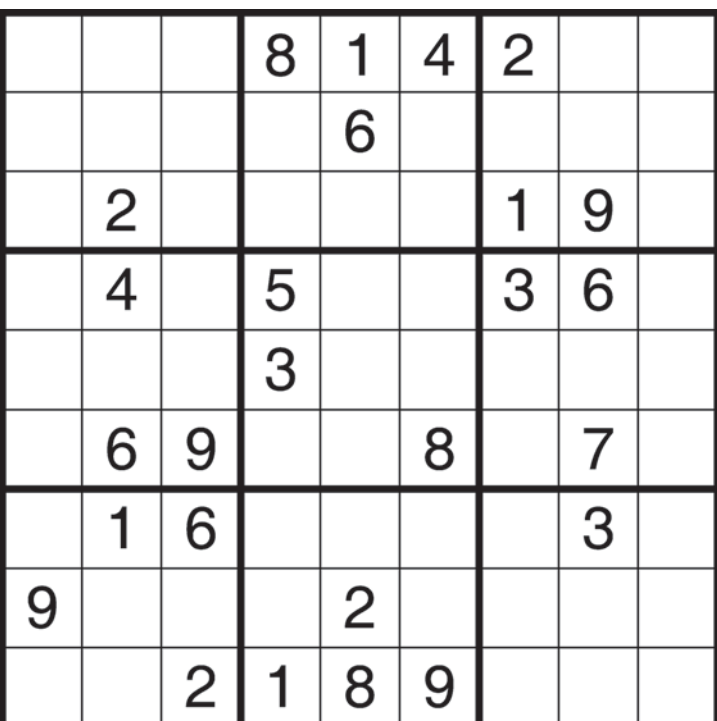
- 1 Do as directed
- 2 Toy with a spool
- 3 Deleted, with "out"
- 4 Louisiana music style

- 5 Olympics fig.
- 6 French monarch
- 7 One below birdie
- 8 Specialized, committee-wise
- 9 Bit of pasta
- 10 Frying liquid
- 11 NBC show since 1975, briefly
- 12 Barely manage, with "out"
- 13 Ukr. or Lith., once
- 19 Feels remorse over
- 21 Bochco legal series
- 24 Forearm bone
- 25 Some DVD players
- 26 Sinuous swimmer
- 27 Less cowardly
- 28 Insurgent group
- 29 '50s four-wheeled flop
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- 31 Hoi \_\_\_: the masses
- 33 Heroic Schindler
- 35 Giants Hall of Famer Mel
- 36 Brewers Hall of Famer Robin
- 40 Pest in a swarm
- 41 Utah city near the Golden Spike
- 44 Photo blowup: Abbr.
- 48 Sea spots?
- 49 Blueprint detail, for short



- 51 Sexy
- 53 Cable Guy of comedy
- 54 The Gem State
- 57 Warning from a driver?
- 58 Elvis \_\_\_ Presley
- 59 No-frills shelter
- 60 Hip-hop Dr.
- 61 Free (of)
- 62 "\_\_\_ changed my mind"
- 63 Caracas' country, to the IOC
- 64 Athens : omega :: London : \_\_\_
- 65 Assenting vote

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PAR SCORE 250-260  
BEST SCORE 325  
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.

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

Answers to all puzzles on page 38

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



**CROSSWORD SOLUTION**

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



# Sign Up Your Business Today!

**SUDOKU SOLUTION**

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

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

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

**Doctor Dave Computer Repair**  
 10% off labor charges.  
 4105 W. 6th St., Ste. B-6  
 Lawrence • 785-841-8766  
[www.calldredave.com](http://www.calldredave.com)

**Stitching Traditions**  
 5% off any purchase.  
 2900 SW Oakley Ave., Ste. H  
 Topeka • 785-266-4130  
[www.stitchingtraditions.com](http://www.stitchingtraditions.com)

**Midwest Tax & Financial**  
 \$10.00 off a tax return.  
 4840 Bob Billings Pkwy, #104  
 Lawrence • 785-838-4380  
[www.midwesttf.com](http://www.midwesttf.com)

**SCRABBLE BRAND GRAMS SOLUTION**

F <sub>4</sub>	O <sub>1</sub>	U <sub>1</sub>	L <sub>1</sub>	E <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 1 =	<u>60</u>
D <sub>2</sub>	I <sub>1</sub>	S <sub>1</sub>	G <sub>2</sub>	U <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 2 =	<u>59</u>
V <sub>4</sub>	A <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 3 =	<u>60</u>
M <sub>3</sub>	A <sub>1</sub>	R <sub>1</sub>	S <sub>1</sub>	H <sub>4</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 4 =	<u>86</u>
G <sub>2</sub>	E <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	T <sub>1</sub>	RACK 5 =	<u>60</u>
PAR SCORE 250-260							TOTAL	<u>325</u>

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

Business Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Phone: \_\_\_\_\_ Website: \_\_\_\_\_

Your Discount: \_\_\_\_\_

\_\_\_\_\_  
 Name of individual authorizing discount

\_\_\_\_\_  
 Signature

Please mail to Groenhagen Advertising, 2612 Cranley St., Lawrence, KS 66046. Call Kevin at 785-841-9417 for more information.

**JUMBLE ANSWERS**

Jumbles: GUEST NOTCH PELVIS LACKEY

Answer: The college football player gave up the pigskin when it was time for this -- THE SHEEPSKIN

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