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INSIDE

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**Monte Mace:
Helping others
win disability.**

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SENIOR
profile



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Mace helps clients win disability benefits

By Billie David

When Monte Mace's job as a court reporter with the Social Security Administration took him to Fargo, North Dakota, for a disability hearing, he had no idea that the trip would lead to his opening his own business in Lawrence, which he named Monte Mace Disability.

On that trip he was inspired by a man who represented people who were struggling to receive Social Security disability benefits.

This type of work seemed custom-made for Mace, who has had extensive experience dealing with the challenges people with disabilities face and who wasn't ready to retire yet.

"My interest goes back to my daughter, who was born with birth defects," he said, explaining that his daughter has used a wheelchair since she was five years old.

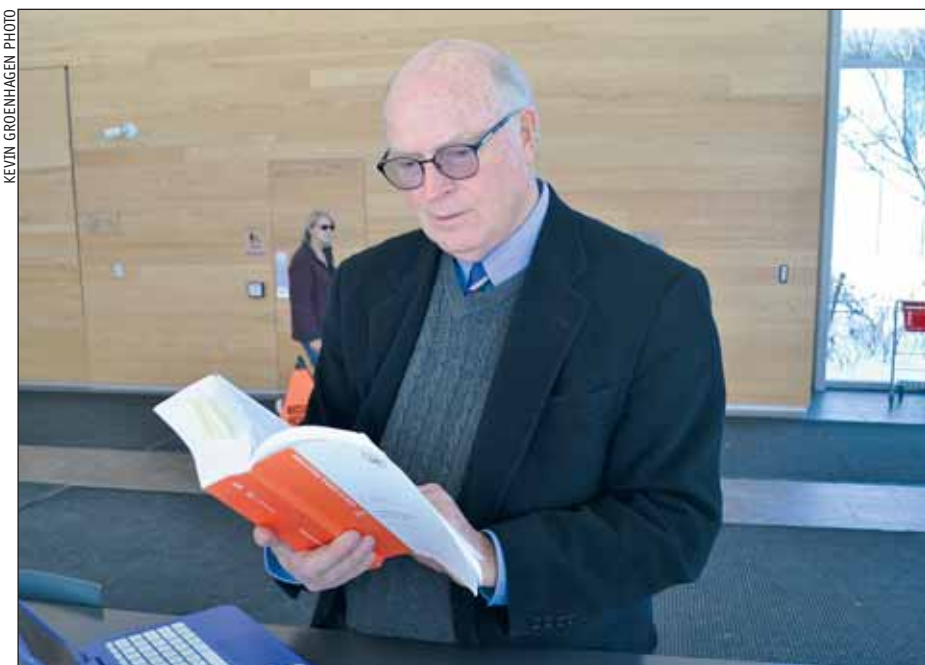
Mace, who grew up in Garnett, Kansas, and who taught journalism at the University of Kansas for four years, learned firsthand how difficult it

was to find affordable wheelchairs for his daughter from local dealers, which led to his first venture into the field, creating publications for people with disabilities that included advice on how to find wheelchairs and other assistive devices.

"I spent most of my career in publishing," Mace said. "That was the first combining of my personal interest with disability. I enjoy working especially in areas I have a personal interest in, and that's disability."

At the time Mace went to Fargo, he had worked with the Social Security Administration for seven years, recording hearings and taking extensive notes. This experience plus taking care of his daughter gave him plenty of insight into what one should do—and avoid doing—when applying for benefits.

"With my background in living with someone with a disability, being around products and people who help, I have a good idea what people with disabilities need," Mace said. "Watching and listening to judges who decide whether



Monte Mace

a person's disability claim is approved and learning SSA's complex rules also helped."

So, he opened Monte Mace Disability in August of 2017 and has already

helped win disability benefits for a number of clients.

"People can do it on their own," Mace said of applying for Social

■ CONTINUED ON PAGE FOUR

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Editor and Publisher

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Monte Mace

■ CONTINUED FROM PAGE THREE

Security disability benefits, “but it is so complex. Some people don’t stand a fighting chance because they don’t know what to do,”

On the other hand, anybody can represent somebody who is applying for benefits, and that person is usually an attorney. The representative must fill out legal documents and submit a fee agreement to Social Security, which has to approve them.

“They have high standards,” Mace said. “They watch closely and if you don’t follow the rules, they ban you.”

Applying for disability benefits can be quite a complicated process. The Social Security Code of Federal Regulations covering the process is almost 1,400 pages long.

“It’s difficult for the average person to understand. If you have a limited education or mental problems, you certainly won’t understand. It’s just too

complex,” Mace said. “Sitting through hundreds and hundreds of hearings, I learned what the judges are looking for and what claims are more likely to be approved.”

For example, Mace remembers a hearing he attended for a man who was obviously disabled but who made the mistake of coming without medical evidence.

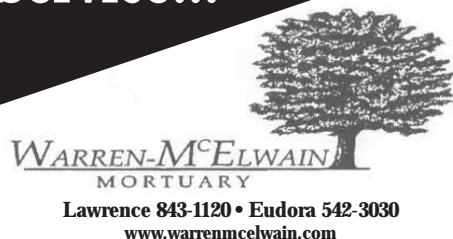
“The fellow was in his late 50s and lived in a rural area,” Mace said. “He came into the hearing with leathery skin and lived in a cabin with no electricity, no running water, and a wood-burning stove.”

Although the man’s disability was obvious to everybody in attendance, including the judge, he fell between the cracks because he had no money and no insurance, so he hadn’t been able to afford a doctor and get the documentation he needed.

“You need to see a doctor and build up a medical record,” said Mace, who gives his clients forms for their doctors

■ CONTINUED ON PAGE FIVE

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Monte Mace

■ CONTINUED FROM PAGE FOUR

to fill out to improve their odds of winning.

“They ask questions about physical and mental limitations. That’s how Social Security decides the cases,” Mace said. “Filling out forms helps the judges have the information they need.”

To receive disability in a timely manner, it is essential to be informed, because even with documentation, it can be a long and complicated process. Of all the people who apply, 70 percent are denied at the first level.

“Normally, you are denied a second time,” Mace said.

This can be appealed, but it takes from a year to a year and a half to get the hearing in front of a judge.

“There’s close to 1,000 judges across the nation, but there’s so many people applying that it takes a long time,” Mace said. “Some people die before their hearing comes up.”

The younger a person is when they apply for disability, the more difficult it is.

“For people over the age of 50 and 55, the rules become more lenient and it’s easier to get benefits,” said Mace, who explained that the process recognizes that for many people who do manual labor, their bodies wear out over time.

Some people have trouble getting disability benefits because they don’t know that there is a \$1,100-per-month

limit on how much a person can earn and still be eligible for disability payments.

This can be a catch-22 situation, for example, for somebody in their 50s who has stage 4 cancer and who would otherwise qualify for disability but who is not old enough to be eligible for Medicare and retirement benefits and who can’t afford to stop working, Mace said.

Mace helps people apply for both Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). SSDI is for disabled workers who have worked and paid in enough to be eligible for disability payments. SSDI awards are higher than for SSI, which is for people who haven’t worked enough quarters to be eligible for disability. For example, a typical monthly payment for SSDI in 2016 was \$1,166 while for SSI it was \$733.

“The basic requirements are the same for both groups, but after that things are different,” Mace said. “For example, for SSI the payment goes to the date of application, but for SSDI it goes back to the date you claim you were disabled.”

Another example is that, because SSI is for people with almost no income and very few resources and with lower Social Security awards, they can get Medicare almost immediately. An SSDI award, on the other hand, requires people who qualify to wait two years before they can be on Medicare.

In today’s political world, it is becoming increasingly harder for people to

qualify for disability.

“Congress is trying to save money by reducing ‘giveaways,’” Mace said, explaining that programs like disability are sometimes thought of as gifts from the federal government.

“But it isn’t,” he said. “It has been withheld from our wages all the years we have worked, so it isn’t entitlement. There will be more controversy about it. Seniors will fight, because that’s what we have paid into the system for.”

Mace and other disability representatives he has talked to agree that, with the growing difficulty and pitfalls people are facing when applying for benefits, in the future there will be an even greater need for the services of disability representatives who can simplify the process and increase a claimant’s odds of winning.

Mace is a member of the National Association of Disability Representatives (NADR), where he can benefit from the experiences of other representatives.

“You see emails from others that say, ‘I have come across this situation. How

do you handle this,’ and you can get suggestions. It is an excellent way to increase my education. I continue to take educational courses from them to keep up to date,” he said.

Mace passed Social Security’s three-hour test covering Social Security disability law, which assures clients that he is knowledgeable. It also means SSA pays fees directly to him and claimants do not need to pay any fees.

But there is no fee if he doesn’t win the case, and the payment is limited to back benefits, he explained, adding that representatives are allowed by law only to receive up to 25 percent of back benefits but can’t get paid out of current or future benefits.

He works for two national firms as well as for local clients. One of the national firms tracks his win/lose percentage and currently it stands at 75% of cases won.

More information is available on Mace’s website montemacedisability.com, or you can email him at montemace2000@yahoo.com or call him at 785-331-6452.

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Aldersgate Village opens Home Plus residence

By Billie David

Aldersgate Village in Topeka recently announced the opening of its new Home Plus facility.

“We accepted our first resident on January 28,” said Aldersgate Village director of marketing Renessa Lolley.

Although Aldersgate Village already houses a life-plan community that offers all levels of care for seniors ranging from independent living to end-of-life care, the Home Plus residence was added in order to make sure that the full spectrum of needs for Topeka’s seniors was covered, Lolley said.

“We built it knowing that Home Plus is a service offering that we didn’t have but is something people want,” Lolley explained, adding that Home Plus offers an environment that allows residents to live in a home-like setting and still have access to all the care that they need.

The new 6,500-square-foot Home Plus facility’s design and its location on the Aldersgate Village campus facilitates the

implementation of the Home Plus concept. And, unlike many other Home Plus facilities that are created by converting residential homes to Home Plus specifications, the Aldersgate Home Plus residence was built from scratch, enabling them to incorporate design recommendations from experts in senior living.

A Home Plus facility is intended to have the feel of a traditional home rather than that of an institutional environment, accommodating no more than 12 residents to provide a home-like environment that encourages both privacy and socialization by offering private bedrooms arranged around shared living spaces that include a dining area and a kitchen for preparing meals on site.

Aldersgate Village’s Home Plus incorporates these specifications, with 12 private bedrooms arranged around shared areas that include a living room, dining area, kitchen, quiet room and outdoor courtyard. The idea that this arrangement will encourage socialization seems to be working.

PHOTO BY ALEX SKORJIDA, ALEXSKORJIDA.COM



Aldersgate Village has opened its Home Plus residence, which includes 12 private bedrooms.

“The first couple of days, they all seemed to want to stay in their rooms,” said Kalila White, director of Aldersgate’s Home Plus. “Now they are coming out, watching TV, and playing

cards and dominoes.”

The response from people who have visited the residence has been overwhelmingly positive, Lolley said.

■ CONTINUED ON PAGE SEVEN

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Aldersgate Village

■ CONTINUED FROM PAGE SIX

“People are blown away by the details and thought that has gone into it and with the overall layout,” she explained.

Referring to a screened-in porch that admittedly will see a lot more use in the spring, Lolley said, “When it first opened, we watched a deer walk across the lawn. Residents will enjoy watching the wildlife as the weather warms.”

Studies have shown that the privacy and autonomy experienced in a Home Plus encourages a sense of dignity, and the setting, which is designed to increase social interactions with other residents and staff, provides a higher quality of life for seniors who need assistance and also lowers the rate of hospitalizations that the residents need.

“I love it,” White said. “It’s new, and the residents seem to love it. There’s a smaller resident-to-staff ratio, so there’s more time with residents.”

As Home Plus residents’ need for more assistance increases, the age-in-place concept of customized care ensures that each resident has access to services designed to fit each person’s needs, including round-the-clock nursing care.

Another advantage is that Home Plus is located within a full-service, life-plan community with access to a full range of health services, including a state-of-the-art recovery center and an outpatient clinic that provides dental, podiatry and audiology services and physician visits.

“I tell them that if something happens, like if they have to go to recovery, their place at Home Plus will still be available and they can come back here,” White said. “That’s what aging-in-place is about.”

The campus also provides on-site church services, transportation to appointments, activities and outings, housekeeping and laundry services, an on-site beauty salon and barber shop, special events, educational classes, and other events.

“Yesterday they did an outing,” White said. “Once a month they pick a place to go out to lunch. The activities give us more hands-on time with them.”

Another activity designed to help staff get to know the residents better, including their backgrounds, is a spe-

cial time with family members.

“At the first of the month, we do a family meet and greet,” White said. “Family comes, and that way we can get to know their family history.”

The Aldersgate campus itself consists of one of the largest life-plan communities in Kansas. Originally located on College Avenue, Aldersgate is now located at 7220 SW Asbury Drive and is preparing to celebrate its 40th anniversary of serving Topeka residents.

It was established by United Methodist Homes, a faith-based community open to people of all faith background, which is preparing to celebrate its 115th anniversary.

Aldersgate Village itself, located on a 168-acre campus in a rural setting, consists of 423 units, including 156 independent living apartments, garden homes and cottages, 59 assisted living units and 12 Home Plus units. Its 196-bed skilled nursing facility provides dementia care, physical rehabilitation and subacute nursing services.

“If you’re not familiar with Aldersgate, you don’t realize how large we are and how much we have to offer, because of how we are tucked in,” Lolley said. “We’re a hidden treasure, but we don’t want to be hidden. We want people to know what great things we have to offer.

“We want people to know that we are a resource to help people make decisions,” she continued. “It can be overwhelming at times if you don’t know the questions to ask. We want to be a resource to help point people in the right direction.”

More information is available at Aldersgate Village’s website at www.aldersgatevillage.org or by calling 785-478-9440.

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Medicare: Rules for those with higher income

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

If you have higher income, the law requires an upward adjustment to your monthly Medicare Part B (medical insurance) and Medicare prescription drug coverage premiums. But, if your income has gone down, you may use form SSA-44 to request a reduction in your Medicare income-related monthly adjustment amount.

Medicare Part B helps pay for your doctors' services and outpatient care. It also covers other medical services, such as physical and occupational therapy, and some home health care. For most beneficiaries, the government pays a substantial portion — about 75 percent — of the Part B premium, and the beneficiary pays the remaining 25 percent.

If you're a higher-income beneficiary, you'll pay a larger percentage of the total cost of Medicare Part B,

based on the income you report to the Internal Revenue Service (IRS). You'll pay monthly Part B premiums equal to 35, 50, 65, 80, or 85 percent of the total cost, depending on the income you report to the IRS.

Medicare Part D prescription drug coverage helps pay for your prescription drugs. For most beneficiaries, the government pays a major portion of the total costs for this coverage, and the beneficiary pays the rest. Prescription drug plan costs vary depending on the plan, and whether you get Extra Help with your portion of the Medicare prescription drug coverage costs.

If you're a higher-income beneficiary with Medicare prescription drug coverage, you'll pay monthly premiums plus an additional amount, which is also based on the income you report to the IRS. Because individual plan premiums vary, the law specifies that the amount is determined using a base premium. Social Security ties the additional amount you pay to the base benefi-

ciary premium, not your own premium amount. If you're a higher-income beneficiary, we deduct this amount from your monthly Social Security payments regardless of how you usually pay your monthly prescription plan premiums. If the amount is greater than your monthly payment from Social Security, or you don't get monthly payments, you'll get a separate bill from another

federal agency, such as the Centers for Medicare & Medicaid Services or the Railroad Retirement Board.

You can find Form SSA-44 online at www.socialsecurity.gov/forms/ssa-44.pdf. You can also read more in the publication "Medicare Premiums: Rules For Higher-Income Beneficiaries" at: www.socialsecurity.gov/pubs/EN-05-10536.pdf.

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Social Security's resources for women

By Norm Franker

Social Security District Manager in Lawrence, KS

March is Women's History Month. It's a time when we reflect on the achievements and contributions of our nation's remarkable women. Many of these heroes might be people close to you: mothers and daughters, aunts, and grandmothers. Each of them plays a special role in our lives as they provide love and support.

Social Security plays an important role in providing economic security for women. Nearly 55 percent of the people receiving Social Security benefits are women. In the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history.

Women face greater economic challenges in retirement. First, women tend to live longer than men. A woman who is 65 years old today can expect to live, on average, until about 87, while a 65-year-old man can expect to live, on average, until about 84. Second, women often have lower lifetime earnings than men. And, third, women may reach retirement with smaller pensions and other assets than men.

Today, women have challenging choices to make. Some may spend their

entire adulthood in a career or job outside the home. Some may work for a few years, leave the labor force to raise children, and eventually return to work. Others may choose not to work outside the home. Whether they work, have worked, or have never worked outside the home, women should understand how Social Security can help them and their families.

If you've worked and paid taxes into the Social Security system for at least 10 years and have earned a minimum of 40 work credits, you may be eligible for your own benefits. Once you reach age 62, you may be eligible for your own Social Security benefit whether you're married or not and whether your spouse collects Social Security or not. If you're

eligible and apply for benefits on more than one work record you generally receive the higher benefit amount.

We have specific information for women at www.socialsecurity.gov/people/women that you can easily share with friends and family. Giving this gift of knowledge can change the life of a woman you care about.

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Derek Osborn

Specifically, you might want to put together a team comprised of your financial advisor, your CPA or other tax professional, and your attorney. Together, this team can help you with many types of financial/tax/legal connections.

For starters, you may decide, pos-

sibly upon the recommendation of your financial advisor, to sell some investments and use the proceeds to buy others that may now be more appropriate for your needs. If you sell some investments you've held for a year or less and realize a capital gain on the sale, the gain generally will be considered short-term and be taxed at your ordinary income tax rate. But if you've held the investments for more than a year before selling, your gain will likely be considered long-term and taxed at the lower, long-term capital gains rate, which can be 0%, 15% or 20%, or a combination of those rates.

On the other hand, if you sell an investment and realize a capital loss, you may be able to apply the loss to offset gains realized by selling other, more profitable investments and also potentially offset some of your ordi-

nary income. So, as you can see, the questions potentially raised by investment sales—"Should I sell?" "If so, when?" "If I take some losses, how much will they benefit me at tax time?"—may also be of importance to your tax advisor, who will need to account for sales in your overall tax picture. As such, it's a good idea for your tax and financial advisors to communicate about any investment sales you make.

Your tax and financial advisors also may want to be in touch on other issues, such as your contributions to a retirement plan. For example, if you are self-employed or own a small business, and you contribute to a SEP-IRA—which is funded with pre-tax dollars, so the more you contribute, the lower your taxable income—your financial advisor can report to your tax advisor (with your permission) how much you've contributed at given points in a year, and your tax advisor can then let you know how much more you might need to add to move into a lower tax bracket, or at least avoid being bumped up to a higher one. Your financial advisor will be the one to recommend the invest-

ments you use to fund your SEP-IRA. Your financial advisor can also help you choose the investment or insurance vehicles that can fund an estate-planning arrangement, such as an irrevocable living trust. But to establish that trust in the first place, and to make sure it conforms to all applicable laws, you will want to work with an attorney experienced in planning estates. Your tax professional may also need to be brought in. Again, communication between your various advisors is essential.

These are but a few of the instances in which your financial, tax and legal professionals should talk to each other. So, do what you can to open these lines of communication—because you'll be one who ultimately benefits from this teamwork.

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

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JILL ON MONEY

A tribute to the father of the index mutual fund

John C. “Jack” Bogle, the founder of the Vanguard Group and the father of the index mutual fund died at age 89 on January 16. The pioneer’s impact on the world of investing and finance was transformative and we are all better off as a result of his innovation.



Jill
Schlesinger

Bogle wrote a thesis at Princeton in 1951 about investment companies and then entered the investment world when he joined the Pennsylvania-based Wellington Fund. More than two decades later, Bogle was inspired by economist Paul Samuelson’s 1974 piece “Challenge to Judgment,” which called for the formation of “a no-load, no-management fee, virtually-no-transaction-turnover fund.”

In 1976, Bogle unveiled the Vanguard First Index Investment Trust, which eschewed the common wisdom that someone (not some algorithm) could consistently beat a market index. Instead, by driving costs down, people would be able to gain access to the stocks within the S&P 500 index, which as Bogle noted, “would guarantee that our investors would earn their

fair share of stock market returns.”

Before the word “fiduciary” came into the modern investor lexicon, Bogle was putting the interests of investors first. Unlike its peers, Vanguard was a mutual company, which meant the investors in the funds owned the company. As a result, Bogle said shareholders were “in the driver’s seat (rather than reposing in the back seat, with the management company driving the car for a fee),” enabling the company “to deliver extremely low operating and management costs to shareholders.”

It was such a breathtaking concept that the so-called stewards of investment dollars were quick to dismiss it as a cop-out, a search for mediocrity and my favorite, “Bogle’s Folly.” Some folly! As it turns out, the index fund laid to bare the fallacy that even the most seasoned professionals could consistently beat the market over the long term. The reason, as Bogle noted, is just arithmetic: “Because of the costs of managing funds—the management fees, the operating expenses, the marketing costs, the sales loads, the hidden costs of portfolio turnover—the net return earned by the average fund must fall short of the return earned by the market itself.”

Though laughed at early on, Bogle’s index fund came to be seen as a blockbuster breakthrough. Samuelson said: “I rank this Bogle invention along with

the invention of the wheel, the alphabet, Gutenberg printing, and wine and cheese: a mutual fund that never made Bogle rich but elevated the long-term returns of the mutual-fund owners.”

The index fund also ended up in Financial Times journalist’s Tim Harford’s “Fifty Inventions that Shaped the Modern Economy” and when legendary investor Warren Buffett offered advice to the trustees of his estate in 2013, the Oracle of Omaha said: “Put 10 percent of the cash in short-term government bonds and 90 percent in a very low-cost S&P 500 index fund ... I believe the trust’s long-term results from this policy will be superior to those attained by most investors ... who employ high-fee managers.”

More than four decades after Bogle unveiled his first index fund, there are trillions of dollars invested in passive investments. Those smart enough to utilize them realize that they will never beat the stock market, but they can allow us to focus our energy on myriad other financial matters that demand our attention. Bogle’s Folly has indeed become our fortune.

The world of investing and more importantly, financial planning, is far better off for his enormous contribution.

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

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HEALTH & WELLNESS

The benefits of fenugreek

Fenugreek, or *Trigonella foenu-graecum*, as a medicinal plant has played a role in medicine for thousands of years. It is an extremely interesting and versatile plant. Fenugreek has been used for many health ailments and can play a key role in your overall well-



Dr.
Deena
Beneda

being. What are the benefits of using fenugreek? What ailments would fenugreek be an effective in treating? Current research has been focusing on the key role that fenugreek may play in breastfeeding, testosterone levels, and blood sugar levels.

What exactly is fenugreek? Fenugreek is a beautiful plant with green leaves and brilliant white flowers. It has been used for thousands of years in Chinese medicine, especially to treat various conditions, including skin ailments. Fenugreek is a common spice in Indian curries and Asian cuisine. Fenugreek is added to soaps, lotions, shampoo, and cosmetics. It has been found in condiments and as an ingredient in maple syrup. Fenugreek was mentioned in Roman literature as an added flavor to wine. It has been used as an ingredient for pickling vegetables and the leaves of fenugreek can be used in salads. In the Middle East, fenugreek seeds can be found in pita bread. In Persian cuisine, fenugreek leaves are called *shambar*. They are the key ingredient and one of several greens incorporated into *ghormeh sabzi* and *eshkeneh*, which are common Persian dishes.

Fenugreek is well known in the alternative medicine field in its application towards certain ailments. One of the most common uses of fenugreek is to enhance the production of breast milk. Breast milk is the optimal food for newborns and is the best source

of nutrition for a child's development. However, in certain cases, a mother may not be able to produce enough breast milk to feed her child. To stimulate milk production in breastfeeding mothers, fenugreek has been used as a safe and natural alternative to prescription drugs.

Fenugreek has been found to have an effect on men's testosterone levels. Studies show that men taking fenugreek have shown an increase in testosterone levels and libido.

Fenugreek can help to control blood sugar levels and have an effect on diabetes. It also has been shown to improve general carbohydrate tolerance in non-diabetic individuals. This medicinal plant has been shown to reduce appetite and fat intake, which can aid in weight loss.

Fenugreek has other medicinal purposes. Preliminary research suggests that fenugreek can help with the following: lower cholesterol levels; heartburn; inflammation, especially in the digestive tract; skin conditions; and digestive problems. It also has been used as a dressing for wounds and skin conditions.

Fenugreek has a number of different ways it has been used as a medicinal plant. However, when you start using any medicinal plant or alternative therapy, it is always a good idea to check with your medical care practitioner to make sure it is the right one for you.

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

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HEALTH & WELLNESS

Occupational Therapy: Healing Lives

Occupational Therapists are an important part of the team of health professionals who provide care to people who are recovering from illness, injury or surgery. Occupational Therapists, often referred to as OTs, work in a variety of agencies, including hospitals, nursing homes, home health agencies, school systems, mental health facilities, and outpatient therapy clinics. OTs work with doctors, nurses, physical

therapists, social workers, speech therapists, and orthotists to provide evaluations and treatments to help patients recover the ability to be independent and strong at home and at work.

Getting started: Talk to your doctor

An Occupational Therapist works under the direction of your doctor, so you will need a prescription from your doctor to begin therapy. The therapist will evaluate your problem with you and send the evaluation to your doctor for confirmation of the treatment plan. Your first visit with the therapist will be an evaluation of your health issues. You will be asked to describe what problems you are having at work and home due to: pain, weakness, numbness, balance problem, reduced endurance, swelling of limbs or low vision. Once the therapist understands the history of your problems, then she will do some tests to measure your problems. These include joint range of motion, strength testing, measurement of limb swelling, testing of the sensation/feeling in the hand and arm, assessment of fine and gross motor coordination, and assessment of vision/visual-perceptual skills when needed.

The therapist will then use the results of the initial evaluation to develop a plan with specific goals to help you resolve your problems. The therapist will discuss this plan with you and share his recommendations with you.



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

Treatment: Journey of healing

Your therapy may involve pain reduction treatment, manual therapy, exercise, educational instruction, and a home exercise program. The right therapy treatment will help you heal and recover your independence. There is no predictable length of time for your healing, but by following your treatment instruction you will see improvement and see progress towards your goals. Your therapist will recommend treatment two or three times per week for four or more weeks. It takes time to heal and our bodies need time to build muscle and restore circulation. If you are recovering from a hand surgery for instance, you will find that it requires several weeks to heal and strengthen to return to full strength and use of your hand/arm. Your therapist will send progress reports to your doctor periodically and when therapy is completed so he has a record of your treatment.

Home exercise: Where it happens

While consistency in attending your scheduled treatment sessions is very important, it is equally important that

you follow any home exercise instructions from the therapist. You will experience more rapid improvement when you exercise as instructed. The therapy process is a collaborative effort between the therapist and the patient. Occupational therapists are ready to support your recovery and help you to live a full life.

- Maria Perdakis, OTR/L received her education at the University of Kansas, earning both a bachelor of arts degree in Spanish and a bachelor of science degree in Occupational Therapy. She is licensed to practice in the state of Kansas and is certified by the National Board for Certification in Occupational Therapy. She has been working as an Occupational Therapist for over 19 years. Her first year was spent working at The University of Kansas Medical Center and her past 18+ years have been spent at Lawrence Memorial Hospital. Maria works primarily with teenagers, adults and older adults with a wide variety of neurologic and orthopedic conditions. Her primary focus is rehabilitation of the hand/upper extremity.

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MAYO CLINIC

Lynch syndrome genetic test results could change future medical care

DEAR MAYO CLINIC: I am considering undergoing genetic testing to see if I have the gene mutation that causes Lynch syndrome. Because of my family history, I already have regular colonoscopies even though I'm only 41. What would knowing I have the mutation change as far as how I'm monitored for colon cancer?

ANSWER: Knowing if you do or do not have Lynch syndrome could be useful to you for various reasons. If you have Lynch syndrome, it will affect your medical care going forward, including the tests you need to monitor for colon cancer, as well as how often you should get those tests. Being aware of Lynch syndrome also can help your family members make decisions about whether they should get tested for the disease.

Lynch syndrome is an inherited disorder that runs in families. If one of your parents carries a gene mutation for Lynch syndrome, there's a 50 percent chance that the mutation will be passed on to you. About 1 in 200 people has Lynch syndrome.

Lynch syndrome raises the risk of colon cancer. Lynch syndrome also has a tendency to cause colon cancer to occur at an earlier age than it usually does in people who do not have the gene mutation associated with Lynch syndrome.

If you have a positive genetic test for Lynch syndrome, it likely would be recommended that you have colonoscopies more frequently. People with Lynch syndrome typically have colonoscopies every one to two years, with a goal of finding precancerous colon

polyps and removing them before they become cancerous. People who have Lynch syndrome and get frequent colonoscopies live longer than those with the disease who do not get the exams as often.

You also may need other testing regularly, such as an upper endoscopy—a procedure used to examine the upper portion of the digestive system, including the esophagus, stomach and beginning of the small intestine.

If you are diagnosed with cancer at some point, knowing if you have Lynch syndrome could improve the outcome of your treatment. Sometimes Lynch syndrome cancer patients do better with surgery or chemotherapy that is different than what typically is prescribed for other cancer patients.

If genetic testing shows you do not have Lynch syndrome, that also would help guide your medical care. For example, if you don't have the condition, you may be getting colonoscopies more frequently than is necessary.

Another issue to consider is that, if you do have Lynch syndrome, your relatives—including your children, if you have any—also would be at risk for the disease. Having your information may help them plan their future medical care.

As you think about your options, consider working with a genetic counselor to help you make an informed decision. Genetic counselors have completed a master's degree in genetic counseling and are certified by the American Board of Genetic Counseling Inc. Determining whether genetic testing is right for you can be complicated. A genetic

counselor can help you sort through the pros and cons of genetic testing with your individual circumstances in mind.

Talk to your health care provider about your interest in genetic testing. He or she may be able to recommend a local genetic counselor. Or you can refer to the National Society of Genetic Counselors website at www.nsgc.org for an online directory that can help you find a genetic counselor in your area. -

Douglas Riegert-Johnson, M.D., Gastroenterology and Hepatology, Mayo Clinic, Jacksonville, Fla.

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

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How to get a replacement SSA-1099 tax form

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Now that it's tax season, you might be gathering all of your forms and documentation from the previous year. Sometimes getting all that material together — receipts for donations, business expenses, and travel — can be overwhelming. And losing one vital piece can take up time that you might not be able to spare.

The Social Security 1099 (SSA-1099) or Benefit Statement is a tax form Social Security mails each year in 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. Luckily, Social Security has you covered. If you live in the United States and you need a copy of your SSA-1099 or 1042S tax form, simply go online and get an instant, printable

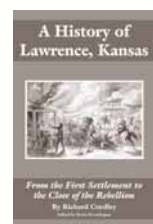
copy of your form with a my Social Security account.

A Social Security 1042S (SSA-1042S) is for a noncitizen who lives outside the United States and received or repaid Social Security benefits last year.

If you have a question, want help finding the information you need, or just can't figure out how to do something online, another way to get in touch with us is by calling our toll-free number at 1-800-772-1213. We provide an automated service option to handle some business, but you can also speak to a Social Security representative between 7 a.m. and 7 p.m. local time, Monday through Friday. If you are deaf or hard of hearing, call our toll-free TTY number, 1-800-325-0778, between 7 a.m. and 7 p.m. local time, Monday through Friday.

Tax season can be a stressful time for some, but we've tried to make it easier for you. Remember to share this information with friends and family. If you need

a copy of your SSA-1099 or 1042S, go to my Social Security account at www.socialsecurity.gov/myaccount online and get a replacement form with



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by Richard Cordley

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■ CONTINUED FROM PAGE 18

drug coverage every year. This event requires registration. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 9:30-11 a.m.
TOPEKA, 785-580-4400

MAR 14

RETIREMENT & MEDICARE

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

MAR 15

ANYONE CAN COOK

For anyone who loves to eat but can't cook, you'll learn to follow a recipe, plan healthy and delicious meals and snacks, and explore different styles of cooking. Lingo Story Room, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 4-5 p.m.
TOPEKA, 785-580-4400

MAR 18

SENIOR LEGAL ASSISTANCE

At 12:30 p.m. learn about the importance of advance directives and estate planning basics from Kansas Legal Services. Then from 1-4:30 p.m. Kansas Legal Services staff will meet with individuals age 60+ on a first come first served basis to draft advance directive legal documents for free.

Marvin Auditorium 101BC, Topeka & Shawnee County Public Library, 1515 SW 10th Ave.
TOPEKA, 785-580-4400

MAR 19

POLITICAL PAGE-TURNERS: CAN THE SENATE SAVE ITSELF AND THE COUNTRY?

In an era of sharp polarization, author Ira Shapiro places the U.S. Senate at "ground zero for America's political dysfunction." Shapiro visits for a talk on his latest book, "Broken: Can the Senate Save Itself and the Country?" His writing offers a frank assessment of the Senate's current political climate and examines possible solutions to the quagmire. A former U.S. Senate staffer and leading U.S. trade negotiator, Shapiro ultimately earned the rank of ambassador during his time in government. Dole Institute, 2350 Petefish Drive, 7 p.m. This program is free and open to the public, and includes a book sale and signing.
LAWRENCE, 785-864-4900
doleinstitute.org/events

MAR 19

COMPUTER & GADGET HELP

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

MAR 25

EMAIL FOR BEGINNERS

Learn to log into an account and to open, delete, reply to and forward email messages. Topeka

Room, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12 p.m.
TOPEKA, 785-580-4400

MAR 25

FOOD ASSISTANCE & NUTRITION FOR SENIORS

Learn about food assistance programs in our community and the benefits of eating a colorful and varied diet. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

MAR 26

COMPUTER & GADGET HELP

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

MAR 27

CUTTING THE CABLE CORD

Learn about some of the alternatives to traditional cable or satellite TV, and the benefits and drawbacks of streaming TV and HDTV antennas. Anton Room 202, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

MAR 28

RAILROADED - THE INDUSTRY THAT SHAPED KANSAS

Historian Leo E. Oliva will examine the compli-

cated legacy of railroads in Kansas. This program is made possible by Humanities Kansas and hosted by Topeka Genealogical Society. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 7-8:30 p.m.
TOPEKA, 785-580-4400

APR 1

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

APR 2

COMPUTER & GADGET HELP

Let's focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Perkins Room 201, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 3-4 p.m.
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APR 2

AN EVENING WITH MAJOR GARRETT

With over two decades of experience reporting on the White House, Major Garrett has had a front-row seat to modern presidential history. He has covered four presidencies for three news outlets and currently serves as the chief Washington correspondent for CBS News. In this can't-miss program, Garrett will discuss his career in journalism, the twists and turns

■ CONTINUED ON PAGE 20



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of covering our nation's highest office, and his latest book, "Mr. Trump's Wild Ride." Dole Institute, 2350 Petefish Drive, 7 p.m. This program is free and open to the public, and includes a book sale and signing. LAWRENCE, 785-864-4900 doleinstitute.org/events

ENTERTAINMENT

MAR 1, 2, 3*, 7, 8, 9, 10*

QUILTERS

The story of women on the frontier comes to life through their quilts. With music and dance, a woman and her six daughters share the beauty and terror, the joy, harsh challenges and abiding brilliantly colorful finished quilt is breathtaking and magical. Evening performances start at 7:30 p.m. *Indicates a 2:30 p.m. performance. Theatre Lawrence, 4660 Bauer Farm Dr. Fee. LAWRENCE, 785-843-SHOW (7469) wp.theatre.lawrence.com/events/2018-19-season

MAR 8

BUTCH CASSIDY & THE SUNDANCE KID

After a train robbery goes wrong, Butch Cassidy & the Sundance Kid find themselves on the run with a posse hard on their heels. Their solution—escape to Bolivia. 1969|color|110 min. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 2-5 p.m. TOPEKA, 785-580-4400

MAR 14

SENIOR SESSION: WORLD WAR I IN ART & SONG

Neal Long, DMA candidate in vocal performance and Spencer Museum tour coordinator, illuminates the art of World War I on view with a recital of wartime songs. Senior Sessions are designed for senior citizens but open to everyone. This is a qualifying program for students pursuing an Arts Engagement certificate. Spencer Museum of Art, 1301 Mississippi St., 10:15 a.m. LAWRENCE, 785-864-4710 calendar.ku.edu/#/?i=1

MAR 15

LIVERPOOL LEGENDS: THE COMPLETE BEATLES EXPERIENCE

These four incredibly talented musicians and actors are hand-picked by Louise Harrison—sister of the late George Harrison of The Beatles. Liverpool Legends are the ONLY Beatles Tribute band ever to perform Beatles songs on a GRAMMY-nominated album. They have performed several times at the Rose Bowl Stadium in Pasadena for "Americafest" on Independence Day. Louise's involvement in Liverpool Legends makes them the ONLY Beatles Tribute Band with a direct family link to the original Fab Four. Topeka Performing Arts Center, 618 S. Kansas Ave., 7:30 p.m. Fee. TOPEKA, 785-234-1030 topekaperformingarts.org/events

MAR 17

WTCT RADIO PLAYERS

Take a trip back to a simpler time with Fibber McGee and Molly. The Shadow, The Life of

Riley, the Lone Ranger and a host of other favorites recreated by the generation that trilled to these stories when they were new. Each performance features a recreation of these fine, radio plays with live sound effects created on stage and expressive actors delivering stellar performances. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 7 p.m. Fee. TOPEKA, 785-357-5211

MAR 19

SARA GAZAREK DUO

Sara Gazarek has emerged as a strikingly original artist with limitless potential. Blessed with a gorgeous, translucent voice, excellent pitch and supple sense of time, Gazarek is steeped in the jazz tradition, but is not afraid to embrace the music that moves her generation. With three highly acclaimed CDs under her belt at the young age of 30, she has been hailed by the LA Times as "the next important jazz singer." Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

MAR 22

STORY SLAM: BREAKING FREE

Stories told live, MOTH-style, September to May (except December). Never the same story, or evening, twice. Adults, 18+ only. Live music & social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire. Admission: Suggested Donation \$5. LAWRENCE, lawrenceartscenter.org lied.ku.edu/calendar

MAR 28

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 80, 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 - Great Lakes Ballroom, 12305 150th Rd., 7 p.m. Fee. MAYETTA, 785-966-7777 prairieband.com/shows/epic-entertainment

APR 12, 13, 14*, 18, 19, 20, 21*

LEND ME A TENOR

Here comes a madcap, screwball comedy with lots of laughs. Set in 1934, an opera manager is primed to welcome a great tenor to appear as Otello. However, through a hilarious series of mishaps, two Otellos are soon running around in costume pursued by two women, each thinking she is with *Il Stupendo*. Evening performances start at 7:30 p.m. *Indicates a 2:30 p.m. performance. Theatre Lawrence, 4660 Bauer Farm Dr. Fee. LAWRENCE, 785-843-SHOW (7469) wp.theatre.lawrence.com/events/2018-19-season

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

Need help reaching your fitness goals? Lawrence Parks and Recreation has certified personal train-

ers to help you make your workouts safe, productive and successful. Training and registration are available at all recreation centers. For more information, contact Gayle Sigurdson. LAWRENCE, 785-832-7920

ONGOING

HEALTHY STEPS MALL WALKING

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

ONGOING

FREE MEMORY SCREENING CLINIC

Schedule a free, confidential memory screening at the Cotton O'Neil Clinical Research Center. The screening takes about 20 minutes. You will receive a copy of your results and they can be made available to your physician. By appointment Monday-Friday, 9 a.m.-3 p.m. TOPEKA, 785-368-0744

ONGOING

WELLNESS COACHING

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

ONGOING

FIT FOR LIFE

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

ONGOING

ZUMBA GOLD

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

DAILY

EXERCISE CLASS

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

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

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

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at West Ridge Mall (Food Court, near the restrooms), 1801 S.W. Wanamaker Road. Free. No appointment necessary. TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

Drop in 10 a.m.-noon every Tuesday. Stormont Vail Health's HealthWise Clinic, 2252 S.W. 10th Ave. No appointment necessary. TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE LITE

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

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

FLEXERCISE

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

■ CONTINUED FROM PAGE 20

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

TUESDAYS AND THURSDAYS

VACCINE CLINICS

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

WEDNESDAYS

OPEN BOCCE BALL

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

WEDNESDAYS

FREE NUTRITION CLINIC

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

WEDNESDAYS

FREE MEDICATION CLINIC

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

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hearing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday of the month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids.
LAWRENCE, (785)748-8034

THURSDAYS

WELLNESS CLINIC

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

FRIDAYS

BLOOD PRESSURE CHECKS

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

■ CONTINUED ON PAGE 22

14th Annual Lawrence Area Partners in Aging RESOURCE FAIR FOR SENIORS

Tuesday, March 12, 2019 from 9 a.m.-1 p.m.
Rock Chalk Park Sports Pavilion, 6100 Rock Chalk Dr.



- FREE! No cost to attend!
- Freebies, handouts, brochures.
- Drawings for grocery store gift cards – Courtesy of LAPA.
- Exhibits featuring a wide range of businesses and organizations.
- Many vendor giveaways.
- And much, much more!

Come by anytime between 9:00 and 1:00 to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.

This is the fourteenth annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call 785-832-0754 and ask for Michele Dillon or email LawrenceAreaPartnersInAging@gmail.com.

CONTINUED FROM PAGE 21

SECOND THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
 Drop in 9:30-11 a.m. at the Southwest YMCA, 3635 S.W. Chelsea Drive. Free. No appointment necessary.
 TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
 Drop in 8:30-9:30 a.m. at the Oakland Community Center, 801 N.E. Poplar. Free. No appointment necessary.
 TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
 Drop in 9 to 10 a.m. at the Rose Hill Place clubhouse, S.W. 37th and Gage Boulevard. Free. No appointment necessary.
 TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH
HEALTHWISE BLOOD PRESSURE CLINIC
 Drop in 9-10:30 a.m. at the Kuehne Branch (North) YMCA, 1936 N.W. Tyler St. Free. No appointment necessary.
 TOPEKA, 785-354-6787

MAR 6
KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

Fingerstick cholesterol and glucose screening. Fasting is required. No advance registration or appointments needed or taken. Just drop in. There may be a short wait depending on how many others are in front of you. \$20. Exact cash requested please, or check made payable to LMH Health. We are sorry but we cannot accept credit cards for community screening events. LMH Main Campus (Outside LMH Gift Shop), 325 Maine St., 8-9:30 a.m.
 LAWRENCE, 785-505-5800, lmh.org

HISTORY/HERITAGE

MAR 3
BLEEDING KANSAS PROGRAM SERIES 2019: THEY PUT UP MORE THAN HAY: JOEL AND EMILY GROVER, THEIR BARN, AND THE UNDERGROUND RAILROAD

By Judy Sweets, historical researcher and genealogist [Portals2History] and Kerry Altenbernd historian and living historian. Constitution Hall, 319 Elmore, 2 p.m. Admission: Suggested donation of \$3 for adults.
 LECOMPTON, 785-887-6520

APR 1
KANSAS AFRO-AMERICAN HISTORICAL AND GENEALOGY SOCIETY MEETING
 The Kansas Chapter of KAAHGS meets quarterly to learn about African American family history and genealogy with guest speakers. Find them on Facebook or visit aahgs.org. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 5:30-7:30 p.m.
 TOPEKA, 785-580-4400

MEETINGS

SUNDAYS
O.U.R.S. (OLDSTERS UNITED FOR RESPONSIBLE SERVICE) DANCE
 OURS dances are held every Sunday evening from 6-9 p.m. at the East Lawrence Rec Center located at 1245 East 15th Street. Dances are open to everyone. Admission is \$6 per person.
 LAWRENCE, 785-842-8034

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

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

FIRST MONDAY OF THE MONTH
INDIVIDUAL BEREAVEMENT SUPPORT
 First Monday between 5:30 and 7:30 p.m. Individual appointments are also available, as well as phone support. No cost. Call Terry Frizzell.
 TOPEKA, 785-271-6500; 785-230-6730

FIRST & THIRD MONDAY OF THE MONTH
BEREAVEMENT SUPPORT GROUP
 LAWRENCE SENIOR CENTER
 2:15-3:45 PM, 785-842-0543

FIRST & THIRD MONDAY OF THE MONTH
GRIEF SUPPORT GROUP
 Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.
 LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP
 For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.
 LAWRENCE MEMORIAL HOSPITAL
 4-5 PM, 785-840-3140

FIRST & THIRD MONDAY OF THE MONTH
SPOUSE/PARTNER LOSS
 The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.
 TOPEKA, 785-430-2194

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

EVERY TUESDAY THROUGH FRIDAY
MEN'S COFFEE
 Meets in the library at Pioneer Ridge, 4851 Harvard Rd., at 9:30 a.m. Open to the public.
 LAWRENCE, 785-749-2000

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

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

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

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

FIRST TUESDAY OF THE MONTH
MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE
 Meets at Lawrence Memorial Hospital, 5:30 p.m.
 LAWRENCE, 785-393-1256

FIRST TUESDAY OF THE MONTH
TOPEKA AREA OSTOMY SUPPORT GROUP
 Our focus is supporting, assisting, and educating individuals with colostomies, ileostomies, urostomies and continent ostomies. Meets at 6 p.m. at St. Francis Health Center, 1700 SW 7th St.
 TOPEKA, 785-295-5555

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

FIRST & THIRD TUESDAY OF THE MONTH
HEALING AFTER LOSS BY SUICIDE (HEALS)
 For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 S.W. 8th St.
 TOPEKA, 785-478-4947 or 785-296-8349

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

FIRST THURSDAY OF THE MONTH
MAN TO MAN PROSTATE CANCER SUPPORT GROUP - TOPEKA
 Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.
 TOPEKA, 785-230-4422

FIRST THURSDAY OF THE MONTH
LAWRENCE AREA PARTNERS IN AGING
 Networking group. Call Ashley at 785-842-0543 for more information. \$12.00 to attend (includes lunch). 11:30 a.m.-1 p.m.

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

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

SECOND MONDAY, SEP-MAY
LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS
 Volunteer service club.
 LAWRENCE, 785-331-4575

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

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

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

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RICK STEVES' EUROPE

What's new in Spain and Portugal for 2019

By Rick Steves

Tribune Content Agency

Like many travelers, last spring I visited Barcelona dreaming of seeing Antoni Gaudi's breathtaking Sagrada Familia church. When I got there, the ticket office was closed, with a posted sign: "No more tickets today. Buy your ticket for another day online." Thankfully, I knew to book tickets in advance.

Along with Sagrada Familia, Spain's other sights to book ahead include the Picasso Museum, La Pedrera, Casa Batllo and Park Guell in Barcelona; the Palacios Nazaries at the Alhambra in Granada; and the Royal Alcazar Moorish palace, Church of the Savior, and cathedral in Sevilla. Barcelona's Casa Amatller and Palace of Catalan Music, and Salvador Dali's house in Cadaques all require a guided tour, which also must be booked ahead. Advance tickets for the Dali Theater-Museum in nearby Figueres are also a good idea. While it may be technically possible to buy tickets on-site, in my guidebooks I simply say you must reserve in advance. It's much smarter.

Here are more things to know if you have plans to travel to Spain and Portugal in 2019. Barcelona continues to evolve. After a long renovation, the Maritime Museum has reopened, displaying 13th- to 18th-century ships (restoration continues on the later-century ships). The El Raval neighborhood is rising up as the new bohemian zone. While this area has rough edges, its recently reopened Sant Antoni market

hall, new Museum of Contemporary Art and pedestrian-friendly streets contribute to its boom of creative shops, bars and restaurants.

In Spain's northern Basque country, San Sebastian's old tobacco factory has been converted into the free Tabakalera International Center for Contemporary Culture, hosting films and art exhibits—and knockout views from its roof terrace. In Pamplona, a new exhibit gives a behind-the-scenes look at the town's famous bullring.

In the south of Spain, the cathedral in Sevilla now runs rooftop tours, providing a better view—and experience—than its bell tower climb. In nearby Cordoba, you can now climb the bell tower at the Mezquita, the massive mosque-turned-cathedral. But Cordoba's 14th-century synagogue is closed for renovation.

Spain's transportation is also improving: Uber is now available in Barcelona and Madrid. Madrid's Metro has a new rechargeable card system: A red Multi Card (tarjeta) is required to buy either a single-ride Metro ticket or 10-ride transit ticket. Spain's high-speed Alvia train now runs between Segovia and Salamanca in about 75 minutes,

making it faster than driving.

Portugal has fewer blockbuster sights than Spain and nowhere near the crowds. The only sight where you might have a crowd problem is the Monastery of Jeronimos at Belem outside Lisbon (buy a combo-ticket at Belem's Archaeology Museum to avoid the ticket line at the monastery).

Riding in Lisbon's classic trolley cars—a quintessential Portuguese experience—can also be frustratingly crowded (and plagued by pickpockets targeting tourists). A less-crowded option is trolley line number 24E—which is back in service after a decades-long hiatus. Although this route doesn't pass many top sights, you can see a slice of workaday Lisbon. (Or, better yet, get your trolley experience in Porto, which has almost no crowds.)

On my last visit I realized that Lisbon's beloved Alfama quarter—its Visigothic birthplace and once-salty sailors' quarter—is salty no more (except with the sweat of cruise groups hiking its now-lifeless lanes). The new colorful zone to explore is the nearby Mouraria, the historic tangled quarter on the back side of the castle. This is where the Moors lived after the Reconquista (when Christian forces retook the city from the Muslims). To this day, it's a gritty and colorful district of immigrants—but don't delay—it's starting to gentrify just like the Alfama.

In other Lisbon news, the Museum of Ancient Art finished its top-floor renovation, and plans to renovate its second floor in 2020. One of the city's leading

restaurants, Pap'Acorda, has moved to the first floor in the Ribeira market hall (a.k.a. Time Out Market). It's still recommended and still serving traditional Portuguese cuisine.

In the pilgrimage town of Fatima, where the Virgin Mary is said to have appeared in 1917, the new Fatima Light and Peace Exhibition run by the Roman Catholic Church complements a visit to the basilica, and offers a more pleasing experience than its more commercial competitors.

In Coimbra, ticket options for the University of Coimbra sights, including the beautiful Baroque King Joao library, now cover the nearby and impressive Science Museum—go there first to buy your university tickets and book your required timed entry for the library.

In Porto, the Bolhao Market is closed for a much needed renovation until mid-2020. In the meantime, vendors are in the basement of a nearby department store ... carrying on the warm shopper relationships that go back generations.

Spain and Portugal have a continually evolving sightseeing scene, so it's important to travel in 2019 with the latest information to get the most out of your experience.

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

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JAY'S MUSICAL MEMORIES

A lion of a month for music history

By Jay Wachs

March is a month full of historic milestones for music by date.

There is so much history in the third month of the year, which is best known for St. Patrick's Day and the beginning of Spring.

The month kicks off on the first with the 78th anniversary of the very first FM radio station in the country in Nashville, Tennessee. WSM-FM was a radio station that was originally named W47NV and began broadcasting in 1939. In 1941, it became the first commercial FM station in the nation. The station only lasted a short 10 years before it went dark in 1951 as finances forced its closure due to the fact that AM was the more popular dial during the day.

That same day in 1969, Doors lead singer Jim Morrison was arrested for public indecency during his concert in Miami. While never proven, the charges alleged that Jim Morrison exposed himself to a concert audience. Other members of the band insisted that it never happened and that there was no photographic evidence to prove it.

On March 5, 1963, country singer Patsy Cline died in a plane crash near Camden, Tennessee. From 1957 to 1962, Patsy Cline released a string of hits, including "Crazy," "I Fall To Pieces," and "Walkin' After Midnight." Even 56 years after her death, Cline is still regarded as one of the greatest voices in country music history.

On March 13, 1973, Pink Floyd released the album *Dark Side of the Moon*. The album stayed on the charts from 1973 to 1988 for a total of 741 weeks, and holds the record for the longest chart run of any album in music history. The album sold over 50 million copies. While the album only produced two singles, "Money" and "Us and Them," it gained cult classic status as a concept album that dealt with mental illness, conflict, greed,

and other topics. The album became a soundtrack for meditation and transcendentalism for multiple generations of fans.

March 20 also marks the 50th anniversary of the date John Lennon and Yoko Ono were married. Yoko Ono, the second wife of Beatles front man John Lennon, is often credited with the breakup of the band and Lennon's foray into experimentation with music and drugs. The couple was married for only 11 years when Lennon was mur-

dered outside their apartment in Manhattan in December 1980.

On March 27, 1986, Sammy Hagar took over for David Lee Roth as the lead singer of Van Halen. Hagar brought a harder rocking metal sound to Van Halen than his predecessor. The band has fans from both eras, with the latter years being referred to as Van Hagar by purists of the original lineup.

And finally, LaBelle, the three female group that was led by Patti LaBelle with Nona

Hendryx, topped the charts on March 31, 1975, proving that sometimes March also goes out like a lion, too.

- Jay Wachs is the owner and operator of LawrenceHits.com, an APP and website based Classic Hits radio station that plays a variety of music from the 60s, 70s, 80s and 90s and covers the genres pop, rock, country and soul. The station is in its 7th year in operation

and can be also be found on Roku and Tune In Radio.





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WOLFGANG PUCK'S KITCHEN

Enjoy a fresh vegetable salad almost year-round

If you walk through the produce section of any good-sized supermarket almost anywhere today, you may find it hard to figure out what time of year it is. Modern shipping methods, mass-scale cold storage techniques, and greenhouse agriculture all make it possible to find many different varieties of seemingly fresh vegetables and fruits almost year-round.



Wolfgang
Puck

But that doesn't necessarily mean you should consume anything at any time of year. To enjoy most growing things at their finest, it makes sense to eat produce grown locally and at their peak of season.

So what can and should you cook? You could start by selecting items that actually, naturally taste good right now. Do a quick bit of searching online and you'll find endless hits offering lists of vegetables and fruits in season during winter: Some include members of the cabbage family, including Brussels sprouts, cauliflower, broccoli and kale; hard-shelled winter squashes; and a wide variety of citrus fruits.

Another approach is to pick up fresh produce that doesn't rely as much on the seasons to make it to market in good quality. Potatoes and sweet potatoes, for example, store so well that they're really year-round vegetables. Fresh cultivated mushrooms are also available in markets all year, and I'd defy anyone to find a difference in the way they taste from one time of year to another. And green beans, though a summer crop, seem to me to make it to market and taste good whenever you find them.

With that last point in mind, I'd like to share one of my favorite vegetable

salad combinations that doesn't rely on the time of year to deliver the best, brightest, freshest flavor: my green bean and mushroom salad.

Look for the smallest green beans you can find, with a good, bright green color. If only larger ones are available, be sure to trim and string them well and cut them into bite-size lengths of 2 to 3 inches (5 to 7.5 cm). I always blanch them, first boiling them and then immediately plunging them into ice water, to preserve their bright, fresh color and flavor.

As for the mushrooms, select those that look firm and white. Once you cut them up, as described in the recipe, toss them with some lemon juice to preserve their color; mushrooms oxidize quickly.

When the vegetables have been prepped, all that's left to do is toss them with a dressing of your choice. Here, I like to use one thickened in a blender with a couple of tablespoons of toasted walnuts, which add a rich, earthy flavor and texture to a robust yet refined salad that perfectly bridges winter and spring.

GREEN BEAN AND MUSHROOM SALAD WITH TOASTED WALNUT DRESSING

Serves 6

- 1 pound (500 g) small green beans
- 1 pound (500 g) large, white cultivated mushrooms
- Juice of 1 lemon
- 2 tablespoons walnuts shelled walnuts
- 1 tablespoon Dijon mustard
- 2 tablespoons sherry wine vinegar
- Kosher salt
- Freshly ground black pepper
- 1/2 cup (125 mL) light vegetable oil such as almond oil
- 1 tablespoon minced fresh tarragon leaves or chives

Preheat the oven to 375 F (190 C).

Meanwhile, bring a large pot of salted water to a boil over high heat. Remove

both ends of each green bean, snapping them towards the seams and pulling to remove any strings. Fill a mixing bowl with ice cubes and water and place it near the sink.

When the water is boiling, add the green beans. Cook until they are al dente, tender but still slightly crisp, 2 to 3 minutes. Drain them in the sink and immediately plunge the green beans into the ice water until chilled. Drain well on a clean kitchen towel or paper towels.

With a damp paper towel, wipe the mushrooms clean. Use a small, sharp knife to trim off their stem ends. Cut the mushrooms into slices the width of the green beans; then, stack the slices and cut into strips about the size of the green beans. Put the mushrooms in a mixing bowl and toss gently with the lemon juice until coated to prevent discoloration.

Spread the walnuts in a small pan lined with foil or parchment paper. Toast them in the oven until they deepen slightly in color and smell aromatic, checking to make sure they don't burn, about 5 minutes. Remove from the oven and set aside to cool.

Put the walnuts in a blender or food processor with the mustard, vinegar and salt and pepper to taste. Pulse until

the walnuts are finely chopped; then, with the machine running, drizzle in the oil until a smooth, creamy dressing forms.

Put the green beans and mushrooms in a mixing bowl. Add enough of the dressing to coat them evenly, tossing the vegetables thoroughly but gently; refrigerate any remaining dressing in a covered container for another use.

To serve, arrange the green bean and mushroom mixture on a serving platter or individual plates. Garnish with fresh tarragon or chives, and serve immediately.

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HUMOR

Hadley and the cellphone glare

Letongaloosa has a fine performing arts center. The center brings nationally and internationally known performers, musical groups and other topflight entertainers to town. Hadley Wilkins always buys season tickets to the center's "It's Broadway" series. His seat is in the middle of the first row of the lower balcony. That's where the cellphone glare episode happened.



Larry
Day

Hadley was at his seat early for the first performance of the season. Just before the house lights went down, a man in a dark suit made his way along the row and sat next to Hadley. Before the man's pants touched the seat, he had a large-screen cellphone in hand and had begun thumbing through a series of messages. As the curtain rose, the man's eyes remained on his cellphone screen. The glow of the cellphone was distracting, but Hadley waited a few moments before touching the man's arm.

"They said to turn off and put away all cellphones," he whispered.

The man didn't look away from the screen.

"Don't bother me," he said, and kept on scrolling

Finally, the man set the cellphone screen-up on the arm of the chair between him and Hadley. Moments later the phone emitted a "ping." The man touched the screen, pressed a button, and began thumbing a text message. Hadley saw no allies seated around them, so he subsided in his seat and watched the show.

As the audience streamed out of the theater, Hadley looked for a staff member, but found none. The next morning Hadley drove to the center to talk to the manager. Hadley explained the encounter, and the manager expressed sympathy, and asked what seat the cellphone user had occupied.

"He was seated on my left," said Hadley, and gave the seat number. The manager typed, and looked at the screen.

"Oh my," he said.

"What's the matter?"

"That seat belongs to Clemment Boxley. He's a senior executive at Red Grove Industries. The company has just transferred him to Letongaloosa from New Jersey. Red Grove is one of our largest corporate sponsors." He touched another key. "And Mr. Boxley is one of our 'Starfire' level contributors. He contributed \$5,000 to the center this year."

"And that means?" asked Hadley.

"And that means," said the center manager, "that we are going to find you a marvelous new seat. Do you want to stay in the balcony, or would you prefer

the main level?"

"I prefer the seat I've occupied as a season ticket holder for the last 10 years," said Hadley.

"You have that choice, of course," said the manager.

"But you're not going to do anything about that man and his cellphone,"

"I apologize, but, no, I am not."

"I see," said Hadley, and he left.

Hadley Wilkins is an electronics wizard. He developed important parts of current cellphone technology. Hadley decided this was a job for Cyberman!

The next performance was sold out. The center spokesperson welcomed members of the audience, thanked the performers and sponsors, and made the ritual cellphone announcement. During that announcement, Clemment Boxley's eyes were on his cellphone screen and his thumbs were on the keys. The face up screen glowed on the arm of his chair.

Then, just before intermission, cellphone tones erupted all over the theater. Baffled audience members fumbled for

their phones in their purses, pouches and pockets and pulled them out. Scores of cellphones glowed in the darkened auditorium. It looked surreal. On each cellphone screen, in Ariel Black type, was the same message: "Ain't tekhnology wonnerful?"

The Associated Press ran a short piece about Letongaloosa's "cyber glow phenomenon." The story lasted one news cycle in the mass media.

A few days later the performance center manager came to see Hadley.

"Mr. Wilkens, the center wants to reward you for your years of loyalty as a season ticket holder. Here are six complimentary tickets to our upcoming 'Pop Culture Parade' show." Then he said, "By the way, Mr. Boxley has been transferred back to New Jersey. Apparently, the company didn't think he was a good fit for the Redgrove plant here."

- 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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MY PET WORLD

How do you know when your dog needs a winter coat?

By **Cathy M. Rosenthal**
Tribune Content Agency

Dear Cathy: When I walk my King Charles Spaniel in the morning and afternoon, I've noticed a lot of dog owners have their dogs bundled up with coats on. My dog has a beautiful thick coat and from all appearances isn't bothered by the cold weather. She goes out into the backyard the first thing every morning and spends 10 to 12 minutes checking out her territory. My questions are, should she be wearing a coat of some sort? If not, how cold can dogs, and especially my dog Rosie, stand before needing some protection against low temps? - Tom, Jamesport, NY

Dear Tom: What a great question. There is no general temperature rule for when dogs should wear winter coats, but when temperatures drop below 40 degrees, pet parents should consider a number of factors when deciding if their pet needs extra protection from the cold.

First, consider the dog's size. Smaller dogs less than 20 pounds and with shorter coats tend to get colder faster

and may be shivering at 40-degrees whereas a dog like Rosie with a heavy coat may love the brisk air. Other factors to consider include an individual dog's tolerance for cold; a dog's age (senior pets may need extra protection); and the length and thickness of a dog's coat.

Each day also presents a new set of weather circumstances to consider. For example, it could be 35 degrees outside, but sunny, which may be easier for dogs to tolerate, than a 35-degree day that's windy, wet and icy.

The best determinant, however, is how your dog actually behaves in cold weather. Many Cavalier Spaniels have thick coats, and Rosie may be just fine without any outerwear on most days. If Rosie balks about going or staying outside or starts shivering from the cold, then you might want to consider a winter coat for her. Otherwise, she sounds like she loves cold weather.

- *Cathy M. Rosenthal is a longtime animal advocate, author, columnist and pet expert who has more than 25 years in the animal welfare field. Send your pet questions, stories and tips to cathy@petpundit.com. Please include*

your name, city, and state. You can follow her @cathymrosenthal.

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How Social Security decides if you still have a qualifying disability

By Norm Franker

Social Security District Manager in Lawrence, KS

Social Security is required by law to review, from time to time, the current medical condition of all people receiving disability benefits to make sure they continue to have a qualifying disability. Generally, if a person's health hasn't improved, or if their disability still keeps them from working, they will continue to receive their benefits.

These continuing disability reviews help us ensure that only eligible people receive disability benefits. It supports the integrity of the Social Security system while delivering fair services to

wounded warriors, chronically ill children and adults, and other people with disabilities.

To help us make our decision, Social Security first gathers new information about an individual's medical condition. We'll ask their doctors, hospitals, and other medical sources for their medical records. We'll ask them how their medical condition limits their activities, what their medical tests show, and what medical treatments they've been given. If we need more information, we'll ask them to get a special examination or test, for which we'll pay.

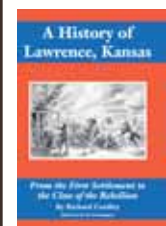
If we decide their disability benefits will stop, and they disagree, they can

appeal our decision. That means they can ask us to look at their case again. When they get a letter telling them about our decision, the letter will tell them how to appeal the decision.

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GOREN ON BRIDGE

WITH BOB JONES

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NOT ENOUGH POINTS!

North-South vulnerable, North deals

NORTH

♠ A J 9 3

♥ Void

♦ A 7 4 3

♣ Q 8 6 5 2

WEST

♠ 10 8 7 6

♥ 8 7 6 5 4 3

♦ K 9

♣ 7

EAST

♠ Q 5 2

♥ A K 9

♦ Q 2

♣ A J 10 9 4

SOUTH

♠ K 4

♥ Q J 10 2

♦ J 10 8 6 5

♣ K 3

The bidding:

NORTH	EAST	SOUTH	WEST
1♣	1NT	Dbl	2♥
2♠	Pass	3NT	All pass

Opening lead: King of ♦

Today's deal is from a European Junior tournament. Juniors don't seem to need as many points to bid three no trump as the rest of us. This pair bashed into three no trump on a combined 21 points — good fun if they can make it.

There are seven sure tricks after the opening lead. Had West led a heart, it would have been a simple matter for

South to set up an extra two tricks in the heart suit. West found the more effective king of diamonds lead. South won this with dummy's ace and led another diamond to East's queen. A heart play from East would have made it easy. East shifted to the jack of clubs instead. South won this in his hand with the king and led the queen of hearts to East's king. East exited with the 10 of clubs, giving a trick to dummy's queen while setting up two club tricks for himself when he got in with the ace of hearts.

South now cashed his three diamond winners and East couldn't defend the position. East had to come down to five cards, and he needed to keep three spades and the ace of hearts, so he discarded a second club, leaving him with just the ace. The position was obvious due to the bidding and the early play, so South cashed the king of spades and exited with a heart to East's ace. East could cash his high club, but then had to lead a spade into dummy's ace-jack. What's the problem!

(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail: tcaeditors@tribpub.com)

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PUZZLES & GAMES

CROSSWORD

Across

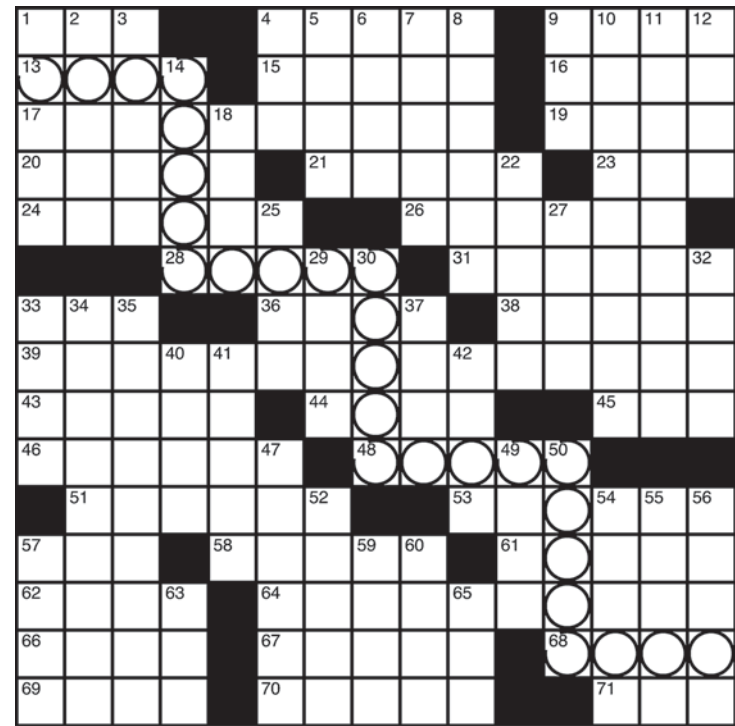
- 1 The 1% in 1% milk
- 4 Court activity
- 9 Baseball's "Georgia Peach"
- 13 Common refreshment
- 15 TV comic Kovacs
- 16 Campers' gathering place
- 17 Bill "Bojangles" Robinson's forte
- 19 Actress Lena
- 20 Amazon's biz
- 21 Really dug
- 23 One may be tipped
- 24 Translate, in a way
- 26 Landscaper's contraption
- 28 Chef's creation
- 31 Heavenly figure
- 33 Cadillac compact
- 36 Soup bean
- 38 Cookout spot
- 39 Roman landmark graphically portrayed by this puzzle's circles
- 43 Big fight

- 44 Elegant molding
- 45 Collecting Soc. Sec.
- 46 Claim in a tissue ad
- 48 Not us
- 51 Brand in a B-52 cocktail
- 53 Jerks
- 57 Promise
- 58 One rooting for the Niners, briefly
- 61 Open, in a way
- 62 "Iliad" warrior
- 64 Chaucer narrative told by Huberd, with "The"
- 66 Trim
- 67 "___ Doone"
- 68 Museum contents
- 69 Produced with effort, with "out"
- 70 English assignment
- 71 Transitory passion

Down

- 1 Destined
- 2 Striped stone
- 3 Rapper ___ Shakur
- 4 Coop occupant
- 5 Sea predator
- 6 "Will do!"

- 7 Cone makers
- 8 Smooth transitions
- 9 One who might be a CPA
- 10 Winter warmer
- 11 Holmes accessory
- 12 Like a crowbar
- 14 "I'm outta here"
- 18 Six-time Emmy winner
- 22 Chums, slangily
- 25 First name in jazz
- 27 "Well, shoot"
- 29 Chinese: Pref.
- 30 Buddy
- 32 Colbert, for one
- 33 Devices with security cameras
- 34 TV cop with a Tootsie Pop
- 35 Mindful of one's own needs
- 37 As ___: grouped together
- 40 MacFarlane of "Family Guy"
- 41 Juicing discards
- 42 "If she did play false, the fault was ___": Shak.
- 47 Dust ___
- 49 Work
- 50 Figure of veneration
- 52 Fluffed-up dos
- 54 Winter accessory



- 55 Island near Sicily
- 56 Clip
- 57 Enjoy an e-cig
- 59 Pretensions
- 60 Family nickname

- 63 Struck (out)
- 65 Slight manifestation, as of hope

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

JUMBLE

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

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

AZTOP

HOOTP

UNFLAT

DROPAN



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

Print answer here: ○○○○○○○○○

SCRABBLE G R A M S

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A1 E1 Y4 P3 D2 N1 L1 RACK 1

A1 O1 U1 R1 N1 D2 J8 2nd Letter Double RACK 2

A1 O1 Y4 W4 H4 D2 S1 Triple Word Score RACK 3

A1 E1 Y4 M3 T1 P3 N1 RACK 4

A1 E1 O1 D2 F4 R1 L1 RACK 5

PAR SCORE 265-275
BEST SCORE 356
DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition.
For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgams@gmail.com

Answers to all puzzles on page 34

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: TOPAZ, PHOTO, FLAUNT, PARDON

Answer: The new shoe company was gaining a -- FOOTHOLD

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SCRABBLE G R A M S SOLUTION

E ₁	N ₁	D ₂	P ₃	L ₁	A ₁	Y ₄	RACK 1 =	<u>63</u>
A ₁	D ₂	J ₈	O ₁	U ₁	R ₁	N ₁	RACK 2 =	<u>67</u>
S ₁	H ₄	A ₁	D ₂	O ₁	W ₄	Y ₄	RACK 3 =	<u>101</u>
P ₃	A ₁	Y ₄	M ₃	E ₁	N ₁	T ₁	RACK 4 =	<u>64</u>
A ₁	L ₁	F ₄	R ₁	E ₁	D ₂	O ₁	RACK 5 =	<u>61</u>
PAR SCORE 265-275							TOTAL	<u>356</u>

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MY ANSWER

The devil is responsible for the world's evils, but so are we

By Billy Graham

Tribune Content Agency

Q: Who is responsible for all the bad things that happen in the world (like wars and crimes and things like that)? Are we responsible for them, or is the devil? - D.M.N.

A: The answer is—both! In other words, we can't evade our responsibility for everything we do wrong by simply blaming the devil—but on the other hand, we also know he is behind the world's evils.

Never doubt the devil's existence, or his determination to do evil. Yes, his ways are often unseen, and much of the time we may not even realize what he is doing. But since the beginning Satan has had only one purpose: to oppose God in every way he possibly

can. Sometimes his methods involve deception—although often his actions are open and obvious. But his goal is unchanged: to block God's will. The Bible says, "For our struggle is not against flesh and blood, but against ... the spiritual forces of evil" (Ephesians 6:12).

But do not doubt either our own ability to do great evil. We have rebelled against God—and our rebellion continues to this day. Even when we know what is good, we often turn away and choose to do what is wrong. The Bible says, "The heart is deceitful above all things and beyond cure. Who can understand it?" (Jeremiah 17:9).

This is why we need Jesus Christ. We need Him to protect us from Satan's schemes, and we also need Him to turn our hearts from evil to good. Is

this happening in your life? Don't be deceived, but put your life into Christ's hands, and find your hope and security in Him—both now and forever. Jesus said, "I give them eternal life, and they shall never perish; no one will snatch them out of my hand" (John 10:28).

- 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.

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Lawrence Habitat for Humanity launches aging in place program

Lawrence Habitat for Humanity Aging in Place (AIP) Program is accepting applications from Douglas and Jefferson County seniors (age 55+) who need assistance with exterior home services. The Aging in Place program focuses on accessibility improvements, mobility modifications and critical home repairs services that allow elderly people to remain in their own homes longer than they other-

wise may be able to. Lawrence Habitat wants to make continued homeownership for older homeowners a reality so they can age in place with the comfort and dignity they deserve.

Projects could include exterior ramps, hand rails, trip and fall hazards; as well as repair work on the porch, gutter, soffit, siding, and roof. The applicant must own the home and occupy it as their primary residence. Household

income must fall under 80% of area median family income (AMFI) to qualify. Habitat offers a "hand up not a hand out," so participants put in 5 hours of sweat or social equity in the project. Repayment, for building materials only, is on a sliding scale determined by HUD income levels and can be set up as an interest free payment plan.

The application process can be expected to take 15-30 days and will include a

home assessment. The most important needs will be addressed first, focusing on projects costing less than \$2,000. This is not an emergency repair program.

Please contact the Lawrence Habitat for Humanity office for more information about the program and an application form. Their office is located at 720 Connecticut in Lawrence or they can be reached at 785-832-0777 or via email at: hps@lawrencehabitat.org.



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