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INSIDE



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KEVIN GROENHAGEN PHOTO



Joan Rodgers Dietz: Kansas beauty still a model of health.

See story on page three



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Joan Dietz

■ CONTINUED FROM PAGE THREE

with all these people lying all over the street.

The Bowery is a street and neighborhood in the southern portion of the New York City borough of Manhattan. From the 1940s through the 1970s, the Bowery was New York City's "skid row."

Joan appeared on the *Original Amateur Hour* in 1949. Hosted by Ted Mack, the *Original Amateur Hour* is a progenitor of later programs such as *Star Search*, *American Idol*, and *America's Got Talent*. She came in second place.

"I was on the Atlantic City stage that hosted Miss America," Joan said. "So I did make it!"

Joan then had a screen test with Warner Brothers, and had a guest appearance on the Kay Armen show on coast-to-coast radio.

"Then I went to Ben Yost," Joan said. "They put me in a group of 10 singers called the New Yorkers. We opened

with the Shrine Circus in Worcester, Massachusetts. We followed five elephants onto the center of the arena. We sang George Gershwin songs. It was beautiful, beautiful music."

"I then went to Ben Yost's Colleens group for girls," Joan continued. "We played different nightclubs up and down the East Coast. We then got into this Broadway show with Denise Darcel. They called her the 'French Bombshell.' All the guys loved her."

Produced by Ole Olsen and Chic Johnson, who were veterans of vaudeville, radio, and the Broadway stage, the musical, *Pardon Our French*, opened on October 5, 1950.

"We opened at the Boston Opera House and then we went to New York City," Joan said. "We opened at the Broadway Theater. It was a thrill. We were on this stage that came up from the basement to ground level. And here were all the celebrities in the first row of the audience."

The Internet Broadway Database lists the four members of the Colleens, including Joan Rodgers, Joan's maiden

■ CONTINUED ON PAGE FIVE

COURTESY PHOTO



Joan Rodgers Dietz at her senior recital in 1948. According to Dietz, the recital took place on day that the roads were "sheets of ice." Nevertheless, friends and family from Kansas, Ottawa, Lyndon, and elsewhere came to Kansas University to hear her sing.

Joan Dietz

■ CONTINUED FROM PAGE FOUR

name, as members of the cast. However, three days before *Pardon Our French* opened, the young singer met Frederick Dietz, who was a friend of the Olsens.

"We were engaged by Thanksgiving," Joan said. "I got my ring on Christmas."

After 100 performances, *Pardon Our French* closed on January 6, 1951. Joan then auditioned for Ted "Is Everybody Happy" Lewis. Lewis, a vaudeville veteran whose most memorable song was "Me and My Shadow," and his band appeared on television and in Las Vegas numerous times beginning in the early 1950s.

"We toured the whole East Coast," Joan said. "Through ice and snow, my fiancé would visit me every weekend. He would drive from Long Island to Baltimore, Boston, and anywhere else we were performing."

However, Joan then learned that Lewis and his band would be heading

to California. Her fiancé issued an ultimatum to her: Go to California or leave show business and marry him. Joan chose the latter and left show business on April 9, 1951.

Joan does have a few regrets about leaving show business. For example, Lewis and his band played at the Muehlebach Hotel in Kansas City.

"I could have seen all my friends from Kansas," Joan said.

Shortly after getting married, Joan decided to try golfing.

"When I lived on Long Island, I watched all these people golfing," she said. "I was working at Sperry Gyroscope after I left show business. One of the company's many activities was golf lessons. They had a mixed doubles tournament. I didn't know anything about golfing. I didn't even know how to hold the clubs. My golfing partner gave me some quick lessons. We came in first place. My handicap was so bad that I did very well."

Joan also took first place in Sperry Gyroscope's annual talent contest. In addition to receiving a \$100 gift cer-

■ CONTINUED ON PAGE SIX

COURTESY PHOTO



Joan Rodgers Dietz (right) was the third-place winner in the 1948 Miss Kansas beauty pageant.

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Joan Dietz

■ CONTINUED FROM PAGE FOUR

tificate as a prize, on the same day she learned that she was pregnant with her first child.

Joan also taught music at a grade school for a semester, taught voice and piano in her home through a business called Bel Canto Studio of Music, and got involved with volunteering. In addition to volunteering as a driver for an ambulance, she volunteered at the Pilgrim State Hospital (now Pilgrim Psychiatric Center) in Brentwood, New York.

“I got to go into a locked mental ward with 100 women,” she said. “There was bed on bed in the center of the room. One of my many activities there was to wheel a phonograph and records into the ward and sing to the records. They enjoyed the music very much since they had no contact with the outside world—no radio, TV or newspapers.”

After spending 25 years in New York, Joan returned to Lyndon in 1974 as a divorcee and mother of a daughter, Sherri, who now lives in Lawrence, and a son, David, who now lives in Oklahoma. She worked at the Kansas Department of Health and Environment (KDHE), where she dealt with oilfields and, later, water wells, from September 1974 until she retired in November 1990.

Shortly after retiring, Joan’s mother broke her hip and went to Kansas Rehabilitation Hospital (KRH) for treatment.

“That’s when I started to volunteer at Kansas Rehab,” Joan said. “I’ve been there since 1991. I sing and play the piano every week. It’s so rewarding.”

In addition to volunteering at KRH, Joan volunteered as a foster grandparent at the Kansas Neurological Institute for five years, loves to play cards, keeps in touch with friends and family on Facebook, and attends programs at the Shepherd’s Center of Topeka, which is a community ministry for adults over age 55. The Shepherd’s Center offers educational, small group, and travel opportunities with the primary emphasis on fellowship. Joan plans to offer a program of her own

with the Shepherd’s Center in the near future.

Joan also has an interest in maintaining her health. In fact, she appeared in the March 2003 issue of *Prevention* magazine in an article entitled “Secrets of an American Beauty.” In the article, she noted that her doctor said she has “the heart of a young athlete,” and credited this achievement to aerobic exercise five days a week.

Joan has embraced new technology to help her pursue her interest in exercise. For example, while visiting her son and his family in Oklahoma for Thanksgiving five years ago, they brought out a Nintendo Wii Balance Board, which is an accessory for the Wii video game consoles. The Balance Board calculates a “Wii Fit Age,” which is based on balance-test results.

“I did it and I was 84 years old at the time,” she said. “After a week of doing the Wii exercises together, the Wii said I had the body of a 48 year old. I have not missed one day since then, and that’s through moving and cancer surgery.”

Joan’s activities on the Wii Balance Board include the ski jump, tightrope walking, and aerobics. She tries to do 30 minutes every day. She has become such a Wii enthusiast that so now instructs others on how to use the Balance Board at KRH.

In addition to exercising, Joan closely watches what she drinks and eats. She drinks only water, almond milk, and, occasionally, tea.

“People are ruining their health by drinking sugary drinks like soda,” she said. “High-fructose corn syrup is something that is causing many health problems and it is in so many foods.”

In addition, Joan began a gluten-free diet nearly three years ago.

“I had been hearing about gluten, but I didn’t know anything about it,” she said. “I looked it up on the Internet. I decided to try a gluten-free diet since I hadn’t been happy with the way I was feeling. So then I was on the trail to find foods I could eat. I went to seven health food stores just to get my basics. Now I go to just three stores and they are close to me. After just two days, I was such a different person. I knew I’d never be able to go back to regular food.”



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22nd Annual National Senior Health & Fitness Day

A day long Fitness Crawl will be held in Lawrence on Wednesday, May 27, as part of National Senior Health & Fitness Day. The event encourages all older adults to do something that maintains or improves their health. There are opportunities to participate at several locations around Lawrence throughout the day. Participants may attend one or all of the events and register at each for prizes, including a Fitbit health tracker.

The day will open at Sports Pavilion Lawrence with a One Mile Walk Test on the indoor track from 7:00-8:30 a.m. The test measures your aerobic fitness level based on how quickly you are able to walk a mile at moderate exercise intensity. Measuring your fitness level regularly is one way to find out if you’re making progress and the test is an opportunity to set a baseline or compare your performance to an earlier test. Lawrence Parks and Recreation will offer free demonstration classes in Functional Fitness, Personal Training and the Arthritis Foundation Exercise Program from 8:00-10:00 a.m.

The crawl moves downtown at 10:30 a.m. with a free Yoga for Every Body class at Douglas County Senior Services. Lawrence Public Library will host a brown bag lunch at noon. Bring your own lunch, beverages provided. The program How Exercise Transformed Me will feature speakers Sherry Williams, Harold Jones, and Frank Purvis. They will share their personal experiences and the mes-

sage—“it is never too late to start being active.” Lunch will be followed with a Balance Challenge Course and other free screenings in the library auditorium from 1:30-3:30 p.m. Included at this stop is a 2:30 p.m. demonstration of the Tai Chi for Balance class offered by Lawrence Memorial Hospital.

The Lawrence edition of the national Walk with a Doc program will kick off at the fitness crawl. This program promotes exercise while visiting about general health issues with a local healthcare provider. Anyone interested in taking steps for their health is invited to join Caleb Trent, M.D., of Lawrence Emergency Medicine Associates at 4:00 p.m. This 30-minute walk will leave from the Lawrence Public Library Plaza.

The crawl ends with a Zumba Gold session at Holcom Recreation Center. A free demonstration class begins at 5:30 p.m. to include older adults who are still working, but looking for exercise opportunities. Drawing for the Fitbit and other prizes will be held at 6:25 p.m., following the class.

Senior Health & Fitness Day, now in its 22nd year, is always held on the last Wednesday in May as part of Older Americans Month and National Physical Fitness and Sports Month activities. The theme for 2015, “If You Keep Moving...You’ll Keep Improving!” was chosen from among thousands of entries in a slogan contest for older adults. Carolyn Heeter, age 100, of Vestal, New York submitted the winning theme.

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Arbor Court: New name, but sense of connection remains

By Billie David

The name of the senior independent retirement community may have changed from Drury Place to Arbor Court, but Andrea Graham, executive director of Arbor Court in Topeka, has continued to emphasize the sense of connection among the residents and staff that she has been committed to since 2000.

With the change in ownership came a renovation, including new furnishings, carpeting, and painting in the main common areas.

“My commitment continues at Arbor Court and most of my staff has been here longer than I have,” Graham said. “When I came here, I said I would do it for five years, but I have been here much longer. It’s in

my blood. I think I spend more time at Arbor Court than I do at my own home.”

The atmosphere at Arbor Court seems to have the same impact on others as well, she added. “People come here and they become our families forever. Even people who have lost family members come back to visit others who live here.”

Graham attributes this to the size of the facility, which has only 61 apartments and is considered small for an independent living facility.

The way the apartments are arranged around a central atrium, with a minimum number of hallways, makes them easy to locate and easy to get to.

“I can stand outside my office and see all of the apartments except those on the lower level,” Graham said. “I think

that is a huge benefit. The residents get attached to each other, they look after each other, and they are really close.”

Graham and the other staff members are part of that closeness. “I know the residents so well that I can notice anything, like when someone is not present at a meal,” she said. “And if I miss it, somebody else will catch it.”

The sense of camaraderie is so apparent, in fact, that it is one of the main selling points for potential residents who tour the facility.

The senior independent retirement community changed hands in April of 2014, when HMG Healthcare, LLC of Texas took over the leases of Drury Place—which has locations in Topeka, Lawrence, and Salina—and renamed it Arbor Court.

The Topeka Arbor Court is located at 4200 SW Drury Lane. The Lawrence

facility, at 1510 Saint Andrews Drive, is slightly larger, with 66 apartments. “The facility in Lawrence is a beautiful building,” Graham said. “It’s a little larger and it’s not as old as ours. It is located next to a golf course, and it is sunny and well-lit, with a garden space. It has the same community feel. It’s just wonderful. I could step out of one Arbor Court to the next with no problem.”

The facilities in all three cities offer studio, one- and two-bedroom apartments where seniors can live without the worries of maintenance and cooking. Arbor Court offers daily meals, housekeeping/laundry services, transportation, exercise opportunities, and social activities.

“Our prices are affordable and services are competitive with other independent communities,” Graham said. “Our apartments range from 360 to 924 square feet, are very open and spacious, and include galley kitchens.”

Residents also have opportunities to make their own contributions to the

■ CONTINUED FROM PAGE EIGHT

daily operations. For example, one resident may take the utility bills and sort them, while another one may answer the phone.

“The residents have all of their needs met, and we go beyond that,” Graham said. “We work on maintaining a sense of purpose.”

“Daily exercise is also important,” Graham continued. “We are starting

a walking group and last year Arbor Court participated in the swimming program through the YMCA. Our residents attended once a week on Monday nights. It was great watching the women have fun shopping for swimsuits, which they hadn’t had in a long time. Exercise gave them a real sense of well-being. They became happier and that happiness was contagious.”

In the past, Graham had been an administrator of a nursing home and has many contacts in the healthcare field. She is able to find

great resources at affordable pricing if her residents have a specific need. “I am a firm believer of aging in place among friends and when this occurs, I feel I have done a great thing” Graham said.

For more information about Arbor

Court in Topeka, call 785-273-6847 or send an email to info@arborcourt-topeka.com. Graham also invites those considering residency in a independent living facility to stop by for a tour or call to set an appointment to join them for lunch.



Andrea Graham



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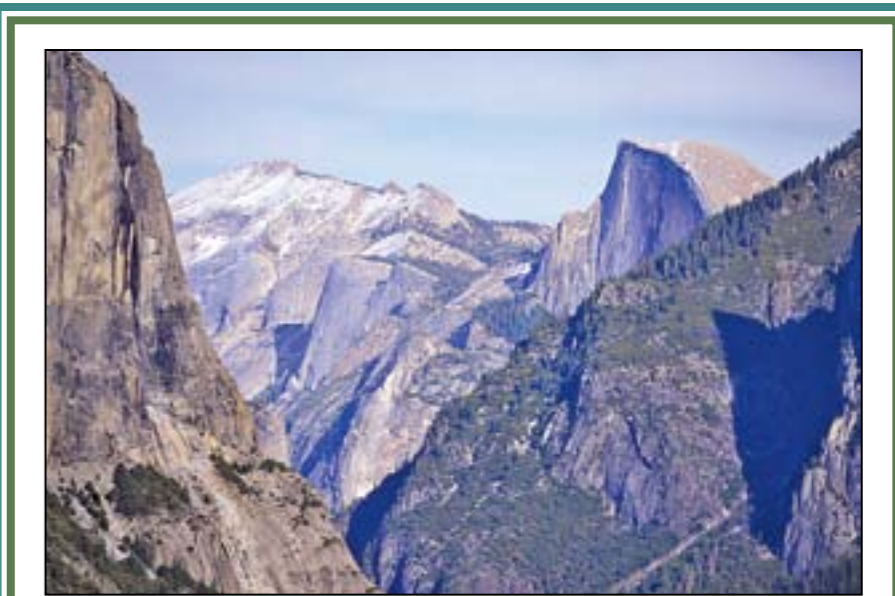
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LMH offers genetic counseling services

By Roxy Johanning

Angelina Jolie, who has the BRCA1 gene, which increases your risk of developing breast cancer and ovarian cancer, recently announced she had her ovaries removed. This followed her decision two years ago to have a preventive mastectomy to reduce her risk of developing cancer. Her announcement has created a flurry of public discussion about genetic testing.

Women with BRCA1 and BRCA2 (Breast CAncer 1 and Breast CAncer 2) gene abnormalities have a very high risk of breast cancer—three to seven times greater than that of a woman without the mutation. The risk of ovarian cancer is also very high. These risks can be lowered substantially by undergoing preventive mastectomy

(often double mastectomy) or surgical removal of the ovaries.

These are drastic measures, of course, and it's important to realize that these mutations are rare, accounting for only 5 to 10 percent of breast cancer cases and 10 to 15 percent of ovarian cancer cases.

Only about 1 in 600 women have variants on the breast cancer genes that are known to increase cancer risk. Women of Ashkenazi Jewish descent are more likely to have BRCA mutations, but overall less than one percent of the U.S. population of women has them — highly significant if you're in that one percent, but not so for the vast majority who do not have strong family histories of inherited cancer.

Though family history of breast or ovarian cancer in a primary rela-

■ CONTINUED ON PAGE 11



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Genetic counseling

■ CONTINUED FROM PAGE 10

tive (such as a mother or sister) may increase a person's risk, even these families do not necessarily carry mutations on the BRCA genes. For those with strong family histories that have mutations of unknown significance (and there are many), decision-making about risk-reduction strategies is even more complicated.

Risk-reducing surgery is an individual decision for each woman. Each woman needs to consult with her doctor and consider all the options to determine a course based on her own personal health history and her reproductive decisions. It should be a process. Current guidelines suggest a woman who has a BRCA1 mutation make a decision by age 40.

Knowing if you are at risk of developing breast cancer is an essential part of your breast health. Discovering if risk factors are present is key to preventing or identifying the disease early. For this reason, breast health screenings at the LMH Breast Center now include administration of a family health questionnaire based on the National Comprehensive Cancer Network guidelines.

If your answers on the questionnaire indicate you may be at a higher risk for developing cancer, the LMH Breast Risk Assessment Clinic can provide comprehensive information, clinical services, genetic testing and support. Other options may include increased surveillance with Breast MRI and clinical breast examinations, in accordance with guidelines by the American

Cancer Society, the American College of Radiology and the National Comprehensive Cancer Network, and medical management.

An appointment at the LMH Breast Risk Assessment Clinic can involve:

- A detailed review of your family cancer history
- An assessment of cancer risks for you and your family
- A clinical breast examination, if needed
- A discussion of the pros and cons of genetic testing
- Supportive counseling to help you make the best decision for you and your family.

Genetic tests are performed at LMH and require DNA from cells. This may be a blood or saliva test. The sample is sent to a specialized outside laboratory to look for specific changes in DNA. Patients review the results and recommendations with our certified staff to determine individualized breast health plans.

Deciding to pursue genetic testing is highly personal and requires serious considerations. At the LMH Breast Risk Assessment Clinic we appreciate the concerns involved with genetic testing and will work with you and your doctors to help you make an informed decision. For more information about the Breast Risk Assessment Clinic, call 785-505-3300 or visit lmh.org/breast-center.

- Roxy Johanning, MSN, APRN, NP-C, CRN, CMS, CN-BP, is the clinical coordinator and risk counselor for the LMH Breast Center. She works in collaboration with Dr. Sherri Soule, an oncologist at the LMH Oncology Center.



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Stormont-Vail HealthCare celebrates one year anniversary as Mayo Clinic Care Network member

KEVIN GROENHAGEN PHOTO

Stormont-Vail HealthCare joined the Mayo Clinic Care Network last April. In a news conference on April 9, Stormont-Vail and Mayo Clinic officials commemorated the anniversary by providing an update to a group of board members, staff and community leaders.

Stormont-Vail President and Chief Executive Officer Randy Peterson cited collaboration between Stormont-Vail and Mayo Clinic physicians and leadership as the foremost accomplishment of the membership in the first year. "I am pleased to report that our physicians completed 163 eConsults for patients in the past 12 months. That means 163 times our physicians were able to consult with Mayo specialists as they work to ensure the best diagnosis and treatment options are found for our patients," said Peterson.

Lambert Wu, M.D., Cotton-O'Neil cardiologist, is Stormont-Vail's physician champion for the network relationship. "I am pleased with the Mayo Clinic Care Network collaboration," said Dr. Wu. "Many of our physicians have embraced the collaboration and are now providing our patients with access to Mayo Clinic expertise, while keeping their care right here at home."

Cotton-O'Neil Oncologist Mehmood Hashmi, M.D., has used eConsult 15 times in the past 12 months. "The eConsult service is an excellent resource for Stormont-Vail physicians and patients," said Dr. Hashmi. "I have

used it in complex cases and it has helped me to provide the best possible solution for patients."

Jakica Tancabelic, M.D., Cotton-O'Neil Pediatric Hematologist and Oncologist, said the eConsult service is a great opportunity to discuss complicated cases with experts in the field and to confirm that the treatment provided here at Stormont-Vail is on target.

In addition to the eConsult service, Stormont-Vail also has taken advantage of networking opportunities with other Mayo Clinic Care Network members. Stormont-Vail sent staff to the network's Leadership summit and the health care symposium this past year. "Both of these meetings allowed us to meet and interact with other network members, assist in investigating and developing new services for members and share best practices on key strategic issues like population health, cybersecurity and managed care strategies," said Peterson. Peterson also served on a panel of network CEOs that met to discuss strategies around population health.

During the past year, Stormont-Vail staff has also consulted with Mayo Clinic experts on several specific patient care issues, including nurse retention strategies, palliative care resources for patients and families, and during the Ebola crisis Mayo Clinic resources were consulted to develop site-specific protocols for identifying and treating Ebola virus.



Stormont-Vail President and Chief Executive Officer Randy Peterson (seated) listens as Lambert Wu, M.D. (at podium), Cotton-O'Neil cardiologist and Stormont-Vail's physician champion for the Mayo Clinic Care Network relationship, discusses the collaboration.

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ESTATE PLANNING

Powers of Attorney for Adult Children

May is the month for high school graduation. There are many things on the minds of the soon-to-be graduates and their parent/grandparents. While Powers of Attorney are not on most minds, they should be.

case they are needed.

The possible need is real. About 250,000 young adults ages 18 to 25 are hospitalized for non-lethal injuries each year. And many more end up in the college infirmary with a bout of the flu, an intestinal bug from eating unrefrigerated "vintage" pizza, or some other malady. Perhaps they will need someone to renew their auto registration or transfer money from their bank while attending school out-of-state.



Bob Ramsdell

At 18, your child is legally an adult. If attending college, you will find the school is more than happy to cash your check for the tuition but will not tell you your child's grades without his or her authorization. Similarly, if you call the dorm and your child's roommate tells you they were just rushed to the hospital after an accident, medical personnel may cite the privacy and disclosure safeguards of HIPAA in refusing to release information on your child to you.

While most young adults lack property warranting a Will or Trust, they should have in place a Durable General Power of Attorney, Durable Healthcare Power of Attorney, and Living Will & Healthcare Directive (if desired) in

The documents must reflect the young adult's choices, even if someone else pays the cost for their preparation. While parents are the most common choice for agents, if that relationship is strained, then the child can name other trusted adults, such as a family friend, older sibling, aunt or uncle. And, as with any power of attorney, the child should name at least one back-up in case the primary agent is unable or unwilling to serve.

While the documents should be broadly drafted to encompass the variety of situations that might arise, they can incorporate specific limitations on the agent's authority. For example, your child's General POA could state that it does not encompass the release of grades if that's an issue with them. And your child's Healthcare POA may include special instructions, pro-

hibitions or limitations on the agent's authority or preferences regarding treatment options.

Healthcare POAs are always written to be effective immediately, subject to the principal's right to make any decision about his/her healthcare if they want and are able to, in order to avoid any delay in the POA being deemed in effect. (If a person is cogent and able to discuss medical options with their doctor, the doctor is going to listen to them and ignore an agent who tries to claim authority under a Healthcare POA.)

A General POA can be effective immediately or activated only upon a specific event, typically the principal's incapacity. While many people view this springing power as a safeguard, it requires one or more licensed physicians to examine the principal and certify them as incapacitated before the POA can be used. This would preclude its use for routine

tasks (such as the registration renewal or funds transfer) when the principal is simply unavailable.

So have fun in the sun – but make certain you and your adult child have prepared for whatever might lie ahead.

Free Seminar in May: I will be presenting "Fundamentals of Estate Planning" on May 28 at the Douglas County Senior Center in Lawrence beginning at 6:00 p.m. See the Calendar Section of this issue for details.

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

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JILL ON MONEY

Why we are lousy investors

Despite the best efforts of the financial services industry, not to mention the coterie of press outlets slavishly devoted to the professionals that populate the field, investing should not be very complicated. We can break down the process into six steps:



Jill Schlesinger

1. Figure what you are trying to accomplish and be concrete. For example, "I want to save for retirement so that I can live the same way that I live today," "I want to fund two years of my kid's college education" or "I want to save \$100,000 for a down payment on a home."

2. Determine how much money the goal will require (choose from the myriad of online calculators) and then see how much money you have available to fund the stated goal.

3. Measure how much risk you can manage on the way to achieving your goal—try a few different risk assessment tools to assist.

4. Create an asset allocation plan of assets that act differently when markets zig and zag. Don't fret too much about creating the "perfect" model, because as noted in the *Financial Times*, "The

precise asset allocation model you use is less important than keeping control of fees." In general, index funds help limit fees.

5. Stick to the allocation by rebalancing on a periodic basis (annually, semi-annually or quarterly).

6. Shift the allocation as your goal nears or if circumstances in your life change.

If only it were so easy! The problem is that we are human beings and as such, we have these darned emotions, which can often lead us astray at the wrong times and make us lousy investors. A recent article, "Understanding Behavioral Aspects of Financial Planning and Investing," in the *Journal of Financial Planning* outlined the issue perfectly: "Emotional processes, mental mistakes and individual personality traits complicate investment decisions."

Do they ever! Because of hard-wired tendencies to fall prey to fear, greed, doubt and even regret, many are not inherently rational when it comes to managing money. The emotional aspect to investing explains why in countless studies, mutual fund investors significantly underperform the S&P 500 stock index. The most recent Dalbar Quantitative Analysis of Investor Behavior study found that the average stock fund investor lagged the S&P 500 by 4.2 percentage points per year from 1994 to 2013. The reason is easy to understand: When markets are soaring, investors feel invincible and when

they are plunging, they erroneously believe everything is going to zero and bail out.

How can you avoid being a lousy investor? Start by coming clean. Right now, when markets are in decent shape and nothing frightening is occurring, take a look back at your investor behavior. Over the past 10 years, have you been reactive to events, or have you mostly been able to stick to the six steps outlined above? Are you generally worried about your investments? Some degree of worry is healthy, but you know the difference between a healthy respect for the volatility of markets and the anxiety that robs you of sleep.

If you are concerned about your ability to weather the next market downturn without shooting yourself in the foot or are plagued by self-doubt about your investments, then go back to the drawing board and see if you can auto-correct by walking through the six steps.

But investing is not for everyone. The authors of the *Journal of Financial Planning* article quote Benjamin Graham, the founder of security analy-

sis: "Individuals who cannot master their emotions are ill-suited to profit from the investment process." If you fear that you may be your own worst enemy when it comes to investing, there is no shame in seeking the assistance of a qualified financial planner.

I suggest that you stick to an advisor who is a fiduciary; that is, one that is obligated to put your needs before the firm's needs. Two of the designations that hold its professionals to the fiduciary duty are the Certified Financial Planner (CFP) certification and CPA Personal Financial Specialist (PFS).

- 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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MAYO CLINIC

Breast cancer can cause symptoms other than breast lump

DEAR MAYO CLINIC: Besides a lump in the breast, are there other symptoms of breast cancer? Is breast pain something to be concerned about?

ANSWER: Yes, breast cancer can cause symptoms other than a breast lump. To make it easier to spot changes that could be symptoms, you should be familiar with what your breasts usually look like. If you notice any unusual breast changes, have them examined by your doctor.

Breast cancer can lead to a variety of symptoms. The most obvious is a breast lump. But other symptoms include skin changes on your breast, such as redness, dimpling or puckering of the skin. Breast cancer also can cause a skin rash that looks similar to mastitis—an infection of the breast tissue that most often affects women who are breast feeding. If you find a new rash or breast redness, and you are not breast feeding, that should be evaluated by your doctor.

Nipple changes, such as a nipple turning inward, or inverting, or becoming flatter than usual, may be symptoms of breast cancer. In some cases, discharge from a nipple also may signal breast cancer. It is uncommon

for breast cancer to cause pain. In fact, less than 10 percent of people diagnosed with breast cancer report pain as a symptom. If you have breast pain that lasts and seems to involve one area of the breast, though, have it checked. It could be a symptom of cancer or another breast condition.

Although all of these breast changes may be symptoms of breast cancer, it is worth noting that they can happen for many other reasons, as well. For some, these changes could be symptoms of another underlying problem. Or they may simply be normal changes that don't indicate any problem at all.

Many women's breasts change slightly over the course of a month. That's particularly true for women who have a common condition known as fibrocystic changes of the breast, where the breasts tend to become more tender or lumpier one to two weeks before the onset of menses, and then improve about one week after menses. These changes often involve the entire breast and both breasts. If there is a persistent area of thickening or a nodularity that persists after two to three menstrual cycles, it is recommended that you be evaluated by your physician. You

may need additional evaluation with a diagnostic mammogram and or ultrasound. The fibrocystic changes tend to decrease as women age and after menopause as the breast tissue becomes less dense and fattier over time.

It's important to check your breasts regularly and be familiar with how they usually look and feel. That way, you have a good understanding of what is normal for you and what is not. If you suspect a change is not normal, don't ignore it. Make an appointment to have it checked by your doctor. If it is a symptom of breast cancer, the sooner you have it evaluated and diagnosed, the better the chances of treating it successfully.

Remember, too, that in its earliest stages, breast cancer may not cause any symptoms. In many cases, mammography is key to early detection, before symptoms become noticeable. Mayo Clinic recommends that women start getting mammograms every year beginning at age 40.

Mammograms are particularly important for women who have others in their families diagnosed with breast cancer. For that group, Mayo Clinic recommends they start getting annual mammograms 10 years before the youngest first-degree relative (a parent or sibling) was affected, or by age 40—whichever comes first. For example, if you mother was diagnosed with breast cancer when she was 48, you would begin mammograms at age 38.

To best ensure your breast health,

be aware of what's normal and what is not for your body; check for breast changes often; follow the guidelines for regular mammograms; and see your doctor if you notice any unusual breast changes. Taking these steps will help detect breast cancer earlier. In many cases, when breast cancer is caught early, the long-term outlook for a cure is excellent. - Sandhya Pruthi, M.D., Breast Diagnostic Clinic, Mayo Clinic, Rochester, Minn.

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

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HEALTH & WELLNESS

Travel safely!

If you're a homebody who likes to nest in your kitchen or garden, you might prefer a "staycation" to an old-fashioned vacation. But most people enjoy at least some travel, and even homebodies sally forth to special events like weddings and reunions. It may have been years since you traveled by air and you may never have traveled alone. But with good plan-



Laura Bennetts

ning, even unfamiliar travel can be made safe, relaxing, and enjoyable.

Orient Yourself

One entertaining aspect of traveling is learning about the city or region you're planning to visit. You already know everything about your corner of Kansas, but what might you find interesting in Alaska in July or upstate New York in October? The library has travel books, magazines and DVDs that will tempt you to visit sites and explore the history of your destination. There are travel shows on TV that let you visualize, for instance, a bus tour of Rome or a visit to the Monterey Bay Aquarium in California. Your local Senior Center can help with tips about travel tours, day trips, and educational programs.

Boldly Go...Online

Many people turn to the Internet for travel data or reservations. But if you've never searched online, you should get help from someone who has used the different travel sites. There is such a crush of data and ads that initially you may find it hard to get the information you need. Most people use the Internet to arrange flights, trains, and hotel stays, and you will discover (with perhaps a bit of coaching) that this is easy, quick, and secure. If buying things online worries you, you can use

the Internet to find what you want and then call to pay over the phone with a credit card.

Travel Light

Lugging heavy suitcases can affect your balance or strain your back, whether you're traveling for weeks or just a day. Carrying just enough—not too much—is the secret to safe travel. Start by selecting your luggage well ahead of time. Make ease and comfort your priority.

If you're flying, you will need a small bag to carry on board with your basics: medications, cosmetics, sunglasses, passport, purse, keys, and something to read. You should pack your clothes into a wheeled suitcase and pack lightly. If you're traveling alone, be sure to let others lift your suitcase for you and check your bag to decrease stress on your back. If you have a bad back, you can mail your clothes ahead.

Travel with Assistance

If you're flying but you have trouble walking distances, you shouldn't hesitate to call ahead to have a service employee help you into a wheelchair at the airport. You can be assisted through security lines, helped with your shoes, and helped entering and exiting the plane. This service is available cost-free for anyone who needs assistance to handle the physical demand of large airports. In airports where you have to change terminals, you should talk to your flight attendant and request a shuttle ride to a connecting flight before you get off your initial flight. Using a wheelchair is also a good idea if you have limited stamina and you need to pace yourself to stay energized.

Legs Need Support

Whether you travel by train, plane, or car, your legs and feet may swell because you're sitting for long stretches. To limit swelling, you should wear support socks or stockings, exercise while sitting, and walk briefly whenever possible. Sitting exercises for your legs start with your feet and move up. Begin by wiggling your toes; rock your feet from heel to toe; bend

your knee in a gentle kicking motion, and pump your legs up and down as if you were marching. Do this every hour, repeating each exercise 10 times.

If you can walk around, I advise taking a short walk every hour. If you're traveling by car, stop every two hours to stretch your legs and walk, to give your back a break. It's tempting when you're alone to drive straight through to your destination. But driving without a break can restrict the circulation to your legs, tighten your joints, and reduce your alertness.

If you take breaks, you'll feel better and protect your legs.

Barriers

Whether you stay with family or a hotel, inspect your room to look for safety barriers. In a hotel, look in the bathroom shower to see if there are grab bars. If there aren't you can request a room with safety equipment. Oddly, these safety bars are not standard in all hotels. In a family home, be sure you have a clear path to the bathroom at night to avoid falling. You can also pack a nightlight to provide safe lighting.

Study your bedroom to be sure you can set your suitcase waist-high. That way, you won't have to bend over to reach the floor. Sleep on the side of the bed that is nearest to the bedroom door. That will help orient you when you get up to find the bathroom at night. Know where light switches, lamps, clocks, and phones are located so you can reach them safely.

Equipment

If you need a cane, even just occa-

sionally, be sure to carry one. A folding cane or an adjustable walking stick can be packed easily. Walking on uneven surfaces or uphill or climbing stairs will challenge your balance and stamina. If you have a cane handy, you can pull it out when you encounter a problem surface without missing a beat. It's like having an umbrella in your bag ready for rain. Oh, and take an umbrella, too!

Be Active

Daily walks and regular exercise will prepare you for travel. If you find that walking more than a block is challenging, you can work with a physical therapist to get stronger, reduce pain, and find the right equipment to help you walk better. Therapists are expert at the issues that limit your activity and we can teach you exercises to keep you on your feet...and on the go. And don't hesitate to ask your therapist if you need advice about support socks, or any other physical issue associated with travel. If you request a therapy prescription, your doctor can write one.

Happy trails!

- Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see www.LawrenceTherapyServices.com.



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HEALTH & WELLNESS

Medicinal plants for stress

Stress is something that most everyone is currently experiencing or has experienced at one time in his or her lives. Stress can come from anywhere, including work environments, family and personal relationships, money problems, or even illness. When deal-



Dr. Farhang Khosh

ing with stress, most people admit that they could use help managing the stress in their life.

People's reactions to stress can vary, and there are many different symptoms, including emotional upset, inability to focus or concentrate, breathing problems, insomnia, anxiety, depression, heart palpitations, etc. It can be very easy for people to rely on food, alcohol, and drugs to help them manage the stress in their lives. Luckily, however, there are natural ways to manage or control the stress in your life. These ways include improving your diet by limiting the amount of sugar intake, alcohol, and caffeine, which does go a long way in managing personal stress. Eating protein every two hours not only controls your blood sugar levels, but helps to relieve stress in the body. Other natural ways include exercising, acupuncture, meditation, yoga, counseling, talking to friends, breathing exercises, or simply removing the stress from the person's life. The list goes on and on.

Medicinal plants are an effective way to deal with stress. Some of the leaders in combating stress include

St. John's Wort, Chamomile, Valerian root, and Kava Kava.

St. John's Wort is a well-known herbal remedy for stress, anxiety, and depression. It has been around for centuries and was widely used during the Renaissance and Victorian periods to relieve mental conditions. One recent study found it was as effective as Prozac for treating depression. St. John's Wort has also been used to treat viral infections, nerve afflictions, and gastrointestinal ailments.

Chamomile and Valerian root have been used to help calm nerves and resolve insomnia to promote a good night's sleep. Chamomile has been used to calm the nerves of both the mind and stomach. It is a popular choice to treat stress in children. Valerian root is an effective sedative, but also used to reduce mental and physical tension. Valerian is often found in stress relief and sleep formulas. Valerian is also a common ingredient in many menopausal formulations.

Kava Kava has been extensively researched for stress, anxiety, and insomnia. However, kava has side effects and needs to be used under the supervision of a health care provider.

Other medicinal plants to mention that have been used to treat stress include Lavender, Passion Flower, Hops, Ashwagandha, Skullcap, Licorice, Panax Ginseng, and Siberian Ginseng.

There are many other natural ways to reduce stress. However, when dealing with stress, taking charge of your thoughts, emotions, and dealing with the problem is essential before considering natural and/or conventional treatments.

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

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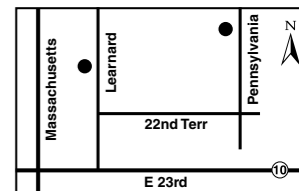
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SENIOR CALENDAR

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

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

ARTS/CRAFTS

SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

Pancake feed and market with arts, crafts, gifts, baked items and more. Open to the public. Pancakes are \$4 for all you can eat, free to shop. 8 a.m.–12 noon. Moose Lodge, 1901 N. Kansas Ave. TOPEKA, 785-250-6788

LAST FRIDAY OF EACH MONTH FINAL FRIDAYS

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

MAY 3

ANNUAL ART IN THE PARK

Sponsored by the Lawrence Art Guild, this annual festival features over 150 artists, musical performances and children's activities. South Park, 12th & Massachusetts St., 10 a.m.-5 p.m. Free. LAWRENCE, 785- 979-7039
lawrenceartguild.org

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

LEGIONACRES

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

SUNDAYS & TUESDAYS

MOOSE CLUB

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

DAY TRIPS/TOURS

MAY 2

GRASSROOTS ART TOUR

Grassroots art is a term describing art made by people with no formal artistic training, using ordinary materials in an extraordinary way. It is best experienced in person and Lucas, Kansas, is an exceptional opportunity to do so. The day will start with a picnic lunch near Bowl Plaza and the sculpture garden. Docent tours of the Grassroots Art Center and the Garden of Eden, S.P. Dinsmoor's home and legacy that features concrete sculptures of Biblical characters and his populist political beliefs. Time will be available for viewing other collections and studios around town. We'll stop for a unique Kansas dinner on the way home (on your own.) Registration includes transportation, lunch and tours. Lawrence Parks and Recreation. Register at the Community Building, 115 W. 11th St., online, or call. LAWRENCE, 785-832-7920, www.lprd.org

MAY 9

FORT LEAVENWORTH HOMES TOUR

Walking tour of historic military homes of Fort Leavenworth. NOTE: U.S. Picture ID required upon entry to the fort, enter in the right-hand lane (non-decal). No weapons may be brought onto the fort. Grant Ave., 10 a.m.-6 p.m. FORT LEAVENWORTH, 913-684-3193
www.ffam.us

MAY 9 & 10

MIAMI COUNTY FARM TOUR

Enjoy a day trip to the country featuring clean air and a rural heritage. A free self-guided tour, you can visit as many tour stops as you like while traveling in the comfort of your own vehicle. We ask that guardians maintain control of their children and promote respect for property, plants and animals while visiting the stops. Please leave your pets at home – but remember to bring your camera! Several stops offer food products or

crafts related to their farm's operations. Miami County, 201 S Pearl, Suite 202, 9 a.m.-4 p.m. PAOLA, 913-294-4045
www.miamicountyks.org/484/Spring-Farm-Tour

MAY 19

TREE TREASURES

Join this tour to appreciate and learn about the biggest and most beautiful trees of Lawrence. Emphasis will be on the biology, history and value of these remarkable specimens. Lawrence Parks and Recreation. Fee. Transportation provided from the Community Building. Tour guide: Jon Standing. Registration deadline: Tuesday, May 12. Register at the Community Building, 115 W. 11th St., online, or call. LAWRENCE, 785-832-7920, www.lprd.org

JUN 2

UNDERGROUND RAILROAD TOUR

The Underground Railroad was vital in the safe passage for the runaway slaves to achieve freedom. The abolitionists who participated risked their lives as well as their families by aiding the slaves. Many slaves were safely led through the Wakarusa Valley. Join us for a tour of the route and visit to the Wakarusa Valley Heritage Museum. Our tour guide will be Martha Parker, author of the book *Angels of Freedom*. Lawrence Parks and Recreation, 9 a.m.-12:30 p.m. Fee. Register at the Community Building, 115 W. 11th St., 832-7920 or www.lprd.org. Registration deadline: May 26. LAWRENCE

JUN 3

TREE TREASURES OF SOUTH PARK: A WALKING TOUR

We'll walk around some of the sidewalks at South Park to appreciate and learn about the many different kinds of trees there. Emphasis will be on the biology, history, and horticultural uses of these wonderful specimens. We'll start at the bandstand along the eastern edge of the park. The walk will be wheelchair friendly. Lawrence Parks and Recreation, 10 a.m.-12 p.m. Fee. Meet at the South Park Bandstand. Tour guide: Jon Standing. Registration deadline: May 27 Register at the Community Building, 115 W. 11th St., 832-7920 or www.lprd.org. LAWRENCE

EDUCATION

ONGOING

COOKING CLASSES

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

EVERY OTHER MONTH MARCH-NOVEMBER AARP SAFE DRIVING COURSE

Stormont-Vail is pleased to offer the AARP Safe Drivers Course at Pozez Education Center on March 10 and 11 from 10 a.m.-3 p.m. This course reviews helpful tips and completion could help get you a discount on your auto insurance. Registration required, please call. Cost: \$15 per person for AARP Members, \$20 per person for non-members. Please bring your AARP card to class. TOPEKA, 785-354-5225

FIRST MONDAY OF EACH MONTH

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m. TOPEKA, 785-580-4400

FIRST & THIRD FRIDAYS OF EACH MONTH HEALTHWISE AFTER 55

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

SECOND & FOURTH FRIDAYS OF EACH MONTH FOR FAMILY CAREGIVERS

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

MAY 7

SKILLBUILDERS: LEGAL SAVVY

Presented by Cheryl Denton, Petefish, Immel, Heeb & Hird LLC. Skillbuilders is an informative series of programs on various topics designed to assist anyone who is going through major transitions in their lives. The programs are free. Come to all or to just the topics that pique your interest. Skillbuilders programs are held at the Lawrence Public Library, 707 Vermont St., 10-11:30 a.m. For more information about Skillbuilders, contact Pattie Johnston, Outreach Services of the Lawrence Public Library. LAWRENCE, (785) 843-3833 ext. 115

MAY 13

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, an affiliate of Stormont-Vail HealthCare, will hold Medicare Educational Seminars on Wednesday, April 8, and Wednesday, May 13, at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. Please contact Crystal for reservations. TOPEKA, 785-286-6402

MAY 14

SKILLBUILDERS: ADJUSTING TO CHANGE

Presented by Paul Reed, VNA, and Pattie Johnston, LPL. Skillbuilders is an informative series of programs on various topics designed to assist anyone who is going through major transitions in their lives. The programs are free. Come to all or to just the topics that pique your interest. Skillbuilders programs are held at the Lawrence Public Library, 707 Vermont St., 10-11:30 a.m. For more information about Skillbuilders, contact Pattie Johnston, Outreach Services of the Lawrence Public Library. LAWRENCE, (785) 843-3833 ext. 115

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KAW VALLEY SENIOR MONTHLY

■ CONTINUED FROM PAGE 18

MAY 19

SENIOR SUPPER AND SEMINAR

This month's topic: "To Sleep, Perchance to Dream? About Sleep Issues." Presented by Lida Osborn, MD, Co-Medical Director, LMH Sleep Center & Pulmonary and Sleep Medicine, Reed Medical Group. On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. At 6 p.m., there will be a short educational program on a health or wellness topic presented by LMH affiliated physicians or associates. Advance reservations are required for the supper portion only, and must be made at least 24 hours in advance by calling LMH Connect Care. Supper seating is limited so please enroll early. LAWRENCE, 785-749-5800, www.lmh.org

MAY 28

FUNDAMENTALS OF ESTATE PLANNING

Death is a certainty. Incapacity is a possibility. You need a plan for both. Fundamentals of Estate Planning will help you create those plans. The seminar covers what happens under intestate succession if you die without a plan; Wills and Revocable Living Trusts; probate administration; estate and gift taxes; non-testamentary transfer options, such as TOD Deeds; General and Healthcare Powers of Attorney; Living Wills & Healthcare Directives; and an overview of Medicaid eligibility for long-term care. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Douglas County Senior Center, 745 Vermont Street, 6-7:30 p.m. LAWRENCE, (785) 842-0543 or (785) 841-4554

ENTERTAINMENT

THURSDAYS

JUNKYARD JAZZ

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

MAY 1, 2, 3, 8 & 9

THE STINKY CHEESE MAN AND OTHER FAIR(LY) (STOOPID) TALES

Familiar fairy tales take on lives of their own, often go berserk right onstage, and occasionally burst into song with this hilarious family musical. Rumpelstiltskin turns up in Cinderella's story, Jack sends the Giant back up the beanstalk, chickens can't wait for their cues, and the audience can't wait to applaud. You won't want this fun story to end. Topeka Civic Theatre & Academy, 3028 SW 8th Ave. Showtimes: May 1 and 8, 7 p.m.; May 2, 3 and 9, 2 p.m. Fee. TOPEKA, 785-357-5211
www.topekacivictheatre.com

MAY 1 & 2

ORANGE MOUSE THEATRICALS PRESENTS - DAVID MAMET'S "THE SHAWL"

This immersive event offers live theatre, tarot readings, great coffee and food and more. Come out and enjoy a diverse evening of entertain-

ment. Aimee's Coffeehouse, 1025 Mass St., 8:30-10 p.m. Fee. LAWRENCE, 267-225-3912

MAY 8, 9, 15, 16, & 17

VISITING MR. GREEN

Mr. Green, an elderly, retired dry cleaner, wanders into New York traffic and is almost hit by a car driven by Ross Gardiner, a 29-year-old corporate executive. The young man is given community service to help the recent widower once a week for six months. What starts as a comedy about two men who do not want to be in the same room together becomes a gripping and moving drama as they get to know each other, come to care about each other, and open old wounds they've been hiding and nursing for

years. Topeka Civic Theatre & Academy, 3028 SW 8th Ave. Showtimes: May 8, 9, 15, and 16, 8 p.m.; May 17, 2 p.m. Fee. TOPEKA, 785-357-5211
www.topekacivictheatre.com

MAY 8

FREE STATE STORY SLAM

Stories told live. Extraordinary, witty, suspenseful: whatever yarns you have, spin them. This is a don't-miss occasion to hear and share whoppers, MOTH-style, the second Friday of each month. Raconteurs step up to the mic to bring laughs, tears, surprise, amazement, and the occasional awkward moment. All are welcome, bring a tale to tell on the theme for

the evening, or just come to eavesdrop. Never the same story, or evening, twice. Adults 18+ only. Live music and social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire St. Free.

LAWRENCE, 785-843-2787
lawrenceartscenter.org/story-slam

MAY 9

LAUGH LINES

Prepare to be leave happy a you watch performers act out improv comedy sketches and games based on what the audience suggests. Make it a date and order a pizza from Glory Days Pizza

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Is there someone special in your life who needs extra care? A Home Plus Adult Care Home is an alternative solution to a nursing home environment.

We provide an intimate family setting and more "Attentive" attention.

Residents can choose their meals and have family recipes prepared for them. It's easier for the families to be involved. We provide a home setting with group and individual activities available.



Services Include:

- Personalized Care
- Private & Semi-private bedrooms
- 24 Hour Care by Certified Staff
- Daily supervision by RN and LPN
- Medication Assistance
- Fresh home-cooked meals served at a family table
- Social interaction and activities
- Fire sprinkler and door security
- Personal Laundry Service
- Licensed and inspected by the Kansas Department on Aging

At our Home Plus in Topeka, Kansas, you can continue to live in a familiar homelike setting while you receive 24 hour a day supportive nursing care. Call Ben or Darlene for a tour at 785-234-2989 or 785-383-4531. Or visit our website at www.wintermeadowhomesinc.com for more information.

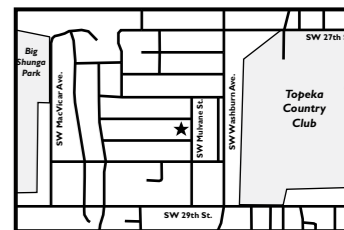


You can bring your own personal belongings, including furniture, to make it feel more like home.



We provide: Long-term Residency, Respite Service, Day Care, Hospice Services Welcomed, Dementia Care, Diabetic Care

**We're conveniently located at
2832 SW Mulvane St.
in Topeka!**



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right to your table during the show. Topeka Civic Theatre & Academy, 3028 SW 8th Ave., 8 p.m. Fee. TOPEKA, 785-357-5211 www.topekacivictheatre.com

MAY 18 TOPEKA FESTIVAL SINGERS: A NIGHT AT THE OSCARS

Help celebrate Topeka’s historic excellence in the choral arts with the Topeka Festival Singers’ 31st season. White Concert Hall – Washburn University, 17th and Jewell, 7:30 p.m. Fee. TOPEKA topekafestivalsingers.org/main/index.php

MAY 19 THE UGLY DUCKLING & THE TORTOISE AND THE HARE

Fresh on the heels of their breakout success, the creators of Darwin the Dinosaur are at it again! In an age when television, computers and video games reign supreme, the folks at Lightwire Theater (in conjunction with Corbian Visual Arts and Dance) bring their use of cutting-edge technology, moving sculpture, and dance to another unforgettable theatrical experience. Lied Center of Kansas, 1600 Stewart Drive, 7 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/events/ugly-duckling.shtml

EXHIBITS/SHOWS

MAY 8-10 SUNFLOWER KENNEL CLUB ALL-BREED DOG SHOW

Watch your favorite breed of dog strut their stuff during several different competitions including conformation, obedience and rally. If you are looking to get a dog, this is the perfect place for you! When you aren’t watching the competition, learn about a specific breed by talking to the breeders. Vendors will also be at the event with dog related items that are perfect for your pooch. Parking and admission are free. Kansas Expocentre, One Expocentre Drive, 8:30 a.m.-5 p.m. Free. TOPEKA, 785-235-1986 www.ksexpo.com

JUN 1-10 REMEMBERING OUR HEROES

This is a free traveling photo exhibit of all Kansans killed in Iraq and Afghanistan in the Global War on Terrorism since Sept. 11, 2001. Museum of the Kansas National Guard, 125 SE Airport Dr., 10 a.m.-8 p.m. Free. TOPEKA, 785-862-1020 www.kansasguardmuseum.org

FAIRS/FESTIVALS

JUNE 5 SUNDOWN FILM FESTIVAL

Join us for movie night. *Little Women* (1994), starring Winona Ryder. Rated PG. Bring blankets and lawn chairs and enjoy the movie outdoors on the grounds of the Kansas Historical Society. Admission to the movie is free. Popcorn, candy, soda, and water will be

available for purchase. The Kansas Museum of History, 6425 SW 6th Ave., 9 p.m. TOPEKA, 785-272-8681

FARMERS MARKETS

EVERY SATURDAY APR-NOV

TOPEKA FARMERS MARKET

Since the 1930s, the Topeka Farmers Market has come alive every Saturday morning from April through November. Vibrant with color, lively chatter and friendly faces, the Topeka Farmers Market attracts hundreds of Topeka residents and out of town visitors. 12th and Harrison, South of the Judicial Building, 7:30 a.m.-12 p.m. LAWRENCE, 785-249-4704 downtowntopekafarmersmarket.com

APR 11-NOV 21

LAWRENCE FARMERS MARKET - SATURDAY

The mission of the Lawrence Farmers Market is to provide children and adults in the Lawrence area, with locally grown foods and farm products. 824 New Hampshire. 7-11 a.m., April 11 to August 29. 8 a.m.-12 p.m., September 5-November 21. LAWRENCE, 785-505-0117 www.lawrencefarmersmarket.com

MAY 5-OCT 27

LAWRENCE FARMERS MARKET - TUESDAY

The mission of the Lawrence Farmers Market is to provide children and adults in the Lawrence area, with locally grown foods and farm products. 824 New Hampshire, 4-6 p.m. LAWRENCE, 785-505-0117 www.lawrencefarmersmarket.com

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

Need help reaching your fitness goals? Lawrence Parks and Recreation has certified personal trainers to help you make your workouts safe, productive and successful. Training and registration are available at all recreation centers. For more information, contact Gayle Sigurdson. LAWRENCE, 785-832-7920

ONGOING

FIT FOR LIFE

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

ONGOING

ZUMBA GOLD

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

www.lprd.org. LAWRENCE, 785-832-7920

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center from 7-10 a.m. 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 East Lawrence Center. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play. LAWRENCE, 785-832-7950

TUESDAYS

BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE LITE

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

TUESDAYS AND THURSDAYS

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

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

TUESDAYS AND THURSDAYS

ZOSTAVAX (SHINGLES) CLINIC

HealthWise 55 Clinic. 8 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, 785-354-6787

WEDNESDAYS

NUTRITION CLINICS

Meet with a Registered Dietitian to discuss your nutrition needs and questions. HealthWise 55 Resource Center, 2252 S.W. 10th Ave., 8 a.m.-noon. Free. Call for an appointment TOPEKA, 785-354-6787

WEDNESDAYS

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 12:30-4:30 p.m.

Call for appointment. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

MAY 6

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/test. Lawrence Public Library. Sponsored by Lawrence Memorial Hospital, 3-4:30 a.m. LAWRENCE, 785-749-5800

MAY 13

HEALTH AND WELLNESS FAIR SPONSORED BY KDHE

Annual Kansas Department of Health and Environment (KDHE) community-wide health and wellness fair. The purpose of this event is to bring reputable health and wellness information and opportunities into the spotlight for the community to see and experience. The fair is designed to enhance the awareness of health and wellness to Kansans and help the citizens take a positive step towards better health. The

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fair features health and wellness organizations and businesses from the Topeka community. Services may include free BMI, Blood Pressure Checks, Cholesterol screening, physical fitness testing, interactive physical activities, safety demonstrations and much more. Kansas State Capitol, 300 SW 10th Ave., 10 a.m.-12:30 p.m. Free. TOPEKA, www.kdheks.gov

MAY 27

LAWRENCE SENIOR FITNESS CRAWL FOR NATIONAL SENIOR HEALTH AND FITNESS DAY

Join LMH and community partners City of Lawrence Parks and Recreation Department, Lawrence Public Library and Senior Services of Douglas County for our first ever Senior Fitness Crawl event in honor of National Senior Health and Fitness Day. This year’s theme is “if you keep moving, you’ll keep improving.” There will be fitness events and health screenings at various times and locations throughout the day. Join in one activity or all throughout the day. All events are free and no registration is needed. Register at each event for prizes, including a Fitbit® health tracker. For more information and a complete schedule of events, go to lmh.org or call Aynsley Anderson at (785) 505-3066 or Gayle Sigurdson at (785) 832-7920. See article on page seven for more information. LAWRENCE

JUNE 3

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/test. Lawrence Public Library. Sponsored by Lawrence Memorial Hospital, 9:30-11 a.m. LAWRENCE, 785-749-5800

HISTORY/HERITAGE

MAY 3

WALKING TOUR OF OAK HILL CEMETERY: LAWRENCE’S ARLINGTON

The Watkins Museum of History invites you to join us in paying tribute to our local veterans and celebrating the 150th anniversary of Oak Hill Cemetery, established in 1865 as part of the rural cemetery movement so popular across the nation. Interpreters will provide glimpses into the establishment of the cemetery and the lives of 8 selected veterans who served the nation from the Civil War through Vietnam. Oak Hill Cemetery, 1605 Oak Hill Ave., 2-4 p.m. Fee. LAWRENCE, 785-841-4109 www.watkinsmuseum.org

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m. Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m. Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m. Arbor Court, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m. Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m. Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m. Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

MEETINGS

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

MONDAYS

GRIEF SUPPORT GROUP

12-week adult group for recent loss. Midland Hospice, Building A, 4-5 p.m. Please call for start dates and information packet. TOPEKA, 785-232-2044

FIRST MONDAY OF EACH MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

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

FIRST & THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

EVERY TUESDAY THROUGH FRIDAY

MEN’S COFFEE

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

FIRST TUESDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FIRST TUESDAY OF EACH MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - LAWRENCE

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

FIRST TUESDAY OF EACH MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

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

FIRST & THIRD TUESDAY OF EACH MONTH

SCRAPBOOK MEMORIES

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

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FIRST & THIRD TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF EACH MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

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

FIRST WEDNESDAY OF EACH MONTH

KAW VALLEY OWL (OLDER WOMEN’S LEAGUE)

Meetings are held at the United Way building, 2518 Ridge Ct. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson. LAWRENCE, 785-691-7314

FIRST & THIRD WEDNESDAY OF EACH MONTH

CANCER SUPPORT GROUP

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

FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - TOPEKA

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

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

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

■ CONTINUED FROM PAGE 21

information packet.
TOPEKA, 785-232-2044

**EVERY OTHER THURSDAY
GRIEF SUPPORT GROUP**

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

FIRST FRIDAY OF EACH MONTH

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

**ONE SATURDAY EACH MONTH
LAWRENCE DEATH CAFE**

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

**SECOND MONDAY, SEP-MAY
LAWRENCE CLASSICS, GENERAL
FEDERATION OF WOMEN'S CLUBS**

Volunteer service club.
LAWRENCE, 785-331-4575

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

We have a covered dish dinner, a short meeting,

and then play dime bingo with playing cards. 5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com.
TOPEKA

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

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

MISCELLANEOUS

**WEDNESDAYS
WILD WEE WEDNESDAYS AT THE
DISCOVERY CENTER**

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m.
TOPEKA, 785-783-8300
www.kansasdiscovery.org

**SECOND FRIDAY OF EACH MONTH
SCIENCE NIGHT LIVE: SCIENCE OF
CHAIN REACTIONS**

The second Friday of each month, the Kansas Children's Discovery Center opens its doors exclusively to adults, 21+. Science is fun...at any age. Science Night Live provides visitors the opportunity to have fun and learn about science in a unique setting. We mix music and dancing, drinks and fun, playful science and creative arts for discovery after dark. Each Science Night Live features a unique science theme, as well as tasty spirits and fun. 4400 SW 10th Ave, 6-9 p.m.
TOPEKA, 785-783-8300
www.kansasdiscovery.org

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

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

FEB 8-OCT 11

SECOND SUNDAY MONTHLY HIKE

Clinton State Park and AmeriCorps invite you to join them for monthly hikes through the park every Second Sunday through the coming year. Each journey is approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. Amateur arborists and bird watchers will be

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amazed at the numerous species present within the park boundaries. Younger children are welcome, but be aware that the uneven terrain and length of the hikes may create the need for more adult assistance. Don't forget to bring water and dress appropriately. A Vehicle Permit will be required. Purchase one by the day at \$5.00 or annually for \$25.00 and get into all Kansas State Parks for the rest of the year. Call for more information.
LAWRENCE, 785-842-8562

**MAY 2
MARBLE DAY**

The Annual Marble Day Celebration is a fun, family day celebrating spring, marble games and activities and other old-fashioned outdoor games and activities. Events and activities include a tractor cruise, wacky parade, bike rodeo, marble tournament, marble art and invention contest, Running of the Pinkys, cake walk, straw tunnel and straw mountain, food vendors and other traditional games and activities. It's a day full of smiles and fun, fun, fun! Downtown Bonner Springs, 126 Cedar St., 9:30 a.m.-2 p.m.
BONNER SPRINGS, 913-667-1703
www.marbleday.com

MAY 8

19TH ANNUAL CELEBRATION WALK

The Celebration Walk also will include the purchase of luminaries for \$10.00 to be placed on the grounds in memory of anyone you would like to remember. Veterans remembered by a luminary can be identified with their branch of service indicated on the luminary card. These names will be read at the closing ceremony that evening. This is a family friendly stroll-a-thon event, featuring food, activities and a children's area. Entertainers donate their time for the evening, and participants can hear a variety of music. Topeka Campus, located at 200 SW Frazier Circle, 6 p.m.-dusk.
TOPEKA, 785-232-2044
www.midlandcareconnection.org/15Walk

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**MAY 8
TRINITY IN-HOME CARE'S ANNUAL
COMMUNITY BREAKFAST**

You're invited to Trinity In-Home Care's Annual Community Breakfast celebrating Older Americans Month at Maceli's. We will honor Sandy Praeger, our 2015 Inspirata Award Recipient. RSVP by May 5. All are welcome, but those who are able are asked to make a donation at the door in the amount of your choosing. Donations support TIHC's in-home services for our Medicaid and Sliding Scale clients. Suggested donation is \$20 per person. Maceli's, 1031 New Hampshire, 7:30-8:30 a.m.
LAWRENCE, (785) 842-3159
www.tihc.org

MAY 9

**MONARCH WATCH SPRING OPEN HOUSE
& PLANT FUNDRAISER**

More than 5,000 butterfly plants (both annuals and perennials), including seedlings of twelve milkweed varieties, will be available. These plants are ideal for starting butterfly gardens or adding to established gardens. Monarch numbers have been declining and we need to plant milkweeds to sustain the monarch migration. Modest contributions are suggested for the plants. See the link below for an updated list of available plants. University of Kansas - Foley Hall, 2021 Constant Ave., 8 a.m.-2 p.m.
LAWRENCE, 785-864-4441
monarchwatch.org/openhouse

MAY 9

**A SUPERHERO SALUTE TO REAL
AMERICAN HEROES**

The desired goals of this event include celebrating the hard work, dedication, and sacrifices given by the men and women of Law Enforcement, Firefighters, as well as all branches of the United States Armed Forces; active duty and veterans alike. Another of our main objectives is to raise money and awareness for the Quincy Street Veterans House located in the 13 block of Quincy St. In North Topeka, blocks from this

celebration. Funds will be collected through free-will donation boxes to be found in participating businesses as well as a Silent Auction featuring donated items. NOTO Arts District, 800-900 North Kansas Ave., 9 a.m. Free.
TOPEKA, 785-633-7138

MAY 25

MEMORIAL DAY WEEKEND FLY-IN

All types of aircraft: modern, antique, home-built, rotorcraft, ultralights and experimentals. Added attractions include a candy drop, aircraft judging, antique cars and food. Amelia Earhart Airport, 16701 286th Rd., 8 a.m.-5 p.m.
ATCHISON, 913-367-2427
www.atchisonkansanet

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**MAY 25
A VETERAN'S TRIBUTE**

Grace Hospice, the Military Order of World Wars(MOSS), The Overland Station, and various community sponsors invite all veterans and their families to our annual event "A Veterans Tribute." The purpose of the event is to honor our community veterans and their families for their service to our country. Each veteran and their family members receive a FREE BBQ lunch, observe a Massing of the Colors ceremony, and the experience of veteran camaraderie. The event will be held at the Overland Station, 701 N. Kansas Ave., 12:30-3 p.m.
TOPEKA, 785-228-0400
www.gracehospicellc.com

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Honoring our service members on Memorial Day

By Kristine Warren
Social Security District Manager in Topeka KS

On Memorial Day, we honor men and women who died while courageously serving in the U.S. military. We also recognize active duty service members, especially those who have been wounded. Cities and towns across the United States host Memorial Day parades to thank our service members and their families for their sacrifices.

Policymakers put into place laws and benefits to protect our heroes and their families. For example, Social Security provides survivors, disability, retirement, and Medicare benefits. Not only does Social Security have benefits to protect veterans, we also provide family benefits to protect service members' dependents.

Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about Social Security sur-

vivors benefits at www.socialsecurity.gov/survivors.

Wounded military service members can also receive expedited processing of their disability claims. For example, Social Security will provide expedited processing of disability claims filed by veterans who have a U.S. Department of Veterans Affairs (VA) Compensation rating of 100 percent Permanent & Total (P&T). Depending on the situation, some family members of military personnel, including dependent children and, in some cases, spouses, may be eligible to receive benefits. You can get answers to commonly asked questions and find useful information about the application process at www.socialsecurity.gov/woundedwarriors.

Service members can also receive Social Security, as well as military retirement benefits. The good news is that your military retirement benefit doesn't reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at

www.socialsecurity.gov/retirement. You may also want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/retire2/veterans.htm.

Service members are also eligible for Medicare at age 65. If you have health insurance from the Department of Veterans Affairs, or under the TRICARE

or CHAMPVA programs, your health benefits may change, or end, when you become eligible for Medicare. Learn more about Medicare benefits at www.socialsecurity.gov/medicare.

In acknowledgement of those who died for our country, those who served, and those who serve today, we at Social Security honor and thank you.

RICK STEVES' EUROPE

What's new in Italy and Spain for 2015

Rick Steves: By Rick Steves
Tribune Content Agency

Spain and Italy are working hard to accommodate hordes of travelers hungry to experience their delightful cultures.

The big news in Florence is the food scene. The steel-and-glass Central Market has undergone an exciting resurgence. The top floor is now an inviting, upscale food court, and several of the restaurants stay open late. On the ground floor of the market, vendors still sell meat, fish, and produce. The open-air San Lorenzo Market, whose stalls used to surround the Church of San Lorenzo, still sprawls down the streets ringing Central Market.

Florence now has an EATaly, part of a growing chain of foodie mini-malls that are popping up in big Italian cities. The slick, modern mall has a gelato counter, pastry shop, gourmet grocery store (with kitchen gadgets), and a cluster of food counters serving pastas and pizzas, main dishes, and daily specials.

On the art scene, Florence's Duomo Museum, with works by Michelangelo and Donatello, is closed for renovation until November 2015.

In Siena, the Santa Maria della Scala museum is open after an extensive renovation, displaying some of the most ancient Byzantine reliquaries in existence—many made of gold, silver, and precious stones. And a new section covers Siena's history.

In Padua, you can get 40 minutes inside the Scrovegni Chapel to view Giotto's marvelous frescoes (instead

of the usual 20 minutes), if you pay 4 euros extra and visit during evening hours.

If you want to see Bolzano's Otzi the Iceman—the hiker found entombed in a glacier for 5,000 years—without getting buried in lines, buy your ticket online at least one day in advance, print it, and bring it with you to the archaeological museum (www.iceman.it).

If you're Romeward-bound, book your hotel room and Vatican Museum tickets early. Pope Francis is a big draw—and, as anywhere, with crowds come pick-pockets. Beware of any commotion—even caused by children and pregnant women—in the Metro and anywhere crowds form. Wear a money belt.

In ancient Rome, the southern part of the boulevard, Via dei Fori Imperiali, near the Colosseum has reopened to traffic. For a while in 2014, the road was a pedestrian zone on weekends and only open to buses, taxis, and bikes on weekdays.

Across the Mediterranean, throughout Spain's Catalunya region and particularly in Barcelona, restaurant menus have traditionally been in Spanish and Catalan, but these days—with

the feisty spirit of Catalan independence stoked - you'll often find menus in Catalan and English without Spanish.

Barcelona's big news for art lovers is the opening of Casa Lleo Morera, which has one of the best-preserved Modernista interiors (from 1906), containing finely crafted mosaics, ceramic work, wooden ceilings and doors, stone sculptures and stained glass. Reservations are required and access is by tour only (www.casalleomorera.com).

Also for Barcelona, the easiest way to get advance tickets for architect Antoni Gaudi's soaring Sagrada Familia is on the church's own website (www.sagradafamilia.cat). At Gaudi's popular Parc Guell, you now need a timed-entry ticket to enter the Monumental Zone to see the architect's iconic work: the colorful dragon, grand staircase, and wavy-benched view terrace. While the rest of the park is free and wide open, reserve your 7-euro ticket online as far in advance as you can for the Monumental Zone (www.parkguell.cat).

San Sebastian is spiffing itself up to be a European Capital of Culture in 2016. Its excellent Museum of San Telmo now has more exhibits on Basque culture than ever.

In Madrid's Royal Palace, the kitchen, where the gala dinners were prepared, will open to the public, though the royal pharmacy has closed. The National Archaeological Museum has reopened after a major renovation—it's like a small British Museum and well worth visiting.

Toledo's plan to make the old town center essentially traffic-free is taking shape with construction of a new parking lot and escalator that should ease the walk from the train station into town.

Gibraltar's monkeys, which congregate at the Apes' Den on the Rock, have gotten more aggressive, spoiled by being fed for photo ops. Taxi drivers have been warned to stop feeding them.

In Cordoba, the brand-new high-tech Museo Taurino Cordoba pays tribute to the city's bullfighting tradition with displays on bull-raising, bullfighters, and the aesthetics of the fight (though similar museums in Ronda and Sevilla are better).

In Granada, if you want to see the famous Moorish palace at the Alhambra on short notice, the easiest solution is to buy the pricey Bono Turistico city pass, which even at the last minute (sometimes even the same day) lets you choose virtually any entry time to the complex.

Throughout your travels to Spain and Italy, while you enjoy the classic, enduring sights, appreciate how they also change with the times to accommodate all the people who come to enjoy Europe's southern realm. Enjoy both the old and the new!

- 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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Meals on Wheels volunteers needed

Meals on Wheels announced on April 2 that volunteers are needed for meal delivery. You may volunteer as an "on call" substitute driver or volunteer as a "routine route driver" on days you are available Monday through Friday.

Meal delivery bags are picked up between 10:45 and 11:30 a.m.—depending on the pickup location—and meals are delivered in that area. Routes take up to an hour to deliver to an average of 10-12 clients per route.

Flexibility is available to all volunteers, and we will work with what dates, times and locations are best with your schedule.

There are six meal pickup locations throughout Topeka for the convenience of our clients and volunteers:

If you are interested in learning more about volunteering, please call Kim Williams at (785) 295-3989 or email kwilliams@mowks.org. You can make a difference today,

dancing." "I'm too old to go to see the pyramids." Who says so? Age does not limit us, but our attitudes and assumptions do. That is one reason we encourage our residents to live an active lifestyle and to keep learning and growing.

Last week one of our residents, Lois, celebrated her 90th birthday. After a big party, here in Pat's Irish Pub, she told me about a wonderful compliment she received from her grandson. He said, "Grandma, I've never known anyone who gets older and younger at the same time!" First of all the grandson is very insightful, but how thoughtful of him to tell her. What a beautiful compliment! Lois told me that she felt that her life-style at McCrite was a big reason for her good health and her continued energy. That was a big compliment for us! My vision of aging is not a horizontal line but a spiral that reaches up. Yes, it may grow smaller in size, but it is reaching for the pinnacle. Rev. Chuck Swindoll, in his famous poem about attitude says, "The only thing we can do is play on the one string we have and that is our attitude." When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.



GETTING YOUNGER

By Connie Michaelis, Marketing Director
pr@mccriteretirement.com

Did you see the movie from a few years ago called "The Curious Life of Benjamin Button"? The plot was about an infant that was born 'old' and through the years become younger. Sounds preposterous but it generated serious food for thought. It clearly exposed the separation between body and mind and begged the question, "What is aging?" In our Western culture, we see aging on a horizontal plane from birth to death. We assume that life is in a bell curve that is in decline after 40 years. We buy into the beliefs that after a certain age we 'cannot' do certain activities. Consider phrases like: "I'm too old to wear red lipstick." "We are too old to go



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HUMOR

Another Golden Fleece

Blair Timert, one of Letongaloosa's most popular citizens, sat at the counter in Kerri's Koffee Klatch on Main Street reading the local newspaper and sipping a large mocha. A man in a dark suit slid onto the stool next to him. "Lo Morie," said Blair, without looking up from his newspaper.

"Blair, we've got a problem," said



Larry Day

Mordin Alsbeck, a veteran detective on the Letongaloosa police force.

"What's up?"

"We got a tip that a couple of big city Basques may be planning to rob a local bank," said Mordin. "Our snitches tell us that two hoods came in a week ago. They were casing the bank, so we got a court order to tap their phones. They speak Basque, and we can't understand them."

"For all you can tell, they may be in town to plan a family reunion."

"That's why I'm here. We need you to give us a hand with the Basque."

Blair's adoptive parents were third generation Basque-Americans. Blair's adoptive grandparents had come to the U.S. early in the 20th century to herd sheep, but like a number of Basque immigrants, their children ended up wealthy.

Balasi and Adere Intuxuastl adopted Blair as a baby. They wanted a son to inherit their wealth and carry on their Basque language and heritage. The boy grew up speaking Basque. Blair's parents didn't want to burden their adopted son with a first and last name

that his playmates would find unpronounceable, so they retained Blair's birth name.

Blair was a homely, well-behaved youngster who grew up to be a tall, good-hearted man with a long face, big ears, and a loopy smile. He was a favorite in town because he was fun to be around, and because he used his money to support the community. He and Mord Alsbeck had known each other since grade school.

Blair laid his newspaper aside.

"So, how does this work? How am I supposed to listen in on these Basque telephone conversations?"

"We'll give you a cell phone that's patched into our surveillance line. We'll beep you whenever the Basques make a call. You'll be able to listen, but you won't be heard. When they hang up you'll call us on your own phone and report."

The police cell phone beeped a few

hours later and Blair was glad it was only a receiver, because he laughed out loud the moment he heard the voices. It was Mitch and Moe, the two half-baked Basque hoodlums who had tried to kidnap Blair outside a bank five years before in Chicago. They had owed money to their bookie so they had grabbed Blair when he came out of a Chicago bank carrying a briefcase full of expired bonds. The bonds looked impressive, but were worthless to anyone except Blair's tax preparer.

Blair had duped the two into keeping the briefcase and letting him go. He assumed the bookie's thugs would dispose of Mitch and Moe as soon as they found out that the bonds were worthless. Somehow Moe and Mitch escaped from the bookie's thugs and got out of town.

They turned up in Letongaloosa, of all places, because Moe's cousin, Billy Adkins (nee Bidari Azarola), was a bank teller and had a plan. He proposed to help them rob the bank and split the take three ways.

Blair's police phone beeped. Blair clicked and listened.

Moe: Kaixo (hello).

Bidari: Da dena prest biharko? (Is everything ready for tomorrow?)

Moe: We're ready to roll. Remember, small bills, no dye pack. Don't get flustered. Remember, this isn't a real heist.

Bidari: Idiot! Whose idea was this in the first place? You two just do your jobs and I'll do mine.

Moe: Two forty five on the dot.

Bidari: Zuzendu (goodbye).

Moe: Beras (So long).

Click.

At two forty nine, Moe ran out of the bank with a satchel full of money and jumped into the getaway car. Mitch was driving. Police cars swarmed in.

Blair was standing on the curb as officers cuffed Mitch and Moe and stuffed them into a police cruiser.

Blair: Kaixo berriro jaunak! (hello again, gentlemen!)

Mitch: IT uso da! (It's the pigeon!)

Blair: Hori da, gezurrozko! (That's right, dummy!)

- 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.

PET WORLD

New drug shows promise to extend life for cats with 'dry' FIP

Q: My friend's cat was recently diagnosed with FIP (feline infectious peritonitis). The Chinese (veterinarians) maintain this is a fatal disease. Can you help? - L.L., China



Steve Dale

A: The Chinese veterinarians are correct, although there is some good news on the FIP front: For the first time, there's hope for some kitties to live longer with an improved quality of life.

Dr. Susan Little, president of the

American Association of Feline Practitioners and a past president of the Winn Feline Foundation, says that while FIP can occur in cats at any age, it most often occurs in kittens, which is particularly heartbreaking.

"There are two forms of the disease," says Little, of Ottawa, Ontario, Canada. "For the wet form (also called effusive), there are unfortunately no treatment options. However, now, for the dry form (also called non-effusive), there's a drug called polyprenyl immunostimulant (PI)."

Funded by the Winn Feline Foundation, Dr. Al Legendre, professor of internal medicine and oncology at the University of Tennessee College of Veterinary Medicine, Knoxville, has been studying the effectiveness of PI.

"So far, it seems, certain cats with

dry FIP live longer (when given PI) and enjoy an improved quality of life," says Legendre. "However, it's not a cure."

For 10 years, the Winn Feline Foundation Bria Fund has raised money specifically to support researchers working to better understand this complex disease and ultimately to discover a viable treatment. Legendre's work has mostly been funded by the Winn Feline Foundation.

"Ten years ago, we never would have imagined that any drug might slow the progress of FIP in some cats," says Little. "With continued financial support, we hope to see more advances."

To answer your question, long-term prospects for any cat correctly diagnosed with FIP remain doubtful. Out of desperation, particularly since the disease is considered fatal and tends to target kittens, there are many homespun "cures" posted online. So far, only PI offers any viable promise, and even then only hope for cats with one form of the disease, and it appears that hope is finite.

Learn more about the Winn Feline Foundation and the Bria Fund at <http://www.winnfelinefoundation.org/giving/ways-to-give>.

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Send e-mail to PET-WORLD@STEVEDALE.TV. Include your name, city and state.

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WOLFGANG PUCK'S KITCHEN

Eggplant is an ideal vegetable to bridge the seasons

You hear a lot of talk from chefs, restaurant chains, food writers and food stores these days about the importance of cooking and serving fresh, seasonal ingredients. But walk through most supermarkets and you might think that there's only one perpetual season. Thanks to modern shipping



Wolfgang Puck

and advanced agricultural techniques, you can find almost any vegetable or fruit you might want to cook and eat at any time of year.

Of course, there's a difference between fresh, seasonal ingredients in general and those grown locally. Local, in-season ingredients—especially those found in farmers' markets and produced by growers who follow sustainable practices that take care of the land and the planet—are likely to have the best flavor, texture and nutritional value you can find; they will also probably have the lowest carbon footprint.

Still, some ingredients do grow during more than one season, following Mother Nature's own cycles rather than strictly adhering to the calendar pages. So you can enjoy them at their best for many months, unlike those available in narrower windows of time like springtime peas or early summer cherries.

One of my favorite longer-range vegetables is eggplant, which you can find locally grown in many markets now. Eggplant begins approaching its peak of season in early summer and lingers well into autumn. That means you can enjoy it in so many different ways: Right now in robust, warming dishes like eggplant parmesan, perfect for cooler spring weather; later, in the

warm months, in dishes look cold ratatouille or simply sliced, brushed with oil and quickly grilled; and finally, when the days grow shorter and the temperatures cool again, in all kinds of warming stews and soups.

To celebrate this versatile vegetable, I'd like to share with you one of my favorite recipes, Chinois-Style Roasted Eggplant Compote, a simple side that combines the oven-cooked and diced vegetable with stir-fried onions and bell peppers. Based on a longtime popular menu item from my Asian-fusion Chinois restaurant, it makes a great side with broiled, pan-fried or grilled chicken, lamb, beef, veal or seafood.

In the recipe as I give it here, the mixture is enjoyed at room temperature; but, if you like, you could also dish it up hot during cooler weather.

As a bonus, you'll also find a recipe for the main seasoning mix used with the eggplant, which yields more than you'll need for four servings but can also be used to flavor chicken, seafood or meat before cooking. You can also combine the mix with a sauce or lemon butter just before spooning it over food.

So, in the end, you're actually getting two versatile recipes that you can go on savoring for months to come.

CHINOIS-STYLE ROASTED EGGPLANT COMPOTE

Makes about 2 cups (500 mL), 4 servings

1 pound (500 g) Japanese eggplants (about 6 large)

2 tablespoons Asian-style toasted sesame oil

1 teaspoon Chinois Seasoning Mix (recipe follows)

1 tablespoon peanut oil

1 cup (250 mL) diced red onion, about 1/2 large

1/2 cup (125 mL) diced red bell pepper, about 1/2 medium

1/2 cup (125 mL) diced yellow bell pepper, about 1/2 medium

2 tablespoons diced green bell pepper, about 1/4 medium

1/2 bunch cilantro, leaves only, coarsely chopped to make 1/4 cup (60 mL)

1/4 teaspoon kosher salt

Freshly ground black pepper

With a sharp knife, trim and peel the eggplants. Cut them in half lengthwise and arrange them cut side up on a baking tray. Drizzle and spread the sesame oil over the eggplants and then sprinkle them evenly with the Chinois Seasoning Mix (recipe follows). Set aside and leave the eggplants to marinate at room temperature for one hour.

Preheat the oven to 375 F (190 C).

Bake the eggplants in the preheated oven until tender enough to pierce easily with a fork, 35 to 40 minutes. Remove them from the oven and set aside to cool to room temperature.

One by one, transfer the eggplant halves to a cutting board, cutting each one with a sharp knife into 1/2-inch (1.25-cm) dice. Transfer the dice to a medium-sized mixing bowl.

In a wok, heat the peanut oil over medium-high heat. Add the onion and red, yellow, and green bell peppers. Stir-fry using a wok spatula or wooden spoon until al dente, tender but still slightly

crisp, about five minutes. Transfer to a bowl to cool to room temperature.

Add the onion-and-pepper mixture to the bowl with the eggplant and sprinkle in the cilantro and salt. Stir well, seasoning to taste with pepper.

Serve at room temperature.

CHINOIS SEASONING MIX

Makes about 1 cup (250 mL)

5 ounces (155 g) fresh ginger root, peeled and cut into 1-inch (2.5-cm) chunks

4 ounces (125 g) peeled garlic (about 15 large cloves)

Stems of 2 green onions, minced

2 teaspoons Chinese pepper flakes or regular crushed red pepper flakes

Put the ginger and garlic in a blender. Pulse the machine on and off until coarsely but evenly chopped.

Use a rubber spatula to scrape out the mixture onto a cutting board. Continue chopping with a sharp knife until finely textured. Add the green onions and pepper flakes. Chop briefly, turning the mixture, until thoroughly combined.

Transfer the mixture to a covered nonreactive container. Refrigerate until needed. Use within one week.

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MEMORIES ARE FOREVER

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

www.MemoriesAreForever.net

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



Tom Mach

Memories of my Chicago childhood

By Nancy Julien Kopp

One sunny Chicago afternoon in the early 1950s, when I was about 13 years old, we watched the White Sox play ball. My cousin, Carole, and I sat in the front row of the box with one of my brothers. Mom, Dad and another brother were behind us. The fans were cheering the home team, men were hawking their wares through the stands. Because the sun was shining, Carole and I had our sunglasses on, feeling like movie stars of that era. At our age, we were more interested in movie stars like Betty Grable or Alan Ladd instead of baseball players. Even so, we had fun.

Minnie Minoso came up to bat. He had a bad habit of letting the bat fly after he'd hit the ball. As he ran to first base that day, his bat flew into the air and shot like a missile straight toward me. My dad saw it coming and literally jumped over the seat I was in. The bat hit him on the arm and bounced off to

the floor of our box, saving me from a possible head injury.

Ushers came running down the steps to see if anyone was hurt. I was scared, but more of the fact that my father had suddenly jumped over me than the bat sailing toward me. Carole and I were probably looking elsewhere and talking so I never saw the bat coming.

An usher questioned us at length, asked for name and address and left once he was assured all was well. Dad's arm may have been a bit sore but he never complained.

A few days later, we received a letter in the mail signed by Minnie Minoso. He apologized for throwing his bat and the near accident. He ended with saying he was grateful no one had been seriously injured.

My mother was not a saver so the letter got tossed out after a reasonable amount of time. How I wish I had that letter signed by one of the most famous baseball players now, some 65 years later.



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GOREN ON BRIDGE

Who's best?

With Bob Jones

East-West vulnerable. South deals.

NORTH

♠-A Q 4 2
♥-6 3
♦-K Q 7 6 5
♣-A 4

WEST

♠-K J 5 3
♥-K Q J 9 5 2
♦-3
♣-8 7

EAST

♠-10 9 8 7 6
♥-10 4
♦-A 9
♣-6 5 3 2

SOUTH

♠-Void
♥-A 8 7
♦-J 10 8 4 2
♣-K Q J 10 9

The bidding:

SOUTH	WEST	NORTH	EAST
1♦	2♥	Dbl*	Pass
3♣	Pass	3♥	Pass
3NT	Pass	4♦	Pass
4♥**	Pass	4NT	Pass
5♦	Pass	6♦	Pass
Pass	Pass		

* Negative, values with no clear bid
** Cue-bid, first round control

Opening lead: King of ♥

In a vote to determine the best pair in the world today, the USA, Italy and

Poland would all nominate favorite sons with good chances to win. A pair from Norway, Tor Helness and Geir Helgemo, would also be on that ballot.

Helness-Helgemo were North-South, respectively, in today's deal. The auction was a bit long, but not complicated, and might be duplicated by a good American pair. North used a negative double to investigate a possible spade fit before settling for diamonds. The three-heart bid was a game force and three no trump showed a heart stopper.

The contract had an obvious problem - a heart loser. Trumps could not be drawn until that loser was dealt with or the slam would be defeated. Helgemo won the opening heart lead with his ace and led a club to dummy's ace. A club back to his king was followed by the club queen, hoping for a 3-3 split. West ruffed, dummy over-ruffed, and a spade was ruffed back to hand.

Helgemo tried the jack of clubs, and when West couldn't ruff, he had his precious heart discard. Declarer claimed his contract, conceding only the ace of trumps.

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

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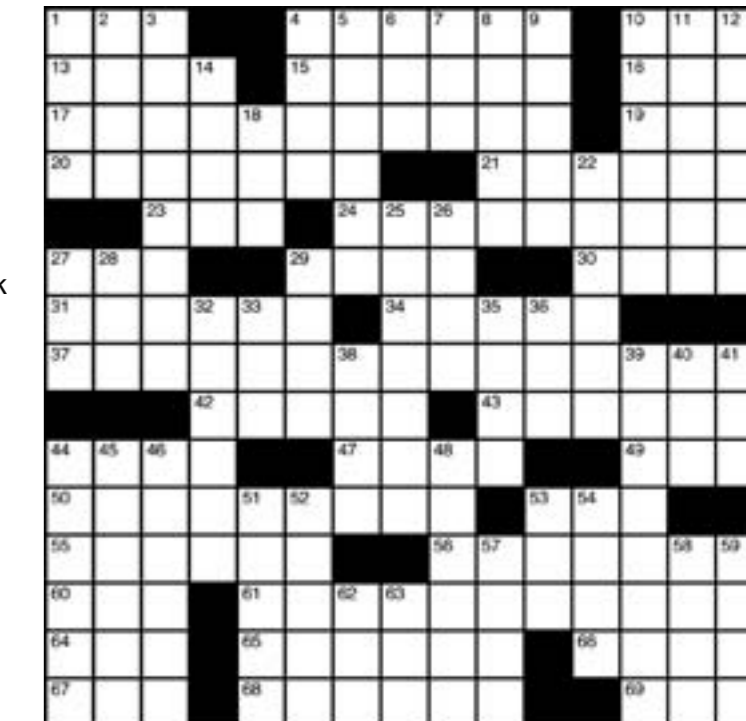
CROSSWORD

Across

- 1 Mooing critter
- 4 Ancient region surrounding Athens
- 10 Reagan era mil. program
- 13 Disgusted grunts
- 15 Resident of Tibet's capital
- 16 Muscle spasm
- 17 Illegal activity admitted by Lance Armstrong in January 2013
- 19 Writer for whom the Edgar award is named
- 20 Not sacred
- 21 Secret matters
- 23 Baba who stole from thieves
- 24 Singer with Crosby, Stills & Nash
- 27 Glass container
- 29 Actress Cannon
- 30 Peter Fonda's title
- 31 Opposed (to)

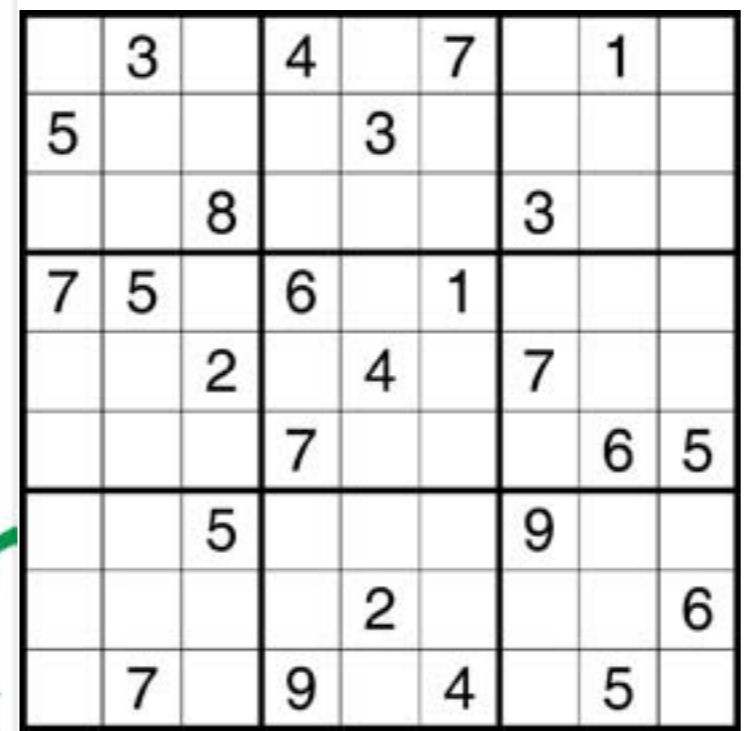
Down

- 34 Hurts with a tusk
- 37 ESPN show with an "Inside Pitch" segment
- 42 Willem of "Platoon"
- 43 100-lawmakers group
- 44 "Peter Pan" pirate
- 47 Hang around
- 49 Pretoria's land: Abbr.
- 50 Trousseau holder
- 53 Stomach-punch response
- 55 Start of the line that includes "wherefore art thou"
- 56 Female star
- 60 Comfy room
- 61 Volcanic Hawaiian land mark, and a hint to the first word of 17-, 24-, 37- and 50-Across
- 64 Night's opposite
- 6 ___ Pie: ice cream treat
- 66 Reached base in a cloud of dust
- 67 "Tasty!"
- 68 Unsettling looks
- 69 Arid



- 41 Brewed drink
- 44 Poorly made
- 45 Wells' "The Island of Dr. ___"
- 46 Arnold Palmer or Shirley Temple, drinkwise
- 48 Where charity begins
- 51 Formally gives up
- 52 Raise, as a sail
- 53 Old fort near Monterey
- 54 Sounds of wonder
- 57 Grandson of Adam
- 58 Depilatory brand
- 59 Hot tub swirl
- 62 Alias letters
- 63 Former Russian space station

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

JUMBLE THAT SCRAMBLED WORD GAME by Mike Argiron and Jeff Khurek

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

BROAN
[] [] [] [] []

GEGAU
[] [] [] [] []

FARGOE
[] [] [] [] []

GORCED
[] [] [] [] []

Answer: [] [] [] [] [] A [] [] [] [] [] []

WHY SHE WENT TO THE COSTUME PARTY WITH HER MOUTH TAPED.

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

EXTRA! G.R.A.M.S.

PAR SCORF 150-240
RFTT SCORF 110

TIME LIMIT 25 MIN

Answers to all puzzles on page 34

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CROSSWORD SOLUTION

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

Meals On Wheels of Shawnee and Jefferson Counties, Inc. receives 'Share The Love' grant

Meals on Wheels of Shawnee and Jefferson Counties, Inc. has announced that it has received a \$900 grant from Meals on Wheels America for its participation in Subaru of America's seventh annual "Share the Love" event. During the event, which was held from November 20, 2014 through January 2, 2015, Subaru of America, Inc. donated \$250 for every new Subaru vehicle purchased or leased to the customer's choice of participating charities, including Meals on Wheels America, of which Meals on Wheels of Shawnee and Jefferson Counties, Inc. is a member.

local retailers across the country have truly become an extension of the Meals on Wheels family. Even long after this event concludes, Subaru helps us to deliver that warm meal, friendly smile and vital safety check that are so vital to millions of America's seniors."

donated more than \$8.4 million to Meals on Wheels over the past seven years, making a positive impact in local communities and the lives of our elderly loved ones."

"This \$900 grant will go directly toward the provision of meals," said Heidi Pickerell, president and CEO of Meals on Wheels of Shawnee and Jefferson Counties, Inc.

Meals on Wheels simultaneously carried out additional outreach during November and December 2014. This effort was intended to keep Meals on Wheels "top of mind." The successful results ended with Meals on Wheels raising more than \$30,000 from a direct-mail campaign. In addition to the fundraising efforts, Meals on Wheels added 77 new clients to the program and 12 new volunteers were recruited to deliver meals on a permanent basis during the campaign.

The 2014 "Share the Love" funds will continue to benefit local Meals on Wheels America member organizations throughout the year through additional grant opportunities, annual conference scholarships and by sponsoring the organization's March for Meals annual awareness campaign.

"We greatly appreciate Subaru's ongoing commitment to Meals on Wheels through its annual 'Share the Love' event," said Ellie Hollander, Meals on Wheels America president and CEO. "Subaru of America and its

"Subaru, our retailers and our owners feel good about giving to organizations like Meals on Wheels, and that's why we do the Subaru 'Share the Love' event," said Brian Cavallucci, Subaru of America's national advertising manager. "Subaru is honored to have

SUDOKU SOLUTION

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

Scrabble BRAND GRAMS SOLUTION

L	E	C	T	E	R	N	RACK 1 =	59
N	O	M	H	N	E	E	RACK 2 =	59
T	H	M	E	O	U	T	RACK 3 =	60
F	O	R	E	S	E	E	RACK 4 =	60
S	E	I	Z	U	R	E	RACK 5 =	82
TOTAL								320

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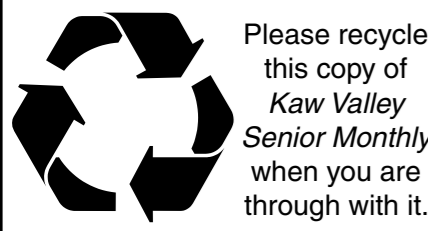
*Includes flyer design and printing!

JUMBLE ANSWERS

Jumbles: BARON GAUGE
FORAGE CODGER

Answer: Why she went to the costume party with her mouth taped -- FOR A GAG GAG

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Introducing Leo Martinez, MD

Dr. Martinez grew up in Leavenworth and completed his undergraduate studies at Pittsburg State University. He earned his medical degree at KU School of Medicine in 2008, before completing a surgical internship and otolaryngology residency at the University of Texas Medical Branch in Galveston.

Dr. Martinez is board-eligible by the American Board of Otolaryngology and an active member of the American Academy of Otolaryngology-Head and Neck Surgery. He diagnoses and treats all types of adult and pediatric ear, nose and throat disorders. His special interests include treating allergy and sinus disease with minimally invasive, image-guided endoscopic sinus surgery, as well as obstructive sleep surgery and general head and neck surgery. Dr. Martinez is a proud father of two sons and, in addition to practicing medicine, he enjoys spending time with his family, reading and traveling.

Learn more about Dr. Martinez at lmh.org/martinez
For appointments, call 785-841-1107

Leo Martinez, MD



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