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Vol. 15, No. 11

## INSIDE

*Amazing Aging!*  
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Spring 2016

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The Spring 2016 issue of JAAA's *Amazing Aging* is included in this month's *Senior Monthly*. See inside.

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*John Dillard teaches fencing as a lifetime activity*

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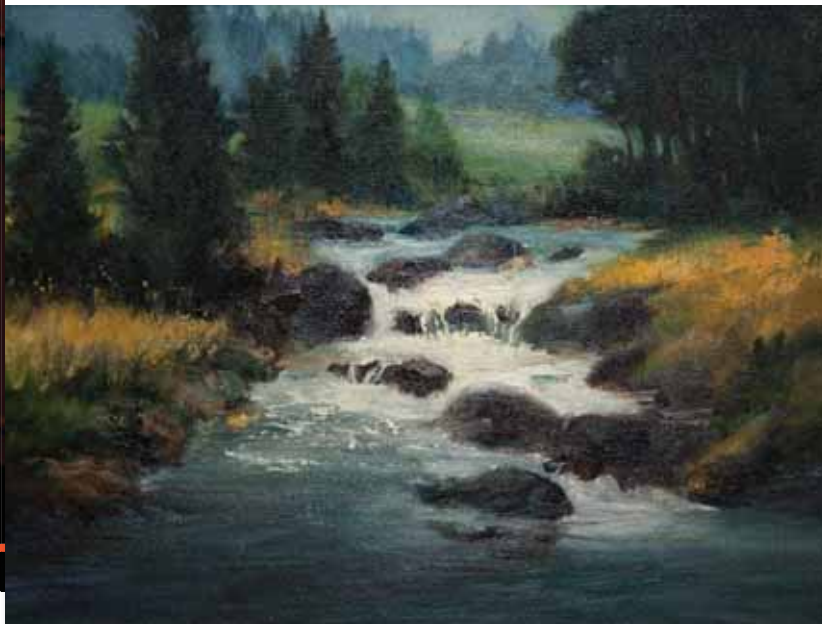


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# Dillard has taught fencing for nearly six decades

By Kevin Groenhagen

John Dillard played football in high school in Caldwell, Kan., but didn't have the size and skills to play at the college level. However, he still had a desire to participate in a sport when he entered the University of Kansas in 1957. He found what he was looking for while walking down a stairwell in the student union.

"The fencing coach, John Giele, took an index card, and he wrote on it, 'All men interested in competitive fencing report to Robinson Gymnasium,'" Dillard said. "I forget the exact date, but it was in October 1957. He posted it on a bulletin board in the student union in the stairwell. At the bottom of the card it said, 'No experience necessary.' So I thought I'd look into fencing."

Coach Giele, a KU sociologist who started to fence at the age of nine, had a considerable background in fencing. He was able to start a fencing club at KU through the chancellor's office, which funded a minor sports clubs association. The association authorized certain sports in which the athletic department had no interest.

"Fencing is a niche sport in this coun-

try, but it's a different story in Europe," Dillard said. "There's not a lot of money in it. The chancellor's program allowed our fencing club to do intercollegiate competitions. I got in on the ground floor as a freshman in college."

Interestingly, KU did have a fencing program decades before Coach Giele started a new program in 1957. In fact, chances are you've heard of KU's first fencing coach. He was Dr. James Naismith, the inventor of basketball. According to a 1939 article in Springfield University's newspaper, Naismith preferred fencing over basketball in his later years.

Dillard had never even seen an actual fencing bout before going to KU. However, he soon discovered it was perfect for him.

"As it happened, I seemed to have good form and technique from the beginning," he said. "At the beginning of my second year of fencing at KU, the coach assigned me to teach fencing to the beginners. That's how I got started teaching. That



John Dillard holds fencing weapons while standing in front of shelves holding some of the many awards and honors he has received.

allowed the coach to spend more time with non-beginners. Eventually, I got a part-time teaching assistantship posi-

tion at KU to teach fencing in the credit courses in fencing in the physical educa-

■ CONTINUED ON PAGE FOUR

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Kevin L. Groenhagen  
Editor and Publisher

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2612 Cranley St.  
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# John Dillard

■ CONTINUED FROM PAGE THREE

tion department. That was nice because it paid for a lot of my education.”

As a student, Dillard represented KU in the NCAA National Fencing Championships two times. After leaving college, he fenced four times in the U.S. National Championship, making it as far as the quarterfinals.

“The NCAA later prohibited fencing clubs such as the one at KU from fencing against NCAA teams, so that cut out the NCAA national championships to us, as well as competition with NCAA varsity teams,” Dillard said. “I try not to be too critical of the NCAA, but I don’t think that was its finest hour. It definitely hurt fencing groups all across the country.”

After college, Dillard moved to the Kansas City area to begin a career as an analyst. Starting in 1969, he helped build a fencing program at the University of Missouri-Kansas City. In its second year, the nine-man squad traveled to the University of Illinois at Champaign to compete against teams from the University of Illinois, the University of Illinois-Chicago, Notre Dame, Iowa State University, and KU. They also competed against the Air Force Academy, the University of Wisconsin at Madison and Parkside, Detroit University, and the University of Colorado that year.

In 1980, Dillard started teaching a

non-credit fencing class at Johnson County Community College every Thursday night. He did that for 36 years, even after he and his wife moved back to Lawrence in 1991.

During many of the years Dillard taught fencing, he also competed, including in the National Senior Championships, which is for those age 40 and over.

Today, Dillard, who is accredited as a fencing instructor through the United States Fencing Coaches Association and the Académie d’Armes Internationale, is teaching fencing every Thursday night at the Lawrence Sports Pavilion through the Lawrence Parks & Recreation Department (LPRD). The current class has 10 students, of which eight are men and two are women. Their ages range from 25 to 83. The eldest fenced 66 years ago when he was in high school in Chicago.

“There are people who have enrolled in the program who have been fencing for 20 or 30 years,” Dillard said. “About half the class have experience, and the other half are beginners. The class isn’t set up to be just a beginners’ class. The program is set up to be ongoing. The opportunity is there to not only learn fencing, but to continue to fence in this program by enrolling again in the next class schedule.”

According to Dillard, he takes an analytical approach towards teaching fencing.

“I think that’s because I am naturally an analyst,” he explained. “I have worked for many years in jobs in IT

that required the skills of an analyst, including half a dozen years directly as a systems analyst. When I teach fencing, I don’t want the person simply to learn the techniques and tactics, and how to implement them. I really want people to understand the underlying concepts that make those techniques and tactics what they are. For example, I like to teach the concept of timing in fencing. What I mean by timing is the most advantageous moment to make your action. So what we’re doing is what we call ‘catch the timing.’ We do that by observing what the opponent is doing and how they are doing it. Then at the moment that it is most advantageous, you launch your attack or your defense. There are both offensive and defensive timing. You have to see that moment. From the instance you see the opportunity to making the action is a very fast decision-making action in the brain. What this means is that, while you’re fencing, it isn’t as if you’re seeing the moment. You experience this. It’s a feeling. You feel the timing.”

Dillard shares a two-page document with his LPRD students that outlines the program’s vision, goals, and objectives. According to Dillard, someday this document may serve as an outline for another project related to fencing.

“My wife has been after me for years to write a book on fencing,” he said.

Getting started in fencing through LPRD is relatively inexpensive.

“I have basic equipment available

so the students can get started without making an expenditure beyond the enrollment fee,” Dillard said. “If they like fencing sufficiently to continue, then I encourage them to begin to buy their own equipment. If they’re going to stick with the sport, they’re going to want their own equipment.”

The equipment includes masks, jackets, and three types of weapons. Those weapons are the foil, saber, and épée.

“The foil was invented as a training weapon,” Dillard said. “The saber is an adaptation of a cutting weapon, like a cavalry saber or naval cutlass. The épée was invented in the late 1800s as a modern dueling sword. Like the saber, it was originally intended to be a fighting weapon. The modern adaptation has a blunted point. The foil and épée

■ CONTINUED ON PAGE FIVE



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# John Dillard

■ CONTINUED FROM PAGE FOUR

are thrusting weapons. Beginners start with the foil as a training weapon. After they have learned some fundamentals of fencing, if they choose to, they can learn one or two of the other weapons. I teach all three. I've competed with all three. The rules are somewhat different. The target area is different with each of them. The psychology of the game in each of them is different."

The use of weapons in fencing might concern some unfamiliar with the sport. However, Dillard said there is little reason to worry about injuries caused by the weapons.

"You do have to adopt certain safety procedures and actions," he said. "Otherwise, you could get hurt in fencing. But I believe that with proper and standard protective equipment and reasonable fencing technique, it's one of the safest sports going."

Fencing is also a sport one can take part in for decades.

"We're talking about a potential for a lifetime of activity," he said. "One can

participate in and enjoy fencing virtually as long as they can walk."

Of course, if you participate in any activity for decades, you gather a lifetime of memories. The walls in Dillard's basement are lined with photographs, newspaper clippings, awards, and other mementos from his many years as an instructor and competitor. Dillard has also developed many friendships through fencing, including his longtime friendship with Coach Giele, who left Dillard many of his weapons when he died in 2001.

In addition to Dillard, Bill Cipra helps instruct students in LPRD's fencing program.

"Bill has been fencing in one or another of my programs for 30 years," Dillard said. "He often teaches, and is officially an assistant instructor in this program."

The LPRD fencing program is open to adults 18 and older. Information regarding registration and fees for the summer session, which begins on June 9, is available at Lawrence recreation centers, at [www.lprd.org](http://www.lprd.org), or by contacting Gayle Sigurdson, LPRD recreation programmer, at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org).

KEVIN GROENHAGEN PHOTO



**John Dillard (right) instructs a student on thrusting technique at the Sports Pavilion in Lawrence. The summer session for Dillard's fencing class begins on June 9.**

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# Winter Meadow Homes offer personalized care in neighborhood setting

By Billie David

Years ago, when Ben Boxx's wife, Darlene, told him she wanted to own a nursing home, he told her it would be far too expensive. But a lot has changed since then. Now they are the co-owners of the Winter Meadow Homes in Topeka, which are licensed by the state of Kansas as Home Plus facilities.

And their backgrounds—Ben with experience as an EMT in addition to his LPN and BSN and Darlene with an LPN and 24 years of experience working with long-term-care facilities—makes this a good fit.

But perhaps one of the most important skills they brought to the situation was picked up raising the 10 children—five of them his and five of them hers—that they brought to their marriage, as well as their 15 grandchildren. (Another grandchild is on the way.)

With a family of that size, it seemed only natural for them to expand their definition of family to include the residents who live in the Winter Meadow Homes as well as their extended families.

This extension can be observed at Thanksgiving, when Ben and Darlene invite the residents and their families to join them and end up serving up to 40 people. Or at Christmas, when they

cook a big ham and invite the extended families over, aware that other family members will be able to relax and enjoy the celebrations with their parents and grandparents without worrying about helping grandma to the bathroom or getting grandpa downstairs or making sure he takes his medicines on time.

"It is their home," Ben said. "Families don't have to ring the bell."

Ben also likes the fact that, as a Home Plus facility that limits the number of residents who can live there, he has time to take someone fishing or out for ice cream.

"We have time for quality care," he said. "I know them like I know my own family members. There are six or seven residents in each house, so we can give them very personalized care. If I had to put my dad in a home, I would want Home Plus, where people would have time to listen to his cowboy stories."

The physical location of the two homes adds to the intimacy of the setting. There is a Winter Meadow Home North and a Winter Meadow Home South, consisting of two houses on the same street. Located side by side, it's easy for people to run back and forth between the houses.

"If we have a cook-out or barbecue, everybody can come out and visit and eat ice cream, and the families can join

■ CONTINUED ON PAGE SEVEN

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## Winter Meadow

■ CONTINUED FROM PAGE THREE

us,” Ben said, adding that the neighborhood setting is peaceful and that the neighbors are supportive of them.

The house to the south is landscaped, with a goldfish pond and trees.

“It’s just like two neighborhood houses sitting side by side,” he said. “The houses have been made handicapped accessible, including wide doors and walk-in showers.”

The house to the south is landscaped, with a goldfish pond and trees, and the newer home reminds Ben of an Easter egg, with the rooms painted in pastel colors.

“We painted pastels because we wanted it to be nice and bright,” Ben explained, adding that in the other home the colors are more neutral, painted in earth tones.

As for the staff, “they are really caring people,” Ben said. “If a tornado siren goes off, they jump into their cars and come over to get the residents to safety.”

And although owning and operating a Home Plus facility can be demanding, it is also rewarding to know that each resident is well cared for and that their personal needs are met.

“I love it,” Ben said. “It takes an enormous amount of time, and I don’t have much personal time. The residents always come first. But it just feels right. At the end of the day you know the residents have been listened to, respected, loved and well fed. I can’t imagine doing anything else.”

As for meals, Ben said he got A’s in his nutrition classes and knows how to plan healthy menus.

“All of the meals are home-cooked,” he said. “I personally make the menus after I ask people what they want.”

And the meals have a down-home feel as well, including biscuits and gravy on a Saturday morning, or French toast, and for dinner there might be a roast with potatoes. They also take care to meet special and dietary needs such as low salt, diabetic, low carb or low protein.

“All of them enjoy their food, and if someone doesn’t like the fish, we will

KEVIN GROENHAGEN PHOTO



**Ben and Darlene Boxx**

fix them a pork chop,” Ben said.

Ben considers meals to be an important time for the residents to socialize, and the staff members eat with them, assisting those who need help.

More information can be found on their website, [www.wintermeadow-homesinc.com](http://www.wintermeadow-homesinc.com). “Or call me personally on my cell phone at 785-383-4531,” Ben said.

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# Douglas County Senior Services appoints Dr. Marvel Williamson as new executive director

The Board of Directors of Douglas County Senior Services, Inc., has announced the appointment of Dr. Marvel Williamson as the new executive director. She assumes responsibilities immediately and succeeds Gary Nelson, who resigned in February.

Williamson returns to Lawrence after a distinguished career, most recently as Dean at Oklahoma City University for 12 years, followed by a sabbatical in Ireland. She was also Dean of Health Sciences at Park Uni-

versity for seven years, was on the University of Iowa faculty for nine years, and led strategic planning for the American Nurses Foundation in Washington, D.C.



**Dr. Marvel Williamson**

Dr. Judy Wright, Chair of the Board of Directors, says, "We are thrilled to have Dr. Williamson in this leadership position at Douglas County Senior Services. She is a visionary who delivers on bold promises through data-driven strategic planning. Her collaborative work with staff and within the community will help create an outstanding record of high quality programs and financial resources for DCSS."

Williamson holds several licenses and certifications, and has served on numerous national and international committees and boards. She is an inaugural Fellow of the national Academy of Nursing Education. She has authored

three books and 60 professional articles, presented papers in a wide variety of venues, and has been awarded 42 of 44 grant proposals, averaging \$263,000 each.

"Coming back to Lawrence, my hometown, brings me full circle," Williamson said. "I look forward to becoming reacquainted and taking Douglas

County Senior Services into the next chapter of its future."

Dr. Williamson is married to Dr. Paul Williamson, a family physician, Biblical languages scholar, and artist. They have two sons, Marcus, a PhD student at KU, and Seán, a licensed aircraft mechanic for the U.S. Air Force.

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# Honoring our service members on Memorial Day

By Norm Franker

Social Security District Manager in Lawrence, KS

Traditionally, on Memorial Day we honor those who have made the ultimate sacrifice for our nation. Social Security respects the heroism and courage of our military service members, and we remember those who have given their lives in defense of freedom.

The unexpected loss of a service member is a difficult experience for the family. Social Security helps by providing 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 survivors benefits at

[www.socialsecurity.gov/survivors](http://www.socialsecurity.gov/survivors).

It's also important to recognize those service members who are still with us, especially those who have been wounded. Just as they served us, we have the obligation to serve them. Social Security has benefits to protect veterans when an injury prevents them from returning to active duty.

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](http://www.socialsecurity.gov/woundedwarriors).



Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement benefit does not reduce your Social Security

retirement benefit. Learn more about Social Security retirement benefits at [www.socialsecurity.gov/retirement](http://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](http://www.socialsecurity.gov/retire2/veterans.htm).

Service members are also eligible for Medicare at age 65. If you have health insurance from the VA 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](http://www.socialsecurity.gov/medicare).

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# TPAC announces 25th anniversary season logo contest winner

Twenty-five years ago, The Municipal Auditorium was transformed into Topeka Performing Arts Center (TPAC). To celebrate this momentous occasion, TPAC invited individuals, professionals and students to submit their logo designs for TPAC to use during the upcoming Silver Anniversary season that will begin in the fall.

Chelsea Howe, a Topeka resident, submitted the winning logo design with spotlights highlighting the 25 years of Topeka Performing Arts Center will be celebrating this season. Howe's design will be used in all promotions representing TPAC from May 2016 through May 2017.



The object of this contest was to design a logo for the Topeka Performing Arts Center's 25th Anniversary. Prizes for the winning design included \$200 cash and season tickets to the 2016-2017 performances.

"The building was reintroduced as Topeka Performing Arts Center in March of 1991. Our first official event is the 2016-2017 Season Series Preview Event on May 12 at 5:30 p.m." stated Larry Gawronski, Executive Director. "The event is free to the public and they will get a sneak peek into the Silver Anniversary Season. It's going to be exciting!"

The Season Series Preview Event

will showcase all season performances in the 2016-2017 season. It is free and open to the public. There will be live performances, a social hour and a special celebrity guest "appearance." Join Topeka Performing Arts Center in celebrating 25 years of service to the Topeka and surrounding communities.

The Topeka Performing Arts Center

is a non-profit organization that offers the best in live performance and arts education. Since 1991, TPAC has annually offered a full calendar of professional and community performing arts for all audiences, including touring concerts and Broadway shows, youth arts education programming, and support of community arts organizations.



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# MAYO CLINIC

## Intermittent swelling in jaw could be related to the salivary glands

**DEAR MAYO CLINIC:** A week ago, I woke up with some swelling inside my mouth near my jaw. It went away after an hour or so, but came back again two nights later. Could this be a blocked salivary gland? If so, what is the treatment for it?

**ANSWER:** It is possible that a blocked salivary gland could be causing your symptoms. But another disorder might be the source of the problem, too. Treatment will need to be based on the underlying cause. Make an appointment to see a doctor for an evaluation.

Your salivary glands make saliva. Saliva aids in digestion and keeps your mouth moist. You have three pairs of major salivary glands under and behind your jaw—parotid, sublingual and submandibular. You also have many other tiny salivary glands in your lips, inside your cheeks, and throughout your mouth and throat. Ducts connect to your salivary glands and drain saliva from them into your mouth and throat.

If the glands become blocked and saliva cannot flow out of them, you may develop pain and swelling in your face and mouth, dry mouth and difficulty swallowing. You also may have a hard time opening your mouth.

In some people, the chemicals in

saliva leave behind minerals in the salivary ducts. Over time, those minerals can build up and form salivary duct stones. If the stones become big enough, they may block the duct, and saliva can no longer drain from the gland. Stones most often form in the ducts that lead from the submandibular glands—the two salivary glands that are at the back of your mouth under either side of your jaw.

Formation of scar tissue from an injury or due to inflammation could block a salivary gland or duct. In some cases, radioactive iodine treatment—often used for thyroid disorders—may result in salivary gland obstruction. A tumor could also be part of the problem. Tumors may develop within a salivary gland, or a tumor near a salivary duct may block the flow of saliva through the duct. Salivary gland cancer is rare. Most tumors that affect the salivary glands and ducts are not cancerous.

From your description, it sounds like an obstruction is the most likely explanation for your symptoms, but another source of the problem could be an infection. A salivary gland infection, called sialadenitis, often results in symptoms similar to those of a blocked salivary

gland. In some cases, a blocked duct can contribute to an infection. Dehydration may lead to a salivary gland infection, too. When you get dehydrated, your saliva may become thick and flow more slowly than normal. That creates an environment where bacteria can thrive.

Instead of a blocked gland or an infection, it's also possible one of your salivary glands could be enlarged. An enlarged salivary gland may be due to disorders that affect the nerves leading to the ducts. These disorders are sometimes referred to as sialadenosis. Rarely, an enlarged gland is the result of an autoimmune disorder known as Sjogren's syndrome.

Finally, the swelling could be due to a ranula, a condition in which salivary secretions accumulate under the lining of the floor of the mouth. This is typically related to the sublingual glands,

but the submandibular glands may also be the source.

To find out exactly what's causing your symptoms, make an appointment to see a doctor who is knowledgeable about the structures of the mouth and salivary glands. In most cases, a physical exam along with imaging tests, such as an X-ray or ultrasound, can confirm a diagnosis. Treatment can then be customized to address the specific underlying problem. - Jan Kasperbauer, M.D., Otorhinolaryngology, 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](mailto:medicaledge@mayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).*

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## HEALTH & WELLNESS

# Therapy: Get better, get active, get well

*It is my pleasure to introduce a change beginning this month for the Health and Wellness column. Now that I have joined the staff of LMH Therapy Services, I am enlisting the LMH therapists to share their helpful health tips*

LAWRENCE MEMORIAL HOSPITAL 

## LMH Therapy Services

*with you. The article for this month highlights the variety of wellness and care provided by therapists in our community. In future columns we will cover new topics from a therapist viewpoint. I hope you will enjoy learning how to keep active and strong for a lifetime! - Laura Bennetts PT, MS*

The Sports Performance gym at Lawrence Memorial Hospital resonates with upbeat tunes and bustling bodies. Trainers shout instructions to young athletes, directing and encouraging them.

At the far end of the workout area, John Hadl, an LMH therapy patient, works through his own sets of drills. He stands in front of a vertical trampoline, aiming a weighted ball at its surface.

With the flick of a wrist, he throws it against the trampoline. As it returns to his hand, his therapist laughs and teases him.

“You were supposed to do that with

two hands,” Suzie Craig says, offering a most gentle chide. “Not just one!”

During this outpatient workout, Hadl focused on body movement and coordination. Hadl came to LMH in June, after he suffered a head injury when he fell down several stairs at his home. At the time of his fall, he was carrying ZiZi, his shih tzu, and lost his balance.

“He didn’t have a railing,” Craig says. “It’s important to have railings, even for short distances.”

Hadl spent about a week in inpatient rehabilitation at LMH before being released and starting outpatient therapy.

LMH Therapy Services works with both inpatients and outpatients as they recover from a wide range of injuries. LMH’s therapists specialize in physical, speech and occupational therapies.

“Therapy is medication for your body to keep it physically and mentally active in order to be who you are,” says Jaye Cole, director of LMH Therapy Services. “I liken it to medication because we’re so oriented to taking pills. But therapy takes a little more work and a little more time.”

Hadl, a former halfback and quarterback for the University of Kansas, starting quarterback for the San Diego Chargers and 1994 College Football Hall of Fame inductee, knows a thing or two about hard work.

“It’s slowly getting better,” Hadl says. “Slowly but surely.”

Therapy Services received 15,332 outpatient visits in 2014 at the main location on the second floor of LMH, along with another 8,552 at the LMH

South location, which is at Clinton Parkway and Kasold Drive. And recently, inpatient volume increased after Therapy Services took over providing care to fourth-floor hospital patients. Previously, LMH had contracted with another company to provide therapy services to patients on the fourth floor.

LMH Therapy Services offers a variety of fitness and wellness classes to the Lawrence community. Therapists teach classes in specialized areas such as tai chi movement, cardiopulmonary wellness, aquatic therapy, sports performance training, vestibular physical therapy and more.

“It’s important for our community because families can know that their loved ones are being taken care of right here in Lawrence,” says Cole.

For Hadl, an associate athletic director at KU who helps raise funds for the athletics department, that was important.

“I heard she (Craig) was here and I wanted to make sure I had the best,” Hadl says. “I was born and raised in Lawrence.”

Cole says many therapists have 15 to 20 years of experience at LMH.

“The fact that LMH and the LMH Endowment Association help support our staff education for specialized training allows us to bring greater services to the community,” she says.

LMH Therapy Services’ wellness classes and exercise programs are suited for all ages and levels of fitness. Therapists help set personalized goals for any community member interested in getting active. For example, Fit for Life, one of Therapy Services’ popular community programs, saw 5,430 visits in 2014. After a brief orientation on how to properly use fitness equipment, participants have open use of fitness equipment.

“I think what’s fascinating about rehabilitation is that we can impact someone’s life at any point,” Cole says. “We can help them regain that level of function and enjoyment that they had in their life.”

- Article by Megan Brock originally printed in the Winter 2016 LMH Connects newsletter.

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## HEALTH & WELLNESS

# Tea tree oil is a medicinal plant, natural cleaner

Tea tree oil, or *Melaleuca alternifolia*, has been around for centuries, and medicinal uses of this medicinal plant have dated back to ancient times. It is originally thought that British sailors somewhere near Sydney, Australia, discovered tea tree oil. Before the



Dr.  
Farhang  
Khosh

invention of prescription medications and use of antibiotics, it was common to use medicinal plants for the treatment of health conditions. The native people of Australia had used tea tree oil because of its many significant health properties and effectiveness in treating illness. With limited access to forms of medicine, the British sailors were eager to listen to the Australians and use this plant to cure many ailments, including scurvy that affected its sailors. The native Australians also would put tea tree oil branches over a fire and the person with a cough or cold would inhale the vapors. Alternatively, the tea tree oil leaves would be crushed and were put under a person's nose to help them breathe.

As we continue to turn the pages of history, we see tea tree oil being used in WWII to treat conditions such as foot fungus, which was rampant among the soldiers. But with the invention of synthetic drugs and antibiotics, we see a decline in the use of tea tree oil, as with many other natural products and treatments.

Throughout much of history, tea tree oil has been used as an antibacterial, antiviral, antifungal, and an anti-inflammatory. Tea tree oil has been used in dental health to prevent plaque buildup and improve gum health. It has been used in many natural skin and body care products creams, shampoos,

cosmetics, soaps, body washes, and toothpastes to treat everything from toenail fungus, athlete's foot, dandruff, warts, acne, eczema, ringworm, colds, arthritis, gout, hemorrhoids, burns, and pain from headaches, etc. One of my favorite uses of tea tree oil is its natural ability to repel bugs and insects, including mosquitoes, head lice, flea, and bed bugs.

Tea tree oil is a tremendous natural cleaner and is used in many cleaning and disinfecting agents. A study published in the British Medical Journal found that tea tree essential oil is "a powerful disinfectant and is non-poisonous and gentle" to the body, and, in 1923, Dr. A.R. Penfold found that tea tree oil was *12 times* more effective at healing infections than the conventional antiseptic (carbolic acid) at that time.

However, just because tea tree oil is available over the counter, one needs to remember that it can be toxic in concentrated form if swallowed. In addition, if using tea tree oil in high concentrations topically, it can cause irritation if not used properly. It is always wise to check with your health care practitioner before using tea tree oil.

- 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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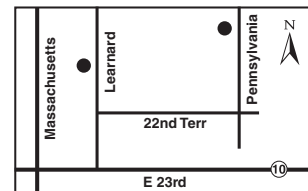
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## ESTATE PLANNING

# Back to Basics – Living Wills

February's column discussed Healthcare Powers of Attorney. This is the core document you must have to address healthcare decision-making if you cannot act for yourself. In addition, you may execute a Living Will—as a separate document or by



**Bob  
Ramsdell**

placing its provisions within your Healthcare POA.

The essence of a statutory Living Will is contained in the following declaration (taken from KSA 65-28,103):

If at any time I should have an incurable injury, disease, or illness certified to be a terminal condition by two physicians who have personally examined me, one of whom shall be my attending physician, and the physicians have determined that my death will occur whether or not life-sustaining procedures are utilized and where the application of life-sustaining procedures would serve only to artificially prolong the dying process, I direct that such procedures be withheld or withdrawn, and that I be permitted to die naturally with only the administration of medication or the performance of any medical procedure deemed necessary to provide me with comfort care.

A life-sustaining procedure is any medical procedure which, when applied to a patient with a terminal condition, serves only to prolong the dying process and where, in the judgment of the attending physician, death will occur whether or not such procedure is utilized. Life-sustaining procedures do not include medications or medical procedures that provide comfort care or alleviate pain.

In addition, a Healthcare Directive may give other instructions regarding your care, such as specifying medical procedures to be withheld or withdrawn if you have a condition, disease or injury without hope of a significant recovery and from which there is no reasonable expectation you will regain an acceptable quality of life, or substantial brain damage / disease which cannot be significantly reversed. Note that these may not be terminal conditions, and outside the scope of a statutory Living Will.

A Living Will / Healthcare Directive is an optional document. Your agent would have power to withhold end-of-life care under a Healthcare POA. If you have a Living Will, then your choices expressed in it should take precedence over contrary choices by your agent. (Although doctors may be inclined to follow the directions of the agent standing in front of them even if contrary to your Living Will – a reason to be sure your agents really know your preferences and are prepared to follow them.)

Look back to the description of a Healthcare Directive. What does “hope of a significant recovery” mean to you? What do you consider “an acceptable quality of life”? Or “substantial brain damage / disease”?

However complete and well-written, a Healthcare POA and Living Will are most effective when you have discussed your values and preferences with your agents. Your agents can best act on your behalf if they know what is important to you. Is it certain qualities of life, length of life, or possible tradeoffs between quality and length of life? Nothing replaces talking in depth about the choices you would want made.

You or your agents may also need to take the initiative in talking to your doctors about your condition and treatment options. For example, if you have late-stage cancer for which chemotherapy is a treatment option, although death appears inevitable, you need information on the potential benefits, side effects, and other options to make the best decision for you: What will your life be like if you get chemotherapy? What will it be like if you do not? What is your life expectancy with and without chemotherapy? What are your options for comfort care and pain management via hospice?

Each person is unique. Some may accept the side effects of chemotherapy as a fair trade for whatever extension of

life it provides. Others may consider a shorter life with comfort care and the absence of side effects a better option. And the choice by any particular person might vary if there is an event – such as the birth of a grandchild – they want to live long enough to see. But you or your healthcare agents need all the relevant information about your condition and treatment options to make the right choice for you. So talk to your doctors.

•••

Seminar in May: I will be presenting “Fundamentals of Estate Planning” on May 31st at the Douglas County Senior Center beginning at 6 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

### Spring cleaning also does wonders for your financial records

Attention neat freaks and those who want to take more control of their financial lives: Spring isn't just a good time to clean your home and garden; it's an excellent time to get your money docu-



Jill  
Schlesinger

ments in order. Now that you have waded through a myriad of documents for tax season, why not clean out your files?

Here is what you need to know:

- **Bank statements:** Generally speaking, you only need to keep bank statements for one year. However, if you think that you may be applying for Medicaid,

many states require that you show five years' worth of bank statements. Also, hold onto records that are related to your taxes, business expenses, home improvements, mortgage payments and major purchases for as long as you need them.

- **Credit card bills:** Unless you need to reference something for tax or business purposes, or for proof of purchase for a specific item, you can shred credit card statements after 45 days. Like the bank statements, hang on to those statements that you may need for your taxes, as proof of purchase or for insurance.

- **Tax returns/supporting documents:** Despite being able to amend your tax returns going back three years, the IRS has seven years to audit your returns if the agency suspects you made a mistake and up to six years if you likely underreported your gross income by 25 percent or more. As a result, you

need to hold on to your returns and all supporting documents for seven years. If you work with a tax preparer, ask for a copy of your return on CD—it will save some space in your file cabinets.

- **Medical records:** Given how hard it is to deal with health insurance companies, you should keep medical records for at least a year, though some suggest keeping records for five years from the time treatment for the symptoms ended. Retain information about prescription information, specific medical histories, health insurance information and contact information for your physician.

- **Utility and phone bills:** Shred them after you have paid them, unless they contain tax-deductible expenses.

- **Taxes:** If you received a tax refund of more than \$1,000, your first task is to adjust your withholding. Remember, a refund is the return of a yearlong, interest-free loan that you extended to Uncle Sam, so let's not do that again! If you need help determining the proper withholding amount, the IRS has a nifty calculator: <http://apps.irs.gov/app/withholdingcalculator/>.

Once you adjust, you will have more money in each paycheck. It is critical

that you capture this extra amount and save it. The easiest way to do so is to boost your retirement contributions into your employer-sponsored plan or to establish an automatic monthly draft from your checking or savings accounts into a traditional or Roth IRA.

- **Home maintenance:** Make sure that your property/casualty insurance is up to date and make a list of maintenance items that you need to address, especially those that may have occurred as a result of winter conditions. If you are ready to tackle some larger projects, prioritize them by choosing those that add the most value to your home. According to Remodeling Magazine's 2016 Cost vs. Value Report, "many of the biggest percentage gains were for higher-dollar 'upscale' projects." Don't fret if you don't have big bucks available, because the report also found that replacement jobs—such as door, window and siding projects—generated a higher return than remodeling projects.

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

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

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

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# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

### TUESDAYS

#### THE BLANKET PROJECT

Calling all knitters, crocheters, and quilters who want to gather for a good cause—You are invited to participate with the residents at Arbor Court Retirement Community to create needed blankets for the Pregnancy Center of Lawrence. This is also an opportunity to teach and learn. If you want to learn a new art form, we are here to assist you as well. Arbor Court Retirement Community at Alvarado, 1510 St. Andrews Dr., 2 p.m. LAWRENCE, 626-429-1572

### FIRST FRIDAY OF THE MONTH FIRST FRIDAY ARTWORK

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

### SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

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

### LAST FRIDAY OF THE MONTH FINAL FRIDAYS

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

### MAY 1

#### ANNUAL ART IN THE PARK

One of Lawrence's premiere art events, Art in the Park is an annual juried outdoor exhibition that draws more than 150 artists. Along with the finest work from area artists and craftspeople, the event features live music, food vendors and family activities. Art in the Park is the Lawrence Art Guild's primary fundraiser. South Park, 1130 Massachusetts, 10 a.m.–6 p.m. Free. LAWRENCE

## BINGO

### SUNDAYS & TUESDAYS

**AMERICAN LEGION POST NO. 1**  
3800 SE Michigan Ave, 6:30 p.m.  
TOPEKA, 785-267-1923

### SUNDAYS, WEDNESDAYS & FRIDAYS CAPITOL BINGO HALL

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

### MONDAYS & THURSDAYS

**AMERICAN LEGION POST NO. 400**  
3029 NW US Highway 24, 6:30 p.m.  
TOPEKA, 785-296-9400

### WEDNESDAYS

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

### WEDNESDAYS & FRIDAYS

**VETERANS OF FOREIGN WARS**  
3110 SW Huntoon, 6:30 p.m.  
TOPEKA, 785-235-9073

### WEDNESDAYS & SATURDAYS

#### LEGIONACRES

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

### FRIDAYS

#### EAGLES LODGE

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

### FRIDAYS

#### ARAB SHRINE

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

### SUNDAYS & TUESDAYS

#### MOOSE CLUB

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

## DAY TRIPS/TOURS

### SECOND SATURDAY OF THE MONTH

#### FREE SATE EAST SIDE BREWERY TOUR

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

### MAY 7 & 8

#### MIAMI COUNTY SPRING FARM TOUR

A free self-guided tour, you can visit as many tour stops as you like while traveling in the comfort of your own vehicle. Sorry, absolutely no pets allowed—but remember to bring your camera! Several stops will have products for sale that may require refrigeration, so toss a cooler in the car. Most stops have picnic and rest area amenities for families to enjoy. While parking is available at each site, please be aware that weather and terrain may create some physical challenges. 10 a.m.–4 p.m. Free. PAOLA, 913-294-4045 www.miamicountyks.org/484/Spring-Farm-Tour

### MAY 7 & JUN 4

#### HAUNTED TROLLEY

Since 1995, families from across the nation have come to Atchison to board the Haunted Trolley! On this one hour narrated ride you'll see the sites and hear the mysteries that make Atchison..."The Most Haunted Town In Kansas!" See a full schedule of "Haunted Events" at VisitAtchison.com. 200 South 10th St., 6-7 p.m. ATCHISON, 800-234-1854

### MAY 13

#### NORTH TOPEKA GHOST TOUR

Rough and Rowdy best describes this ghost tour! North Kansas Avenue, once considered the party block for well over 100 years, provides a colorful look at the shenanigans that played out over the years by some not so savory characters. Moose Lodge, considered one of the most haunted locations in Topeka, is a favorite go inside stop on the North Tour. Turning into what could be the most captured ghost on film of all the haunted locations thus far, Tuxedo Man of Curtis Family Cemetery seems to enjoy having his picture taken. Reports of a huge, ghostly, black dog seem to be gaining steam as an active participant in Curtis Cemetery also. Overland Station, North Star Supper Club and several other locations included. All tours depart from the North Star Supper Club, 1100 NW 25th St., 8 p.m. Fee. TOPEKA, 785-851-0856 www.ghosttoursofkansas.com

### MAY 18

#### BLUEGRASS WIND FARM

This motor coach tour to historic King City is full of stops that reflect the agricultural and rural character of the area during the 19th through 20th centuries. Trip includes the King City Museum and Historical Society, a community of its own and Bluegrass Wind Farm, the first and largest wind farm in Missouri. Registration and details available at any Lawrence Recreation Center or by contacting Gayle Sigurdson at gsigurdson@lawrenceks.org. Early bird price through April 8. LAWRENCE, 785-832-7920

### JUN 2-JUL 31

#### HISTORIC ATCHISON TROLLEY TOUR

Take a one-hour historic tour aboard the Atchison Trolley or River City Coach to see

■ CONTINUED ON PAGE 17



## Affordable Senior Living



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■ CONTINUED FROM PAGE 16

the unique architecture and hear the legendary stories of how Atchison began. 200 S. 10th St., 1-3 p.m. Fee.

ATCHISON, 800-234-1854

JUN 9 & 10

### CRYSTAL BRIDGES

Join us for two days immersed in arts, history and architecture inspired by the natural beauty of northwest Arkansas. Our first stop will be at the national monument honoring scientist, educator and humanitarian George Washington Carver. When we arrive in Bentonville, there will be time on the historic town square. The second day is filled with something for everyone beginning with a "Walk through America's Past" at the Museum of Native American History. At Crystal Bridges Museum of American Art we will begin with a guided tour to introduce us to the permanent collection, take a tour of the Bachman-Wilson House, an example of Frank Lloyd Wright's classic Usonian architecture and then take time for your own pace through the collection or on the trails enjoying outdoor sculpture or the natural spring from which the museum derives its name. Registration and details available at any Lawrence Recreation Center or by contacting Gayle Sigurdson @gsigurdson@lawrenceks.org. \$289/double, \$341/single. Price guaranteed through April 25. Reservations still accepted. LAWRENCE, 785-832-7920

## EDUCATION

ONGOING

### COOKING CLASSES

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

ONGOING

### FREE INSURANCE COUNSELING

Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug Program. Stormont Vail Health HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments. TOPEKA, (785) 354-6787

### FIRST MONDAY OF THE MONTH MEDICARE MONDAYS

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

### FIRST WEDNESDAY OF THE MONTH COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your financial future. Hy-Vee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online. LAWRENCE, 785-838-4380  
midwesttf.com/coffee-talk-lawrence

FRIDAYS

### HEALTHWISE TV

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

### SECOND TUESDAY OF THE MONTH COMPUTER CAFÉ

This time is an opportunity to meet with other computer users and an instructor to problem solve or learn about new apps, websites and other ways technology can ease our lives. Drop-in and enroll (fee) on-site at the Carnegie Building, 200 W. 9th St., on the second Tuesday

of the month from 12-1:30 p.m.

LAWRENCE, 785-832-7920

MAY 7

### CONTAINER GARDENS

Container gardens offer many benefits, including versatility, less disease and weeding, and accessibility - all in a small space. Join a master gardener just before the last frost and in time for Mother's Day. The class will discuss: containers, soil, sun/shade plants, watering and fertilizing. Instructor: Susan Phillips, Master Gardener. Register at www.lprd.org or any Lawrence Recreation Center. Location: East Lawrence Center, 9-10 a.m. Fee. LAWRENCE, 785-832-7920

MAY 10 & 24

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont-Vail Healthcare, will hold a Medicare educational seminar Tuesday, May 10 and 24 at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. For information, call 233-1816, email us info@century-health.com, or sign up at our website, http://centuryinsuranceagencyks.com on the Medicare tab. Light snacks and beverages will be provided. TOPEKA

■ CONTINUED ON PAGE 18

# Winter Meadow Homes Inc.

**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.



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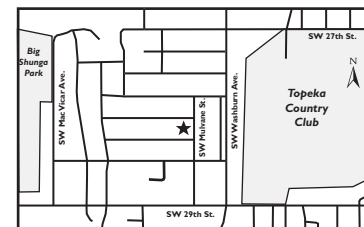
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■ CONTINUED FROM PAGE 17

MAY 18-JUN 22

### BRIDGE 1

This course is designed for the first time player. Classes follow Audrey Grant's "Club Series," which lays the groundwork of Standard American bidding and introduces the basics of Play of the Hand and Scoring. Lessons focus on discussion of pre-dealt hands, which follow a step-by-step progression to facilitate learning the language of bidding. Lessons are fun, friendly and interactive. Bring a friend and join the fun! Instructor: Don Brennaman. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Wednesdays. Location: Lawrence Indoor Aquatic Center, 1-3 p.m. Fee. LAWRENCE, 785-832-7920

MAY 18-JUN 22

### BRIDGE 3

This course is designed for the first time player or those interested in a review of basics. Classes follow Audrey Grant's "Heart Series," which focuses on Defensive Play including Opening Leads, Second Hand Play, Third Hand Play and introduces Defensive Signaling. Lessons focus on play and discussion of pre-dealt hands, which follow a step-by-step progression to facilitate the process of learning. Lessons are fun, friendly and interactive. Join the fun! Instructor: Don Brennaman. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Wednesdays. Location: Lawrence Indoor Aquatic Center, 9:30-11:30 a.m. Fee. LAWRENCE, 785-832-7920

MAY 31

### ESTATE PLANNING SEMINAR

Death is a certainty. Incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning outlines what happens if you die without a plan, then describes the options for using a Will or Living Trust. More importantly, who do you want handling your affairs if you are alive but incapacitated? The seminar covers the uses of a General POA, Healthcare POA, and Living Will & Healthcare Direc-

tive for this purpose. It also discusses probate administration and estate taxes. The seminar 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. No pre-registration required. LAWRENCE, 785-841-4554

JUN 6-JUL 25

### LIFELONG MEDITATE AND BREATHE

Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. Bring a yoga mat. Instructor: Kristen Spencer. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. Mondays. Location: Carnegie Building, 9:30-10:45 a.m. Fee. LAWRENCE, 785-832-7920

JUN 11

### COMMON HERBS AND THEIR UNCOMMON USES

Parsley, Sage, Rosemary and Thyme... we can all sing the lyrics to the song. Those herbs and others are easy to grow in our gardens. People love to use them in cooking, but did you know they also have been used throughout the centuries for healing, magic, beauty and MORE? You will learn about common herbs, tips for growing and using, and discover some uncommon ways to use them. Register at [www.lprd.org](http://www.lprd.org) or any Lawrence Recreation Center. (Lawrence Parks and Recreation). Location: Good Earth Gatherings Learning Center, 10-11:30 a.m. Fee. LAWRENCE, 785-832-7920

## ENTERTAINMENT

SUNDAYS

### LAWRENCE IRISH TRADITIONAL SESSION

The Lawrence Irish Session is a lively gathering of musicians sharing Irish traditional tunes each

week. Beginners and experienced players are welcome. Come to listen, learn and share tunes and songs of Ireland, and best of all, have a great time. Henry's on 8th, Upstairs in the Pub, 11 E. 8th St., 5:30-9 p.m.

LAWRENCE, [www.lawrencecession.com](http://www.lawrencecession.com)

THURSDAYS

### JUNKYARD JAZZ

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

LAWRENCE, 785-842-3415

SATURDAYS

### JOHN JERVIS, CLASSICAL GUITAR

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

LAWRENCE

APR 22, 23, 29, & 30, MAY 6 & 7

### BONNIE AND CLYDE

At the height of the Great Depression, Bonnie Parker and Clyde Barrow went from two small-town nobodies to America's most renowned folk heroes and the law's worst nightmares. Fearless, shameless, and alluring, the Tony-nominated musical is the electrifying story of love, adventure and crime that captured the attention of an entire country. Topeka Civic Theatre and Academy. Venue: Helen Hocker Theater, 700 SW Zoo Pkwy, 8 p.m. Fee.

TOPEKA, 785-357-5211

[www.topekacivictheatre.com](http://www.topekacivictheatre.com)

APR 27-JUL 3

### BEAU JEST

BEAU JEST by James Sherman. Starring Cindy Williams & Eddie Mekka from *Laverne & Shirley*. Sarah is a nice Jewish girl with a problem: her mother wants her married to a nice Jewish boy. Her mom has never met her boyfriend, a WASP executive named Chris Kringle. She tells her she is dating a Jewish doctor and Mom insists on meeting him. Sarah plans a dinner party and, over the heated protests of Chris,

employs an escort service to send her a Jewish date to be Dr. Steinberg. Instead, they send Bob Schroeder, an aspiring actor who agrees to perform the impersonation. Happily, he is extremely convincing in the role... so much so Sarah falls head over heels in love with him! New Theatre Restaurant, 9229 Foster St. Time: Varies by Performance. Fee.

OVERLAND PARK, 913-649-7469

[www.newtheatre.com](http://www.newtheatre.com)

APR 29 & 30, MAY 6 & 7

### SUPER SIDEKICK THE MUSICAL

Action! Adventure! Romance! Ninja Koalas! All this and more in this brand new children's musical from rising L.A. playwright Gregory Crafts and composer Michael Gordon Shapiro. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 7 p.m. Fee.

TOPEKA, 785-357-5211

[www.topekacivictheatre.com](http://www.topekacivictheatre.com)

MAY 4

### RED GREEN'S "I'M NOT OLD, I'M RIPE!" TOUR

After 20 successful years on television, Red Green, the Possum Lodge handyman who believed that "anything is possible if you use enough duct tape," is back with a whole new show. I'M NOT OLD, I'M RIPE! focuses on Red's life, with a few side trips! The new show follows on the heels of 77 live performances across North America in his How To Do Everything... from The Man Who Should Know Tour. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee.

LAWRENCE, 785-864-2787

[lied.ku.edu/calendar](http://lied.ku.edu/calendar)

MAY 5

### DISNEY'S BEAUTY AND THE BEAST

Disney's Beauty and the Beast, the smash-hit Broadway musical, returns to the Lied Center by popular demand. Based on the Academy Award-winning animated feature film, this eye-popping spectacle has won the hearts of more than 35 million people worldwide. This classic

■ CONTINUED ON PAGE 19

## We Help Our Clients Improve the Quality of Their Lives

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■ CONTINUED FROM PAGE 18

musical love story is filled with unforgettable characters, lavish sets and costumes and dazzling production numbers, including Be Our Guest and the beloved title song. Experience the romance and enchantment of Disney's Beauty and the Beast. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee.  
LAWRENCE, 785-864-2787  
lied.ku.edu/calendar

MAY 6 & 7

### LAUGH LINES – SPRING 2016

Laugh Lines improv comedy shows pack the house and perform comedy sketches and games based on audience suggestions. You won't want to miss a single exciting evening with this troupe of comics that have become a Topeka tradition! Laugh Lines humor is not suitable for all audiences. Fee. Doors open at 7 p.m. Show starts at 8 p.m. Topeka Civic Theatre and Academy, 3028 SW 8th Ave.  
TOPEKA, 785-357-5211  
www.topekacivictheatre.com

MAY 7

### LAWRENCE COMMUNITY ORCHESTRA PRESENTS RUSSIAN MASTERS

Join us to hear pieces by Russian composers Glinka and Tchaikovsky. Acclaimed pianist Steven Spooner will be featured in Tchaikovsky's Piano Concerto No. 1 in B-flat minor. Lawrence Free State High School, 4700 Overland Dr., 7:30 p.m. Fee.  
LAWRENCE, 785-841-3026  
www.lawrenceorchestra.org

MAY 7

### BROWN V. BOARD OF EDUCATION 4TH ANNUAL COMMUNITY SOCK HOP

The success of rock and roll as an instrument for integrating young adults and its label as race music created a negative backlash from segregationists grasping to the idea of cultural traditions that separated whites and blacks in every aspect of society. Various groups organized boycotts of music stores or radio stations that played rock and roll. Despite their efforts, rock and roll survived. Join Brown v. Board of Education NHS for a free 1950s era sock hop event. Learn how to do the locomotion, the twist and other popular dances from the 1950s and dance to live music. 1950s era dress is encouraged. 1515 SE Monroe St., 6 p.m.  
TOPEKA, 785 354-4273  
www.nps.gov/brvb

MAY 12

### SILVER ANNIVERSARY SEASON PREVIEW EVENT

Get a sneak peak of the 2016-2017 Silver Anniversary Season. Social hour and live performances with special celebrity guest "appearance." Celebrate this momentous year with us FREE! Topeka Performing Arts Center, 214 SE 8th St., 5:30 p.m.  
TOPEKA, 785-234-2787  
www.tpactix.org/events.html

MAY 13-22

### BRIGHTON BEACH MEMOIRS

Dreaming of baseball and girls, Eugene Jerome must cope with the mundane existence of his

■ CONTINUED ON PAGE 20



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■ CONTINUED FROM PAGE 19

family life in Brooklyn: formidable mother, overworked father, his worldly older brother Stanley and other oddball family members. This bittersweet memoir evocatively captures the life of a struggling Jewish household. Theatre Atchison, 401 Santa Fe. Time: Fri. & Sat. 8 p.m., Sunday 2 p.m. Fee. ATCHISON, 913-367-7469  
www.theatreatchison.org

MAY 14

### NEAL MCCOY

Neal McCoy has released 10 studio albums on various labels, and has released 34 singles to country radio. In 1993, Neal McCoy broke through with the back-to-back number 1 singles No Doubt About It and Wink from his platinum-certified album No Doubt About It. His commercial success continued into the late 1990s with two more platinum albums and a gold album, as well as six more Top Ten hits. Prairie Band Casino & Resort – Great Lakes Ballroom, 12305 150th Rd., 8 p.m. Fee. MAYETTA, 85-966-7777  
www.prairieband.com

MAY 20

### BUDDY GUY

At age 76, Buddy Guy is a Rock and Roll Hall of Fame inductee, a major influence on rock titans like Jimi Hendrix, Eric Clapton, and Stevie Ray Vaughan, a pioneer of Chicago's linked West Side sound, and a living link to that city's halcyon days of electric blues. He has received six Grammy Awards, 28 Blues Music Awards (the most any artist has received), the Billboard magazine Century Award for distinguished artistic achievement, and the Presidential National Medal of Arts. Prairie Band Casino & Resort – Great Lakes Ballroom, 12305 150th Rd., 8 p.m. Fee. MAYETTA, 85-966-7777  
www.prairieband.com

JUN 3-18

### COMIC POTENTIAL

A sensation in London and New York, this is one of the funniest and most inventive plays by Britain's grand master of comedy, Alan Ayckbourn. A hilarious satire of television and a touching romantic comedy, it begins in a TV studio where a hospital soap opera is being taped. The producer, Adam, finds out that one of the actors is an "actoid" and he begins to fall in love with the charming robot. Wednesday and Thursday performances start at 7 p.m. Friday and Saturday performances start at 8 p.m. Sunday performances start at 2 p.m. Fee. Topeka Civic Theatre and Academy, 3028 SW 8th Ave.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

## EXHIBITS/SHOWS

APR 6-MAY 29

### ANASTASIA DRAKE ART EXHIBITION

Exhibition of the Anastasia Drake collection at the Muchnic Art Gallery, 704 N 4th St. Every Sunday, Wednesday, Saturday, 1-4 p.m. ATCHISON, 913-367-4278  
www.AtchisonArt.org

MAY 6

### WASHBURN TECH CAR SHOW

The Washburn Tech Car Show is a yearly fundraiser for Care Closet, a committee that provides short-term financial assistance to Washburn Tech students who need help to complete their education. To register for this year's show, contact Washburn Tech instructor Mike Evenson at 785.228.6313. You also can find registration forms at WashburnTech.edu or in Washburn Tech's main office. The community is invited to make a pit stop at the Washburn Tech Car Show from 9 a.m. until 2:30 p.m. at 5724 SW Hunt-oon St. This annual event is free to the public; the car entry fee is \$15 prior to the event or \$20 on the day of the show. TOPEKA

JUN 1-JUL 24

### DENNIS DUNLEAVY ART EXHIBITION

Exhibition of the Dennis Dunleavy collection at Muchnic Art Gallery. Every Sunday, Wednesday, Saturday, 1-5 p.m. ATCHISON, 913-367-4278  
www.AtchisonArt.org

JUN 3

### BMW MOTORCYCLE SHOW

The BMW Motorcycle Club will be showcasing their bikes at the Farmers' Market. Commercial Street Mall, 5th & Main Streets, 12-2 p.m. ATCHISON, 913-367-2427

## FAIRS/FESTIVALS

MAY 27-29

### LAWRENCE BUSKER FESTIVAL

Now in its eighth year, the Lawrence Busker Festival is the area's largest gathering of street performers in the area. Come join us for three days of family fun with some of the most talented freaks, geeks, artists and musicians around. There will be five different street stages with over 25 different acts playing for tips and applause. And while our festival may be large, planning your visit is easy. Check out our performance schedule to make sure you don't miss your favorite acts. Downtown Lawrence, 5-11 p.m. LAWRENCE, 785-330-5110  
lawrencebuskerfest.com

JUN 4 & 5

### GERMANFEST

Germanfest, the main fundraiser for St. Joseph's Catholic Church. Aside from typical fair stuff, there's lots of food, beer, and stuff being raffled or auctioned off. 312 NE Freeman Ave. TOPEKA, 785-234-3338  
www.sacredheartstjosephcatholic.org/Germanfest.html

## 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

FIRST MONDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

MONDAYS THROUGH FRIDAYS

### A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

### PICKLEBALL - OPEN PLAY

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

TUESDAYS

### BADMINTON

Players of all skill levels are welcome to join in this friendly game that challenges agility, pace and coordination. Games are played on a drop-in basis so join us when you can. Basic equipment is provided; players are welcome to bring their own racquets. For more information, contact Gayle Sigurdson at 785-832-7920. (Lawrence Parks and Recreation). Location: Sports Pavilion Lawrence, 6-8 p.m. No fee. LAWRENCE, 785-832-7950

FIRST TUESDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TUESDAYS

### FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

### JAZZEXERCISE LITE

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

TUESDAYS AND THURSDAYS

### HEALTHWISE EXERCISE CLASS

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

TUESDAYS AND THURSDAYS

### 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

### FREE NUTRITION CLINIC

Meet with a Stormont Vail Health registered dietitian to discuss your nutrition needs and questions. Appointments are available between 8 a.m. and noon every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

WEDNESDAYS

### FREE MEDICATION CLINIC

Bring questions to Stormont Vail Health's trained pharmacy staff regarding your medications (prescriptions or over-the-counter). Appointments are available between 12:30 and 4:30 p.m. every Wednesday at the HealthWise Clinic, 2252 S.W. 10th Ave. Call for an appointment. TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

### FREE HEARING CONSULTATIONS

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



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desired appointment time or stop in the first Wednesday OF THE MONTH. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids. LAWRENCE, (785)748-8034

#### FRIDAYS

##### BLOOD PRESSURE CHECKS

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

#### SECOND THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

#### SECOND FRIDAY OF THE MONTH

##### WELLNESS FRIDAY

Join representatives from LMH the second Friday of each month for discussion on a health or wellness topic of interest. No registration needed; just drop in. Each program lasts about one hour. LMH Performance and Wellness Center, Suite 100, Lawrence Parks and Recreation Sports Pavilion, 100 Rock Chalk Lane, 9:30 a.m. LAWRENCE, 785-749-5800

#### THIRD THURSDAY OF THE MONTH

##### BLOOD PRESSURE CLINIC

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

#### THIRD THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

#### THIRD THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

#### FOURTH THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

#### JUN 7-JUL 28

##### SENIOR STRENGTH TRAINING

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights, and resistance bands. Class includes a warm-up period and a post-workout stretch. Instructor: Deb Geraghty. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays and Thursdays, 9-10 a.m. Location: East Lawrence Center. Fee. LAWRENCE, 785-832-7920

#### JUN 8-JUL 27

##### SILVER STEPPERS

Get ready to mix it up! This class is perfect for the stepper looking for something new. Fun step combinations will torch calories and get your heart pumping. Instructor: Susan Pomeroy. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 10:30-11:30 a.m. Location: East Lawrence Center. Fee. LAWRENCE, 785-832-7920

#### JUN 7-JUL 28

##### SILVER N' FIT

In this class you will work with hand weights, stability ball, resistance bands and your own body weight. We'll get you moving and grooving to the music you're going to remember and love! Instructor: Kristen Spencer. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays and Thursdays, 8:30-9:20 a.m. Location: Sports Pavilion Lawrence. Fee. LAWRENCE, 785-832-7920

#### JUN 7-JUL 28

##### TAI CHI FOR HEALTH

This program is designed to improve health and quality of life for everyone. The movements are simple and can be adapted for all. Participants may stand or sit throughout class. There are no floor exercises. The Arthritis Foundation of America promotes this particular program in the U.S. as the Arthritis Foundation Tai Chi Program. The Center of Disease Control and Prevention recommends this particular program on their official guide for falls prevention, and the Administration on Aging (AoA) found the Program to meet the highest level criteria for AoA evidence based disease prevention and health promotion programs. Instructor: Susan Pomeroy. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays and Thursdays, 11:15 a.m.-12 p.m., Location: Holcom Recreation Center. Fee. LAWRENCE, 785-832-7920

#### JUN 8-JUL 27

##### BOCCE BALL LEAGUE

Lawrence Parks and Recreation is offering an adult (18+) Bocce Ball ladder league. Bocce ball is a relaxed but strategic game that can be easily learned. In this league, individual players will be ranked week to week based on their win/loss record. Each week individuals will be matched with an opponent to play a three game match. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 6-8 p.m. Location: Holcom Park. Fee. LAWRENCE, 785-832-7920

#### JUN 10-JUL 29

##### PEDAL PUSHERS- CYCLING CLASS

Indoor cycling increases endurance and strength in your lower body, core and upper body. This is a beginning class for older adults. Bikers can modify their cycling resistance and pace according to their own fitness level. Instructor: Melanie Johnson. Register at www.lprd.org or any Lawrence Recreation Center. Fridays, 11:15 a.m.-12 p.m. Location: Community Building. Fee. LAWRENCE, 785-832-7920

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

#### MONDAYS

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

#### WEDNESDAYS

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

#### FRIDAYS

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

## LAWRENCE PUBLIC LIBRARY BOOK TALKS

#### THIRD THURSDAY OF THE MONTH

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

#### THIRD FRIDAY OF THE MONTH

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 10 a.m.  
Prairie Commons, 5121 Congressional Circle, 1 p.m.

#### FOURTH THURSDAY OF THE MONTH

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

#### FOURTH FRIDAY OF THE MONTH

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

## MEETINGS

#### SUNDAYS

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

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

#### MONDAYS

##### BREAST CANCER SUPPORT GROUP

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

#### MONDAYS, WEDNESDAYS & FRIDAYS

##### WATER AEROBICS CLASSES

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

#### MONDAYS

##### GRIEF SUPPORT GROUP

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

#### FIRST MONDAY OF THE MONTH

##### INDIVIDUAL BEREAVEMENT SUPPORT

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

#### FIRST & THIRD MONDAY OF THE MONTH

##### BEREAVEMENT SUPPORT GROUP

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

#### FIRST & THIRD MONDAY OF THE MONTH

##### GRIEF SUPPORT GROUP

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

#### FIRST & THIRD MONDAY OF THE MONTH

##### CAREGIVER SUPPORT GROUP

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

#### FIRST & THIRD MONDAY OF THE MONTH

##### CAREGIVER SUPPORT GROUP

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

#### EVERY TUESDAY THROUGH FRIDAY

##### MEN'S COFFEE

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

#### FIRST TUESDAY OF THE MONTH

##### BLOOD PRESSURE CLINIC

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

#### FIRST TUESDAY OF THE MONTH

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

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in health-care, 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

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**FIRST TUESDAY OF THE MONTH  
MAN TO MAN PROSTATE CANCER  
SUPPORT GROUP - LAWRENCE**

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

**FIRST TUESDAY OF THE MONTH  
TOPEKA AREA OSTOMY SUPPORT  
GROUP**

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

**FIRST & THIRD TUESDAY OF THE MONTH  
SCRAPBOOK MEMORIES**

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

**FIRST & THIRD TUESDAY OF THE MONTH  
GRIEF SUPPORT GROUP**

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

**TUESDAYS & THURSDAYS  
WATER AEROBICS CLASSES**

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

**FIRST & THIRD TUESDAY OF THE MONTH  
HEALING AFTER LOSS BY SUICIDE  
(HEALS)**

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

**FIRST & THIRD WEDNESDAY OF THE MONTH  
CANCER SUPPORT GROUP**

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

**FIRST THURSDAY OF THE MONTH  
MAN TO MAN PROSTATE CANCER  
SUPPORT GROUP - TOPEKA**

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

**FIRST THURSDAY OF THE MONTH  
LAWRENCE AREA PARTNERS IN AGING**

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

**FIRST THURSDAY OF THE MONTH  
PARKINSON MEETING**

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

**EVERY OTHER THURSDAY  
GRIEF SUPPORT GROUP**

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

**EVERY OTHER THURSDAY  
GRIEF SUPPORT GROUP**

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

**FIRST FRIDAY OF THE MONTH  
STROKE SUPPORT GROUP**

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

**SATURDAYS**

**LAWRENCE BRIDGE CLUB**

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

**ONE SATURDAY EACH MONTH  
LAWRENCE DEATH CAFE**

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

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

Volunteer service club.  
LAWRENCE, 785-331-4575

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

Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m.  
TOPEKA, 785-235-1367  
[www.jhawkkaa.org](http://www.jhawkkaa.org)

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

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.  
TOPEKA, [www.narvre.com](http://www.narvre.com)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

## 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 SUNDAY OF THE MONTH MONTHLY GUIDED HIKE

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

#### MAY 7

#### MARBLE DAY

The 10th annual Marble Day will begin with the Tractor Cruise and Wacky parade. Lots of free activities including old time games, a cake walk and a marble tournament. At noon 5,000 Pinky balls will be dumped on the main street to race to the finish line as part of a fundraiser. This is a fun day for the whole family. Moon Marble Company, 600 East Front St., 9:30 a.m.-2 p.m. Free.  
BONNER SPRINGS, 913-441-1432  
www.moonmarble.com

#### MAY 7

#### SPECIAL OLYMPICS BENEFIT FISHING TOURNAMENT

This annual fishing tournament is a benefit for Special Olympics. The tournament event and launch are is at Boat Ramp #2 near the Clinton Marina. 798 N 1415 Rd., 5 a.m.-4 p.m. Admission: \$5.00/daily vehicle permit.  
LAWRENCE, 785-424-0830  
ksoutdoors.com/State-Parks/Locations/Clinton

#### MAY 13

#### HASKELL INDIAN NATIONS COMMENCEMENT & NATIVE AMERICAN POW-WOW

Graduating students participate in this colorful ceremony, many attired in traditional dress. Commencement is on Friday at 10 a.m. and the Pow-Wow is a two-day event. Haskell Indian Nations University, 23rd & Barker.  
LAWRENCE

#### MAY 27

#### FAMILY FUN FRIDAY AT KCDC

Kansas Children's Discovery Center is the place for SERIOUS FAMILY FUN. You won't want to miss Family Fun Friday Night. In fact, KCDC will be open from 9 a.m. to 9 p.m. on the fourth Friday of every month. Admission fee after 6 p.m. Come explore, build, paint, play and have fun. 4400 SW 10th Ave.  
TOPEKA, 785-783-8300  
www.kansasdiscovery.org

#### MAY 30

#### A VETERAN'S TRIBUTE

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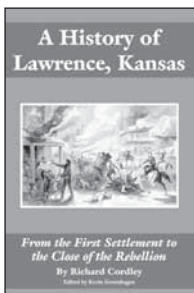
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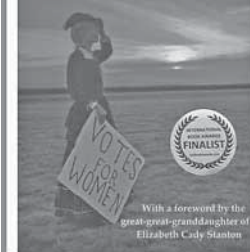
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By Norm Franker

Social Security District Manager in Lawrence, KS

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## RICK STEVES' EUROPE

# What's New in Great Britain and Ireland for 2016

By Rick Steves

Tribune Content Agency

Britain and Ireland are hard at work making the most of their heritage and sharing it with a special flair. Here are a few updates to keep in mind for 2016:

London seems intent on building itself out of any economic recession in its ever-changing landscape of sights. Be sure to have locals point out the many distinct skyscrapers decorating the skyline; Londoners have given them clever descriptive nicknames, such as the Gherkin, the Cheese Grater and the Walkie-Talkie. New buildings generally come with a dramatic viewpoint open to the public. The One New Change shopping center, just east of St. Paul's Cathedral, has a public park-like space on the roof terrace, with great views of the church. And the towering London Hilton on Park Lane skyscraper has an unforgettable viewpoint lounge on the 28th floor.

London's Tate Modern art museum is expanding with a new wing that will double the exhibition space. It has been opening gradually in advance of its official debut in June. At the Orbit, London's Eiffel-Tower-like landmark built for the 2012 Olympics, workers are constructing the world's longest, tallest tunnel slide—slated to open this spring. But there are closures too: The wine-tasting experience Vinopolis has poured its last glass. At the British Library, the Magna Carta may be off display.

Technology is also changing how you visit Britain. You can now avoid ticket lines at Westminster Abbey and St. Paul's Cathedral by booking in advance via their websites. Stonehenge visitors are required to book a timed-entry ticket online.

In Brighton—a beach resort town directly south of London—the i360

Tower, set to open this summer, will lift tourists 450 feet in a doughnut-shaped elevator for a bird's-eye view of the city.

In Bath, the Building of Bath Collection is now called the Museum of Bath Architecture. The Roman Baths have added a display of the Beau Street Hoard—more than 17,500 Roman coins that were discovered near the baths.

In the Cotswolds, the delightful Keith Harding's World of Mechanical Music in Northleach is now called the Mechanical Music Museum (after Harding's death and subsequent scandalous revelations in the media about him).

Nearby, in Stratford-upon-Avon, the town is marking the 400th anniversary of Shakespeare's death. The Royal Shakespeare Company's Swan Theatre has opened after a total renovation. New Place and Nash's House, showcasing what's left of one of the houses in which Shakespeare lived, is set to open this spring.

In the South Lake District, the Beatrix Potter Gallery in Hawkshead will host a special exhibit opening in February to mark the 150th anniversary of Potter's birth.

Restoration work continues in the ancient city of York. Its Theatre Royal recently reopened after completing a \$6 million renovation. Work continues on the Great East Window in the York Minster. The massive, tennis-court-sized window filling the east end of the beloved church may finally be unveiled in 2017.

At Durham Cathedral—England's greatest Norman church—the new "Open Treasure" exhibit will display a number of treasures, including a copy of the Magna Carta from 1216 and items from the Norman/medieval period (when the monks of Durham busily copied manuscripts), the Reformation, and the 17th century.

Over in Wales, at Caernarfon Castle, the Eagle Tower now houses the "Princes of Wales" exhibit—featuring a chessboard of Welsh and English princes as life-size chess pieces—and a skimpy exhibit on the life of Eleanor of Castile, wife of King Edward I.

In Ireland, Dublin is preparing for the 100th anniversary of the 1916 Easter Uprising—so this year expect higher lodging prices, longer lines and more traffic snarls. Among events planned, the General Post Office—the rebel's headquarters—will host a "GPO: Witness History" exhibition, and the National Library and Kilmainham Gaol will host temporary exhibits. (For a good prep, be sure to watch the documentary, "1916 The Irish Rebellion," which debuts on American Public Television in March.)

Also in Dublin, look for a new Museum of Tenement Life to open sometime in 2016 (though it may be called the 14 Henrietta Street Townhouse Museum instead). And at the Book of Kells exhibit in the Trinity Old

Library, purchasing an online ticket in advance allows you to skip the line at the entrance. In another sign of changing times, ferries no longer run from Dun Laoghaire (near Dublin) to the UK.

In Belfast, a new Discovery Tour, part of the Titanic Belfast museum, explains the striking design and architecture of the new building and the adjacent slipways where the ship was built. In Derry, the Museum of Free Derry is closed for renovations but should reopen in May with multimedia exhibits.

And for foodies filling their tanks to enjoy all this sightseeing fun, Britain and Ireland continue to reshape their culinary images and astound travelers with new restaurants and gastropubs serving delicious food.

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

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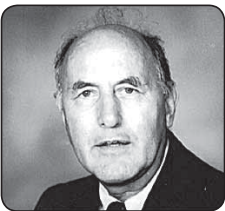
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## HUMOR

# 'Jump Shot Jim' Says Goodbye

Jim Higgins reminisces as he looks down from the press box high above the court. He is preparing to broadcast the last play-by-play of his long career as the voice of the Letongaloosa Community Junior College basketball team. Fittingly, the Leopards are playing the La Mancha Mongrels.



Larry Day

In a game decades ago against the Mongrels, Jim earned the title "Jump Shot Jim." In that contest, Jim had launched a desperation shot from mid-court just as the buzzer sounded. The ball swished into the net, breaking a 41-41 tie and giving the Letongaloosa Leopards the game and the conference title.

Higgins has been known as "Jump Shot Jim" ever since. His transition from player to broadcaster was seamless. He received a degree in Duplicative Communicology from LCJC, and landed a job at radio station LCNU-FM. One night the station manager said:

"Zip down to the gym. You're going to do the play-by-play of the Leopard's game. Richard Handley's voice cracked as he was doing the pregame show. He sounds like Donald Duck."

Jim zipped down to the gym, clattered up to the press box, and slid behind the microphone just as the

announcer began introducing the players. Jim scanned the names of the players on the other team. The broadcast went well and Jim became the new voice of the Leopards.

Jim did play-by-play as the team competed for conference titles and in postseason championship games.

One of Jim's favorite trips was to the Florida Keys. He did play-by-play as the Leopards competed in the Banyan Basketball Invitational. He loved southern Florida. Now, standing in the Leopards' press box preparing to broadcast his final game, Jim watches the team warm up and studies the Mongrel's roster.

It turned out to be a great game. The lead went back and forth and was tied at the end of regulation play. In overtime the Leopards came out looking tired and the Mongrels dumped in six unanswered points. The Leopard's

coach called time out.

As the game resumed, disaster struck the Leopards. Finney Fraser, the high scoring point guard, got hurt driving for a loose ball and had to come out. Two Leopard players had fouled out. The young sub who came on the floor was playing in his first post-conference game. Jim ran his finger down the Leopards' roster looking for the sub's name, and found it: Kurt Curtis, walk-on from Letongaloosa High School.

After the huddle and before the referees called the teams back onto the court, young Curt looked up at the press box. Jim couldn't figure out why, but he waved and gave the boy a big thumbs up.

As the overtime minutes drained away, the Leopards fell behind by four points. They picked up three on a jumper from the right side, and another on a free throw. The game was tied with seconds remaining. The coaches called time out.

The Leopard's coach told his team to run down the clock and then feed the ball to their high scoring forward who

would drive in for a buzzer-beating lay-up. The play went perfectly until a high jumping Mongrel defender batted the ball away. The ball flew to mid court and landed in the hands of the Leopard's substitute Kurt Curtis. Jim described the scene to the radio audience as Kurt let fly a jumper

It was a swisher. All net. The Leopards won by three at the buzzer.

Jim lingered after everyone had left the triumphant Leopards arena. As he emerged from the door of the gym, young Kurt Curtis jumped down from the team bus and ran toward him.

"Sir, I'm Kurt Curtis. I'm a Duplicative Communicology major. When I was a kid my grandpa told me about your shot from mid-court that won the conference title. I want to be a play-by-play broadcaster."

"You'll be great one," said Jim. "Everyone is already calling you "Key Shot Kurt."

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

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# PET WORLD

## Choosing the right pet for a child

By Marc Morrone

Tribune Content Agency

**Q:** My grandchildren are now 10 and 8-years-old, and I want to get them some kind of pet so that they will learn a bit of responsibility. The landlord will not allow dogs or cats, but said they could get any pet that stays in a cage. So we were thinking of a bird or rodent and wondered what you suggest. Their parents both work so it would have to be something with low maintenance. - Fran Williams, Arlington, Va.

**A:** This is one of those questions that has no right or wrong answer, however, I do have two Morrone rules here that weigh in on and affect the answer:

1. A child should never be expected to learn responsibility from caring for a pet—being a pet owner is supposed to be fun! Responsibility is learning to do unpleasant tasks for no immediate reward.

Petkeeping can teach a child better time management skills, but it really should encourage a child's fascination of the natural world rather than the omnipresent virtual one. A child should never think that caring for a pet is not a pleasant task.

2. The best pet for a child is whatever pet the child's parents have time to care for. In a busy household sometimes it is not practical for children to be 100 percent in charge of a pet's needs. In spite of a child's best intentions, when children try to clean a cage or cut up fruits and vegetables for a pet to eat, then the children make such a mess. In turn, that creates more work and household drama for busy parents to deal with.

With all that being said, now I can give you some options.

1. Hamsters and gerbils are the easiest to care for. Being desert animals they urinate very little and the cage stays dry and cleaner than other pets; a twice weekly cleaning will suffice. They are very content just to be alive, and if nobody has the time to take them out for a day then that is fine with them.

However, they do not make any noise, which some children find hard to relate to, so children can lose interest in them quickly. From a parent's point of view, though, no pet is easier to keep.

2. Guinea pigs are extremely responsive to children—they recognize each child as an individual and are as sentient as dogs and cats. The fact they can vocalize to children with their squeals keeps up a child's interest and concern for the animal.

However, they do need a lot of care. The cage must be cleaned daily and they need daily fresh vegetables and fruits. This may be too much for some parents to keep up with. Though, if the time is available then this is probably the best small mammal pet.

3. Birds. When you first think of a bird for a child, the first thought is a parakeet. However, they are small and fast, and while they will learn to lose their fear of a child, they really do not like to be touched or petted. It is a lot for a little bird, like a parakeet, to allow our big hands on its little body.

A better choice may be conures—a group of small parrots about 8 inches long. The most popular are sun conures and green cheek conures—they love to socialize with children and will actively seek them out. They commonly beg children to pet them, creating a strong bond with the child.

However, they also need daily care: Cage cleaning, and washing of food and water dishes, which may just be too much for some households. They are expensive as well, costing between \$300 and \$500 each. They do have a longer lifespan—I know many that are well into their 20s.

4. Bearded dragons. If a child is allergic to fur or feathers, then the bearded dragon is a great pet. They are one of the few reptiles that are sentient, and recognize and react to humans as individuals. They enjoy being held and petted by children.

They do not need daily cage cleaning, but they do eat live crickets and vegetables, which can be a bit complicated.

As with the conures, the purchase price of a dragon is high and the equipment to keep their cage warm is expensive. They do live a long life, I know many that are more than 10 years old.

As with all reptiles there is a remote chance of their passing salmonella to children, as well, so young petkeepers need to be prompted to wash their hands after handling them.

**Q:** My cat thinks she is a seal—she loves to splash in water and she makes a mess of her water dish by putting her paws in the water and splashing it all over the room until the dish is empty. Our vet told us to try one of those drinking fountains for cats that pour the water into the dish via a little waterfall, but this just gave her more water to throw around the room. Do you have any suggestions? - Stephanie Adams,

Boulder, Colo.

**A:** Been there, done that. I had a cat like yours once and there was no way to dissuade her from this.

Eventually I just waved the white flag of defeat and put her water dish in the shower stall and left the door to it open. She was then able to splash all she wanted and all the water stayed in the stall.


- Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at [petxperts2@aol.com](mailto:petxperts2@aol.com); please include your name, city and state.

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# WOLFGANG PUCK'S KITCHEN

## All dressed up: Freshen up salad with homemade versions of classic dressings

With spring upon us now, you could say we're entering the salad days of cooking. Shakespeare coined the term "salad days" to refer to someone's green and inexperienced youth, but the words are equally appropriate to describe the time of year when fine, fresh, tender, often green, young produce is beginning



Wolfgang  
Puck

to fill farmers' market stalls. Meanwhile, the warm weather is inspiring cooks everywhere to spend less time subjecting themselves to the heat of the kitchen and more time preparing refreshing salads.

That's why I'd like to share not one but two recipes (plus a third supporting recipe) for making my own personal versions of two popular, versatile salad dressings: Green Goddess and Buttermilk Ranch.

Most people think that Green Goddess is something that comes out of a bottle or is made with a packaged mix, but you can prepare the freshest version imaginable of this dressing at home so quickly. According to food lore, the recipe was originally developed in 1923 by the chef at the Palace Hotel in San Francisco for an event honoring actor George Arliss, who was starring in the hit play, "The Green Goddess." Today, you'll find many versions of the original, most of them distinguished by their creamy green herb-flecked color. Mine features a profusion of fresh herbs and green onions. (If you make the dressing in advance, pulse in the green onions only just before use, so their flavor won't be too strong.) An avocado adds stills more color and richness, along with an egg yolk. I use one from a pasteurized egg, now widely available in supermarkets, to avoid any concerns over possible bacteria from raw eggs.

Another widespread favorite, ranch dressing is a cool, creamy blend of buttermilk, mayonnaise, parsley,

celery and dill. It's so easy to make that you don't even need a blender; just a mixing bowl and a whisk. In my version, I like to add another dimension of flavor from roasted garlic cloves (another recipe I'll share with you).

Whichever one of my dressing recipes you make, I'm sure you'll find that they taste so much better than anything that comes out of a bottle. And they're versatile. Of course, they're excellent on any kind of salad leaves you like, especially crisp lettuces like romaine. Thick and creamy, they can also be used as dips for anything from vegetable crudites to onion rings. And they make excellent condiments for hamburgers or other sandwiches.

### GREEN GODDESS DRESSING

Makes about 2 cups (500 mL)

- 1 pasteurized cage-free egg yolk
- 1/2 ripe Hass-style avocado, pitted, flesh scooped from peel
- 2 tablespoons drained capers
- 6 sprigs fresh dill, stemmed
- 3 sprigs fresh tarragon, leaves only
- 1 bunch fresh chives, cut into 2- to 3-inch (5- to 7.5-cm) pieces
- 1/2 bunch fresh organic Italian parsley, stemmed
- 1 bunch organic green onions, trimmed, cut in half
- 3 tablespoons Champagne vinegar or white wine vinegar
- 2 tablespoons Dijon mustard
- 1 cup (250 mL) extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

Put the egg yolk, avocado, capers, fresh herbs, green onions, vinegar, mustard and olive oil in a blender. Add a little salt and pepper to taste.

Blend the dressing until smooth and creamy. If it seems too thick, pulse in cold water tablespoon by tablespoon until the desired consistency is reached. Taste and adjust the seasonings with more salt and pepper, if necessary.

Transfer the dressing to a nonreactive container, cover and refrigerate.

Use within three days.

### BUTTERMILK RANCH DRESSING WITH ROASTED GARLIC

Makes about 1 1/2 cups (375 mL)

- 1/2 to 3/4 cup (125 to 185 mL) mayonnaise
- 1/2 cup (125 mL) buttermilk
- 1/2 lemon, zested and juiced
- Kosher salt
- Freshly ground black pepper
- 2 tablespoons finely chopped fresh Italian parsley
- 2 tablespoons finely chopped organic celery leaves
- 2 tablespoons finely chopped fresh dill
- 1 head Roasted Garlic

In a mixing bowl, combine 1/2 cup (125 mL) of the mayonnaise and all the buttermilk. Add the lemon zest and juice. Whisk thoroughly. If the dressing seems too thick, whisk in up to 1/4 cup (60 mL) more mayonnaise. Season to taste with salt and pepper.

Add the parsley, celery leaves and dill. Squeeze in the cloves from the roasted garlic. Whisk thoroughly. Taste and adjust the seasonings, if necessary, with more salt and pepper. Serve immediately; or cover and refrigerate for at least 1 hour to let the flavors develop. Use within three days.

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Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.



# MEMORIES ARE FOREVER

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

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

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



Tom  
Mach

## Going to School

By Duane L. Herrmann

I began my formal education in a two-room schoolhouse in a small community. It once housed the entire elementary population, but by the time I arrived only the first four grades were there. The upper eight grades were in the original high school building just next door. I remember my first day of school. Since I was raised on an isolated farm (meaning no neighbors near enough to walk to), and I since I was the oldest on both sides of my family, I saw only a small group of children my age at Sunday school class held at my church in town. But here at school, I saw more children my age than I'd ever seen before—all in one room, all moving around. It was chaos and I was overwhelmed!

There were not enough desks for all the children, and there was no pre-enrollment. Neither the school nor the teacher knew how many children to expect. As a desperate temporary

measure, the teacher instructed me to sit at a desk with an older boy. He had already been in the first grade and was comfortable there. I was scared and clueless, but I was reassured by his self-confidence as he talked to me. It was odd when later I learned he was a distant cousin of mine. He and my grandmother had the same last name.

He was the first person my age to engage me in conversation. I found the experience to be strange and, to this day, I am still uncomfortable with casual conversations. My mother ordered me not to respond when she talked. Any reply I might make when she talked to me was often considered backtalk, a punishable crime. When we siblings talked to each other, our mother demanded we talk louder. If we told her we weren't talking to her, she would get angry. She insisted on her right to monitor any conversation we had.

At school the outhouse was unusual because it had more than two holes. We had an outhouse at home and both sets of my grandparents had one as well. The school had two outhouses, and each one had a privacy fence, whereas none of ours at home did. Inside the boy's fence was a round container filled with sand. The girls didn't have one of those (I know because I peeked). This container was low enough so that the littlest boy could just get over the top of it. I was curious because I had never seen such a thing in an outhouse. When I saw the other boys standing in a circle around it, I looked closer to see what they were doing. That's when I learned it was a urinal. Decades later, I concluded that it was a clay drainage pipe set on end.

The schoolhouse had two rooms for the first four grades. I was there for the first and second grades, taught by the same teacher. Near the end of the second grade we had a parade. Out of the room we went, out of the building, across the schoolyard, up the slight rise, past the new high school, across the driveway and into the brand-new, just completed grade school building. The first and second graders, (including me) carried the chairs of



Duane is in the center, holding his baby brother and flanked by two other siblings

our desks while the older boys (fifth graders or older) carried our desks. It was a wonderful yet serious, parade. We sat down the desks and chairs in the same order as in the old classroom and resumed class. However, I don't believe much class work was done that day because we found the day too amazing.

Aside from its newness, this classroom had two extra doors, one in the front, one in back. These doors, most astonishingly, opened to tiny, private toilet rooms—one for boys and one for girls. Our very own bathrooms! They weren't exactly private since each had two doors, the other opening to the adjoining classroom. Down the hall were more classrooms, regular bathrooms for the general school population, a gym (with a small kitchen), and tiny offices for the principal and nurse.

This new building was huge, compared to the old school.

Soon the "new" high school was closed when small school districts were consolidated and the upper grades moved into that building. Decades later, before my children attended that school, the space between the two buildings was filled with a library, more classrooms, and a connecting hallway. The last place I taught was as a substitute in one of those newest classrooms—in the driveway! I found it to be a strange experience. I kept expecting to see former teachers, students, or other staff walking in the halls but, of course, they were long gone. It is unlikely that my grandchildren will attend, and my children have scattered to their own lives.

But I often drive past the school when I go back to the farm.

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## GOREN ON BRIDGE

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Neither vulnerable. South deals.

## NORTH

♠-A 8 4 3  
♥-Q 10 9 7 6 2  
♦-A J 4  
♣-Void

## WEST

♠-Q J 10 5  
♥-3  
♦-8 5 2  
♣-A 9 6 4 3

## EAST

♠-9  
♥-4  
♦-K Q 10 9 6 3  
♣-K J 10 7 5

## SOUTH

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

The bidding:

SOUTH	WEST	NORTH	EAST
1H	Pass	4C*	4D
Pass**	Pass	6H	Pass
Pass	Pass		

\*Splinter bid, heart raise with at most one club

\*\*Stronger than bidding four hearts

Opening lead: Ace of ♣

This deal was played in a team competition some years ago. South was Larry Cohen, of Florida, a leading American player.

Cohen judged that his hand offered

some potential opposite club shortness, so he made the aggressive decision to pass over East's four-diamond bid. This was all the encouragement North needed to bid the slam.

Declarer ruffed the opening club lead and took stock. The slam was cold if spades broke 3-2, but, on the auction, there was a live chance that East had a singleton spade. Showing great imagination, Cohen took a line of play that would succeed should East hold the singleton queen, jack, 10 or nine of spades. He drew trumps and cross-ruffed the minors, eliminating the clubs and diamonds from both his hand and the dummy.

Cohen now played a low spade from both hands, assuring the loss of this trick. Should the spades split 3-2, all would be well, but if East won this trick with the singleton queen, jack, 10 or nine, he would be forced to yield a ruff-sluff and the contract. Should West split his honors to try and prevent this, he would also be end-played, forced to lead from his remaining spades or yield a ruff-sluff. A lovely play!

There are other lines of play that would have been successful, but this was the most elegant.

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

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E	N	C	S	E	K	E	D	O	T	T	E	R		
C	O	L	O	L	E	S	S	C	R	E	A	M		
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C	O	U	N	T	E	R	F	E	I	T	N	O	T	E
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A	E	R	F	A	L	S	E	S	T	A	R	T	S	
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4	2	8	5	9	3	7	6	1
9	8	6	7	3	5	4	1	2
2	1	4	9	8	6	5	3	7
7	5	3	1	2	4	9	8	6
1	9	5	2	4	8	6	7	3
3	4	2	6	7	9	1	5	8
8	6	7	3	5	1	2	4	9

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S <sub>1</sub>	O <sub>1</sub>	A <sub>1</sub>	P <sub>3</sub>	I <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	RACK 1 =	<u>77</u>
A <sub>1</sub>	I <sub>1</sub>	R <sub>1</sub>	L <sub>1</sub>	I <sub>1</sub>	F <sub>4</sub>	T <sub>1</sub>	RACK 2 =	<u>60</u>
D <sub>2</sub>	E <sub>1</sub>	S <sub>1</sub>	P <sub>3</sub>	I <sub>1</sub>	S <sub>1</sub>	E <sub>1</sub>	RACK 3 =	<u>61</u>
S <sub>1</sub>	U <sub>1</sub>	R <sub>1</sub>	F <sub>4</sub>	A <sub>1</sub>	C <sub>3</sub>	E <sub>1</sub>	RACK 4 =	<u>62</u>
B <sub>3</sub>	A <sub>1</sub>	L <sub>1</sub>	L <sub>1</sub>	A <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>	RACK 5 =	<u>59</u>
PAR SCORE 255-265							TOTAL	<b>319</b>

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