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INSIDE



The Spring 2019 issue of JAA's *Amazing Aging* is included in *Senior Monthly* copies distributed in Douglas, Jefferson, and Shawnee Counties.

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John Jervis: Classical Guitarist

See story on page three

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Jervis reflects on life as a classical guitarist

By Kevin Groenhagen

If you talk with John Jervis, you'll immediately realize he is not a native Kansan. His accent is clearly that of a man who was born and raised in Cambridge, Massachusetts. Music ultimately brought him to the Midwest.

When he was 15, Jervis bought a guitar from the kid next door for \$10. He taught himself how to play that guitar and soon developed a love for classical music. He also taught himself how to read music.

"My parents had no idea what I was doing," Jervis said. "They were very brilliant, but they lived in a blue-collar world. They were Depression-era people. Their world was a hubbub of raw survival on the bottom level. They were not exposed to classical music."

Jervis spent many hours every day playing his guitar and soon realized he wanted to pursue a career as a classical guitarist.

According to Jervis, he left home at 17 and moved to Cape Cod, Massachusetts, where he was the roommate of a young banjo player named Peter

Thorkelson for six months. Thorkelson later shortened his last name to Tork when he became involved in the Greenwich Village folk scene in the early 1960s. He later became a founding member of The Monkees, an American rock and pop band.

"Peter Tork was my dear friend," Jervis said. "He and I used to play at a Cape Cod hotel together every Sunday night."

Jervis also made his way to Greenwich Village neighborhood of Manhattan when he was seventeen and a half.

"On the first day after arriving in New York City, I walked into a diner and said I didn't have any money, but I'd like a glass of water," he said. "Richie Havens, who was sitting in a booth with two of his friends, jumped up from his seat in the diner and said, 'No, you're having supper with us.' He saw my guitar and then he took me to the Café Wha?, where he played."

Richie Havens was singer-songwriter and guitarist best known for his soulful covers of pop and folk songs. Havens opened at the 1969 Woodstock Festival. The Café Wha? is a club at



KEVIN GROENHAGEN PHOTO

John Jervis

the corner of MacDougal Street and Minetta Lane in Greenwich Village. In the early 1960s, Cafe Wha?, which was owned by Manny Roth, the uncle of Van Halen lead singer David Lee Roth,

provided a stage for amateur acts such as Bob Dylan and Bill Cosby.

Jervis soon found himself in the middle of the Greenwich Village folk music scene.

■ CONTINUED ON PAGE FOUR

Kaw Valley
SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

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John Jervis

■ CONTINUED FROM PAGE THREE

"In 1961 and 1962, I was playing with Peter Tork, Richie Havens, Bob Dylan, and Tiny Tim," he said. "I played with them all every night for two years. I was also the emcee for Tiny Tim, Bill Cosby, and many others."

Jervis also said he performed with Tiny Tim at the Fat Black Pussycat, the Greenwich Village coffee bar where Bob Dylan allegedly wrote "Blowin' in the Wind" in 1962. Tiny Tim was a singer and ukulele player best known for his cover hit "Tiptoe Through the Tulips," which he sang in a high falsetto voice.

"I was with Tiny Tim doing a two-man show there for six months," Jervis said. "He and I got \$12.50 a night plus supper. All other performers in Greenwich Village passed the basket."

The passing of the basket gave rise to the term "basket house," which referred to a cafe or other establishment where musical performances are given and the performers are then paid with money placed in a basket by members of the audience. It was rare for a performer to receive payment directly from such establishments.

"Tiny Tim and I would sit in a double theater seat together 10 feet from the stage," Jervis continued. "He would always turn to me and say, 'Well, Mr. Jervis—which he would always call me even though I was 18 and he was 30—'would you like to have supper first or play first?' I'd say, 'Tim, look in the bleachers. Are they up tempo or are they quiet? Because we are going to give them the opposite and keep the cycle going for our A-B-A-B show. If they were loud, I would start with the soft music to get the energy cycling. I used to tell him that we would keep the show going by pivoting the energy opposite of what was going on in the bleachers.'"

Bill Cosby also performed at the Black Pussy Cat.

"I put Bill Cosby on for his audition night in New York," Jervis said. "I gave him two gigs at the Fat Black Pussycat when I was 18."

In 1963, Jervis moved to St. Louis and played at Gaslight Square full-time for three years. Gaslight Square is an entertainment district known as the "Green-

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Advertisements from the *St. Louis Post-Dispatch*, including one announcing that George Carlin and John de Jervis would be performing at the Crystal Palace. The owner of the Crystal Palace added the "de" to Jervis' name because he believed it would make the classical guitarist's name appear more "aristocratic."

wich Village of the Midwest." Many entertainers, including The Smothers Brothers, Lenny Bruce, Miles Davis, Barbra Streisand, Jackie Mason, Woody Allen, and George Carlin gained exposure at the beginning of their careers in the clubs of Gaslight Square.

"I was listed with George Carlin at the Crystal Palace," Jervis said.

After performing at Gaslight Square, Jervis returned to Massachusetts.

"At 27, I was broadcasting concerts on Harvard radio from the library," he said.

Jervis said he later taught a few adjunct classes at Harvard, although he had never finished high school.

"I'm a scholar, not an academician," he said with a smile.

One of Jervis' students on the East Coast was Ron Berman, who co-authored *Concepts for the Classical and Jazz Guitar* with Jimmy Wyble and teaches part-time at Occidental College and Pasadena City College.

In 1990, Jervis returned to Gaslight Square.

"I went back and played in all the same rooms with all the same people that I played with in 1963," he said. "I played for the reopening of the Sheldon Concert Hall."

In 1997, Jervis, who said he has lived

in more than 50 cities, decided he wanted to stay in the Midwest permanently.

"I took the bus to four different cities over eight weeks," he said. "Lawrence turned out to be educated, pleasant, and cosmopolitan."

While in Kansas, Jervis said he taught full-time at Ottawa University for three years.

"I enjoyed teaching, but I am primarily a performer and interpreter," he said.

Jervis has performed at numerous venues in the Lawrence area, including at the Maple Leaf Festival in Baldwin City.

"I played with a quintet in Rice Auditorium," he said. "I conducted the first two movements."

Jervis performed at the Signs of Life in Lawrence on April 20. He is also scheduled to perform a one-hour concert in the Lawrence Public Library's auditorium on May 4 beginning at 2 p.m.

"I also play every Final Friday at the Raven Bookstore from noon to 2 p.m.," Jervis said.

What kind of music will you enjoy during one of Jervis' performances?

"I play Bach, Mozart, and Beethoven on guitar," Jervis said. "I also play Spanish and South American. I have a

full repertoire of classics. My number one favorite is Bach. I play the lute suites of Bach. They are very refined."

As it so happens, someone began playing Beethoven's "Moonlight Sonata" on the piano at Signs of Life during Jervis' interview with *Senior Monthly*.

"C-sharp!" Jervis, who is usually soft-spoken, shouted. "I play it in the original key."

He then proceeded to take his guitar from its case and started playing "Moonlight Sonata" in the original key. His guitar is the only one he has owned during the past 40 years.

"It's well-trained," he said. "My guitar is complete. It's a full orchestra. Beethoven said the guitar is a miniature orchestra."

Jervis also performs the music of 20th century composers Claude Debussy and Heitor Villa-Lobos. Villa-Lobos has been described as "the single most significant creative figure in 20th-century Brazilian art music." Jervis has composed books of compositions in the styles of Debussy and Villa-Lobos.

In 2013, Jervis received the Musical Arts Phoenix Award. The Phoenix Awards are an annual awards program that honors and celebrates outstanding artistic achievement in the Lawrence community.

John Jervis

■ CONTINUED FROM PAGE FOUR

“An elegant figure in silvery-white hair, blazer jacket and his aged and well-traveled guitar case, John Jervis has made of his time in life not only a musical career, but a musical way of life,” read the nomination letter from Jeff Watson, operations manager of Kansas Public Radio.

In addition to classical music, Jervis enjoys writing poetry, which he occasionally reads at the Raven Bookstore, and painting.

“I studied with a master for portrait drawing,” he said. “I swapped music lessons for art lessons every single day for a year. We went from midnight to 5 a.m. He said it was an opportunity for two devoted masters to supply each other and to gain from each other. And we did. It was perfect. The musician always wants to paint and the painter always wants to play music.”

According to Jervis, he is currently in the process of printing out for publication a series of recordings and poetry books, which will be made up of 3,000

pieces of original music and 3,000 poems he has written over the past 40 years.

For those unable to attend one of Jervis’ performances, several videos of him playing his guitar are available on YouTube. Just do a search for “John Jervis.” In addition, two CDs of Jervis’ music are available on Amazon.com. The first, “Baroque and Spanish Classics,” includes 29 tracks. The second, “Classical Guitar Christmas,” includes 13 tracks.

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Poindexter becomes SRC executive director

By Billie David

When the Senior Resource Center of Douglas County (SRC) moves back into its renovated home at 745 Vermont Street in Lawrence—at the end of the summer this year—it will still function as it always has, which the new executive director, Megan Poindexter, defines as people working together one on one.

What will be different is what Poindexter describes as the silver lining to all of the work involved in moving out of the building, functioning from a temporary location, and dealing with the many delays that have prevented them from moving back.

That silver lining is the opportunity that the renovation provides to hit the reset button. In fact, that's one of the main reasons that Poindexter was motivated to apply for her new position, which began in January of 2019,

“I was the executive director of Trinity In Home Care for six years,” she said. “My first day here was January 14. At my prior job I interacted with seniors on a regular basis and I knew some of SRC's administrative staff.”

Confined as SRC has been to a smaller space in its temporary location at the Peaslee Technical Training Center at 2920 Haskell Avenue, Poindexter knew there were obstacles to administering the organization's programs, especially as the date for the return to Vermont Street was continu-

ally being moved back.

But Poindexter wanted to apply for the new position, she said, “because I was coming into a situation where we are on the cusp of a rebirth.”

As for what caused the long delay in the first place, Poindexter said, “There's been a series of unfortunate events, a multitude of little things rather than one big thing. It was built in 1950 with features for a police department.”

When the SRC first moved into the Vermont Street building in 1979, the new construction codes which are currently required didn't apply because they weren't doing any significant renovation.

“It was just lots of little updates back then,” Poindexter said. “But now it will be up to the standards required by the ADA.”

Some features of the building that slowed the renovation down were asbestos regulations and filling in the old shooting range for the police that was located in the basement.

“That was part of the renovation, to gut out the basement and turn it into a space that we can really use” Poindexter said. “It will have a spring floor for dance and exercises classes. It's good for the ankles.”

They also upgraded the audiovisuals in the rooms that are designated for presentations, educational videos and movies.

“The two large multi-use rooms will have T-Coil technology for people with hearing aids,” she said. “It's going to be a very very useful space. We will

COURTESY PHOTO



Megan Poindexter at the Senior Resources Center building, which is currently being renovated.

have rooms that never existed before.”

During the renovation, the SRC has managed to continue its programs, including Senior Health Insurance Counseling for Kansas (SHICK) assistance, which helps people understand their options during Medicare's open enrollment period.

“During open enrollment alone, we worked with over 800 people in 2018, and another 300 more people over the course of the year with first-time enrollment, undergoing changes, preparing for open enrollment and considering other health plans,” Poindexter said.

The SRC also continued with the Senior Wheels transportation pro-

gram, with nine vans and 11 drivers, transporting seniors to and from medical appointments, pharmacies, physical therapy, radiology, oncology, doctor appointments and other destinations.

These and other needs for transportation such as educational opportunities, jobs and programs help keep seniors involved in their community and provide social support, Poindexter said, “It is critical to have transportation, and a couple of our vans are wheelchair accessible. Our driving crew, in my opinion, are just the nicest folks.”

Another mainstay that didn't change

■ CONTINUED ON PAGE SEVEN



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Poindexter

■ CONTINUED FROM PAGE SIX

with the move—and the function that inspired the 2016 name change from Douglas County Senior Services to the Senior Resource Center for Douglas County—is that the organization is made up of teams of people who can provide a wealth of information to the people who need it.

“These are staff who have learned all they can about the resources available to seniors,” Poindexter said. “You can call them with any question under the sun and if they don’t know, they will work to get you to the right person.”

As for what’s going to be different, the SRC has used the time during the renovation to analyze what programs need to be rejuvenated, and to that end they have taken surveys within the community to determine what the gaps in services are, what is needed to make life better, what changes should be implemented right away, and what

partnerships with the city are needed.

“A lot of time was spent in conversation with staff about their hopes and dreams, and with people who use our services, what they need. Our partners have given great feedback on what they need from us, and also saying, ‘we want to work with you to do X and Y.’ We can create partnerships that can benefit users throughout Douglas County—and we do mean all of Douglas County—getting to know people in those communities, establishing relationships and learning how to benefit the county as a whole.”

The challenge, Poindexter said, is not that it is difficult to find new ideas, but that there are so many excellent ideas to figure out how to implement.

Some ideas can be initiated right away because of the community partnerships that have already been established, like the Parks and Recreation classes.

But with the extra space that the Vermont Street renovation is providing, they can hold other classes such as craft activities, where seniors can learn from one another.

“They can teach each other all sorts of things,” Poindexter said. “It gives retired people the opportunity to not just participate, but to lead groups, to teach things and to find ways to benefit from each other.”

As for Poindexter, she said she is excited to have the opportunity to come to the organization at this moment, where she and others can use this

unique point in time “to push the reset button and make the organization the best that it can be.”

“I’m really excited about where the organization is in time and where my strengths fit in with them. The serendipity was almost perfect,” Poindexter said. “It’s the best place to be in my life and also the best place for the Senior Resource Center.”

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Social Security honors and supports military members

By Norm Franker

Social Security District Manager in Lawrence, KS

Every year, on Memorial Day, the nation honors service members who have given their lives for our freedom. Social Security acknowledges the sacrifice of our military's service members, and we honor these heroes and their families who may need help through the benefits we provide.

Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about those benefits at www.socialsecurity.gov/survivors.

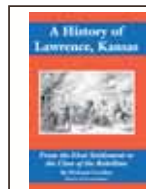
It's also important to recognize those service members who have been wounded. Social Security offers benefits to protect veterans when an injury prevents them from returning

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■ CONTINUED ON PAGE NINE



The History of Lawrence, Kansas

By Richard Cordley

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Memorial Day

■ CONTINUED FROM PAGE EIGHT

claims. For example, Social Security will expedite disability claims filed by veterans who have a 100 percent Permanent & Total compensation rating from the U.S. Department of Veterans Affairs (VA). Both the VA and Social Security have disability programs. You may find that you qualify for disability benefits through one program but not the other, or that you qualify for both. Depending on the situation, some family members of military personnel, including dependent children, and, in some cases, spouses, may be eligible to receive Social Security benefits. You can get answers to commonly asked questions and find useful information about the application

process at www.socialsecurity.gov/woundedwarriors.

Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement benefit generally does not reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at www.socialsecurity.gov/retirement. You may also want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/planners/retire/veterans.html.

Please share this information with a military family who may not know about these benefits. In acknowledgment of those heroes who died for our country, those who served, and those who serve today, we at Social Security honor and thank you.

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NAVIGATING THE MEDICARE MAZE

Ten tips for choosing a primary care doctor

It's important that you and your primary care doctor are in sync when it comes to your health care needs and preferences. Here are tips for finding a provider you are comfortable with.



Chris
Chapin

Here are 10 tips on how to choose a primary care doctor.

1. Ask around. The first step to finding a great doctor is to talk to your family and friends about *their* great doctors. A recommendation from someone you trust is a great way to identify a

highly skilled, helpful physician.

2. Map it out. Since you'll be visiting your primary care doctor for everyday health needs, it's important that he or she be located somewhere convenient to you. You won't want to travel very far when you're not feeling well.

3. Make sure you've got coverage. Once you've identified some possible candidates, check whether they work with your Medicare coverage. If you have Original Medicare, call the doctor's office and ask if he or she accepts Medicare patients. If you have a **Medicare Advantage plan (Part C)**, call your insurance provider or check your plan's website to see if the doctor is in the plan's provider network.

4. Do a quality check. Chances are you wouldn't hire someone to make repairs in your home without doing a

little research into the quality of their work. So why would you choose a doctor without doing the same? Get referrals if at all possible.

5. Place a cold call. You can tell a lot by the phone etiquette of the office staff. Ask if they're taking new patients and see how they answer. If they say, 'The next appointment is in 90 days, have a great day,' that's a lot different than saying, 'He's really busy, and we always make time for existing patients, so it might take us some time to fit a new patient in.'

6. Ask about logistics...and consider scheduling an in-person meeting. How does the office handle prescription refills? How do they let you know about test results? Can you email your doctor or schedule appointments online? Will the office call to remind you if you're overdue for an annual screening or a flu shot?

7. Keep your needs in mind. Every person has unique health care needs, and those needs change as people age. Ask your doctor about his or her specialties or areas of interest. And if you have multiple complex medical issues, you may benefit from seeing a geri-

atrician. Geriatricians specialize in the care of older patients.

8. Look at the bigger picture. At the first visit, it's important to make sure your doctor's philosophy of care lines up with your own. If your doctor's outlook on patient care meshes nicely with your preferences, you may be more likely to follow his or her recommendations in between appointments. So take this into consideration when deciding whether to stick with a doctor following your first appointment.

9. Avoid culture shock. Every culture has its own customs, ideas and taboos about medical care, so it's important to find a doctor who not only speaks your language, but is sensitive to your cultural and religious convictions.

10. Trust your gut. Your primary care doctor is going to help solve problems and be an important advocate for your health. It's critical that you trust him or her and feel comfortable asking questions. If something seems off, trust your instincts and look for a new doctor.

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FINANCIAL FOCUS

Fixed annuity could help extend lifespan of retirement accounts

It's almost impossible to save too much for retirement. After all, you could spend two, or even three, decades as a retiree. And retirement is not cheap—even if you maintain a relatively modest lifestyle, some of your expenses, especially those involving

because it also may allow you to take out less money each year from your other retirement accounts.

Here's some background: Once you turn 70½, you are required to begin taking withdrawals from your traditional IRA and your 401(k) or similar employer-sponsored retirement plan. (This requirement does not apply to Roth IRAs.) You must take out a minimum amount, based on your age and account balance, but you are free to exceed that amount each year. But the more you withdraw from these accounts, the faster they are likely to be depleted. So, when you reach retirement, it's a good idea to establish an appropriate annual withdrawal rate, based on your retirement plan balances, Social Security, lifestyle, longevity expectations and other factors. You may want to work with a financial



Derek Osborn

health care, may continue to rise over the years. Consequently, you will need several sources of reliable income—one of which might be a fixed annuity.

Fixed annuities are essentially contracts between investors and insurance companies. When you purchase a fixed annuity, the insurer will guarantee the principal and a minimum rate of interest. This means the money you invest in a fixed annuity is designed never to drop in value. (However, this guarantee is based on the claims-paying ability of the insurer that issues the annuity.)

You can structure a fixed annuity to pay you for a certain number of years or for your entire lifetime, which is the route many people choose. This is advantageous not only because of what it provides you—income for life—but

professional to determine a withdrawal rate that's suitable for your needs.

If you can count on the income from a fixed annuity, you might be able to take out less each year from your traditional IRA and 401(k), giving these accounts more tax-deferred growth opportunities. Plus, if you don't withdraw all the money from these accounts during your lifetime, you can include the remainder in your estate plans.

A fixed annuity's potential to help you extend the lifespan of your IRA and 401(k) can clearly be of value to you. Still, a fixed annuity does carry some issues about which you should be aware, such as surrender charges for early withdrawals, along with other fees. Also, if you take withdrawals before you reach 59½, you likely will face a 10% penalty.

And annuities can have tax implications, so before you start taking withdrawals, you will want to consult your tax advisor.

Is a fixed annuity appropriate for you? There's really no one correct answer because everyone's situation is different. However, if you consistently max out your IRA and 401(k) contributions, and you still have money left to invest for retirement, you might want to think about an annuity. An income stream you can't outlive—and that may help you protect your other retirement accounts – is worth considering.

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

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JILL ON MONEY

Do a spring cleaning on your financial life

Tidying-up queen Marie Kondo has taken the world by storm, helping people de-clutter their lives with a methodical approach. She suggests: "Keep only those things that speak to the heart and discard items that no longer spark joy. Thank them for their service - then let them go."



Jill
Schlesinger

As you begin thinking about financial spring cleaning, it's a perfect time to apply some of Kondo's advice, but with a twist: it's time to make your financial life spark joy, not oy!

Here's the Schlesinger method for tidying up your financial life:

Taxes: There has been a lot of moaning and groaning about the new tax law. If you owed money for 2018 or received a large tax refund, use the IRS withholding tax calculator on IRS.gov. After doing so, you may want to adjust your W-4 at work. If you're self-employed, lower your quarterly estimated tax payments accordingly.

Investments: Tax time is also an opportunity to review your investments. Did your taxable accounts generate too much income or capital gains? Did you pay too much in fees? Are you tired of managing the accounts yourself? If so, be sure to seek a financial professional or online platform that is held to the fiduciary standard at all times, meaning your best interests must come first.

Old accounts: Do you have orphan investment or bank accounts that need attention? By combining them, the resulting higher balance may help avoid or reduce fees and even help

you get better deals, not to mention, it will help streamline your financial life. The same rule applies to old retirement or investment accounts that are looking for a home. Combining accounts makes it easier to monitor your entire portfolio and ensure that your money is properly diversified.

The world of paper is where Kondo meets Schlesinger. Get rid of some documents, but understand what you must keep.

Tax returns/supporting documents: Generally, the IRS can include returns filed within the last three years in an audit. If they identify a substantial error, they may add additional years, but the agency usually does not go back more than the last six years. Therefore, keep your returns and all supporting documents for six years. If you work with a tax preparer, ask whether the preparer will maintain electronic copies of all returns filed.

Bank and investment statements: If you manage your accounts online, find out for how long your bank/investment company makes your documents available. For those still receiving paper statements, keep them for one year and for taxable investment accounts, flag any confirms of purchases or sales for tax purposes. Hold onto records that are related to home improvements and

major purchases until you dispose of the asset. (Note: If you think that you may be applying for Medicaid, many states require that you show five year's worth of statements.)

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 them after 45 days. Like the bank statements, flag what you may need for taxes, like charitable contributions.

Utility and phone bills: Shred them after you have paid them, unless they contain tax-deductible expenses. Better yet, save some trees and pay bills online. It's simple to set up these payments and you can take care of everything with a couple of clicks.

- Jill Schlesinger, CFP, is a CBS News Business Analyst. Check her website at www.jillonmoney.com.

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MAYO CLINIC

Freckles typically not a sign of an underlying skin disorder

DEAR MAYO CLINIC: Over the past year, I have developed a number of small brown blotches on my face that darken when I'm in the sun. The spots lightened a bit over the winter, but I'm concerned they will darken again this summer. What causes this, and is there a way to avoid it from worsening?

ANSWER: What you are describing sounds like ephelides—also known as freckles. These small areas of extra pigmentation on the skin get darker when they are exposed to sunlight during the summer, and then they tend to fade during the winter. Freckles typically are not a sign of an underlying skin disorder, and they do not require any treatment. Check them from time to time, though. If you notice any changes, such as one of the spots growing larger or developing an irregular border, see a dermatologist to have it checked.

Ephelides most often appear tan, brown or red. Unlike some other dark skin patches, such as moles, they are flat rather than raised from the skin. Freckles are most common in people with fair skin and in those who have red hair. Freckles generally develop in childhood, adolescence or young adulthood, and they may increase in number and distribution during that time.

A hallmark characteristic of freckles is that they get darker when exposed to the sun's ultraviolet (UV) light. That's why they become more noticeable in

the summertime and fade throughout the winter months.

In some case, freckles may be confused with another type of skin spot known as solar lentigines—sometimes called age spots. The difference is that solar lentigines are actually caused by frequent and prolonged sun exposure over the course of many years. Freckles, on the other hand, are typically a result of genetics. Freckles often fade or disappear with age, while solar lentigines become more common as people get older.

You can help keep freckles from getting darker, and reduce the likelihood that more will appear, by taking steps to shield your skin from sunlight, especially during the summer months.

Use a broad-spectrum sunscreen with a sun protection factor, or SPF, of 30 or higher whenever you are outdoors. Wear sunscreen—even if the sun is not shining, as UV light penetrates through clouds and reflects off water, snow and other surfaces. Apply sunscreen generously and frequently to all areas of exposed skin, particularly after you have been swimming or sweating.

To further shield your skin from the sun's damaging rays, wear protective gear, such as a broad-brimmed hat and sunglasses, and limit your time outdoors when the sun is strongest during the late morning and early afternoon. Never use a tanning bed.

Although freckles are harmless, it is

important to keep an eye on skin changes and be familiar with what's normal for your skin. Skin cancer is one of the most common types of cancer, so know its signs and symptoms. If you notice anything out of the ordinary, see a dermatologist.

In particular, watch for new dark patches appearing on your skin that have not been there before. Notice if a patch of skin changes color; becomes darker in only one area; becomes uneven, jagged or scalloped around the edges; grows larger; or changes in height. If any of that

happens, see a dermatologist. If a darker area of skin bleeds, itches or becomes tender, evaluate that promptly, too. - Julio Sartori Valinotti, M.D., Dermatology, Mayo Clinic, Rochester, Minn.

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

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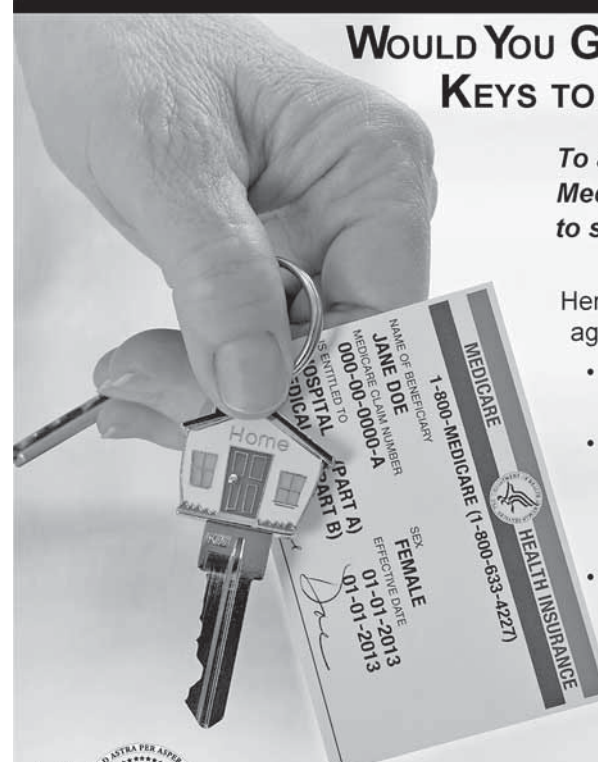


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This project was supported, in part by grant number 90MP0087, from the U. S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.

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HEALTH & WELLNESS

Medicinal uses of herbal tea

For centuries, people have used herbal teas to treat medical ailments. Herbal teas generally come in a wide variety of tastes and flavors, making them an attractive alternative to many medicines. In addition, to being delicious, the health promoting properties of herbal teas make it a common choice among a variety of patients. Modern science is beginning



*Dr.
Deena
Beneda*

to find evidence supporting the medicinal use of herbal teas. Many people are looking for a healthy habit and drinking herbal teas is a wise choice. Herbal teas are loaded with antioxidants and other healthy ingredients and unlike coffee and standard teas; most herbal teas contain no caffeine. What are some of the herbal teas to choose from?

Chamomile tea has a range of medical benefits. It is commonly known for its calming effects and is frequently used as a sleep aid. Chamomile helps calm the nervous system during periods of stress. In addition, its vapors can travel to the olfactory part of your brain to reduce the body's stress and tension, making it an effective sleep aid. It is also believed to have antibacterial, anti-inflammatory and anti-spasmodic effects. It has been used for gas, diarrhea, stomach ulcers and colic in children.

Peppermint tea is one of the most commonly used herbal teas in the world. Mint has a menthol, minty, and refreshing taste. Menthol is the main element of mint that is effective therapeutically in the gastrointestinal tract. It can help with digestion, indigestion, nausea and vomiting, stomach pain and it relaxes spasms in the intestines and colon. Peppermint tea has also has antioxidant, antibacterial and antiviral properties.

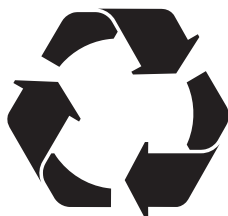
Cinnamon is a culinary spice that dates back centuries. Cinnamon's smell and flavor comes from its essential oil. The medicinal benefits of cinnamon include clearing the mind, which improves concentration and focus, calms an upset stomach improves digestion and boosts the immune system. There is research that shows it can effectively reduce blood sugar levels and lipid levels.

Ginger is a spice that has been used for many medical ailments throughout history. Ginger tea packs a punch of healthy, disease-fighting antioxidants, fights inflammation, and stimulates the immune system. It is a wonderful remedy for digestive health including stomach ulcers, indigestion, irritable bowel syndrome and constipation. It is a well-known remedy for nausea, especially in pregnancy. Ginger may also help relieve cramps and pain in the menstrual cycle.

Echinacea is a beautiful perennial that dots many gardens this time of year. As an herbal tea, Echinacea is a popular remedy that boosts the immune system and can shorten the length of the common cold. By helping boost the immune system this herbal tea is an effective way to fight off viruses and bacteria. Echinacea also helps to reduce pulmonary inflammation such as bronchitis.

After reading this article you may want to add herbal teas to your diet due to the many health benefits. However, it is always best to check with your health care provider before starting any new treatments.

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



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HEALTH & WELLNESS

LMH Health to offer Parkinson's exercise classes

By Jessica Brewer

LMH Health

Parkinson's is a disease that affects the part of your brain involved with movement. Initial symptoms affect motor skills and can result in tremors, stiffness and slowness of movement. Gradually, it can progress to non-motor skills like depression or anxiety. This disease progresses, but with exercise treatment, symptoms can be slowed. This is what the Parkinson's program at LMH Health is tailored to do.



These Parkinson's specific exercise classes began almost two years ago. Now that the word is out about the impact it is making, the program is growing very quickly. The classes are reaching many community members which is exactly what the program hoped to do.

"I love that LMH Health provides this amazing program to the community," said Jaye Cole, senior director for physical therapy and rehab. "Having this program locally means our patients don't need to drive to Kansas City or Topeka for great care. The program is doing things that can impact the quality of life for many people with Parkinson's."

The movements and exercises in these classes are specific to each person with Parkinson's. There is research that continues to confirm the effectiveness of exercises and the reduction of symptom progression. For some patients, an exercise class is not the best way to get them to move. The program hopes to offer a variety of classes for people who prefer other methods of exercise.

"We hope in the future to offer classes like painting, aquatics and dance," Cole said. "This way there is

something for everyone, even if they are not big into exercise."

Cole said that the effort to grow and advance this program has been spearheaded by Donna and Wayne Osness and Suzie Craig.

Donna and Wayne Osness are long-time Lawrence residents who have a deep love for the city of Lawrence and its community members. Wayne was diagnosed with Parkinson's a few years ago and has been taking the Parkinson's classes ever since.

"I am getting calls from people who are moving to Lawrence, who have heard about the LMH Health Parkinson's classes and are wanting to know how to join," Donna said. "I know many people who have moved to the Lawrence area and are now attending. This program just keeps growing."

As the program continues to grow and develop, there are plans to create classes based on ability level. Donna said that a goal is for the program to continue to grow, not by adding people to existing classes, but to create more classes with fewer people in them for more individualized attention.

"The thing with Parkinson's is that the symptoms vary so differently," Wayne said. "For one person it may be speech and another mobility and another both. So it is important to have these classes structured in a way that is still a group setting, but is small enough for individualized attention."

The classes are offered to anyone with Parkinson's. Whether you're sitting or standing, there is a class for you. These classes provide a space for Parkinson's patients to work out, but it also gives them a group of people to befriend who are in a similar situation.

"I have many friends that I wouldn't have if it were not for these classes," Wayne said. "It is a joyful, fun and uplifting place to be. The support is great and the classes are just as much social as they are physical."

"And I get to hang out with the care-

About the Parkinson's Classes

Classes are offered twice a week – Tuesday/Thursday mornings and Monday/Wednesday afternoons.

There are two types of classes offered – one sitting and one standing.

The sitting level class is called Twist and Shout and is tailored for those using assisted devices because of balance challenges

and weakness.

The standing level class is called Rhythm and Moves and focuses more on standing balance, strength and agility.

The next session of classes begins June 3 and ends August 1.

People with Parkinson's are welcome to join the classes at any time even if they are not able to sign up for the whole session.

takers, family members and spouses of those in the class," Donna said. "People do not want to miss class. They are seeing the improvements and love the time they get to spend together and are bummed if they cannot attend. This winter, with how bad the weather was, people were upset when they couldn't get out to attend the class."

Wayne, a former exercise science professor at the University of Kansas, said the class has helped himself tremendously and his friends as well.

"There is no cure for Parkinson's," Wayne said. "Since the best thing to do is slow down the symptoms, these classes are our medicine. There are so many seeing improvement from these classes, myself included. They have stopped the symptoms of this disease from getting any worse."

Donna and Wayne have worked side-by-side with Suzie Craig, physical therapist with LMH Health therapy services, to grow and connect the Lawrence community with this class. Craig said that the incidence of Parkinson's is increasing so the sooner people are introduced to these classes and can start attending, the better.

"If we can get people into these classes right when they are diagnosed, we can get them moving earlier," Craig said. "This can help them set up healthy habits."

Craig is certified in LSVT BIG and PWR! Moves, two certifications that better train the LMH Health therapists that work with people with Parkinson's. With the program growing quickly, LMH Health therapy services has added Megan Jones, a physical therapist assistant, who works alongside Craig.

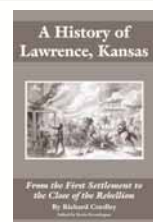
Right now LMH Health has two levels of classes – a chair level and a standing level. Craig plans for these classes to grow in the near future.

"Ideally, we would like to grow these specific ability-level classes to three by this fall," Craig said. "We plan to grow to four levels by 2020 with a possibility of one of those later in the day to reach out to those who are still working."

Suzie said Parkinson's requires more than just medication. She strongly believes everyone needs to exercise, even if that means cleaning your house of going for a short walk. However, her patients typically need specific movements to be effective.

"We 'prescribe' people exercises and movements," Craig said. "We give them 'doses' of activity because that is what will keep their condition from progressing."

- Jessica Brewer is an intern in the Marketing and Communications Department at LMH Health.



The History of Lawrence, Kansas

by Richard Cordley

Available at the Watkins Museum of History,
1047 Massachusetts St., Downtown Lawrence.

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 or email kevin@seniormonthly.net. 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 Alvamar, 1510 St. Andrews Dr., 2 p.m. LAWRENCE, 785-841-6845

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWALK

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

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 5

55TH ANNUAL ART IN THE PARK

Art in the Park, the annual juried outdoor exhibition of fine art and fine craft, is Lawrence's premiere arts event and is sponsored by the Lawrence Art Guild. Featuring the highest quality work by many area artists and craftspeople, as well as continuous musical entertainment, food vendors, and family fun, Art in the Park typically attracts thousands of people. It is the Lawrence Art Guild's primary fund-raising event. Art in the Park is in South Park, 12th & Massachusetts, at the south end of beautiful downtown Lawrence. The event is open to the public from 10 a.m. to 5 p.m. LAWRENCE, 785-304-4708
lawrenceartguild.org

MAY 13

CRAFTING TOGETHER

Bring whatever craft you want to work on. See what others are working on and maybe learn a new skill and meet new friends. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 12:30-2 p.m. TOPEKA, 785-580-4400

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

Sunday Bingo is 1:45 p.m., Tuesday Bingo is 6:30 p.m. Snack bar available (optional but appreciated). 3800 S.E. Michigan Ave. TOPEKA, 785-267-1923

MONDAYS

EAGLES #2700

215 15th St. Game play: 7 p.m. OTTAWA, 785-242-6142

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

LEXINGTON PARK

1011 SW Cottonwood Ct., 2 p.m. TOPEKA, 785-273-4545

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

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ARAB SHRINE

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

TOPEKA, 785-234-5656

FIRST & THIRD SATURDAY OF THE MONTH

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2806 North 155th, 7 p.m. BASEHOR, 913-526-0080

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SECOND AND FOURTH MONDAYS

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TOPEKA, 785-273-4545

THIRD WEDNESDAY OF THE MONTH

LOOK GOOD, FEEL BETTER

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the third Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.

LAWRENCE, 785-505-2807

MAY 2

FT. LEAVENWORTH SERIES | AIR CHIEF MARSHAL SIR ARTHUR TEDDER

Join Dr. Harry Laver for an exploration of a man that Gen. Dwight D. Eisenhower referred to as "one of the few great military leaders of our time." Air Marshal Sir Arthur Tedder of the Royal Air Force served as Eisenhower's deputy supreme commander for the June 1944 Overlord campaign in Normandy, and then on to the conclusion of World War II. He made significant contributions to the Allied victory, and consistently supported Eisenhower during the most contentious episodes of the war. This program is free and open to the public. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4:30 p.m.

LAWRENCE, 785-864-4900

doleinstitute.org/events

MAY 2

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records as you research your family tree. Register at www.tscpl.org/register. Shawnee North Community Center, 300 NE 43rd St., 10-11:30 a.m.

TOPEKA, 785-580-4400

MAY 6

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

MAY 7

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, May 7, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Cotton O'Neil Heart Center at 929 S.W. Mulvane. For information call 785-270-4593, sign up at our website <http://centuryinsurance-agencyks.com> (on the Medicare tab) or email us at info@century-health.com. Bottled water provided.

TOPEKA

MAY 7

COMPUTER & GADGET HELP

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

TOPEKA, 785-580-4400

MAY 9

BEVERLY OLSON BULLER: WILLIAM ALLEN WHITE AND THE KKK IN KANSAS

A Speakers Bureau presentation made possible by funding through Humanities Kansas. Watkins Museum of History, 1047 Massachusetts St., 6-7:30 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org

MAY 9

HOW TO SIGN UP FOR MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. This event requires registration. Menninger Room 206, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 9:30-11 a.m. This event requires registration.

TOPEKA, 785-580-4400

MAY 9

SENIOR SESSION: STORIES FROM THE GLOBAL INDIGENOUS COLLECTION

Join Curatorial Intern Katelyn Trammell to discover the history of the Spencer Museum's 8,000 works of global indigenous art through the lens of a collection of dolls. This is a qualifying program for students pursuing an Arts Engagement certificate. Spencer Museum of Art, 1301 Mississippi St., 10:15 a.m.

LAWRENCE, 785-864-4710

calendar.ku.edu/#/?i=1

MAY 11

STUDENTS TAKE A STAND

Original LHS dramatic production on the 1968 and 1970 Lawrence High School student protests. Watkins Museum of History, 1047 Massachusetts St., 4-5 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org

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MAY 13

65TH ANNIVERSARY BROWN VS. BOARD EVENT - ORAL HISTORY DAY

An opportunity for individuals and small groups to share memories of their own education experience, impressions of the 1954 Supreme Court decision and its impact and their hopes going forward. Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 9 a.m.-9 p.m.
TOPEKA, 785-580-4400

MAY 13

COMPUTERIZED GENEALOGY

Get started in genealogy and learn how to use the online resources to build your family tree. Receive helpful forms for keeping records. Central Park Community Center, 1534 S.W. Clay St., 5-6 p.m. This event requires registration.
TOPEKA

MAY 14

COMPUTER & GADGET HELP

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

MAY 14

SENIOR SUPPER AND SEMINAR

On the second Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connectcare@lmh.org. LMH Auditorium, 5-7 p.m.
LAWRENCE, 785-505-5800, lmh.org/events

MAY 15

INTERNET INTRODUCTION

Learn basic internet functions and visit a variety of sites for information and entertainment. Anton Room 202, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

MAY 17

ANYONE CAN COOK

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

MAY 17

AARP DRIVER SAFETY

Senior Resource Center of Douglas County at Peaslee Center, 29th and Haskell, 8:30 a.m.-4:30 p.m. Fee. Russ Hutchins, Instructor.
LAWRENCE, 785-312-4627

MAY 20

CARFIT FOR OLDER DRIVERS

Help yourself be a safer driver as you age. Don Hughes, a Kansas Highway Safety Officer, will share senior driving tips. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.
TOPEKA, 785-580-4400

MAY 21

COMPUTER & GADGET HELP

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

MAY 21

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, May 21, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Cotton O'Neil Heart Center at 929 S.W. Mulvane. For information call 785-270-4593, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Bottled water provided.
TOPEKA

MAY 23

SENIOR SESSION: PHOTOGRAPHY & THE ESQUIRE COLLECTION

Join curator Kate Meyer for a discussion about the Spencer's extensive collection of art used in Esquire magazine, and the ways this archive reveals intriguing aspects of American attitudes toward race, celebrity, and history. This is a qualifying program for students pursuing an Arts Engagement certificate. Spencer Museum of Art, 1301 Mississippi St., 10:15 a.m.
LAWRENCE, 785-864-4710
calendar.ku.edu/#/?i=1

MAY 23

USING DNA FOR FAMILY HISTORY RESEARCH

Marty Flanagan, a local DNA expert, will discuss how DNA evidence can enrich your life and help to break down brick walls in your family history research. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 7-8:30 p.m.
TOPEKA, 785-580-4400

MAY 28

COMPUTER & GADGET HELP

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

JUN 3

MEDICARE MONDAYS

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of

Medicare. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 1-2 p.m.

TOPEKA, 785-580-4400

JUN 4

COMPUTER & GADGET HELP

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

JUN 5-10

BASIC MINDFULNESS MEDITATION

Mindfulness is a set of skills that anyone can learn with daily practice. It has been shown in numerous studies that it can lead to lower stress, better health and greater overall happiness. This class will teach the basic elements of mindfulness practice. Instructor: Dr. Jeff Nichols. Class Code: 327271. Fee. Carnegie Building, 4:30-6 p.m. Sponsored by Lawrence Parks and Recreation Department.
LAWRENCE, 785-832-7909
lawrenceks.org/lprd

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, lawrenceksession.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

COMMUNITY JAM

Totally free and open to the public, the AMA Saturday Jam has become a tradition in the Lawrence music community. All styles and levels welcome, acoustic instruments only. Americana Music Academy, 1419 Massachusetts St., 3-5 p.m.
LAWRENCE, 785-830-9640
americanamusicacademy.com

MAY 4

REO SPEEDWAGON

By the early '70s, REO Speedwagon's unremitting drive, as well as non-stop touring and recording, jump-started the burgeoning rock movement in the Midwest. It carved a path that was eventually followed by STYX, Kansas, Cheap Trick and more. Platinum albums and freeform FM radio staples such as "Ridin' The Storm Out" followed, setting the stage for 1980's explosive Hi Infidelity. Topeka Performing Arts Center, 214 SE 8th Avenue, 8 p.m.
TOPEKA, 785-234-2787
topekaperformingarts.org/events

MAY 6

NEW YORK PHILHARMONIC STRING QUARTET

The New York Philharmonic String Quartet comprises four principal musicians from the New York Philharmonic Orchestra: Concertmaster Frank Huang (The Charles E. Culpeper Chair), Principal Associate Concertmaster Sheryl Staples (The Elizabeth G. Beinecke Chair), Principal Viola Cynthia Phelps (The Mr. and Mrs. Frederick P. Rose Chair) and Principal Cello Carter Brey (The Fan Fox and Leslie R. Samuels Chair). The ensemble was formed in January 2017 during the Philharmonic's 175th-anniversary season. The Lied Center of Kansas, 1600 Stewart Drive, 7:30 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

MAY 10

STORY SLAM: GRAND SLAM!

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

MAY 10

THE THIRD MAN

Pulp novelist Holly Martins travels to shadowy, postwar Vienna, only to find himself investigating the mysterious death of an old friend, Harry Lime. 1949 | b&w | 93 min. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., 2-5 p.m.
TOPEKA, 785-580-4400

JUN 7, 8, 9*, 13, 14, 15, 16*, 21, 22, 23*
MAMMA MIA!

ABBA's timeless songs propel this joyful tale of love, romance, and friendship. Winner of five Tony Awards, Mamma Mia! is the ultimate feel good musical. It shares the story of bride-to-be, Sophie, and her quest to find her long-lost father in time to walk her down the aisle at her island wedding. ABBA classics like "Dancing Queen," "Take a Chance on Me," and the title number of this smash hit musical are sure to have you dancing in the aisles! Join the over 60 million people worldwide have fallen in love with the characters, the story and the music that make Mamma Mia! the ultimate feel-good show! Theatre Lawrence, 4660 Bauer Farm Dr. Evening performances start at 7:30 p.m. *Indicates a 2:30 p.m. performance Fee.
LAWRENCE, 785-843-SHOW (7469)
wp.theatrelawrence.com/events/2018-19-season

EXHIBITS & SHOWS

MAY 31

MODEL FIGURES: HOW THE GREAT DEPRESSION CHANGED EDUCATION

Opening of our new exhibit, with a talk by KU History of Drama Professor Jane Barnette at 6 p.m. Watkins Museum of History, 1047 Massachusetts St., 5-8 p.m. Free.
LAWRENCE, 785-841-4109
watkinsmuseum.org

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FAIRS & FESTIVALS

MAY 11

FLINT HILLS FESTIVAL

Feel the full-on vibe of Flint Hills Discovery, and get fully connected with the liveliness of Flint Hills culture and live music, food vendors, beer/wine and tons of children's activities.

Flint Hills Discovery Center, 315 S. 3rd St., 10 a.m.-5 p.m.

MANHATTAN, 785-587-2726

flinthillsdiscovery.org

MAY 15

BROWN V. BOARD FILM FESTIVAL

Enjoy a full day of award winning films. 10 a.m. – Daughters of the Dust, 1 p.m. – The Learning Tree, 3 p.m. – Lean on Me, 5 p.m. – The Marva Collins Story, 7 p.m. – BlacKkKlansman. Oscar winner Kevin Willmott will be available after the showing of BlacKkKlansman for a brief question and answer session. Jayhawk Theater, 720 S.W. Jackson St., 10 a.m.-10 p.m.

TOPEKA

MAY 24-26

LAWRENCE BUSKER FESTIVAL

Come out for the 12th annual Lawrence Busker Festival happening May 24-26, 2019! It's our once-a-year-get-weird-weekend where you will find unusual entertainment all over downtown Lawrence. This year will be the World's First All-Female Busker Festival and it's going to full of awesome acts from around the world. Downtown Lawrence, 5-6 p.m. Free.

LAWRENCE, 785-856-3040

FARMERS' MARKETS

MONDAYS

MONDAY FARMERS MARKET

Shop high-quality, locally-grown produce, farm fresh eggs, baked goods, fresh cut flowers and bedding plants. Look for more variety as the season progresses. Free fun craft for kids at each market.

Topeka & Shawnee County Public Library, 1515 S.W. 10th Ave., parking lot, 7:30-11:30 a.m.

TOPEKA, 785-580-4400

TUESDAYS, MAY 7-OCT 29

LAWRENCE FARMERS' MARKET

The oldest producer-only farmers' market in Kansas. Parking Garage by Lawrence Public Library, 725 Vermont St., 4-6 p.m.

LAWRENCE, 785-505-0117

lawrencefarmersmarket.org

SATURDAYS, APR 13- NOV 23

LAWRENCE FARMERS' MARKET

The oldest producer-only farmers' market in Kansas. 824 New Hampshire St., 7:30-11:30 a.m.

LAWRENCE, 785-505-0117

lawrencefarmersmarket.org

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

Need help reaching your fitness goals?

Lawrence Parks and Recreation has certified personal trainers to help you make your work-

outs safe, productive and successful. Training and registration are available at all recreation centers. For more information, contact Gayle Sigurdson.

LAWRENCE, 785-832-7920

ONGOING

HEALTHY STEPS MALL WALKING

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

TOPEKA

ONGOING

FREE MEMORY SCREENING CLINIC

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

TOPEKA, 785-368-0744

ONGOING

WELLNESS COACHING

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

LAWRENCE

ONGOING

FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

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

LAWRENCE, 785-832-7920

DAILY

EXERCISE CLASS

Lexington Park, 1011 SW Cottonwood Ct., 10 a.m.

TOPEKA, 785-273-4545

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

Seaman Community Church, 2036 NW Taylor. 9:30-10:15 a.m.

TOPEKA, 785-357-8777 or 785-213-6016

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 8:30-9:30 a.m. at West Ridge Mall (Food Court, near the restrooms), 1801 S.W. 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

JAZZERCISE LITE

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASSES

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

VACCINE CLINICS

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

TOPEKA, 785-354-6787

WEDNESDAYS

OPEN BOCCIE BALL

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

LAWRENCE

WEDNESDAYS

FREE NUTRITION CLINIC

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

TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

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

TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

LAWRENCE, (785)748-8034

THURSDAYS

WELLNESS CLINIC

Blood pressure checks, weights. Lexington Park, 1011 SW Cottonwood Ct., 12:30 p.m.

TOPEKA, 785-273-4545

FRIDAYS

BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

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

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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

MAY 1-JUN 5 CHOLESTEROL AND GLUCOSE SCREENING

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

LAWRENCE, 785-505-3066, lmh.org

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

MEETINGS

MONTHLY

SHAWNEE SWINGERS

Square dancing is a social activity for all ages and benefits the body and the mind. Shawnee Swingers has monthly dances and sponsors

lessons in the Fall. For more information, call or text 785-845-2357 or email shawneeswingers@gmail.com. Like us on Facebook (Shawnee Swingers Square Dance Club).
TOPEKA, wesquaredance.com

SUNDAYS

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

OURS dances are held every Sunday evening from 6-9 p.m. at the East Lawrence Rec Center located at 1245 East 15th Street. Dances are open to everyone. Admission is \$6 per person.
LAWRENCE, 785-842-8034

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS WATER AEROBICS CLASSES

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

FIRST MONDAY OF THE MONTH INDIVIDUAL BEREAVEMENT SUPPORT

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

FIRST & THIRD MONDAY OF THE MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH GRIEF SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH SPOUSE/PARTNER LOSS

The Midland Care Center for Hope and Healing, 1112 SW 6th St., 4-5 p.m.
TOPEKA, 785-430-2194

FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

EVERY TUESDAY THROUGH FRIDAY MEN'S COFFEE

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

TUESDAYS

BREW HA HA!

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

TUESDAYS

GENERAL GRIEF SUPPORT GROUP

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

TUESDAYS

INTERGENERATIONAL CHOIR

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

FIRST TUESDAY OF THE MONTH LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

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

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

FIRST TUESDAY OF THE MONTH TOPEKA AREA OSTOMY SUPPORT GROUP

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

TUESDAYS & THURSDAYS WATER AEROBICS CLASSES

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

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

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve New-

comer at for more information. Pozez Education Center, 1505 S.W. 8th St.
TOPEKA, 785-478-4947 or 785-296-8349

WEDNESDAYS

GRIEF SUPPORT GROUP

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

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

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

FIRST THURSDAY OF THE MONTH LAWRENCE AREA PARTNERS IN AGING

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

FIRST FRIDAY OF THE MONTH STROKE SUPPORT GROUP

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

SATURDAYS

LAWRENCE BRIDGE CLUB

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

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

Volunteer service club.
LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

SECOND MONDAY OF THE MONTH LMH HEART BEATS

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

SECOND TUESDAY OF THE MONTH LAWRENCE ACTION CIVITAN CLUB

Civitans have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To

■ CONTINUED FROM PAGE 21

find out current meeting information or other Civitan project updates, please visit the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan or call Jason.

LAWRENCE, 785-691-8520

**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 THURSDAY OF THE MONTH
MEADE FLOWER AND GARDEN CLUB**

The Meade Flower and Garden Club is made up of amateur gardeners who get together with others who are interested in gardening and exchange information. Meets in the Ward Meade House, 124 N.W. Fillmore Street (Old Prairie Town), in the Preston Hale Room at 6:30 p.m. TOPEKA, 785-817-4835

**SECOND THURSDAY OF THE MONTH
DEMENCIA SUPPORT GROUP**

Support group specifically for spouses of those with dementia. Meets at the Senior Resource Center for Douglas County, 2920 Haskell Ave., 11 a.m.-noon. Call for questions or to RSVP. LAWRENCE, 785-218-4083

**SECOND THURSDAY OF THE MONTH
NAACP MEETING-LAWRENCE CHAPTER**
Meets at the United Way building, 2518 Ridge Ct., Room A, at 6:30 p.m. LAWRENCE, 785-841-0030, 785-979-4692

**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
happytimesquares.com

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

First Presbyterian Church, 2415 Clinton Parkway, 2 p.m. LAWRENCE

**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 WEDNESDAY OF THE MONTH
BETTER BREATHERS CLUB**

BBC Support group is to improve the quality of life and functional status for members.

It will provide disease specific education and emotional connection. Angels Care Home Health Lower Conference Room, 5375 SW 7th St., 11:30 a.m. TOPEKA, 785-273-3560

**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 WEDNESDAY OF THE MONTH
CANCER SUPPORT GROUP**

Join representatives from Lawrence Memorial

■ CONTINUED ON PAGE 23

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Kaw Valley Senior Monthly

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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

THIRD WEDNESDAY OF THE MONTH NATIONAL 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 JAYHAWK MODEL MASTERS

The purpose of Jayhawk Model Masters is to promote the building and safe operation of radio controlled (RC) model aircraft. In addition, we strive to fulfill our civic responsibility to the community, and support worthwhile projects. Our club meetings are open to the public and are held on the third Saturday of each month. Breakfast starts at 8 a.m. and the meeting at 9 a.m. We meet in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Fee for breakfast.
LAWRENCE, 785-312-4840
jayhawkmodelmasters.com

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
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 NATIONAL 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 S.W. 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, contact Jim Miller at 785-478-0651 or Sharon Rosenow at 785-640-7317. Luncheon reservations needed one week in advance of meeting.
TOPEKA

LAST WEDNESDAY OF THE MONTH WARM UP WEDNESDAYS GROUP

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

MISCELLANEOUS

MONDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. Clinton Place, 2125 Clinton Pkwy., 1-4 p.m. For more information call or text 785-505-0893.
LAWRENCE

THURSDAYS

SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome—beginner or long timer—just walk in or give a call. J&S Coffee, 4821 W. 6th St., 3-6:30 p.m. For more information call or text 785-505-0893.
LAWRENCE

MAY 10

CELEBRATION WALK 2019

The Celebration Walk has been held each year in May for the past two decades to honor loved ones who have died. Hundreds of local families attend annually to participate in free children's activities, enjoy live music and release butterflies in memory of loved ones. The event is known for the thousands of luminaries lit at dusk across Midland Care's 22-acre campus. Midland Care, 200 S.W. Frazier Circle, 6 a.m.-9:30 p.m. Free.
TOPEKA, 785-232-2044

JUN 5-19

INTRODUCTION TO SKYGAZING

Enjoying the outdoors includes looking up! Join

us as we learn about astronomy and explore the sky. In three evening classes discover the denizens of the Cosmic Zoo and the distances to them. Get introduced to stars, asterisms and constellations and learn about the celestial motions that govern the sky. Learn to use telescopes, planispheres, star charts and apps. Each evening class will end with observing, using the naked eye, binoculars and telescopes. Instructor Rick Heschmeyer is a longtime amateur astronomer, president of the Astronomy Associates of Lawrence and NASA/JPL Solar System Ambassador. Class Code: 327450. Baker Wetlands Discovery Center, 8-10 p.m. Fee.
LAWRENCE, 785-832-7909
lawrenceks.org/lprd

TOURS/TRIPS

THURSDAYS

BEHIND THE BRICKS: WATKINS MUSEUM TOURS

Every Thursday, Watkins volunteer Michele Montour introduces visitors to the amazing architecture of the Watkins Building and some of our fascinating exhibits. This tour is a short, free, and fun way to spend time Thursday afternoons soaking up some local history! Watkins Museum of History, 1047 Massachusetts St., 2-2:30 p.m. Free.
LAWRENCE, 785-841-4109
watkinsmuseum.org

FIRST SATURDAY OF THE MONTH DISCOVER WITH DOLE

Drop by the Dole Institute on the first Saturday of each month for an interactive, kid-friendly visit to discover uniquely themed items in the museum and archives. Activities include crafts, puzzles, coloring, and museum gallery activities. Families with young children encouraged! All programs and events at the Dole Institute are free and open to the public. Dole Institute of Politics, 2350 Petefish Dr., 10 a.m.-12 p.m.
LAWRENCE, 785-864-4900, doleinstitute.org

SECOND SATURDAY OF THE MONTH

FREE STATE EAST SIDE BREWERY TOUR

Free State Brewing Co.'s 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 you will need to reserve your place by registering online. 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
shop.freestatebrewing.com/collections/frontpage/products/brewery-tour

MAY 29

HISTORIC CEMETERIES OF DOUGLAS COUNTY

Join us at Pioneer Cemetery, Oak Hill Cemetery, Haskell Indian Nations University and Beni Israel, the longest continuous burial ground in Douglas County. The stops on this day will provide a glimpse into notable people and events of Douglas County. CODE: 227881. Fee. Sponsored by Lawrence Parks and Recreation Department. Registration Deadline, May 13. Register online or call.
LAWRENCE, 785-832-7909
lawrenceks.org/lprd

JUL 12 & 13

ST. JOSEPH, MISSOURI

Nature, history, architecture, entertainment—St. Joseph always leaves us wanting more. Our itinerary includes the Remington Nature Center, St. Joseph museum complex, Walter Cronkite Memorial, Mount Nora Cemetery, Wyeth Tootle mansion, The Kemper-Albrecht Museum of art and the Patee House museum. Fine dining and an evening performance of the Tony Award winning musical Newsies at the historic Missouri Theater are all included. SINGLE: 227883-A. DOUBLE: 227883-B. Fee. Sponsored by Lawrence Parks and Recreation Department. Registration Deadline, May 1. Register online or call.
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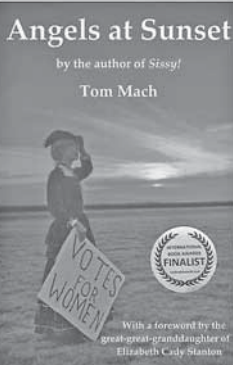
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RICK STEVES' EUROPE

Discovering Sicily's layers of culture

By Rick Steves

Tribune Content Agency\

The Italian island of Sicily is—perhaps more than any corner of Europe—a layer cake of civilizations. On one island, visitors can marvel at a well-preserved Greek temple, admire the glittering mosaics of a Norman cathedral, wander through Carthaginian ruins, and feast at a market that evokes an Arabian souk.

One of my favorite places to experience Sicily's rich stew of history and cultures is at the Norman cathedral of Monreale, just southwest of the capital, Palermo. Like the tide ebbs and flows, so does the point where Islam and Christianity meet. That comes with tension, which was sorted out as elegantly a thousand years ago as similar frictions are today. When the Catholic Normans took Sicily from the Muslim Arabs, they planted their sword firmly by tearing down mosques and building bold churches that stood like fortresses, proclaiming, "This is now Christian again."

Built between 1174 and 1189, Monreale Cathedral is an amalgamation of Byzantine, Norman, and Arab elements in a Romanesque building. Its highlight is the twinkling interior, slathered with gold-leaf mosaic Bible stories. The cathedral is supported by about a dozen ancient pillars—shipped from Rome by Pope Lucius III, who wanted to cement the Vatican's relationship with Sicily's new Norman overlords with an appropriate gift.

Long before the Normans, parts of Sicily were colonized by the Carthaginians—successors of the seafaring Phoenicians, and great foes of the Sicilian Greeks and the Romans. A visit to the island of Mozia, off Sicily's west coast, provides a glimpse at what a powerful force they'd been.

The Carthaginians came from mod-

ern-day Tunisia (in northern Africa), a major trading center of the Mediterranean. Around 800 BC, they established a trade outpost on Mozia—just a day's sail away from their home. A town with defensive walls and a port prospered on the island for centuries.

■ CONTINUED ON PAGE 27



SARAH MURDOCH, RICK STEVES' EUROPE

Surrounding Monreale Cathedral's cloister, 228 twin columns feature intricately carved capitals and Moorish-influenced mosaics.



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Rick Steves

■ CONTINUED FROM PAGE 26

Around the time the Carthaginians came to Sicily, Greeks, who were experiencing a population boom, also began to settle here. Colonists flooded the island's shores, settling primarily in the east (closer to Greece) and on the southern coast (with its good trade routes).

The best Greek sight in Sicily is the Valley of the Temples, on the southwest coast near the town of Agrigento. In the fifth century BC, Agrigento was the third largest city in the Greek world. Sicilian-Greeks displayed their prowess by building 15 grand temples in under 80 years, rivaling the great temples of Greece itself.

Today the temples survive in various states—some partially rebuilt, others in poetic ruins, and one—the Temple of Concordia—in pristine condition. The Temple of Olympian Zeus—built to thank the gods for their victory against the Carthaginians—

was the largest Doric temple in the ancient world (longer than a football field and taller than a 10-story building). Between the columns holding up the roof were telamons—stone giants. Now, scant remains of three of these figures are scattered at the site, melting into the earth like dissolving sugar cubes (a near-complete telamon is in the valley's archaeological museum).

Unlike Agrigento, Palermo flourished much later, when Arabs arrived in AD 827 and made it the island's capital. Arabs ruled Sicily for more than 200 years and had a profound influence here. They brought in new crops: citrus, nuts, sugar, dates, and cotton. They excelled at water engineering, turning dry areas into farmland and enlarging the city by channeling two rivers underground. Palermo became one of the largest and most modern cities in Europe.

In the 11th century, when Normans conquered and re-Christianized Sicily, they were so impressed with its culture that they let the existing Arab community stay, and called on their skills and know-how when building the new kingdom.

Today, Arabian influence can still be found throughout the city. The architecture of Palermo Cathedral, the Norman Palace, and other buildings incorporate Arab decoration and engineering.

Palermo's street markets also have an Arabian vibe, with stands selling North African- and Middle Eastern-influenced food, and vendors calling out to passersby in a traditional sing-song way. The Arabs popularized fried foods, which is why so many Sicilian street food classics are served this way, including its famous deep-fried rice

balls, called arancine.

For me, Sicily is a land of eureka's. No matter how many times I visit, I always find surprising charms and fascinating layers waiting to be discovered.

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

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WOLFGANG PUCK'S KITCHEN

Start a new season resolution with my bright, fresh-tasting pasta dish

It sometimes puzzles me that people make resolutions only once a year, at the start of the new year. Why shouldn't we be able to resolve to improve our lives the other 364 days?

Of course, I understand that a new year holds special significance. But that doesn't mean we shouldn't be ready to recognize inspirations for enhancing our health, for example, whenever such opportunities come along.



Wolfgang
Puck

Spring is an ideal time to do just that. It's the season of renewal, when the earth miraculously begins coming back to life after the harsh days of winter. Food lovers know that the stalls in farmers' markets everywhere will soon be filled with fresh, tender produce to brighten our tables and enhance our health.

So why not make a resolution today to take advantage of the season's bounty and improve your life by eating a more plant-based diet?

The following vegan recipe is a perfect example of that very principle, featuring juicy-sweet cherry tomatoes, an abundance of springtime-green baby arugula leaves and lots of fresh basil and parsley, all tossed together with bite-sized pasta shapes.

I think the dish is wonderfully versatile too. Along with the arugula, you can add other vegetables from the farmers' market, such as chopped and quickly sauteed asparagus or shelled and blanched baby English peas. If you want to veer away from vegan, feel free to use it as a side dish or base for lean protein such as sauteed, grilled, or broiled seafood or chicken. In short, make this recipe your own.

Whatever choices you make, I'm

sure you'll enjoy the results as much as Hollywood's stars did - regardless of whether there's a golden statuette in your own hands!

PASTA WITH BABY ARUGULA AND OVEN-DRIED CHERRY TOMATOES

Serves 6

1 1/4 pounds (625 g) large cherry tomatoes

3/4 cup (185 mL) extra-virgin olive oil

Kosher salt

Freshly ground black pepper

Granulated sugar

3 cloves garlic, peeled

1/2 cup (125 mL) large capers, drained

3/4 pound (375 g) dried fusilli or penne pasta

2 pinches Aleppo pepper

2 cups (500 mL) packed baby arugula leaves, rinsed and thoroughly dried

1/4 cup (60 mL) finely julienned fresh basil leaves, plus small whole sprigs and basil flower, if available, for garnish

2 tablespoons chopped fresh Italian parsley

First, prepare the cherry tomatoes. Rinse the tomatoes, pat them dry, cut them in halves, and put them in a mixing bowl. Add 1/4 cup (60 mL) of the olive oil, and sprinkle lightly with salt, pepper and sugar. Stir well. Spread the tomatoes on a baking sheet, and leave at room temperature for 20 minutes.

Meanwhile, preheat the oven to 150 F (65 C). Put the baking sheet with the tomatoes in the oven, and cook until they look slightly dried but are still juicy, about 2 hours. Remove from the oven, and set aside.

While the tomatoes are cooking, double-blanch the garlic. Bring a small saucepan of lightly salted water to a boil, and place a bowl of ice cubes and water nearby. Drop the peeled cloves

into the boiling water, and leave them for 30 seconds. Remove with a slotted spoon, and immediately plunge the cloves into the ice water. Repeat the process with fresh boiling water. Drain the garlic cloves, pat dry and slice them thinly.

Bring a large pot of salted water to a boil. Meanwhile, in a large saute pan, heat 3 tablespoons of the oil over medium-low heat. Add the sliced garlic and cook, stirring frequently until it is fragrant but not yet browned. Add the cherry tomatoes, and raise the heat to medium-high; cook for several minutes, stirring occasionally, until the tomatoes start to collapse, then reduce the heat to low and continue cooking until they are completely softened but haven't disintegrated, about 5 minutes. Stir in the capers.

As soon as the water reaches a full

boil, salt it generously and add the pasta; cook, stirring occasionally, until al dente, tender but still slightly chewy, following the manufacturer's suggested cooking time.

When the pasta is done, drain it, reserving 1/2 cup (125 mL) of the cooking water. Add the drained pasta, still dripping, to the tomatoes in the pan and, with a large spoon, gently stir together, adding a little of the cooking water if the mixture seems to need some moisture. Add the arugula and remaining olive oil, and fold them in until the arugula has barely wilted. Season with Aleppo pepper, salt and pepper to taste; then, garnish with julienned basil, parsley, basil sprigs, and, if available, a basil flower. Serve immediately.

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HUMOR

The Golden Fleece Redemption

To strangers, he looks like a tall goofy rich guy from the Midwest. To the people of Letongaloosa, Blair Trimert is a smart, good-hearted man who does lots of things to help the community.

Blair Trimert was tall. His big ears, long face and loopy smile were acts of nature. Nature, perhaps to compensate, also provided Blair with superior intelligence and quick wits. Blair inherited a pile of money because of maternal nature. Blair's mom yearned for a

of expired and worthless financial bonds that he was going to destroy. The two Basque hoods, Mitch and Moe, grabbed Blair and pushed him into a waiting car. The hoods owed their bookie money and he had ordered them to pay up or he would rub them out. As they drove away, a quick-thinking Blair yelled at them in Basque. He convinced the two hoods that they were all part of a bond robbery directed by the mob. They believed him and agreed to follow his orders.

Blair gave them the satchel full of worthless bonds and then told them to drop him off at a restaurant. The two hoodlums took the worthless bonds to the mob to pay their debts. Somehow the two smart Basques were able to escape after the mob realized the bonds were worthless. Moe and Mitch ended up in Letongaloosa because Moe's cousin, Billy Adkins (nee Bidari Azarola), was a bank teller there.

So then the three of them cooked up a plot to rob the bank. They made their plans over the telephone speaking Basque, assuming no one could understand them. A Letongaloosa police detective got a court order to tap the hoodlums' phone and asked Blair to translate the conversations for the authorities.

Blair was surprised and delighted when he heard Moe's voice and realized that it was his old nemesis. The police were waiting for the three when they ran from the bank with a satchel full of money. The Basque hoodlums were sent to prison.

In the joint, Moe changed his life. He quit his bad habits, joined Alcoholics

Anonymous, and was released early. As part of his AA pledge, Moe came to Letongaloosa and contacted Blair to apologize for his behavior.

Blair was walking downtown on a fine warm day when he saw Moe standing on the sidewalk. He spoke:

"Kaixo (hello) Blair," said Moe

"Hori zu zara (is that you), Moe?" asked Blair

"Yes sir. I've come to apologize for my behavior years ago."

"Where have you been?" asked Blair

"I've been in prison. While I was there I changed my life. I joined AA. They let me out early."

"Congratulations, Moe, That's excellent."

"So what are your plans?" asked Blair.

"I want to get a job, but there's not

much work for someone with few skills and a prison record."

"What kind of work are you looking for?"

"I'm pretty good at math."

"I'd like to help." Blair introduced Moe to Dean Ima Farseer, at Letongaloosa Community Junior College.

Moe worked hard and graduated with honors. Blair got him a job at a local bank where Blair had large checking and savings deposits.

So in an ironic twist, Moe ended up as a teller at the same bank he and Mitch and cousin Bidar Azarola had tried to rob years earlier.

- 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.



Larry Day

child, but never had one, so she and her husband adopted Blair as a baby.

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

When they adopted Blair, Balasi and Adere Intuxuastl wanted their son to benefit from their rich language and heritage, but they didn't want to burden him with a first and last name that his American playmates would find unpronounceable, so they retained Blair's birth name.

Years ago while he was in Chicago on business, a couple hoodlums from the Pyrenees kidnapped Blair as he walked out of a bank carrying a bundle

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MY PET WORLD

Building trust with traumatized dog takes patience and time

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

Dear Cathy: I believe people should adopt because there are so many babies that would love a good home. When you adopt, you get a wonderful family member, but sometimes you also get problems created by previous owners. I have rescued four boxers. When our girl Zoey died last October at 19 years old, my husband and other little girl boxer were so sad that we decided to see what the humane society had to offer. We adopted the saddest American bulldog I had ever seen. Whoever dropped her at the shelter was very mean to her. They even pierced her front elbows; you can still see the holes.

I am writing to you because she gets really scared when we try to clean her backside (she gets poop stuck there)

and won't let us trim her nails. She gets very upset and tries to bite me. How can we help her understand we mean her no harm? We want her to know we love her. - Hilary, South Jordan, UT

Dear Hilary: I am sure she knows you love her and mean her no harm. But if she has been traumatized before coming to live with you, it is going to take time for her to learn to trust again. Dogs don't understand intentions; they understand experiences. The only way to address her fears is to make sure her positive experiences outweigh her past negative experiences. You can do this by desensitizing her negative experiences one step at a time.

To begin, start with the first trigger that upsets her. With the nails, it will likely be seeing the nail clipper. She probably freaks out almost immediately.

So, pull out the nail clipper and sit it on a chair, table or floor where she can see it. Talk to her sweetly and give her a few treats or a little peanut butter on her paw to lick off as a distraction. When she relaxes, sit with her for a few minutes and then put the nail clipper away. Repeat this over and over again until she doesn't react to seeing it anymore.

Once that happens, move on to the next trigger, which might be you holding the nail clipper in your hands. Repeat the process above. Then touch her paw with the nail clipper on the side or top of her paw. Repeat the process above. Then touch her toe with the nail clipper. Repeat the process above. Then touch her toe like you are going to cut the nail, but don't. Repeat the process.

When you feel she is ready, cut one nail, then give her a treat and walk away. When she's ready, cut the nails on just one paw, and so forth. I think you get the idea. This can take weeks to accomplish, so be patient.

Use this technique with any negative experience to rebuild a dog's trust. Because you will likely need to trim her nails before you get all the way through this desensitization process, take her to the vet for that so she doesn't lose all her learning and trust with you.

As for the caked fecal matter on her bottom, you don't have much time for baby steps here. Put a little peanut butter on the roof of her mouth (to distract her) and have someone hold her still while you hold a wash cloth soaked in warm water on her bottom. If you soak the area, the fecal matter should loosen from the fur, which will make it easier to remove.

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

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JAY'S MUSICAL MEMORIES

Songs about animals

By Jay Wachs

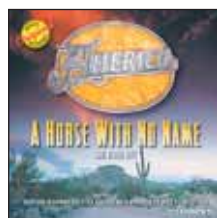
The sun is shining and the windows in the house are finally open. Welcome to the merry month of May and all the wonderful things that go with it. Baseball is back. The garden needs attention. And all the animals are either sniffing through the screen or actually outside roaming around.

So with that in mind, I thought this May would be the perfect month to feature songs about animals.

Let's start with The Animals! This was Eric Burdon's first group and a staple of early and mid-60s rock on the radio. The song we most remember from The Animals was "The House of the Rising Sun," which was a chart topper in 1964. Over the years, there were many personnel changes in the middle, including a highly publicized naming rights court battle about a decade ago. The Animals are still touring as The Animals with Eric Burdon, but feature a new cast of supporting musicians.

The next "animal" on the list is the horse. And, of course a horse is a horse of course unless you are riding a horse with no name, and that's when the horse gets a second look and perhaps a few more listens. The band America

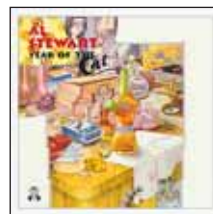
released the song "A Horse with No Name" in 1971. Dewey Bunnell wrote the song, which contained these unforgettable lyrics: "You see I've been through the desert on a horse with no name. It felt good to be out of the rain.



In the desert you can remember your name, 'cause there ain't no one for to give you no pain."

It is unclear whether our country's favorite animal is a cat or a dog. Both sides are devoted to their species and will argue vigorously in favor of one or the other, but rarely both. I grew up in Cleveland, Ohio, and during my childhood the Cleveland Browns were a very exciting, winning football team. In the mid to late 80s, the team decided to call a section of fans in the eastern end zone the "dawg pound." The group adopted a theme song and it was none other than George Clinton's "Atomic Dog," which was released in December of 1982 on the album "Computer Games." The song features the refrain "bow wow yippee-oh, yippee-a" and is probably Clinton's best known and most successful solo song.

Last but certainly not least, this devout cat lover would be remiss without including a song about cats. There are so many to choose from. A few of my faves include the Tom Jones lounge "What's New Pussycat" and the 80s classic from the Stray Cats aptly titled the "Stray Cat Strut." But for me, every day is the day of the cat and hence



every year is the same. In 1976, Al Stewart had a smash hit with the song "Year of the Cat," which is an homage to the meaning behind

the Chinese horoscope cycle of the same name. The sign refers to a woman who is sly and cunning and slightly aloof. The lyrics include the lines "While she looks at you so coolly; And her eyes shine like the moon in the sea; She comes in incense and patchouli;

So you take her, to find what's waiting inside; The year of the cat."

Whatever your favorite animal, enjoy the special relationship you have with them, the music and the memories from the greatest hits of all time. And remember, the music of the 60s, 70s, 80s and 90s lives on with your locally owned and operated 20th century Classic Hits station "LawrenceHits.com." Download the free APP on your iPhone or Android device, listen on Tune In and Roku, or visit the website www.lawrencehits.com.

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

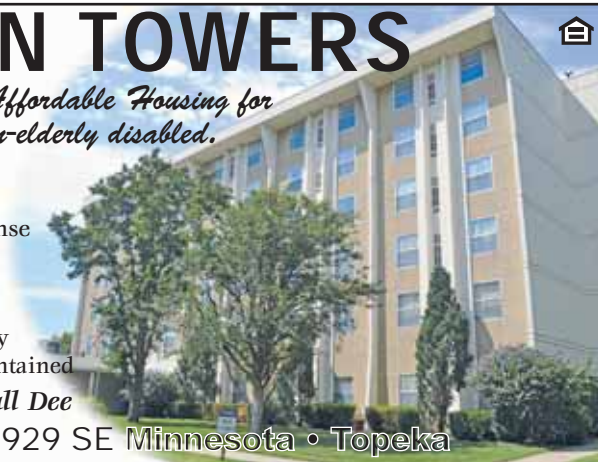
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WITH BOB JONES

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WHAT TO BID?

Both vulnerable, West deals

NORTH

♠ K Q 10 5

♥ K J 3

♦ A 6 4

♣ 10 8 3

WEST

♠ J 9 7

♥ 10

♦ K Q 8 5 3

♣ A Q 7 4

EAST

♠ 8 6 4 2

♥ 8 6 5 4 2

♦ 9

♣ K 6 2

SOUTH

♠ A 3

♥ A Q 9 7

♦ J 10 7 2

♣ J 9 5

The bidding:

WEST	NORTH	EAST	SOUTH
1♦	Dbf	Pass	4♥

All pass

Opening lead: King of ♦

Responses to a takeout double are pretty straightforward, but many players have trouble with them. The idea is to bid your best suit with 0-8 points, jump in your best suit with 9-11, or jump to game with 12-plus points if you're sure of the contract that you want to play. When you're not sure, a simple cue bid of the opponent's suit sets a game force and

gives you time to discover your best contract. A two diamond bid by South, rather than four hearts, would have resulted in a three no trump contract that your Aunt Matilda would have made. Four hearts was a serious challenge.

South won the opening diamond lead with dummy's ace and cashed the king of hearts. The fall of the 10 from West was ominous, so South started cashing spades. The fall of the jack of spades allowed declarer to discard two clubs from his hand. A low diamond from dummy saw East discard the six of clubs as South's jack went to West's queen.

It was crucial for the defense to play a trump, so West bravely underled his clubs to East's king. South won the ensuing heart shift in his hand and led a low diamond, hoping to ruff the 10 of diamonds high in dummy later. East ruffed his partner's diamond winner in order to lead another trump, but South could now draw the trumps and cash the 10 of diamonds for his tenth trick. Nicely played!

The defense could have prevailed, but not easily. We'll leave it to interested readers to work out the winning defense. Hint — trick seven.

(E-mail: tcaeditors@tribpub.com)

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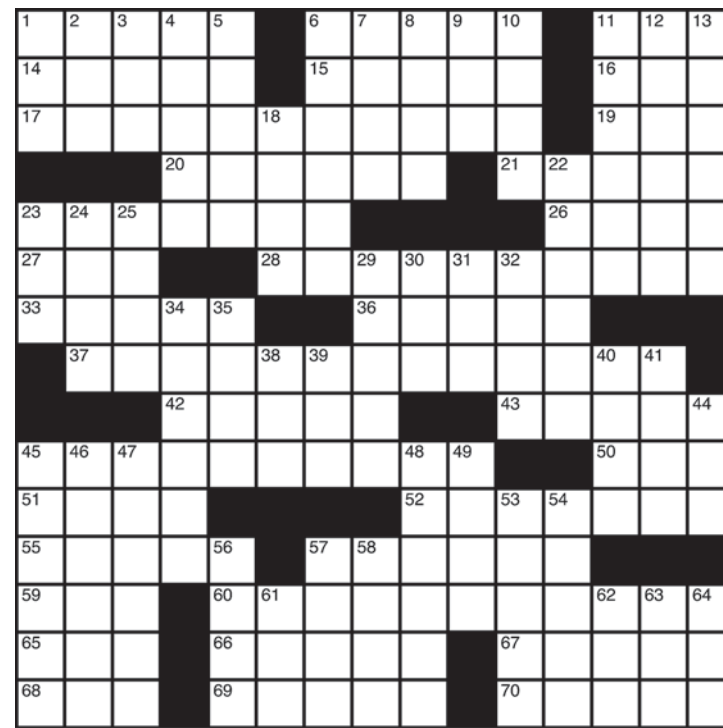
- 1 Pilothouse wheels
- 6 Sphere in a library
- 11 Cheering syllable
- 14 Use a broom
- 15 Lubricate again
- 16 Touchdown approx.
- 17 Adjusted sales figure on which some royalties are based
- 19 Bus. get-together
- 20 Gentle touch
- 21 Letter that opens with a click
- 23 Headache treatment
- 26 Concerning, on memos
- 27 Seasonal bug
- 28 Wood-finishing tool
- 33 Tennessee senator ___ Alexander
- 36 Zoo critter with striped legs
- 37 Brass instrument played like a trumpet
- 42 "Sure, I'll give you a ride"

- 43 Sleep audibly
- 45 Long, narrow mollusks
- 50 Hotel divs.
- 51 Poet Khayyam
- 52 Place for meditation
- 55 Intense personality
- 57 Response to a clever put-down
- 59 Actress Hagen
- 60 Motto for the cautious ... or a hint to the starts of 17-, 28-, 37- and 45-Across
- 65 Washington MLBer
- 66 Mount in Exodus
- 67 Lucky break
- 68 Genetic info letters
- 69 Seagoing mil. training group
- 70 Spine-tingling

Down

- 1 QVC rival
- 2 Baaing mom
- 3 Tennis do-over
- 4 Gracias, across the Pyrenees
- 5 Hurlled weapon

- 6 "The Heart of the Matter" novelist Graham
- 7 Hawaiian floral rings
- 8 "Uh-oh!"
- 9 Stand-up routine
- 10 Besides
- 11 Send back, as to a lower court
- 12 Clothing
- 13 "Marvelous" Marvin of boxing
- 18 Bed with high sides
- 22 Yellow "Despicable Me" character
- 23 CIO partner
- 24 Balkan native
- 25 Shoe company with a cat in its logo
- 29 Doone of Exmoor
- 30 Ref's ruling
- 31 Retired newsman Donaldson
- 32 LAPD alerts
- 34 1990s veep
- 35 Camper driver, for short
- 38 And so on: Abbr.
- 39 Shop ___ you drop
- 40 Par
- 41 Clever Bombeck
- 44 Contractor's fig.



- 45 Portly
- 46 "The Joy Luck Club" novelist
- 47 Mexican revolutionary played by Brando
- 48 Word before "Pizza" or "River," in film
- 49 PlayStation maker
- 53 Social faux pas
- 54 Lots and lots
- 56 Part of AAA: Abbr.
- 57 Point ___ return
- 58 Qualifying race
- 61 ___ conditioner
- 62 Capek's robot play
- 63 Slide down the slopes
- 64 Collarless shirt

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			9		7	5		
	8				4		3	

JUMBLE

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

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

TRETU

○ ○ ○ ○ ○

PRIEW

○ ○ ○ ○ ○

RAREBB

○ ○ ○ ○ ○

AICEPE

○ ○ ○ ○ ○

Print your answer here: "○ ○ ○ ○" - ○ ○ ○ ○

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

What are you watching? This lamb keeps chasing his mother. It is so cute!

THEY WATCHED THE VIDEO FEATURING THE FEMALE SHEEP ON ---

Check out the new, free JUST JUMBLE app

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SCRABBLE G.R.A.M.S.

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Triple Word Score

A1 E1 E1 D2 M3 L1 R1

RACK 1

RACK 2

2nd Letter Double

A1 E1 T1 T1 S1 S1 V4

RACK 3

RACK 4

RACK 5

PAR SCORE 260-270

FIVE RACK TOTAL

BEST SCORE 327 TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 34

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

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

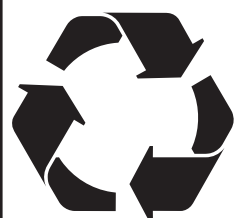
JUMBLE ANSWERS

Jumbles: UTTER, WIPER, BARBER, APIECE

Answer: They watched the video featuring the female sheep on -- "EWE"-TUBE

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SCRABBLE G R A M S SOLUTION													
E ₁	M ₃	E ₁	R ₁	A ₁	L ₁	D ₂	RACK 1 = 80						
L ₁	O ₁	W ₄	L ₁	A ₁	N ₁	D ₂	RACK 2 = 61						
V ₄	A ₁	S ₁	T ₁	E ₁	S ₁	T ₁	RACK 3 = 61						
G ₂	R ₁	A ₁	N ₁	D ₂	L ₁	Y ₄	RACK 4 = 62						
M ₃	I ₁	D ₂	Y ₄	E ₁	A ₁	R ₁	RACK 5 = 63						
PAR SCORE 260-270												TOTAL 327	



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

MY ANSWER

Jesus is proof that God loves you, so love him in return

By Billy Graham

Tribune Content Agency

Q: I'd like to believe that God loves me, but I don't think He does. No matter how good I try to be, something always goes wrong. I've finally decided God must hate me. Is there any way I can get Him to love me? - K.G.

A: No, there isn't any way you can get Him to love you—because He already does! Even when we fail Him or turn our backs on Him, He still loves us and yearns for us to love Him in return. The Bible says, "Give thanks to the Lord, for he is good; his love endures forever" (1 Chronicles 16:34).

How do I know God loves you? I know it because He sent His only Son into the world to give His life for you. If God didn't love us ... if God didn't care what happens to us ... then Jesus Christ never would have come into the

world. And if God didn't want us to spend all eternity with Him in Heaven ... then Jesus Christ never would have come into the world.

But God does love us—and the proof is Jesus Christ. Jesus didn't come into the world just to lecture us or tell us to try harder. Jesus Christ came into the world to do for us what we could never do for ourselves: to forgive us and free us from sin's penalty—which is death. The Bible says, "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!" (1 John 3:1).

Don't let anything deceive you into thinking God doesn't care for you—because He does. Instead, put your faith and trust in Jesus Christ, and build your life on His unending love for you.

- Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham

Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.

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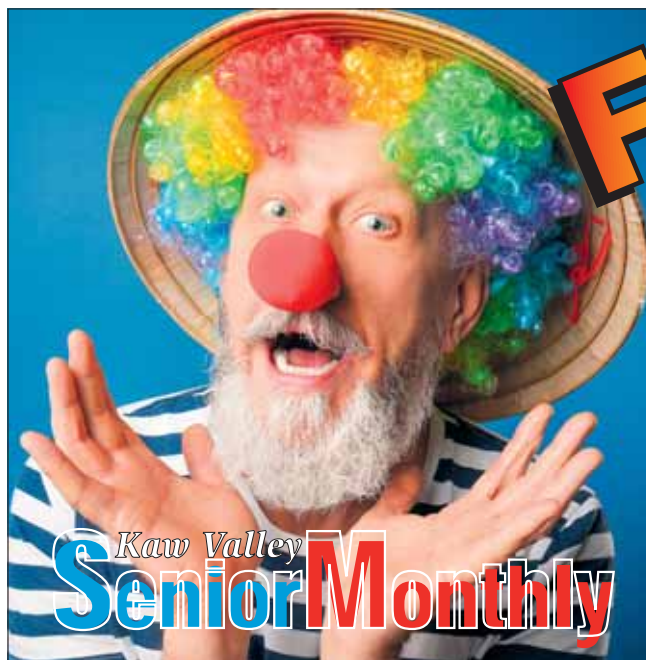
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BARK IRIS GENEALOGY



The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rademaker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871. This 1865 painting of the *Bark Iris* by Domenico Gavarrone (1821-1874) is on display at the Larvik Museum in Larvik, Norway.

While writing an article about a 100-year-old woman in 2018, Kevin Groenhagen, the publisher of *Kaw Valley Senior Monthly*, discovered that her grandfather had served in the Civil War. She and her sister never knew about his military service.

Do you have a Civil War veteran in your family tree? An American Revolutionary War veteran? When did your ancestors come to America? What ship did they use? Kevin has researched his own family's genealogy for more than 30 years and can help you find the answers to these and many more questions you might have.

Have you had your DNA tested and aren't sure how to read the results? Exactly how are you related to all those cousins the testing company found for you? Kevin can help you answer these questions as well.

Contact Kevin at 785-841-9417 or kevin@seniormonthly.net to discuss what you would like to find and what the research costs would be.



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