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KEVIN GROENHAGEN PHOTO



## Howard Anderson: Renaissance Man from Reno County.

*See story on page three*

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# Anderson keeps active with varied interests

By Kevin Groenhagen

Howard Anderson, Topeka, was born and raised on a farm in Reno County, Kansas, in 1919.

"The farm was a general-purpose farm," Anderson said. "We planted wheat for marketing, and feed crops of milo, corn and alfalfa hay for the dairy cattle, draft horses, hogs, chickens, and a pair of white mules. This was several years before modern farm machinery became common. Tractors and farm machinery were added during the 1920s and 1930s."

The Andersons home, like all farm homes of the early 1920s, had practically no items for leisure or convenience, but did include an Emerson upright piano. It was at that piano that a young Anderson began a lifelong love of pianos and the interpretation of piano music.

In September 1925, Anderson enrolled in the first grade at a one-room country school named "Pleasant View." Mildred Love was the only teacher for eight grades of country boys and girls from nearby farm homes.

"The teacher received \$40 a month for her teaching skills, and she was

also the janitor and playground supervisor," Anderson recalled.

In 1937, Anderson entered Kansas State University, where he studied engineering and agricultural economics, and worked at KSAC, the university's radio station. He was nearing graduation when the world suddenly changed.

"I was at K-State in December 1941, when the Japanese bombed Pearl Harbor," he said. "I was on the list for the draft, of course. Instead, I volunteered for the U.S. Navy. They sent me to the University of Notre Dame for midshipman school since I had a college degree."

While he was at Notre Dame, Anderson also married a young woman from South Bend, Indiana.

"I volunteered for submarine service," Anderson continued. "I had never seen the ocean. Then they sent me to North Carolina State to study diesel design, maintenance, and repair."

■ CONTINUED ON PAGE FOUR

KEVIN GROENHAGEN PHOTO



A skilled craftsman, Howard Anderson has built much of the furniture in his home, including this music storage cabinet.

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**Kevin L. Groenhagen**  
Editor and Publisher

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# Howard Anderson

■ CONTINUED FROM PAGE THREE

After North Carolina State, the Navy sent Anderson to the Naval Operating Base at Norfolk, Virginia.

“The Navy put me in charge of an inventory review system at the Naval Operating Base’s main warehouse center, which was the largest in the world,” he said. “One day the admiral of the warehouse program, who had read my history and knew I had some radio experience, sent me a letter. He asked me to be the manager of an entertainment and information radio station designed to broadcast locally for the area that included Norfolk and the Portsmouth Shipyard. The radio station also had a listening service for German broadcasts, including those from Axis Sally, the Axis Powers’ version of Tokyo Rose.”

“After the war, my wife and I went back to her home in South Bend,” Anderson continued. “My mother-in-law said that the best place to work at in South Bend was South Bend Lathe Works. They hired me as a sales engineer. It was a job in machine tool sales that gave me experience and advice that served me well through my years in the industry. After nearly three years in South Bend, I felt the need to further my education.”

The Andersons, along with a son, Lyle, moved to Kansas, where Anderson returned to K-State for graduate school.

While at K-State, Anderson also went to work at KMAN, a Manhattan radio station. In addition to being a husband, a father, a student, and a radio station employee, Anderson started building a house for his family on Sycamore Lane in Manhattan. He also started a business.

“My cousin, Bob, and I, who was also at K-State, organized a milk delivery service with a contract with the college dairy,” Anderson said. “All the soldiers were returning to school with their families. K-State had acres of temporary housing for them. They all drank a lot of milk. The delivery service grew from one truck to three. We eventually took the Chapel Creamery delivery service as well. I ran the Standard

Dairy deliveries and my cousin ran the Chapel Creamery deliveries. We competed against one another. What I lost, he gained, and what he lost, he gained. But it all went into the same treasury.”

And if all of that wasn’t enough for one person to do while working on a master’s degree, Anderson took a home-study course on television repair from RCA. He began repairing televisions, a relatively new product for American households, at Kipp’s Music Company in Manhattan.

“I worked to midnight every night,” Anderson said. “That was hard enough, but then the milk deliveries began at 4:00 a.m.”

Anderson graduated from K-State in 1950 with a master’s degree in a combination of electrical engineering and communications. Anderson and his cousin continued to run the milk delivery service until 1952, when they sold it to a Manhattan businessman.

A fellow K-State graduate, Dave Ayers, who had worked with Anderson at Kipp’s Music, and Anderson had heard that Hutchinson was going to build a television station. In fact, KTVH was the first television station licensed in the state of Kansas. The station first signed on the air on July 1, 1953.

“So I made a trip to Hutchinson with the idea of setting up a service center, Reno TV,” Anderson said. “Dave came later, and then we hired some enlisted Navy personal at the airbase in Hutchinson to help us. The Rural Electric Administration gave us free housing so that we would service their sets. We worked there until the RCA dealer heard about us and gave us a better place. We were working around the clock. Those were the days when TV sets were overheating by many vacuum tubes operating in the TV’s electrical circuit. Typical problems included circuit melting in the high voltage section, and vacuum tube failure. We charged \$5 per call plus the price of parts replaced.”

Unfortunately, Anderson’s work schedule took a toll on his marriage, leading to a divorce.

While in Hutchinson, Anderson decided to pursue new interests. He took a Dale Carnegie course, joined the

■ CONTINUED ON PAGE FIVE



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# Howard Anderson

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Lions Club, and learned to fly.

“While I was running the TV store, I finally got to the point where I had a large crew that was taking care of things,” he said. “I wanted to learn how to fly, so I took lessons. I flew three different airplanes, which included a trainer. Later, I traded up to a Cessna 120, for which I agreed to a price of \$1,650.”

Conditions forced Anderson to make at least two emergency landings during his years as a pilot.

“I was flying back to Hutchinson from Dodge City when I was in the TV business,” he said. “I was trying to set up a new store. On the way back, I ran into headwinds, ran out of gas, and had to make an emergency landing in a pasture. It was a little rocky. I landed one mile from my home when I was a kid and just a short distance from my best friend’s place when I was in grade school.” “I made another emergency landing in

Illinois when the crankcase developed an oil leak,” Anderson continued. “It splattered oil all over the windshield and I had a hard time seeing. So I set it down in a strip of alfalfa, wiped down the airplane, and added some extra oil. I then flew to Galesburg, Illinois, where I found a mechanic. He repaired the crankcase and cleaned up the airplane overnight while I stayed in a local hotel. My son was with me. I was taking him up to visit his mother in Indiana.”

Anderson married Virginia Hallman in 1956. However, as things in his personal life improved, the outlook for his professional life began to appear less than rosy.

“Televisions were starting to get better,” Anderson explained. “I saw the handwriting on the wall. Where do you find a television service station today? You don’t. They throw them out.”

Anderson decided to make a career change.

“In the newspaper there was an article on the death of H. L. Hill,” he said. “He was the owner and president of Master Manufacturing. That company

did a lot of work for the government and built machinery. Every ship in the U.S. Navy had equipment manufactured by Master at that time. The article said that Hill was supposed to have had a meeting at his home in Hutchinson with a distributor from Washington. Hill rushed home to shower, dress in his striped suit, and put on his Bostonian shoes. He went into the pantry and quickly downed a jigger of gin unbeknownst that there was cleaning solution in the gin bottle. He drank that jigger of cleaning solution and died a few seconds later. Because of that death, I was transferred back into the machine tool business. The company advertised for a marketing man with experience in machine tools. The only guy I knew who had that was me. I applied and they immediately hired me as a marketing sales executive. I worked for them for several years, building the company, going to machine tool shows, and hiring more people. I became the chief concept engineer.”

“One day, I received a letter from the Department of Defense,” Ander-

son continued. “The Vietnam War was going on and they wanted someone to build a bomb casing-machining center. As the concept guy, I introduced transfer machines for machining the Snake Eye bomb casings in 250- and 500-pound sizes. The Department of Defense liked the concept, and placed an order for two machines. It was a bigger job than we could handle in the Hutchinson plant, so we set up a new factory in Los Angeles. I went there to be general manager of that branch. One machine was done and the other nearly completed when the Department of Defense decided they weren’t going to make the bombs any more. They cancelled the contract. We had all the expense of the design, materials, and the move. When the stop order came, we had a lot of personnel on hire, and the government was not going to pay because they claimed we hadn’t completed the contract.”

Master decided to sue the government. Unfortunately, the attorney who was going to represent Master was murdered shortly after taking the case.

■ CONTINUED ON PAGE SIX

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# Howard Anderson

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Covington & Burling LLP, a Washington, D.C., law firm, then took the case.

“After a year of preparation, we went to trial and we won the case,” Anderson said. “We got the \$4.2 million contract plus an extra \$100,000 for the cost of the change order.”

On the flight home after winning that case, Anderson decided to make another career change.

“I read an article about Pneumo Dynamics in *The Wall Street Journal*,” he said. “They were looking for a marketing manager for their machine tool division. When I got home, I mailed an application to them and got the job. We moved east and set up home in Lexington, Massachusetts.”

Anderson served as the company’s vice president of marketing for Pneumo Dynamics’s Blanchard Division in the Boston area. He then moved to New Hampshire following his employer’s move to Vermont. His title changed to general marketing manager, as he man-

aged not only the Blanchard Rotary Grinders, but also the Cone Automatics and the Springfield Precision Vertical Grinders. In this role, Anderson travelled extensively.

“In addition to the Vermont division, the company operated two foreign factories, one in Aldridge, England, and the other in Tomishima, Japan,” he said. “Our market was all of the free world, with sales representation in North and South America, Europe, Australia, Africa, Japan, Taiwan, South Korea, and the Philippines.”

Anderson retired from the machine tool business in 1983. He then launched his own business, Anderson Piano, in Claremont, New Hampshire. The business specialized in rebuilt quality brands for sale, along with service, tuning, and refinishing pianos in local homes.

“I was making a profit while enjoying my long time hobby,” Anderson said. “Pianos and piano music interpretation have been like a friend at my side, always.”

While in New England, Anderson restored two pianos for himself. One

is an Emerson piano manufactured during the Lincoln administration. Made out of Brazilian rosewood, the piano was in awful shape when Anderson purchased it for \$150. It had been stored in a barn and pigeons had been living in it. However, the piano has an interesting history since the family of Mary Sawyer once owned it. Sawyer was the inspiration for the 1830 nursery rhyme, “Mary Had a Little Lamb.”

Anderson brought the Emerson piano with him when he moved to Topeka. It is currently on display at Paint Therapy Uncorked at 5130 SW 29th St.

Anderson also continues to own an 1878 Steinway grand piano that he restored in New Hampshire (see photo on front cover of this issue of *Senior Monthly*).

Virginia died in 1985. “I was with her when she gasped her last breath,” Anderson said. “I applied chest pressure along with my breath exhaled into her lungs. There was no response even after emergency technicians and her doctor continued with

revival procedures.”  
 “She was an accomplished musician with talent expressed at the pipe organ,” he continued. “She taught piano, too. She left a special vacancy in my life. By the end of 1986, that vacancy was filled when I married Frances. Fran was a lovely, special partner. When we were at home alone during the evenings, she relaxed in her favorite chair listening to my piano interpretations. Fran died quietly here at home on April 21.”

Anderson didn’t slow down after he and Fran moved to Topeka in 1991. He remodeled the house they bought, added on a garden room, and built furniture in his woodworking shop in the basement. A skilled woodworker, the van that carried Anderson’s two pianos from New Hampshire to Topeka also contained numerous pieces of furniture he built while in New England.

There is also a ham radio station in Anderson’s basement.

■ CONTINUED ON PAGE SEVEN

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# Howard Anderson

■ CONTINUED FROM PAGE SIX

"I'm part of a group called the Corn Cob Net," Anderson said. "It's a bunch of old guys like me."

In addition to using a ham radio, Anderson has worked with computers for many years and keeps in touch with friends and family through email, Skype, and FaceTime.

Anderson is also a voracious reader.

His shelves are full of history and political books. He is currently reading Evan Thomas and Walter Isaacson's *The Wise Men: Six Friends and the World They Made*, which is about Averell Harriman, Dean Acheson, George Kennan, Robert Lovett, John McCloy, and Charles Bohlen.

And then there's the farming. Although Anderson left the family farm decades ago, he never lost his love of farming.

"All through the years, I had been

buying farm properties, so I have three farms out in western Kansas," he said. "I have a farm manager who hires farmers and does all the government work for me."

Anderson proudly notes that the average yield on his farms last year was 250.9 bushels of corn per acre. That greatly exceeded the 2014 average U.S. corn yield, which was at a record level of 171.7 bushels per acre, and the 50-60 bushels per acre when he was a child in Reno County.

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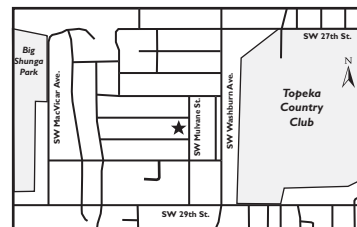
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# Multiple factors lead to growth in popularity of cremation

By Billie David

Cremation, a tradition dating back centuries in some Eastern cultures, is rapidly rising in popularity in the United States.

This increase has been influenced by a number of factors, including that families now tend to be spread out over wider areas, Western religions have become more accepting of cremation, it is more environmentally friendly, and it costs less than a traditional burial.

“There are parts of the United States now where families are choosing cremation over traditional burial by 75 percent,” said Jim Hawkins, managing director of the Cremation Center of Kansas City, adding that in the Kansas City metropolitan area, about 50 percent choose cremation, while in rural Kansas the number is about 35%, which is an increase over the 25% that it was 10 years ago.

“There are a variety of reasons for

this,” he continued. “Cost is certainly one. Cremation is less expensive than a traditional burial. In Kansas City, you can have cremation for as low as \$650. For a traditional burial, the average funeral cost is \$7,500 just for the funeral service at the funeral home, and that doesn’t include expenses like buying the burial plot, opening and closing the grave, and buying the marker.”

Another reason for the rise in cremation’s popularity is that the American culture is growing more diverse, with more Buddhists and Hindus, who have been required to practice cremation for centuries, joining the numbers. And while Orthodox Judaism and the Islamic faith do not allow cremation, the Vatican began allowing it in 1963. Except for some fundamentalist sects, other religions now allow either burial or cremation.

“And then there are the environmen-

talists, who worry that we are running out of land for burial,” Hawkins said, adding that for those who live in metro areas there are numerous situations where cemeteries that used to be out in the country are now enveloped by cities and have run out of space. And Fort Leavenworth National Cemetery has also run out of space and has limited its burial choice to cremated remains.

Yet another reason for cremation’s rise in popularity is the fact that family members tend to be more spread out.

“When families move away, they don’t want to leave their loved one behind in a cemetery,” Hawkins said. “An urn is more transportable.”

Added to that is the fact that cremation is more convenient for family members who live far away and may find it difficult to arrange for time off work and schedule travel reservations on short notice.

“They can have the service at their convenience, like a family reunion, rather than having to have the burial right away,” Hawkins said.

Then there’s the convenience of the Internet, which allows families whose loved one has died miles away to arrange for the entire cremation process online, and once the actual cremation is finished, all that is left is to ship the remains to the family.

This ability to handle the arrangements at a distance may give rise to the question of how one can be certain that it is the actual remains of the loved one that have been shipped.

This is a legitimate concern, Hawkins said, because when the employee goes to the hospital morgue to pick up the body, the hospital security officer doesn’t know the deceased, nor does the employee, and although the deceased is wearing an identifying band on the arm, mistakes are still possible.

■ CONTINUED ON PAGE NINE



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# Cremation Center

■ CONTINUED FROM PAGE EIGHT

Added to this is the fact that many places that offer cremation will contract the service out. That means that when the deceased is picked up, he or she is taken to a free-standing crematory and then three or four days later the ashes are picked up.

"There is too much margin for error," Hawkins said, adding that the Cremation Center of Kansas City doesn't contract the work out, which means that somebody from the center picks up the deceased personally and brings the remains directly back to the crematory.

"At the Cremation Center, we don't do the cremation until we have had a family member come or send a photo to identify the deceased," he added.

In addition, those who wish to can come and witness the actual cremation and then wait in the family room for about three hours while the process is finished, and from there they can take the ashes directly home.

After family members take pos-

session of the ashes, they have many options of what to do with them, including keeping the ashes in an urn or keeping some of the ashes in small keepsake urns and burying the remainder, or scattering them. There is also memorial jewelry available as well as art glass, where the cremated remains are mixed in with molten glass to make attractive pieces like pendants, paperweights, hearts that sit in pewter holders, or 10- to 20-inch spires that sit on a lighted base.

There are even biodegradable urns designed to float on water during the service, prayers and throwing flowers in the water, and then the urn sinks down into the water. This option is popular on the coasts, Hawkins said, but he knows of one family who did this in a farm pond.

Hawkins also knows of some instances where people want their ashes cremated and buried with the ashes of their beloved pets.

"We take care of entire families," he said, "and we even have pet crematories as part of our umbrella of services. We can cremate owners and pets at the same time but not in the same crema-

tory. That is against the law."

And speaking of families, the Cremation Center of Kansas City is a family-owned business.

"We are in the fourth generation of funeral tradition," said Hawkins, who joined Cremation Center of Kansas City after the hospital in which he had the position of nursing administrator closed and a friend asked him if he wanted to join him in opening a crematory business.

That was 12 years ago and Hawkins has been with Cremation Center of Kansas City for six years. He sees some overlap between his former career and the one he is in now, including caring for people and helping them prepare for and plan for the loss of a loved one.

As for planning, Hawkins has a word of advice for people who want to make sure their wishes are carried out, whether that is cremation or a traditional burial: pre-plan.

"We get calls every day where there is an unexpected death and the family

has to choose," he said.

"Everybody should pre-plan," he added. "Write down what you want—the funeral, memorial, burial or cremation, write your own obituary, choose a photo. That helps the family. They can tell us, 'Mom had a plan and she paid for it,' and we can take it from there. Pre-planning and pre-funding help those left behind."

Pre-funding is very closely regulated by the State of Kansas, and the funeral home is not allowed to put the money into its own business account, Hawkins added.

"It has to be put into an account where it will grow interest," he said. "The individual who pre-pays will have the papers from the bank or insurance company where they have deposited it."

More information about the Cremation Center of Kansas City, located at 4926 Johnson Drive in Shawnee Mission, is available on their website at [cremationcenterkc.com](http://cremationcenterkc.com) or by calling 913-384-5566.

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## Stand By Me benefit event for Kansas Advocates for Better Care

*Stand By Me* is a charity event that benefits the non-profit work of Kansas Advocates for Better Care (KABC) with older adults and family caregivers by providing them with guidance as they face life-changing decisions about long-term care at home and in facilities.

KABC advocates on behalf of older adults and care needs with public policy makers, working to prevent harm and promoting better care solutions. *Stand By Me* 2015 will be held on Sunday, October 25 from 2-5 p.m. at Maceli's, 1031 New Hampshire St., Lawrence. Lee Ketzler will be honored with the Founders Award.

*Stand By Me* is a good time for a good cause and offers up music, live

and silent auctions and refreshments. All proceeds from *Stand By Me* support guidance and problem-solving to assist with an elder's care needs, training for caregivers, and educational resources that provide direction for achieving better care.

2015 Kansas Auctioneers Association Hall of Famer, Lester Edgecomb of Edgecomb Auctions, will be the guest emcee leading the live auction bidding on items such as a KU team autographed basketball, performing arts tickets for Symphony in the Flint Hills, Johnson County Community College, and the Lied Center, handcrafted art, destination stays in Taos and the

■ CONTINUED ON PAGE 11

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# Stand By Me

■ CONTINUED FROM PAGE 10

Flint Hills, game tickets for KC Chiefs and KU basketball, and more.

“We appreciate the generous support of *Stand By Me* donors,” Linda Carlsen, KABC president, said. “It is through the generosity of the individuals and businesses that sponsor *Stand By Me* and donate auction items that KABC can continue its public education efforts to prevent harm to elders and to promote better care of older Kansans. One such measure KABC is working to achieve is a safe level of nurse staffing in every Kansas nursing home.”

“2015 is an exciting year for KABC, it marks 40 years of citizen advocacy to

promote and achieve successes in bettering the long-term care of older Kansans,” Carlsen continued. “We are so pleased to be honoring Lee Ketzler with the Founders Award in recognition of the work that she and the band of six did to begin the nursing home reform movement in our state. It is our opportunity to publicly thank Mrs. Ketzler for the courageous work she along with the other five founders launched.”

There is no cost to attend *Stand By Me*, but all donations are appreciated. The event is open to the public. RSVPs are required by October 16. Light refreshments will be served and entertainment provided. Guests are asked to register by contacting the KABC office at (785) 842-3088 or toll free 1-800-525-1782. Email registrations can be made at [info@kabc.org](mailto:info@kabc.org).

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by Richard Cordley

## Alzheimer's Friendly Business program addresses isolation among family caregivers

The Home Instead Senior Care® office serving Topeka and Lawrence is launching a new campaign designed to make the community more Alzheimer's friendly. Through the Alzheimer's Friendly Business<sup>SM</sup> program, the Home Instead Senior Care office will provide free training to local businesses to help equip employees with information and resources needed to welcome families who are caring for a loved one with Alzheimer's disease.

In a recent survey of Alzheimer's caregivers, 74 percent reported that they and their loved ones have become more isolated from the community as a result of the disease. Furthermore, 85 percent reported that they feel a reduced quality of life due to isolation.

"For many caregivers, the unpredictable nature of the disease can make going out in public with their loved one intimidating," said Gail Shaheed, owner of the Home Instead Senior Care office serving Shawnee and Douglas Counties including the cities of Topeka and Lawrence. "Our research shows that family caregivers might be reluctant to frequent public places because of the behaviors that could be associated with the disease."

According to Alzheimer's Disease International, the number of people with dementia worldwide is expected to grow to a staggering 75.6 million by 2030 and 135.5 million in 2050.

"Given the statistics, most businesses that deal with the public will be serving people with Alzheimer's

and their families," said Shaheed. "It's critical that local businesses start working now to build Alzheimer's friendly communities to better serve their customers with Alzheimer's and other dementias."

To complete the training, employees are asked to work through an interactive, online module available at [AlzheimersFriendlyBusiness.com](http://AlzheimersFriendlyBusiness.com). Once the training is successfully completed, businesses will receive a window cling with the Alzheimer's Friendly Business designation. The designation will be valid for two years.

For more information about the Home Instead Senior Care network's Alzheimer's Friendly Business program and to access additional resources, please visit [AlzheimersFriendlyBusiness.com](http://AlzheimersFriendlyBusiness.com) or call 785-272-6101.



Shaheed

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## ESTATE PLANNING

# Ya Gotta Talk

Unless limited, a Healthcare Power of Attorney grants broad authority to your healthcare agent. For example, among the provisions contained in K.S.A. § 58-632, your agent may “consent, refuse consent, or withdraw consent to any care, treatment, service



**Bob  
Ramsdell**

or procedure to maintain, diagnose or treat a physical or mental condition ... make all necessary arrangements at any hospital, psychiatric hospital or psychiatric treatment facility, hospice, nursing home or similar institution ... [and] employ or discharge health care personnel ... as the agent shall deem necessary for [your] physical, mental and emotional well being.”

But while these words in a Healthcare POA confer legal decision authority on your agent, what about the actual decisions he or she might make? These should reflect what your agent believes you would choose for yourself. However, if your healthcare agent is calling the shots, it is because you are no longer able to receive and evaluate relevant information and effectively communicate decisions, even with the use

of assistive technologies or other supports. You are the one in the hospital bed, but you are no longer in charge of yourself. If your agent does not already have an understanding of your healthcare preferences—including end-of-life choices—it is too late to tell them.

A study published in JAMA Oncology this past July assessed the advance planning and end-of-life care of almost 2,000 cancer patients who died between 2000 and 2012. While the use of Healthcare POAs increased over this period (52% to 74%), the percentage of patients receiving “all care possible” at end-of-life skyrocketed from 7% to 58%. The researchers surmised patients were executing POAs but not discussing their preferences with their agents, forcing them “to make decisions in a communication vacuum.” In this vacuum, agents tend to default to “all care possible.” That’s fine if it happens to reflect your wishes, not so fine if it does not.

So you have to think about what is important to you and discuss your preferences with your primary and back-up healthcare agents. This can be difficult for some people, but there are resources to help.

In my July 2015 column, I highlighted “The Consumer’s Tool Kit for Health Care Advance Planning” and “Making Medical Decisions for Someone Else: A How-To Guide” available as free downloads from the ABA Commission on Law and Aging at [www.americanbar.org/groups/law\\_aging](http://www.americanbar.org/groups/law_aging).

html . If you haven’t already obtained these, get them.

Other free, downloadable resources are “Your Conversation Starter Kit” available at [www.theconversation-project.org](http://www.theconversation-project.org) and “Caring Conversations: Making Your Healthcare Wishes Known” available at [www.practicalbioethics.org](http://www.practicalbioethics.org). At [www.prepareforyourcare.org](http://www.prepareforyourcare.org) you can go through a self-paced program to help you make advance-planning choices that includes illustrative video clips.

If you’d like some prompts to get your thoughts flowing, consider the “Go Wish Cards” available from Coda Alliance at [www.codaalliance.org](http://www.codaalliance.org). This is a set of 36 cards, each card with a short statement of something frequently cited as important near the end of life. Several blank cards let you fill-in items unique to you. One play option is to sort the cards according to what’s important to you and then discuss why you made these choices with your agent. Another is for you and your agent to each separately sort a set of cards, then compare your choices to what your agent thought you would choose—and discuss the disconnects. The current price is \$24 for two packs of cards. Or you can play an electronic version for free at [www.gowish.org](http://www.gowish.org).

Finally, talk to your doctor to gain professional medical insight regarding treatment options and to express your preferences. Hopefully, Medicare will begin reimbursing doctors

for advance care planning beginning January 1, 2016. (CMS proposed the reimbursement this past July and the 60-day public comment period closed on September 8. The goal is for CMS to finalize the rule by November 1 and implement it at the start of next year.)

Of course, none of this applies to me. I expect to be struck by a small meteorite and instantaneously vaporized right after enjoying a cold beer on a crisp fall afternoon. You may have a similar expectation. However, I’d suggest both of us hedge our bets and do some planning and talking.

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

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## JILL ON MONEY

### Reflections on the recent correction

Time flies when investors are enjoying a bull market. Until the recent correction, it had been four years since the last time the stock market declined by 10 percent. Before you start whining about the fate of your portfolio, it's important to note that these pullbacks are a normal part of market action.



Jill  
Schlesinger

According to Capital Research and Management Co., an investment firm, corrections of 10 percent occur about every year, so we have been long overdue for one. (Bear markets, marked by declines of 20 percent or more, occur about every three-and-a-half years, and the last one ended in March 2009.)

There were three main factors behind this correction: 1) fear of an economic slowdown in China, which officials in Beijing can't stop; 2) a sell-off in commodities, which is pressuring emerging markets and commodity exporters like Australia, Canada, Brazil and Russia; and 3) concern about when the Federal Reserve will increase interest rates and how the liftoff will impact asset prices.

Many believe August 24 (aka "Black Monday," when China's main stock market index plunged 8.5 percent) was the beginning of the brutal downside

action. Market observers talked about the spread of contagion from a collapse in the Chinese stock market to the Chinese economy, then to emerging market economies and finally to developed economies.

According to Capital Economics, a U.S.-based think tank, "The debacle in China's equity market tells us little directly about what is going on in China's economy." The reason is that China's massive bull market bubble, which began in 2014 and peaked on June 12th, "was speculative, rather than driven by any improvement in fundamentals. ... (W)e are witnessing the inevitable implosion of an equity market bubble." Since the top, the bears have wiped out \$4.5 trillion of Chinese stock market value.

Fear of a hard economic landing in China has been floating around for some time. In the big picture, the days of China's double-digit growth rates are behind it. But because the total Chinese economy has increased in size, it continues to contribute more than a third of global growth. That's why a slowdown in growth from the government's 7 percent target, to something closer to 6 percent, will reduce Chinese demand for commodities. Hence the rout in oil (crude fell to the lowest price since March 2009), industrial metals and emerging market trading partners who export those items to China.

While the impact of China and falling commodities is important, some note that the selling pressure began on

the Wednesday before Black Monday. That's when minutes from the last Federal Reserve meeting were released. The officials' views on current conditions painted a picture not of an economy rebounding strongly after a tough, weather-related first quarter but of one that still faces downside risk. All of the sudden, it appeared that the Fed was not entirely sure what was going on and how it would respond to global events—that uncertainty sent shivers across trading floors.

Here's the good news: The first stock market correction in nearly four years has been a great reminder to investors of core concepts that can guide us through both good and bad times, the most important of which is that wild swings are part of being in the game. Because of that fact, investors should stick to a diversified portfolio, one that can help prevent them from jumping in after the market has already charged higher or succumbing to panic and selling when the market tumbles. They also need to rebalance their portfolios on a periodic basis to ensure that their allocations remain in check.

Another reminder: Do not keep money that you will need in the short term—for a tuition payment or other large purchase—invested in any asset that can fluctuate in value.

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

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# MAYO CLINIC

## Many conditions can cause dementia, but Alzheimer's is the most common

**DEAR MAYO CLINIC:** What's the difference between dementia and Alzheimer's disease? Are they hereditary?

**ANSWER:** Dementia is a broad term used to describe a group of symptoms that interferes with a person's thinking and the ability to function well in day-to-day activities. Many conditions can result in dementia, but Alzheimer's disease is, by far, the most common.

Because so many factors can lead to dementia, one cannot say that dementia, the syndrome, is hereditary. Rather, subtypes of dementia (for example, Alzheimer's disease) may have inherited components. A rare form of Alzheimer's disease is truly inherited, but that accounts for only 1 percent of the total disease. Typical Alzheimer's disease, however, does have a tendency to run in families, and there are genetic tendencies.

Dementia is defined by its symptoms, with memory loss being one of the most frequent. Just because a person has some memory loss, though, doesn't necessarily mean he or she has dementia. A diagnosis of dementia typically means a person is having problems with at least two brain functions. That may include, for example, memory loss as well as impaired judgment or problems with language. These may in turn lead to difficulty performing routine tasks, such as paying bills or driving to a familiar location with-

out getting lost.

Dementia also can lead to confusion. It can cause changes in personality and social behavior. Dementia may make it hard for a person to complete complex tasks that have multiple steps. Planning and organization can be a challenge, too, for someone who has dementia. In some cases, agitation, paranoia and hallucinations may be part of dementia.

The root cause of dementia is damage to nerve cells in the brain. A wide variety of diseases and medical conditions can trigger that damage. They include brain infections such as meningitis and encephalitis, stroke, multiple sclerosis, Lewy body dementia, multiple head injuries, thyroid problems and nutritional deficiencies, among others. Some of these conditions may be hereditary, but many are not.

In people 65 and older, the most common cause of dementia is Alzheimer's disease. Although in most cases the exact cause of Alzheimer's disease isn't known, plaques and tangles are often found in the brains of people with Alzheimer's. Plaques are clumps of a protein called beta-amyloid, and tangles are fibrous tangles made up of tau protein. These plaques and tangles cause the brain damage that leads to symptoms of dementia.

In rare cases, Alzheimer's can be traced to a specific genetic disorder. Members of families who have that disorder have a 50 percent chance of

inheriting a gene mutation that leads to Alzheimer's. Individuals with the genetic form of Alzheimer's usually develop the disease during their 40s and 50s—much earlier than nongenetic forms of the disease that typically do not start to appear until the mid-60s or later.

The vast majority of Alzheimer's disease cases, however, are not directly linked to a genetic disorder. Nevertheless, if you have a first-degree relative—mother, father, brother or sister—who has been affected by Alzheimer's disease, your risk for the disease does go up. But it's hard to pinpoint exactly how much the risk increases.

In general, people older than 65 have about an 8 to 10 percent risk of developing Alzheimer's. For people with a first-degree relative who has the disease, researchers estimate that number

goes up two or three times, depending on an individual's personal medical history, lifestyle and other environmental factors.

If you have a first-degree relative with Alzheimer's, make sure your doctor is aware of that. He or she can talk with you about your individual risk of the disease and discuss ways you may be able to lower that risk. - Ronald Petersen, M.D., Ph.D., Alzheimer's Disease Research Center, Mayo Clinic, Rochester, Minn.

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

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# HEALTH & WELLNESS

## Action planning for injury recovery

When people suffer an injury, they often make one of two mistakes—they rush back into action before they recover fully, or they sit and wait, wishfully hoping that time will heal them. But neither rushing nor wishing will help you recover properly. What you need, for many injuries, is physical therapy. That means, not only therapeu-

ting weaker and that your other leg is fatigued from doing all the work. Your back isn't too happy either. There may be a grinding feeling in your low back when you hobble around. After three weeks, you begin to wonder and worry. Why is so hard to walk, why are you weaker rather than stronger, why is the pain still there? Now you not only have an aching knee, but your back hurts and your leg is so weak you can hardly lift it onto the couch. Where is this all going?

Downhill, that's where. Unless, that is, you get up and get help.

### It's PT Time

If two weeks pass after an injury and you haven't snapped back, you need expert guidance. Often people begin with anti-inflammatory medications, rest, ice and elevation. That's fine...but if you aren't better soon, you should seek expert guidance.

You lose strength in just 24 hours of immobility. And the longer you're immobile, the longer it takes to regain strength. There is no benefit in resting beyond a certain point unless your doctor has prescribed rest. If you aren't healing properly, it may be time for therapy...to decrease the pain, increase your strength, and get you back in the game.

Physical therapists specialize in therapeutic exercise to strengthen weak muscles. Many forms of regular exercise can also help you. When you're well, walking and biking are great for your stamina and cardiovas-

cular health. But when you're benched with an aching leg or back—when pain or injury has made you inactive—you need to exercise slowly, gradually, and expertly. You want to recover fully and avoid re-injury.

### Start Here

Physical Therapists are scientifically trained in therapeutic exercise. We begin by evaluates the injured join or muscle to:

1. **Find the weakest link.** Muscles work in groups and one muscle in the group may be weaker than the others. The exercise program must activate the weak muscles.

2. **Increase the demand on the weakest link.** The therapist will ask you to do specific exercises that specifically strengthen the affected muscle. If that particular muscle isn't singled out, other, stronger muscles will continue to do all the work.

3. **Teach you to exercise right.** It's common for a patient in pain to use the wrong muscles when doing an exercise with the result of increasing the pain and joint damage. Some types of exercise can increase the forces in a joint, causing more pressure and pain. The right exercise will increase your strength while lessening the impact on your joint.

4. **More isn't better.** The therapist will help you progress by adding or subtracting exercises, increasing or reducing the number of repetitions, and altering the amount of weight you're asked to handle. Sometimes more weight and fewer repetitions are called

for; sometimes, just the reverse.

5. **Slow but sure.** If you have been off your leg for a few weeks, it may take at least that number of weeks to get your strength back.

6. **Patience will be rewarded.** If you keep your therapy appointments and exercise at home, as instructed, you give yourself the best possible chance of full recovery.

7. **Act quickly after surgery.** You need to begin therapy as soon after surgery as prescribed by your surgeon. Supervised exercise after surgery stops muscle atrophy, reduces your chance of blood clots, and gets you active sooner.

### Keep Your Eye on the Ball

Last but not least:

Remember, the point of therapy is to recover completely. Anyone who wants to treat you indefinitely...every week or month for years...is offering to treat your symptoms, not your underlying problems. And anyone who says you don't need care...doesn't care. You can do better. The aim of physical therapy is to get you back on your feet, so that (with the right treatment) you won't need treatment forever.

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



Laura  
Bennetts

tic exercise, but exercise supervised by a registered Physical Therapist.

Not just any exercise will do. You might think that riding a stationary bike will do the trick. But different injuries require different exercises. The wrong exercise can hurt you, rather than helping you. So, if you want to avoid aggravating your injury, you should get help from a pro. That means—a physical therapist.

### Don't Just Sit There!

Wouldn't it be wonderful if time really did heal all wounds? But the truth is that many injuries worsen if we simply wait for them to heal on their own.

Stop me if this sounds familiar. You're stuck on the couch, waiting for a sore knee to stop hurting. But soon you discover that your leg is get-

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# HEALTH & WELLNESS

## Poisonous and scary plants

It is October and the month for Halloween. During this month, we will hear about the ghosts and the goblins. Television will be showing movies to scare us and send shivers up our



Dr.  
Farhang  
Khosh

spines. However, all the terror is not only during the month of October and related to ghosts and goblins. There are an abundant number of plants that can give any horror movie a run for its money.

Over the past millions of years, plants have developed some clever ways to fend off predators. Ways to

fend of predators have included injecting deadly neurotoxins to those who try to eat or touch them, thorns and needles to puncture the skin of the prey that touches them, and powerful enzymes strong enough to digest the prey. The *Nepenthes attenboroughii* is a giant pitcher plant that can digest its prey as big as rodents. Pretty scary, but what are the top poisonous plants?

In my opinion, the mostly deadly plant in the world is not the plant that shoots you with neurotoxins or can eat you. It is a plant that is addictive, easily purchased, and can slowly kill you. The plant is tobacco. Tobacco, or *Nicotiana tabacum*, was deemed a "wonder drug" in ancient times. However, the addictive properties of the nicotine in the tobacco combined with the terrible side effects associated with trying to stop have its users hooked. The health consequences of smoking make tobacco

plant the most dangerous.

Another plant that needs to be mentioned due to its poison is the Castor oil plant. Castor oil plant, or *Ricinus communis*, can be found in almost all houses and gardens all across the United States. The castor oil plant has seeds that, if ingested, are extremely poisonous.

According to the *Guinness Book of World Records*, the world's most dangerous tree is the manchineel, or *Hippomane mancinella*, of the Florida Everglades. It is also called the "little apple of death" due to the fruit on this tree resembling little apples. The sap of this tree is so poisonous and acidic that contact with human skin causes a breakout of blisters, and blindness can occur if it touches a person's eyes. Even standing under it in the rain is enough to cause blistering of the skin if the raindrops contain any sap. This is one apple that I recommend everyone to stay away from.

Hemlock, or *Cicuta*, is better known as water hemlock or poison parsnip. The members of the genus *Cicuta* belong to the same family of plants as the hemlock that

killed Socrates. The neurotoxic effects of this plant make it extremely poisonous. When pulled freshly out of the ground, the roots of this plant are often mistaken for edible plants like parsnip. Hence the name "poison parsnip."

Other notable mentions are *Abrus precatorius*, or Crab's Eye, *Ageratina altissima*, or White Snakeroot, *Aconitum*, or monkshood or wolf's bane, and *Nerium oleander*, or Oleander.

So when you are being reminded of the scary ghosts and goblins this Halloween, don't forget the really scary poisonous plants.

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



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TOPEKA

## The Back Nine

By Connie Michaelis, Marketing Director  
[pr@mccriteretirement.com](mailto:pr@mccriteretirement.com)

I love it when readers send me emails that pertain to issues on aging. There is so much written, and every once in a while there is a gem. Someone sent along an article that used the phrase "being on the back nine" as a metaphor for growing older. At first I was a little put off; it sounded a little negative, but the more I thought about it the better I liked it! Since the article didn't elaborate on the meaning, I asked my husband the golfer, to help me interpret the possible allegory. Getting to the half-way point in a round of golf has lots of rewards. Oftentimes you stop for a snack and beverage to start the final nine holes; take a break and get your strength back. You have the

opportunity to assess your front nine and figure out what you were doing well and what needs improvement. Most golfers report scores for the front and back separately as if they're two different games. Perhaps the front nine was just a good warm up for the best play!

There isn't a golf course of any stature that does not have a beautiful hole that approaches the clubhouse. The 18th hole celebration awaits the grand arrival at the finish. Of course, the winner is the one with the lowest number of strokes. Strokes are a bad idea, right? The foursome might head to the proverbial 19th hole where the winner might buy a round of drinks for his companions. The back nine is full of anticipation. Perhaps it's more relaxed, but yet more focused. I understand that's the key to good golf: relaxed and focused at the same time. I think it is a grand metaphor. There are many parallels. The back nine may just be better than the front nine. As we say around here, why not make the rest of your life the best of your life! We're counting on that at McCrite! When you have questions about Great Living call the experts at 785 256 2960.

# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

### SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

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

### LAST FRIDAY OF EACH MONTH FINAL FRIDAYS

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

MAY 1-DEC 4

### FIRST FRIDAYS ART WALK

Thousands of Topekans participate in the ARTSConnect First Friday Artwalk along with dozens of businesses who host special artist showings, musical performances, and other special events. North Topeka Arts District (NOTO), 800-1000 N Kansas Ave., 5:30-8:30 p.m.  
TOPEKA, artsconnecttopeka.org

## BINGO

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

**SUNDAYS, WEDNESDAYS & FRIDAYS**  
**CAPITOL BINGO HALL**

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

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

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

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

**WEDNESDAYS & SATURDAYS**  
**LEGIONACRES**  
3408 W. 6th St., 6:45 p.m.  
LAWRENCE, 785-842-3415

**FRIDAYS**  
**EAGLES LODGE**  
1803 W. 6th St., 7 p.m.  
LAWRENCE, 785-843-9690

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

**SUNDAYS & TUESDAYS**  
**MOOSE CLUB**  
1901 N Kansas Ave, 6 p.m.  
TOPEKA, 785-235-5050

## DAY TRIPS/TOURS

**OCT 8**  
**OREGON TRAIL TOUR**  
Let's explore the route that hundreds of families in covered wagons followed through our area in the 1840s in what was then Indian Territory. We will meet near the gazebo in South Park, drive east toward Blue Mound, the first landmark on the 2,000-mile trail, and follow the route, including the trail marker crossing the KU campus. Tour Guide: Katie Armitage. Register at www.lprd.org or any Lawrence Recreation Center. (Lawrence Parks and Recreation). 10 a.m.-12 p.m. Fee. LAWRENCE

**OCT 20**  
**SAFARI MUSEUM AND WALKER ART GALLERY**  
Discover two little known treasures of Kansas. The Walker Art Gallery houses a collection of mostly early twentieth century American paintings, sculptures, prints and drawings considered one of the most extraordinary art collections in the Midwest. The Safari Museum tells the remarkable story of Martin and Osa Johnson, photographers, explorers, naturalists, authors and native Kansans. The Johnsons traveled the world from 1917 to 1936 and captured the public's imagination with their films and books of adventure in distant exotic lands. Registration includes transportation and fees, lunch on your own. Registration deadline: October 13. Register at www.lprd.org or any Lawrence Recreation Center. 9 a.m.-6 p.m. Fee. LAWRENCE

**NOV 3**  
**KANSAS STATE CAPITOL**  
By request, we will return to the Kansas State Capitol this fall. This impressive public monument serves as the working offices for the governor and legislators. Over a century after it was originally completed, a significant preservation and restoration project was honored with

the Medallion Award for Rehabilitation from the Kansas Preservation Alliance. Join us for a guided tour of the building, famous murals and visitor center. Registration deadline: October 27. Register at www.lprd.org or any Lawrence Recreation Center. 9 a.m.-12 p.m. Fee. LAWRENCE

## EDUCATION

### ONGOING COOKING CLASSES

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

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

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

**FIRST & THIRD FRIDAYS OF EACH MONTH**  
**HEALTHWISE AFTER 55**  
Television program offers interviews on health

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

### SECOND TUESDAY OF EACH MONTH COMPUTER CAFÉ

This time is an opportunity to meet with other computer users and an instructor to problem solve or learn about new apps, websites and other ways technology can ease our lives. Drop-in and enroll (fee) on-site at the Carnegie Building, 200 W. 9th St., on the second Tuesday of each month from noon-1:30 p.m.  
LAWRENCE, 785-832-7920

### SECOND & FOURTH FRIDAYS OF EACH MONTH FOR FAMILY CAREGIVERS

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

**OCT 1**  
**SKILLBUILDERS: CARE CARE 101**  
Presented by Richard Haig, Westside 66 & Carwash. Skillbuilders is a series of programs for anyone experiencing significant life changes. Sponsored by the Lawrence Public Library, Brandon Woods at Alvarado, Senior Services of Douglas County, and Visiting Nurses, Skillbuilders is located in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. All programs are held from 10-11:30 a.m. Registration is not required. All programs are free. Transportation may be arranged through Douglas County Senior Services.  
LAWRENCE, 785-843-3833

■ CONTINUED ON PAGE 19

Topeka Area Continuity of Care and Jayhawk Area Agency on Aging

## Senior Resource Fair

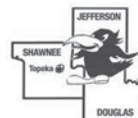
Thursday, Oct 22<sup>nd</sup>, 2015  
9:00 a.m. – 3:00 p.m.

West Ridge Mall  
1<sup>st</sup> Floor  
JC Penney & Old Navy Alcove, Topeka, KS

-Admission is FREE to the public-

Attendees will be entered to win 1 of 3 \$50 Visa Gift Cards.  
Many individual booths will also have separate prizes.

The TACC Resource Fair promotes continuity of health care through education about the many services available in Shawnee county and surrounding areas. The fair provides an opportunity to become better acquainted with local service providers.



**DID YOU KNOW?** TACC annually gives scholarships for students entering the medical field.

■ CONTINUED FROM PAGE 18

OCT 8

### SKILLBUILDERS: TALK WITH YOUR PHARMACIST

Presented by Debbie Mishler, Brandon Woods. See October 1 description for more information on Skillbuilders, including the location and time of programs.

OCT 8

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a division of Stormont-Vail Healthcare, will hold a Medicare educational seminar Thursday, October 8, at 6 p.m. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at the Cotton O'Neil Clinic at 1704 Commercial Circle. Light snacks and beverages will be provided. WAMEGO, 800-227-0089, 785-233-1816

OCT 15

### SKILLBUILDERS: THE VALUE OF EXERCISE

Presented by Charlotte Robertson, Brandon Woods. See October 1 description for more information on Skillbuilders, including the location and time of programs.

OCT 20

### SENIOR SUPPER AND SEMINAR

This month's topic: "Hearing Loss." Presented by Leonel Martinez, MD, of Lawrence Otolaryngology Associates. On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Uni-dine chefs, plus conversation with others. At 6 p.m., there will be a short educational program on a health or wellness topic presented by LMH affiliated physicians or associates. Advance reservations are required for the supper portion only, and must be made at least 24 hours in advance by calling LMH Connect Care at (785) 749-5800. Supper seating is limited so please enroll early. Seminar presentation is open to adults of all ages. LAWRENCE, 785-749-5800

OCT 22

### SKILLBUILDERS: DISTRIBUTING YOUR ESTATE

Presented by Jane Baker, Brandon Woods. See October 1 description for more information on Skillbuilders, including the location and time of programs.

OCT 24

### HEALTH INSURANCE EDUCATIONAL SEMINAR

Century Health Solutions is offering a Health Insurance Educational Seminar on Saturday, October 24, at 2 p.m. Learn how to enroll or change your health insurance option during Marketplace Open Enrollment. The seminar will be held at 2951 SW Woodside Dr., Topeka, KS 66614. The seminar is free and open to the public. To register or for more information please call 785-233-1816 or email info@century-health.com. Light snacks and beverages will be provided. TOPEKA

OCT 24

### FOOD DAY: EXPLORING HUNGER IN DOUGLAS COUNTY

The Watkins Museum is hosting a fun, informative, and family-friendly event that will explore hunger and food insecurity in Lawrence and the surrounding area. The event is free to the public and will include a life-sized board game, a photography exhibit, corn husk doll making, presentations from local organizations, a short film screening, and more. Come enjoy healthy, local snacks and learn about the hidden struggle of thousands of people in Douglas County. Food donations will be accepted at the door to benefit Penn House and Just Food. Watkins Museum of History, 1047 Massachusetts St., 1-4 p.m. LAWRENCE

OCT 29

### SKILLBUILDERS: FINANCIAL PLANNING

Presented by Barbara Braa, Central Bank of the Midwest. See October 1 description for more information on Skillbuilders, including the location and time of programs.

NOV 5

### SKILLBUILDERS: WHO AM I NOW

Presented by Karen Roberts, LPN, PA. See October 1 description for more information on Skillbuilders, including the location and time of programs.

## ENTERTAINMENT

SUNDAYS

### LAWRENCE IRISH TRADITIONAL SESSION

The Lawrence Irish Session is a lively gathering of musicians sharing Irish traditional tunes each week. Beginners and experienced players are welcome. Come to listen, learn and share tunes and songs of Ireland, and best of all, have a great time! Henry's on 8th, Upstairs in the Pub, 11 E. 8th St., 5:30-9 p.m. LAWRENCE, www.lawrencession.com

THURSDAYS

### JUNKYARD JAZZ

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

SATURDAYS

### JOHN JERVIS, CLASSICAL GUITAR

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

SEP 11-OCT 10

### THE ADDAMS FAMILY

It's every father's nightmare: Wednesday Addams, daughter and the ultimate princess of darkness, has fallen in love with a sweet, smart young man from a respectable family – a man her parents have never met. Wednesday confides in her father and begs him not to tell her mother, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's 'normal' boyfriend and his parents. See website for dates. Topeka Civic Theatre and

Academy, 3028 SW 8th Ave., 8 p.m. Fee.

TOPEKA, 785-357-5211

www.topekacivictheatre.com

SEP 18, 19, 20, 24, 25, 26, 27, OCT 2, 3, 4

### HANDS ON A HARDBODY

10 Contestants! 4 Days! 1 Truck! A new lease on life is so close 10 Texans can touch it! Under a scorching sun for days on end, armed with nothing but hope, humor and ambition, they'll fight to keep at least one hand on a brand-new truck in order to win it. Only one winner can drive away with the American Dream. Theatre Lawrence, 4660 Bauer Farm Dr. Thursday-Saturday at 7:30 p.m. and Sundays at 2:30 p.m. Fee. LAWRENCE, 785-843-7469 www.theatrelawrence.com

SEP 18-OCT 3

### THE OLD PEOPLE ARE REVOLTING!

The Old People Are Revolting! is a hilarious comedy about seniors seeking revenge at Sunshine Retirement Village. Fed up with being ignored and relegated to the sidelines of life, they've decided to prove to the world just how dangerous seniors can be! Bursting with eccentric characters and crazy shenanigans, the play is great fun. See website for dates. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 8 p.m. Fee. TOPEKA, 785-357-5211 www.topekacivictheatre.com

OCT 1

### BLACK VIOLIN

Named one of the hottest bands at South by Southwest in 2013, Black Violin plays a blend of classical, hip-hop, rock, R&B and bluegrass music. The classically trained twosome, Wilner "Wil B" Baptiste and Kevin "Kev Marcus" Sylvester are a welcome revelation for their ability to meld highbrow and pop culture into a single genre-busting act. Live, they are accompanied by their band, featuring ace turntable whiz DJTK (Dwayne Dayal). Individually and together, this talented duo has collaborated with the likes of P. Diddy, Kanye West, 50 Cent, Tom Petty, Aerosmith, Aretha Franklin and The Eagles. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/event

OCT 2

### KANSAS

Founded in Topeka in 1969, KANSAS has spent more than four decades as a part of the lives of music lovers. The band has produced eight gold albums, three sextuple-platinum albums, one platinum live album, the gold single, "Dust in the Wind" and the iconic "Carry on Wayward Son." In 2000, KANSAS returned to the studio to produce Somewhere to Elsewhere, the first album to feature all six original players in 20 years. Since then, they have released albums and DVDs while remaining a fixture of classic rock radio. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/event

OCT 2, 3, 9 & 10

### THE MONSTER UNDER THE BED

When Ben swaps places with the under-bed monster, his life and school are turned inside out and

upside down. A funny and thrilling play for children about friendship and facing your fears. Topeka Civic Theatre, 3028 SW 8th Ave., 7 p.m. Fee. TOPEKA, 785-357-5211

OCT 3

### WORLDS AWAY

Ching-Yun Hu, Piano. THE OTHER SIDE OF THE WORLD Brahms, Symphony No 3. Rachmaninoff, Piano Concert No 2. The Topeka Symphony Society, Washburn University, 7:30 p.m. Fee. TOPEKA, 785-232-2032 www.topekasympphony.org

OCT 4

### TESLA QUARTET

The Tesla Quartet, winner of the 2012 Fischhoff National Chamber Music Competition, will present a program featuring music from Haydn, Bartok and Dvorak. The group's cellist, Serafim Smigel-skiy, received a degree from Kansas City's Park University International Center for Music. Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/event

OCT 6

### MOVIES AT THE MULVANE: IRIS

The Oscar award-winning film tells the story of the novelist Iris Murdoch's slide into Alzheimer's disease. Discussion after the film with Cindy Miller, Dementia Care Specialist, Topeka Alzheimer's Association. Held in conjunction with the exhibition, Perspectives on Aging. The Mulvane Art Museum, 1700 SW Jewell Ave., 6 p.m. Free. TOPEKA

OCT 7

### TRUTH VALUES: ONE GIRL'S ROMP THROUGH M.I.T.'S MALE MATH MAZE

This award-winning solo performance tells a true-life tale about the challenges of being a professional woman in a male-dominated field. The show features writer, performer and "recovering mathematician" Gioia De Cari, who charmingly brings to life more than 30 characters. The story follows a young woman's search for identity as she enrolls at the nation's premier math and science institute. To her astonishment, professors suggest she stay home and have babies, grad students stalk her and a teacher relegates her to cookie duty. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/event

OCT 15

### DARIUS RUCKER – SOUTHERN STYLE TOUR

Darius Rucker 2015 Southern Style Tour featuring David Nail and A Thousand Horses. Kansas Expocentre – Landon Arena, 7:30 p.m. Fee. TOPEKA, 785-235-EXPO, ksexpo.com

OCT 16

### THE MAGIC OF BILL BLAGG: LIVE

Critics and audiences alike rave about Bill Blagg's incredible high-energy, grand-scale magic and illusion that will have you rubbing your eyes in disbelief. Watch as audience volunteers levitate in mid-air, vanish in the blink of an eye, and so much more. Blagg's show is packed with new mind-blowing illusions,

■ CONTINUED FROM PAGE 19

including his astounding demonstration of the world's only Hoverboard, inspired by the film *Back to the Future II*. His trademark off-the-cuff personality makes this show a great family event you can't afford to miss. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee. LAWRENCE, 785-864-2787 [lied.ku.edu/event](http://lied.ku.edu/event)

OCT 23

### AN ACOUSTIC EVENING WITH LYLE LOVETT & JOHN HIATT

Two veteran singer/songwriters join forces for a unique and intimate acoustic performance and deliver one of the most compelling and spontaneous concerts on the road. A Grammy Award-winning singer, composer and actor, Lyle Lovett is one of music's most vibrant and iconic performers. Lovett is joined by John Hiatt, a talented singer and guitarist best known for his prolific songwriting. With 11 Grammy nominations and 24 albums to his name, he was inducted into the Nashville Songwriters Hall of Fame and won the Americana Music Association's Lifetime Achievement Award in 2008. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 [lied.ku.edu/event](http://lied.ku.edu/event)

OCT 23 & 24

### JAYHAWK THEATRE: ROCKY HORROR PICTURE SHOW

We would like, if we may, to take you on a strange journey. Our 2nd annual interactive Rocky Horror Picture Show extravaganza. The Jayhawk State Theatre of Kansas, 720 SW Jackson St., Topeka, 7 p.m. Fee. TOPEKA [www.facebook.com/events/664304637030220](http://www.facebook.com/events/664304637030220)

OCT 23, 24, 30, 31, NOV 6 & 7

### MURDERMIND

Gloom overhangs Mayhew Manor, touching all who dare enter. This twisted murder mystery follows the Mayhew family as Clifford Brownell arrives at the manor to help. Is Brownell an actor in this drama of the macabre, or is he the principal player? Where does sanity end and illusion begin? This gothic tale of horror, love and death is sure to brighten a gray day and make restless a still night. Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 8 p.m. Fee. TOPEKA, 785-357-5211 [www.topekacivictheatre.com](http://www.topekacivictheatre.com)

OCT 27

### ERIC ALEXANDER, TENOR SAXOPHONE & HAROLD MABERN, PIANO

This event is part of the Just Friends Jazz Series. Complimentary wine, beer and non-alcoholic beverages will be available at the performance. Eric Alexander has earned praise from critics and has established his own voice within the bebop tradition. Alexander will be joined at the Lied Center in a duo setting by Harold Mabern, a Memphis native, considered one of the most enduring and dazzlingly skilled pianists of our time. Mabern and Alexander have appeared on more than 20 albums together. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee. LAWRENCE, 785-864-2787 [lied.ku.edu/event](http://lied.ku.edu/event)

NOV 5

### THE RODNEY MARSALIS PHILADELPHIA BIG BRASS

The Rodney Marsalis Philadelphia Big Brass is a cornucopia of sound. Led by Curtis Institute of Music alum Rodney Marsalis, cousin of Wynton Marsalis, the ensemble's work ranges from solo trumpet to brass quintet, and more. Composed of some of America's top male and female brass musicians, this group is dedicated to engaging audiences and bringing the joyous experience of great music to the stage. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 [lied.ku.edu/event](http://lied.ku.edu/event)

## FAIRS/FESTIVALS

SEP 5-OCT 11

### KANSAS CITY RENAISSANCE FESTIVAL

For over 35 years, the Kansas City Renaissance Festival has entertained thousands of visitors in their 16th century village, which features a variety of performances, armored jousting, artisan and food booths and much more! Open weekends, September 5-October 11, plus Labor Day and Columbus Day; 10 a.m.-7 p.m., rain or shine. Enjoy a day of fun and amusement. 633 N. 130th St. BONNER SPRINGS, 913-721-2110 [www.kcrenfest.com](http://www.kcrenfest.com)

SEP 26 & 27, OCT 3 & 4

### FALL FESTIVAL AND SWAP MEET

We will be making apple cider, apple butter, and sorghum each day. Tour Cottonwood Station, our reproduction living history of an early day Kansas town. We will be sawing lumber at the saw mill and grinding grain in the flour mill each day. Our blacksmith will be hard at work in the Blacksmith Shop. Buy, sell, or trade at the Flea Market. Stop by the General Store and attend church on Sunday in the Bloomfield Church. We will have garden tractor pulls each day and live music on Saturday night. We have on-site camping, modern restrooms, and on-site concessions. We are located one mile east of Meriden on K-4 Highway. MERIDEN, 785-633-9706 [www.meridenthreshers.org](http://www.meridenthreshers.org)

OCT 4

### 36TH ANNUAL APPLE FESTIVAL

Enjoy everything from Bierocks to Barbecue, Turkey Legs, Sarsaparilla to Green Rivers. And, of course, apples and more apples in caramel, in pies, in fritters, and in the cider. Our dedicated and talented volunteers will demonstrate traditional pioneer skills and crafts: quilting, weaving and spinning, blacksmithing, and other almost-lost arts. Visit the annual Quilt Show in the Lingo Livery Stable. Music, laughter, fun and enlightenment provided by our roving musicians and entertainers. There's even more excitement on the main stage. Check out the parks and recreation website for performers. Explore the "Peddler's Village" in the botanical gardens filled with artisans selling their wares. We have new crafters plus many popular favorites. Old Prairie Town at Ward-Meade Historic Site, 124 NW Fillmore Street, 10 a.m.-5 p.m. Fee. TOPEKA, 785-251-2989 [parks.snco.us/Facilities/Facility/Details/28](http://parks.snco.us/Facilities/Facility/Details/28)

OCT 10

### CAPITAL CITY JAZZ AND FOOD FESTIVAL

A great mix of jazz – local and national artists – paired with food truck variety from across the state. The evening starts at 4:30 p.m. with local jazz street performers and 15+ food trucks; 6 p.m. we're joined by The Augmented Fifths on the stage; followed by headliner, Bonerama, at 7:15 p.m. Concert is FREE to the community and hosted by Downtown Topeka Inc., Visit Topeka, Inc. and Topeka Jazz Workshop. TOPEKA, 785-234-1030

OCT 10

### 11TH ANNUAL GREEK FOOD FESTIVAL

Saints Peter and Paul Orthodox Christian Church located at 2516 SW Huntoon in Topeka will be hosting the 11th Annual Greek Food Festival from 11 a.m. to 3 p.m. TOPEKA, 785-354-7718 [peterandpaul.net](http://peterandpaul.net)

OCT 10

### DIA DE LOS MUERTOS CITYWIDE FESTIVAL

Topeka's Day of the Dead festival is a month long celebration which include art exhibits, literary events, hands-on crafts and kids activities. Don't miss the family-friendly street fair on October 10 for cultural performances, shopping and food. NOTO Arts District, 800-900 blocks of N. Kansas Ave. Free. TOPEKA [www.visittopeka.com/events/ddlm](http://www.visittopeka.com/events/ddlm)

OCT 10 & 11

### POME ON THE RANGE FALL FESTIVAL

Fun for the whole family to ride the horse drawn wagon to pick apples off the trees or pumpkins from the patch. Kids' games, hands-on antique cider press, Grampa Pokey the balloon clown, fresh cooked kettle corn and great BBQ with homemade pies. Pome on the Range Orchards & Winery, 2050 Idaho Rd., 10 a.m. WILLIAMSBURG, 785-746-5492 [www.pomeontherange.com/index.php](http://www.pomeontherange.com/index.php)

OCT 17 & 18

### MAPLE LEAF FESTIVAL

This lively fall festival includes over 300 arts and crafts booths, kids zone, parade, arts, music and food for every taste. Saturday 9 a.m.-6 p.m.; Sunday 9 a.m.-5 p.m. BALDWIN CITY [www.mapleleaffestival.com](http://www.mapleleaffestival.com)

## FARMERS MARKETS

EVERY SATURDAY APR-NOV

### TOPEKA FARMERS MARKET

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

APR 11-NOV 21

### LAWRENCE FARMERS MARKET -

SATURDAY

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

MAY 5-OCT 27

### LAWRENCE FARMERS MARKET - TUESDAY

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

## HEALTH & FITNESS

ONGOING

### PERSONAL TRAINING

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

ONGOING

### FIT FOR LIFE

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

ONGOING

### ZUMBA GOLD

Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity pace. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Choose from three class different class schedules to meet your needs. For more information or to enroll, call the Community Building or search activity #127102 at [www.lprd.org](http://www.lprd.org). LAWRENCE, 785-832-7920

FIRST MONDAY OF EACH 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 from 7-10 a.m. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE! Lawrence Parks and Recreation. For more information, contact Stephen Mason. LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

### PICKLEBALL - OPEN PLAY

Monday-Friday at the East Lawrence Center. For competitive, recreational and beginning players.

■ CONTINUED FROM PAGE 20

Call the East Lawrence Center for specific days and times. There is no charge for open play.  
LAWRENCE, 785-832-7950

#### FIRST TUESDAY OF EACH 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 HealthCare's HealthWise Clinic, 2252 S.W. 10th Ave. No appointment necessary.  
TOPEKA, 785-354-6787

#### TUESDAYS, WEDNESDAYS & THURSDAYS

##### JAZZEXERCISE LITE

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

#### TUESDAYS AND THURSDAYS

##### HEALTHWISE EXERCISE CLASS

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

#### TUESDAYS AND THURSDAYS

##### FLEXEXERCISE

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

#### TUESDAYS AND THURSDAYS

##### FREE BLOOD PRESSURE CLINIC

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

#### TUESDAYS AND THURSDAYS

##### ZOSTAVAX (SHINGLES) CLINIC

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

#### WEDNESDAYS

##### FREE NUTRITION CLINIC

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

#### WEDNESDAYS

##### FREE MEDICATION CLINIC

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

#### FIRST WEDNESDAY OF THE MONTH

##### FREE HEARING CONSULTATIONS

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

#### FIRST THURSDAY OF EACH MONTH

##### BLOOD PRESSURE CLINIC

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

#### FRIDAYS

##### BLOOD PRESSURE CHECKS

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

#### SECOND THURSDAY OF EACH MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

#### THIRD THURSDAY OF EACH MONTH

##### BLOOD PRESSURE CLINIC

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

#### THIRD THURSDAY OF EACH MONTH

##### 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 EACH 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 EACH 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

#### SEP 2

##### CHOLESTEROL SCREENING

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

#### OCTOBER

##### WALK-TOBER 2015

October is National Walking Month and an ideal time to get outdoors and walk. Sign up for Walk-tober 2015, a free walking program to complete during October on your own or with your own group. Participants will also receive health and wellness tips and healthy recipes. There will be optional group walks offered a few times during the month. Enrollment deadline is 9/25. To enroll, contact aynsley.anderson@lmh.org or (785) 505-3066 or janelle.martin@lmh.org or (785) 505-3070. Attendance at an orientation session is recommended for those who have not participated previously. Orientation dates: Saturday, 9/12, 9 a.m. or Thursday 9/17, 12 p.m. or 6 p.m. To enroll in orientation, go to lmh.org or call LMH Connect Care.  
LAWRENCE

#### OCT 7

##### CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/test. East Information Desk. Sponsored by Lawrence Memorial Hospital, 8:30-10 a.m.  
LAWRENCE, 785-749-5800

#### NOV 4

##### CHOLESTEROL SCREENING

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

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

#### MONDAYS

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

#### WEDNESDAYS

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

#### FRIDAYS

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

## LAWRENCE PUBLIC LIBRARY BOOK TALKS

#### THIRD THURSDAY OF EACH MONTH

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

#### THIRD FRIDAY OF EACH MONTH

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

#### FOURTH THURSDAY OF EACH MONTH

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

#### FOURTH FRIDAY OF EACH MONTH

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

## MEETINGS

#### SUNDAYS

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

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

#### MONDAYS

##### BREAST CANCER SUPPORT GROUP

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

#### MONDAYS, WEDNESDAYS & FRIDAYS

##### WATER AEROBICS CLASSES

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

#### MONDAYS

##### GRIEF SUPPORT GROUP

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

#### FIRST MONDAY OF EACH MONTH

##### INDIVIDUAL BEREAVEMENT SUPPORT

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

#### FIRST & THIRD MONDAY OF EACH MONTH

##### BEREAVEMENT SUPPORT GROUP

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

#### FIRST & THIRD MONDAY OF EACH MONTH

##### GRIEF SUPPORT GROUP

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

#### FIRST & THIRD MONDAY OF EACH MONTH

##### CAREGIVER SUPPORT GROUP

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

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■ CONTINUED FROM PAGE 21

**FIRST & THIRD MONDAY OF EACH MONTH  
CAREGIVER SUPPORT GROUP**

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

**EVERY TUESDAY THROUGH FRIDAY  
MEN'S COFFEE**

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

**FIRST TUESDAY OF EACH MONTH  
BLOOD PRESSURE CLINIC**

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

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

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

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

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

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

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

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

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

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

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

**TUESDAYS & THURSDAYS  
WATER AEROBICS CLASSES**

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

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

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

**FIRST WEDNESDAY OF EACH MONTH  
KAW VALLEY OWL (OLDER WOMEN'S  
LEAGUE)**

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

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

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

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

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

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

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

**FIRST THURSDAY OF EACH MONTH  
PARKINSON MEETING**

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

**EVERY OTHER THURSDAY  
GRIEF SUPPORT GROUP**

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

**EVERY OTHER THURSDAY  
GRIEF SUPPORT GROUP**

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

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

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

**SATURDAYS****LAWRENCE BRIDGE CLUB**

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

**ONE SATURDAY EACH MONTH  
LAWRENCE DEATH CAFE**

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

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

Volunteer service club. LAWRENCE, 785-331-4575

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

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

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

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

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

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

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

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

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

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

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

Soroptimist International's mission is to improve

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free. NARFE's mission is to defend and enhance benefits career federal

■ CONTINUED ON PAGE 23

■ CONTINUED FROM PAGE 22

employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.  
LAWRENCE, 785-843-7481

### THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

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

### THIRD FRIDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

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

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

### FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

### FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

### FOURTH THURSDAY OF EACH MONTH TOPEKA GENEALOGICAL SOCIETY

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

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

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

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

The Topeka chapter of the National Active and

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

## MISCELLANEOUS

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TOPEKA, 785-783-8300  
www.kansasdiscovery.org

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

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

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

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

### FEB 8-OCT 11

#### SECOND SUNDAY MONTHLY HIKE

Clinton State Park and AmeriCorps invite you to join them for monthly hikes through the park every Second Sunday through the coming year. Each journey is approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Younger children are welcome, but be aware that the uneven terrain and length of the hikes may create the need for more adult assistance. Don't forget to bring water and dress appropriately. A Vehicle Permit will be required. Purchase one by the day at \$5.00 or annually for \$25.00 and get into all Kansas State Parks for the rest of the year. Call for more information.  
LAWRENCE, 785-842-8562

### OCT 2-31

#### 3RD STREET ASYLUM HAUNTED HOUSE

The 3rd Street Asylum Haunted House is

located in an old 1918 school building in downtown Bonner Springs, Kansas. It's scary...creepy...gory...fun...and not for the faint of heart! 200 E Third Street, every Friday and Saturday, 7 p.m.-12 a.m. Fee.  
BONNER SPRINGS, 913-706-4521  
www.3rdstreetasylum.com

### OCT 3 & 4

#### KAW VALLEY FARM TOUR

Gather up your friends, fill up a car, locate farms on the map and decide which route you want to take. Pick and choose whichever farms you want to visit. Various sites, 10 a.m.-6 p.m. Fee.  
LAWRENCE, 785-843-7058  
www.kawvalleyfarmtour.org

### OCT 6 & 7

#### RIDE ON

Come and enjoy your favorite hymns, laughing with friends, great food, and re-starting your engine. Manhattan Christian College's newest event is an annual Christian conference specifically designed for men and women 55+. Held at the Hilton Garden Inn in Manhattan, the two-day event will be a time of spiritual renewal and inspiration. Each year's theme-oriented conference program will include practical seminars, a dynamic keynote speaker, buffet meals, times of worship, and lots of other surprises. In addition to being personally encouraging to those who attend, the conference will provide an opportunity for senior adults/groups across the state to fellowship with each other and better connect with one another. Fee. Register online or call.  
MANHATTAN, 785-539-3571  
mcccks.edu/events/alumni/momentum-conference

### OCT 8

#### WOMEN'S NIGHT OUT

The YWCA annual Women's Night Out is a fun night out, which also helps support the YWCA, this event features dueling pianos, lots of wine, food, and plenty of fun! Please visit www.ywcatopeka.org for more details or to purchase tickets. The YWCA's annual Women's Night Out featuring women, wine, and song will be held at 5 p.m. in the Sunflower Ballroom of the Capitol Plaza Hotel.  
TOPEKA, www.ywcatopeka.org

### OCT 10

#### FREE SATE EAST SIDE BREWERY TOUR

East Side Brewery offers tours on the second Saturday of every month at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an

opportunity to enjoy some samples after the tour. 1923 Moodie Rd.  
LAWRENCE, 785-550-9718  
www.freestatebrewing.com

### OCT 17

#### OTTAWA OUTDOOR VINTAGE FLEA MARKET

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OTTAWA, 785-242-1411  
www.visitottawakansas.com

### OCT 17

#### INTERNATIONAL LINEMAN'S RODEO

This free event attracts over 5,000 visitors each year to watch linemen from all over the world compete in a variety of tasks. National Agricultural Center and Hall of Fame  
Address: 630 N. 126th St., 7:30 a.m. to 5 p.m.  
BONNER SPRINGS, 913-721-1075  
www.aghalloffame.com

### OCT 24 & 31

#### BOO AT THE ZOO

Mark your calendars and join us for the largest Halloween Party around at the Topeka Zoo! Bring in your monster or princess and follow the safe trick or treat routes you visit your favorite zoo animals. Topeka Zoo, 635 SW Gage Blvd., 9 a.m.- 3 p.m.  
TOPEKA

### OCT 31

#### DOWNTOWN LAWRENCE HALLOWEEN TRICK-OR-TREAT

Dress up and come Downtown for the annual trick-or-treating. Downtown merchants greet children with sweet treats and Halloween trinkets. This is an evening of family fun. 5 p.m.-12 a.m. Free.  
LAWRENCE

### NOV 4-11

#### VETERANS DAY CELEBRATION

Celebrate Veteran's Day in Ottawa! The opening ceremony will be at 6:30 p.m. Friday, Nov. 6 at Washburn Towers, Fifth and Main streets. Tour the Healing Field of Flags in and around City Park to see more than 500 flags. This year's parade will begin at 10:45 a.m. Saturday, Nov. 7. It begins at Fifth and Main streets and ends at Forest Park. The event also includes Civil War firing demonstration and displays, Civil War bivouacs, World War I display and demonstrations, World War II re-enacting, firing demonstrations and displays. Free.  
OTTAWA, 785-242-3220  
www.visitottawakansas.com



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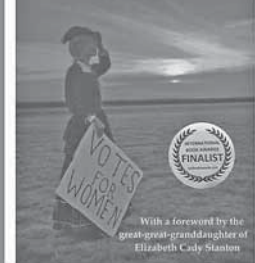
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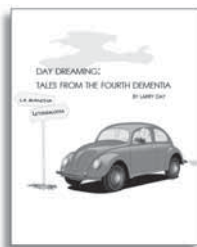
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# Make your future a good one with the retirement estimator

By Ann Woodbury

Social Security Management Support Specialist in Lawrence KS

In 1985, after making it back to the future from 1955, Marty joined Doc for a drive 30 years into the future. That future is now.

If the alternate 2015 of the *Back to the Future* film series were accurate, we'd be easing along on hover boards, navigating skyways in flying cars, and enjoying the luxuries of self-lacing sneakers and self-fitting jackets.

In that imagined 2015, we conduct business by fax and watch multiple channels of entertainment on the wall.

In some ways, the real 2015 is far more advanced than the imagined one of the movies. You don't see any com-

puters or online services in the movie — let alone the computers most of us carry around with us in the form of smart phones and tablets.

In the real 2015, you can do a far better job of predicting your own future. Just visit the Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator). With the Retirement Estimator, you can plug in some basic information to get an instant, personalized estimate of your future benefits. Different choices in life can alter the course of your future, so try out different scenarios such as higher and lower future earnings amounts and various retirement dates to get a good prediction of how such things can change your future benefit amounts.

As Doc said in the final moments of

the film series, no one's future has been written yet. "Your future is what you make it. So make it a good one."

With the information you get from the Retirement Estimator, you'll have a better idea of what types of savings and pensions you may need, and at what age you should consider retiring — to make your future the best it can be.

You don't need a converted DeLorean or flux capacitor or even a team of creative filmmakers to predict your future. Just visit the Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

And when you're ready to put that future in motion, apply for benefits online at [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline).

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## RICK STEVES' EUROPE

# Artisan Europe

By Rick Steves

Tribune Content Agency

When you've traveled in Europe as long as I have, you experience changes, big and small. And more and more, I've been noticing that traditional local businesses are being pushed out by the playground economy that comes with modern affluence.

It's one thing to see hotels, restaurants and shops come and go in the normal course of business. But I've also seen the slow churning of local traditions and lifestyles as unique family-run enterprises have given way to a rising tide of cookie-cutter chains and synthetic conformity.

In historic city centers, as rents go up, longtime residents, families and craftspeople are pushed out. In Istanbul, the city wants to move the gold and silver workshops from the Grand Bazaar to a place outside the city. Recently, the Florentine government ended rent control, and prices immediately spiked, driving artisans and shops catering to locals out of business - to be replaced by boutiques and trendy places to eat and drink.

Small hotels, one-of-a-kind shops and individual craftspeople simply don't have the scale to compete with the big guys. So it's a real joy when I stumble upon a true artisan who's committed to doing things the old-fashioned way.

In Rothenburg, Germany, I recently visited with Peter Leyrer, a printmaker

who proudly showed me his etchings. He makes his prints using the copper-plate technique—just as Albrecht Durer did 500 years ago. Peter and his wife print the black-and-white etchings, watercolor them in, and sell them in their shop.

Peter is getting older, and he'll soon retire his 3,000 copper plates to a museum. Sadly, there's no one to take over for him. Friends in little towns on the Rhine are lamenting how the younger generation isn't following in the footsteps of their family businesses. The next generation is drawn to the energy of the big cities and moving away.

The artists who craft handmade guitars in Madrid, the family winemakers of Burgundy, the fisherman who sells his shrimp on the Oslo harborfront - these have all been fixtures for me in a lifetime of European travel. What will become of these rich facets of local culture when the younger generation opts out?

Of course, I can't blame the children of artisans for jumping into the modern rat race any more than I'm guilty for not being an old-school piano technician like my dad. But it's worth considering how the future will look when economic scale and efficiency trumps artisan values.

So before it's too late, make it a point to experience some "creative" tourism when you travel. Seek out and appreciate a local craftspeople, like my friend Cesare, the coppersmith in the Tuscan hill town of Montepulciano.

This proud old artisan has a spirit as strong as the oak-tree root upon which his grandfather's anvil sits. For Cesare, every day is show-and-tell, as steady streams of travelers drop by to see him at work, fashioning special ornaments for the town cathedral and pounding out fine cookware.

In nearby Orvieto, Federico Badia is a young cobbler who's passionate about preserving the art of traditional shoemaking. He bucked the trend by apprenticing himself to a leather shop in Rome before setting up his own studio, where he patiently crafts fine leather shoes

for an appreciative clientele. As Federico says, "Made in Italy" doesn't apply to mass-produced factory shoes—it's a label that rightly belongs only to the fine products made by artisans like him.

At Istanbul's Grand Bazaar, press beyond the "Made in Taiwan" gift shops to the low-rent fringes of the market. That's where you'll find the surviving workshops of craftsmen who've learned their trade through long apprenticeships. At Barocco Silver, you'll meet Dikran, a "kakmaci"—a silversmith who uses a hammer and other hand tools to create finely designed pieces.

For a decade Dikran worked as an

unpaid apprentice, studying under a master until he himself became one. In the past, a volunteer apprentice had to work hard to persuade a master to accept him. Today, it's a struggle to get young people to enter a field in

which training takes years and incomes are limited.

I don't have the answers for how to sustain Europe's age-old traditions, but I'm inspired whenever I meet the artisans who lovingly carry treasured ways into the 21st century. Guiding a tour group through eastern Turkey, I once dropped in on a craftsman who

was famous for his wood carving. We gathered around to watch him work as he proudly showed off for his visitors from so far away. Then, suddenly, he stopped, held his chisel high into the sky, and declared, "A man and his chisel—the greatest factory on earth!"

It's people-to-people moments like these that keep me traveling.

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

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RICK STEVES' EUROPE

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## HUMOR

# Monkey Shines

Before he won the lottery, Lee Jones's life was as ordinary as his name, and J. Pennington Whitley's life was as lustrous as his name. The two worked at the same place: Whitley International, Inc. Jones was a clerk in Accounts Payable, and Whitley, scion of the venerable Whitley family, occu-



Larry  
Day

ried a corner office in the executive suite on the top floor of the Whitley Building.

They met once when the head of Accounts Payable, put a sealed manila envelope in Jones's hand and walked him over to the executive elevator. His boss told Jones, "Hand this to Mr. Whitley personally." The elevator rose, the door slid noiselessly open, and Jones saw for the first time in his life what a corporation's executive suite looks like. He didn't get a chance to look around because J. Pennington Whitley was standing at the elevator door, waiting for the envelope. Jones placed it in his hand and went back to work.

Jones was in his mid-30s at the time and had been with Whitley International, Inc. since he was 16. He had started in the mail room and had gone to night school and taken online courses until he had a bachelor's degree in accounting, and a master's degree in finance. In addition to his degrees, Lee Jones had a gift for corporate finance that was far beyond the scope of his classmates and contemporaries in vision and spunk. While he slugged away in Accounts Payable, Jones developed a powerful but exotic fiscal process that, if implemented, would put Whitley International, or any other similar corporation, far ahead of its competitors.

Jones knew that he needed a boost up the corporate monkey tree from someone who was solidly established in the executive suite. His meeting with J. Pennington Whitley gave Jones the opportunity to make his move. He decided to present his plan, in detail, to Mr. Whitley, and arranged through friends higher up in the monkey tree to present his plan to Whitley in person. The result was initially disastrous, but was ultimately it was eminently successful.

Mr. Whitley, as it turned out, desperately needed a corporate Hail Mary to save his hide. The shareholders were unhappy with the recent performance of Whitley International, Inc., and were planning to replace Whitley with a more dynamic and forceful leader. Fortunately, Jones presented his powerful

project privately, almost clandestinely to Whitley, who realized immediately that the corporate gods were smiling on him.

At that point, Whitley did what top branch corporate monkeys have been doing since time began. Whitley took credit for the project and threw the smaller monkey out of the tree.

Jones, who had assumed he was destined for corporate greatness, found himself out on the street, sacked from Whitley International, Inc. for reasons so bogus that the Human Relations officer who fired him couldn't even look him in the eye.

That, ironically, was the very day Lee Jones bought a lottery ticket and chose a winning number worth \$556 million. No one else had chosen that number, so the whole prize was his.

Jones bought all the shaky Whitley International stock he could lay his hands on. Whitley stockholders and investors virtually trampled each other to sell the stock to him at the price he set. Then he dismantled the company and sold it off in pieces. The last

piece of Whitley International, Inc. Jones sold was the Whitley Building itself. Jones kept the top floors of the building and the executive suite for himself. And he had several million dollars left after the last government financial investigation was completed and the last investor lawsuit was settled.

With that money, Jones set up a foundation and gave young, smart, unconventional entrepreneurs a leg up The Monkey Tree. The enterprise was highly successful. In a twist that happens quite often in real life, but rarely in fiction, one of the most successful of Jones's entrepreneurs was a young woman named Charlotte Whitley. She was the daughter of J. Pennington Whitley. Ms. Whitley had moved to the city from upstate New York, where her father had settled down on a horse farm.

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



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# PET WORLD

## Artificial sweetener can be toxic for dogs

**Q:** You've mentioned many times in your column that dog owners can keep their pets occupied by stuffing peanut butter into toys. Recently, I read that some peanut butter con-



Steve Dale

tains Xylitol, an artificial sweetener you've reported is harmful to dogs. How dangerous is it? - L.D., Buffalo Grove, IL

**A:** It's true that some newer peanut butter products contain Xylitol. Dr. Justine Lee, an emergency veterinarian and critical care specialist, as well as a toxicologist in St. Paul, MN, concurs that Xylitol is toxic to pets.

Some sugar-free gum, mints, mouthwash and toothpaste also contain the sugar substitute. Some cookie recipes call for Xylitol. As far as anyone knows, Xylitol is not dangerous to people, but in dogs it can cause a sudden drop in blood sugar (hypoglycemic shock) and even liver failure.

While the dosage and the pet's size will determine if a dog becomes ill, Lee says it's best to keep products containing Xylitol out of the house

all together, as some dogs are keen to sample strange items, like toothpaste.

Most dogs love peanut butter, and working to extract this treat from inside a toy offers a kind of occupational therapy, especially for dogs who are home alone or easily bored.

Krush Nutrition peanut butters contain Xylitol, and the company responsibly offers a warning to dog owners on its website. Nuts 'n more peanut butter spread also contains Xylitol. However, most peanut butter products don't contain Xylitol. Still, it's a good idea to check the ingredient list before you buy.

**Q:** Years ago, I heard that Febreze was dangerous to pets. I heard nothing more until a few weeks ago, when I began reading warnings online to avoid using Febreze. Can it harm pets or not? - B.C., Minneapolis, MN

**A:** "You can safely use Febreze around pets," says Dr. Justine Lee, emergency veterinarian and critical care specialist, and toxicologist in St. Paul, MN. "What you read is an Internet urban myth; it's simply not true."

Years ago, shortly after Febreze, a household odor eliminator, hit the market, it was implicated as the cause of illness and death in some pets. This claim was never substantiated, however, and Proctor and Gamble

teamed up with the ASPCA Animal Poison Control Center to determine that Febreze was safe. Nothing has changed.

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column Send e-mail to PET-

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

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# WOLFGANG PUCK'S KITCHEN

## Handy appliance eases pressure of cooking dinner

By Wolfgang Puck

Tribune Content Agency

By mid-September, as autumn approaches, summertime's family fun, with its picnics in the park and its backyard barbecues, is already beginning to feel like distant memories. Instead, thoughts of food turn more toward meals eaten at the dinner table—especially dishes that are easy to cook and serve on a weeknight after Mom and Dad get home from work and the kids need a break from homework or other activities.

All too often, though, families rely on takeout or fast food, neither of which is likely to provide good nutrition or even satisfaction. But what is a parent to do in the middle of a busy week?

More and more, I find that the modern pressure cooker can provide a perfect solution. Unlike the pressure cookers of old, that hissed and rumbled threateningly on the stovetop, today's electric ones are models of convenience, ease and safety. Just plug in the appliance, add your prepped ingredients, seal the lid securely and set the timer. In minutes, rather than hours, you have a delicious, satisfying one-pot meal ready to dish up.

A perfect example of just such a family-friendly supper is the following for reisfleisch. When I was growing up in Austria, this slowly simmered cas-

serole of rice and meat (the name literally means "rice-meat") was one of my favorite dishes that my mother and grandmother served to me and my siblings. It was a delicious, economical way to feed a family generously.

The recipe adapts well to a pressure cooker. I've found a way not only to cook it much more quickly using an electric pressure cooker, but also make it healthier with brown rice, lower-fat meats and extra vegetables. Cutting up all the easy-to-find ingredients and then briefly sautéing inside the pressure cooker as it heats up will only take you not much more than about 20 minutes of active work. Then, you can seal on the lid, set the timer and leave the pressure cooker alone to do the rest, before letting the pressure release on its own. In less than an hour before you started, dinner is ready to serve.

Better still, my recipe addresses another concern among home cooks today: serving healthy food. With its lean meats, generous vegetables and brown rice, this flavorful dish derives less than 12 percent of its calories from fat. And it's incredibly satisfying, with the chewiness of the brown rice and the robust but not overwhelming spiciness helping everyone around the table slow down and savor each mouthful.

I hope this recipe will encourage you and your family to gather around the table for a great meal together more often.

### HEALTHY REISFLEISCH WITH BEEF AND TURKEY KIELBASA

Serves 8

- 1 tablespoon unsalted butter
- 1 1/2 cups (375 mL) diced organic red bell pepper
- 1 1/2 cups (375 mL) diced yellow onion
- 1 1/2 cups (375 mL) diced organic celery
- 1 1/2 cups (375 mL) diced organic carrot
- 2 garlic cloves, minced
- 2 cups (500 mL) long-grain brown rice
- 2 1/4 cups (560 mL) organic, low-sodium chicken broth
- 2 teaspoons fresh lemon juice
- 1 pound (500 g) smoked turkey kielbasa sausage, cut into 1/4-inch (12-mm) slices
- 1 pound (500 g) lean beef steak, such as top sirloin, well trimmed of excess fat and cut into bite-size pieces
- 1 tablespoon sweet paprika
- 1 to 2 teaspoons red pepper flakes (optional)
- Kosher salt
- Freshly ground black pepper
- 1 1/2 cups (375 mL) frozen peas
- 2 tablespoons chopped fresh Italian parsley, for serving

Set the pressure cooker timer to 10 minutes and preheat for 5 minutes.

In the pressure cooker pot, melt the butter and cook until it starts to turn a light nut-brown color. Immediately add the bell pepper, onion, celery, carrot and garlic. Sauté, stirring frequently, until the vegetables turn glossy and begin to soften slightly, about 3 minutes.

Add the rice, broth, lemon juice, sausage, beef, paprika, red pepper flakes to taste (if using), and salt and pepper to taste. Stir well.

Secure the lid on the pressure cooker and seal the steam vent. Reset the timer to 15 minutes.

When the time is up, allow the pressure to release naturally for 10 minutes. Then, open the steam vent to release any remaining pressure. Uncover the pressure cooker, add the frozen peas, and fluff the rice lightly with a fork to distribute the peas through the rice.

Re-secure the pressure cooker lid and leave for 5 minutes to allow the peas to heat through.

Release the pressure valve and remove the lid. Scoop the reisfleisch into bowls or onto serving plates and garnish with the parsley.

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

# MEMORIES ARE FOREVER

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

www.MemoriesAreForever.net

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



Tom  
Mach

## Birds and Bees and Sock Monkeys, Oh My!

Peg Nichols

I was six years old one afternoon when I tagged along with my two teen-aged aunts. We were at a needlework craft show. Both aunts, and my grandmother, were seldom without a needle, or a crochet hook, in their hands.

True to habit, I was lagging a few steps when Rhonda and Lyla simultaneously burst into cascades of giggles.

But there was something different about these giggles—as I glanced at Lyla, I could see her cheeks turning pink.

They were standing at a display of children's toys: knit cats, dogs, mice, furry teddy bears, cloth dolls, and stuffed animals. I knew better than to hint that I might like one of the toys. The aunts were skillful enough to recreate any one of them. My grandmother, too, but she was unlikely to engage in such foolishness. Her specialties were quilts and crocheted potholders.

My aunts seemed to have forgotten that I was with them. Every time they

started to move away they were drawn back, their eyes on a brown knit-fabric monkey, two round black buttons for eyes, on display higher than the rest at the back of the table. And every time, they were overcome with uncontrollable giggles.

There was a touch of embarrassment along with the merriment. Even Rhonda's face was flushed with color.

I brought a stop to the laughter with a single question: "What's so funny?"

But there was more than humor. There was something unspeakable in their response to the display. The sound of my voice reminded them of my presence and they scooted hastily to the next table. They had great difficulty stifling their laughter. Just when everything seemed to be under control, there would be a short burst of more chortles.

Ever the laggard, I did not follow them. I stood, transfixed before the toy display and the brown knit-fabric monkey, his smile mischievous and enigmatic, his big red lips stretching from ear to ear.

I stared at the brown monkey for a long time. There was something familiar about his brown tweed body, and his white hands and feet. Even the thick red mouth reminded me of something I had seen before. It came to me gradually; I could dimly remember watching my

father put on a pair of work socks with identical colors—white, brown tweed, and right at the heel a strip of red.

When Lyla came back to fetch me, she couldn't resist looking at the monkey. She managed to restrain the giggles; only a few chuckles emanated from her mouth.

"It takes a whole pair to make one monkey," Lyla said mysteriously to Rhonda.

"Both socks?" Rhonda was doubtful.

"Yes, both red heels...one for the mouth and one for the...you know..." She snuck a quick look at me before patting her backside.

Both were overcome with a deluge of fresh giggles. "We could make one for Daddy for Christmas," Rhonda suggested. She could hardly get the words out.

My grandfather, was a stern, somber ordained minister. My out-of-work parents and I were living temporarily in the parsonage.

Lyla responded with a dire warning. "He'd kill us both." She put her hands over her mouth to cover a grin.

"Mama would have a conniption fit," Rhonda agreed, a wicked glint in her eye.

We passed the toy display on our way out of the building. Rhonda grabbed me firmly by the hand and proceeded straight toward the exit. Lyla slowly trailed after us.

Looking over my shoulder, I saw her furtively glance around and then snatch the monkey from his perch. She quickly turned him over and examined his construction. I already knew that one red sock heel had made the creature's mouth. I now could see that the other red sock heel had made



Peg Nichols

his...well, you know.

It was a revelation: Not all parts of the human body are equal. Some parts are the source of embarrassment... and sly humor.

I was silent all the way home.

The sock monkey fad never seems to fade away. Whenever I see a sock monkey I quickly turn aside. In fact, to this day, I cannot bear to look a sock monkey in the...well, you know.

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## GOREN ON BRIDGE

## Tough defense

With Tannah Hirsch and Bob Jones

Tribune Content Agency

Both vulnerable. North deals.

## NORTH

♠-K Q 7  
♥-A K 10 8 4 3  
♦-5  
♣-K 4 2

## WEST

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

## EAST

♠-J 6 5  
♥-9 7 6 5  
♦-10 7  
♣-A J 6 3

## SOUTH

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

The bidding:

NORTH	EAST	SOUTH	WEST
1♥	Pass	2♦	Pass
3♥	Pass	3NT	Pass
Pass	Pass		

Opening lead: Nine of ♠

South had a tough choice over three hearts. He couldn't pass, so he decided that three no trump was better than raising hearts on the singleton jack. Right he was—four hearts will be defeated as long as West covers the jack of hearts whenever it is led.

Could declarer bring home three no trump?

South rose with dummy's spade queen at trick one to preserve an entry to his hand. A diamond to the king was next, West winning his ace and shifting beautifully to the queen of clubs! Declarer now had some tough decisions to make. He thought that West would likely have led a club at trick one if he held queen-jack-nine, rather than from a weak spade suit, so he covered the queen with dummy's king. So far, so good - ducking would have been fatal.

East won his ace and returned a low club. South had the type of decision that causes gray hair in young men. Should he play the 10 or the eight? In an all expert game, there is merit in putting up the 10. Why had West led a spade rather than a club in the first place? Most of the time, however, when a player leads the queen, he has the jack. Accordingly, South inserted his eight of clubs. West won with his nine and returned the suit to defeat the contract. Great defense!

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

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# PUZZLES & GAMES

## CROSSWORD

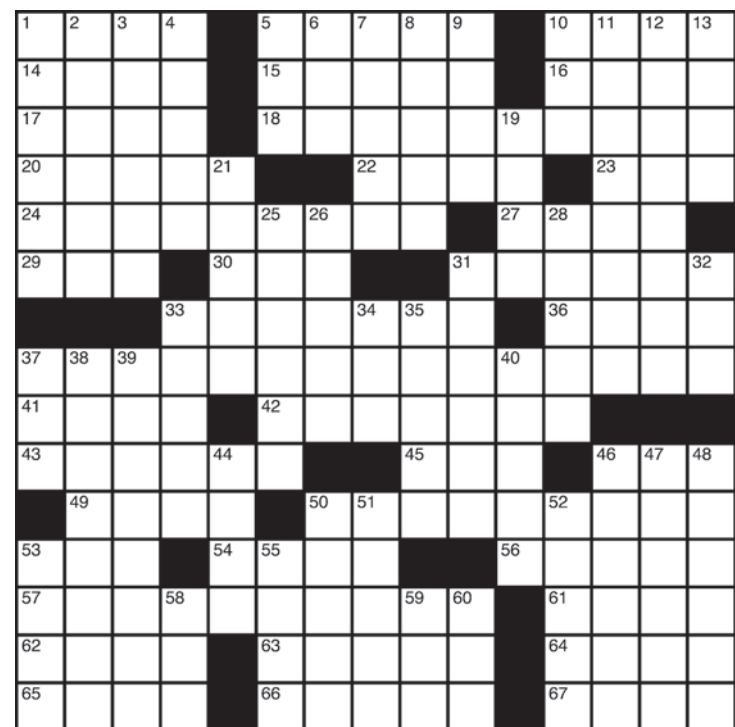
### Across

- 1 Sardine cousin
- 5 "My take is ..."
- 10 Princess from Amphipolis
- 14 Iota
- 15 One-up
- 16 "Head With Pipe" artist Nolde
- 17 Watchable, in a way
- 18 Jar for leafy vegetable storage?
- 20 2000s World #1 female golfer
- 22 Nurture
- 23 Word with cake or break
- 24 Actor Jackie's pet fish?
- 27 "\_\_\_ Love" (Maroon 5 hit)
- 29 Smoking, perhaps
- 30 Half a score
- 31 1959 novel in whose film version Mary Crane became Marion Crane
- 33 Giant

- 36 Rabbit's friend
- 37 Opine ... or create four long answers in this puzzle?
- 41 Literary \_\_\_
- 42 More than hammer home
- 43 Video game segments
- 45 Jr.'s jr.
- 46 Spot for a soak
- 49 With 60-Down, only South Korean World Golf Hall of Fame inductee
- 50 Emulate an inveterate swindler?
- 53 Small songbird
- 54 Work on a canvas?
- 56 Unfortunate
- 57 Vessel with limited space?
- 61 Bard's verb
- 62 "See Dad Run" star
- 63 Steer snagger
- 64 Mishmash
- 65 TripAdvisor alternative
- 66 "No worries"
- 67 White side, maybe

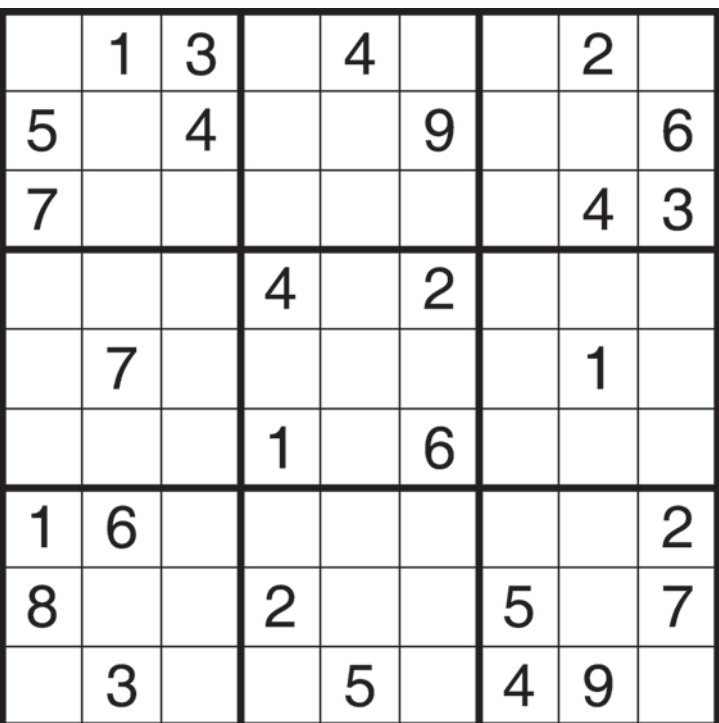
### Down

- 1 More than peck
- 2 Head \_\_\_
- 3 Besides
- 4 Plymouth's county
- 5 Org. with a multi-ring logo
- 6 "No \_\_\_!"
- 7 Whitewater figure
- 8 Pitcher?
- 9 Green sage
- 10 Survey taker, at times
- 11 Text clarifier
- 12 Compliment on a course
- 13 Antacid brand word
- 19 Old PC monitors
- 21 Martin's start?
- 25 Hollywood glitterati
- 26 Sambuca flavoring
- 28 On a sugar high, say
- 31 Psychologist's concern
- 32 Quaker Honey Graham
- 33 Toast, with "a"
- 34 U.S.-U.K. separator
- 35 "Truth is more of a stranger than fiction" writer
- 37 The works
- 38 Second section of Verdi's "Requiem"



- 39 Fit nicely
- 40 Quarters, e.g.
- 44 Daffy Duck has one
- 46 Move on a screen
- 47 Shakespearean heiress
- 48 "But I digress ..."
- 50 Trainee
- 51 Marine predators
- 52 Bygone birds
- 53 Mango tango smoothie server
- 55 Prefix with cardial
- 58 Post-spill need
- 59 \_\_\_-Aztec languages
- 60 See 49-Across

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

**JUMBLE**  
 THAT SCRAMBLED WORD GAME  
 by Mike Argirion and Jeff Knurek

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

EUQUE  
 YIXTS  
 LUBBEA  
 ROPOLY

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

A: THE "O O O O" OF O O O O O O O O

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PAR SCORE 265-275  
 BEST SCORE 334

FIVE RACK TOTAL  
 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](mailto:info@scrabbleplayers.org). Visit our website - [www.scrabbleplayers.org](http://www.scrabbleplayers.org). For puzzle inquiries contact [scrgams@gmail.com](mailto:scrgams@gmail.com).

05-31

Answers to all puzzles on page 34

**CROSSWORD SOLUTION**

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

**SUDOKU SOLUTION**

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

**JUMBLE ANSWERS**

Jumbles: QUEUE SIXTY BAUBLE POORLY

Answer: What the wealthy matron's cat enjoyed -- THE "LAP" OF LUXURY

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**SCRIBBLE BRAND GRAMS SOLUTION**

O <sub>1</sub>	U <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	N <sub>1</sub>	RACK 1 =	<b>57</b>
W <sub>4</sub>	E <sub>1</sub>	I <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	I <sub>1</sub>	E <sub>1</sub>	RACK 2 =	<b>69</b>
B <sub>3</sub>	R <sub>1</sub>	A <sub>1</sub>	C <sub>3</sub>	K <sub>5</sub>	E <sub>1</sub>	T <sub>1</sub>	RACK 3 =	<b>65</b>
S <sub>1</sub>	C <sub>3</sub>	R <sub>1</sub>	A <sub>1</sub>	W <sub>4</sub>	N <sub>1</sub>	Y <sub>4</sub>	RACK 4 =	<b>65</b>
P <sub>3</sub>	R <sub>1</sub>	O <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>	R <sub>1</sub>	B <sub>3</sub>	RACK 5 =	<b>78</b>
							TOTAL	<b>334</b>

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