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Vol. 16, No. 3

INSIDE



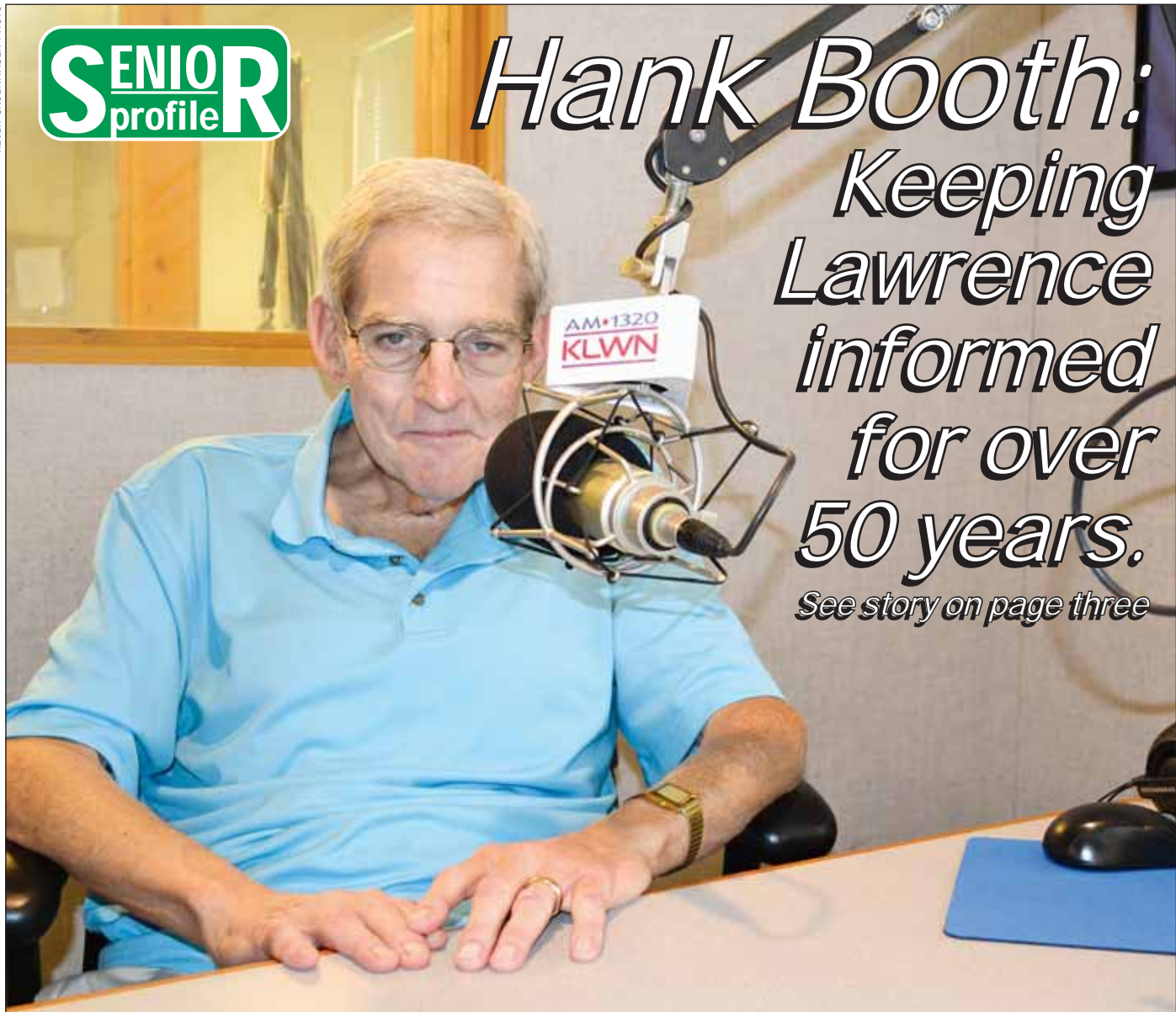
Edna Zillner's 109th birthday celebration at Pioneer Ridge in Lawrence included a duet with Bob Lockwood, an Elvis impersonator. - page 14

SENIOR
profile

KEVIN GROENHAGEN PHOTO

Hank Booth:

*Keeping
Lawrence
informed
for over
50 years.*

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Booth sees radio program as opportunity to learn

By Kevin Groenhagen

When he was about 12 or 13, Hank Booth's father, Arden, began dropping off his son at KLWN at 6 a.m. every Sunday.

"I did the board of the Sunday morning programs, the church services, recordings by ministers, and so forth," Hank said. "I'd come in to play the tapes and do the station breaks. I'd do the official station IDs at the bottom and top on the hour."

"This is KLWN Lawrence. Our next program is from Trinity Lutheran Church," Hank continued, imitating the voice of a young boy. "Then I'd play the church service. I did that for a few years. That's how I broke in on Sunday mornings. With my first check, I think I got paid a dollar an hour, which really wasn't that bad for those days. I mowed lawns, too, so between my lawn mowing and radio station work I could make about \$20 a week, which was enough to keep me with *Mad* magazines and all the necessary things to be a teenager."

Few teenagers have had the opportunity to work at a radio station at such a young age. However, in Hank's case, he was carrying on a family tradition.

Arden Booth graduated with a B.S. in Music from Baker University in Baldwin City in 1936. After college, he spent three years in Highland, Kansas, where he taught music at the elementary, high school, and junior college levels. In 1940, he started working as a radio announcer at WREN in Lawrence. But then World War II started.

"He was doing the entertainment programs in Oahu, Hawaii," Hank said. "He was a corporal in the Army, but he was the announcer on Armed Forces Radio in the islands for the shows that came over, such as Bob Hope, Red Skelton, Jack Benny and the big bands. So he got to meet lots of various stars during the two years he was there."

Arden also married Elizabeth (Bette) Atkins Mills in Oahu just after the war ended. The newlyweds returned to Lawrence, where Arden became the program director for WREN.

"He then he went out to Oroville, California, to help put a radio station on the air for the local newspaper there," Hank said. "I was about three years old at the time. He saw that it wasn't going to work for him to work for a newspaper, so we came back to Kansas.



Hank Booth

During the summer of 1950, he got together with his brother, Harvey, who lived in Baldwin, and found a group of investors, I think there was 12 of them. They built a radio station with less than \$20,000. They put KLWN on the air in 1951."

"Good morning. This is KLWN, Lawrence, Kansas," Arden Booth announced at 7:15 a.m. on February 22, 1951. The location of the main studios and tower was described at that time as "1 mile south of 23rd Street on U.S. Highway 59 near Lawrence, Kansas."

"My mom was a partner in the radio

station, and took care of all the books," Hank said. "She took care of women's programs every morning. She also helped sell advertising."

Unfortunately, Bette Booth died from cancer in 1956, just before Hank turned 10 years old.

After Hank's voice had changed, he started doing full-scale deejay work and news department work.

"That's about when I was 14 since I had started driving already," Hank said. "In high school, I started doing sports, news, read newscasts, wrote news sto-

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$8.50 for 12 monthly issues.

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Hank Booth

■ CONTINUED FROM PAGE THREE

ries, and sold advertising. I did all of it, whatever needed to be done.”

In 1963, Arden launched KLWN-FM, which became KLZR in 1979.

Hank graduated from Lawrence High School in 1964, and continued to work at KLWN through his years at the University of Kansas. He was also in an Army Reserves medical unit, which was called up for active duty during the Vietnam War.

“I was assigned to Fitzsimons Army Hospital in Aurora, Colorado, for awhile, and then I was sent to White Sands Missile Range in New Mexico,” Hank said. “I thought, ‘Well, at least it doesn’t have Vietnam at the end of it.’ That’s when they were bringing up reserve units right and left to go to Vietnam. I had just married my wife, Sue, before I was assigned to White Sands Missile Range. We took our four-year-old son—she had a son from a previous marriage—and headed off

to what we called ‘The World’s Longest Honeymoon.’ We took off for two years at White Sands, and then I was back at Fitzsimons Army Hospital for my last six months of service. I came back to Lawrence to run the radio station in the summer of 1973.”

Hank also took over his father’s flagship program, “According to the Record.”

In 1997, KLWN and KLZR moved their offices to 3125 W. Sixth St. in Lawrence, which remains the home of radio stations today. The following year, the Zimmer Radio Group of Cape Girardeau, Missouri, bought KLWN and KLZR.

Arden continued working at the KLWN, including reading his poetry during his “Poetic License” program, until he passed away in March 2000.

“He wanted to see a new century,” Hank said. “Hospice told him he was going to die during the summer of 1998, and he said, ‘No, I’m not.’”

Hank continues to host “According to the Record,” which is produced in-

■ CONTINUED ON PAGE SIX

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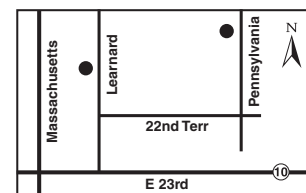
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A native of Kansas, Dr. Goodyear grew up outside of Topeka. After earning his medical degree at the University of Texas Medical School at Houston, he returned to Kansas to complete his residency in orthopedic surgery at the University of Kansas School of Medicine. He recently completed a fellowship in adult reconstructive surgery at the University of Colorado Hospital and Denver Health Medical Center. Dr. Goodyear specializes in reconstructive surgery, including knee and hip replacement.

Dr. Waterman attended Edward Via College of Osteopathic Medicine (VCOM) in Virginia before completing her residency in orthopedic surgery at Holston Valley Medical Center in Tennessee. She recently completed a Foot and Ankle fellowship at the Cleveland Clinic Foundation in Ohio, and previously served as Chief Resident of the Wellmont Orthopedic Residency program and as a flight surgeon for the United States Airforce. Dr. Waterman specializes in foot and ankle treatment.

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Hank Booth

■ CONTINUED FROM PAGE FOUR

house and airs live every weekday on 1320 KLWN from 8-9 a.m.

In addition to his radio program, Hank was the public-address announcer at Kansas University men's basketball games from 2003 to 2007. He also began working at the Lawrence of Chamber of Commerce in 2007, including serving as the chamber's interim director for a year. He retired from the Chamber in late 2014. Shortly before retiring, the Lawrence Chamber of Commerce presented Hank with its Lawrencian Award.

"After I retired from the Lawrence Chamber of Commerce, I was home for three months," Hank said. "My wife said, 'Hank, if you don't get a job doing something, I'm going to call a lawyer. So for the preservation of our marriage, I started looking for something to do. It turned out that

Baldwin City Chamber of Commerce had a job opening. I joined the Baldwin City Chamber of Commerce so I could do the economic development work. I truly believe in that. Baldwin City really needs some help in that area."

Hank stepped down as the Baldwin City Chamber of Commerce's first executive director after serving in that position for about a year and a half. However, he remains active in the city's economic development efforts through the Baldwin City Economic Development Corp.

"Technically, that's my full-time job," Hank said.

Hank also recently accepted a part-time position as a marketing consultant and spokesman for ComfortCare Homes of Baldwin City and Ottawa. ComfortCare Homes is a nursing home alternative, providing memory care in real homes in residential neighborhoods in Baldwin City and Ottawa.

■ CONTINUED ON PAGE SEVEN



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Hank Booth

■ CONTINUED FROM PAGE FIVE

“When I went to work at the Baldwin Chamber of Commerce, Scott Schultz, the owner of ComfortCare, was the first person who came down to the office on the corner of Eighth and High Streets to welcome me to Baldwin,” Hank said. “I’m helping with their marketing, their advertising, and how they’re promoting the concept of home care that ComfortCare is so good at. As I looked at the various ways of taking care of people outside of their own homes, this is the one that I would want. This is the kind of care that I would want. I talked with Scott’s director of his home in Ottawa, and ask her to tell me what she thought of ComfortCare. Without hesitation, she said, ‘This is home.’ For her, this is a home away from home. She is taking care of family, with includes the residents who live there and the employees. Watching the people in Scott’s homes doing their work, the pride they take in doing it well, and making sure that difficult situations are taken care of quickly and with loving care, it was so impressive to me.”

If his radio, economic development, and consulting work weren’t enough, Hank has served on the boards of directors for various organizations.

“Through the years, I’ve probably served on more boards of directors than anyone else,” Hank said. “My kids used to kid me about that because they never could remember which directors meeting I was at.”

Some of the organizations he has served as a board member or volunteered for include Big Brothers Big Sisters of Douglas County, Boys & Girls Club of Lawrence, Cottonwood Inc., Douglas County 4-H, the Douglas County Visiting Nurses Association, the Lawrence Chamber of Commerce, the Lawrence/Douglas County Planning Commission, the Lawrence St. Patrick’s Day Parade committee, and United Way of Douglas County.

Currently, he serves on the boards of directors of Douglas County Senior Services and the Lawrence Schools Foundation.

“I easily work a good eight hours a

day,” Hank said. “But there are days I can take half a day off. For example, on August 18 my granddaughter returned from Greece, where she spent the last six weeks helping refugees—primarily Syrian and Afghan refugees—get food and a place to sleep. She was there with a team of 12 other Princeton students. Of course, we were scared to death with all the terrorism going on. So I took off that afternoon to greet her when she got back home. We were there to give her hugs and to hear her stories.”

Hank, who has served as president of the Kansas Association of Broadcasters and was inducted into the Kansas Broadcasting Hall of Fame, estimates that he has interviewed four to 10 people five days a week for over 40 years. With that many people, he finds it difficult to name the most interesting interviewee when asked.

“That’s a question I really ought to think about,” he responded. “I’m going to get asked that question more and more. I’ve introduced and interviewed Bob Dole, George W. Bush, and Kansas governors. I’ve interviewed lots of different people in politics, many different people in sports. The most interesting interviews are probably with people the listener has never heard of, who have done something remarkable, but nobody else really knows that they did it. I love to talk to people who accomplished something that is small and local, such as a volunteer who has helped with Douglas County senior meals, or a volunteer who has helped at one of our day-care centers, preschools, or kindergartens. Those are the kind of stories that I like to get people to tell on the radio shows. Everybody has a story.”

As far as Hank’s own story, he has no plans to close the book on his radio career.

“I don’t have a job,” he said. “I don’t work. This radio business is wonderful because it’s not a job. I love to ask questions. I love to learn things. I love to find out new information. The best part of the day is when you learn something that you didn’t know yesterday. Interviewing people is something I love to do. I want to keep doing this until I can no longer talk or I just drop over dead.”



Pictured L to R: Scott Schultz (Owner, ComfortCare Homes) Hank Booth (radio host, spokesman)

Local radio host, Hank Booth, joins the ComfortCare team.

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With deep roots in the local healthcare industry, Hank has served on the board of the Visiting Nurses Association and has consulted with Lawrence Memorial Hospital. He currently sits on the Board of Douglas County Senior Services.



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Kathy Greenlee to receive 2016 KABC Caring Award

Kansas Advocates for Better Care (KABC) will recognize Kathy Greenlee, U.S. Assistant Secretary for Aging, as the recipient of the 2016 KABC Caring Award. Greenlee, a native Kansan, currently serves dual roles as administrator of the Administration for Community Living (ACL) as well as the Assistant Secretary for Aging within the U.S. Department of Health and Human Services. She was appointed by President Obama and confirmed by the Senate in 2009.

The KABC Caring Award is the organization's highest recognition and is awarded annually to an individual who has demonstrated outstanding leadership, innovation, advocacy and commitment to improving the lives of older Kansans needing long-term care and support. The award will be presented during KABC's annual Stand By Me event on October 23.

"Kathy personifies the qualities that we look for when choosing a KABC Caring Award recipient," said Linda Carlson, KABC president. "We are so pleased to recognize her for her professional and personal advocacy on behalf of elders. She has worked tirelessly to advance opportunities for people to live independently, where they choose, while receiving appropriate services and supports."

Greenlee's career demonstrates her strong commitment to building the capacity of aging and disability networks to better meet the needs of older adults and people with disabilities. During her tenure as Kansas Long-Term Care Ombudsman, she reinvigorated the advocacy services provided to elders in care facilities and increased

the ranks of professional ombudsman staff. While Kansas Secretary of Aging, Greenlee worked strategically with legislators and stakeholders to create more access to and funding for long-term care services, and home and community based settings. With her leadership, Kansas was at the forefront of the consumer supported movement to rebalance resource utilization, allowing for greater choice of home-based services or institutional care.

Greenlee brought her commitment and vision to her current national post. She has been an outspoken advocate for the development of a more coordinated response to elder abuse and for action to address elder abuse as an international public health crisis and human rights issue.

"I have come to realize over the course of my service as Assistant Secretary for Aging that I have one personal imperative—one priority that rises above all others. I must help address and end elder abuse. I am committed to that goal every day, every week. My commitment to our elders is to speak out," Greenlee wrote in a 2012 article for *Generations*, the Journal of the American Society on Aging.

Under her direction, ACL established the first federal home and federal grants to support state Adult Protective Ser-

vices systems which respond to elder abuse. The agency also established a National Adult Protective Services (APS) Resource Center, dedicated exclusively to supporting APS programs with the purpose of enhancing and improving the consistency and quality of APS programs and services across the country. She has provided leadership to the Elder Justice Coordinating Council, which is a forum

for federal departments to share information and align efforts. She successfully implemented rules to strengthen the national Long-Term Care Ombudsman Program.

She led the creation of the Administration for Community Living in 2012, bringing together

in one organization federal efforts to support community integration for older adults and people with disabilities. As ACL's administrator, Greenlee set a national course for better integration of long-term care services furthering choice, independence and autonomy for persons needing functional assistance, including older adults.

"I have had the privilege of working with older adults and people with disabilities to help make it possible for all of us to live the lives we want, with the people we choose, throughout our lives," said Greenlee. "I am very proud of all we have accomplished together, but there

is so much yet to do be done. As many as four in 10 older adults are abused, neglected or financially exploited every year. Many more people could continue living in their own homes, participating in their communities, if they had a little bit of help. We have to do better."

Greenlee is the seventh recipient of KABC's highest award. Past recipients include Sandy Praeger, former commissioner of the Kansas Department of Insurance; journalist Dave Ranney; former Secretary of the Kansas Department of Social and Rehabilitation Services Dr. Robert Harder; Dr. Rosemary Chapin, University of Kansas professor; former Kansas Gov. Mark Parkinson, and former Kansas Congressman Dennis Moore.

For the past 40 years Kansas Advocates for Better Care has spoken out for improved quality long-term care of elders in Kansas. KABC advocates alongside older adults and families for better public policies; provides assistance to older or disabled adults seeking information and guidance regarding long-term care placements and services as well as help to resolve problems with the care they receive from facilities or other long-term service providers. KABC is a not-for-profit organization (501c3 IRS designated charitable organization), beholden to no commercial interests and is supported almost entirely by donations from citizens who support its mission of improving the quality of elders care in all long-term settings. KABC provides information and education to public policy makers for improved quality of long-term care in Kansas. Visit us at www.kabc.org



Kathy Greenlee

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“These organizations have set the bar for other providers with their performance and continued focus on customer and employee experience,” said Rich Kortum, Director of Strategic Partnerships at NRC. “This is a wonderful achievement, and we’re pleased to honor these top-rated organizations with the Excellence in Action Award.”

To qualify for the award, overall responses must have scored the organization in the top 10 percent of qualifying facilities on the question “What is your recommendation of this facility to others?” or “What is your recommendation of this facility as a place to

work?” in terms of the percentage of employee respondents rating the facility as “excellent.”

“This is indeed affirmation of the wonderful things happening at the community,” said Chris Mahen, COO for Legend Senior Living™. “We congratulate and celebrate the dedication and commitment of the amazing team serving residents at Legend™ at Capital Ridge.”

Legend™ at Capital Ridge is an Assisted Living and Memory Care community located at 1931 SW Arvon Pl. in Topeka, Kansas. For more information about the Legend™ at Capital Ridge community, please stop by or contact us at (785) 272-9400.

Legend Senior Living™ is a privately held company founded in 2001 by Timothy Buchanan and is dedicated to providing quality services and housing to senior adults. Legend Senior Living™ is based in Wichita, Kansas and owns and operates over 36 senior living residences in Colorado, Kansas, Oklahoma, Texas and Florida.

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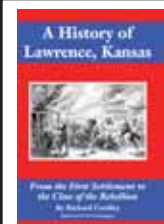
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Rockey's real estate career spans four decades

By Billie David

In the eyes of real estate agent June Rocky, her career and her personality are a perfect match.

Going from high school graduation in Winfield, Kansas, where she grew up, directly into marriage and raising a family of four children—she now has seven grandchildren as well—Rockey has always been fascinated with houses.

In fact, she was so fascinated that she kept wanting to move to a different house so she could experience the unique ambience each new place had to offer. Her husband, who had taken to calling her a gypsy because she moved so much, suggested a job for her that turned into a career.

In 1973, he hooked Rocky up with a real estate agent who needed somebody who could answer local phone calls because her number was not a local phone number.

It was a good match and Rocky worked with the agent in Winfield for three years until her husband's job required moving the family to Wichita for one year, and then to Topeka.

"I have been in Topeka since 1978," Rocky said, adding that she continued her career there.

"I started out with Town and Country, started Rocky's Realty in the late 1980s, and then I took a break," she said.

Rocky eventually ended up back at Griffith and Blair, which is now Coldwell Banker Griffith and Blair, where she has been

very active in the real estate business for 16 years,

"I like to help people," she explained.

"It's wonderful when you walk into a house and they light up. I help them get what they want and when they are happy, I'm happy."

"I love helping first-time home buyers, 'dual income, no kids,' empty nesters, and seniors," she said. In fact, Rocky has an SRES (or Senior Real Estate Specialist) designation, which is a

designation for Realtors interested in meeting the needs of seniors age 50 or older, addressing issues such as sell-

ing the family home, downsizing, or moving into a senior community.

Rocky sees one of the main issues for seniors as scaling down.

"I've been working with seniors who want low-maintenance or even no-maintenance," she said.

One alternative seniors in that situation might want to consider is a place with a homeowners association, she added.

An organization that makes and enforces rules for property owners in places like planned communities, housing developments, condominiums and townhomes, one purpose of a homeowners association is to maintain a certain standard of appearance to keep property values stable. Members pay dues to the association for maintaining common areas such as walks, swimming pools and clubhouses.

"Rather than doing chores like

■ CONTINUED ON PAGE 13



June Rocky

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June Rockey

■ CONTINUED FROM PAGE 12

mowing and watering, the residents pay a fee to have it done for them,” Rockey explained.

Rockey also advises seniors to always use a Realtor.

“People need a guide to help them through the process,” she said. “Even when selling my own houses, I list them because I like the protection the company offers, and they give advice every step of the way.”

Rockey attributes her longevity in the real estate business, aside from the satisfaction she takes from her work, to working with a good company.

“Coldwell Banker is a leader in innovation and technical advances,” she said, adding that she also has a large client base that she has helped through the years.

In the four decades that Rockey has worked in real estate, she has seen many changes. For example, when somebody was selling their home in the 1970s, one could often see signs for several Realtors out in their yard, but now they work with only one Realtor. Another change that she is especially aware of is the change in requirements for real estate agents to become licensed.

“I started my family really young,” she said. “Luckily for me, I didn’t have to have a college degree to become a real estate broker. The first time I got my license, I read a book and took a one-day class. It takes 30 hours now.”

Rockey works with clients not only in Topeka and Lawrence, but also in the surrounding area. For more information, one can call 785-224-8454.



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Know an interesting senior who would be a great subject for a Senior Profile? Please call Kevin at 785-841-9417.

Edna Zillner: Looking forward to her 110th birthday

By Marsha Henry Goff

When a guest greeted Edna Zillner at her 109th birthday party by saying, "I can't wait until your 110th party next year," she looked at him with a twinkle in her eye and asked, "Do you think you'll make it?"

"I hope so," he said laughing, "and I'm sure you will!"

When Edna Sommer was born on August 3, 1907, Teddy Roosevelt was president. Since then, she has seen 18 presidents inaugurated, lived through six wars and the Great Depression, observed amazing strides

in medicine and the explosion of technology including television, home computers and space exploration.

In 1907, life expectancy was 47 years. The leading cause of death was flu and pneumonia. Penicillin had not been invented. Americans owned 8,000 automobiles, which they filled with gasoline costing 25 cents per gallon and drove on 144 miles of paved road. Eggs cost 14 cents a dozen, coffee was 15 cents a pound and sugar sold for 4 cents a pound. The average wage was 22 cents an hour.



Edna Zillner



Edna sings "Love Me Tender" with Elvis (aka Bob Lockwood).

Edna graduated from Eudora High School in 1924 at a time when high school graduation was not a priority for many American women and taught

in a one-room school house. Few individuals have been able to attend their 90th high school reunion, but, in 2014,

■ CONTINUED ON PAGE 15

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Edna Zillner

■ CONTINUED FROM PAGE 14

Edna did.

On June 1, 1927, she married Clement Zillner in Holy Family Church in Eudora where she played the organ for nearly eight years. Edna's long life is marked by love and loss. Clem died in 1990 after 62 years of marriage. The couple had three children, only one of whom — Joyce Halderman — survives. Each year, she hosts Edna's birthday celebration with a tea and cookies party at Pioneer Ridge in Lawrence.

At this year's party, Elvis (aka Bob Lockwood of McLouth) arrived in costume to sing "Love Me Tender" with Edna, who is an enthusiastic Elvis fan and knows the words to all of his songs. Lockwood is a frequent performer at area nursing facilities and charity events.

Edna worked as a "lunch lady" at a local junior high and liked her interaction with the students so much that



Edna and Clem Zillner's wedding photo.

she did not retire until the age of 89. Perhaps her productive life and love for others plays a part in her longevity. She's looking forward to turning 110 next year and so are those who know her.



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'For Your Ears Only' sale to benefit KU Audio-Reader Network

If you love music, collect vinyl records, or simply need to update your stereo system with quality equipment for a good price, then come to Audio-Reader's annual benefit sale, "For Your EARS Only." The 13th annual event will take place on Friday, Sept. 9, from 6 to 9 p.m. and Saturday, Sept. 10, from 9 a.m. to 2 p.m. at Douglas County Fairgrounds, 2120 Harper St., building #21, in Lawrence. Thousands of vinyl records and CDs, along with vintage and modern audio equipment, will be sold for below-market prices.

Friday night's festivities include free food donated by local businesses, cool prizes, and first pick on an amazing array of vinyl, CDs, audio equipment and musical instruments. Advance tickets are available for \$7 at Audio-Reader, 1120 W. 11th St., in Lawrence. They are \$10 the night of the event. Admission is free Saturday with many items reduced to half price later in the day.

This year, Lawrence, Topeka and KC residents donated their beloved instruments, LP collections and gently used audio equipment to the sale.

Inventory includes thousands of vinyl albums, CDs and DVDs, hundreds of pieces of audio equipment, musical instruments (including guitars, keyboards and a cello), an antique Victrola and Beats by Dre headphones! Proceeds from the sale benefit Audio-Reader's listeners, the blind, visually-impaired and print-disabled. Funds help provide free reading and information services for those who cannot read for themselves.

The Audio-Reader Network, a public service of the University of Kansas, is a free reading and information service for anyone who cannot read conventional print because of blindness or any other visual, physical or learning disability. More information is available at reader.ku.edu or by calling (800) 772-8898.

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Governor Sam Brownback appoints Tim Keck as KDADS Secretary

Governor Sam Brownback on August 1 named Tim Keck as Secretary of the Kansas Department for Aging and Disability Services (KDADS).

Keck has served as Interim Secretary of KDADS since January 2016. Since his interim appointment, Keck has been

instrumental in bringing Osawatimie State Hospital to the point of applying for federal recertification, and has made great strides in addressing the chronic staff shortages at both Osawatimie State Hospital and Larned State Hospital, among many other accomplishments. Previously, Keck served as Chief Counsel for the office of the

Lt. Governor, and the Deputy Chief Counsel at the Kansas Department of Health and Environment (KDHE). As a member of the leadership team at KDHE, he worked closely with KDHE Secretary Susan Mosier on a variety of issues impacting the aging and disability communities. Keck received his

Juris Doctor from Washburn University School of Law in 1991.

"Tim Keck continues to bring a wealth of knowledge and leadership to KDADS," said Governor Brownback. "He has demonstrated a depth of understanding of the needs of disabled

Kansans over the past eight months, and will continue to work to address the challenges KDADS currently faces."

"I am honored that Governor Brownback has appointed me to this position, and that he has trusted me with the tasks that lie ahead," said Secretary Keck. "I am committed to serving the most vulnera-

ble Kansans, our aging, the mentally ill and disabled citizens who look to us for assistance. I look forward to working with the Governor, the Legislature and those Kansans we serve to meet these challenges."

This appointment will require confirmation by the Kansas State Senate.



Tim Keck

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Dole Institute of Politics announces fall programming

The Dole Institute of Politics at the University of Kansas has released its programming schedule for the fall 2016 semester, including the nationally acclaimed Post-Election Conference and a joint visit from former U.S. senators Bob Dole and Nancy Kassebaum.

“With the presidential election on, we wanted several programs that would relate to it without getting us mired down in the bitter polarization our country faces,” said Dole Institute Director Bill Lacy. “We are happy to have a variety of campaign programs consistent with our mission and a great diversity of programs as well.”

Guests should note that beginning this fall, evening programs at the Dole Institute will now begin at 7 p.m. unless otherwise noted.

In addition to Dole and Kassebaum’s appearance, September’s schedule will include a talk on media coverage of politics with former U.S. Sen. Gordon Smith, the current president of the National Association of Broadcasters.

Rounding out the month is a program on animal welfare in the U.S., featuring Wayne Pacelle (president, Humane Society of the United States) and Nancy Perry (senior vice president of government relations, ASPCA).

October’s programming will be diverse, ranging from a look at the greatest televised moments in presidential debates to a film screening and Q&A on “American Umpire,” a documentary examining the role of the U.S. as the world’s policeman. The institute will also welcome Andrew Maraniss to discuss his biography of Perry Wallace, the first African-American basketball player in the SEC.

Dole Fellow Steve Kraske — KCUR reporter, Kansas City Star contributor and University of Missouri-Kansas City professor — will lead the fall Discussion Group, a deep dive into the 2016 presidential election. The institute is also excited to sponsor an appearance by The Capitol Steps at the Lied Center in early October and host afternoon programs to include the 2016 Fort

Leavenworth series and a conversation with KU graduate Nick Sambaluk.

All events are free, open to the public and located at the Dole Institute unless otherwise noted. More details on the full slate of spring programming can be found below.

The Dole Institute of Politics is dedicated to promoting political and civic participation as well as civil discourse in a bipartisan, philosophically balanced manner. It is located

on KU’s west campus and also houses the Dole Archive and Special Collections. Through its robust public programming, congressional archive and museum, the Dole Institute strives to celebrate public service and the legacy of U.S. Senator Bob Dole.

More information on all programs, as well as ongoing additions to the schedule, can be found on the Dole Institute’s website, www.doleinstitute.org.

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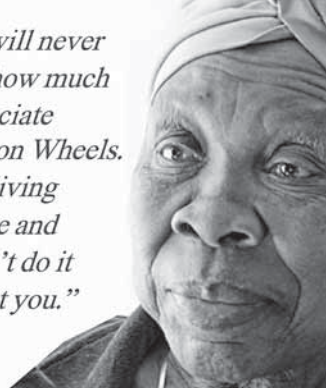
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MAYO CLINIC

Gleason scores indicates grade of prostate cancer

DEAR MAYO CLINIC: I'm 73 and just had a prostate biopsy that showed a malignant tumor with a Gleason score of 8. Is this an indication of an aggressive cancer, and if so, what are my treatment options?

ANSWER: The Gleason score indicates the grade of your prostate cancer. The higher the Gleason score, the more aggressive the cancer is likely to be. Of the factors related to prostate cancer that doctors take into consideration when deciding on treatment, Gleason score is probably the most important one. In most cases, treatment with radiation and hormonal therapy or with surgery is recommended based on a Gleason score of 8.

The Gleason score was developed in the 1960s by a pathologist named Donald Gleason. It has stood the test of time, and doctors now rely on it to predict how likely prostate cancer is to grow and spread.

For most kinds of cancer, tumor grade is determined by looking at individual cancer cells through a microscope using a high level of magnification to examine the details of those cells. Gleason score is different. With this method, a pathologist examines prostate tissue samples under a microscope using low magnification to

observe the patterns of the cancer cells.

Each pattern is given a number, usually 3, 4, or 5. Because many prostate cancers contain more than one pattern, the two most common patterns are added together to make the Gleason score. If the patterns are very similar, or if only one pattern is found, then the cancer is given two of the same number.

For example, your Gleason score of 8 likely came from two very similar patterns of 4 and 4. In some cases, a score of 8 may come from a pattern of 5 and 3 or 3 and 5, but those are not common. The first number identifies the primary pattern, or the one seen most predominately in the sample. The second number is the secondary pattern, or one that is visible but not as widespread as

the primary pattern.

A prostate cancer biopsy also differs from those for other forms of cancer in the number of samples a pathologist examines. Rather than just one or two tissue samples, 12 samples are usually taken for a prostate biopsy. Of those samples, some may have different Gleason scores. If that's the case, the pathologist assigns the highest score observed.

It is worth noting, however, that if only one or two of the samples have a score of 8 and the others are lower, or if some don't show evidence of cancer at all, then the outlook is better than if nine or 10 samples are at 8. Your doctor will take that into account when evaluating the outlook for your cancer.

He or she also will review the amount or percentage of cancer found in each sample. If the percentage is low, the overall outlook is better than if the percentage of cancerous tissue is high in the samples.

Generally, with a Gleason score of 8 or higher, treatment is recommended, as long as you don't have other medical problems that would make it hard

for you to have radiation and hormonal therapy or surgery. Depending on age and the specific numbers that make up the Gleason score, men who have scores of 6 or 7 may not need immediate treatment. Instead, their doctors may suggest a program of active surveillance to monitor the cancer and to see if it progresses.

Before treatment begins in patients who have higher Gleason scores, most doctors suggest imaging exams such as bone and CT scans or MRI studies of the pelvis and abdomen. This allows your doctor to see if the cancer has spread beyond the prostate and will help your doctor recommend which treatment options are best for you. - R. Jeffrey Karnes, M.D., Urology, Mayo Clinic, Rochester, Minn.

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

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HEALTH & WELLNESS

Better Balance: Testing, Improving and Maintaining Your Balance

By Karen Collins, PT, DPT, C/NDT

The fear of falling is common as we age. We feel the loss of freedom of movement as our joints become tighter and we need to work harder to maintain strength and balance. How do we balance as we walk and avoid falling? How can we measure the level of our balance skills today? How do we improve our balance when it declines? Physical and occupational therapist work on balance problems and have the tools to help you answer these questions.

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We have 3 systems that we use to Test, Improve and Maintain our balance.

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- **Visual:** how we use our vision to sense where we are in space.
- **Vestibular:** how we use our inner ear system like a gyroscope.

Testing: ...United we stand, divided we fall

Every day you are sensing and maintaining your own balance. Our body constantly uses our 3 systems even when we are lying down or just sitting. These systems work together to maintain stability and prevent falls; and amazingly, these are working without us even knowing about them! As we age, unfortunately these systems can start to weaken just like the rest of our bodies, and a decline in just 1 of these 3 systems can cause a fall. How can you tell which system is having problems? This requires testing of your senses: the sensation in your feet, your eyesight and the health of your inner ear.

Expert Testing: Balance Master System

There are a very sensitive set of tests that can detect small issues with your balance by using a balance platform called a NeuroCom Balance Master System. This machine was developed to help therapists test the specific degree of your balance problem, as well as if any of the three balance systems (sensation, vision, inner ear) specifically have issues. These measurements and specific details on which balance systems are most impaired guide your therapist to develop an exercise program to improve your balance. The therapist will then retest your balance with the NeuroCom to show how you improve with treatment. Of course as you improve your balance, you will feel the difference yourself as you move more confidently. It is our job as therapists to help you realize that you are getting better and the numbers will help you keep this in view as you work hard to regain your balance.

Feel the Ground: How can I improve my balance?

There are many ways you can work to improve your balance, and certainly I am biased to say that if balance is a concern, you should work with a physical or occupational therapist! That being said, there are some simple things you can do on your own on to improve your own balance.

Just practice feeling your balance throughout your day. First: Stand in a safe space such as in the bedroom with a chair directly behind you, or in the kitchen with use of a countertop near you. Second: Stand with your feet apart, eyes open and press your feet into the floor. Third: Shift your weight slowly to one foot and then the other. This is a nice way to start just feeling how your body reacts to challenges in your balance without using your arms to help or support you.

Don't rule out the use of a device such as a cane or walker. I know many people are hesitant to use a device for

various reasons: the stigma of using a cane, or maybe there's not enough room in your house to use a walker, or you think a cane makes you less independent. I just challenge you to think about it through a new lens: sometimes the use of a device can make you MORE independent, not less because you are safer and more able to go out and about, using less energy to do your basic tasks with use of the device, as well as preventing falls.

Another great option is taking a Tai Chi class. There are many offered in the community, including LMH by two of our great physical therapists! This uses slow, controlled movements to work on balance and shifting your weight in all directions. There are also wonderful water aerobics classes offered in Lawrence. The pool is a great place to work on balance & strengthening that is safe.

Another recommendation is getting an accurate review of your current medications with your doctor and/or pharmacist. There are medications or combinations of medications that can affect your balance and/or inner ear function.

Prevent Falls: Clear a Path

Here are a few things that you can do in your home to try to help maintain your balance, or more importantly prevent a fall.

Take a look at your home and outdoor areas. Throw rugs are a big reason that people can trip and fall. Please remove them from underfoot, as

pretty as they might be!!!

Pick up the clutter! Objects around the house that are in the hallways or common pathways to the bathroom can be BIG trip hazards.

Handrails in the hallways can assist people with safety in the home. In addition, grab bars in the bathroom can be a BIG help, as falls are more likely to happen here. Grab bars around the toilet, as well as in/around the shower or bathtub. Anti-slip mats in the shower or bathtub as well as outside the shower/bathtub can help prevent falls, too.

Lastly, be careful on uneven surfaces such as grass, gravel, uneven or icy sidewalks. Our bodies have a tougher time balancing on these uneven surfaces than they do on even surfaces, so use caution. Move slowly, use your cane and look carefully where you are stepping.

In conclusion, you use a lot of different systems to maintain your balance, and your balance can be improved through exercise and training. Safety is always number one, and I recommend consulting with your doctor, physical therapist or occupational therapist before beginning a new exercise routine.

- Karen Collins, PT, DPT, C/NDT is a licensed physical therapist who specializes in treating patients with neurological disorders, balance problems, and dizziness/vestibular problems at Lawrence Memorial Hospital. She has a certification that specializes in treating patients with neurological disorders, such as stroke and brain injury.



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HEALTH & WELLNESS

Essential Oils: What are they used for?

Essential oils have been used for thousands of years in various cultures for medical and culinary purposes. The smells and aroma of essential oils reminds us of our childhood memories of our parents and grandparents kitchen. The use of essential oils is wide and variable, and range from aromatherapy, cleaning products, beauty care, culinary, and medicinal treatments.



*Dr.
Farhang
Khosh*

The ingredients in essential oils come from different parts of the plants, including their flowers, leaves, bark, and roots. In ancient times, people made essential oils by soaking the plants in oil and then filtering the oil through a linen bag.

The benefits of essential oils come from their antioxidant, antimicrobial, antiviral, anti-parasite, and anti-inflammatory properties. These healing oils are rapidly growing in popularity because they have few side effects and can treat many conditions.

Some of the ways essential oils can be used:

1. As an effective cleaning agent. Tea tree oil is a favorite and used for many things, such as a cleaning agent, bug spray, toothpaste, shampoo, and to kill mold and fungus.

2. Mosquito or bug spray repellent.

3. Cleaning agent in your washing machine.

4. Food: Peppermint oil, lemon oil, ginger oil, lavender oil, clove oil, rosemary oil, oregano oil, and cinnamon oil have been used to flavor many tasty dishes for centuries.

5. To clean air by using an essential oil diffuser, especially in the winter to

kill germs.

6. To help reduce anxiety, relieve tension, and stress.

7. Relieve depression and elevate mood.

8. By sprinkling a few drops of essential oil on your pillow at night to help a person fall asleep and cure insomnia.

9. In beauty products essential oils have been used as a body lotion, in soaps, perfumes, and colognes, added to shampoo, facial cleanser, and as a deodorant.

Medicinal avenues for using essential oils are numerous including:

1. Migraine and tension headaches.

2. Improve digestion and other stomach ailments.

3. Relieve upper respiratory conditions, including cough, bronchitis, asthma, and sinusitis.

4. Soak sore muscles and feet.

5. Improve concentration.

6. Skin conditions such as rashes, including eczema and psoriasis. Heal blistered and sunburn skin. Used to treat poison ivy or poison oak.

7. Relieve premenstrual syndrome and menopausal symptoms.

8. Treat ringworm.

9. Boost the immune system

Remember, never apply most essential oils directly to the skin. This can cause a reaction or even burn to the skin. Instead dilute the essential oil with water and apply this mixture to the skin. In most cases, do not ingest essential oils directly by themselves.

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



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



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ESTATE PLANNING

Gifts to Children / Grandchildren— Outright or In Trust?

If your estate plan may result in a substantial gift to a minor beneficiary, providing for the gift to be placed in a trust is essential. You do not want the gift to incur the ongoing expenses of a court-supervised conservatorship that terminates when the child reaches age 18—handing a check for the entire balance to an “adult” who almost certainly lacks the maturity and skill to handle the money.



**Bob
Ramsdell**

A trust allows for control over how its assets are used as the provisions creating it give guidance to the trustee regarding the purposes for which expenditures are to be made. The beneficiary’s “health, education, maintenance, and support” is often used as overall guidance, but you may also direct the trustee to consider discretionary distributions for the purchase of a residence, investment in a business, or something else you consider worthy of support. In the case of minor children, provision may be made for additional common family expenses of their guardian.

You can specify a single age at which the trust’s remaining principal is distributed outright to the child, or a frequently used safeguard is to provide for at least two distribution dates. For example, the child might receive one-half at age 25 and the balance at age 30 so if the child wastes the first distri-

bution, he or she has a chance to learn from that mistake. Some parents decide to have three distributions (e.g., one-third at age 22, one-half of the remaining balance at age 26, and the rest at age 30). If you opt for a testamentary trust, then it is your decision whether to adopt multiple distributions and, if so, the ages for them.

A trust may also include a spendthrift provision to keep its assets outside the reach of creditors and a beneficiary’s spouse.

However, you must consider the expenses involved in the control and management of a trust. These may be high in relation to the value of assets in a small trust, such as a fractional share passing to a grandchild or further descendent per stirpes. One option is to authorize your personal representative to distribute such descendant’s share under the applicable Uniform Transfers to Minors Act to a custodian designated by the representative if, in the representative’s judgment, the amount of assets passing to such descendant do not justify the cost of a trust.

If you have a beneficiary of any age whose need for care and financial condition have resulted in them receiving Medicaid or other means-tested public benefits, then you should consider the creation of a Supplemental Needs Trust (SNT). If such a beneficiary inherits assets outright, they are likely to lose their public benefits until the inherited assets are exhausted and they are poor enough to reapply.

The provisions of a SNT must strictly comply with statutory and regulatory requirements so as not to be considered an asset available to the incapacitated person. In particular, any distributions

must be at the absolute discretion of the trustee; there can be nothing that requires the trustee to make distributions. However, properly crafted, a SNT can allow the trustee discretion to supplement the welfare of an incapacitated person—for example, the purchase of a vehicle modified to transport a wheelchair—while preserving that person’s eligibility for Medicaid or other means-tested public benefits.

What about healthy adult beneficiaries? While the tendency is to leave gifts outright to such persons, in some cases a trust might be beneficial. The spendthrift with poor money management skills is a candidate for a trust that protects his or her long-term interests. Likewise a person with alcohol or drug problems.

Even competent adults might find a trust useful to protect assets from their spouse or creditors (particularly if the person works in a field where he or she might be sued). Such a person could serve as his or her own trustee with discretionary authority to make distributions as desired. The downside is that a third-party trust must obtain its own tax identification number and file fiduciary income tax returns.

Your estate plan could provide the framework for a trust to be created unless the beneficiary exercises an option to have the gift distributed outright, allowing them to weigh the pluses and minuses of a trust when the time comes.

These are simply a few examples of how a testamentary trust might be used. Trusts can be as varied as the needs and wishes of the person creating them.

...

Free Seminar in September: I will be presenting “Fundamentals of Estate Planning” on September 27 at Pioneer Ridge Assisted Living in Lawrence beginning at 6 p.m. See the Calendar Section of this issue for details.

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



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JILL ON MONEY

Upbeat news for down times

The news has been horrific this summer in more ways than it is possible to recount. So it is time to focus on some good news, at least in the financial world.

Despite the initial fear sparked by Britain's unexpected vote to leave

strong enough to spur gains in the labor market.

Although job creation has not been as strong this year as in the previous two, that was mostly expected. The more positive news is that layoffs are declining, the broadest measure of unemployment is falling, and wage growth is slowly strengthening. Employees are feeling confident enough about the market to quit voluntarily - in fact, U.S. workers are currently the happiest they have been in a decade, according to a report from the Conference Board.

It is also worth noting that some of the global uncertainty is actually helping consumers. Global jitters have pushed down overall interest rates, which is very good news for borrowers. Mortgage rates remain at rock bottom, which has been a boon to first time homebuyers, who are finally able to enter the housing market. Although prices are rising nationally, in many parts of the country it is still cheaper to own than rent.

The recovery in home prices has helped more homeowners keep their homes out of foreclosure. According to RealtyTrac, U.S. properties with foreclosure filings—default notices, scheduled auctions or bank reposessions—in the first six months of 2016 were down 20 percent from the previous six months and down 11 percent from the first six months of 2015. And the trend showed strength as the quarter came to a close: June foreclosure filings were down 19 percent from a year ago to the lowest level since July 2006.

And then there's the stock market, which has come roaring back since dropping into a correction in Febru-

ary. Those who stuck to their asset allocation plans and did not muck around too much should be doing just fine despite the 2016 market gyrations. In fact, the Dow Jones Industrial Average and the S&P 500 have recently touched all-time highs, as investors believe that global uncertainty will encourage the European Central Bank, the Bank of England and the Bank of Japan to keep stimulating their local economies. It should

also keep the Federal Reserve on the sidelines at least until September and maybe even until December.

None of this is to say that everything is perfect or that the situation can't change, but it is just a bit of summer sunshine amid the gloomier headlines.

- Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillonMoney.com.

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Jill
Schlesinger

the European Union, so far there has not been a huge spillover into the rest of the world. Yes, Brexit has created "a wave of uncertainty amid already fragile business and consumer confidence," according to the International Monetary Fund, but so far it appears that the economy in the UK will suffer but the rest of Europe and the world are holding up. The IMF cut its forecasts for global economic growth to 3.1 percent this year and 3.4 percent next. That doesn't sound too bad, considering that the world was bracing for a much larger negative impact.

Meanwhile, here in the United States, the economy continues to grind ahead as we begin the eighth year of the recovery. Many lament that growth has not picked up more, but when compared to other developed economies such as the European Union, Japan and the UK (even before the Brexit vote), the U.S. looks pretty good. Growth should be about 2.2 percent this year, which certainly is not blistering but is

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SENIOR CALENDAR

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

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

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

LAWRENCE, 785-841-6845

FIRST FRIDAY OF THE MONTH

FIRST FRIDAY ARTWORK

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

TOPEKA, artsconnecttopeka.org

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday OF THE MONTH. See website for participating locations.

LAWRENCE, 785-842-3883

finalfridayslawrence.wordpress.com

SEP 10 & 11

HASKELL INDIAN ART MARKET

The Haskell Indian Art Market is an annual event held during the 2nd weekend in September each year. Originally part of the Lawrence Indian Art Show, the Haskell Indian Art Market is now a separate entity attracting hundreds of visitors each year. The Market provides an economic opportunity for Native American artists, as well as encouraging cross-cultural understanding and exchange. Haskell Indian Nations University, 155 Indian Ave.

LAWRENCE, 785-749-8467

www.haskell.edu/hiam/index.php

SEP 17

FRIENDS OF SHAWNEE TOWN ARTS & CRAFTS FAIR & FALL FESTIVAL

This event is a fund-raiser for the Friends of Shawnee Town. There will be something for everyone! Just \$1 donation will get you into the gates and into the fun. Shawnee Town 1929, 11501 W. 57th, 9 a.m.-4 p.m.
SHAWNEE, KS 913-248-2360
www.facebook.com/events/863375667117689

SEP 23-25

SUNFLOWER ARTFEST

The De Soto Arts Council has partnered with De Soto's Rotary Club for seven years now to produce the Sunflower Artfest. Rotary members plant sunflowers in the summer at Kill Creek Farm in De Soto and they are sold during the art show in September as a fundraiser for Rotary International's PolioPlus Program. The event also includes individual artists, live music, food and kids activities. The Barn At Kill Creek Farm, 9200 Kill Creek Rd. Free admission.

DE SOTO, 913-515-7950

www.desotoartsk.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

DAY TRIPS/TOURS

SECOND SATURDAY OF THE MONTH

FREE SATE EAST SIDE BREWERY TOUR

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

LAWRENCE, 785-550-9718

www.freestatebrewing.com

SEP 1-NOV 5

HAUNTED ATCHISON ACTIVITIES

Haunted Trolley tours, murder mystery dinners, Sallie House tours, cemetery walking lantern tours, paranormal investigations, ghosthunting 101, history-mystery dusk walking tours, psychic gallery readings and more... in the "Most Haunted Town in Kansas." Atchison County Historical Society Museum and Santa Fe Depot, 200 S. 10th St. Fee.

ATCHISON, 800-234-1854

VisitAtchison.com

SEP 20 & 21

BEST OF OMAHA

This trip to Omaha will begin at Boys Town, the village started by Father Edward J. Flanagan to serve at-risk youth. Our guided tour will emphasize the history, architecture and vision of Boy's Town. The German American Society will host a roulade dinner and evening of traditional music and dance. The second day will be spent at the world renowned Omaha Zoo. Known for their total immersion exhibits, including America's largest indoor rainforest, where guests can see, touch, smell, hear and become part of the natural environment while observing animals that are free-ranging or contained behind water and rock barriers. Register at www.lprd.org or any Lawrence Recreation Center. Call with questions: Gayle Sigurdson, 785-832-7920 or gsigurdson@lawrenceks.org. Price assured through August 5.

LAWRENCE

NOV 15

ST. JOSEPH-AWAY IN THE BASEMENT

There is so much to enjoy in St. Joseph, Missouri. This trip begins at the Remington Nature Center—where history and nature collide. Following a catered lunch, we arrive at the Missouri Theater, on the National Register of Historic Places and known for its atmospheric style for a performance of "Away in the Basement...A Church Basement Ladies Christmas. This show will take you back to 1959 and the day of the Sunday School Christmas Program. In the midst of holiday preparations, and sprinklings of love in the air, the ladies in their witty down-to-earth style are creating their own memories from Christmases past and present. Out of this basement shall come good

tidings, great humor and joy! Register at www.lprd.org or any Lawrence Recreation Center. Call with questions: Gayle Sigurdson. Fee, early bird registration before October 3.
LAWRENCE, 785-832-7920

EDUCATION

ONGOING

COOKING CLASSES

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

ONGOING

FREE INSURANCE COUNSELING

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

TOPEKA, (785) 354-6787

FIRST MONDAY OF THE MONTH

MEDICARE MONDAYS

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

TOPEKA, 785-580-4400

FIRST TUESDAY OF THE MONTH

COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your tax and financial future. To register call or visit us online.

TOPEKA, 785-232-6923

midwesttff.com

FIRST WEDNESDAY OF THE MONTH

COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your financial future. Hy-Vee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online.

LAWRENCE, 785-838-4380

midwesttff.com

FRIDAYS

HEALTHWISE TV

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

SECOND TUESDAY OF THE MONTH

COMPUTER CAFÉ

This time is an opportunity to meet with other computer users and an instructor to problem solve or learn about new apps, websites and other ways technology can ease our lives.

Drop-in and enroll (fee) on-site at the Carnegie Building, 200 W. 9th St., on the second Tuesday of the month from 12-1:30 p.m.

LAWRENCE, 785-832-7920

A photograph of Gordon Lightfoot, an older man with long, wavy, reddish-brown hair, wearing a dark blue jacket. He is shown in profile, looking down at an acoustic guitar he is playing. The background is a warm, out-of-focus orange and red, suggesting stage lights.

GORDON LIGHTFOOT

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8PM



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■ CONTINUED FROM PAGE 24

SECOND FRIDAY OF EACH MONTH**WELLNESS FRIDAY DROP-IN DISCUSSION**

On the 2nd Friday of each month, join us for a drop-in discussion on a health or wellness topic of interest. This month's topic: "Preventing Osteopenia and Osteoporosis." LMH Performance and Wellness Center at Sports Pavilion Lawrence, 9:30 a.m.
LAWRENCE, 785-505-5000

THIRD WEDNESDAY OF THE MONTH**LOOK GOOD, FEEL BETTER**

Look Good, Feel Better is a non-medical public service workshop that teaches beauty techniques to cancer patients to help manage any appearance-related side effects of cancer treatment. Held on the 3rd Wednesday of each month at the LMH Oncology Center. Offered and supported by the American Cancer Society. Services are provided at no charge by trained volunteer beauty professionals. Call to enroll for the workshop. 1-2:30 p.m.
LAWRENCE, 785-505-2807

SEP 1**BEEES AND SPIDERS: ISIS IN PERSPECTIVE**

(Fort Leavenworth Series). Actions in the Middle East since the early 1990s are best understood with cultural and historical context. Lt. Col. Brian Steed lays out the past, present and future of conflict in the Middle East and globally with perspective gained from experience, research and writings. Dole Institute of Politics, 1450 Jayhawk Blvd., 3 p.m. Free.
LAWRENCE, 785-864-2700

SEP 8-OCT 13**AMERICAN MAH-JONGG**

This fascinating rummy-like game was originally played solely by the Chinese ruling classes. Now with patience and a few lessons, anyone can master the intricacies of this classic game. Instructor: Pearl Neaves. Register at www.lprd.org or any Lawrence Recreation Center. Thursdays, 7-9 p.m. Fee. Location: Carnegie Building.
LAWRENCE, 785-832-7950

SEP 12**MEDICARE MONDAYS**

Senior Health Insurance Counseling for Kansas helps you navigate the complex web of Medicare. Topeka & Shawnee County Public Library, Menninger Room 206, 1-3 p.m. Free.
TOPEKA, 785-580-4662

SEP 12**HEALTHWISE SENIOR SUPPER**

"Advances in Wound Care" is the topic of the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. Dr. Jeffrey Conrow will share more about the groundbreaking treatments available today to help patients with chronic or non-healing wounds. Also learn what conditions can predispose you to a hard-to-heal wound, why getting treatment sooner rather than later is critical, and the steps you can take to speed your own wound healing. Cost: \$5 per person for the meal. Reservations required by Wednesday, Sept. 7. Please call.
TOPEKA, 785-354-5225

SEP 12, 13 OR 14 (TBD)**CONSTITUTION DAY: VOTING RIGHTS**

Stephen McAllister, KU professor of constitutional law, will moderate a discussion on voting rights in a crucial election year at the annual Constitution Day program. Dole Institute of Politics, 1450 Jayhawk Blvd., 7 p.m. Free.
LAWRENCE, 785-864-2700

SEP 12-OCT 31**LIFELONG MEDITATE AND BREATHE**

Find peace and stillness within yourself. We will explore restorative yoga postures, yogic breathing techniques, sutra meditation, mantra meditation, guided meditation and yogic and Buddhist philosophy as tools for disciplining the mind, reducing stress and anxiety, and feeling great. Instructor: Kristen Spencer. Register at www.lprd.org or any Lawrence Recreation Center. Mondays, 9:30-10:45 a.m. Fee. Location: Carnegie Building
LAWRENCE, 785-832-7950

SEP 13 & 27**MEDICARE EDUCATIONAL SEMINAR**

Century Health Solutions, a subsidiary of Stormont-Vail Healthcare, will hold a Medicare educational seminar Tuesday, September 13 and 27 at 6:30 p.m. Learn the basics of Medicare and all of its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. For information, call 233-1816, email us info@century-health.com, or sign up at our website, <http://centuryinsuranceagencyks.com> on the Medicare tab. Light snacks and beverages will be provided.
TOPEKA

SEP 13, 27, OCT 4, 18, 25, NOV 1, 15**TOSS OUT THE PLAYBOOK: TRUMP, CLINTON AND THE WACKY POLITICS OF 2016**

(Discussion Group Series). The 2016 presidential election has defied expectations and explanations at every turn. Dole Fellow Steve Kraske and his special guest speakers will lay out a guidebook on the art of presidential campaigns, the 2016 cycle and interpreting results on election night. Dole Institute of Politics, 1450 Jayhawk Blvd., 4 p.m. Free.
LAWRENCE, 785-864-2700

SEP 15**RETIREMENT AND MEDICARE**

Trained counselors and agency staff from the SHICK program educate those nearing retirement age about Medicare. They will answer questions, give unbiased counsel and help you determine how Medicare will best work for you. Topeka & Shawnee County Public Library, Anton Room 202, 6:30-8:30 p.m. Free.
TOPEKA, 785-580-4662

SEP 16**PALLIATIVE CARE FOR PEOPLE WITH DEMENTIA**

Why preventing and relieving distress matters for persons living with dementia and those who care for them. Ann Wyatt, MSW, Caringkind, shares expertise and insight on a comfort-focused care approach based on a ground-breaking program. Professionals: Materials fee. Free

for family caregivers. Space is limited. RSVP required by September 14. Call 800-525-1782 or email to info@kabc.org. For more information, visit www.kabc.org. Hosted by Kansas Advocates for Better Care. Sponsored by Country Club Trust Company. Training underwritten by the Harriet Nehring Education Fund. Johnson Co. Library, Carmack Community Room, 9875 W. 87th St., 1-4 p.m.
OVERLAND PARK

SEP 17**GIANTS OF THE SENATE: DOLE AND KASSEBAUM**

Longtime Senate colleagues and friends Bob Dole and Nancy Kassebaum take the stage at the Dole Institute to discuss Congress when they served, the state of Congress today and contemporary politics. Dole Institute of Politics, 1450 Jayhawk Blvd., 4 p.m. Free.
LAWRENCE, 785-864-2700

SEP 19**NAVIGATING THROUGH RETIREMENT LIVING**

Learn about the many lifestyle and care options for seniors available today. Tabitha Petefish, Sales/Marketing Coordinator at Thornton Place Retirement Community will discuss these different options, enabling you to make an educated decision on what fits your needs now and in the future. Topeka & Shawnee County Public Library, Marvin Auditorium 101A, 1-2 p.m. Free.
TOPEKA, 785-580-4662

SEP 20**SENIOR SUPPER AND SEMINAR**

This month's topic: "What You Need to Know About Prostate Cancer." Presented by Jon Heeb, MD & Doug Klingler, MD of Lawrence Urology, PA. On the 3rd Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are **required** for the meal due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connect-care@lmh.org. Supper: 5:00 p.m., Educational presentation: 6:00 p.m.
LAWRENCE

SEP 21**ANIMAL WELFARE IN AMERICA**

From household pets to the largest of livestock, improving the welfare of animals in the U.S. is everyday work for the Humane Society of the United States (HSUS) and the ASPCA. Wayne Pacelle (president, HSUS) and Nancy Perry (senior vice president of government relations, ASPCA) will discuss their work in animal welfare and Dole's impressive record on animal rights. Dole Institute of Politics, 1450 Jayhawk Blvd., 7 p.m. Free.
LAWRENCE, 785-864-2700

SEP 21-OCT 12**INTERMEDIATE UKULELE**

The intermediate class focuses on finger-picking, reading tablature and advanced chord

shapes. Share the fun while learning to play commonly known songs. Ukuleles are not provided, but instructor will guide you in renting or buying a good starter one. Come share the joy of Aloha! Instructor: Linda Tilton. Register at www.lprd.org or any Lawrence Recreation Center. Wednesdays, 6:30-7:30 p.m. Fee. Location: Carnegie Building.
LAWRENCE, 785-832-7950

SEP 21**SENIOR INFORMATION FAIR**

Come to the library's Senior Information Fair and get connected to more than 40 local vendors that can make a difference in your life. There will be voluntary vehicle safety inspections in the parking lot, and one lucky attendee will be drawn to receive a gift certificate to the library's booktique. Topeka & Shawnee County Public Library, Marvin Auditorium, 9:30 a.m.-Noon. Free.
TOPEKA, 785-580-4662

SEP 27**ESTATE PLANNING SEMINAR**

Death is a certainty. Incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning outlines what happens if you die without a plan, then describes the options for using a Will or Living Trust. More importantly, who do you want handling your affairs if you are alive but incapacitated? The seminar covers the uses of a General POA, Healthcare POA, and Living Will & Healthcare Directive for this purpose. It also discusses probate administration and estate taxes. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Pioneer Ridge Assisted Living, 4851 Harvard Road, 2-3:30 p.m. Please RSVP to Brandon Dunklau at (785) 344-1544.
LAWRENCE

SEP 29**JOURNALISM AND POLITICS LECTURE: FORMER SEN. GORDON SMITH**

Few topics in an election year are discussed, debated and criticized more than media coverage. In the annual Journalism and Politics Lecture, Gordon Smith will look at the evolving role of the media in covering politics. Dole Institute of Politics, 1450 Jayhawk Blvd., 7 p.m. Free.
LAWRENCE, 785-864-2700

OCT 3**10 GREATEST MOMENTS IN TELEVISED PRESIDENTIAL DEBATE HISTORY**

On the heels of the first presidential debate, professors Mary Banwart, KU, and Mitchell McKinney, University of Missouri, team up and count down the most influential television moments in U.S. presidential debate history. Dole Institute of Politics, 1450 Jayhawk Blvd., 7 p.m. Free.
LAWRENCE, 785-864-2700

OCT 6**THE ANGLO-IRISH WAR**

(Fort Leavenworth Series). William Kauff examines the methods used by the British military and the Royal Irish Constabulary to curb

■ CONTINUED ON PAGE 27

■ CONTINUED FROM PAGE 26

the threat of attacks on transportation during the Irish revolution in the early 20th century. The two groups utilized options ranging from tactics and techniques to hardware and equipment as they attempted to move through the insurgent-infested hinterlands as well as urban Irish streets. Dole Institute of Politics, 1450 Jayhawk Blvd., 3 p.m. Free.

LAWRENCE, 785-864-2700

OCT 18-NOV 15

MINDFULNESS MEDITATION

This class will explain the differences between everyday mindfulness as a way of life and having a meditation practice. You will have ample opportunity to learn techniques and approaches to both in a supportive atmosphere. Students are encouraged to develop routines that fit their own lives to help reduce stress and increase happiness. Instructor: Nomi Redding, MSW. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays, 5:30-7 p.m. Fee. Location: Carnegie Building.

LAWRENCE, 785-832-7950

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.lawrencesession.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

JUL 7-SEP 18

CHICAGO

CHICAGO by Fred Ebb, Bob Fosse, John Kander, & Maurine Dallas Watkins In roaring twenties Chicago, chorine Roxie Hart murders a faithless lover and convinces her hapless husband Amos to take the rap...until he finds out he's been duped and turns on Roxie. Convicted and sent to death row, Roxie and another "Merry Murderess" Velma Kelly, vie for the spotlight and the headlines, ultimately joining forces in search of the "American Dream": fame, fortune and acquittal. New Theatre Restaurant, 9229 Foster St. Varies by Performance

OVERLAND PARK, 913-649-7469

www.newtheatre.com/home.html

SEP 16

KANSAS MARIACHI FESTIVAL

Join us for a night of Mariachi music with performances from Mariachi Corazon de San Antonio and Mariachi Aguilas de America from Dallas, Texas. Celebrate Mexico's Independence Day at the Topeka Performing Arts Center then stay for the Fiesta right outside on 8th street. 214 SE 8th Avenue, 6 p.m. Fee.

TOPEKA, 785-234-2787

www.topekaperformingarts.org

SEP 23

AN EVENING WITH PAT METHENY

It is one thing to attain popularity as a musician, but it is another to receive the kind of acclaim Metheny has garnered from critics and peers. Over the years, Metheny has won countless polls as Best Jazz Guitarist and awards, including three gold records for "(Still Life) Talking," "Letter from Home" and "Secret Story." He has won 20 Grammy Awards spread out over a variety of different categories including Best Rock Instrumental, Best Contemporary Jazz Recording, Best Jazz Instrumental Solo, and Best Instrumental Composition; at one point winning seven consecutive Grammys for seven consecutive albums. In 2015 he was inducted into the Downbeat Hall of Fame becoming only the fourth guitarist to be included, and its youngest member. Metheny has spent much of his life on tour, often doing more than 100 shows a year since becoming a bandleader in the 70s. McCain Auditorium, 207 McCain, 7:30 p.m. Fee.

MANHATTAN, 785-532-6428

www.k-state.edu/mccain/events

SEP 24

AN EVENING WITH JUDY COLLINS

Judy Collins has inspired audiences with sublime vocals, boldly vulnerable songwriting, personal life triumphs and a firm commitment to social activism. In the 1960s, she evoked both the idealism and steely determination of a generation united against social and environmental injustices. The Grammy Award-winning Collins is known for her iconic 50-album body of work that features hits Someday Soon, Send in the Clowns and Turn! Turn! Turn! (To Everything There Is a Season). Five decades later, her luminescent presence shines brightly as new generations bask in her glow and take inspiration from her spiritual discipline to thrive in the music industry for half a century. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

SEP 24

LIVERPOOL LEGENDS

Liverpool Legends "The Complete Beatles Experience!" are four incredibly talented musicians and actors hand-picked by Louise Harrison—sister of the late George Harrison of the The Beatles. Louise's involvement in Liverpool Legends makes them the ONLY Beatles Tribute Band with a direct family link to the original Fab Four. "Each member of the group is so close to the originals that I often feel like I'm transported back in time with the lads. These are exactly the kind of fun loving quality musicians that my brother George would have loved to hang out with," says Harrison. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.topekaperformingarts.org

SEP 30

THE OAK RIDGE BOYS

Theirs is one of the most distinctive and recognizable sounds in the music industry. The four-part harmonies and upbeat songs of The Oak Ridge Boys have spawned dozens of country hits and a Number One pop smash, earned them Grammy, Dove, CMA and ACM awards and garnered a host of other industry and fan accolades. Every time they step before an audience, the Oaks bring four decades of charted singles, and 50 years of tradition, to a stage show widely acknowledged as among the most exciting anywhere. And each remains as enthusiastic about the process as they have ever been. McCain Auditorium, 207 McCain, 7:30 p.m. Fee.

MANHATTAN, 785-532-6428

www.k-state.edu/mccain/events

OCT 1

THE BLIND BOYS OF ALABAMA

The Blind Boys of Alabama have the rare distinction of being recognized around the world as both living legends and modern-day innovators. They are not just gospel singers borrowing from old traditions, as they helped to define those traditions in the 20th century and almost single-handedly created a new gospel sound for the 21st century. Since the original members first sang together as kids at the Alabama Institute for the Negro Blind in the late 1930s (including Jimmy Carter, who leads the group today), the band has persevered through seven decades. The African-American singers—who started out touring during a time of whites-only bathrooms, restaurants and hotels—went on to win five Grammy Awards, a Lifetime Achievement Grammy, have been inducted into the Gospel Music Hall of Fame and performed at the White House for three different presidents. Lied Center, 1600 Stewart Drive, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

OCT 9

ROCKIN' ROAD TO DUBLIN

Rockin' Road to Dublin is the new sensation changing the Irish Dance world. A fusion of rock and Irish, Rockin' Road combines the best of both worlds to thrust Irish Dance back into the spotlight. This stylish, can't-miss spectacle is the perfect balance between concert and stage show. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.topekaperformingarts.org

OCT 11

GORDON LIGHTFOOT

One of the leading singer/songwriters of the 1960s and '70s, Gordon Lightfoot was Canada's most successful contemporary folk artist, establishing himself as an important songwriter in the mid-'60s and going on to become a major international recording star in the following decade. Lightfoot's songs are literate but down to earth, and deal with personal matters as well as global issues in a manner that's poetic yet accessible, and his rich, strong voice is a superb vehicle for his material, though his songs are versatile enough that many artists have enjoyed success with his tunes. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.topekaperformingarts.org

OCT 14

HAIRBALL

Vocalists Bobby, Steve and Joe Dandy lead the band through a 2+ hour, mind-blowing, and drop-dead accurate homage to some of the biggest arena acts in the world. Van Halen, KISS, Motley Crue, Queen, Journey, and Aerosmith are but a few of the acts fans will see brought to life. The Hairball stage becomes an entirely new rock concert before your very eyes countless times throughout the night. Topeka Performing Arts Center, 214 SE 8th Avenue, 8 p.m. Fee.

TOPEKA, 785-234-2787

www.topekaperformingarts.org

OCT 28

BIG HEAD BLUES CLUB

If you're a fan of Muddy Waters and Bo Diddley, or even Led Zeppelin, Jimi Hendrix, and Rolling Stones, then you've heard the songs of Willie Dixon. This season, Big Head Todd and the Monsters will join forces with three second-generation blues stars, Mud Morganfield, Billy Branch and Ronnie Baker Brooks, to pay tribute to one of the pillars of modern blues, and one of the most influential songwriters of early rock and roll. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.

TOPEKA, 785-234-2787

www.topekaperformingarts.org**EXHIBITS/SHOWS**

SEP 11

WHEELS & DREAMS CAR, TRUCK & BIKE SHOW

Looking to show off a classic hot rod or even a brand new, tricked out car or motorcycle? Downtown Shawnee is the place to be. The 11th Annual Wheels & Dreams Car, Truck and Bike Show will fill the streets downtown. Pre-registration forms can be found at Hartman Hardware (11018 Johnson Drive) and Encore (11006 Johnson Drive). Food and drinks will be available from downtown vendors. Historic Downtown Business District, 11110 Johnson Drive, 11 a.m.-4 p.m. Fee.

SHAWNEE, 913-631-6545

SEP 23 & 24

29TH MIDWEST REGIONAL CHEVELLE CAR SHOW

All Chevilles, El Caminos, Beaumonts and Sprints are welcome! Highlights include: Friday night poker cruise, evening barbecue catered by Famous Dave's, awards for Best Engine, Best Paint, Best in Show, door prizes & more. 10300 Cabela Dr., 9 a.m.

KANSAS CITY, 816-516-9952

FAIRS/FESTIVALS

SEP 3

SWEETNESS OF FALL FESTIVAL

Enter your contest winning apple recipes or sample the entries and vote on your favorite! Head down to the Farmers' Market for this great event! 5th & Main St., 8 a.m.-12 p.m.

ATCHISON, 800-234-1854

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SEP 3-OCT 16

KANSAS CITY RENAISSANCE FESTIVAL

The Kansas City Renaissance Festival is celebrating 40 magical years in Kansas City! Pay heed to the exploits of Jousting Knights on thundering steeds, roam the village shops for unique crafts, delight in comedy, music, magic and more on our 20 stages of non-stop entertainment, and feast on delicious food and drink from the far reaches of the globe! There's something for the whole family on our 16-acre village. 633 N. 130th St., 10 a.m.-7 p.m. Fee.

BONNER SPRINGS, 913-721-2110

www.facebook.com/KansasCityRenFest

SEP 10

FALL APPLE DAY FESTIVAL

Historical reenactors and the Commanding General's Mounted Color Guard provide a look into the past. Equipment displays and hands-on activities provide a look at the present. Vendors, booths, displays and demonstrations. Family fun for all ages! Don't forget to buy one of the famous handmade apple pies made from Libby Custer's own recipe, wife of General George Custer. Main Post-Artillery Parade Field, 9 a.m.-4 p.m. Free admission.

FORT RILEY, 785-239-4983

SEP 10

LENEXA SPINACH FESTIVAL

Lenexa was hailed as the "Spinach Capital of the World" during the 1930s. Each year, we celebrate that part of our history with the annual Spinach Festival, a fun, family-oriented event that draws thousands of visitors from all over the area. It's a fun-filled day of food, music, entertainment, arts and antique vendors. Don't miss the World's Largest Spinach Salad, cooking demonstrations and the baby crawling contest. 87th Street & Lackman Road, 9 a.m.-4 p.m. Free admission.

LENEXA, 913-477-7131

www.lenexa.com/spinach

SEP 17

PAXICO BLUES FESTIVAL

For more than a decade! Big city blues, dancing, local food, antique dealers, live music from morning to night. Main Street, 11 a.m.-8 p.m. Free admission.

PAXICO, 785-636-5520

www.paxicobluesfest.com

SEP 24

KANSAS CHOCOLATE FESTIVAL

Bring ready tastebuds and a smile and enjoy a truly unique chocolate experience. No admission will be charged to enter the festival. Vendors and food trucks will have items for sale. Each food truck will have at least one specialty menu item that includes Mars Chocolate as an ingredient. Enjoy the demonstration stage and events happening related to, but separate from, the festival: A 5K in the morning and a chocolate-themed movie on the Statehouse lawn at dusk. Downtown Topeka, 10 a.m.-5 p.m.

TOPEKA, 785-234-1030

www.visittopeka.com/events/festivals/kansas-chocolate-festival

SEP 24 & 25

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 a barn dance with 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. 8 a.m.-11 p.m. Fee.

MERIDEN, 785-633-9706

www.meridenthreshers.org

SEP 24 & 25

LOUISBURG CIDER MILL CIDERFEST AND CRAFT FAIR

Come watch apple cider be pressed, enjoy the pumpkin patch and corn maze. Let's not forget the apple cider donuts! Arts and craft vendors will be on hand in addition to musicians. Louisburg Cider Mill, 14730 K68 Hwy, 9 a.m.-5 p.m.

LOUISBURG, 913-837-5202

www.louisburgcidermill.com

OCT 1

RILEY FALL FESTIVAL

A day filled with family fun! 5K Trail Run, BBQ Competition, Kid's Activities, Pie Baking Contest, Local Vendors, Beer Garden, Free-will Donation Lunch, and much more. Downtown Riley, 222 S. Broadway St., 5-12 a.m.

RILEY, 785-443-1796

www.facebook.com/RileyFallFestival

OCT 1

OKTOBERFEST

35th annual event sponsored by Junior Guild, with more than 100 arts and crafts vendors, plus German foods and music along the city's Commercial Street Mall. 9 a.m.-5 p.m.

ATCHISON, 800-234-1854

visitatchison.com

OCT 1

OZTOBERFEST

Mark your calendar to celebrate one of America's best-known fairy tales - The Wizard of Oz! Join us in downtown Wamego for a variety of activities including our OZ Costume Contest, Car Show, Munchkinland, OZ Market, Beer Garden, live entertainment, food vendors, children's activities, and more. 430 Lincoln Ave, 10 a.m.-9 p.m.

WAMEGO, 785-456-7849

www.oztoberfest.com

FARMERS MARKETS

APR 9-NOV 19

SATURDAY FARMERS MARKET

Stroll through the open air market, enjoy the live entertainment and demonstrations while you select fruits, vegetables, soap, baked goods, meat, jams, jellies, wine, pasta sauces, salsa, flowers, honey, fudge and so much more. 824 New Hampshire St., 7-11 a.m.

LAWRENCE, 785-505-0117

www.lawrencefarmersmarket.com

MAY 3-OCT 25

TUESDAY FARMERS MARKET

Stroll through the open air market, enjoy the live entertainment and demonstrations while you select fruits, vegetables, soap, baked goods, meat, jams, jellies, wine, pasta sauces, salsa, flowers, honey, fudge and so much more. Lawrence Public Library Outdoor Plaza, 707 Vermont St., 4-6 p.m.

LAWRENCE, 785-505-0117

www.lawrencefarmersmarket.com

MAY 11-OCT 12

CAPITOL MIDWEEK FARMERS MARKET

The Capitol Midweek Farmers Market is your place to find fresh, locally grown produce, herbs, honey and much more! We are celebrating 10 years of providing a walking destination to healthy, affordable foods in downtown Topeka throughout the 2016 season. Join us every week for the freshest local foods, special guest vendors and 10th anniversary events. Kansas State Capitol, 900 SW Jackson, 7:30 a.m.-12 p.m.

TOPEKA, 785-296-8060

HEALTH & FITNESS

ONGOING

PERSONAL TRAINING

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

LAWRENCE, 785-832-7920

ONGOING

FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

ZUMBA GOLD

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

LAWRENCE, 785-832-7920

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.), Monday through

Friday. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE. Lawrence Parks and Recreation. For more information, contact Stephen Mason.

LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

TUESDAYS

BADMINTON

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

LAWRENCE, 785-832-7950

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS

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

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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**

The Zostavax (shingles) vaccine can be administered from 8 a.m.-noon. at the Stormont Vail HealthWise Clinic, 2252 S.W. 10th Ave. A doctor's prescription is required, and costs may apply.
TOPEKA, 785-354-6787

WEDNESDAYS**FREE NUTRITION CLINIC**

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

WEDNESDAYS**FREE MEDICATION CLINIC**

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

FIRST WEDNESDAY OF THE MONTH**FREE HEARING CONSULTATIONS**

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

FRIDAYS**BLOOD PRESSURE CHECKS**

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

SECOND THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

SECOND FRIDAY OF THE MONTH**WELLNESS FRIDAY**

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

THIRD THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

THIRD THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

FOURTH THURSDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

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

SEP 8**HEEL BONE DENSITY SCREENING**

Are you at risk for osteoporosis? This quick, easy heel screening can indicate if further testing for this potentially debilitating disease is needed. Education provided. Appointment required. To arrange, please call (785) 505-5840 or (785) 505-33066. \$15/person. LMH Performance and Wellness Center, 3-5 p.m. (by appointment).
LAWRENCE

SEP 8-NOV 3**FENCING: MODERN OLYMPIC SPORT**

This fencing class is for both beginners who have no experience as well as more experienced fencers in foil, epee and saber emphasizing technique, tactics, strategy and psychology. Beginners learn the basics, and experienced fencers work on sharpening their skills. Get some good exercise and have fun learning this unique sport. Basic equipment provided. Register at www.lprd.org or any Lawrence Recreation Center. Thursdays, 7-9 p.m. Fee. Location: Sports Pavilion Lawrence.
LAWRENCE, 785-832-7920

SEP 10**KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING**

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Performance and Wellness Center, 8-9:30 a.m.
LAWRENCE

SEP 13-NOV 1**RUNNING CLUB**

Running benefits both the mind and the body and is available to anyone. This class is designed for people who are new or returning to running. A supportive group, led by a certified running coach, will meet for a weekly run with tips on form, technique and extending your distance with walking intervals. Set your own wellness goals. Instructor: Ellen Young. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays, 6-7 p.m. Fee. Location: Sports Pavilion Lawrence.
LAWRENCE, 785-832-7920

SEP 13-NOV 3**ARTHRITIS FOUNDATION**

This community based exercise program is designed specifically for people with arthritis and related diseases, but open to anyone. The programs multiple components help reduce pain and stiffness and help maintain or improve mobility, muscle strength and functional ability. The variety of exercises is designed for people of all levels of ability. Instructor is certified by the Arthritis Foundation. Class offered in partnership with Douglas County Senior Services. Lawrence Parks and Recreation, Tuesdays/Thursdays, 5:30-6:30 p.m. Fee. Location: Sports Pavilion Lawrence.
LAWRENCE, 785-832-7920

SEP 13-NOV 3**SENIOR STRENGTH TRAINING**

Strength training for seniors is effective in improving balance (preventing falls), strengthening major muscle groups, and increasing muscle mass and bone density. The class is designed to include functional movement patterns that enhance daily living activities. A variety of strength training equipment will be used, including free weights, and resistance bands. Class includes a warm-up period and a post-workout stretch. Instructor: Deb Geraghty. Register at www.lprd.org or any Lawrence Recreation Center. Tuesdays/Thursdays, 9:30-10:30 a.m. Fee. Location: East Lawrence Center.
LAWRENCE, 785-832-7920

SEP 13-NOV 3**SILVER N' FIT**

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

SEP 14**KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING**

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Main Campus (west lobby), 325 Maine St., 8-9:30 a.m.
LAWRENCE

SEP 14-NOV 2**SILVER STEPPERS**

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

SEP 16-NOV 4**PEDAL PUSHERS- CYCLING CLASS**

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

SEP 24**LMH ANNUAL HEALTH FAIR**

Please join us for our annual health fair! Free health screenings plus health and wellness exhibits. Comprehensive blood work profile available for \$30 (\$40 with PSA test for males) if registered by 9/16. To register for discounted cost blood work, call the LMH Lab at (785) 505-2653 and ask for the Health Fair Specialist. After 9/16, blood work registration is available at the event for \$40 (\$50 with PSA). No advance registration needed for health screenings. For a list of health screenings, go to lmh.org after September 7. Flu shots (dependent on vaccine availability) provided by the Visiting Nurses of Douglas County (\$25 for those 18-64; sorry, insurance cannot be billed. For those 65+, please bring Medicare card). For information on flu shots, please call (785) 843-3738. Blood draws: 7-10 am; health screenings/exhibits: 7:30-10:30 a.m.
LAWRENCE

OCT**WALK-TOBER 2016**

October is National Walking Month and an ideal time to get outdoors and walk. Sign up for Walk-tober 2016, a free walking program to complete in October on your own or with your own group. Participants will also receive health and wellness tips and healthy recipes. Optional group walks offered a few times during the month. Enrollment deadline is 9/26. To enroll, contact aynsley.anderson@lmh.org or (785) 505-3066, or enroll on-line at lmh.org. Attendance at an orientation session is recommended, but not required for those who have not participated previously. Orientation dates: Tuesday, 9/13, 6:00 p.m. or Monday 9/19, 12:00 p.m. – both at LMH Main Campus or Friday 9/16 9:00 a.m. at the LMH Performance and Wellness Center. To enroll in an orientation session, go to lmh.org or call LMH Connect Care.
LAWRENCE

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.

■ CONTINUED FROM PAGE 29

WEDNESDAYS

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

FRIDAYS

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD THURSDAY OF THE MONTH

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

THIRD FRIDAY OF THE MONTH

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

FOURTH THURSDAY OF THE MONTH

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

FOURTH FRIDAY OF THE MONTH

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

MEETINGS

SUNDAYS

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

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

MONDAYS

BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

MONDAYS

GRIEF SUPPORT GROUP

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

FIRST MONDAY OF THE MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

Individual appointments are available, 5:30-

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

FIRST & THIRD MONDAY OF THE MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

GRIEF SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our 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 THE MONTH

BLOOD PRESSURE CLINIC

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

FIRST TUESDAY OF THE MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

FIRST TUESDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

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

FIRST TUESDAY OF THE MONTH

TOPEKA AREA OSTOMY SUPPORT GROUP

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

FIRST & THIRD TUESDAY OF THE MONTH

GRIEF SUPPORT GROUP

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF THE MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

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

FIRST & THIRD WEDNESDAY OF THE MONTH

CANCER SUPPORT GROUP

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

FIRST THURSDAY OF THE MONTH

MAN TO MAN PROSTATE CANCER SUPPORT GROUP - TOPEKA

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

FIRST THURSDAY OF THE MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST THURSDAY OF THE MONTH

PARKINSON MEETING

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

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

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

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

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

FIRST FRIDAY OF THE MONTH

STROKE SUPPORT GROUP

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

SATURDAYS

LAWRENCE BRIDGE CLUB

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

ONE SATURDAY EACH MONTH

LAWRENCE DEATH CAFE

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death. A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact 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 THE MONTH

CAREGIVER SUPPORT GROUP

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

SECOND TUESDAY OF THE MONTH

NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

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

SECOND TUESDAY OF THE MONTH

KAW VALLEY HERBS STUDY GROUP

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

SECOND WEDNESDAY OF THE MONTH

MEMORY SUPPORT GROUP

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

■ CONTINUED FROM PAGE 30

SECOND WEDNESDAY OF THE MONTH DIABETES EDUCATION GROUP

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

SECOND WEDNESDAY OF THE MONTH SOROPTIMIST INTERNATIONAL OF TOPEKA

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

SECOND THURSDAY OF THE MONTH NAACP MEETING-LAWRENCE CHAPTER

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

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

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

SECOND SATURDAY OF THE MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD TUESDAY OF THE MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH STROKE SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH ALZHEIMER'S SUPPORT GROUP

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

THIRD WEDNESDAY OF THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH MONDAY OF THE MONTH GRIEF SUPPORT GROUP

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

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday OF THE MONTH (except

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

SEP 12

CAREGIVER SUPPORT GROUP

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

MISCELLANEOUS

EVERY MONDAY AND THURSDAY SCRABBLE: OPEN PLAY

Anyone interested is welcome-beginner or long timer-just walk in or give a call. Douglas County Senior Service, 745 Vermont St., 1-4 p.m. LAWRENCE, 785-842-0543

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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

SECOND SUNDAY OF THE MONTH MONTHLY GUIDED HIKE

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas. Amateur arborists and bird watchers will be

amazed at the numerous species present within the park boundaries. Fee. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd., 1 p.m. LAWRENCE, 785-842-8562
ksoutdoors.com/State-Parks/Locations/Clinton

SEP 3

AGED TO PERFECTION

1 mile walk/5K fun run. Walk with your children, grandchildren, or great-grandchildren. Proceeds go to the JAAA Guardian Angel Fund. Washburn University campus in Topeka, 9 a.m. Virtual option available. Every participant gets a t-shirt and "finishers medal." For more information or to register go to www.jhawkaaa.org or call 785-235-1367. Sponsored by Jayhawk Area Agency on Aging and Genesis Health Clubs of Topeka and Lawrence. TOPEKA

SEP 11

ANNEX MURALS DEDICATION

An outdoor celebration and dedication of the Annex murals. Land, sky, and the river flow around the mural connecting all four walls: The Tree of Life, A Vision of Peace, The Creation - Kansas style, and the Quilt. Artist and former Pastor January Kiefer will speak. A pot-luck dinner in Fellowship Hall will follow. Please bring lawn chairs and a covered dish. Table service and drink provided. Community Invited. Kansas Ave United Methodist Church, 1029 N Kansas Ave, (NOTO), 4 p.m. TOPEKA

SEP 15

PIONEER RIDGE - 15TH ANNIVERSARY CELEBRATION

Join us as we mark 15 years of service to Lawrence seniors! We'll reflect, reminisce and have a roaring good time. Food, drinks and entertainment for all ages will be provided - all we need is you! Pioneer Ridge, 4851 Harvard Road, 4-6:30 p.m. (dinner to be served at 5:00 p.m.) Call to let us know if you can make it. LAWRENCE, 785-749-2000

SEP 26

TRIVIA FOR THE YOUNG AT HEART

Come show us what you know at the library's trivia competition for the young at heart. Form a team of up to 8 people and work together to answer 50 questions from 10 different categories. Topeka & Shawnee County Public Library, Marvin Auditorium 101BC, 1-3 p.m. Free. TOPEKA, 785-580-4662

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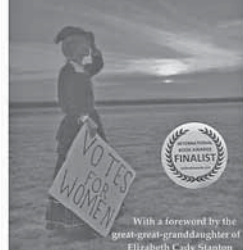
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GROEN ZONE

Ending a 26-year relationship

By Kevin Groenhagen

I ended a 26-year relationship this summer. I would be the first to admit that I never really contributed much to the relationship, although I wish I could have. Because of that, I doubt the other party will miss me. There are many other suitors with much deeper pockets. Before I tell you about what caused the split, I'd like to say a little about Sunflower Community Action (SCA), a Wichita-based group.

On June 15, 2013, SCA bused nearly 300 people to Kansas Secretary of State Kris Kobach's home to protest his views on illegal immigration. Fortunately, Kobach and his family, which includes four young daughters, were not home when the mob arrived.

After SCA protested at Kobach's home, the media in Kansas were nearly unanimous in their criticism of the group. "An organization that supports immigration reform probably did itself and its cause more harm than good Saturday when a large group of like-minded advocates visited Kansas Secretary of State Kris Kobach's Wyandotte County home and veered from protest to trespass," the *Topeka Capital-Journal* editorialized. "Going to Kobach's home was bullheaded, and those who encouraged the crowd that participated owe Kobach an apology," wrote Mary Sanchez, a liberal columnist for the *Kansas City Star*.

I had never heard of SCA before the Kobach incident, but, after an Internet search, found that the group is part of National People's Action (NPA), a Chicago-based community organizing network with affiliates in 14 states. In fact, Emira Palacios, then a coordinator with SCA, also served as NPA's vice president and secretary. Palacios came to this country as an illegal immigrant more than 25 years ago.

In the past, NPA has engaged in

protests similar to the one at Kobach's home. For example, in March 2004, NPA protested outside the home of Karl Rove, President George W. Bush's chief political advisor, to show their support for the Development, Relief and Education for Alien Minors Act, or the DREAM Act. "If President Bush wants our [re-election] vote, he has to give us the dream," Palacios said. According to CNN, "Palacios said Rove agreed to meet with group leaders in his garage but then chastised them for protesting in front of his house and scaring his children."

On May 16, 2010, Nina Easton, a *Fortune* magazine journalist and Fox News contributor, called police around 4:10 p.m. to report that there were at least 500 protesters on her neighbor's property in Chevy Chase, Maryland. The neighbor, Bank of America executive Greg Baer, was not home at the time. However, his 14-year-old son was. Out of fear, he locked himself in a bathroom. The protest was organized by NPA and Service Employees International Union.

Despite the radical nature of NPA and SCA, both groups have received substantial funding from the federal government and private foundations. Sen. James Inhofe (R-Okla.), then chairman of the Senate Committee on Environment & Public Works, wrote a letter to Michael Leavitt, administrator of the Environmental Protection Agency (EPA) after the protest at Rove's home to express his concern that the groups were "partially funded by the federal government receiving grants from the U.S. Environmental Protection Agency." Government records do in fact show that SCA received an EPA "environmental justice" grant of \$14,800 in fiscal year 2000. That project was designed to "prevent lead poisoning and asthma. The project also aims to raise lead and indoor air quality awareness." SCA received another "environmental justice" grant of \$15,000 in fiscal

year 2001. That project was "aimed at low-income neighborhoods in Wichita containing poorly maintained, pre-1950 housing. Neighborhood leaders will be trained by public health officials to inform their neighbors about the dangers of lead and indoor air quality." A third "environment justice" grant of \$15,000 in fiscal year 2002 was supposed to help SCA "fight illegal dumping of trash and hazardous materials in neighborhoods by empowering low income people through information analysis (i.e. workshops)."

So what does SCA have to do with the end of my 26-year relationship? The split was with my bank, whose foundation has given thousands of dollars to SCA in grants related to the Community Reinvestment Act (CRA). A 2012 study by the National Bureau of Economic Research (NBER) concluded that the adherence to the CRA led to riskier lending by banks. Reporting on the study, *Investors Business Daily* noted, "From 2001-2007, Fannie and Freddie bought roughly half of all CRA

home loans, most carrying subprime features." In addition, "Lenders not subject to the CRA, such as subprime giant Countrywide Financial, still fell under its spell. Regulated by HUD, Countrywide and other lenders agreed to sign contracts with the government supporting such lending under threat of being brought under CRA rules.... Housing analysts say the CRA is the central thread running through the subprime scandal—from banks and subprime lenders to Fannie and Freddie to even Wall Street firms that took most of the heat for the crisis."

Now giving grant money to a radical organization that has no problem with intimidating children is not a capital offense. It's not a federal offense. However, I find it very offensive. I was prepared to forgive my bank for this act of "infidelity." However, when I spoke on the phone to the foundation's spokeswoman, she refused to promise me that the foundation would eschew such grants in the future. Therefore, I have taken my banking elsewhere.

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city of Green Bay, Wisconsin, from the mayor, playing in the legendary Surf ballroom on the same day Buddy, Ritchie, and the Big Bopper did 50 years prior and performing on stage with Maria Elena Holly (Buddy's widow), Niki Sullivan (an original Cricket band member) and Tommy Allsup (original Winter Dance Party guitarist and legendary Nashville producer.)

The show also performs with full orchestration for symphonic pops concert presentations and has performed with the Detroit Symphony, the Columbus Ohio Symphony, the Jacksonville Florida Symphony, the Grand Rapids Michigan Symphony, the Philly Pops Orchestra and many more.

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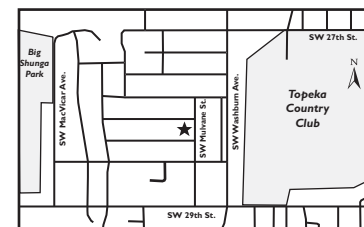
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MY WORD

Death is a certainty ... so don't gamble with your soul

By Billy Graham

Tribune Content Agency

Q: Will science ever cure all the things that go wrong with us? If we do manage to eliminate all disease, does this mean we'll be able to live forever? Questions like this fascinate me. - S.G.

A: I'm very grateful for the advances medical science has made during my lifetime; I seriously doubt if I'd still be alive if it weren't for them. Many of you reading this probably could say the same thing. The Bible reminds us that "Every good and perfect gift is from above, coming down from the Father" (James 1:17).

I am not a scientist or physician, of course—but I do not believe we'll ever be able to conquer all disease. Illness

and accidents are an inescapable part of life—and they always will be. Medical researchers, I've been told, are often baffled by the way old diseases mutate into new ones that are sometimes more lethal than the original.

But someday all sickness and disease will be banished! Someday, the Bible says, Christ will come again in glory, and all sin and sickness and death will be destroyed. We know this is true because Jesus Christ conquered death by His resurrection from the dead. His resurrection is our guarantee of eternal life!

Down inside we all yearn to live forever. It's the reason why people spend enormous amounts of time and money trying to keep old age at bay. But death is a reality, and beyond it is eternity - either with God in Heaven, or in that place of absolute despair the Bible calls

Hell. Don't gamble with your soul, but put your faith and trust in Christ for your salvation today. The Bible says, "God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ" (1 Thessalonians 5:9).

- Send your queries to "My Answer,"

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

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RICK STEVES' EUROPE

England's castles and manors have a story to tell

By Rick Steves

Tribune Content Agency

The English countryside is studded with all manner of manors, castles and palaces. Many of these stately homes, as the English call them, were built in Victorian times by ridiculously rich nobles and aristocrats. To maintain these lavish mansions and grounds, which have been crippled by taxes on both income and inheritances, many have opened their doors to visitors (some are managed by the National Trust, while others remain private).

These days, the most popular stately home to visit is Highclere Castle, where much of the television series "Downton Abbey" was filmed. An hour from London, Highclere has been home to the earls of Carnarvon since 1679, but the present, Jacobean-style house was rebuilt in the 1840s by Sir Charles Barry, who also designed London's Houses of Parliament. The Egyptian exhibit there features artifacts collected by Highclere's fifth earl, a keen amateur archaeologist.

Due to the popularity of "Downton Abbey," Highclere tickets can be hard to come by. For a similarly grand experience, visit Blenheim Palace, 30 minutes from Oxford—my pick for the number-one stately home in Britain. Too many palaces can send you into a furniture-wax coma, but as a sightseeing experience and for simple visual grandeur, Blenheim is among Europe's finest.

The palace was gifted to John Churchill, first duke of Marlborough, after he defeated Louis XIV's French forces at the Battle of Blenheim in 1704. This event marked a turning point in the centuries-long struggle between the two nations, as it put the skids on France's rise and saved Britain. Some historians claim that if not for his victory, we'd all be speaking French today. Nearly two centuries later, another famous Churchill, named Winston, was born at Blenheim. It's

inspiring to be here in the home of the two Churchills who saved Britain, first from the French, then nearly 250 years later, from the Germans.

The last time I was here, I nearly didn't visit, thinking that on a gorgeous Saturday in July this palace would be a mob scene. I decided to go late in the day (arriving two hours before closing) and I virtually had the place to myself. The light was warm, the vibe was mellow, and I was able to really appreciate the fine interior, from the sumptuous state rooms used to impress visiting dignitaries to the private apartment, which provides an excellent behind-the-scenes peek at the palace. The 2,000-acre yard is as majestic to some as the palace itself.

Arundel Castle (in the south, between Brighton and Portsmouth) graces the valley below with straight-out-of-a-storybook appeal. Like many castles, Arundel was built on a historic site—an 11th-century motte-and-bailey castle (with a keep on a mound). But what we see today is the fancy of a fabulously wealthy nobleman in the 19th century. It's got great wow appeal but is all neomedieval rather than really historic.

The Duke of Norfolk—the top dog among all English dukes—still lives here. Paying the steep admission price and exploring the opulent interior caused me to think more about economic justice than fancy furniture. But the place is undeniably impressive, including a wonderful library with rich mahogany woodwork and 10,000 musty, leather-bound books on two levels, along with delightful themed gardens—especially the Collector Earl's Garden, which contains an intriguing stumpery (upturned oak trees).

One of my favorite stately homes is Stanway House, in the Cotswolds. Like many rural mansions, it's open to the public to help pay the bills. I've become friends with the lord here. For a decade I knew him as Lord Neidpath. Then he inherited a different title, and

now he's the earl of Wemyss. When I think about British aristocracy, I think of people like him—eccentrics with a noble commitment to English high culture and all sorts of interesting stuff in their back closet.

The Earl of Wemyss is a good example of the challenges of today's English aristocracy: He's land-rich, but seemingly cash-poor. He likes to greet visitors and is fascinating to chat with. His place feels like a time warp, from the one-piece oak shuffleboard table to the 1780 Chippendale exercise chair (half an hour of bouncing on this was considered good for the liver). It's enthralling to tramp through here, and even look upstairs in his bedroom and see what he's reading.

Near Stanway House, Snowhill Manor was left to the National Trust after its owner, Charles Paget Wade, passed away in the 1950s. Wade was

a recluse and a collector of anything and everything: bicycles, kitchen equipment, finely carved spinning wheels, samurai armor, even elaborate figurines carved by prisoners from the bones of meat served at dinner. After touring this ultimate hoarder's house, you learn that the family motto is, fittingly, "Let Nothing Perish."

Visiting these stately homes provides more than just a chance to ogle some big, fanciful estates. Each one has an interesting story to tell about a far grander and more class-conscious time in England's past.

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

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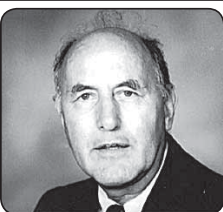
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HUMOR

Grant Us Redux

Letongaloosa Community Junior College, where I work, has two departments: the Department of Technology, et. al., and the Department of et. al., et. al. Years ago Dr. Ima Far-seer, dean of the college, asked me to help two professors submit a grant proposal.

They were both smart and competent but one was a punctilious neat freak and the other was incredibly lackadaisical.



Larry
Day

sical. Working on their own, they had completed 99 percent of the grant proposal. They needed to meet face to face to work out the one percent and sign the proposal.

But they couldn't. The neat freak freaked out at the thought of approaching his colleague's trashy office, and the lackadaisical professor broke out in hives when the dean suggested he meet at the neat freak's office. Neither could abide meeting in a neutral setting.

I solved the problem (and got much needed summer salary as a reward) by fitting the two with virtual reality goggles. Each thought he was meeting in his own office, when in fact they were both sitting in mine. They completed remaining details, signed the grant proposal, and LCJC got its percentage of the grant funds for overhead expenses—which made Dean Far-seer very happy.

Fast forward a dozen years. Dean Ima is poised for retirement. She wants to spend her golden years in someplace more exotic than Letongaloosa (who could imagine such a place?). Problem: how to check out interesting retirement venues on the salary LCJC pays her. Solution: apply for a grant. Problem: how does she

make the grant proposal sound realistic when Dean Ima has never traveled beyond the state borders. Solution: hire a grant writer who has extensive overseas experience.

My phone rang. It was Dean Ima.

"Would you like to make some money?" she asked.

"Very much."

"What do you know about Tahiti?"

"Quite a bit actually," I said. I did a quick Google search. Instantly my computer screen came up with "15 facts about Tahiti."

"Tahiti is made up of 118 islands and atolls spread out over five archipelagos. The whole archipelago spans 4,000,000 square kilometers, which is the equivalent to the size of Europe," I read aloud from the information on my screen.

"Can you figure out a tie with Letongaloosa that would make it logical for me to do research in Tahiti?"

"I'll try," I said.

A couple of days later (to make it look like work) I called Dean Ima back.

"What did you find?" she asked.

"Marlon Brando once owned an island in Tahiti, and the Letongaloosa Daily Ledger-Clarion-Telegram always published favorable reviews of Marlon Brando's movies."

"That's close enough," said Dean Ima. "Get busy and write a grant proposal."

Getting research grants isn't as easy as it used to be. We submitted Letongaloosa-Tahiti grant proposals to dozens of institutions, but came up dry. Those institutions even ignored the Marlon Brando connection.

Reluctantly, I phoned Dean Ima. "No one will give us a grant."

"I've got to get to Tahiti," she said. I got an idea for another funding source."

"Get on it."

Some readers will recall "One if by Land." It's a story about Ribby Von Simeon, the son of Letongaloosa-born movie star Sipa Margarita and billionaire Balderdash Von Simeon. Sipa was too busy being a movie star and Balderdash was too busy being Balderdash to bother with Ribby, so he was raised by his grandparents in Letongaloosa. When Ribby inherited the Margarita-Balderdash fortune he memorialized the only quality time he had spent with his mother—an ocean voyage.

Ribby purchased the ocean liner they had sailed on when it was about to be chopped up for scrap. Ribby had the ocean liner dismantled and shipped piece by piece and reconstructed on a

hill outside Letongaloosa.

Ribby Von Balderdash was interested when I explained Dean Ima's Letongaloosa-Tahiti Project, and he was sold when I mentioned that Marlon Brando owned an island down there. Ribby offered to pay for Dean Ima Far-seer's initial trip to the South Seas. It was love at first sight. Dean Ima took immediate retirement, cashed in her accrued retirement, closed her substantial savings account, and never came back to Letongaloosa. Dean Ima did send Ribby a picture of her with one of Marlon Brando's great grandchildren. Ribby treasured the photo.

- 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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WOLFGANG PUCK'S KITCHEN

'What's in a name?' Whatever you call it, this dish satisfies

Shakespeare penned the famous question that Ms. Capulet poses in "Romeo and Juliet." And that question often applies to food as much as it does to romance. Just like other lovers of good cooking, I've found in my travels across America and around the world that very similar dishes can go by very different names in different places.



Wolfgang
Puck

Take the Denver omelet. Or is it the Western omelet? Depending on where you order it, the name may vary. The constants will almost always be some sort of ham, chopped onion and green bell pepper. And it seems that the closer a Western omelet gets to Colorado's Mile High City, cheese seems to be added and the name changes to Denver omelet. But that's not always true, and you'll sometimes find fierce arguments between food lovers over what to put into it or call it. Paraphrasing the Bard, I would simply suggest that whichever name we use, it will taste just as delicious.

The same goes with terms used for omelets themselves. Some people still like to use the French spelling, omelette. Cross the border from France to Spain, and cook the omelet flat like a thin pancake instead of folded. And it's called a tortilla, the same term used in Mexico for their thin, round flatbreads made with flour or corn. Across the Ligurian Sea in Italy, a similar egg dish becomes a frittata.

I certainly believe in respecting culinary traditions. Even more, however, I respect ingredients, always trying to select the best, freshest, seasonal, local, organic ones, cooking them in ways that respect their integrity. And as a chef who loves to be creative, I

also enjoy coming up with fresh variations on classics. That's how I came up with the smoked salmon pizza, still an in-demand favorite at Spago and my other restaurants.

In a similar spirit, I would like to offer a new creation that I'll call a Western or Denver frittata. It includes the onion and bell pepper you'd expect. But I use red instead of green pepper, replace the usual ham with pieces of bacon, add a little chopped chile pepper, plus pieces of scallion and cherry tomato, and include Parmesan instead of the Denver version's customary cheddar or American cheese. As my own changes might suggest, you should feel free to swap out or add your own favorite ingredients.

Finally, I cook the omelet flat, in the style of a frittata or tortilla, starting it on the stovetop and finishing it under the broiler. The result makes a great main dish for breakfast, brunch, lunch or dinner. And I'm sure that, whatever name you might choose to call it by, it's a versatile dish you are sure to fall in love with.

WESTERN OR DENVER FRITTATA

Serves 2 to 4

2 thick slices bacon, cut crosswise into 1/4-inch (6-mm) pieces
1/4 yellow onion, coarsely chopped
1/4 large red bell pepper, diced
1/4 poblano chile, diced
2 medium red potatoes, cooked and sliced, slices cut crosswise in half
Freshly ground black pepper
Kosher salt
5 large cage-free eggs
4 tablespoons freshly grated Parmesan cheese
2 tablespoons heavy cream or milk
1 tablespoon extra-virgin olive oil, plus more as needed
2 scallions, cut diagonally into thin slices
4 cherry tomatoes, quartered
Fresh basil leaves, for garnish

Preheat the broiler. Meanwhile, in a medium nonstick ovenproof skillet over high heat, saute the bacon until it starts to brown. Pour off excess fat. Add the onion, bell pepper and poblano, and saute until they start to soften slightly; then, add the potato. Continue cooking until the edges of the vegetables are golden brown. Season with pepper and a little salt.

In a medium-sized mixing bowl, combine the eggs, Parmesan, cream, and salt and pepper to taste. With a fork, beat until well blended.

Drizzle the 1 tablespoon of olive oil around the bacon and vegetables. Pour in the eggs. Over medium heat, stir the eggs briskly with the back of a fork

until they begin to set but are still very moist. Scatter the tomatoes and scallions evenly over the top.

Place the pan under the preheated broiler. Cook another 1 to 3 minutes, until the eggs are set on top to your liking. Return the pan to medium heat, drizzle the edge and top of the frittata with a little more oil, and continue cooking until the bottom is fully set and golden brown.

With the help of a spatula, if necessary, slide the omelet from the pan onto a large serving plate. Garnish with fresh basil leaves. To serve, cut in half or into wedges.

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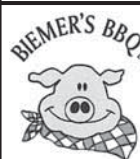
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PET WORLD

What does it mean when a dog licks you?

By Marc Morrone

Tribune Content Agency

Q: I have a 6-year-old golden doodle, Sophie, the most wonderful, loving pet. My problem (if you can call it a problem) is her continually licking my face when she is sitting near me. Does it have a meaning or is it only a reaction to what I had taught her previously? I would love to know if it is love or a game for her, or does it have any meaning at all? Thanks for your help. - Daniel Cohen, Boynton Beach, FL

A: Well, you asked for the reason the behavior exists and there is a scientific one. Wolf puppies will lick the faces and lips of adult wolves to indicate that they are hungry. The adult wolf will then regurgitate its stomach contents onto the ground for the puppy to then eat.

When we domesticated the wolf into the dog, we retained the traits of the wolf that we liked and did not encourage those that we did not like. From those traits that we did like was the idea that the animal should view us as a parental figure. Now most dogs will view us as providers and parental figures when they are adults.

So you see the face licking you describe starts off as more of an instinct, your dog is not begging for food, but more of a way of acknowledging that you are the dog's parental figure. The dog derives security, comfort and reassurance for this, and will continue to do it as long as you allow it.

Now that is the scientific reason for it. There's also the fact that your dog loves you very much and this is her way of expressing it, so just sit back and enjoy it!

Q: We have a great new pet, a 12-week-old female golden doodle. She loves to walk and run just not on the road and blacktop. Once we leave

the backyard she gets very skittish. I can clearly see she is afraid of cars, but even on a quiet street she refuses to move. Should I be more demanding for her to move? - Donald Garcia, Las Vegas, NV

A: Being pushy rarely works in this situation. Your dog does not feel comfortable out of the yard and if you do push her, then she will feel that her fears are justified. It is always important to remember that animals never accept our assurances about how safe a situation is—they need to figure it out for themselves.

If she wants to determine for herself that the situation is safe, then just hold the leash and lean against a tree and let her. She will get tired of sitting down as she explores the area. In no time she will figure out for herself that being out of the yard is a great place to be and your next question to me is how to stop her from pulling you down the block.

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

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MEMORIES ARE FOREVER

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

www.MemoriesAreForever.net

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



Tom
Mach

A Picture Perfect Little Girl

By Marylene Rhyne

One of my favorite memories is when I was six years old. The day before we were supposed to have our pictures made, Dad rolled my hair on paper shreds from a brown paper grocery bag. I slept that night with my hair rolled up in paper. Next morning, Mom

fixed my hair so pretty I felt like a princess. Before I left home Mom told me not to run and play before I got my picture taken. But by the time I got to school I forgot all about that and I ran and played with my friends. I had my picture taken and, fortunately, Mom didn't ask me if I played before I had my picture taken.

Well, the photos arrived and when Mom took them out of the large envelope, her mouth dropped open. What she saw was her little girl with a kinky head of hair. I still laugh about that day. I wish I had listened to Mom because every time I look at that photo I can't help but notice what a mess my hair was.

I was always a bashful child, and kept my head down. I was afraid what was ahead of me, so I always hid either behind my parents or under my aunt's dress. I loved visiting my aunts, when once a year all the women and girls got together and to do canning all summer. We even had a creek where we went swimming during the summer. Once I got quite sick and had to go to a doctor. I was fascinated by this since I had never been to a doctor before.

At school the kids made fun of me because I had skinny legs and their comments hurt me. I would cry about this, and my Dad made me feel better. I recall at the house where my aunt lived there was a well near her back porch

from which we could draw water. I used to be afraid that the bucket would pull me into the well and it would be bye bye world for me. I would overhear comments my Aunt Geraldine would make to Mom about my growing up fast. I was no longer a bashful young girl but a young lady. I never imagined myself as a young lady because I was a tomboy at heart. I loved playing cowboys and Indians or climbing trees. I was quite energetic and no one could keep up with me. Living back in those days was great. We went and played wherever we wanted. I loved swinging on the vines of the trees. We would crawl up the trees, break off the branches, and swing over a ravine.

Mom tried hard to make me a young lady, but it was hard. When it came time to have my picture taken, I was never ready because I was always running around, playing with my siblings. However, I did love school and learning new things. I always loved to read. I enjoyed playing at school recess, no matter what game we were playing.

I recall getting in trouble in the first grade when I was only six. I kicked the teacher because of something she said. She ended up spanking me, and then called my father to tell him what I did.

I was daddy's little girl, of course, and when he met with the teacher he ordered her not to spank me again. However, I learned my lesson from that incident, and I respected the teacher and took a greater interest in school. It was a place where I could learn and



Marylene Rhyne

imagine I could be anyone and go places.

As I look back I can see the goodness, love and a life filled with Jesus that my Dad and Mom gave me. I turned out to become the young lady that my Mom wanted, and I still hold her dear to my heart.

Pictures are not always perfect but if you look into the eyes of that person in the picture, you will see her heart and understand her soul. As I look at my picture as a little girl, I saw the young lady I was about to become one day.



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GOREN ON BRIDGE

Girl power

With Bob Jones

Tribune Content Agency

Neither vulnerable. South deals.

NORTH

♠-Q 8

♥-10 8 7 6

♦-K J 8 4

♣-K 7 2

WEST

♠-J 10 4

♥-K 4 3 2

♦-9 7 5 3

♣-6 3

EAST

♠-7 2

♥-J 9 5

♦-A Q 6

♣-Q J 8 5 4

SOUTH

♠-A K 9 6 5 3

♥-A Q

♦-10 2

♣-A 10 9

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	Pass	1NT	Pass
3♠	Pass	4♠	Pass
Pass	Pass		

Opening lead: Six of ♣

Today's deal is from a recent international competition. South was Aurelie Thizy, a young woman from France.

South won the opening club lead

with the ace after East played the jack. She drew three rounds of trumps and led the 10 of diamonds, losing to the queen. East shifted to a low heart. Had Thizy taken the heart finesse, West would have won and played a second club, establishing a club winner for East while she still had a diamond entry.

Declarer was having none of that. Thizy rose with her ace and led a diamond to dummy's jack. East won her ace and returned a heart to her partner's king, but when West played another club, South rose with the king in dummy and discarded her remaining club on the king of diamonds. Well played!

This led to a useful swing in her match when the contract failed at the other table. East made a threadbare overcall in clubs at that table, so South led a spade to dummy's queen and took an early heart finesse, playing East for all the missing high cards. Great was her disappointment.

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

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KEVIN GROENHAGEN PHOTO



Pioneer Ridge Independent Living Lease Office hosted a ribbon cutting and open house on August 18 at 650 Congressional Drive, Suite D, in Lawrence. Scheduled to open in early 2017, Pioneer Ridge Independent Living in Lawrence will offer contemporary amenities combined with the comfort of knowing that, if other needs arise, the other great services offered by the Pioneer Ridge family are right next door at Pioneer Ridge Assisted Living and Pioneer Ridge Health & Rehabilitation.

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Thomas Jefferson Chapter
(Topeka)

Brian Vazquez (President)
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PUZZLES & GAMES

CROSSWORD

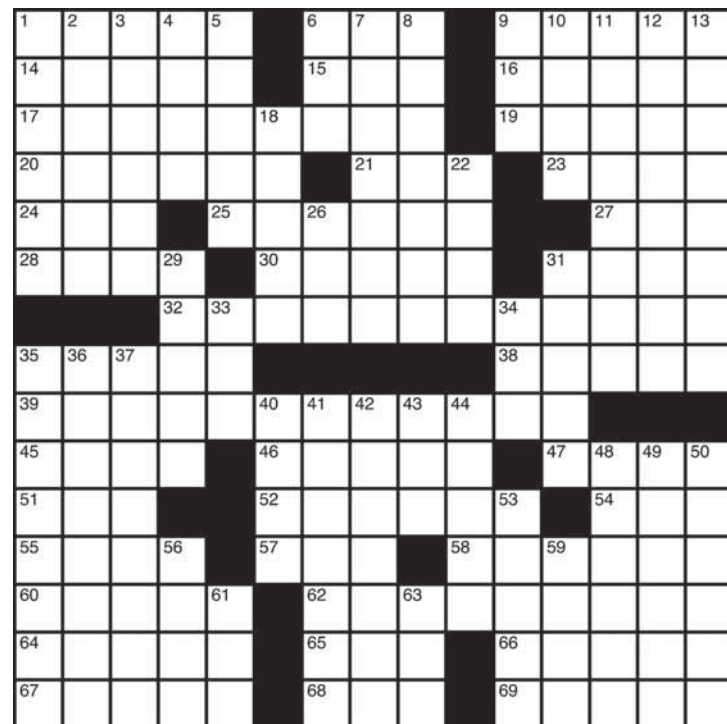
Across

- 1 Shoot the moon
6 "Say from whence / You __ this strange intelligence?": Macbeth
9 Word of possibility
14 MDX maker
15 __ Pacis: altar of Peace
16 Tough test metaphor
17 Where shirts may be lost?
19 Dish man?
20 Measurement for Sagan
21 One sending out bills
23 Field guard
24 Bolivian president Morales
25 Denounce unmercifully
27 Natl. debt unit
28 Mountain __: soft drinks
30 White
31 Galileo's birthplace
32 California Marine Corps base
35 Snowboarding gold medalist White
- 38 Begins
39 Realm of some self-help books
45 Easy pace
46 Idle colleague
47 Conan Doyle, for one
51 "Love __ Rose": Neil Young song
52 At sea
54 LAX stat
55 Fade out
57 Film with six sequels
58 Muse for Sagan
60 Equals
62 Update
64 Kovacs of early TV comedy
65 Tao follower?
66 "JFK" director
67 Late bloomer?
68 Skid row woe
69 Prepares for recycling

Down

- 1 Suddenly inspired

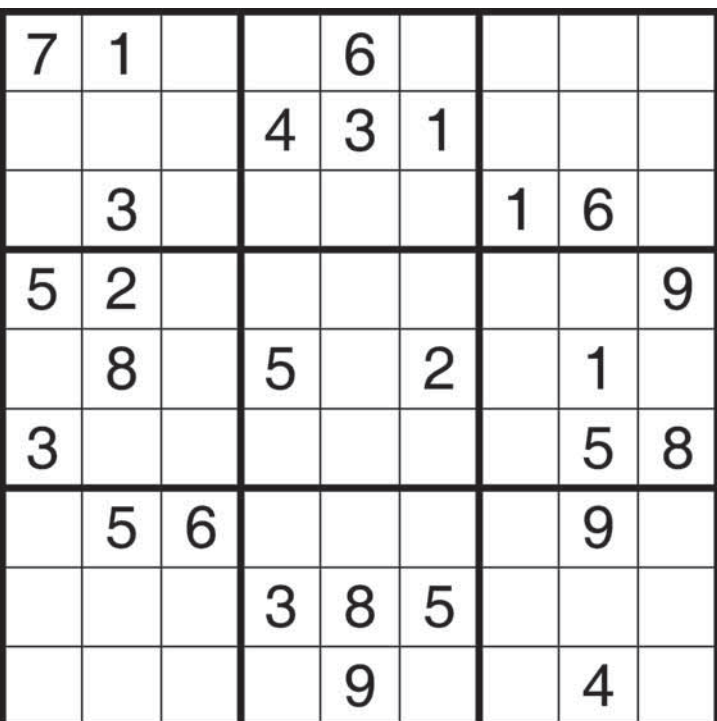
- 2 Staff span
3 Underground shelter
4 Camera component
5 Is visibly thunderstruck
6 Sturdy tree
7 Encircle
8 Like 3-Downs
9 Place for an X, perhaps
10 "That's dubious"
11 Go for lunch, say
12 President who signed the Sherman Antitrust Act
13 Travel agent's suggestions
18 Razor man?
22 Patch
26 Venomous snake
29 Informal pardon?
31 1666 London fire chronicler
33 "__ luck?"
34 Two-by-four source
35 Soup variety, and a feature of five puzzle answers
36 Classic 1986 sports movie
37 Obvious
40 Makers of many skeds
41 Started one's family,



- casually
42 Grey area?
43 Small, made smaller
44 Get ahead of
48 Fixture at Rosh Hashanah services
49 Put on course

- 50 Masonry and such
53 Metallic waste
56 City on its own lake
59 In the matter of
61 Sun. delivery
63 Acute care initials

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

BOYTO
TOODU
FREPER
CANGLE

Answer: HE

THAT SCRAMBLED WORD GAME
by Mike Argirion and Jeff Knurek

I fold. I get all the lousy cards

WHAT HAPPENED WHEN THE POOR PLAYER JOINED THE POKER GAME.

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

SCRABBLE G.R.A.M.S.

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RACK 1: A₁ I₁ I₁ T₁ N₁ H₄ B₃

RACK 2: A₁ I₁ U₁ N₁ D₂ L₁ R₁

RACK 3: E₁ U₁ C₃ S₁ T₁ S₁ P₃

RACK 4: A₁ A₁ E₁ K₅ T₁ G₂ N₁

RACK 5: A₁ O₁ U₁ T₁ G₂ B₃ T₁

3rd Letter Triple

Double Word Score

PAR SCORE 255-265
BEST SCORE 315

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. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com.

Answers to all puzzles on page 46

www.seniormonthly.net

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

SCRABBLE G R A M S SOLUTION									
I	N	H	A	B	I	T	RACK 1 =		
D	I	U	R	N	A	L	RACK 2 =		
S	U	S	P	E	C	T	RACK 3 =		
T	A	N	K	A	G	E	RACK 4 =		
T	U	G	B	O	A	T	RACK 5 =		
PAR SCORE 255-265							TOTAL		
							315		

JUMBLE ANSWERS

Jumbles: BOOTY OUTDO
PREFER GLANCE

Answer: What happened
when the poor player joined
the poker game -- HE GOT
POORER

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HAIRBALL: A Bombastic Celebration of Arena Rock!

Topeka Performing Arts Center
October 14, 7:30 PM

A band puts on a concert—Hairball puts on an event! Hairball is a Rock & Roll experience you won't soon forget. The lights, sound, smoke, fire, bombs, and screaming hoards of avid fans...to merely call it a concert would be like calling Mount Rushmore a roadside attraction!

Vocalists Joe, Steve and Bobby lead the band through a 2+ hour, mind-blowing, and drop-dead accurate homage to some of the biggest arena acts in the world. Van Halen, KISS, Motley Crue, Queen, Journey, and Aerosmith are but a few of the acts fans will see brought to life. The Hairball stage becomes an entirely new rock concert before your very eyes countless times throughout the night.

The motor that drives the Hairball dragster consists of Freaky on the electric bass, Blake on the drums, and Happy on the lead guitar. These Rock & Roll soldiers pride themselves on nailing some of the most memorable licks and chops of all time, while adding their own style and flare that they've cultivated over decades of tireless performing. This isn't a side job. These guys eat, sleep and breathe Rock & Roll!

2016 finds Hairball celebrating its 16th year of rocking hundreds of thousands of people across the country. Constantly adding more characters, more pyrotechnics, more lights, more sound, more props, more surprises...more everything! While Happy often tells the audience "Today is the first day is the rest of your life!" Hairball performs every show as though it could be their last. Every night is a 100% full-on, no-holds-barred, exciting, chaotic, fiery party that has to be experienced to be believed!

As important to Hairball as the music, are its fans. While many bands claim to have the best fans in the world, Hairball actually has! Whether they are 10 years old or 100, Hairball fans bring an unparalleled enthusiasm and energy to the show that enhances the arena experience. Hairball knows



it wouldn't exist without its fans and takes every opportunity to let them know that. Whether it's a pre-show meet and greet, hanging out at the merchandise booth, or chatting online, Hairball has a lot in common with its fans and it's always a good time when they get together.

Don't confuse Hairball with the countless "80's Tribute" bands across the country. Hairball is an experience,

an attitude, and expression of music that isn't simply a retro flashback. It's a way of life, and it's not going anywhere soon!

All tickets are \$20 and available at Topeka Performing Arts Center Box Office, charge by phone at 800-745-3000 or online at www.ticketmaster.com. Additional fees may apply.

For more information, visit www.topekaperformingarts.org/hairball.



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A lifelong Kansan and avid Jayhawk fan, Dr. Oertel completed his higher education at The University of Kansas – from his undergraduate studies (2005) to his medical degree (2010), internal medicine residency (2013) and endocrinology fellowship (2016). Today, Dr. Oertel is board certified in internal medicine and board eligible in endocrinology, diabetes and metabolism.

One of the most rewarding things about his work as an endocrinologist, says Dr. Oertel, is the opportunity to provide highly focused, patient-centric care. Dr. Oertel enjoys family activities with his wife and daughter, and he is proud to serve the Lawrence community where he has been practicing since 2013.

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Learn more at lmh.org/endocrinology

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