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February 2017

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Vol. 16, No. 8

INSIDE



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COURTESY PHOTO

Mary Jo Fay:
A true-life story
of a junk-food
junkie who ate
anything and
still lost 50
pounds.

*See story on
page three*



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Fay loses 50 pounds while eating her favorite junk food

By Kevin Groenhagen

Mary Jo Fay, Topeka, is a self-proclaimed junk-food junkie. She simply refuses to give up her Hostess cupcakes. Unfortunately, too much junk food can cause many of us to gain too many pounds. Fay herself struggled with weight issues for four decades. She first realized the connection between her junk-food habit and her weight gain when she ran into a former high-school classmate, Kathy, at a convenience store in 1975.

"I had headed into the 7-11 on a mission," Fay writes in her new book, *No Cheatin', Just Eatin': My Crazy, Successful Love Hate Relationship With Food*. "In reality, being the junk food junkie I already was, I was on a mission to get my next fix—which at that moment consisted of two Hostess Cupcakes and a Reese's Peanut Butter Cup. Yea—all for me. And double yes—all for me right now."

As Fay headed towards the exit, "anticipating the first burst of flavor of the delectable goodie" on her tongue, she heard someone say, "My God,

Girl, have you gotten fat!"

For Fay, who had never considered herself fat, those words left her speechless. She drove home with tears in her eyes, realizing she had been in denial about her weight gain.

"I thank her now for being the only person willing to tell me the truth about my body, when no one else would," Fay writes. "I shudder to think if no one would have called me on my weight gain, and I had gained even more. Sadly enough, I still don't know if it's smart to tell your family member or friend that they have a weight problem. (Hopefully in a much nicer way than Kathy did.) But still, it's a tricky spot to be in. One usually assumes that a heavy person knows that they are heavy. But I truly believe in my situation, I was in major denial until her words came crushing down upon me. In my mind, I just didn't feel 'that bad.'"

Fay's weight would fluctuate greatly during the subsequent years. She managed to lose 30 pounds prior to her daughter's wedding in 2009, and then

COURTESY PHOTO



Mary Jo Fay (left) when she was near her heaviest weight. She recently wrote about book about her weight loss.

an additional 10 pounds during the months following the ceremony. However, health issues, including several

back surgeries and being diagnosed with Parkinson's disease, led to the

■ CONTINUED ON PAGE FOUR

Kaw Valley SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

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Contact us:

MAIL

2612 Cranley St.
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Mary Jo Fay

■ CONTINUED FROM PAGE THREE

return of all the pounds she had lost plus a few more. She maxed out at 196 pounds.

“Now that was scary,” Fay writes. “That’s 40 pounds more than I should be. And seeing just how close the number 200 was each time I got on the scale left me terrified but with a boundary I MUST NOT BREAK!”

Fay did not break that 200-pound boundary. In fact, she lost 50 pounds and is now at the weight she was when she was on the track team in high school.

“I’m back to my high school weight,” she said. “It’s not all in the same places, but I’m okay with that.”

The way she lost all those pounds is a bit unconventional, but, obviously, effective. She wrote *No Cheatin’, Just Eatin’* to help others with dietary habits similar to hers.

Fay tried traditional weight-loss programs, which require dieters to eat many vegetables and other healthy food items. Such programs work for many seeking to lose weight, but they have no appeal to her since they would require her to give up her junk food. For those programs, eating junk food

is cheating.

“Let’s be honest,” she said. “How many people leave a doctor’s office after being told they need to lose weight saying, ‘Yay! I get to go home and have a salad!’”

Fay also has an issue with “diets” in general.

“‘Diet’ is a four-letter word,” she said. “The word ‘diet’ implies a starting and stopping point. People don’t consider it a lifestyle. A diet implies that you’ll be on a program for a while to lose some weight, and then you can go back to doing what you want to do, which obviously wasn’t working the first time, or any other time for that matter.”

Fay’s program for fellow junk-food junkies is a lifestyle that entails three main components. The first is education.

“Most people have no idea what a portion is,” she said. “I love to eat at Panda Express. They tell you how many calories there are per serving. Then you watch them serve up that chow mein and it’s heaping on the plate like a volcano. That’s not a 360-calorie portion. That’s six portions!”

Fay educates readers about, among other things, “calories in, calories out,” how many calories you need during a

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Mary Jo Fay

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day, what a proper portion size is, and measuring how many calories you consume.

To me it's like your checking account. If there's \$1,500 in my checking account and I want to write a check for \$2,000, it's not going to work. There's a \$500 difference there. So, if I'm going to stay within the \$1,500 in my account, I have to be careful about how I'm going to spend my money so I don't bounce a check at the end of the day."

"People need to know they can eat anything ... just not *everything!*," Fay added. "You don't eat the whole pizza. You can have two pieces of pizza. Sure, you can have ice cream for breakfast, but you have to know how to count it in the day's overall calories. No doctor or nutritionist would advise eating this way. It is definitely not a healthy diet. However, things like gastric bypass surgery aren't healthy, either, yet nearly 200,000 people get the procedure each year, some with some not-so-great outcomes. I think I'd rather keep eating my junk food and lose weight than have my stomach stapled."

The second component of Fay's program is exercise.

"Exercise can be as simple as walking," she said. "With all the surgeries I've had, all they let me do is walk. I still manage to lose weight. But people have to know what exercise is required to look like. Going to the gym three times a week for half an hour ain't cutting it. Even if you exercise every day, you can't outrun the fork—it has two

more legs than you! In other words, you may think going to the gym three times a week is going to burn off all those extra milkshakes and French fries you had. But it takes an hour of exercise to burn off just one candy bar. But that doesn't mean that you have to become a gym rat or run marathons. You don't need a gym membership. You don't need to go to a fitness boot camp. I spent \$2,000 on a two-week fitness boot camp. It was really good and I really liked it. But, honestly, I lost one pound during the first week. That's \$1,000 per pound. You have to figure out how to move, whatever that means for you. You can walk in the mall or walk your dog. I walk my dog for an hour every day. She lost weight and I lost weight."

The third and final component of Fay's program is recording.

"Once you start looking at how many calories you ate, what you did for exercise, what your weight was each day, and track it every daily, it's very eye-opening," she explained. "And if you want to take it a step further, you can buddy up with someone. When you buddy up with someone and have to confess what you've been eating all day, you might cut back a bit. But the bottom line for me is I'm not going to get those people to give up their candy bars and ice cream. I won't give up mine, either. I'm a terrible eater. I'll have ice cream for breakfast, a candy bar for lunch, and pizza for dinner some days. But I know exactly how many calories I'm going to allow myself. And I try to find things that are smarter. For example, there's a new ice cream called Halo Top. It's fabulous. If

■ CONTINUED ON PAGE SEVEN

THE U.S. AND THE GREAT WAR

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AMERICA'S ROAD TO WAR

Thursday, Feb. 2 - 7 p.m.

When war broke out in Europe in 1914, the U.S. stood on the sidelines as President Wilson asked his fellow citizens to remain neutral "in thought as well as in deed." Michael Neiberg, noted scholar and chair of war studies in the U.S. Army War College, introduces the 2017 Presidential Lecture Series, exploring the complex paths of politics, economics and cultural divisions that came together and brought America into the war in 1917.

A GIANT WITH FEET OF CLAY: THE AMERICAN MILITARY IN THE GREAT WAR

Thursday, Feb. 9 - 7 p.m.

The story of how the U.S. Army sought to transform itself over the course of 18 months into a comparable or superior military force to the European armies is grounded in irony. Richard Faulkner, professor with the U.S. Army Command and General Staff College, lays out how the American Expeditionary Forces played a pivotal role in the brutal campaigns that led to Germany's defeat on the battlefield.

AMERICANS ALL: THE HOMEFRONT IN WORLD WAR I

Thursday, Feb. 16 - 7 p.m.

In America, World War I brought expanded involvement in global politics, the experience of modern warfare—and equally important domestic changes. Noted scholar from Chapman College Jennifer Keene will discuss the responses of Americans to the introduction of the draft, economic mobilization, the patriotism crusade and its effects and much more.

BOLDNESS AND FRAILTY: WOODROW WILSON'S FIGHT FOR THE LEAGUE OF NATIONS

Thursday, Feb. 23 - 7 p.m.

Acclaimed biographer of Woodrow Wilson and professor emeritus at the University of Wisconsin, John Milton Cooper closes the series by painting a portrait of Wilson and his transformative leadership. Wilson guided the nation through World War I and sought to bring about an international system to ensure lasting peace.



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Mary Jo Fay

■ CONTINUED FROM PAGE SIX

you look at a pint of Ben & Jerry's ice cream, they're about 900 to 1,200 calories. Of course, they'll tell you calories per serving, but they expect you to get four servings out of that pint, which is ridiculous. A pint of Halo Top, which comes in 17 flavors, is between 240 and 360 calories."

Ironically, after losing 50 pounds, some look at Fay skeptically when she tells them about her program.

"When I tell people I have written this book about weight loss, they give me this look and say, 'Yeah, but you're thin,'" she said. "I think many have the belief that all people who are thin are naturally thin and can eat whatever they want. So I ask them, 'Would you rather learn about successful weight loss from an overweight person? Or a thin person who was an overweight person who learned how to take the weight off?'"

Fay does offer one important caveat concerning weight loss.

"When you decide to lose weight, it has to be for you," she said. "If you decide to lose for somebody else, it's never going to work."

Of course, there are exceptions to this caveat. For example, in the last chapter of *No Cheatin', Just Eatin'*, Fay writes about a friend who came up to her and said, 'Mary Jo, Mary Jo, how are you!'" Fay didn't recognize her right away because she had lost 120 pounds since the last time she saw her. The friend's son had Down's Syndrome, and she wanted to make sure she was there for him as they both grew older. In that case she didn't lose the weight for herself, but for someone who needed her to be around for a long time to come.

Fay was raised in Whitewater, Wisconsin, and moved to Topeka from Denver last year.

"My daughter, Dr. Shaun Steeby,

took a position with Stormont Vail as an orthopedic trauma surgeon," she explained. "I came here so I could actually spend some time with my family."

Like her daughter, Fay has a clinical background, having earned a master's degree in nursing. She retired from nursing several years ago, and then, in 2003, launched Out of the Boxx, Inc., in which she serves as a relationships consultant.

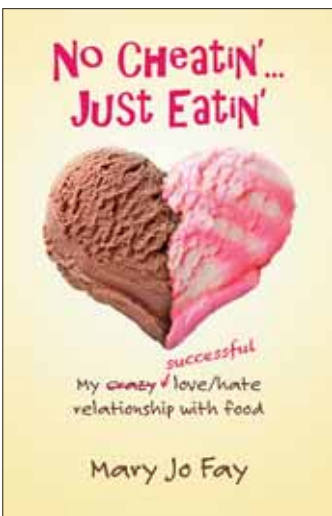
"I like to say that I now nurse relationships," she said.

No Cheatin', Just Eatin' is Fay's sixth book. Her other books include several non-fiction titles about relationships and *Blatant Deception*, a fiction novel that was a 2014 Beverly Hills Book Awards finalist.

Fay is also a coach and public speaker. She spoke at Midland Care in Topeka on January 11 as part of its Stories of Hope & Healing educational series. She is hoping to speak before additional groups in Topeka and beyond.

She's also starting her first group coaching weight-loss class during the first part of February. There is no fee for this four-week course, but participants do need to read the book first so everyone is on the same page.

For more information about Fay, her coaching class, or the book *No Cheatin', Just Eatin'*, please visit her website at maryjofay.com. You can buy *No Cheatin', Just Eatin'* on Amazon.com in both soft cover and e-book formats. If you live in Topeka, you can get a copy directly from Fay by calling 303-841-7691.



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For Bulmer, home care all begins with respect

By Billie David

When Renea Bulmer, owner and administrator of Topeka's Advantaged Home Care, decided to open her business 14 years ago, she remembers that it was a big step for her.

"It was very scary," she said, "but what we do with home care is very important to me.

She certainly had experience working with seniors, having started as a candy striper at a nursing home at the age of 14 and continuing in that field for most of her adult life, including 23 years as an administrator of a home health agency.

"I grew up working in a nursing home," Bulmer said. "I'm familiar with it. It's what I wanted to do."

Her family was a prime influence on her preference for caring for seniors. Her mother worked as a cook for 30 years in the same nursing home where Bulmer started out as a candy striper.

"I grew up there," she said. "I learned the basics there."

She was also very close to her grandparents, growing up in the community of Michigan Valley near Pomona Lake, where her grandfather and father ran a grain elevator.

"I had grandparents I adored," she said, "and I took care of them. My grandfather was very special to me all my childhood. I was always comfort-

able with senior people."

Bulmer took a break from working with seniors to attend the University of Kansas to earn a degree in education, but found that she preferred working with seniors and returned to her career in that field.

But after working in a similar home health care business for 13 years, she realized that she wanted to go in a different direction, one that would provide a more personal touch.

"So I left that business and started this one," she said.

Her business, Advantaged Home Care, opened in 2003 and serves the Topeka area.

The fact that she established Advantaged Home Care as a licensed home health agency is very important to Bulmer, as it shows that the business follows state regulations and guidelines.

"They are good guidelines," she said, adding that the goal of the business is to help seniors stay in their own homes, which many of them can do with a little extra help.

"We believe very strongly that a little care goes a long way," she said.

At the top of the list of what Advantaged Home Care provides is the act of showing respect for their clients.

"It all begins with respect," Bulmer

said. "We respect the clients we serve, and we respect their homes."

A close second is providing consistency, which helps foster feelings of security and closeness.

"We try to match people up and keep them together for as long as it takes," she explained. "Sometimes the caregivers become part of the family. It works out great."

But before employees are even matched with clients, they go through a careful screening process, which includes conducting thorough hiring interviews, checking credentials and running a background check.

Nearly half of Bulmer's clients consist of veterans, which she explains goes back to her relationship with her grandfather.

"We are very proud of our relationship with veterans," she said. "Veterans don't want to be trapped indoors, and a little bit of help keeps them in their homes with a

bit of independence."

Advantaged Home Care's services are varied and matched with the client's needs, which may require anywhere from two hours to 24 hours of help a day.

A registered nurse helps determine those needs through a free in-home conference in which family members are encouraged to participate.

From the needs assessment, individualized care plans are developed, and finally clients are carefully matched with the caregivers who can best meet their needs.

Caregivers help with a wide variety of assistance, including housekeeping, meal planning and preparation, laundry, personal care assistance such as bathing and grooming, accompanying clients to appointments, running errands, reminding clients to take their medications, and providing companionship.

More information about Advantaged Home Care can be found on the business' website at advantagedhomecare.com, by emailing advantagedhomecare2003@yahoo.com, or by calling 785-267-4433.

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KDADS to launch Operation Red File in Douglas County

By Kevin Groenhagen

Sometimes the inability to sleep leads to great things.

April Hazen, the Senior Medicare Patrol Program (SMP) administrator with the Kansas Department for Aging and Disability Services (KDADS) couldn't sleep one night and came up with an idea that has benefited thousands of Kansans.

"I do the SMP, which helps educate about Medicare fraud," Hazen said. "We had a lot of really good information that we needed to hand out about Medicare fraud, so I had to find a way to get that information into the hands of the people who needed it. I was just trying to figure it out one night when I couldn't sleep, and that's how Operation Red File came about. I then took the idea to the Commissioner on Aging, Craig Kaberline, and then he took it to our Secretary, Tim Keck. They both thought it was a great idea."

The idea behind Operation Red File is a simple one, but has already saved lives. The free program provides individuals with red, magnetic folders that are placed on their refrigerators. In the case of an emergency, first responders such as policemen, firefighters, and emergency medical responders (EMRs) have instant access to medical information and other critical documents.

"First responders don't have to run around a house to look for different things," Hazen explained. "They can just grab the Red File off the refrigerator and begin life-saving techniques right there with all the information they have at their fingertips."

First responders and emergency staff can use this information to:

- Instantly access medical history and medication records in an emergency
- Avoid delays caused by trying to get information from a confused patient
- Ensure that the family/responsible party will be notified quickly
- Have a photograph available in the case of a Silver Alert

A Silver Alert is a public notification system in Kansas and several other states that broadcasts information about missing persons—especially senior citizens with Alzheimer's disease, dementia or other mental disabilities.

"If people have 'do not resuscitate' (DNR) orders, we also encourage them to put that in the file so first responders have that important information as they

provide care," Hazen said.

SMP launched Operation Red File in Shawnee County last February at Lexington Park Independent Living in Topeka.

"To be honest, I really thought it was going to be a small program that we just did in Shawnee County," Hazen said. "I thought we might go through maybe 500 files. When we kicked off the program in Shawnee County, we ordered only 1,000 files. But we went through those on the first day. We have now distributed 11,000 files in Shawnee County."

Since then, SMP has launched Operation Red File in six additional counties, including Wyandotte County, where SMP distributed 10,000 files. SMP will launch the program in an eighth county,

Douglas County, on Thursday, February 9, at Arbor Court Retirement Community at Alvamar, which is located at 1510 St. Andrews Dr. in Lawrence. Red Files can be picked up from 10 a.m. to 2 p.m.

"Secretary Keck will be there that morning to kick off the program," Hazen said. "People can come and get their files and take them home to fill out. We'll also have volunteers available at Arbor Court to help them fill out their files. We will also take pictures since people don't always have good, current pictures. We can take their pictures and print them right there at the kickoff."

"We raised enough money through generous donations for 7,000 files," Hazen added. "I would like to see us eventually get about 10,000 files for Douglas County. That will come with time and additional sponsorships."

Sponsors for Operation Red File in Douglas County include Angels Care

■ CONTINUED ON PAGE 11



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Operation Red File

■ CONTINUED FROM PAGE 10

Home Health, Amerigroup, Arbor Court Retirement Community At Alvarado, Checkers Foods, LawrenceHits.Com, Lawrence Memorial Hospital, Midland Care, and Sunflower Health Care.

"We continually look for additional sponsors because the program is completely funded by community sponsors," Hazen said. "I think what we need the most right now is sponsors."

Every \$2.00 contributed by sponsors allows KDADS to print one Red File.

Hazen visits communities before SMP distributes the Red Files.

"In all of the communities we have been in, I personally went in and met with the fire chief, the police chief, and the EMR chief," Hazen said. "I trained them on the documents inside and what to look for. We've really tried to make this a grassroots program where the community helps people easily find the medical information that could be needed in the case of an emergency.

It's nothing fancy, it's nothing high-tech, but it's highly effective."

Since launching Operation Red File in Kansas, officials in nine other states have contacted Hazen and have started similar programs in their states.

While SMP launched Operation Red File just a year ago, Hazen noted that the files have already saved lives.

"We've had reports from Leavenworth County highlighting two times Red Files were used to save lives," she said.

Also, while Hazen was in the hospital last month, EMR personnel brought in a patient.

"The first responder handed the doctor a Red File," she said. "So I know they're being used in the field for their intended purpose."

After distributing Red Files in Douglas County, Hazen plans to kick off Operation Red File in counties nine through 20 by the end of April. Her goal is to spread the program to all 105 counties in Kansas by the end of 2018. (For readers in the *Senior Monthly* distribution area, SMP will have Red Files available in Franklin County in April.

Senior Monthly will publish the date, time and location in a future issue.)

If you would like a Red File, but can't get to Arbor Court on February 9, Arbor Court will have files available to pick up after the event. Files also continue to be available in counties where SMP has already launched the program. For example, Red Files can be picked up in Topeka at KDADS at 503 S. Kansas Avenue, and at the Jayhawk Area Agency on Aging at 2910 S.W. Topeka Boulevard. SMP has also partnered with Meals on Wheels of Shawnee County, so those who are home-bound or eat congregate meals can get Red Files.

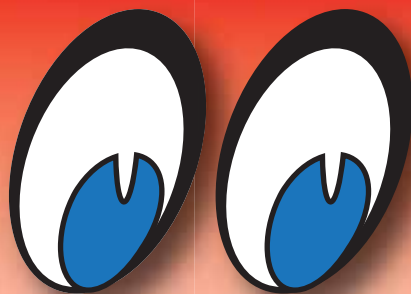
In Wyandotte County, Red Files are available in Kansas City, Kansas, at the Wyandotte/Leavenworth Area Agency on Aging at 849-C N. 47th Street. They are also available in Leavenworth

County at the K-State Research and Extension office at 613 Holiday Plaza in Lansing. If you are unable to visit any of these locations, Hazen invites you to call her at 785-230-0523, and she will make arrangements to get a Red File to you.

Hazen emphasized that the Red Files are not only helpful and important for senior citizens.

"These files are for anybody," she said. "For example, someone might have a child with seizure disorder and that child is home by himself sometimes. A mother might have gestational diabetes. These are examples of other patients who can benefit from Red Files as well."

For more information about Operation Red File, including becoming a sponsor, please call Hazen at 800-432-3535.



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Get replacement Social Security tax forms online with ease

By Norm Franker

Social Security District Manager in Lawrence, KS

It's that time of year again. Preparing for tax season can seem overwhelming. Some forms and paperwork might be difficult to track down. If you misplaced your Benefits Statement or haven't received it by the end of January, we've made it easy for you to go online to request a replacement with my Social Security.

An SSA-1099, also called a Benefit Statement, is a tax form Social Security mails each year in January to the more than 60 million people who receive Social Security benefits. It shows the total amount of benefits received from Social Security in the previous year so people know how much Social Security income to report to the IRS on their tax return.

For noncitizens who live outside of the United States and received or repaid Social Security benefits last year, we'll send form SSA-1042S instead. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI).

If you currently live in the United States and need a replacement form SSA-1099, we have a way for you to get a replacement quickly and easily. Go online and request a replacement form with a my Social Security account at www.socialsecurity.gov/myaccount. Online replacement forms are available beginning February 1, 2017.

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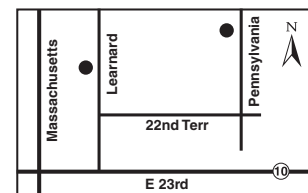
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Kansas Silver Haired Legislature to hold elections

Are you interested in being an advocate for senior rights and issues in Kansas? The Kansas Silver Haired Legislature may be the organization for you.

Jayhawk Area Agency on Aging, Inc. announces the elections for Kansas Silver Haired Legislature (SHL) members for Shawnee, Douglas, and Jefferson Counties will be held on March 15. The deadline for filing as a candidate is February 14.

The Kansas Silver Haired Legislature, which has met annually since 1983, is a unicameral legislature composed of 125 representatives. Wyandotte, Johnson, Shawnee, and Sedgwick counties have five additional delegates.

The purpose of the Silver Haired Legislature is:

- To Educate- Participation provides experience in the political process.
- To Inform- Actions of the SHL inform the public and the Kansas Leg-

islature on concerns of the elderly.

- To Involve- The SHL provides over 412,000 seniors a way to become involved.

Silver Haired Legislatures are charged with the following responsibilities:

- Advocate for the legislation by the SHL
- Testify at hearings on SHL legis-

lation

- Meet with seniors in their county/district on SHL legislation affecting the elderly

• Attend scheduled SHL meetings
The SHL is funded by donations and volunteer help. Silver Haired Legislator elections are conducted by local Area Agencies on Aging across the state every two years. If you are interested

in being a Silver Haired Legislator and representing the seniors of Shawnee, Douglas or Jefferson Counties, candidate registration forms, petitions and filing instructions are available from Jayhawk Area Agency on Aging. Any Kansan aged 60 and over that is a registered voter may file for candidacy. For more information, call Jocelyn Lyons at 785-235-1367 or 1-800-798-1366.

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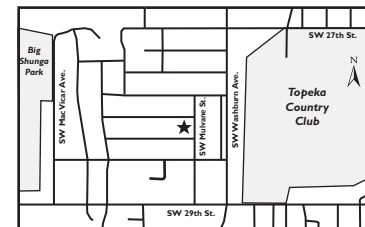
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Regular Session: 7 PM

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Regular Session: 2 PM

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MAYO CLINIC

Before changing medication, try other strategies to manage dry mouth

DEAR MAYO CLINIC: Is there anything that can be done for dry mouth? I take a medication that lists this as one of the side effects and am having a hard time getting used to it. Before I consider changing medications, I'd like to know if dry mouth can be treated.

ANSWER: Treatment is available for dry mouth. Before you switch to a different medication, there are a number of strategies you can try to reduce this bothersome condition. Because dry mouth puts you at higher risk for dental decay, along with treating your symptoms it's important that you limit the amount of sugar in your diet and take steps to maintain your oral health.

The saliva in your mouth is made in the salivary glands. Those glands are located in front of your ears and near your jaw. Saliva serves a variety of useful purposes. It helps prevent tooth decay by neutralizing acids that bacteria make. It limits bacterial growth in your mouth. Saliva washes away food particles, and enzymes within saliva help with digestion. Saliva also enhances your ability to taste and makes it easier to swallow.

It is common for medications to trigger dry mouth—a condition sometimes called xerostomia. Dry mouth can be a side effect of hundreds of medications, including many over-the-counter drugs. The condition tends to be associated with drugs used to treat depression, nerve pain and anxiety. Dry mouth also is common with the use of some antihistamines, decongestants, muscle relaxants and pain medications.

The severity of dry mouth due to medication varies significantly from one person to another. The main effect is usually a lack of lubrication to your tongue and cheeks that can make it hard to speak, chew or swallow. Other symptoms include dryness in your throat, saliva that seems thick and stringy, bad breath, a changed sense of taste, problems wearing dentures or

gum irritation.

Treating dry mouth usually involves both increasing saliva production and managing the effects of dryness on your daily activities.

An easy and inexpensive way to try to stimulate your salivary glands to make more saliva is by chewing sugarless gum. Chewing prompts the glands to make more saliva, and chewing gum takes advantage of that natural reaction. For some people, regularly chewing gum is all they need to ease dry mouth.

If gum is not enough, you may want to talk with your doctor about medications to increase saliva production. Prescription medications such as pilocarpine or cevimeline often are effective, but some people need to take them for up to eight weeks before they start to get relief.

You can try managing dry mouth using a number of techniques to lessen the condition's effect. For example, eating cool or cold foods that have a high liquid content—such as yogurt, cottage cheese, ice cream or popsicles—can make chewing and swallowing easier. Adding extra liquid to solid foods or blending your foods also can help.

Drink water or other sugar-free liquids or suck on ice chips throughout the day to help moisten your mouth. Avoid beverages that contain alcohol or caffeine, as both can increase dry mouth and cause irritation. Drink plenty of liquids with your meals to make eating solid foods easier.

Over-the-counter products are available that work as saliva substitutes. These products come in a spray that you squirt into your mouth. Although

they can effectively add moisture to your mouth, the results usually do not last long. They tend to be most helpful when used to relieve symptoms for a short period of time, such as right before giving a presentation or before eating a meal.

If dry mouth persists despite these measures and becomes a daily nuisance, then consider talking with your doctor about finding a suitable alternative to the medication you're taking

that's causing your dry mouth. - Alan Carr, D.M.D., Dental Specialties, 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

Foot Care: Get Moving!

By Kim Squire DPT

Consider your feet as the caregivers of your body. Day after day they accept you for who you are, take pounding after pounding and support all of your efforts. They bend to forces applied by weak muscles and bad form,

mechanics, complications with diabetes and other joint changes often associated with osteoarthritis.

Good Shoes

No matter what the cause, correct footwear is a must for comfort. Your feet are your foundation, they are worth the cost. If you have a softer, fallen arch, you should look for a more ridged shoe with good arch support. The opposite is true if you have a higher, more firm arch. In this case a softer shoe is more appropriate. Ask your Podiatrist or Physical Therapist for recommendations. Also, an Orthotist specializes in creating custom arch supports and shoes. If you have swelling, you should make sure that your shoes are stretchy, such as diabetic shoes. You never want footwear to cause indentations or redness on your skin.

Take a Look at Your Feet

Having good and appropriate foot

wear is only part of the battle. Check your feet! Certain conditions like diabetes or neuropathy can cause decreased sensation in your feet. You could have stepped on something sharp, blistered or otherwise injured your feet without even knowing. Use a mirror to see the bottom of your feet. There are actually long handled mirrors made especially for this important task. Look for redness or sores. Check between your toes. Check every day. If you are diabetic, have low vision or other sensory issues you should not cut your own toenails. If you notice that you have decreased sensation, chronic limiting pain or other foot injury, please talk to your doctor to find out why you are having these problems.

Get Moving: Get Stronger

Now that you have addressed your footwear and checked your feet, it's time to get moving! Maintaining a healthy body weight is always a good way to take the pressure off, so to speak. How can you exercise to help your feet? If foot pain is limiting your walking, start with non-weight bearing or seated exercises. Examples include: aquatic exer-

cise (swimming or pool aerobics, water walking), recumbent bicycle or stepper, seated or lying down exercises with weights or bands. Also, remember that weak feet and ankles can affect your balance. Physical therapy is an excellent way to establish an appropriate and safe strengthening program for your specific needs. Always consult with your doctor before starting a new exercise program.

- Kim Squire DPT is an outpatient physical therapist who treats a wide variety of patients including people with orthopedic and sports injuries at Lawrence Memorial Hospital, LMH Baldwin City Therapy Services, (785) 505-5825.

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they ride along in ill-fitting shoes, flip flops and sometimes, even naked. Foot pain can come from many different sources including anatomically within the foot, weakness in the legs or hips, prolonged standing or walking, body

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




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HEALTH & WELLNESS

Coffee's benefits

An interesting, Turkish Proverb: "Coffee should be black as hell, strong as death, and as sweet as love." This Turkish proverb states how some people feel about coffee.

Today, coffee is one of the world's most popular beverages. Some of the places that coffee is grown include South America, Asia, Caribbean, Indonesia, and Africa. Coffee brands such



Dr.
Farhang
Khosh

as Maxwell House, Folgers, and Starbucks are known throughout the world. Coffee has been around longer than many medicinal plants and has spread farther and wider than most. Coffee is common in places like restaurants, in workplaces, and kitchens, with hundreds of millions of people consuming it every day. In the last few centuries, most people in the Western world have switched from consuming a cup of tea to having a cup of coffee.

The coffee plant belongs to the family *Rubiaca*. Common names include Java, Joe, Cova, Cabi, and Cafe. The first Westerner to describe coffee in his literature works was a German physician named Leonhardt Rauwolf. During his travels through the Middle East he noted the use of many spices, including coffee. These comments sparked an interest in many Europeans, who often looked to the Orient for exotic items such as spices, silks, and other items.

Legends about coffee are numerous through the folklore literature. There are many interesting stories about coffee and its ingestion. One interesting story comes from Turkey, which states that the inability of a man to give his wife enough coffee is considered grounds of divorce. Another legend states that African warriors would

mash up coffee berries and eat them before battles. Many fishermen would wash the smell of fish from their hands by using coffee.

Besides being consumed as a beverage, used as a cosmetic, or as a flavoring agent, coffee also has many medicinal benefits. The benefits of using coffee medicinally include being used as a diuretic to promote flow of urine, as an antipyretic to help reduce fever, to stimulate the digestive system aiding in bowel movements, migraine headaches, gout, relieves spasmodic conditions including cough, bronchitis, hiccups, asthma, and diarrhea. Coffee is also used as a therapeutic for depression, fatigue, mental acuity, hangover, nausea, slow digestion, constipation, vertigo, abnormal uterine bleeding, stimulate weight loss, increases metabolism, improve athletic performance, to cleanse the body, and for its antioxidant activity.

In closing, I would like to quote what a famous composer, Johan Sebastian Bach, said about coffee: "Far beyond all other pleasures rarer than jewels or treasures, sweeter than grape from the vine. Yes! Greatest of pleasures. Coffee, coffee, how I love its flavor, and if you would win my favor. Yes! Let me have coffee, let me have my coffee strong."

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

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ESTATE PLANNING

Supplemental and special needs trusts

The term Supplemental Needs Trust generally refers to a third-party funded trust designed to provide benefits for an incapacitated person without impairing the ability of such person to receive public benefits, such as Medicaid.

Medicaid and other welfare programs are a complex mix of federal and state statutory law and agency regulations.



**Bob
Ramsdell**

While federal laws and regulations create an element of commonality, state-specific laws and regulations result in differences. What works in Kansas may not work in Missouri.

For Kansas, KSA 39-709 sets forth the basic requirements for eligibility for assistance from public funds. Because this is a sensitive political issue, the Kansas legislature periodically alters the eligibility rules. (KSA 39-709 underwent three amendments of varying substance during the course of the 2015 session alone.)

In order for a Supplemental Needs Trust to avoid being treated as available for the beneficiary's medical expenses, the following elements, at a minimum, must be present:

- The trust must be funded by a person who had no legal obligation to

support the beneficiary.

- There can be no mandatory distributions; all distributions must be subject to trustee discretion.

- The trust document should clearly state that it is a "spendthrift trust."

- The trust document must clearly state that the trust is intended to supplement and not supplant public benefits.

There also exist options for a person to create a self-funded trust to supplement his or her welfare while receiving Medicaid. Such first-party trusts are usually referred to as Special Needs Trusts, and must contain a pay-back provision such that the government agency that provided benefits during the beneficiary's lifetime has first claim to be reimbursed out of any trust assets remaining at death. (No such pay-back provision should ever appear in a third-party Supplemental Needs Trust.) It is also possible to use assets to purchase a Medicaid-compliant annuity.

Medicaid applies a five-year look-back period from the time a person applies and is otherwise eligible to see if he or she transferred any assets for less than adequate consideration—made gifts—to anyone other than a spouse during that period. Basically, Medicaid wants to see if the applicant became "poor" by giving property away. If so, a transfer penalty is calculated by dividing the total dollar amount of these gifts over the five-year period by the current daily rate that Medicaid pays for nursing home care to determine the number of days the

person will be denied benefits.

For example, four years prior to applying for Medicaid Jane gave one of her children \$12,500 to help with the down payment on a house and two years prior she gave a car worth \$6,000 to a grandchild. If these transfers cannot be cured by having the \$18,500 restored to Jane, using a penalty divisor of \$183.15 per day (the current amount, the divisor is updated periodically), Medicaid will impose an ineligibility penalty of 101 days ($\$18,500 \div \$183.15 / \text{day} = 101 \text{ days.}$)

The penalty also applies to gifts a person made to a church or a charity. It even applies to actions a person may have taken that prevented them from receiving property, such as the disclaimer of an inheritance.

As written, the Medicaid statutes and regulations apply the five-year look-back period to all gifts regardless of their amount. In current practice, the focus is on larger gifts whose amount indicates the intent to transfer assets. However, the demographics of an aging population with an increasing need for long-term nursing care will only exac-

erbate the pressure on public funding and may prompt a closer look at past gifts. So be careful if you foresee the possibility of needing Medicaid for long-term care. An experienced elder law attorney can be invaluable in planning for a spousal division of assets and spend-down when one member of a couple must qualify for Medicaid to pay for long-term nursing care.

••••

Free Seminar in February: I will be presenting "Fundamentals of Estate Planning" on February 28 at the Carnegie Building – East Gallery beginning at 2 p.m. Those attending receive a free copy of *Estate Planning Overview*. 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

Will the Fed spark a recession in 2017?

As expected, the Federal Reserve raised short-term interest rates at the last monetary policy meeting of 2016. The second rate increase of the cycle occurred one full year after the first, despite expectations from officials themselves that there would be four quart-point hikes throughout the year.



Jill
Schlesinger

Given the Fed's somewhat shaky predictive abilities, it's hard to guess what the central bank will do in 2017. As it turns out, economists are not much better at predicting outcomes than political observers are at predicting election results!

In his book "The Signal and the Noise: Why So Many Predictions Fail—but Some Don't," Nate Silver interviewed Jan Hatzius, the chief economist of Goldman Sachs, to find

out why so many economic predictions miss the mark. "Nobody has a clue," Hatzius told Silver. "It's hugely difficult to forecast the business cycle. Understanding an organism as complex as the economy is very hard." The reason it is so hard is that statistics can be noisy, the economy is always changing and the data on which forecasts are based can be flawed.

That said, here's what we know right now. As we start 2017, the economic expansion will reach the ripe old age of 90 months, longer than the post-World War II average of nearly 60 months but still not in the top three on record—that honor goes to 1991-2001 (120 months), 1961-1969 (103 months) and 1982-1990 (92 months). The sheer length of the period may be

why, before the election, a Wall Street Journal survey of economists found that the odds of a recession occurring within the next four years at nearly 60 percent.

But that was before the president-elect indicated that there would likely be a new boost to the economy in the form infrastructure spending, tax cuts and deregulation. While GDP growth averaged a fairly subdued 2 percent to 2.25 percent during the recovery thus far, the potential Trump actions have prompted economists to increase their estimates for 2017 to 2.5 to 3 percent.

A faster-growing economy could mean that the Federal Reserve will finally see its much-desired pick-up in prices. Thus, most economists believe that the central bank is gearing up for a series of rate hikes in 2017. The estimates range from two to four quarter-point advances.

If the Fed goes as slowly as anticipated and the economy improves, the stock market should be fine. In the past, shares of banks, energy, industrials and technology do well amid rising rates. But if the central bank ends up raising rates faster than expected, it could hurt

prices. Conversely, when interest rates rise, bond prices fall, and in this cycle it could be even more painful, because the slow growth recovery lulled many bond investors into complacency. As always, balanced investors should be fine, as long as they don't mess with their overall strategy too much.

For all of candidate Trump's complaining about Yellen's Fed keeping rates too low for too long, the biggest risk to the current expansion and stock market rally would be if the Fed were to move more quickly than anticipated, potentially sparking a recession.

Fear not! The Fed is probably willing to err on the side of keeping rates low and getting behind on inflation, rather than increasing too quickly and snuffing out the recovery. Ironically, although Trump took aim at Yellen for not raising rates faster, she may in fact be the ideal Fed chair to keep the economic expansion/stock market rally alive in 2017.

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

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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 or email kevin@seniormonthly.net. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS/CRAFTS

TUESDAYS THE BLANKET PROJECT

Calling all knitters, crocheters, and quilters who want to gather for a good cause—You are invited to participate with the residents at Arbor Court Retirement Community to create needed blankets for the Pregnancy Center of Lawrence. This is also an opportunity to teach and learn. If you want to learn a new art form, we are here to assist you as well. Arbor Court Retirement Community at Alvamar, 1510 St. Andrews Dr., 2 p.m.
LAWRENCE, 785-841-6845

FIRST FRIDAY OF THE MONTH FIRST FRIDAY 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

FEB 4 SOUPER BOWL SATURDAY

What began in 1996 as a way to showcase ceramics has become an annual tradition for the community. More than 500 handmade ceramic bowls produced by area artists, community members and students at the Arts Center will be on sale. Bowls range in price from \$10, and all money raised supports Arts Center visual arts education. Every bowl purchased comes with one complementary fill up of soup. Lawrence Arts Center, 940 New Hampshire St., 11 a.m.-4 p.m.
LAWRENCE, 785-843-2787

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

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
midwesttf.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. HyVee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online.
LAWRENCE, 785-838-4380
midwesttf.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. Airs from 9 to 9:30 a.m. On WIBW-TV, Channel 13.

SECOND FRIDAY OF EACH MONTH
WELLNESS FRIDAY DROP-IN DISCUSSION
On the second Friday of each month, join us for a drop-in discussion on a health or wellness topic of interest. This month's topic: "Remaking Holiday Recipe Favorites So They Are Healthier and Still Tasty." LMH Performance and Wellness Center at Sports Pavilion Lawrence, 9:30 a.m.
LAWRENCE, 785-505-5800

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

FEB 2
FORT LEAVENWORTH SERIES: "THE CHINESE WAY OF WAR"
The popular Fort Leavenworth series kicks off 2017 with an examination of Chinese military thought from ancient times to present. Gary Bjorge will draw thought on the topic through the lens of the Huai Hai Campaign, the largest campaign fought by Chinese Communist forces during the Chinese Civil War (1946-49). Dole Institute of Politics at 2350 Petefish Dr., 3 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org

FEB 3, 10, 17 & 24
ADVENTURES IN LEARNING
The Shepherd's Center of Topeka's winter session of Adventures in Learning will be from 9-11:30 a.m. Hosted at Lowman United Methodist Church, 15th and Gage. Contact Debra Stufflebean, Director, 249-3258 to register.
TOPEKA, 785-249-3258
www.shepherdscentertopeka.org

FEB 6-MAR 13
BELLY DANCE
Come learn the ancient art of belly dance. The only dance form developed by women, for women and a great way to improve fitness, increase flexibility, and mental acuity. Registration required. Mondays, 7-8:15 p.m., Community Building, 115 W. 11th Street. Call for more information.
LAWRENCE, 785-832-7920

FEB 7-28
FILM NOIR FINAL FOUR
Join film reviewer Kellee Pratt for a look at Film Noir, is it a genre or a style? Following an overview of the history and influences, we will meet each week to discuss specific films and why these classics endure. It's a book club for film fans. Registration required. Fee. Call for more information. Tuesdays, Carnegie Building, 200 W. 9th Street, 6:45-8:15 p.m.
LAWRENCE, 785-832-7920

FEB 7-MAR 7
INTRO TO IPADS
Learn about basic operation of the device and apps for recreation, health, education, finance and socializing. This class will be a demonstration and learning session, so please bring your iPad with you. iPads will also be available during class. Registration required. Fee. Tuesdays, 10-11:30 a.m., Community Building, 115 W. 11th Street. Call for more information.
LAWRENCE, 785-832-7920

FEB 11
ALZHEIMER'S/DEMENTIA EDUCATIONAL WORKSHOP
Please join us for a FREE educational workshop for those caring for a loved one with Alzheimer's disease or other dementias. The workshop will cover how to manage behaviors, encourage engagement, care for yourself while caring for a loved one. A light continental breakfast will be provided. Space is limited. Call to reserve your seat. Lawrence Public Library, Room C, 707 Vermont St., 9:30 a.m.-1:30 p.m.
LAWRENCE, 785-272-6101
HelpForAlzheimersFamilies.com

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FEB 16-MAR 9

BEGINNING UKE

This beginning uke course will cover tuning, basic chords and beginning strum patterns. Share the fun while learning to play commonly known songs. Ukuleles and tuners are not provided. Registration required. Fee. Thursdays, 6-7 p.m., Carnegie Building, 200 W. 9th Street. Call for more information. LAWRENCE, 785-832-7920

FEB 21

ZENTANGLE

The Zentangle Method is a new art form that creates beautiful images but also explores meditative techniques to increase focus, develop creativity, and heighten a sense of mindfulness. Registration required. Fee. Call for more information. Carnegie Building, 200 W. 9th Street, 7 p.m. LAWRENCE, 785-832-7920

FEB 21

SENIOR SUPPER AND SEMINAR

This month's topic: "Hypertension in the Elderly; Don't Confuse Me with Facts." Presented by Roger Dreiling, MD, of Cardiovascular Specialists of Lawrence. On the third Tuesday of each month (except December), 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 connectcare@lmh.org. Supper: 5:00 p.m., Educational presentation: 6:00 p.m. LAWRENCE, 785-505-5800

FEB 28

ESTATE PLANNING SEMINAR

How will your property be distributed at your death, and who will be in charge of the distribution? If you have minor children, who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you name the people to handle your finances and make medical decisions if you are alive but incapacitated? Fundamentals of Estate Planning answers these questions and more. 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. Those attending get a free copy of the book Estate Planning Overview. Carnegie Building – East Gallery, 200 W. 9th Street, 2-3:30 p.m. No pre-registration required. LAWRENCE, 785-841-4554

FEB 28-MAR 4

THE ETRUSCANS AND POMPEII: HIGHLIGHTS OF ITALIAN CIVILIZATION

In many ways, the Roman Empire remains the ideal upon which Western civilization has shaped itself. This three session lecture series will be illustrated with images depicting Etruscan culture, religion, pottery, jewelry, painting, and burial traditions. We will then consider the daily life of Pompeii. Registration is required

for the class. Fee. Further information is available at www.lprd.org or by calling. Tuesdays, Carnegie Building, 200 W. 9th Street 2 p.m. LAWRENCE, 785-832-7920

MAR 7-28

BOOK CLUB PLUS

A good book is more than well-written, it grabs your interest, makes you think and want to learn more. Join us in reading *The All True Travels and Adventures of Lidie Newton* by Jane Smiley and a closer look at the role of women in the history of Lawrence. Class includes guest speakers and a driving tour. Registration required. Fee. Call for more information. Tuesdays, Carnegie Building, 200 W. 9th Street, 6 p.m. LAWRENCE, 785-832-7920

ENTERTAINMENT

SUNDAYS

LAWRENCE IRISH TRADITIONAL SESSION

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

FEB 10

FREE STATE STORY SLAM

This is a don't-miss occasion to hear and share whoppers, MOTH-style, the second Friday of each month (excluding December). Raconteurs step up to the mic to bring laughs, tears, surprise, amazement, and the occasional awkward moment. All are welcome, bring a tale to tell on the theme for the evening, or just come to listen. Never the same story, or evening, twice. Adults, 18+ only. Live music starts at 7 p.m., Slam at 7:30 p.m. Cocktails throughout. Donations encouraged. Lawrence Arts Center, 940 New Hampshire. LAWRENCE, 785-843-2787

JAN 20-FEB 11

FLAMING IDIOTS

Carl and Phil decide that the ladder to success at the post office is missing a few rungs. They know that big money is waiting for people with entrepreneurial spirit and sound business judgement. They have lots of the spirit but little of the judgement and their new gourmet health food restaurant flounders. Zippy's, a popular cross

town spot, has been crowded ever since Cy Manamalancia, a notorious mobster, was shot there and that was over 20 years ago. What if someone could get murdered in their restaurant? Topeka Civic Theatre and Academy, 3028 SW 8th Avenue. Showtimes vary. Fee. TOPEKA, 785-357-5211 www.topekacivictheatre.com/productions/item/flaming-idiots

JAN 27-FEB 5

THE OTHER PLACE

Just as Juliana Smithon's research leads to a potential breakthrough, her life takes a disorienting turn. During a lecture to colleagues at an exclusive beach resort, she glimpses an enigmatic young woman in a yellow bikini amidst the crowd of business suits. One step at a time, a mystery unravels as contradictory evidence, blurred truth, and fragmented memories collide in a cottage on the windswept shores of Cape Cod. (Warning: Contains strong adult language and content.) Helen Hocker Center for the Performing Arts, 700 SW Zoo Parkway. Showtimes vary. Fee. TOPEKA, 785-251-5990 helenhockertheatre.com

FEB 2

PIPPIN

A YOUNG MAN'S JOURNEY TO BE EXTRAORDINARY PIPPIN is a high-flying, death-defying hit Broadway musical! Full of extraordinary acrobatics, wondrous magical feats and soaring songs from the composer of *Wicked*, PIPPIN will lift you up and leave you smiling. This unforgettable new production is the winner of four 2013 Tony Awards, including Best Musical Revival. Come experience PIPPIN, one young man's journey to be extraordinary. Following its acclaimed run at Boston's American Repertory Theater, this captivating new production comes straight from Broadway, directed by Tony winner Diane Paulus (Hair and The Gershwins' Porgy & Bess). It features sizzling choreography in the style of Bob Fosse and breathtaking acrobatics by Les 7 Doigts de la Main, the creative force behind the nationwide sensation *Traces*. PIPPIN is noted for many Broadway standards including *Corner of the Sky*, *Magic To Do*, *Glory*, *No Time at All*, *Morning Glow* and *Love Song*. Join us... for a magical, unforgettable new PIPPIN. Lied Center of Kansas, 1600 Steward Dr., University Of Kansas, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

FEB 10

REBIRTH BRASS BAND

The Grammy Award-winning Rebirth Brass Band is the undisputed leader of the pack, and they show no signs of slowing down. Formed in 1983 by the Frazier brothers, the band has evolved from playing the streets of the French Quarter to playing festivals and stages all over the world and on HBO's *Treme*. While committed to upholding the tradition of brass bands, they have also extended themselves into the realms of funk and hip-hop to create their signature sound. "Rebirth can be precise whenever it wants to," says The New York Times, "but it's more like a party than a machine. It's a working model of the New Orleans musical

ethos: as long as everybody knows what they're doing, anyone can cut loose." Bring your dancing shoes. The orchestra pit will be turned into a dance floor. Lied Center of Kansas, 1600 Steward Dr., University Of Kansas, 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

FEB 11

LAWRENCE COMMUNITY ORCHESTRA PRESENTS: "THE MARK OF ZORRO"

Join us for a live orchestral accompaniment to the silent film classic, *The Mark of Zorro*, starring Douglas Fairbanks. Liberty Hall, 642 Massachusetts St., 7 p.m. Fee. LAWRENCE, 785-749-1972 libertyhall.net/events

FEB 11

THE LALAS BURLESQUE

The Lalas was created by celebrity choreographer Erin Lamont, and features the most elite working female professional dancers working in the film and entertainment industry in Los Angeles. The Lalas tour the globe performing custom, comedic, audience interactive burlesque shows. By day, you can see The Lalas on any hit TV show, film, or on tour with your favorite artist. From *Glee* to the People's Choice Awards, *The Voice*, *Tosh.0*, *The Fosters*, *Lifetime Network*, *Idol*, on *Tour with Wicked*, you name it! Don't know what burlesque is? Come find out! Prairie Band Casino & Resort, 12305 150th Road, 8 p.m. Fee. MAYETTA, 785-966-7777 prairieband.com/shows/epic-entertainment

FEB 11

CHICAGO COMEDY ALL-STARS

DEFINITION: Chicago Comedy All-Stars (n.) 1. A unique, fast-paced, innovative form of comedy, see: hilarious; 2. controlled chaos, see: side-splitting; 3. non-stop laughter. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee. TOPEKA, 785-234-2787 topekaperformingarts.org/chicago-comedy-all-stars

FEB 12

JON NAKAMATSU

A true aristocrat of the keyboard the distinguished American pianist Jon Nakamatsu, the most recent American to win the Gold Medal at the Van Cliburn International Piano Competition, is known internationally for the panache and elegance of his performances and has become a favorite with audiences throughout the world. As a prolific recording artist, Nakamatsu has set to disc numerous seminal performances. In its review of Nakamatsu's performance, *The Rochester Democrat and Chronicle* writes, "Nakamatsu evinced brilliant musicianship. His tone and articulation sparkled and shimmered, while his use of dynamics and energy brought out the life-blood of each and every phrase." Lied Center of Kansas, 1600 Steward Dr., University Of Kansas, 2 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

■ CONTINUED FROM PAGE 21

FEB 15
"JULIUS CAESAR" BY WILLIAM SHAKESPEARE

Julius Caesar by William Shakespeare Tackling essential questions about the balance of ambition, personal loyalty, and love of country, Shakespeare's timeless political masterpiece has never been more relevant. Through the story of Julius Caesar, a rising political star torn down by his most trusted allies, audiences witness the art of persuasion, the ugliness of backroom politics, and the historical patterns we can't stop repeating. Directed by Devin Brain. University Theatre, 1530 Naismith Dr., 7:30 p.m. LAWRENCE, 785-864-3982 kutheatre.com/performances

FEB 16
"CEASAR X" BY MARCUS GARDLEY

The assassination of Malcolm X—both the story we think we know and illuminating details that have seldom been shared—is brought to vivid, lyrical life in award-winning writer Marcus Gardley's new play. Shakespeare's Julius Caesar provides a framework for Gardley to deepen our understanding of one of America's most complex, compelling historical figures and explore the tumultuous landscape of ideology and activism in the 1960s. Directed by Ian Belknap. University Theatre, 1530 Naismith Dr., 7:30 p.m. LAWRENCE, 785-864-3982 kutheatre.com/performances

FEB 24 & 25
KANSAS SILENT FILM FESTIVAL

The 21st annual Kansas Silent Film Festival! Experience W.C. Fields double feature and special guest Dr. Harriet Fields (W.C. Field's Granddaughter). Performance by musical guest, Pianist Ben Model and outstanding line up of classic silent features and shorts with live music. This event is free! See event website for full schedule! White Concert Hall, SW 17th and Jewell Streets, Garvey Fine Arts Center, Washburn University. Free. TOPEKA kssilentfilmfest.org

FEB 25
RON WHITE

Comedian Ron "Tater Salad" White first rose to fame as the cigar-smoking, scotch-drinking funnyman from the Blue Collar Comedy Tour phenomenon, but now as a chart-topping Grammy-nominated comedian and a feature film actor, Ron White has established himself as a star in his own right. White has always been a classic storyteller. His stories relay tales from his real life, ranging from growing up in a small town in Texas to sharing stories of his daily life to becoming one of the most successful comedians in America. All four of his comedy albums charted No. 1 on the Billboard™ Comedy Charts. He has sold over 14 million albums (solo and with the Blue Collar Comedy Tour), been nominated for two Grammys and over the past nine years (since 2004) been one of the top three grossing stand up comedians on tour in America. For mature audiences. Topeka Performing Arts Center, 214 SE 8th Avenue, 8 p.m. Fee. TOPEKA, 785-234-2787 topekaperformingarts.org/ron-white

FEB 26
MR HO'S ORCHESTROTICA QUINTET

Pavilion Chamber Series Referencing the exotica of composers ranging from Tchaikovsky and Shostakovich to George Gershwin, Martin Denny and John Adams, Mr. Ho's Orchestrotica performs global jazz and chamber music with world-music flavors sourced from Asia, the Middle East, the Balkans and Latin America. Led by multi-percussionist, vibraphonist and composer Brian O'Neill, the group also features bass flute/woodwinds (Geni Skendo), percussion (Jeremy Smith), acoustic bass (Brad Barrett), and oud/tanbur/resonator guitar (Tev Stevig). The Orchestrotica was named the 2012 "Best World Music Act" in the Boston Phoenix's annual readers' poll. Lied Center of Kansas, 1600 Steward Dr., University Of Kansas, 2 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

MAR 3, 4, 5, 9, 10, 11 & 12
CHURCH BASEMENT LADIES

With recipes, food and camaraderie, this funny, and heart warming musical invites you to join the ladies of the church kitchen as they stave off potential disasters, ensure ½ pound butter per guest, sing the Pale Food Polka and generally keep the pastor on course. Theatre Lawrence, 4660 Bauer Farm Rd. Evenings, 7:30 p.m.; Sunday Matinee, 2:30 p.m. Fee. LAWRENCE, 785-843-7469 www.theatrelawrence.com

MAR 3, 4, 5, 10, 11 & 12
THE UNIVERSITY THEATRE PRESENTS "COMPANY" BY STEPHEN SONDHEIM & GEORGE FURTH

Exploring the spectrum of adult relationships. A single person unable to commit, five best friend-couples, three partners and New York City comprise the company of this classic Broadway musical that anticipates the millennial experience. A series of parties, dates and conversations attempt to weigh out the pros and cons of committed relationships. Directed by Leslie Bennett Scenic Design by Kelly Vogel Lighting Design by TBA Costume Design by Chelsea Pitts. University Theatre, 1530 Naismith Dr., 7:30 p.m. Sunday Matinee; 2:30 p.m. Fee. LAWRENCE, 785-864-3982 kutheatre.com/performances

MAR 3-APR 1
ROCK OF AGES

It's the tail end of the big, bad 1980s in Hollywood, and the party has been raging hard. Aqua Net, Lycra, lace and liquor flow freely at one of the Sunset Strip's last legendary venues, a place where sex machine Stacey Jaxx takes the stage and scantily clad groupies line up to turn their fantasies into reality. Amidst the madness, aspiring rock star (and resident toilet cleaner) Drew longs to take the stage as the next big thing (and longs for small-town girl Sherri, fresh off the bus from Kansas with stars in her eyes). But the rock and roll fairy-tale is about to end when German developers sweep into town with plans to turn the fabled Strip into just another capitalist strip mall. Can Drew, Sherri and the gang save the strip—and themselves—before it's too late? Only the music of hit bands Styx,

Journey, Bon Jovi, Whitesnake and more hold the answer. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue. Various dates and times. Fee. TOPEKA, 785-357-5211 topekacivictheatre.com

EXHIBITS/SHOWS

JAN 13-FEB 25
INSIGHT ART TALK: RICHARD GWIN AND MIKE YODER

Richard Gwin and Mike Yoder are well regarded photographers, both of whom live in Lawrence and spent many years taking photographs with the Lawrence Journal World. Their combined years of work, documenting the history and people of Lawrence, serve as a rich resource for contemplating the community's future. This exhibition provides insight into each photographer's approach to capturing the essence of their individual subjects. Lawrence Arts Center, 940 New Hampshire. Free. LAWRENCE, 785-843-2787 lawrenceartscenter.org

HEALTH & FITNESS

ONGOING
PERSONAL TRAINING

Need help reaching your fitness goals? Lawrence Parks and Recreation has certified personal trainers to help you make your 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
WELLNESS COACHING

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

ONGOING
FIT FOR LIFE

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

ONGOING
ZUMBA GOLD

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

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. Wanamaker Road. Free. No appointment necessary. TOPEKA, 785-354-6787

TUESDAYS
FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS
JAZZERCISE LITE

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

TUESDAYS AND THURSDAYS
HEALTHWISE EXERCISE 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

■ CONTINUED FROM PAGE 22

TUESDAYS AND THURSDAYS FLEXERCISE

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

TUESDAYS AND THURSDAYS FREE BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS ZOSTAVAX (SHINGLES) CLINIC

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

OPEN BOCCE BALL

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

WEDNESDAYS

FREE NUTRITION CLINIC

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

WEDNESDAYS

FREE MEDICATION CLINIC

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

FIRST WEDNESDAY OF THE MONTH FREE HEARING CONSULTATIONS

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

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

FEB 3

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, 100 Rock Chalk Ln #100, 7-8:30 a.m.
LAWRENCE, 785-505-5800

FEB 3 OR FEB 22

HOW TO HAVE AND KEEP A HEALTHY HEART

Join us for a program to help you learn more about cardiovascular health. Topics include risk factors, nutrition, exercise, and other lifestyle management strategies to keep your heart healthy. Also reviews the signs of heart attack and stroke. Advance registration requested due to limited space. \$5/person. Friday, February 3, 9:30-10:30 a.m. at the LMH Performance and Wellness Center or Wednesday February 22, 6:30-7:30 p.m. at LMH main campus.
LAWRENCE

FEB 4

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, 100 Rock Chalk Ln #100, 7:30-8:30 a.m.
LAWRENCE, 785-505-5800

FEB 6-MAR 19

DRIVE AWAY THE WINTER DOLDRUMS HEALTH AND WELLNESS CHALLENGE PROGRAM

Feeling inactive or stagnant? Winter weather got you down? Challenge yourself and help drive away the winter doldrums by participating in this free, do-on-your-own wellness challenge program. Participants must complete a minimum of six weekly challenges (sent by e-mail on Monday of each week). Challenges may include health screenings, fitness, nutrition and personal wellness goals. Successful participants will receive a small wellness-related incentive at the end of the program. Program begins February 6 and ends March 19. Enrollment deadline is Friday February 3 at noon. Enroll at lmh.org or contact Aynsley Anderson Sosinski at (785) 505-3066 or aynsley.anderson@lmh.org.
LAWRENCE

FEB 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. Note: if this time is inconvenient, please call to arrange an alternate day and time. LMH Performance and Wellness Center, 6:30-8 p.m. (by appointment) at the LMH Performance and Wellness Center.
LAWRENCE

FEB 8

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, 785-505-5800

FEB 18

HEALTHY HEARTS FAIR

Plan to join us at Lawrence Memorial Hospital for this annual event focused on screenings and information about cardiovascular disease and its prevention, diagnosis and treatment. Low-cost full lipid (cholesterol) profile blood work screening (\$20 if registered before 2/10, \$25 at the door); BMI, blood pressure screening, finger stick blood glucose, plus lots of educational

information. Only fee is for the blood work. To enroll in advance for discounted blood work, call the LMH Lab at (785) 505-6179 to request a registration form from a "health fair specialist." Blood work: 7:30-10 a.m., screenings and exhibits: 8-10:30 a.m.
LAWRENCE

HISTORY

FEB 2

"AMERICA'S ROAD TO WAR"

2017 Presidential Lecture Series (part one of four-part series). When war broke out in Europe in 1914, the U.S. stood on the sidelines as President Wilson asked his fellow citizens to remain neutral "in thought as well as in deed." Michael Neiberg, noted scholar and chair of war studies in the Army, introduces our lecture series, exploring the complex paths of politics, economics and cultural divisions that came together and brought America into the war less than three years later. Dole Institute of Politics at 2350 Petefish Dr., 7 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org

FEB 5

21ST ANNUAL BLEEDING KANSAS 2017 LECTURE SERIES

"Ride with the Devil: Hollywood and the Border Wars" with Dr. Carl Graves, Historian & Educator. Constitution Hall, 319 Elmore Street, 2 p.m. \$3 suggested donation.
LECOMPTON, 785-887-6520
lecomptonkansans.com

FEB 9

"A GIANT WITH FEET OF CLAY: THE AMERICAN MILITARY IN THE GREAT WAR"

2017 Presidential Lecture Series (part two of four-part series). The story of how the U.S. Army sought to transform itself over the course of 18 months into a comparable or superior military force to the European armies is grounded in irony. Richard Faulkner, professor with the U.S. Army Command and General Staff College, lays out how the American Expeditionary Forces played a pivotal role in the brutal campaigns that led to Germany's defeat on the battlefield. Dole Institute of Politics at 2350 Petefish Dr., 7 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org

FEB 12

21ST ANNUAL BLEEDING KANSAS 2017 LECTURE SERIES

"The Road to Appomattox" with Randy Durbin (General U.S. Grant) & Lane Smith (General Robert E. Lee). Constitution Hall, 319 Elmore Street, 2 p.m. \$3 suggested donation.
LECOMPTON, 785-887-6520
lecomptonkansans.com

FEB 16

"AMERICANS ALL: THE HOMEFRONT IN WORLD WAR I"

2017 Presidential Lecture Series (part three of four-part series). In America, World War I brought expanded involvement in global poli-

■ CONTINUED FROM PAGE 23

tics, the experience of modern warfare—and equally important domestic changes. Noted scholar from Chapman College Jennifer Keene will discuss the responses of Americans to the introduction of the draft, economic mobilization, the patriotism crusade and its effects and much more. Dole Institute of Politics at 2350 Petefish Dr., 7 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org

FEB 19

21ST ANNUAL BLEEDING KANSAS 2017 LECTURE SERIES

“Gettysburg and the Lawrence Massacre” with Dr. Charles Heller, retired colonel, historian, and author. Constitution Hall, 319 Elmore Street, 2 p.m. \$3 suggested donation.
LECOMPTON, 785-887-6520
lecomptonkansas.com

FEB 23

“BOLDNESS AND FRAILTY: WOODROW WILSON’S FIGHT FOR THE LEAGUE OF NATIONS”

2017 Presidential Lecture Series (part four of four-part series). Acclaimed biographer of Woodrow Wilson and professor emeritus at the University of Wisconsin, John Milton Cooper closes the series by painting a portrait of Wilson and his transformative leadership. Wilson guided the nation through World War I and sought to bring about an international system to ensure lasting peace. He arguably established a new way of thinking about international relations that, 25 years later, ushered in the United Nations. Dole Institute of Politics at 2350 Petefish Dr., 7 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org

FEB 26

21ST ANNUAL BLEEDING KANSAS 2017 LECTURE SERIES

“Guns of Bleeding Kansas” with Pat Donuhue, gunsmith and historian. Constitution Hall, 319 Elmore Street, 2 p.m. \$3 suggested donation.
LECOMPTON, 785-887-6520
lecomptonkansas.com

MAR 5

21ST ANNUAL BLEEDING KANSAS 2017 LECTURE SERIES

“Senator David R. Atchison” with Chris Taylor, executive director, Atchison County, Kansas, Historical Society. Appearance as Senator Atchison. Constitution Hall, 319 Elmore Street, 2 p.m. \$3 suggested donation.
LECOMPTON, 785-887-6520
lecomptonkansas.com

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

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, Build-

■ CONTINUED FROM PAGE 24

ing 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

Being a caregiver can be incredibly stressful, but you don't have to do it alone. Come meet and talk to others who are in the same situation

as you. Moderated by April Maddox, caregiver support specialist at Jayhawk Area Agency on Aging. Topeka & Shawnee County Public Library, Anton Room 202, 3:30-4:30 p.m. Free. TOPEKA, 785-580-4662

**SECOND 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
LAWRENCE ACTION CIVITAN CLUB**

Civitans have been helping people since the

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organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. at Just Food, which is located at 1000 E. 11th St. For more information, please visit the Civitan International website at civitan.org, the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan, or call Frank Kelley.

LAWRENCE, 727-631-9354

**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

**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

Too cold outside? Already broke your New Year's resolutions? ESCAPE!

KVSM Golden Oldies, a companion Internet radio station to Kaw Valley Senior Monthly, is now available online.

Currently, KVSM's programming includes old-time radio shows such as *Dragnet*, *Father Knows Best*, and *Gunsmoke*. (The daily schedule is shared at right.) However, Kevin Groenhagen, editor and publisher of Kaw Valley Senior Monthly, is inviting readers and advertisers to share ideas concerning what content they would like to listen to on KVSM.

If you would like to share your suggestions, Groenhagen can be reached at 785-841-9417 or kevin@seniormonthly.net.

To listen to KVSM Golden Oldies, please visit Tunein.com and do a search for "KVSM," or visit www.seniormonthly.net and click the TuneIn player. You can listen to KVSM on your computer, smartphone, or tablet at home, work, or on the go.

KVSM

GOLDEN OLDIES

Daily Schedule*

12-3 a.m.

OUR MISS BROOKS

3-7 a.m.

THE LONE RANGER

7-10 a.m.

FATHER KNOWS BEST

10 a.m.-1 p.m.

GUNSMOKE

1-5 p.m.

HAVE GUN - WILL TRAVEL

5-7 p.m.

TALES OF THE TEXAS RANGERS

7-10 p.m.

DRAGNET

10 p.m.-12 a.m.

ESCAPE

Listen online at

www.seniormonthly.net/kvsm

* All times Central Standard Time.

■ CONTINUED FROM PAGE 26

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF THE MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

MISCELLANEOUS

EVERY MONDAY AND THURSDAY

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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

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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

FEB 10

LAWRENCE GO RED FOR WOMEN LUNCHEON

Let's unite to prevent heart disease and stroke. Our mothers, daughters, sisters and friends are at risk. Heart disease and stroke cause 1 in 3 deaths among women each year – more than all cancers combined. Fortunately, we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes. Get informed about the risks of heart disease and stroke. Know the red flags. Know your heart health story. Go Red For Women inspires women to make lifestyle changes, mobilize communities, and shape policies to save lives. United, we are working to improve the health of women in your community. It's time to put our hearts into it and Go Red For Women, so please join us at this year's luncheon. Kansas Union, 1301 Jayhawk Blvd, 10 a.m.-1 p.m.

LAWRENCE

FEB 24

EQUIFEST OF KANSAS

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www.equifestofks.com

FEB 28-MAR 7

TOPEKA RESTAURANT WEEK

Visit Topeka and Harvesters are teaming up to present Topeka Restaurant Week from Feb. 28 until March 7. Throughout the week select local restaurants will offer pre-set menus, with a portion of each bill supporting the Harvesters BackSnack Program. Each week 1,320 school children in Shawnee County receive Back-

Snacks, which provide healthful shelf-stable meals for the weekends, when school-provided free or reduced-cost meals are not available. For more information, please contact Rosa Cavazos. TOPEKA, 785-234-1030

MAR 3 & 4

MARBLE CRAZY

Glass artists gather at the Moon Marble Com-

pany for 2 days of demonstrations of the marble making process. The artists will display and sell their work direct to the public. Moon Marble Company, 600 East Front St., 10 a.m.-7 p.m. Free admission. BONNER SPRINGS, 913-441-1432
marblecrazy.com



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To sign up your business for the Senior Savings Card program, please visit seniormonthly.net/savings.

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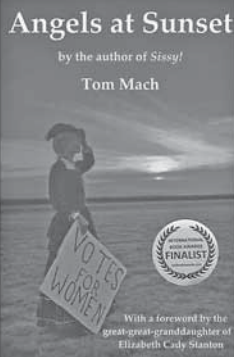



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Larry Day's *Day Dreaming* features humorous short stories, which have disparate plots, topics and characters. This book is divided into the following theme sections: Media Marvels, Weird Rich Folks, Clueless, Alien Encounters, Marital Blitz, Hilarious Higher Ed, Home Town Folks, Fairy Tales Redus, Luv a Guvmint. Available at Amazon.com.

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MY ANSWER

Sometimes we must accept God's answer as 'No'

By Billy Graham

Tribune Content Agency

Q: For years I've begged and begged God to do something for me, but He never has. Maybe He's just tired of having me pester Him. Should I just quit trying, or what? - Mrs. Y.L.

A: Sometimes God calls us to continue praying for something almost indefinitely, and we need to be sensitive to that calling. From time to time, for example, I get letters from wives or husbands who've prayed for their spouse for many years, and eventually have seen them come to Christ.

But sometimes God answers our prayer with a definite "No," and when that's the case, we shouldn't keep begging Him or demanding He give us a "Yes." Remember: God loves us and knows far better

than we do what's best for us. I can recall times in my own life when God said "No" to something I prayed for, and to be honest, I sometimes found this hard to accept. Later, though, I realized God's way was far better than mine, and I was thankful He had said "No."

How can you know if God has said "No" to your prayer? Begin by asking yourself why you've prayed this prayer. Are you honestly seeking God's will in this situation, or are you only concerned about yourself and what will please you? God hasn't promised to answer every prayer we make; He's only promised to answer those that are in line with His will. The Bible says, "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us" (1 John 5:14).

Prayer is one of our greatest privi-

leges when we know Christ. Have you confessed your sins and given your life to Him? Put Christ first in your life, and then pray that His will may be done "on earth as it is in heaven" (Matthew 6:10).

- Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evan-

gelistic 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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Monterey Village had hundreds of visitors during its open house on January 11 and 15. The senior living campus, which opened on January 4 and is located at 3901 Peterson Rd. in Lawrence, has three parts: 16 independent living cottages with a clubhouse, a 30-unit assisted living residence, and a 16-unit memory care residence. **Above:** Crystal Moore, Dining Manager, with some of the delicious food she prepared for guests. **Below:** Michael Knapp, Lifestyle Coordinator, in the fitness room. Knapp was among the Monterey Village staff members who led guests on guided tours of the campus. *Photos by Kevin Groenhagen.*



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RICK STEVES' EUROPE

Going solo? How to have fun in Europe

By Rick Steves

Tribune Content Agency

I've talked to too many people who put off their travel dreams just because they haven't found a travel partner: The prospect of going alone sounds either too daunting or just not all that fun. But traveling on your own can be rewarding, vivid and exhilarating - a gift from you to you. Prepared with a positive attitude and solid information, you'll thrive in Europe. And you'll come home stronger and more confident than ever before.

Traveling solo certainly has its pros and cons—and for me, the pros far outweigh the cons. When you're on your own, you're independent and in control. You can travel at your own pace, do what interests you, eat where and when you like and splurge where you want to splurge. You don't have to wait for your partner to pack up, and you can get the heck out of that stuffy museum when all the Monets start to blur together.

Without a travel partner, you'll need to be extra aware of your surroundings. Use street smarts and walk purposefully. If you get lost in an unfriendly neighborhood, be savvy about whom you ask for help. Unless you're fluent in the language, you must accept that you won't always know what's happening. (Though it might seem worrisome, there's a reason why the Greek bus driver dropped you off in the middle of nowhere. It's a transfer point, and another bus will come along in a few minutes.) Don't be afraid to ask for help or clarification. You'll often discover that the locals are looking out for you. However, a healthy dose of skepticism and an eagle eye in crowded or isolated places will help you stay safe.

For many people contemplating a solo trip, loneliness is their biggest fear. Fortunately, Europe is full of diverse people and natural meeting places.

Traveling on your own, you'll be more approachable and likely to meet a montage of fun, temporary travel partners. If you're shy, you might also consider an organized European tour, where you can relinquish trip-planning to a well-seasoned guide and enjoy a built-in circle of fun travel partners.

Seek opportunities to connect with people. Social-networking sites like <https://www.meetup.com/> make it easy to find groups of like-minded travelers and locals. If you stay at a hostel or guesthouse, you're likely to bond with other guests and sociable hosts. When out and about, skip the selfies—offer to take someone's picture, then ask them to return the favor. On the train, ask a friendly passenger about their travel plans and compare stories. Even the shortest conversation with other travelers can brighten a whole afternoon. Consider joining a group walking tour, where you'll learn about the city and engage with new vaga-buddies.

Many of Europe's unique meals are more fun to experience with others, and traveling on your own is no reason to miss out. Make them an excuse to invite someone to join you for, say, a "rijsttafel" dinner in the Netherlands, a smorgasbord in Scandinavia, fondue in Switzerland, a paella feast in Spain, or a spaghetti feed in an Italian trattoria. Another tip: Look for people with Rick Steves guidebooks. My readers are notoriously friendly, and many are happy to join a fellow explorer in a culinary adventure.

Take advantage of time alone to learn more of the language. At restaurants, practice your verbal skills with the waitress (when I asked a French waiter if he had kids, he proudly showed me a picture of his twin girls). Plan your next day, study your guidebook, or scrawl a few postcards to the folks back home.

If bars and nightclubs don't appeal to you as a solo traveler, enjoy the floodlit

PHOTO BY DOMINIC ARIZONA BONUCELLI, RICK STEVES' EUROPE.



Locals are eager to share their culture with an approachable traveler, such as at this "meet-up" dinner in Nice, France.

magic of European nightlife from a different angle. Go for a walk with gelato in hand and enjoy the parade of people, busy shops and illuminated monuments. Take advantage of the wealth of evening entertainment: concerts, movies, puppet shows and folk dancing. Some cities offer tours after dark. Paris is a delight to experience by evening river cruise. If you like to stay in at night, get a room with a balcony overlooking a square. You'll have a front-row seat to the best show in town. Go early to bed and be early to rise. Shop at a lively morning market for fresh rolls and join the locals for coffee.

If one thing doesn't work out, some-

thing else will. There are other trains, other buses, other cities, other people. Thrive on optimism. Solo travel is intensely personal. Realizing that you have what it takes to be your own guide is a thrill known only to solo travelers. You will discover more about yourself at the same time you're discovering more about Europe.

- 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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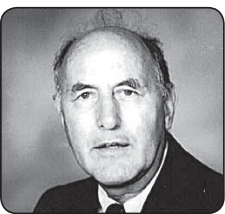
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HUMOR

Minnifred and Winnifred

This tale requires an explanation of how Ed and Jeanie Morningside got the millions of dollars that their daughters inherited.

Although they had been respected Letongaloosa citizens for years, Ed and Jeanie didn't have two nickels, much less a dollar, to rub together. They had needed every penny that came their way to pay the rent, put food on the table, and buy clothes for the family.



Larry
Day

Then, against 14-million-to-one odds, they chose the right numbers in the right sequence in six boxes on a national lottery ticket. On top of that, they put a two in the seventh, the "Big Money" box. They had bought the lottery ticket with a dollar that Ed found crumpled in the street as they walked downtown together. Jeanie and Ed won the \$378-million national lottery. Suddenly Jeanie and Ed and their two daughters, Minnifred and Winnifred were rich.

...

At 7:15 a.m. every morning Minnifred Morningside-Suggs sat at her desk grading papers and sipping tea from her favorite artesian mug. Unless she had an early morning appointment out of the office, nothing in Minnifred's life ever changed. This Tuesday morning was different.

Instead of going to her regular 8 a.m. Tuesday staff meeting, Minnifred said "hi" to Hanger Duggins and his crew at Letongaloosa International Airport, and then flew to Kodiak Island to visit Winnifred and to enjoy some much needed time away. And that's when things got, well, freaky.

...

It was a few weeks later and Minnifred and her husband, Reggie, were having dinner at the diner in downtown Letongaloosa. Reggie had just picked

Minnifred up from the airport. Reaching for the bread, he said: "You act diff'rent. I can't figure out what it is, but you act diff'rent."

Minnifred had been regaling him with stories about a shiny Republic RC-3 Seabee seaplane in which she had flown to her sister's cabin; the ice fishing excursion on which she caught the biggest fish the locals had ever seen, and the polar bear swim she had completed in record time. Reggie thought the stories were interesting, but he had never seen Minnifred so animated. She was usually quiet, reserved, she never added much detail in the infrequent stories she told.

Reggie continued to stare, and Minnifred pretended she didn't notice the "diff'rent" comment and the puzzled look on his face. She kept talking a mile a minute about her Alaskan adventures. Still more puzzling to Reggie was Minnifred's insistence on sleeping in the guest bedroom.

And something happened a few days later. It was the first round of judging in the Feature-Palooza Competition for Young Writers. There were more than 550 entries, and a group of teachers and business professionals had assembled in the newsroom of the *Letongaloosa Register-Journal-Challenger-Sun Chronicle* to read the entries, critique them, and choose a contest winner.

Garrison Storm, Letongaloosa's lead meteorologist, noticed Minnifred's peculiar behavior. Minnifred had always been a stickler for proper grammar, diction, usage, and syntax. Folks in town tolerated her correcting them in conversations because they were awed by her knowledge of English, and because Minnie was generous with her money. Despite her wealth she had begun teaching public school the year she graduated from college.

Garrison noticed Minnie's grammar goof immediately but he dismissed it, thinking he must have heard wrong. But when she goofed again and seemed actually happy about it, Garrison was perplexed. As they heard her speak, others in town were too.

Meantime, folks in Kodiak couldn't believe their ears. Winnifred, the winsome spinster, who had always regaled them with bright and cheery chatter, had suddenly become terse and taciturn. Worse, she had begun to correct their grammar and made unfavorably comments on what she labeled their "syntax." People in Kodiak had no idea what "sin" she thought them guilty of.

A few days later, Winnifred and Minnifred sat together in an airport coffee shop in Vancouver, British Columbia.

"What an excellent time!" said Minnifred, who was waiting for a flight home to Letongaloosa.

"A blast!" said Winnifred, who was booked on a later flight to Katchikan, Alaska. From there she'd catch a seaplane to Kodiak.

"I'm SO pumped!" said Winnifred. "We've just got to try this ruse again soon."

"Indubitably," said Minnifred.

- 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

Picture of good health: This year, get acquainted with a grain from the past

I've made more than a few New Year's resolutions in the past. And, like most people, I can probably count on one hand those I've successfully kept for more than a few weeks. But I'm happy to report that one I've managed to stick to has been to eat more healthfully—a goal with which so many of us struggle.



Wolfgang
Puck

What I've learned is that the bigger any goal is, the harder it becomes to keep. Promise publicly that you're going to revolutionize your daily diet overnight, or lose an enormous amount of weight quickly, and you increase the likelihood of failure. After all, with such lofty definitions of success, even one tiny slip-up can seem like disaster.

Set more reasonable goals, though, and you increase the chance that you can enjoy small victories that build your resolve almost every day. The result can be real, positive results.

Little changes in the way you eat can help you build a foundation for weight loss and more vital health. Decide to choose leaner cuts of meat, for example, or eat a low-fat vegetarian main dish once or more per week, or have fresh fruit for dessert, and you can gradually, successfully change your eating habits.

Even introducing a healthy new side dish can make a difference. Take, for example, my recipe for farro and root

vegetable pilaf.

Farro, an ancient ancestor of wheat that you can find in the rice and grains section of many well-stocked supermarkets today, has a satisfying, earthy, nutty flavor and a chewy texture that makes it a pleasure to eat. In the following recipe, it forms the foundation for an earthy, nutty, flavorful side dish that is rich in fiber and other nutrients while being remarkably lean—with fewer than 25 percent of the calories coming from fat. Enjoy it in place of the usual buttered white rice or mashed potatoes you might usually serve, and you're already on your way to a healthier diet.

The dish is remarkably flexible, too. I often like to top it with grilled seafood, poultry or lean meat for a one-dish meal. You could add or substitute other hardy vegetables you like for those included in the pilaf here; and replace some or all of the water with vegetable stock or chicken stock to give the farro even more flavor. Add different herbs or spices you prefer. And I like to use leftovers, or an extra batch I cook at the same time, to serve cold as a salad, drizzling a low-fat dressing on top.

I hope you'll feel inspired to make this healthy recipe one of your own. Who knows? It could become the start of a whole new healthy way of eating.

FARRO AND ROOT VEGETABLE PILAF

Serves 4

2 tablespoons extra-virgin olive oil, plus more if serving the pilaf cold

1 large organic carrot, cut into 1/4-inch (6-mm) dice

1 large organic celery stalk, cut into

1/4-inch (6-mm) dice

1 medium yellow onion, cut into 1/4-inch (6-mm) dice

1 small fennel bulb, trimmed and cut into 1/4-inch (6-mm) dice

1 garlic clove, finely chopped (optional)

1/2 pound (250 g) uncooked farro, about 1 1/4 cups (310 mL)

2 quarts (2 L) water

Kosher salt

Freshly ground black pepper

2 tablespoons chopped fresh chives or parsley, or julienned fresh basil leaves, or other leafy greens

In a medium-sized saucepan, heat the olive oil over medium-high heat. When it is hot enough to swirl easily and shimmers slightly, add the diced carrot, celery, onion and fennel.

Saute until the vegetables are tender-crisp and lightly browned, 5 to 7 minutes, taking care to stir frequently and adjusting the heat if necessary to prevent the vegetables from scorching before they're done. If you like, stir in the garlic just until fragrant.

Add the farro to the pan and stir until it is lightly toasted, darkening slightly in color and giving off a nutty fragrance, about 1 minute. Add the water, season lightly to taste with salt and pepper, and

bring to a boil. Reduce the heat to very low, cover the pan, and simmer gently until the farro is tender but still slightly chewy, about 25 minutes.

Pour the farro-and-vegetable mixture into a fine-meshed strainer to drain off any excess liquid. Return the pilaf to the pot, cover, and keep warm until serving time.

To serve, taste and adjust the seasonings, if necessary, with a little more salt and pepper. Transfer it to a heated bowl. Garnish with the fresh herbs or greens and serve immediately.

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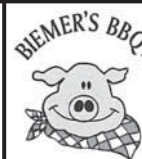
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MY PET WORLD

How to prevent back problems in small dogs

By Marc Morrone

Tribune Content Agency

Q: We just lost our 15-year-old dachshund and are planning to get another dachshund puppy as we love the breed. However, ours always suffered from back problems and disc issues and we were wondering if there was anything we could do for our new puppy to prevent such issues when she gets older? - Jim Murphy, Ocean, NJ

A: I also love dachshunds and have always had them, but with all short legged breeds any back issues are really just the luck of the draw.

The most important thing you can do is get a puppy that does not beg for food all of the time and to really concentrate on maintaining its weight. Not allow-

ing the dog's weight to go overboard will keep less stress on her spine. This can be hard for a dog like a dachshund because they have a strong food drive, but it really can make a big difference.

Jumping up and down from furniture is also a problem with this breed. They have no idea of their physical limitations, which makes it difficult to comprehend any consequences from their actions.

In a perfect world you would never allow a dachshund puppy to get up on the furniture, however this is not always the case. If you can get the dog used to using puppy stairs or ramps at an early age, then you may not have to worry about her crashing to the floor off the couch. It's best to be proactive rather than reactive.

Q: I am a senior and enjoy walking in the afternoon with my poodle. There is a house I pass that has no fence and they have a large boxer-type dog that always rushes out to bark at us when we pass the house. As soon as we get near the house, I pick up my dog and carry her past. But I am still nervous about what to do. My husband says to carry pepper spray, but I cannot imagine myself being able to do that and I wonder if you had any suggestions? - Jean Morrow, Santa Barbara, CA

A: In this day and age it is never a good idea to use aggressive threats in any circumstance, especially when you are in a confrontational situation with an animal stronger than yourself.

In my experience, I have found that any charging dog will stop short when a closed umbrella is pointed at it and then is suddenly popped open. The action of the umbrella opening really startles them and they usually end up bored.

It may be a bit easier to carry a can of pepper spray rather than the umbrella, but I do believe that you will feel and be safer with it in the end.

Q: Our ferret was chewing on the

bars of her cage and broke one of her long canine teeth in her lower jaw in half. She seems fine with it and does not seem in any pain, but we were wondering if it may interfere with her eating at all? - Rita Hernandez, Chicago, IL

A: Actually, you should take her to a vet that knows about ferrets to get the tooth extracted or capped. I have seen ferrets that broke a tooth and even though everything seemed fine at first, but a few weeks later they developed a bad abscess and infection. If this would to happen to your ferret, it would mean lots of antibiotics and supportive care that can compromise your ferret's health.

- 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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You can also send it to me by email at tom.mach@yahoo.com. Go to www.memoriesareforever.com for more information. Don't worry about spelling or grammar as I would be happy to edit it and send it back to you for approval. This column will cease to exist if I don't receive memories from our Senior Monthly readers. Thanks. - Tom Mach



Tom
Mach

Redemption in Dad's Eyes

By Terry L. Needham

I remember the day my dad accidentally locked all of us out of the house. Dad would get quite furious on occasion, and that day was no exception. As we stood outside, Dad muttered angrily as he stomped around the perimeter of the house, only to find locked doors and

windows. He finally found an unlocked small kitchen window. Unfortunately, it was too small for anyone to climb through except me.

Dad pushed the window up as far as it would go. Then he picked me up and guided my legs through the opening. Unfortunately, there was a bent nail on the windowsill that had been formed as a hook to latch the screen. I scratched my butt on that old nail as Dad slid me over the sill, and I yelled in pain as I dropped to the kitchen floor. Dad ignored my whine for sympathy and ordered me to go around and unlock the back door. Because I was still nursing my behind, Dad ran around to the back-kitchen door and yelled at me through the window to unlock the blankety-blank back door.

I limped over to that door, holding my wounded buttock in one hand, like a soldier who had just been shot in the derriere. Although I tried my best, I was unable to turn the latchkey to unlock it. Impatient, my dad shoved his elbow through the window, breaking the glass so he could reach inside and unlatch the lock. While my siblings tramped in, I stood by helplessly, feeling like a wimp.

But I did get some redemption in Dad's eyes when my little sister Patty was born. Mom was in the hospital giving birth to Patty, our newest family member. It was just after New Year's Day and my brother Charlie and sister Sue were back in school. I was only two and a half years old, so Dad left me at Grandma and Grandpa's home to babysit me. When Dad got off work in

the evening he arrived to pick me up and we stayed for dinner.

The weather was frigid and a snowy icy storm had blanketed the city over New Years. When we left my grandparent's home, Dad had me sit in front with him, a rare treat for me. After Dad backed down the driveway and put the car in gear to move forward, the car would not move. Dad had set the emergency brake when he parked in his parent's driveway. Now the wet, slushy snow had frozen the brake cable in a locked position and it

would not release. Dad began to swear under his breath as he got out, retrieved a ball-peen hammer from the toolbox he kept in the trunk, and crawled under the car. I could hear him banging on the brake cable and swearing as he lay on the icy, slushy road. The car was sitting on a slight hill so as soon as the brake released from Dad's hammering . . . the car began to roll forward while Dad was still lying underneath . . . I realized, even at my very young age, that Dad was going to be pinned under the car as it rolled forward. Instantly, I slid across the seat to get behind the steering wheel. I looked down and saw three pedals on the floor. I knew one made the car go, the other made it stop and had no idea what the third pedal did, but I knew I had to stop the rolling car now or Dad would

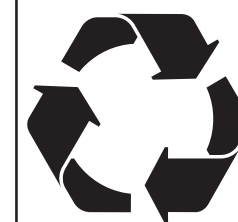
be pinned under the tire. I decided to push down on the middle pedal, which proved to be the right choice, but I could not reach the pedal while sitting on the seat. I was too small. So, I slid off the seat, placed both feet on the middle pedal and pushed, while I hung onto the steering wheel with both hands. With all my strength, I hung here, rigid under the steering wheel. It worked, the car stopped, and I heard Dad shuffle out from under the car.

As Dad stood up and opened the driver side door, he saw me hanging under the steering wheel, holding on tight with both hands, as both my feet pressed on the middle pedal. I saw a blended look of surprise and rare approval in my Dad's eyes and a slight smile on his face. That event helped me learn that you never know what you can do until you try.

- For more information about Mr. Needham go to his website: <http://tlnedham.com>.



Terry L. Needham



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LIZ SMITH

Memories of Debbie Reynolds: 'Unsinkable,' but very human

By Liz Smith

Tribune Content Agency

"IT'S ALREADY clear to me how much of life is forgotten even as it happens. Most of it. The unregarded present spooling away from us, the soft tumble of unremarkable thoughts, the long-neglected miracle of existence ... she won't remember the way she set down the spoon and the sound it made on slate, the frock she wore today, the touch of her sandal's thong between her toes, the summer's warmth, the white noise of the city beyond the house walls, a short burst of birdsong by a closed window. All gone, already."

This is from Ian McEwan's exquisite thriller "Nutshell." It is perhaps the most unusual and beautifully written "murder mystery" I've read in years. I can't tell you one plot point without giving away what you'll find out within the first two pages. But you need to find out for yourself. All I can say, in a nutshell, is—this book is art. Most highly recommended.

BACK in 1953, Debbie Reynolds appeared in a little movie titled "Give a Girl a Break." It was ostensibly a starring vehicle for MGM's dancing duo, Marge and Gower Champion, but talented as the pair were, they were not terribly charismatic. Fred and Ginger weren't losing sleep. It was Debbie, vivacious and adorable, who benefited from that movie.

I've come to think the film's title could have been the story of Debbie's life, at least in terms of her husbands. Few women in public life suffered as much from lousy choices as did Debbie. As tough as she could be (and that was pretty tough) and as smart as she was about her career, she was a sucker for men who used and abused her. And Eddie Fisher was the least of it. He humiliated her in his abandonment, leaping to the well-fleshed arms of Liz Taylor. But clever Debbie

claimed she and Fisher were very happy, and this was all coming as a big shock. She wore diaper pins and pigtails to meet the press. She turned lemons into lemonade on a grand scale. But that was her one and only success. (She also had the pleasure of watching Fisher humiliated when Taylor threw him over for Richard Burton.)

The two that came after, Harry Karl and Richard Hamlett, were just downright evil and both bankrupted her.

I have always been haunted by a phone call I received from Debbie some years back. It must have been around the time her third marriage went under, and she was faced with losing money and property—all the wonderful movie memorabilia she had collected for her museum. She called to thank us for a

recent item. Then she said, "You've always been so good to me. A year ago you wrote something else, about how I was a real survivor. And that's true. It's been hard, but I have survived." It seemed to me Debbie was becoming rather emotional. She went on: "I saved that item. I laminated it. I have it here, with me now. It means so much!" Then, shockingly, she burst into sobs. What to do with a weeping living legend? I let her cry.

Debbie swiftly pulled herself together, apologized, made light of her distress and we said our goodbyes. I have never forgotten this glimpse of her great vulnerability and the pain she clearly carried with her.



Debbie Reynolds

She was, publicly, a cockeyed optimist, the show woman par excellence. In her 2013 memoir, titled "Unsinkable" (in homage to her Oscar-nominated turn in "The Unsinkable Molly Brown") she found more humor than bitterness in relating the horror of her final marriage. Or at least she chose to put the humor front and center—MGM girls hold their heads high.

She later sent thanks when we praised her marvelous performance in "Mother" with Albert Brooks and when we expressed our severe disappointment that she had

not received an Academy Award nomination.

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Expedia names Lake Shawnee Best Place to Visit in Kansas

The travel website Expedia has named Lake Shawnee the Best Place to Visit in Kansas. In an online article on "The best thing to do in every state," the site writes of Lake Shawnee: "With babbling brooks, boating, swimming, and more, Lake Shawnee is an outdoor destination for the whole family. The Huff 'n Puff Balloon Rally takes place there every September and fills the sky with a rainbow of colors."

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GROEN ZONE

No biased media? Think again, Journal-World

By Kevin Groenhagen

According to a January 18 editorial entitled “Biased media? Think again” in the *Lawrence Journal-World*, “media haters” need to get over the notion that there is a liberal bias in the media. Their evidence to support this contention? “There is a president named Trump.”

The *Journal-World* suggests the media could have prevented a Trump presidency if they had released a dossier compiled by someone claiming to be a former British intelligence official alleging that the Russians had compromising information about Donald Trump. “If the mainstream media’s goal was to see Hillary Clinton elected, why didn’t the mainstream media report voraciously about the dossier and its allegations?” the editorial asks.

There’s a good reason the media didn’t do that: The media, which had access to the dossier for months prior to the election, failed to verify the allegations. Even BuzzFeed, which released the dossier after the election, acknowledged the dossier contained errors.

Imagine if the mainstream media had released an error-riddled dossier full of unverified information just before the election. Would the voters have elected Clinton, as the *Journal-World* suggests? Or would they have been further angered by yet another example of the media working to help Clinton? The *Journal-World* has apparently forgotten WikiLeaks showed us how members of the media were assisting Clinton and the Democrats behind the scenes. The many examples of this collusion include the following:

- As a contributor to CNN, Donna Brazile emailed members of the Clinton campaign to tip them off about a debate question concerning the death penalty.

- CNBC correspondent and *New*

York Times contributor John Harwood, who, as a moderator in one of the Republican primary debates, characterized Trump’s campaign as “a comic-book version of a presidential campaign,” emailed John Podesta, Clinton’s campaign chairman, several times to offer advice. “Ben Carson could give you real trouble in a general [election],” Harwood wrote in a May 8, 2015, email.

- *New York Times* reporter Mark Leibovich emailed Clinton communications director Jennifer Palmieri parts of an interview he did with Clinton, and then asked permission for the “option to use the following” portions. Palmieri offered editing suggestions, including that he cut a reference Clinton made to Sarah Palin and remove Clinton’s quote, “And gay rights has moved much faster than women’s rights or civil rights, which is an interesting phenomenon.” Palmieri ended one email: “Pleasure doing business!”

- In a January 13, 2015, email, Clinton spokesman Nick Merrill wrote the following to Clinton campaign manager Robby Mook and others: “As discussed on our call, we are all in agreement that the time is right to place a story with a friendly journalist in the coming days that positions us a little more transparently while achieving the above goals. For something like this, especially in the absence of us teasing things out to others, we feel that it’s important to go with what is safe and what has worked in the past, and to a publication that will reach industry people for recruitment purposes. We have had a very good relationship with Maggie Haberman of Politico over the last year. We have had her tee up stories for us before and have never been disappointed.”

The *Journal-World* also notes the “mainstream media is not made up of political strategists but rather of journalists.” That’s not always true. Many

“journalists” have been political strategists or are closely related to one. For example, George Stephanopoulos, anchor with ABC’s *This Week*, was a political strategist with Bill Clinton’s 1992 U.S. presidential campaign and, later, a member of the Clinton administration. He has no degree in journalism.

Chuck Todd, moderator of NBC’s *Meet the Press*, is married to Kristian Denny Todd, “a veteran of numerous successful Democratic campaigns.” After serving as senior communications strategist to U.S. Senator Jim Webb’s 2006 victory in Virginia, she “joined Steve Jarding and Jessica Vanden Berg in creating Maverick Strategies and Mail providing direct mail and consulting services for Democratic candidates and progressive causes.” Chuck Todd himself worked for the 1992 presidential campaign of former Sen. Tom Harkin (D-Iowa). He didn’t earn a degree in journalism (or any other subject).

Chris Cuomo, co-host of CNN’s *New Day*, is the brother of Andrew Cuomo, the Democratic governor of New York. Their father, the late Mario Cuomo, was also a Democrat who served as governor of New York. Cuomo, who has no degree in journalism, used his family’s name to get into journalism, and often parrots Democratic Party talking points.

Last month CNN hired Laura Jarrett to report on the Trump Justice Department. Jarrett has little experience in

journalism. However, her mother, Valerie Jarrett, was a senior adviser to Barack Obama.

The *Journal-World* itself is not free of liberal bias. It ran few, if any, pro-Trump opinion pieces during the weeks leading up to the November 8 election. Even its regular conservative writers, Charles Krauthammer and George Will, attacked Trump on a regular basis. The *Journal-World* made little effort to seek out and publish pro-Trump voices.

The *Journal-World* recently began running Connie Schultz’s syndicated column. Schultz regularly attacks Trump and Republicans in general. So does her husband, U.S. Sen. Sherrod Brown of Ohio, who is a member of the Democratic leadership in the Senate. This relationship is not noted in her tagline, and few readers are aware of the fact that Schultz was forced to resign from the *The Cleveland Plain Dealer* because of this conflict of interest.

This is not the first time the *Journal-World* has overlooked a conflict of interest. For years, Scott Rothschild served as the newspaper’s statehouse reporter. He simultaneously served as the president of a liberal organization in Topeka. Rothschild kept his job at the *Journal-World* even after he delivered a political message to the very lawmakers he was paid to cover.

The *Journal-World* also demonstrates a liberal bias by failing to report

■ CONTINUED ON PAGE 42



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Young people to send Valentine's Day cards to area seniors

More than 15.5 million seniors in America live alone and face isolation due to declining mobility and geographic location. To help combat the negative effects of isolation, DoSomething.org, the largest organization for young people and social change, has teamed up with Meals on Wheels America, the oldest and largest national organization supporting community-based senior nutrition programs, for the fourth annual *Love Letters* campaign.

Shawnee and Jefferson County seniors served by Meals on Wheels of Shawnee and Jefferson Counties, Inc. are set to receive handmade Valentine's Day cards created by youth volunteers from across the country this Valentine's Day.

The popular campaign, encouraging young people to create handmade Valentine's Day cards to lift the spirits of older adults this winter, runs through February 15, and cards will be included in meal deliveries to Meals on Wheels clients across the

country.

"*Love Letters* is one of DoSomething.org's most popular campaigns because young people get to use their creativity to help brighten older adults' day during a peak time of isolation and depression," said Michelle Fino, Chief

Marketing Officer at DoSomething.org.

Since 2014, the popular campaign has generated nearly one million cards that have been distributed through Meals on Wheels America's network of local programs, which serves 2.4

million homebound seniors each year. The support of this network provides enough independence to stay in their own homes.

Visit www.dosomething.org/loveletters to get involved.



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GOREN ON BRIDGE

Analyze the lead

With Bob Jones

Tribune Content Agency

Neither vulnerable. East deals.

NORTH

♠-A K J 6 2

♥-K Q 7

♦-10

♣-A 7 6 5

WEST

♠-10 8 5

♥-10

♦-8 6 5 4 2

♣-Q 9 4 2

EAST

♠-Q 4

♥-9 6 4 2

♦-K Q J 9 7

♣-K 10

SOUTH

♠-9 7 3

♥-A J 8 5 3

♦-A 3

♣-J 8 3

The bidding:

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

*Pre-emptive

Opening lead: Four of ♣

Good declarers are in the habit of analyzing the opening lead - why that suit, why that card and what does it all mean? They don't always do this at trick one.

South won the opening lead with dummy's ace, noting the 10 from East.

He cashed the ace of spades before drawing trumps in four rounds, discarding a club from dummy. Next came a spade toward the dummy and South took some time to think about the hand.

East-West were using "third and fifth" leads, meaning they led the third highest card from an even number of cards and the lowest card from an odd number. East could therefore not have started with the king-queen-ten of clubs—West would not have led the four. King-ten-deuce was possible, but it seemed more likely that the lead was from four cards to an honor and that East had started with either king-ten or queen-ten doubleton. East had shown up with four hearts and likely five diamonds. Should East have started with a singleton spade, or three to the queen, the contract was not makeable.

Assuming this analysis was correct, then East had shown up with a combined maximum of nine high card points in hearts, diamonds and clubs. South reasoned that East needed to hold the queen of spades or he would not have the values to open the bidding, so he rose with dummy's king of spades and "great was the fall thereon."

- 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@tribpub.com.

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PUZZLES & GAMES

CROSSWORD

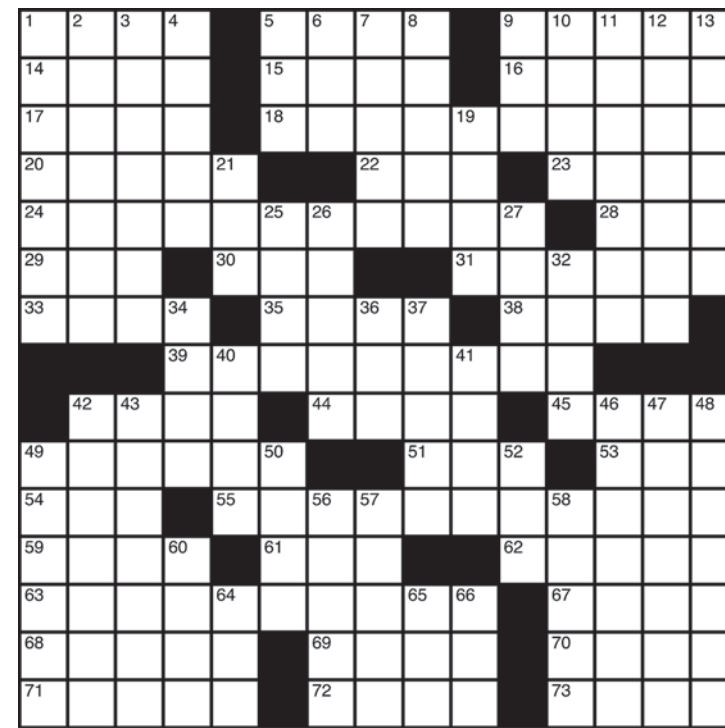
Across

- 1 Drain problem
- 5 GI sought by MPs
- 9 Jewish authority figure
- 14 Fallon's predecessor
- 15 "Get a ___!"
- 16 Estate measures
- 17 Like single-malt scotch
- 18 Superfluous individual
- 20 Food from heaven
- 22 Long-necked bird
- 23 Ivy League school
- 24 Compilation of wacky outtakes
- 28 Pioneer Carson
- 29 PC key near Z
- 30 Eastern path
- 31 Police warnings
- 33 Some deli breads
- 35 Part on the stage
- 38 Stable female
- 39 Summer blouse
- 42 Steer clear of
- 44 iPhone voice-activated app
- 45 Hunk of bacon
- 49 Like many warm sweaters
- 51 Snaky fish
- 53 Miner's discovery
- 54 Little terror
- 55 Olympian's achievement
- 59 Have to have
- 61 Flight connection word
- 62 Capital of Senegal
- 63 Ride around ... or what the ends of 18-, 24-, 39- and 55-Across can do
- 67 Single
- 68 Occupied
- 69 Currency symbolized by €
- 70 Coffee holders
- 71 Fax forerunner
- 72 Zipped
- 73 Editor's "Leave it in"

Down

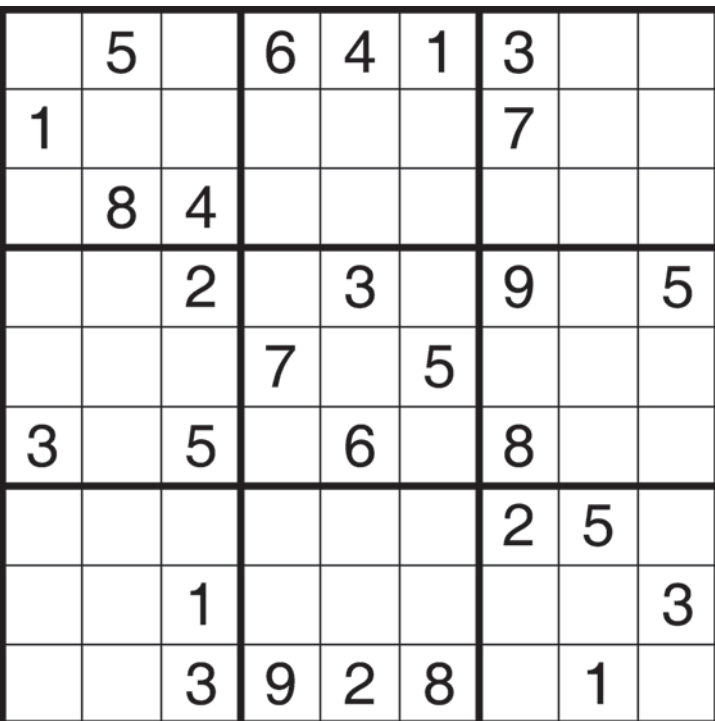
- 1 Seaside eatery
- 2 Within the law
- 3 Without variation,

- 4 "Please tell me that's not true"
- 5 Sitcom E.T.
- 6 PlayStation 3 rival
- 7 Put on the market
- 8 "I'll handle this"
- 9 Word before data or deal
- 10 In need of aspirin
- 11 Crashing wave
- 12 Direct route
- 13 Lands in the sea
- 19 Shades
- 21 Abbr. in many an urban address
- 25 ___ of Sandwich
- 26 Tree anchors
- 27 Airport waiter
- 32 Performs hip-hop music
- 34 Synagogue
- 36 Polynesian wreath
- 37 Blundered
- 40 From square one
- 41 Concert ticket info
- 42 "___ to Watch Over Me"
- 43 Optimistic
- 46 "Watch it!"
- 47 Orchestrate
- 48 Recuperation advice
- 49 Proceed without



- 42 "___ to Watch Over Me"
- 43 Optimistic
- 46 "Watch it!"
- 47 Orchestrate
- 48 Recuperation advice
- 49 Proceed without
- preparation
- 50 Smoked salmon
- 52 Showed the way
- 56 Hemingway's "The Sun Also ___"
- 57 Really enjoy, as praise
- 58 Allays the fears of
- 60 Prescription amount
- 64 Bills coach Ryan
- 65 Wrath
- 66 Buddy of Wynken and Blynken

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

JUMBLE
 THAT SCRAMBLED WORD GAME
 by Mike Argirion and Jeff Knurek

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

KLUSK
 GULEN
 MYSALE
 TUSACC

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NEW BIBLE Jumble Books Go To: <http://www.biblejumble.com/jumble/>

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

A: THE " [] [] [] [] " TO [] [] [] [] [] [] [] [] [] []

SCRABBLE G.R.A.M.S.

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E1 O1 N1 L1 W4 L1 S1 RACK 1

A1 E1 I1 U1 T1 X8 B3 RACK 2

E1 E1 O1 M3 H4 R1 T1 2nd Letter Double RACK 3

E1 I1 O1 O1 S1 T1 T1 RACK 4

E1 U1 Y4 M3 R1 S1 M3 Triple Word Score RACK 5

PAR SCORE 260-270
 BEST SCORE 341

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 42

CROSSWORD SOLUTION

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

Media bias

■ CONTINUED FROM PAGE 38

on certain stories, or reluctantly reporting on these stories after national media did so first. For example, in April 2009 the Lawrence school district decided not to renew Tim Latham's contract with the district. According to Latham, a history teacher, the director of human resources said he was not a good fit for the district. Why wasn't Latham a good fit? According to Latham and several of his students, Latham's conservative views had something to do with it. Jan Gentry, then assistant principal at Lawrence High School, seemed to have had several problems with Latham. According to Latham, Gentry called him into her office and said that his school-affiliated website was "too patriotic." The site had links to the U.S. Military Academy at West Point, the Air Force, the U.S. Army, and other military- and history-related sites. His site also said he wanted students to love their country.

Gentry also allegedly asked Latham about his "McCain-Plain" bumper sticker. "She said, 'I don't know how

you could support that woman,'" Latham said. "That was the beginning of what was going on. They were trying to find a reason to get rid of me."

Latham appeared on the Fox News Channel on June 15, 2009 with two of his former students. NewsBusters, a website of the Media Research Center, included an item on Latham's story four days earlier. Latham was also interviewed on Kansas City's KCMO. However, the *Journal-World* didn't report on Latham's story until June 18, after the district reversed course and renewed Latham's contract.

In early October 2013, I shared evidence with the *Journal-World* concerning an Obamacare "navigator" in Lawrence who had legal issues. I didn't hear back from a reporter, so, after several days, I sent the evidence to The Daily Caller, which is a conservative website. The *Journal-World* didn't report on the navigator's outstanding arrest warrant until after the story headlined The Drudge Report.

Another story currently being ignored by the *Journal-World* is the controversy associated with the San Francisco-based Pacific Educational

Group (PEG). Since 2009, the Lawrence school district has spent hundreds of thousands of dollars with PEG with the goal of closing the achievement gaps between white and minority students. (The Topeka school district more recently began working with PEG). This is a laudable goal. However, in addition to other school districts throughout the country finding PEG's program to be ineffective, some commentators have argued that PEG promotes socialism and even racism. The *Journal-World* has yet to report on these negative aspects.

"Most journalists, I have found, aren't that bothered that the typical newsroom is so liberal," Dr. Timothy Groseclose, whose research has quantified the general leftward bias of the media, wrote in *Left Turn: How Liberal Media Bias Distorts the American Mind*. "One reason is that they often don't realize how liberal they are. As Bernard Goldberg has noted, journalists are like fish. Having lived their entire lives in water, they don't realize they're wet."

No biased media? Think again, *Journal-World*. You're all wet.

SUDOKU SOLUTION

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

SCRABBLE G R A M S SOLUTION														
S ₁	W ₄	O ₁	L ₁	L ₁	E ₁	N ₁	RACK 1 =	<u>60</u>						
B ₃	A ₁	U ₁	X ₈	I ₁	T ₁	E ₁	RACK 2 =	<u>66</u>						
T ₁	H ₄	E ₁	O ₁	R ₁	E ₁	M ₃	RACK 3 =	<u>66</u>						
T ₁	O ₁	O ₁	T ₁	S ₁	I ₁	E ₁	RACK 4 =	<u>57</u>						
S ₁	U ₁	M ₃	M ₃	E ₁	R ₁	Y ₄	RACK 5 =	<u>92</u>						
PAR SCORE 260-270							TOTAL						341	

JUMBLE ANSWERS

Jumbles: SKULK LUNGE MEASLY CACTUS

Answer: What the pianist sought when he studied the music -- THE "KEY" TO SUCCESS

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