

Kaw Valley **Senior Monthly**

200th issue!

February 2018

Serving Active Seniors in Northeast Kansas since 2001

Vol. 17, No. 8

INSIDE



The Winter 2018 issue of JAAA's *Amazing Aging* is included in this month's *Senior Monthly*. See inside.

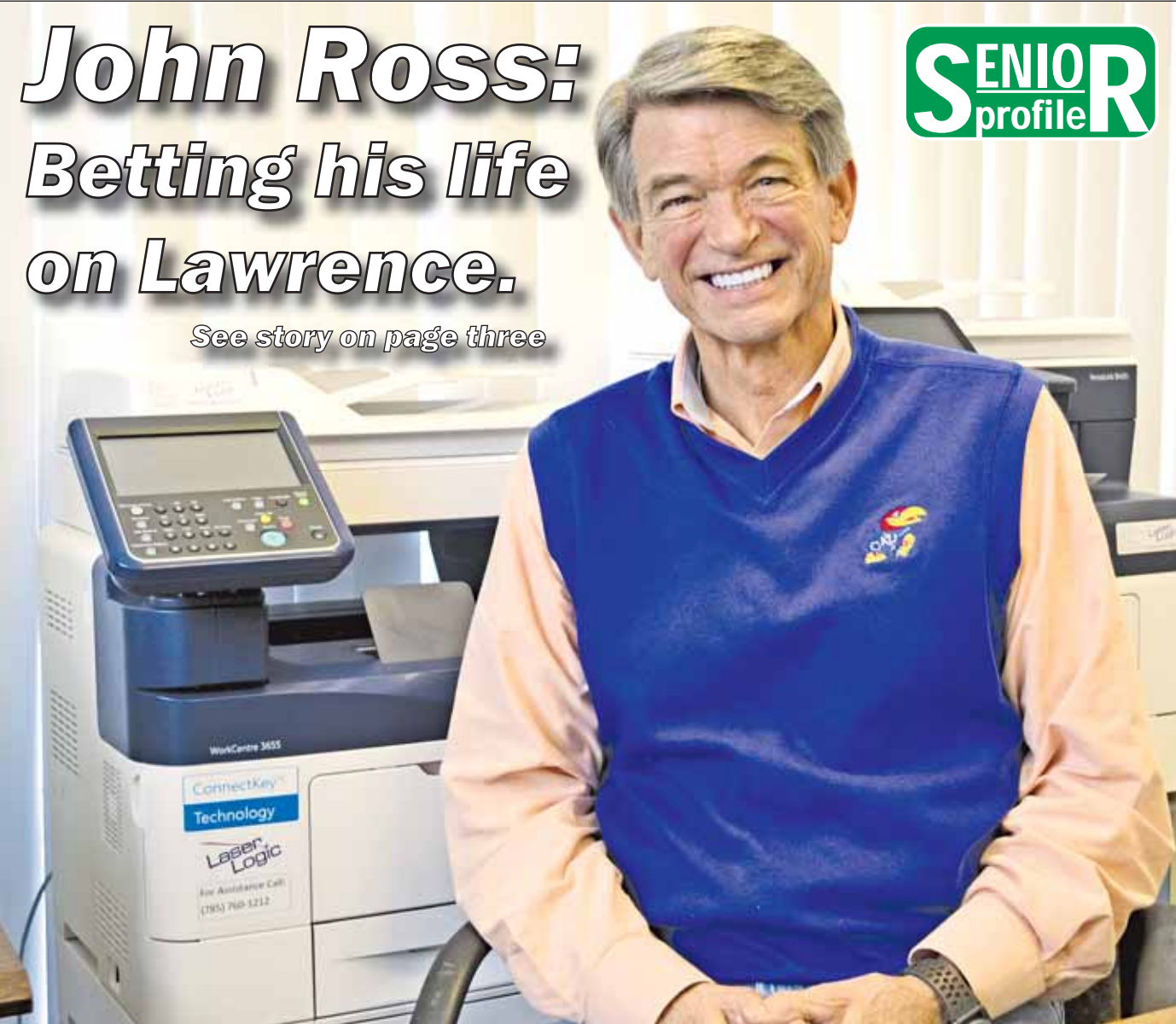
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KEVIN GROENHAGEN PHOTO

John Ross: Betting his life on Lawrence.

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LMH oncology alumnus cancer-free decade after diagnosis

By Kevin Groenhagen

The students at the University of Kansas have a tradition in which, after their football team wins a big game, they tear down the goalposts, carry them up Campanile Hill, and toss them into Potter Lake. Some are growing weary of the tradition. In fact, a majority of the students stayed in the stands and booed as other students tore down the goalposts after KU defeated Kansas State University in 2006.

Love it or hate it, if not for this tradition, John and Cathy Ross might not have moved to Lawrence.

The Rosses were visiting Lawrence and watching KU play K-State on October 27, 1990. John admits he wasn't initially impressed. He had gone to the University of Tennessee, whose Neyland Stadium has a seating capacity of more than 100,000. In 2001, a poll in *The Sporting News* ranked Neyland Stadium as the nation's #1 college football stadium. Also, neither team was exactly a football powerhouse during the late 1980s and early 1990s. In fact,

when the 1-7 KU and 0-8 K-State met in Manhattan in 1987, the game was dubbed the "Toilet Bowl." That game ended in a tie and both teams went on to lose their last two games.

But then something happened that changed John's mind.

"KU came back to beat K-State 27-24," John said. "The students rushed the field, pulled down the goalposts, hauled them off, and dumped them in Potter Lake. I was hooked on KU football from that time. If fans were going to get this geeked out about beating an intrastate rival, I was sold."

The Rosses were also sold on Lawrence and moved to the city in December of 1990.

For John, Lawrence was an unlikely choice to call home. Born and raised in Tennessee through his junior high years, he later graduated from high school in Westland, Michigan. He then spent a year working for Fisher Body, where he spray-painted Novas and Omegas.



John and Cathy Ross

John then entered the Navy and became an electronic warfare technician.

"We were conducting minesweeping operations on the USS *Inchon* in Haiphong Harbor at the tail end of the

Vietnam War," John said. "The *Inchon* looks like a small aircraft carrier. It's a helicopter troop carrier capable of carrying 10 helicopters and a contingent of 500 Marines.

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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John Ross

■ CONTINUED FROM PAGE THREE

“When I got out of the Navy, I decided to take advantage of the GI Bill and went to the University of Tennessee,” John continued. “While I was there, I worked on concert promotions with the Campus Entertainment Board. We did everyone from the rock group Boston to Elvis. We’d do shows from 100 people to 15,000 people. That was a lot of fun.”

In fact, John was having so much fun doing promotions that he put his studies on hold.

“I picked up a full-time gig as a campus rep for a company called College Marketing and Research,” he said. “I moved to Chicago. We did special events and promotions on college campuses. That led to a position with a company called Multi-Marketing. We put together a 20-campus, national tour that culminated in Daytona Beach and Fort Lauderdale over the spring break period. You had half a million kids down there. We had Fortune 100 clients that wanted to reach the 18 to 24 age group. The marketing school of thought at the time was if you could capture their buying preferences at that age, then you’d have them for life.”

John returned to the University of Tennessee and graduated with a degree in marketing in 1981.

“I moved to Houston, thinking that a background in electronics and a degree in business would work well with the oil and gas industry,” John said. “I ended up going to work at Southwestern Bell, which later became AT&T.”

While at the AT&T training center in Dallas, John met Cathy Erdman. Cathy grew up in Topeka and graduated from Emporia State University with a degree in early childhood and elementary education. She taught at Wana-maker Elementary School in Topeka for two years, worked for her family’s real estate business in Topeka for several years, and then moved to Wichita to work as an account executive with Southwestern Bell.

“It was love at first sight,” John said. “But Cathy told me I was a ‘G.U.D.’—‘geographically undesirable.’ Six

months later, she moved to Houston. Twenty years later, her mother forgave me.”

The Rosses married in 1983. John continued to work for AT&T, while Cathy returned to working in real estate in Houston. The couple then moved to Dallas after John accepted an offer for a new technical position overseeing computerized reservation processing.

“I worked for a company called Compass Computer Services Inc., which was jointly owned by Hilton Hotels and Budget rent-a-car,” John said. “Car rental reservations took three days to confirm during the early 1980s. By the time I left, our team had reduced that to three seconds.”

While in Dallas, the Ross family grew to include a daughter, Libby, and a son, Weller.

Through his work at Compass Computer Services, Hertz made John a job offer. He accepted and the family moved to Oklahoma City.

“I got the job done there, but I had an itch to go back into special events and promotions,” John said. “I went to work for a company in St. Louis. We did a lot of shopping mall events. We did the Rolling Stones’ Steel Wheels Tour nationwide. But now I had kids. When I was doing promotions before, I was single. The thing about special events is you work all the normal hours that people work, and then you have to work the hours that people don’t work because that’s when they go to the special events. Family meant way too much to me.”

The Rolling Stones’ Steel Wheels Tour ended in August of 1990. Four months later, the Rosses were in Lawrence.

“We made the decision to move here, not knowing what we would do,” John said. “We just knew we wanted to live in a community like this.”

John did know he wanted to do something that would allow him to spend time with his children.

“A friend of mine told me about remanufacturing toner cartridges,” John said. “I ended up taking some money out of savings and Cathy and I attended three days of training. We came back to Lawrence and started calling on businesses. We guaranteed

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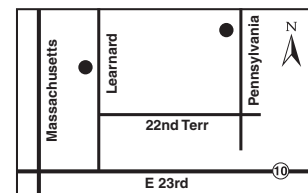
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John Ross

■ CONTINUED FROM PAGE THREE

the performance of the cartridges. We would repair, replace, or refund. Cartridges cost \$129 at retail and we sold them for half that price. I would go pick up empty cartridges, have dinner with the kids, who were then six and three, stay up all night to remanufacture those cartridges, and then take them back the next day. The business grew from there."

The Rosses opened Laser Logic, Inc. 27 years ago this month. Cathy also sold advertising for Getting to Know You in Kansas City and was a Mary Kay consultant.

"We bought a house on Iowa Street that had previously been a television repair shop," John said. "That was initially perfect for us, but the business kept taking over more and more of our house. We operated from there for

about two years and then Cathy found a commercial space nearby on Yale Road. We were there for 13 years."

Laser Logic moved to its current location at 450 N. Iowa Street in May 2007.

As the business grew, Cathy started working at Laser Logic full-time as the company's chief financial officer.

"Cathy manages the finances," John said. "We are the traditional mom-and-pop business. We tag team. She's Mrs. Inside and I'm Mr. Outside. My job is to find business and generate revenue streams and her job is to make sure we're managing our money wisely."

Laser Logic had been in operation just nine months when the Rosses were confronted with a problem that could have forced them out of business.

"In November of 1991, we had an issue in which the cartridge would test fine, but once it printed about 500 pages or so, it started developing a gray bar that went down the right-hand margin," John said. "It was about the width of

my thumb. I couldn't figure out what the problem was. Our supplier said it was something we were doing. So, I was replacing cartridges that I was selling for \$69 with cartridges I was buying at retail for \$129 so we could make good on our guarantee. We eventually determined that a batch of toner from the supplier was the issue. As it turned out, this defect wouldn't show up until enough static electricity had built up in the toner hopper."

"One of our customers, who is still a customer today, said she heard a lot of sales pitches promising they would stand by their work, but we were the first ones who actually did," John continued. "That was a key moment for us. It's one thing to run your business when things are going well, but how do you hold up during adversity? We were operating out of a garage and

things were thin, but we were committed to honoring our company guarantee. Business just grew from that point forward."

John, the Tennessee Volunteer, has volunteered his time to serve dozens of organizations and causes in Lawrence. For example, he was a community volunteer with the Lawrence Police Department's Citizens Academy, served on the board of directors of the Lawrence Police Foundation, and served as the chair of the Lawrence Chamber of Commerce's board of directors for a year. He is also a member of Lawrence Breakfast Cosmos and Rotary International. He discovered that doing things in the community was also good for his business, which grew to include printer and copier sales and service.

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John Ross

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“Back in the early 90s, I went to an American Legion pancake breakfast and ended up sitting across the table from a guy with Hill’s Pet Nutrition,” John said. “Hill’s ended up being a longtime customer until they were bought out by a larger company. It’s great that you could go somewhere supporting the community and end up coming away with a long-term business relationship.”

Those business relationships influenced Laser Logic’s tagline, which is “Saving Lives Through Laser Printing.”

“We were having a staff meeting and I asked for input because I thought we needed to change our tagline,” John said. “I said, ‘If no one can think of anything else, then we’re going to go with Saving Lives Through Laser Printing.’ Everyone just started laughing. We met the next week and no one had anything better, so that’s what we

decided to go with. It’s supposed to be tongue-in-cheek, but we have had people call and say, ‘Oh my, can you fix my printer? They’re going to kill me if we don’t get payroll out!’ So, we would go out, fix the problem, and save lives.”

Ten years ago, John’s own life looked as if it might be beyond saving.

“I had a routine checkup at the end of 2007,” John said. “My doctor reached across to touch the side of my throat and asked, ‘Does that hurt?’ I had swollen lymph nodes. It didn’t hurt, so my doctor said it was probably nothing, but to call him if it hadn’t gone away in 30 days. I called him back a couple of weeks later and told him I thought the swelling was greater. That led to a biopsy.”

After having the biopsy, the Rosses drove Libby, who had graduated from KU with a degree in engineering, to Colorado to begin her dream job. The plan was for John to drive back to Lawrence while Cathy stayed in Denver for a week to help Libby get settled.

“I was pulling out of the truck stop at Limon, Colorado, when the doctor

called,” John said. “The lymph nodes were not the primary site. It turned out that it was a tumor at the base of my tongue. It had actually metastasized to both sides of my neck. The cancer was stage IV. I cried all the way back home because it sounded like a death sentence to me.”

John kept the squamous cell carcinoma diagnosis to himself for a full week because he didn’t want Cathy and Libby to get on a plane right away to return to Kansas.

“I couldn’t take Libby away from the dream that she worked so hard on,” he explained.

After sharing the bad news with Cathy when she returned to Kansas, the Rosses had to make a decision about treatments.

“My stepfather was a pediatrician,” John said. “He graduated from Vanderbilt University of Medicine, and his son and oldest granddaughter were graduates of Vanderbilt University of Medicine. They wanted me to get out of ‘backwater’ Kansas and get treatment at Vanderbilt, which has a world-

class head and neck cancer center. But my mug has been the posterchild for two different ‘buy local’ campaigns in Lawrence. I’ve told everyone that if you can get it here, then get it here. I couldn’t see going somewhere else to get treatment if we offered that treatment here. The people at Lawrence Memorial Hospital were just fabulous. They agreed with getting a second opinion. They shipped my records to Vanderbilt, I met my mother and brother in Nashville, we went in to talk to the doctors there, and they concurred with everything that they had said at LMH.”

“If I went to Vanderbilt for treatments,” John continued, “Cathy would have been saddled with the responsibility of determining whether to stay in Lawrence and run our business or to be with me, where her heart is, in Nashville while I got my treatments.”

They decided to stay in Lawrence and get treatments at LMH’s Oncology Center, which opened in 2000.

“Everything that nourishes life goes

■ CONTINUED ON PAGE NINE

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John Ross

■ CONTINUED FROM PAGE EIGHT

through your throat,” John said. “I had to have a stomach tube put in since I wasn’t going to be able to eat or drink. I also had to have teeth removed that were in the radiation’s path. My treatments couldn’t start until the middle of March because of all the preliminary procedures that had to be done. I had to recover to be well enough to manage the radiation and chemo treatments”

“Dr. Eston Schwartz told me to focus on the positive,” John added. “He said that I didn’t have any of the risk factors that people with this kind of diagnosis typically have. I was in good shape, didn’t smoke, wasn’t a heavy drinker, wasn’t obese, and didn’t have a bad diet.”

However, Dr. Schwartz warned John that the treatments wouldn’t be a walk in the park.

“He said, ‘We are going to try to kill the cancer before we kill you,’” John said.

“They say it’s probably the second-hardest cancer treatment to go through next to bone marrow treatment,” Cathy added. “Imagine getting the worst sunburn you’ve ever had and then they expose you to the sun every day for six weeks.”

John had a total of 36 chemotherapy and radiation treatments.

“They were rough,” John said. “I was sick all the time. They couldn’t trust me being on my own because of the medications I was on. The KU

basketball team won the national title in 2008. I tried to convince Cathy and Libby, who are big KU basketball fans, that Coach Bill Self had been calling and asking me for input on strategies for upcoming games. Clearly, I was the only one who believed that.”

John also had to undergo 64 hyperbaric chamber treatments at LMH to treat side-effects that caused the inside of his gums to separate and expose his jawbone. Hyperbaric oxygen therapy stimulates the immune system and the overall healing process.

While John spent most of 2008 and 2009 being treated for his cancer, Cathy kept the business running. The employees, including Brad Farmer, who is now in his 26th year with Laser Logic, stepped up. Libby returned from Colorado to lend a hand and Cathy’s sister helped for a month.

“With a small business, this is a show stopper,” John said. “As small business owners, we all fear a catastrophic illness. We were able to manage that. That’s just one of the many places I give Cathy all the credit in our partnership of this business we run. Her management skills allowed us to weather this health setback.”

The community also got behind John, whose nickname is Rossie. A friend came up with the name “Rossie Posse,” which was put on orange wristbands that were distributed throughout the community.

In the end, John beat cancer and, a decade later, remains cancer-free today.

He credits the staff at LMH Oncology Department, especially Dr. Matthew Stein.

“Dr. Stein was instrumental in getting me a second round of chemo,” John said. “At the time, that second round was a bit experimental. The idea was for the chemo to wrap itself around the cancer cell so it couldn’t cause more harm. I bet my life on buying local. Someone with vision, years earlier, determined that we needed an oncology center at LMH and I have been one of many beneficiaries.”

In 2013, John became a member of the LMH Board of Trustees.

“Being an alumnus of the Oncology Center, I wanted to give something back to LMH and to the community,” he said. “I thought I could be a voice for independent businesses.”

John and Cathy continue to run Laser Logic. They’re not sure when they’ll retire, but they know what they’re

going to do in retirement.

“We own a vintage 1978 GMC motorhome,” John said. “Remember the movie *Stripes*? We have the Urban Assault Vehicle. We have everything but the .50 caliber armament. People will come up and ask, ‘Is that something new made to look old or something old made to look new?’”

“We are having a ball with it,” Cathy added. “It’s our goal to become full-time RVers. We want to travel all over the United States.”

Thus far, the Rosses have travelled as far west as Denver, as far east as Bristol, Tennessee, as far south as Houston, and as far north as Wisconsin.

And, of course, both John and Cathy remain fans of the KU and University of Tennessee football teams. More recently, they became fans of the Houston Texans. Their son became a sport analytics specialist with the team last year.



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E-Visits through MyChart now available at Stormont Vail Health

Collaborative care close to home has become even more convenient for Stormont Vail Health and Cotton O'Neil patients with the introduction of E-Visits and online scheduling through MyChart.

MyChart is a tool patients use to review their medical history, request prescription refills, connect with their physician and now patients are able to both schedule appointments online and conduct E-Visits with a health care provider.

Appointments available for scheduling through MyChart include office visits, screening mammography, annual physicals, same-day appointments and well-child check-ups.

E-Visits have been available for the past year for Stormont Vail employees as a pilot program before rolling out to the community. Shelby Flower, PCT, is one employee who has participated in the E-Visits.

E-Visits are a convenient option for patients who are having symptoms

that do not necessarily indicate a need to visit a Cotton O'Neil Express Care location or the Emergency Department. E-Visits may address some of the following symptoms: diarrhea, rashes, sore throats, upper respiratory issues and urinary problems.

"I knew that the symptoms I was experiencing weren't serious enough to require a hands-on evaluation," said Flower. "It was quick, easy and allowed me to receive immediate help."

Patients can schedule their E-Visit by accessing MyChart through a web browser at mychart.stormontvail.org and typically receive a response within one hour. There is a low, out-of-pocket cost of \$45 for the visit, which is often less than the cost of a visit to Express Care. E-Visits are not recommended for life-threatening conditions including chest pain, severe shortness of breath, severe pain, dizziness or fainting. Please seek emergency help if you are experiencing any of those symptoms.



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Avalon Hospice seeks additional volunteers

By Billie David

When Evon Smith began her employment with Topeka's Avalon Hospice, everything was new, the branch having just opened in September of 2016.

"We had a brand-new office when I started," she said, explaining that they don't have a free-standing facility because their focus is on home-care. "We go wherever the patient is, whether that is in nursing homes, assisted living or private homes."

It isn't the office or its size that matters, though; it's the services provided by Avalon Hospice, which serves Topeka and the surrounding area.

"Hospice care is not a job; it's a calling," Smith said. "We have a little office, but we never tried to be the biggest. We just want to be the best. I'm very proud of my Topeka team They're awesome."

It's this sense of teamwork that allows Avalon Hospice to provide special, individualized care to its patients, she added.

"What makes it individualized is that hospice is an interdisciplinary team that consists of an RN case manager, a chaplain, a social worker, a home health aide, a medical director, and a volunteer if one is available," Smith said.

The team meets the patients and gets to know them on a one-on-one basis, learning about their needs, their strengths and weaknesses, and the things that are important to them.

And because of the interdisciplin-

ary nature of the team, the team members become acquainted with the many facets of each patient's situation in a comprehensive way that one individual could not.

The team's nurse concentrates on issues such as vital signs and medications, while the chaplain focuses on spiritual needs. The social worker checks on food and resources, and the home health aide becomes especially close to the patient through helping with their intimate physical needs.

Then the patient's team meets every two weeks to discuss patient care.

"They put all of the pieces together and brainstorm about what's the best way to meet the patient's needs," Smith said, adding that their goal is to offer patients the opportunity to die where they want, how they want, peacefully and with dignity, not only for themselves but for their families as well.

"When we get patients, most of their options have been taken away from them," Smith said. "They may not be able to be cancer-free or have a strong heart, but the option of dignity is still there."

"It's not just meds and equipment. It's about living: what your life was like and your need to talk about dying, and what to expect as you go through the process."

For example, Smith explained, there may be a couple where one is dying and the other cannot accept that. The patient may say that they don't want any more dialysis, but their spouse

COURTESY PHOTO



The Avalon Hospice team. Bottom row, left to right: Carrie Moran, Debby McNemee, Taylor Starling, and Chelsey Burgen. Seated row, left to right: Evon Smith, Terry Moser, Matthew Memmer, Lori Brax, and John Roberts. Not pictured: Holly Lynch, Rhonda Lewis, Alisa Baker, and Kelly Rice.

opposes that decision because they want them to go on.

"We can go in and help them with the process," Smith said. "We give them the opportunity to be who they are. It's so rewarding if we can make a bad situation okay at the bare minimum, and we have even seen it become a celebration. It's the most beautiful process of life if you are prepared. If you are, we have done our job."

But it's a process that takes time, and that's why patients who enter hospice

early benefit the most.

"The earlier admission is crucial to a good outcome," Smith said. "I have seen that over and over again. We help them with the process, but it is not something you can do in a day. So much of the fear we face is because we don't know what to expect. It's so much easier if someone can coach you and you are not alone."

Because the focus is not so much on dying as it is on living, it's about

■ CONTINUED ON PAGE 13



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■ CONTINUED FROM PAGE 12

the lung cancer patient who wants to smoke a cigarette or the man with heart failure who wants to spend his weekends at a lake. It's about making those wishes happen.

"It's about living while you're here," Smith said. "It's about eating that piece of cheesecake."

And because the focus is on what is really important to the patient and the family, about living versus dying, and about helping rather than hindering, hospice patients often do better. In fact, some have been known to live perhaps three months or so longer than they might have with conventional care.

"It takes some of the burden off of a person. It gets them to a place where maybe they can laugh," Smith said.

Volunteers are a vital part of that process.

"It's a wonderful one-on-one experience for anyone who is ever looking to pay it forward or to give back," Smith said.

And it's important to the patients because they have a need just to know that someone is present.

"Some patients don't interact, but they need to know someone is there," Smith said. "Others want to interact. They maybe want to play checkers. Maybe you can sit and strum a guitar at someone's bedside or sing to them. Everyone has something of value to offer."

And for people who want to volunteer but aren't comfortable with direct patient contact, there are plenty of other opportunities, like doing some

filing at the office or making phone calls.

"As long as you can make it to my office, I can find something you can do. Tell me what you have to offer, and I will find a place for you," she said.

Veterans are also encouraged to volunteer, said Smith, who also serves on the board of directors of the Kansas Honor Flight, an organization whose mission is to honor veterans by bringing them to Washington, D.C., to visit their respective war memorials.

"We do a lot of work with the VA. We serve a large veteran population, and anyone with military experience is highly welcome," said Smith, referring to the special camaraderie that veterans share with one another.

Volunteers undergo a background check and drug testing to guarantee patient safety. Then they go through an initial four or five hours of training. After that, they can work according to what is convenient for their own schedules. Later, volunteers are given interval training, and they must also be CPR certified.

"But I am a certified CPR trainer, so we can handle that easily," Smith said.

And although Avalon Hospice won't turn away anyone who wants to volunteer, Smith does advise anyone who has lost a loved one recently to wait six months before volunteering, because they need to take the time to go through their own grieving process.

People interested in volunteering with Avalon Hospice can call volunteer coordinator Carrie Moran at the office number 785-246-6520.



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Reaching retirement age? Here's what you need to know

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Every birthday deserves celebration, but some seem a little more special than others. Think of a baby's first birthday. Sweet 16. The "Big 4-0." Then, before you know it, along comes 65. This last milestone is especially important to retirees.

For nearly half a century, American workers looked to 65 as the age at which they could stop working and finally reap their full retirement benefits under the Social Security Act of 1935.

Today, however, the full retirement age is now 66 or 67, depending on when you were born. In 1983, Congress changed the law to increase the retirement age gradually over a 22-year period, citing improvements in the health of older people and increases in average life expectancy. To find out

your full retirement age, visit www.socialsecurity.gov/planners/retire/age-increase.html.

If you've contributed enough to the Social Security system through payroll taxes, you still can claim your retirement benefits at 65 — or 62, 63, or 64, for that matter — but your monthly payments will be permanently reduced.

For help deciding which age is right for you to start receiving Social Security retirement benefits, read, "When to Start Receiving Retirement Benefits" at www.socialsecurity.gov/pubs/EN-05-10147.pdf.

We have also made applying for benefits easier than ever. You can do it online! To apply for benefits, please go to www.socialsecurity.gov/applyforbenefits.

That said, age 65 should still factor in prominently as you prepare for retirement and a stable financial future, because that's when most American workers first become eligible for Medi-

care health insurance coverage.

To see if you've earned enough credits through work to qualify for Medicare at age 65, view your Social Security Statement online using your personal my Social Security account. Create or log on to your account at www.socialsecurity.gov/myaccount.

If you're already receiving Social Security benefits before age 65, we'll automatically enroll you in Medicare Part A (hospital insurance) and Medicare Part B (supplemental medical insurance) effective the first day of the month you turn 65. Watch your mailbox a few months before your birthday for your Medicare card.

Otherwise, three months before your 65th birthday, you can apply for Medi-

care Parts A and B online at www.socialsecurity.gov/applyforbenefits.

Your Initial Enrollment Period for Medicare starts three months before your 65th birthday month and continues for three months after. To learn more about Medicare enrollment and coverage, please visit www.socialsecurity.gov/medicare. To learn more about Medicare coverage, visit www.medicare.gov.

Social Security is with you through life's journey, on your first birthday and the many more that follow. Learn how we help you and your family secure today and tomorrow through our financial benefits, information, and planning tools at www.socialsecurity.gov.

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GROEN ZONE

Our 200th issue

By Kevin Groenhagen

Thank you for reading the February issue of *Kaw Valley Senior Monthly*. This is our 200th issue. I'm not really sure where the time has gone since I published the first issue of *Senior Monthly* in July 2001. That was before 9/11. It was also before my youngest daughter, who is now a junior in high school, was born. We have had three presidents since then. Lawrence, Topeka, and the other towns *Senior Monthly* serves have changed quite a bit during the past 200 months.

I have also changed. In July 2001, I was 38 years old and thought 55 was ancient. I turned 55 in December. I am now old enough to live in many of the retirement communities that advertise in *Senior Monthly*. However, even 80 seems relatively young to me now. Meeting Topeka's Ellen Schuler on her 110th birthday (she died on May 7, 2011, at the age of 113 years, 244 days) changed my perspective on aging quite a bit.

I am thankful for all the incredible seniors we have profiled in *Senior Monthly* during the past 16 years and eight months. I have been fortunate to call many of them friends. Sadly, some of those friends are no longer with us. I treasure the time I was able to spend with them, but regret that that time was much too short.

Our "Senior Profile" subject for the July 2001 issue, Paul Heitzman of Eudora, still epitomizes the message I want to convey with *Senior Monthly*. Aging is inevitable. However, even though we get older, we can

still explore and excel at new things. Heitzman discovered running later in life. However, at 70 he was ranked as one of the top 5k runners in the nation. In fact, he could run the 5k (3.1 miles) in under 20 minutes. That's faster than I could run three miles when I was a 19-year-old Marine with a first-class physical fitness test score. I stopped by Heitzman's home a few months ago. At 86, he no longer competes as a runner, but he still enjoys gardening.

I am also thankful for our readers. I continue to do all the distribution of the *Senior Monthly* copies. It takes three days to do distribution, and the weather is often less than ideal as I walk from my van to place copies in retirement communities, senior centers, libraries, restaurants, and outdoor racks. However, it is immensely gratifying to hear readers say they've been waiting for the new issue.

Finally, I am thankful for our advertisers. Many advertisers have been with us for a decade or longer. Several have been with us since 2001. Few publications are larger today than they were 10 years ago. *Senior Monthly* is one of those publications. Our advertisers have made that possible. Therefore, if you enjoy *Senior Monthly*, please do business with our advertisers whenever you can.

I will never become rich as a result of publishing *Senior Monthly*. However, the seniors we have profiled, our readers, and our advertisers have all greatly enriched my life.

It's unlikely I'll publish another 200 issues. I'll shoot for at least another 100 issues and hope you'll continue to read *Senior Monthly*.



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HEALTH & WELLNESS

Treatments for urinary tract infection

A bladder infection is a bacterial infection of the bladder. It can also be called a urinary tract infection when it involves the bladder, but also it can involve the urethra, ureters, and kidneys. Bladder infections are more



Dr.
Farhang
Khosh

common in women than in men. Most women experience a bladder infection at least one time in their life. Many infections are caused by the bacteria *Escherichia coli* (*E. coli*). *E. coli* is a bacterium that normally inhabits the intestines. However, *E. coli* sometimes finds its way out of the intestines and

into the urinary tract. This can cause an urinary tract infection.

How does a person get a bladder infection or urinary tract infection? What are the symptoms of a urinary tract infection? What are the risk factors in developing an infection? There are a number of ways that can increase a person chance of getting a urinary tract infection: holding urine, not wiping from front to back after urinating if you are female, taking baths, especially with scented soaps, bubble baths and perfumes, wearing non-cotton underwear and tight fitting clothes, not urinating immediately after sexual intercourse, having diabetes and having a previous bladder or kidney infection, and chronic kidney stone. Some of the symptoms of an infection can include pain or burning when urinating, urgency and frequency to urinate, and foul-smelling cloudy urine.

Treatment of a bladder infection can involve a number of methods including both conventional and natural methods. Conventional methods usually include antibiotics such as Bactrim. Natural methods include medicinal plants, vitamins such as Vitamin C, D-mannose and probiotics. Dietary changes must be considered in preventing urinary tract infections such as increasing daily water intake. Drinking water is best because it is free of caffeine, soda, alcohol and artificial sweeteners, which can irritate the bladder.

Medicinal plants that can treat urinary tract infections include Cranberry, Uva ursi, Horsetail, and Corn silk. Others are Oregon grape, Goldenseal, Dandelion, and Marshmallow. Drinking unsweetened cranberry juice or taking cranberry supplements can be effective in treating and preventing urinary tract infections. Compounds known as proanthocyanidins found in cranberries are thought to prevent bacteria from sticking to the walls of the urethra and bladder, reducing the risk of infection.

Uva ursi has long been used as a urinary antiseptic and diuretic. The dried

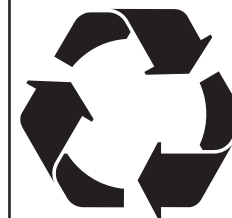
leaves of Uva ursi are especially effective urinary antiseptic.

Horsetail is a diuretic and astringent plant. It is very effective in relieving a full painful bladder.

D-mannose is a naturally occurring sugar found in certain fruits and research suggests that it can be as effective as antibiotics in preventing and treating urinary tract infection.

Mentioned above are some of the ways to treat a urinary tract infection. However, if anyone is experiencing symptoms of a urinary tract infection it is better to check with your health care provider before taking any medicine.

- 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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HEALTH & WELLNESS

DIY: home is where you heal

By Laura Bennetts PT, MS

You have a lump in your throat as your doctor looks at the x-ray of your injured ankle. The good news is that only one small bone is broken; the bad news is that you need surgery to pin the bone so that it will heal. You won't be able to put any weight on your foot for *at least* six weeks after surgery.



You head home and start to wonder how you will manage your life for the next couple of months. There is never a good time to be injured or to have surgery, but getting a plan in place will reduce your anxiety and help you heal. You will soon discover that this is the ultimate do-it-yourself project.

Plan Ahead

You need detailed post-surgery plans, and you should expect the unexpected. If there are surgical complications, your hospital stay will be longer than you thought. If everything goes really well, you may go home quickly, even the very day of the surgery. Or you may need to move to another site for recovery once you no longer need in-hospital care. Hopefully, everything

will go smoothly, but you should be ready for other possibilities. Prepare a checklist:

1. *Who can help you?* Make a list of your available friends, family and service providers. Having one person who can be with you through the pre-surgery appointments, the hospital stay, and the post-surgery instructions will help you keep track of the details. Have someone keep notes of important information and advice as you make preparations.

2. *What supplies will you need?* Ask your doctor about required dressing changes.

Will you need ice packs to use during recover? Will you need equipment to help you bath? Will you be allowed to shower while the incision is healing? Do you need a bath bench or shower chair? Write up a list of your questions and share them with whoever is helping you prepare.

3. *What services will your insurance cover?* Call the number on your insurance card to find out if you can have home health benefits and how you qualify to use those services. Ask your surgeon if you might need home health services after your hospital stay.

4. *What transportation will you need?* You will have follow-up appointments with your doctor and you may not be allowed to drive soon after your surgery because you are limited in your activities or you are taking pain medications.

Get Help at Home

If you're lucky enough to return home swiftly, you will still need help for a good long time (weeks or even months) with daily tasks such as meal preparation, shopping, cleaning and laundry. You may have family and friends who can help for a time, but be ready to have alternative options for the rest of your recovery.

- *Healthy meals.* Eating right is important to regain strength. If you can sign up for delivered meals (like Meals on Wheels) you will have lunch for the duration of your recovery. You can also have meals delivered from restaurants or meal catering services in your area.

- *Shopping trips.* Friends can shop for you since they frequently shop for themselves, so have a list ready when a friend offers to help.

- *Housecleaning.* See if you qualify for housekeeping help through an agency. Help even once a week will improve life vastly. The hospital social worker can help you find agency resources to help set up services.

- *What you can and can't do.* After surgery your doctor will give you guidelines to direct your activity: when you can start driving, when you can shower, how much weight you can put on your foot, how long you should

wear a brace, etc. When you see a physical therapist in the hospital, you may be given a beginning program of home exercises. You may also see an occupational therapist who will teach you how to accomplish self care like dressing while you are recovering from ankle surgery. Follow all instructions until you get a referral for further therapy (either at home or in an outpatient clinic).

Friendly Visitors

If you stay in the hospital or a rehabilitation unit for a while, your friends and relatives should visit you regularly, to ensure that your needs are being fully met. In every health-care settings, patients need friendly visitors to feel supported. Your health care team will be working with you on your discharge plans from day one, so be aware that plans are determined by how you are recovering and your medical needs. You may go home earlier or later than the team initially estimated depending on your healing progress. With support you will be able to accomplish your own DIY healing at home project.

- Laura Bennetts PT, MS is a physical therapist and Clinical Rehabilitation Manager at Lawrence Memorial Hospital.

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MAYO CLINIC

Effective treatment for excessive sweating available

DEAR MAYO CLINIC: I'm a 57-year-old woman and am so warm all the time that I don't even wear a coat in the winter; just a heavy sweater. I sweat so much that it drips off my nose sometimes, and if I do any kind of physical activity—even just a short walk—I start sweating. It is uncomfortable but it is also embarrassing, and I stay away from social situations because of it. Is there anything that can be done for this? I don't see other women having this problem.

ANSWER: Excessive sweating such as you describe is called hyperhidrosis. Rest assured, effective treatment is available. In order to decide on the best treatment options for you, you will need a thorough evaluation with your doctor to review your symptoms and check for an underlying medical condition that could be contributing to the problem.

Sweating is your body's way of cooling itself. Your nervous system automatically triggers your sweat glands when your body temperature rises. Sweating also normally happens when you're nervous or under stress. Other factors that have an impact on when and how much you sweat include your age, sex, posture and diet, as well as the climate where you live. Your body's circadian rhythm—the 24-hour internal clock that helps regulate your sleep and wake patterns—can affect sweating, too.

The most common form of hyperhidrosis is called primary focal (or essential) hyperhidrosis. It happens when excess sweating is not triggered by a rise in temperature or physical activity.

There is no medical cause for it and it tends to mainly affect the palms, face and soles of the feet, although in some cases it can involve the entire body.

Secondary hyperhidrosis is less common. It happens when sweating is due to a medical condition. Disorders that may lead to excessive sweating include diabetes, nervous system disorders, some infectious diseases, thyroid problems and some types of cancer, among others. Of particular note for your situation is a condition called paroxysmal localized hyperhidrosis. It primarily affects women after menopause and is caused by a nervous system disorder. Certain medications also can lead to excessive sweating.

To evaluate your condition, your doctor will likely talk with you about your symptoms and your medical history. He or she may recommend blood, urine or other lab tests to see if your sweating is the result of another medical condition. If it is, then treatment for that disorder may help decrease or eliminate the sweating.

If no clear cause can be found, treatment focuses on controlling excessive sweating. Prescription antiperspirant is often used first. Certain nerve-blocking medications and antidepressants can also reduce sweating. Injections of botulinum toxin, known by the brand name Botox or Myobloc, may help block the nerves that cause sweating.

A procedure called iontophoresis may also be an option. It is mainly used for excessive hand or foot sweating. Iontophoresis uses a device to deliver a low level of electrical current to the areas of your body prone to excessive sweating. This treatment typically is given daily for several weeks. It needs to be repeated on a regular basis to con-

tinue being effective.

If hyperhidrosis doesn't respond to other treatment, surgery could be another choice. It may include removing sweat glands, or it could involve surgery to impair the nerves that control sweating. Surgery is generally not an option for isolated head and neck sweating.


Make an appointment to see your doctor to have your condition evaluated. Even if a specific cause of your sweating cannot be identified, it's still likely that hyperhidrosis can be effectively managed in a way that will decrease your discomfort and embarrassment. - Robert Fealey, M.D., Neurology, 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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JILL ON MONEY

The 7 biggest money stories of 2017

It's always interesting to look back at the year that was. Here is my list of the seven stories of 2017 with the greatest impact on personal finance.

• **The stock market rally.** The post-election rally continued throughout 2017. Early in the year, investors bought on the hope of potential



Jill
Schlesinger

infrastructure spending, tax cuts and a reduction of regulations across a wide swath of industries. What many had not priced in was a surge in global growth, which propelled corporate profits. The rising market was a fairly consistent and quiet one, without the usual gyrations on the up or downside.

• **Federal Reserve policy.** Two years ago, the Fed embarked on a new policy, raising short-term interest rates. There was one 0.25 percent increase in 2015, another in 2016 and then three more in 2017. New to the Fed policy this year was the unwinding of the bonds that it had purchased during the financial crisis, recession and recov-

ery. Despite fears that the actions would shatter the stock and bond markets, investors cheered the methodical approach that Fed Chair Janet Yellen employed.

• **Federal Reserve personnel.** As expected, President Trump did not renominate Janet Yellen to a second term as Fed chief. He chose current Fed governor Jerome Powell to lead the central bank. He also appointed Randal K. Quarles as vice chairman for supervision, leaving three more openings to fill next year.

• **Regulation.** The Trump administration's regulatory rollback has had a profound impact on consumers. For example, the Department of Labor delayed the full implementation of the fiduciary rule, which would have required anyone who handles retirement assets or gives financial advice to retirement savers to work in their clients' best interest and to provide disclosure of conflicts, when they exist.

The Consumer Financial Protection Bureau (CFPB), the independent watchdog agency set up six years ago, was put in limbo after the former director Richard Cordray stepped down in 2017. There are currently two interim leaders of the agency: current head of the Office of Management and Budget Mick Mulvaney, who was selected by

President Trump to oversee the consumer watchdog until a permanent replacement could be found, and Leandra English, former CFPB chief of staff turned deputy director, whom Cordray had appointed. The court system will determine who wins the battle.

• **Equifax.** The massive data breach at the credit monitoring company Equifax exposed names, Social Security numbers, birth dates, addresses and, in some cases, driver's license and credit card numbers, from a whopping 143 million Americans. The upside? We became more familiar with the concept of a credit freeze!

• **Bitcoin.** The cryptocurrency started the year at 1,000 and charged up toward 20,000 by the end of the year, making the Bitcoin Blitz inescapable for all. As competing cryptocurrencies cropped up, so too did the analogies to the 1990s tech bubble and bust.

• **Republican tax plan.** The GOP passed the most sweeping overhaul to the tax code in more than three decades. Winners include: corporations, whose top tax rate will drop from 35 to 21 percent; owners of pass-through busi-

nesses (sole proprietorships, partnerships, limited liability companies and S corporations), whose income could be taxed at a rate as low as 29.6 percent, subject to some limitations; wealthy earners, whose top tax rate would drop from 39.6 percent to 37 percent. Among the losers are many individual taxpayers, because the majority of their cuts will expire after 2025; homeowners in high-tax states, whose state, local and property tax deductions will be capped at a total of \$10,000; and the remaining people who are insured through the Affordable Care Act, whose insurance premiums could rise 10 percent.

- Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@moneywatch.com. Check her website at www.jillonmoney.com.

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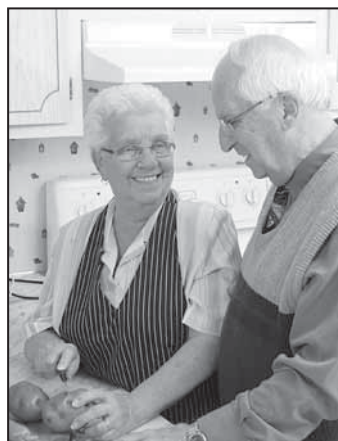
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SENIOR CALENDAR

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

BINGO

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

**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

**FIRST & THIRD SATURDAY OF THE MONTH
VETERANS OF FOREIGN WARS**
2806 North 155th, 7 p.m.
BASEHOR, 913-526-0080

DAY TRIPS/TOURS

THURSDAYS BEHIND THE BRICKS: WATKINS MUSEUM TOURS

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

**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
freestatebrewing.com

**MAR 8
HISTORIC TOPEKA**
Spend the day close to home, learning more about our history and the stories behind local landmarks. The trip includes guided tours at Brown v. Board of Education historic site, the Tiffany glass windows at First Presbyterian Church and the historic Kansas State Capitol. Trip includes lunch. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. For more information please contact Gayle

Sigurdson, Lifelong Recreation programmer, at 785-832-7909. Fee. Registration deadline February 21.
LAWRENCE

**APR 5 & 6
HUTCHINSON, KANSAS**
World Renown and World's Largest describe our stops on this trip as we explore the reach of human ingenuity deep into space and deep underground. Stops include the Kansas Cosmospere, Indian Creek Buffalo Ranch and Strataca Underground Salt Museum. Includes four meal, stops in Lawrence and Topeka. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. For more information please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909. Fee. Registration deadline February 27.
LAWRENCE

EDUCATION

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

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

**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.

**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 5
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

**FEB 6
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, 785-832-1175

**FEB 9 & 10
WOOD CARVING**
Whittle away some time while learning the centuries old art of woodcarving. This two-day workshop will introduce the safe use of carving tools, the characteristics of different woods and the various cuts used to make a project. The instructor will assist students in making a beginners project. Instructor Carlan Honaker is a master woodcarver whose commissioned work adorns public places such as the Kansas State House and Cedar Crest, the governor's mansion. He has introduced scores of people to woodcarving. Registration fee includes use of tools and wood for the project. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer. Community Building, 115 W. 11th St., 9 a.m.-3 p.m. Fee.
LAWRENCE, 785-832-7909

**FEB 13
MEDICARE EDUCATIONAL SEMINAR**
Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, February 13, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For information call 785-270-4593, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided.
TOPEKA

**FEB 14
HOW TO SIGN UP FOR MEDICARE PART D**
Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. Registration is required at tsopl.org/register. Topeka & Shawnee County Public Library, Computer Training Center, 1515 SW 10th Ave., 9:30-11 a.m.
TOPEKA, 785-580-4400

■ CONTINUED FROM PAGE 20

FEB 15-MAR 15

INTRO TO IPADS

Thinking about getting an iPad, or already own one and not sure if you are getting the most out of it? This class is a demonstration and learning session, so please bring your iPad with you. iPads also available during class. Class covers the basic operation of the device and apps for recreation, health, education and socializing.

Registration is required. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer, Carnegie Building, 200 W. 9th St.

LAWRENCE, 785-832-7909

FEB 17

SAFE COMPUTING PRACTICES

The move into the digital world has occurred at a very high speed. Most daily tasks can be and are now done online. This workshop will look at safe email practices, online shopping, web browsing, storage and social networking. What are the steps you can take to stay safe and up to speed? Instructor Sharon Gan is an instructional designer with a PhD specializing in Educational Technology. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer, Riverfront Computer Plaza, 6th and New Hampshire, 1-3 p.m.

LAWRENCE, 785-832-7909

FEB 20

SENIOR SUPPER AND SEMINAR

This month's topic: "Speaking from the Heart: How You Can Reduce Your Risk of Heart Disease." Presented by Dr. Michael Zabel, Cardiovascular Consultants of Lawrence. On the 2nd Tuesday of each month, seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are required due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connect-care@lmh.org.

LAWRENCE, 785-505-5800, lmh.org

FEB 25

JEWELRY DESIGN AND REPAIR

Learn to make your own beautiful jewelry and repair your current collection. In this class you will explore design, spacing and placement while creating your own piece of original jewelry. Leave with a finished bracelet and pair of earrings designed with semi-precious stones, sterling silver and gold-filled beads. Registration is required. You may register for the class at any Lawrence recreation center, or on-line at www.lprd.org. For more information, please contact Gayle Sigurdson, Lifelong Recreation programmer, Community Building, 115 W. 11th St., 1:30-3:30 p.m. Fee.

LAWRENCE, 785-832-7909

FEB 26

CARD MAKING WITH CINDY

Learn how to make two greeting cards with the help of a local expert. Registration is required at tscpl.org/register. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 12:30-2 p.m.

TOPEKA, 785-580-4400

FEB 27

MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, February 27, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For information call 785-270-4593, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided.

TOPEKA

MAR 5

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

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, lawrencesession.com

THURSDAYS

JUNKYARD JAZZ

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

LAWRENCE, 785-842-3415

SATURDAYS

JOHN JERVIS, CLASSICAL GUITAR

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

LAWRENCE

SATURDAYS

COMMUNITY JAM

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

LAWRENCE, 785-830-9640

americanamusicacademy.com

FEB 2

THE ILLUSIONISTS - LIVE FROM BROADWAY

The world's best selling magic show is coming to Topeka. This mind blowing spectacular showcases the jaw dropping talents of five of the most incredible Illusionists on earth. The Illusionists – Live From Broadway has shattered box office records across the globe and dazzles audiences of all ages with a powerful mix of the most outrageous and astonishing acts ever to be seen on stage. This non-stop show is packed with thrilling and sophisticated magic of unprecedented proportions. Topeka Performing Arts Center, 214 SE 8th Avenue, 7:30 p.m. Fee.

TOPEKA, 785-234-2787

topekaperformingarts.org/events

FEB 2

THE TEMPTATIONS

For more than 50 years, The Temptations have prospered, propelling popular music with a series of smash hits and sold-out performances throughout the world. "The crowds are bigger, the sales are sizzling," says one industry report. "The outpouring of affection for this supergroup has never been greater." The history of The Temptations is the history of contemporary American pop. An essential component of the original Motown machine, that amazing engine invented by Berry Gordy, The Temps began their musical life in Detroit in the early '60s. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30 p.m. Fee.

MANHATTAN, 785-532-6428

k-state.edu/mccain/events

FEB 4

SENIOR CLASS

Our senior improv company is made up entirely of 55+ year old actors from our community. They define life in the golden years as a terrifically fun-filled trip! Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 2 p.m. Fee.

TOPEKA, 785-357-5211

topekacivictheatre.com

FEB 9

STORY SLAM: EXHAUSTED

Stories told live, MOTH-style, the second Friday of each month. Never the same story, or evening, twice. Adults, 18+ only. Live music & social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. February's theme: Exhausted. Lawrence Arts Center, 940 New Hampshire St. Free.

LAWRENCE, 785-843-2787

lawrenceartscenter.org/event

FEB 11

ALASDAIR FRASER & NATALIE HAAS

Cutting-edge fiddle and cello explorations of Scottish and global music. The musical partnership between consummate performer Alasdair Fraser, "the Michael Jordan of Scottish fiddling," and brilliant Californian cellist Natalie Haas spans the full spectrum between intimate chamber music and ecstatic dance energy. Lied Center of Kansas/Pavilion, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

■ CONTINUED ON PAGE 22

Kaw Valley Senior Monthly



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■ CONTINUED FROM PAGE 21

FEB 12

JERSEY BOYS

This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide — all before they were 30! McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30 p.m. Fee.

MANHATTAN, 785-532-6428

k-state.edu/mccain/events/2017-2018

FEB 13

JERSEY BOYS

This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide—all before they were 30! Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

FEB 18

DUBLIN IRISH DANCE: STEPPING OUT

A talented cast brings to life the epic tale of Celtic culture, carrying its traditional melodies and steps to the new world with a gala celebration of Irish music and dance. The journey begins in rural Ireland, prior to the famine, in kitchens, barns and fields. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

FEB 20

THE SOUND OF MUSIC

The beloved musical story of Maria and the Von Trapp Family. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

FEB 25

THE SOUND OF MUSIC

THE HILLS ARE ALIVE! A brand new production of THE SOUND OF MUSIC is coming to McCain Auditorium. The spirited, romantic and beloved musical story of Maria and the von Trapp Family will once again thrill audiences with its Tony®, Grammy® and Academy Award® winning Best Score, including “My Favorite Things,” “Do-Re-Mi,” “Climb Ev’ry Mountain,” “Edelweiss” and the title song. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7 p.m. Fee.

MANHATTAN, 785-532-6428

k-state.edu/mccain/events/2017-2018

FEB 25

LILLIAN SENGPIEHL, SOPRANO

Lillian Sengpiel’s unique interpretations and musicianship have kept her busy for a decade singing new and traditional works within the fields of opera, concert and musical theater. Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/calendar

FEB 27

HARLEM GLOBETROTTERS

Throughout their history, the Original Harlem Globetrotters have showcased their iconic talents in 120 countries and territories on six continents, often breaking down cultural and societal barriers while providing fans with their first-ever basketball experience. Proud inductees of the Naismith Memorial Basketball Hall of Fame, the Globetrotters have entertained hundreds of millions of fans—among them popes, kings, queens, and presidents. Kansas Expocentre, 1 Expocentre Dr., 7 p.m. Fee.

LAWRENCE, 785-251-5552

ksepo.com/events

MAR 1

HAMLET BY WILLIAM SHAKESPEARE

“Hamlet” is arguably Shakespeare’s greatest play. Written in 1602, it is one of the most complete portrayals of the human psyche that exists in Western literature. A compelling tale of familial discord, personal ambition, love and revenge, “Hamlet” has enthralled audiences for 400 years. Mortality and madness are two of the most pronounced themes of Shakespeare’s epic and the characters — Hamlet, Ophelia, Gertrude and Claudius — inhabit a rich landscape replete with deceit, mistrust and schemes. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30 p.m. Fee.

MANHATTAN, 785-532-6428

k-state.edu/mccain/events/2017-2018

MAR 2, 3, 4*, 8, 9, 10, 11*

RING OF FIRE

From the iconic songbook of Johnny Cash comes this unique musical about love and faith, struggle and success, rowdiness and redemption, and home and family. More than two dozen classic hits — including *I Walk the Line*, *A Boy Named Sue* and *Folsom Prison Blues* — tell Johnny Cash’s remarkable life story in a foot-stompin’, crowd-pleasin’ salute! Theatre Lawrence, 4660 Bauer Farm Dr. Evening performances start at 7:30 p.m. *Indicates a 2:30 p.m. performance.

LAWRENCE, 785-843-7469

theatrelawrence.com/season/2017-18_Season/Ring.html

MAR 2

DANCING THROUGH THE DECADES

Get your funky groove on for Trinity In-Home Care at our annual fundraiser! The best dance music of the decades, plus an amazing raffle and punch wall to win prizes! Proceeds support Trinity In-Home Care’s Medicaid and Sliding Scale services, which support elderly and people with disabilities throughout Douglas County. Maceli’s Banquet Hall & Catering, 1031 New Hampshire, 7 p.m. Call for ticket info.

LAWRENCE, 785-842-3159

MAR 2

SENSE AND SENSIBILITY BY JANE AUSTEN

“Sense & Sensibility” is one of Jane Austen’s most popular novels. The characters live in a world in which choices are limited — especially for the women. The story revolves around the lives of two sisters, Elinor who is levelheaded and full of sense, and the hopelessly romantic,

Marianne. After the untimely and unexpected death of their father, both sisters and their mother are forced to leave their comfortable lives, while their half brother and his wife inherit the family estate. The only hope for these two sisters is a profitable marriage. Seduction, courtship, love, heartbreak and surprise abound in this classic romantic comedy. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30 p.m. Fee.

MANHATTAN, 785-532-6428

k-state.edu/mccain/events/2017-2018

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

HEALTHY STEPS MALL WALKING

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

TOPEKA

ONGOING

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

MONDAYS

HEALTHY STEPS AND THE GET FIT TOUR

Join us for free group walks, all this month, open to all ages and abilities. Healthy Steps is proud to partner with The Get FIT Tour presented by The Health Hippy, Chris Omni, at West Ridge Mall, 1801 S.W. Wanamaker. 5:45 to 6:45 p.m. Mondays. Free and open to all.

TOPEKA

FIRST MONDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

A.M. WALKING CLUB

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

LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

MONDAYS, WEDNESDAYS, & FRIDAYS

SENIOR EXERCISES

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

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

FIRST TUESDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

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

■ CONTINUED FROM PAGE 22

10th Ave. Cost: \$25 punch card covers 20 drop-in classes. Call for enrollment forms.

TOPEKA, 785-354-5225

TUESDAYS AND THURSDAYS FLEXERCISE

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

TUESDAYS AND THURSDAYS VACCINE CLINICS

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

TOPEKA, 785-354-6787

WEDNESDAYS OPEN BOCCÉ 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

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 5-MAR 18

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 5 and ends March 18. Enrollment deadline is Thursday February 1. Enroll at lmh.org or contact Aynsley Anderson Sosinski at (785) 505-3066 or aynsley.anderson@lmh.org

LAWRENCE

FEB 6

HEALTHY STEPS CELEBRATION

Regular mall walkers and those interested in getting fit are welcome to the monthly Healthy Steps Celebration at West Ridge Mall, 1801 S.W. Wanamaker, on the first Tuesday of every month. 9 to 10 a.m. in the food court on the upper level. Free blood pressure screenings, presentations about health and wellness, snacks and goodies, and a monthly prize drawing are included. HealthWise exercise instructor DeeAnn Boydston will lead a low-impact exercise class, featuring stretching, aerobics and strength moves at 9:30 a.m. All are welcome to join in.

TOPEKA

FEB 7

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 area outside the LMH Gift Shop), 325 Maine St., 8-9:30 a.m.

LAWRENCE, 785-505-5800, lmh.org

HISTORY/HERITAGE

FEB 4

BLEEDING KANSAS 2018 PROGRAM SERIES:

“Weapons of Kansas and Missouri: Cavalry Carbines of the Civil War” by Gary Nevius, AIA, gun collector and historian. Constitution Hall, 319 Elmore, 2 p.m. Suggested donation \$3.

LECOMPTON

lecomptonkansas.com/bleeding-kansas-2018-program-series-announced

FEB 10

RESEARCHING ANCESTORS FROM ENGLAND

Genealogy experts Richard and Alisa Branham will focus on English history, maps, records and databases. Students will be encouraged to share their expertise and helpful tips as well. Watkins Museum of History, 1047 Massachusetts St., 10 a.m.-12 p.m. Fee.

LAWRENCE, 785-841-4109

watkinsmuseum.org/genclasses.php

FEB 11

BLEEDING KANSAS 2018 PROGRAM SERIES:

“Marching Home: Union Veterans and Their Unending Civil War” by Brian Matthew Jordan, professor, Sam Houston State University Department of History, author of the 2016 Pulitzer Prize Finalist in History book “Marching Home: Union Veterans and Their Unending Civil War.” Book signing follows presentation. Constitution Hall, 319 Elmore, 2 p.m. Suggested donation \$3.

LECOMPTON

lecomptonkansas.com/bleeding-kansas-2018-program-series-announced

FEB 18

BLEEDING KANSAS 2018 PROGRAM SERIES:

“The Bandit Rides Again, Jesse James, Whiskeyhead Ryan, & the Glendale Train Robbery” by Ralph A. Monaco, II, Esq., author, historian, living historian, and past president and current treasurer of the Jackson County Missouri Historical Society. Book signing follows presentation. Constitution Hall, 319 Elmore, 2 p.m. Suggested donation \$3.

LECOMPTON

lecomptonkansas.com/bleeding-kansas-2018-program-series-announced

FEB 25

BLEEDING KANSAS 2018 PROGRAM SERIES:

“The Wyandots, Quindaro, and Other Immigrant Tribes of Bleeding and Civil War Kansas” by Holly Zane, JD and Kristen Zane, PE, siblings and enrolled members of the Wyandot Nation of Kansas, Bear Clan, historians, educators, living historians and forgotten crafts demonstrators. Constitution Hall, 319 Elmore, 2 p.m. Suggested donation \$3.

LECOMPTON

lecomptonkansas.com/bleeding-kansas-2018-program-series-announced

MAR 2

THOMAS FOX AVERILL: BOOK READING & DISCUSSION

Renowned local author Thomas Fox Averill discusses and reads from his latest novel, *Found Documents from the Life of Nell Johnson Doerr*, the gripping tale of a female Lawrence pioneer. Books available for purchase and signing. Watkins Museum of History, 1047 Massachusetts St., 6 p.m. Free.

LAWRENCE, 785-841-4109

watkinsmuseum.org

MAR 4

BLEEDING KANSAS 2018 PROGRAM SERIES:

“Black Civil War Veterans Build a Church in 1867” by Deborah Barker, Franklin County Kansas Historical Society, executive director, emeritus. Book signing follows presentation. Constitution Hall, 319 Elmore, 2 p.m. Suggested donation \$3.

LECOMPTON

lecomptonkansas.com/bleeding-kansas-2018-program-series-announced

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.

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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
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 the Senior Resource Center for Douglas County, 2920 Haskell Ave., 2:15-3:45 p.m. LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

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

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF THE MONTH

HEALING AFTER LOSS BY SUICIDE (HEALS)

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

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, Build-

ing A, 10:30 a.m. Please call for start dates and information packet.

TOPEKA, 785-232-2044

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and

■ CONTINUED ON PAGE 25



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■ CONTINUED FROM PAGE 24

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 MONDAY OF THE MONTH

LMH HEART BEATS

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

SECOND TUESDAY OF THE MONTH

LAWRENCE ACTION CIVITAN CLUB

Civitans have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other Civitan project updates, please visit the Lawrence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan or call Jason. LAWRENCE, 785-691-8520

SECOND WEDNESDAY OF THE MONTH

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 soroptimisttopeka.org

SECOND THURSDAY OF THE MONTH

DEMENTIA SUPPORT GROUP

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

SECOND THURSDAY OF THE MONTH

NAACP MEETING-LAWRENCE CHAPTER

Meets at the 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 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

PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP

Meets at the Topeka & Shawnee County Public Library, Anton Room 202, 6:45 to 8:15 p.m. For more information. Please contact Jeff Landers. TOPEKA, 785 224 5946.

THIRD TUESDAY OF THE MONTH

STROKE SUPPORT GROUP

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

THIRD WEDNESDAY OF THE MONTH

CANCER SUPPORT GROUP

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

THIRD WEDNESDAY OF THE MONTH

ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

THIRD THURSDAY OF THE MONTH

LUNCH AFTER LOSS

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

THIRD FRIDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF THE MONTH

JAYHAWK MODEL MASTERS

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

FOURTH WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF THE MONTH

TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF THE MONTH

CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF THE MONTH

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

VARIOUS DAYS, LOCATIONS

SCRABBLE CLUB - OPEN PLAY

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

WEDNESDAYS

WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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

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**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 3

SOUPER BOWL SATURDAY

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 complimentary fill up of soup. Lawrence Arts Center, 940 New Hampshire, 11 a.m.
LAWRENCE, 785-843-2787
lawrenceartscenter.org

FEB 10

2018 KAW VALLEY SEED FAIR

The Seed Fair is a local pre-spring celebration where people can share seeds, information and other gardening and seed-saving resources. Seed sharing tables are set up for people to obtain seeds donated from seed companies including: Hart Seed Co, Seed Savers Exchange, High Mowing Seeds and West Coast Seeds. The fair

also offers educational demonstrations, and vendors selling gardening products and local farm products. A raffle raises money for the hall rental and expenses. Douglas County Fairgrounds, 2110 Harper St., 9 a.m. Free.
LAWRENCE
[facebook.com/kawvalleyseeds](https://www.facebook.com/kawvalleyseeds)

FEB 15

FE*BREW*ARY AT THE WATKINS

The Watkins Museum of History in partnership with Lawrence Beer Co. presents an evening of beer, food, and knowledge! Enjoy beer and a fascinating talk on brewing provided by Lawrence Beer Co., plus food from local restaurants and an informal museum tour. Tickets available at watkinsmuseum.org/february.php or by

calling 785-841-4109. Ages 21 and over. The Watkins Museum of History, 1047 Massachusetts St., 6 p.m. Fee.
LAWRENCE

MAR 2 & 3

MARBLE CRAZY

Glass artists from across the country gather at the Moon for two days of marble making demonstrations. The artists will exhibit and sell their work directly to the public. There will be multiple demonstrations at the torch, the glass furnace and the marble machine. Moon Marble Company, 600 East Front St., 10 a.m.-7 p.m. Free.
BONNER SPRINGS, 913-441-1432
marblecrazy.com

**The History of
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by Richard Cordley

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A History of
Lawrence, Kansas



From the First Settlement to
the Clash of the Revolutions
By Richard Cordley

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What day of the month do I get my Social Security payment?

By Norm Franker

Social Security District Manager in Lawrence, KS

Timing is everything, and the arrival time of your monthly payment from Social Security can be key to keeping your financial house in order.

As you budget to pay your bills and save for future needs, keep in mind that your monthly retirement or disability benefit will be paid at the same time each month. To see your next payment date, create or log on to your my Social Security online account at www.socialsecurity.gov/myaccount and go to the "Benefits & Payments" section.

In general, here's how we assign payment dates:

- If you were born on the 1st through the 10th of the month, you'll be paid on the second Wednesday of the month;
- If you were born on the 11th through the 20th of the month, you'll be paid on the third Wednesday of the month; and
- If you were born after the 20th of the month, you'll be paid on the fourth Wednesday of the month.

There are exceptions. For example, children and spouses who receive ben-

efits based on someone else's work record will be paid on the same day as the primary beneficiary.

For others, we may issue your payments on the 3rd of each month. Among other reasons, we do this if:

- You filed for benefits before May 1, 1997;
- You also receive a Supplemental Security Income (SSI) payment;
- Your Medicare premiums are paid for by the state where you live; or
- You live in a foreign country.

Individuals who receive SSI payments due to disability, age, or blindness receive those payments on the 1st of each month.

If your payment date falls on a federal holiday or weekend, you can expect to receive that month's payment on the weekday immediately prior.

You can see a current schedule for Social Security and SSI benefit payments in an easy-to-read calendar at www.ssa.gov/pubs/EN-05-10031-2018.pdf.

Social Security is with you through life's journey, helping you to secure today and tomorrow through important financial benefits, information, and planning tools. To learn more, please visit www.socialsecurity.gov.

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Easily access your Social Security Benefit Statement for 2017

By Norm Franker

Social Security District Manager in Lawrence, KS

Social Security puts you in control of your finances and future. We have made requesting or replacing your annual Benefit Statement even easier. The Benefit Statement is also known as the SSA-1099 or the SSA-1042S. Now you have the ability to download it anytime and anywhere you want using our online services. There's no need to visit a field office.

An SSA-1099 is a tax form Social Security mails each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to IRS on your tax return.

If you currently live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and request an instant, printable replacement form with a my Social

Security account at www.socialsecurity.gov/myaccount.

A replacement SSA-1099 or SSA-1042S is available for the previous tax year after February 1.

If you already have a personal my Social Security account, you can access your online account to view and print your SSA-1099 or SSA-1042S. If you don't have access to a printer, you can

save the document on your computer or laptop and email it. If you don't have a my Social Security account, creating a secure account is very easy to do and usually takes less than 15 minutes.

If you're a noncitizen who lives outside of the United States and you received or repaid Social Security benefits last year, we will send you form SSA-1042S instead. The forms SSA-

1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI).

When you have access to your benefit information, you can make knowledgeable decisions about your financial future. With you in control, you can secure today and tomorrow for yourself and your loved ones. Visit www.socialsecurity.gov to find out more.

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RICK STEVES' EUROPE

Dublin's big-city sights and Irish charm

By Rick Steves

Tribune Content Agency

As the capital of the country that gets my vote for the friendliest in the European Union, Dublin is a sightseer's delight: It's safe, thriving and extremely accessible. Dubliners are energetic and helpful, and visitors enjoy a big-town cultural scene wrapped up in a small-town smile.

Part of the reason Ireland is one of my favorite destinations is that when visiting the Emerald Isle, I enjoy the sensation that I'm understanding a foreign language. This is the land of great craic (conversation), where people have that charming and uniquely Irish "gift of gab." They love to talk, and you're glad they do.

On a trip there last summer, I opted to take Uber from the airport. My driver Paul calls to confirm the pick-up spot, and says in a heavy Irish accent, "I'll meet you at the turd lane." I ask, "The what?" He says, more clearly, "The TURD lane." Before I ask him to repeat himself a turd time, I get it.

As we drive, I ask him about the economy. He says, "Grand"—pointing out the crane-filled skyline. Dublin seems to be one huge construction site. But Paul then explains how it hasn't always been this way. During his childhood with six siblings, he says, "it was 'first up, best dressed.'" He joked that "People were so poor back then, for shoes your mum would paint your feet black and tie on a ribbon."

Ireland's charming rough edge is being smoothed out by its new affluence. I notice the Irish don't say the f-word so much. And the air's cleaner too—even the pubs are smoke-free.

With Ireland's invigorated economy comes a heightened focus on tourism. On my recent visit I discovered intriguing new sights and experiences, had a great time at some iconic spots and each night enjoyed fun and afford-

able entertainment.

Grafton Street is the place to feel the new energy of Dublin. Once filled with noisy traffic, today this is a pedestrianized people zone lined with cafés, pubs and shopping temptations. Grafton Street leads to St. Stephen's Green, which used to host public whippings and hangings but has been transformed into a lush city park. On a sunny afternoon it's an inviting lunchtime escape.

The National Museum shows off Ireland's history, with treasures from the Stone Age to modern times. Its archaeology branch is itself a national treasure, displaying 4,000-year-old gold jewelry, 2,000-year-old bog mummies, 1,000-year-old Viking swords and the collection's superstar—the exquisitely wrought Tara Brooch. A visit here gives valuable context to the sights you see as you tour the rest of the city and the country.

To see the fabled Book of Kells, arguably the most important and beautiful piece of European medieval art, head to Trinity College. This 1,200-year-old version of the four gospels is filled with illuminated manuscripts. With colorful pigments, braided letters and borders and animals crouching between sentences, it's a jungle of intricate designs and a reminder that Ireland was a bright spot during Europe's Dark Ages.

A new sight in town is Epic: The Irish Emigration Museum. I had never fully appreciated the Irish diaspora until my visit to this high-tech exhibit, which explains the forces that propelled so many Irish around the globe, including to the United States. With all the anxiety surrounding immigration in the USA today, it's thought-provoking to learn how many Americans were just as wigged out about Irish immigrants 160 years ago.

I'm less enthralled with one of Dublin's most popular (and congested) sights—the Guinness Storehouse, sort of a Disneyland for beer lovers in outer

TRISH FEASTER, RICK STEVES' EUROPE



Dublin musicians perform during a musical pub crawl - a fun primer to traditional Irish music.

Dublin. Housed in the company's old fermentation plant, this place is a pilgrimage for many—but it's expensive and not a typical "brewery tour" with conveyor belts of beer bottles. Instead of historic artifacts, you'll find high-decibel music and a tall, pint-glass-shaped glass atrium—14 million pints big—soaring past four floors of exhibitions and cafés to the skylight. A highlight for many here is the top-floor Gravity Bar, with a commanding 360-degree view of Dublin, and vistas all the way to the sea.

No visit to Dublin is complete without some good traditional Irish music. Joining a trio of local musicians for a three-stop musical pub crawl, I get a real education in trad music (and a nice Guinness buzz). With much good humor, the players explain and demonstrate their instruments at each stop, clearly enjoying introducing rookies to their art.

No matter what you see or do in Dublin, it's an exciting time to visit. This dynamic city has a fine story to tell, and people with a natural knack for telling it.

IF YOU VISIT...

SLEEPING: Buswells Hotel, a pleasant Georgian-style haven with 67 rooms, is in the heart of the city (splurge, www.buswells.ie). Roxford Lodge Hotel is a great value, with 24 tastefully decorated rooms a 20-minute walk from Trinity College (moderate, www.roxfordlodge.ie).

EATING: The Brazen Head hosts "Food, Folk and Fairies" evenings with a hearty four-course meal punctuated with soulful Irish history and fascinating mythology (20 Bridge Street, www.brazenhead.com). The Hairy Lemon is a pub with friendly staff, a central location and a creative menu (41 Lower Stephen Street, tel. +353-1-671-8949).

GETTING AROUND: Traffic is terrible, but it's easy to sightsee on foot, and public transportation - by bus, light rail and train - is readily available.

TOURIST INFORMATION: www.visitdublin.com.

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

JAY'S MUSICAL MEMORIES

Love songs

By Jay Wachs

lyrics included:

Roses are Red
Violets are Blue
Fire up the Victrola
Jay's got love songs for you!

Valentine's Day is upon us. And with the holiday comes romance.

Special dinners.
Flowers.
Chocolates.
Candles.
Greeting cards.
And love songs.
Lots of love songs.

Growing up with two parents who were from the Big Band era, I often found myself awash in standards.

When I think of love songs, I immediately think of Hoagy Carmichael and "Stardust."

As the years went on, other songs stood out to me, including Eric Clapton's "Wonderful Tonight" and, of course, Dolly Parton's version of "I Will Always Love You."

We all have our personal favorites, but I thought I would share our station's top love songs of the past decades.

You can "google" them or perhaps just listen to "The Love Zone" Sunday through Thursdays from 10 p.m. to midnight on www.lawrencehits.com.

1940s

Doris Day's version of "Again" from the 1948 movie "Road House." The lyrics included:

Again, this couldn't happen again
This is that once in a lifetime
This is the thrill divine

1950s

Nat King Cole's version of "When I Fall in Love," released in 1956. The

lyrics included:
*When I fall in love...it will be forever
Or I'll never fall in love*

1960s

The Righteous Brothers "Unchained Melody" from 1965. This song found new popularity due to its inclusion in the movie "Ghost." Who can forget the poetry of these words:

*Whoa, my love
My darling
I've hungered for your touch
A long, lonely time*

*And time goes by so slowly
And time can do so much
Are you still mine?*

1970s

The Bee Gee's "How Deep Is Your Love" 1977. From the movie *Saturday Night Fever* this love song painted a picture of romance on a sunny day.

*I know your eyes in
the morning sun
I feel you touch me in the pouring
rain
And the moment that you wander far
from me
I want to feel you in my arms again*

1980s

Lionel Richie and Diana Ross "Endless Love," 1981. This song won a Grammy for record of the year in 1981 and its lyrics have been included in countless wedding vows. It was also the title track to the movie by the same name. It also has the distinction of being the most popular love song of all time according to *Billboard* magazine.

*My love, there's only you in my life
The only thing that's bright
My first love,
You're every breath that I take*

You're every step I make

However you choose to celebrate love on Valentine's Day or any day, remember that the greatest gift we can give to anyone is kindness and selfless love.

See you next month.

- Jay Wachs is the owner and operator of LawrenceHits.com the online and APP based radio station serving all of NE Kansas. The station plays a wide

variety of oldies from the 60s through the 90s from classic pop, rock, country and soul music genres. In Northeast Kansas, you can download the APP for free or visit www.lawrencehits.com on your web browser and listen to the community's only oldies station. Now in its fifth year of operation, LawrenceHits.com was the first online radio station in the community and employs the only full-time meteorologist in Douglas County, Kansas.



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HUMOR

Eloise and the 'kindness' phenomenon

Longtime readers of this column will remember Eloise Simplekins in "Eloise Calls the Robo Callers," and in "Packin Light Heat." For those who haven't met Eloise, following is an introduction to her from previous columns:

"Eloise Simplekins grew up in Leton-galoosa and worked as a cleaning lady. Later Eloise made a pile of money. She founded a company that serviced a fastidious segment of the nation's wealthy



Larry
Day

homemakers. Eloises's company sent pre-cleaning ladies to certain homes. The homemakers didn't want the regular cleaning ladies to see all the mess and paid Eloise handsomely for her discrete pre-cleaning services."

Eloise has learned from recent scientific studies that being kind to others has highly beneficial effects on the do-gooder's own health and wellbeing. Naturally, she wants to spread the good news nationwide. So Eloise contacts her friend Hadley "Cyberman" Wilkins, the brilliant electronic engineer who helped develop cell phone technology.

"Hadley," said Eloise. "How goes it?"

"Busily, my philanthropic friend, how goes it with you?"

"I'm well. Listen. I want to disseminate some good information to a nationwide audience."

"That's a laudable goal. What's the message?"

"I saw a survey that says people who are kind to others become healthier and live longer themselves."

"Good information. That would give people an incentive to be nice to each

other."

"I need a way to disseminate the information nationwide quickly and anonymously.

"How much information?"

"It's just six short phrases. Thirty-five words or so."

"That much info would fit on one screen of everybody's cell phone."

"How many cell phones is that?"

"Millions, just in the U.S."

"Can you hack millions of cell phones simultaneously and not get caught?"

"With the right algorithm."

"Who has one?"

"I'd need to create one."

"Can you?"

"For such a good cause, I'll sure try. Give me the list."

Eloise sent Hadley the list of benefits for being kind to people:

- A. Kindness is heart-healthy.
- B. Kindness relieves stress
- C. Being kind cuts down on illness
- D. Being kind helps make your hormones healthy
- E. Being kind can lengthen your life.

Weeks went by while Hadley wrestled with one of the hardest problems he'd ever worked on.

Finally, Eloise received a one-word message: "Eureka!"

Then a day or two later came another message: "When do you want to do it?"

"How about Valentine's Day?"

"Excellent idea."

Around 9 a.m. on Valentine's Day, Hadley got a two-word order: "Do it."

He pressed a button on a huge electronic console. Simultaneously, mil-



Please recycle
this copy of
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Senior Monthly*
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through with it.

lions of U.S. users got a "ding" on their cell phones. When they checked their screens, the kindness list beamed up at them.

That touch of a button caused a worldwide sensation. Communication networks crashed temporarily from the volume of messages, then righted themselves and got busy transmitting the reactions.

Investigations began everywhere. The official agencies of the U.S. government, and similar agencies worldwide, searched in vain for the source of what became known in a myriad of language as the "kindness" transmission.

Legislators opined, news organizations reported, editorial writers and columnists pontificated. "Kindness" discussions flourished in bar rooms from Helsinki to Perth.

Bridge club members quit bidding, and poker chips stopped hitting velvet tables while people talked about the Kindness list. Domino games in the Caribbean and Cricket matches in the Indian subcontinent were interrupted.

In the U.S. as Valentine's Day approached, employment at greeting

card factories doubled and tripled. The card makers ran three shifts a day. The U.S. Postal Service and private mail and package delivery companies took on hundreds of extra workers. The kindness phenomenon helped economy.

Predictably, opinions about the Kindness List varied wildly, but for a little while, the world became a kinder, gentler place.

Eloise and Hadley were shocked and amazed by the furor they had caused. At first, they were frightened. But then they realized that the electronic firewall they had created was working. They remained safe and anonymous.

They got together to chat on a super secure telephone connection.

"Wow!" said Eloise, "That was really something."

"Whew!" said Hadley, "You bet it was."

"So," said Eloise, "what shall we do next year?"

- 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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BREWSTER  LIVEWELL AT HOME

WOLFGANG PUCK'S KITCHEN

Fortify yourself during winter with this easy garlic soup recipe

We all know that there are four astronomical seasons in the year: spring, summer, autumn and winter. But, in our daily lives, we divide up the year into so many more seasons: the holidays just past, New Year's resolutions have just begun; it's back-to-school season, tax season, vacation season, and on and on. And many of those specialized seasons overlap each other.



Wolfgang Puck

Right now, we're in a real seasonal pileup, as resolutions and cold and flu season come right on top of winter. With that in mind, I'd like to share a simple recipe to help you deal with all the many demands this time of year may bring: my Cream of Garlic Soup.

First, consider your resolutions. You may have sworn that you'll save some money in 2018 by enjoying more home-cooked meals. This recipe will help you achieve that goal by producing delicious food from inexpensive ingredients—primarily garlic cloves and potatoes—in only about half an hour. The soup may also help you reach a weight-loss goal, because it's a dish that satisfies the appetite by being sipped slowly, spoonful by spoonful. (And you can cut the fat and calories from the relatively small amount of cream, just 3 tablespoons per serving, by substituting buttermilk.)

Cold and flu season brings its own stuffy, sniffing challenges. But garlic, an abundant ingredient in this recipe, has a long anecdotal history as a popular folk remedy for such illnesses. While medical researchers are still divided on whether or not garlic actually works to fight viruses and relieve congestion, some studies have found

evidence that those who eat it regularly get ill less often and suffer less severe symptoms. And while I know the old joke about how someone who eats a lot of garlic can't get close enough to other people to pass along germs, the garlic in this soup actually turns mild and sweet tasting thanks to blanching in boiling water as the first step in the recipe.

Finally, there's winter itself. To me, few foods chase away the chill of this season more effectively than a hot bowl of soup to start a meal. To help you get the most flavorful results, I'm also happy to share my simple recipe for super-quick rich chicken stock, which takes minutes to prepare and will help make store-bought stock or broth taste surprisingly close to homemade. Start with a good-quality product that's lower in sodium. Simmer the stock while you're prepping other ingredients for whatever recipe in which you'll use it. In addition to the enhancements I list, you can also include leftover chicken bones, other vegetable trimmings or other mild fresh herbs.

Here's to a happy, thrifty, healthy, warming and flavorful bowlful in 2018!

CREAM OF GARLIC SOUP

Serves 6

For the soup:

2 cups (500 ml) peeled garlic cloves
1 large baking potato, about 3/4 pound (375 g), peeled and cut into 1-inch (2.5-cm) cubes

2 cups (500 mL) super-quick rich chicken stock (recipe follows) or good-quality canned chicken or vegetable stock or broth

Kosher salt
Freshly ground white pepper
3/4 cup (185 mL) heavy cream
Chopped chives (optional garnish)

For the basil oil:

1/4 cup (60 mL) packed fresh basil leaves

1/4 cup (60 mL) packed fresh Italian parsley leaves

1 cup (250 mL) extra-virgin olive oil

First, blanch the garlic: Put the garlic cloves in a medium saucepan and add cold water to cover. Bring to a boil over high heat; reduce the heat and simmer for 5 minutes. Drain well.

Return the garlic cloves to the pan, add the potatoes and stock, and season lightly with salt and pepper. Bring to a boil; reduce the heat and simmer until the potatoes are tender enough to piece easily with a fork or sharp knife tip, about 20 minutes.

Pour in the cream. Over medium heat, bring back to a gentle boil.

Meanwhile, prepare the basil oil: Put the basil, parsley, and oil in a blender and blend until smoothly pureed. Pour through a fine-meshed strainer into a glass bowl; set aside. Rinse out the blender thoroughly.

Working in batches if necessary to avoid overfilling, transfer the soup to the blender and blend until smoothly pureed, carefully following the manufacturer's instruction to avoid splattering. Transfer the soup to a clean saucepan and gentle rewarm over low heat, adjusting the seasonings to taste.

To serve, ladle the soup into heated

bowls. Drizzle with a small spoonful of basil oil, refrigerating the remainder in an airtight container. You can also garnish with chopped chives, if you wish.

SUPER-QUICK RICH CHICKEN STOCK

Makes about 3 quarts (3 L)

3 quarts (3 L) low-sodium store-bought chicken stock or broth

1 medium yellow onion, peeled and cut into chunks

1 medium carrot, peeled and cut into chunks

1 medium celery stalk, trimmed and cut into chunks

1 sprig fresh thyme

1/2 bay leaf

1 teaspoon whole black peppercorns

1 medium leek, trimmed, halved lengthwise, thoroughly rinsed, and cut into chunks

In a small stockpot or large saucepan, combine all the ingredients. Bring to a boil over medium-high heat, skimming frequently. Reduce the heat and simmer gently for about 30 minutes. Strain before use.

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

MY PET WORLD

Dog afraid of bath time? There are waterless options

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: Our eight-year-old dog, Shea, has never liked getting wet, but has tolerated being bathed and getting wet to “do her business” in the rain. However, when my son tried to bring Shea upstairs to give her a bath the other day (she is 48 pounds), she started growling and snarling and hiding behind the couch. I’ve never been afraid she would bite before, but this time she sounded so vicious I wasn’t sure what she would do if we tried to get her into the bathroom. Last night, my daughter thought Shea was going to throw-up, so she tried to get her into the bathroom on the tile. Shea growled at her and started barking and backing away from her. I’m not sure why she is suddenly so fearful of the bathroom. It has been a while since her last bath and nothing out of the ordinary occurred at that time. Is there something we can do to alleviate her fear? Will we be able to give her a bath again? - Judi, East Rockaway, NY

Dear Judi: Bathtubs can be scary places for dogs. Think of something you are terrified to do and then imagine having to do it regularly. You are right to not force her. There is no need to stress her—or you—out this much.

It’s hard to know why she is suddenly so fearful. She may simply have reached her threshold for baths, or she may have developed a health problem, like arthritis, that is making bath time more stressful and uncomfortable.

While you can use desensitization and counter-conditioning training techniques to help her work past her fears, these techniques can take weeks or months to see results. They involve not bathing her in the tub for a while and creating a positive experience in the bathroom—like dropping a trail of treats from the hallway into the bathroom, so she associates the space with a more positive experience. But that’s no guarantee she won’t freak when you try to pick her up again for a bath.

The good news is, you can skip the traditional bath and opt for one of the less conventional cleaning methods. You can use bath pet wipes to clean her fur, or try a dry dog (waterless) shampoo that doesn’t have to be washed off with water. If you think she might react to the sound of the spray, apply the dry shampoo to your hands and then spread over her fur. Towel dry her afterwards, and give her treats for being a good dog. I think she will enjoy the contact and these options can get her just as clean.

If she absolutely needs a tradi-

tional bath, you can try it outside when the weather is warmer using a gentle nozzle on the hose. But if she is as afraid of water as you say, skip the hose and exchange it for a bucket of source water (so there is no running water around her), a little shampoo, and a cup of water to dip into the bucket to rinse her off. If this turns out to be too much for Shea, stick with pet wipes and dry shampoos. Bath time should be a pleasant experience for both of you.

Dear Cathy: Our seven-year-old cat started licking his front paws. He has always been afraid of everything, but it has progressively gotten worse. He jumps at the slightest noise—a loud bang sends him running and hiding. We’ve always treated him with love and cuddling. Our other 16-year-old cat died a couple of months ago. The two of them were never close, but they got along. We thought he might be lonely because he has been lethargic lately. What do you think? - William, South Elgin, IL

Dear William: Most cats run and hide when they hear a “loud bang,”

so I wouldn’t worry about that behavior. But some of the anxiousness, excessive licking, and lethargy you describe may be him grieving for his friend. Even if cats in the same household don’t appear close, they can still be comforted by each other’s presence in the home. The surviving cat may be feeling vulnerable without his friend.

Because of his age, make sure the lethargy is not related to any health problems. If his health is fine, then plug in a few feline pheromones around the house and turn on a white noise machine to reduce his jumpiness. Cats do grieve, so give him time to adjust to his new normal.

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

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I would like to receive your memory as a child. It should be about 725 words more or less and include a photo of yourself as a child. You can write your favorite memory either longhand or have it typed out. Then mail it to me at Tom Mach, 3807 Hunters Hill Drive, Lawrence, KS 66044.

You can also send it to me by email at tom.mach@yahoo.com. Go to www.memoriesareforever.net 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

'It's 10 p.m. Do you know where your children are?'

By Norm Ledgin

In the 1980s, New York area listeners of WNEW radio heard for the first time a challenge to their parenting, just prior to the late-night news. "It's Ten P.M.," the soothing voice of anchor Lou Steele intoned. "Do you know where your children are?"

Station leaders appealed to audience conscience because of kids running city streets at night and getting into trouble. How did Lou come to be broadcasting's point man for that? The story goes back to 1944 during World War Two. I, Norm Ledgin, claim a little credit.

Lou and I were in the same English class as sophomores at Clifton (New Jersey) High School. Lou had heard the teacher read a couple of my essays aloud. He approached me in the hall.

"The Clifton Journal needs a high school reporter. Go down there and put your name in," he suggested.

To think I could so easily become a member of the important Fourth Estate was intoxicating, even as a piddling high school reporter. Movies dramatized "city rooms"—guys with shirtsleeves pulled up and wearing fedoras, shouting into phones, "Gimme rewrite," or "Hold the presses!" When the paper "went to bed," they romanced great-looking "sob sisters."

My father had wanted me to go to medical school and become the family's first sawbones. But no. Where was the fun in that? Besides, I grew woozy at the sight of blood.

At 16 I had an after-school job in my grandfather's garment factory, where I helped fill a wartime manpower shortage and earned a dollar an hour as a skilled presser. Big bucks in those days. The Clifton Journal would make great demands on my time and pay me a dollar a week.

"A dollar a week?" my father yelled. He took a dim view of my career selection. A couple of years later, he said, "At least be the best you can be."

Because of my Journal work, my junior-year English teacher announced we would have a high school newspaper and I would be its editor-in-chief. Talk about getting into the big time!

As high school editor I received lots of press releases from organizations and businesses. One came in from WPAT, the radio station in next-door

Paterson, New Jersey. Many of their announcers had been drafted, so they would hold a contest for high schoolers.

Hmm. Who among my fellow students had a syrupy voice that would qualify? I talked Lou into entering.

WPAT hired him. His real name was Lou Ferraioli. After changing his name as a professional announcer, he told me Ferraioli in Italian meant "baby iron," thus steel.

Lou's radio career led to acting in soap operas and Hollywood movies. In a true sense, we'd launched each other's careers. So it was with a great feeling of comradeship that we bumped into each other at Camp Drum, Watertown, New York, in 1950, serving in the National Guard at the start of the Korean War.



Ledgin

I was a company clerk. He was battalion clerk, offering to have me moved up so we could endure two-weeks' camp together with our boots on the desk, reading juicy portions of Boccaccio's Decameron to each other. He'd appeared in film with Barbara Stanwyck and Joan Fontaine by then. Later he returned to broadcasting, radio and TV, mostly in New York City. He died in 2001 at the age of 72.

I'm now 89 and in my third career—novelist. I've already been a journalist and a traffic safety specialist, but frankly I'd rather have been a musician, even for no bucks per hour.

- More information can be found on https://en.wikipedia.org/wiki/Norm_Ledgin

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GOREN ON BRIDGE

Surprised

With Bob Jones

Tribune Content Agency

Neither, vulnerable, North deals

NORTH

♠-K J 8 5

♥-K

♦-A Q J 8 4

♣-K 6 3

WEST

♠-9

♥-Q J 10 9 8 6 5

♦-7 6 2

♣-9 4

EAST

♠-Q 10

♥-A 7 3

♦-K 10 9 5 3

♣-Q J 8

SOUTH

♠-A 7 6 4 3 2

♥-4 2

♦-Void

♣-A 10 7 5 2

The bidding:

NORTH	EAST	SOUTH	WEST
1♦	Pass	1♠	3♥
4♠	Pass	5♣	Pass
6♠	All pass		

Opening lead: Queen of ♥

Not many would agree with North's leap to four spades, and his jump to slam wouldn't get much support either. Let's see if South's play can justify his partner's bidding.

The opening heart lead went to East's ace and East continued hearts, ruffed in dummy. Declarer thought that West was likely to hold the king of diamonds for his bid. As long as he held no more than three diamonds, South could ruff out the king and discard three clubs on the good diamonds. He started with two rounds of trump, ending in the dummy.

Rather than cashing the ace of diamonds first, South simply led a low diamond from dummy. East wasn't expecting this play and his momentary hesitation revealed that he had the King of diamonds. East played low, South ruffed, and returned to dummy with a trump to the jack. Now declarer cashed the ace of diamonds and led the queen, which was covered by the king, and ruffed. Declarer ran his trumps, leaving this position with one trump to go:

NORTH

♠-Void

♥-Void

♦-J 8

♣-K 6 3

WEST

♠-Void

♥-J 10 9

♦-Void

♣-9 4

EAST

♠-Void

♥-Void

♦-10 9

♣-Q J 8

SOUTH

♠-7

♥-Void

♦-Void

♣-A 10 7 2

The last spade was led, dummy shedding a low club, and East was finished. A diamond discard and both of dummy's diamonds would cash. A club discard and all of South's clubs would cash. South's wonderful play had justified his partner's bidding!

- 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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CROSSWORD

Across

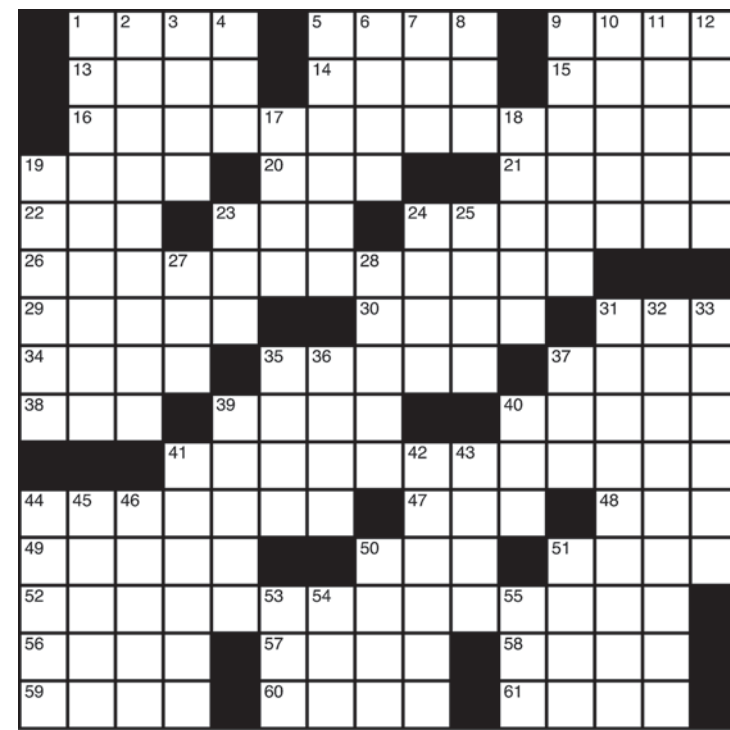
- 1 Little fight
- 5 Scurries, old-style
- 9 Prefix with chute
- 13 Other than that
- 14 ___ buco: veal dish
- 15 Hieroglyphics bird
- 16 Madonna hit with the lyrics "I'm keeping my baby"
- 19 Lacking
- 20 Choose (to)
- 21 Roast host
- 22 Add up to, in arithmetic
- 23 Skinny swimmer
- 24 Live-in nannies
- 26 Like some family-owned businesses
- 29 Kindle buy
- 30 Hops-drying oven
- 31 Woolf's "___ Dalloway"
- 34 Narrow cut
- 35 Bake, as eggs
- 37 Veggie that can be pickled
- 38 Title time traveler with Bill

- 39 Fellas
- 40 Hardship
- 41 2003 Eddie Murphy movie about an entrepreneurial stay-at-home parent
- 44 Cast maligning remarks at
- 47 Watch closely
- 48 Sleuths, for short
- 49 Meager
- 50 Tavern brew
- 51 Ladies
- 52 Propose marriage
- 56 Olympian's blade
- 57 Baseball tactic to advance a runner
- 58 Desire
- 59 Stereotypical techie
- 60 Make less intense, as one's breath
- 61 Iowa State city

Down

- 1 Unlike bosom buddies
- 2 Smallish celestial body
- 3 Hieroglyphics snakes
- 4 Beverage leaves

- 5 Showy publicity
- 6 "This ___ working"
- 7 D.C. winter clock setting
- 8 Soak (up), as sauce
- 9 Merchant whom Simple Simon met
- 10 Beaded calculators
- 11 Potato cutter
- 12 Lenten symbol
- 17 Couch potato's opposite
- 18 Move to a new container, as a houseplant
- 19 Least dangerous
- 23 Startled cry
- 24 Hebrew winter month
- 25 Cold War country: Abbr.
- 27 Selling really well
- 28 Clangorous
- 31 Cheerleader's sound booster
- 32 Adjusts the position of
- 33 Emphasize
- 35 Soap bubbles
- 36 Jekyll's murderous other self
- 37 Ballpoint brand
- 39 Brooks of country music
- 40 Pastrami sandwich bread
- 41 A little banged up,



- fenderwise
- 42 Backspace over
- 43 Yes votes
- 44 Colorado ski resort
- 45 Range
- 46 Origami medium
- 50 Em, to Dorothy
- 51 Former name of Thailand
- 53 Flow back
- 54 Sine ___ non: essential
- 55 Pan Am rival

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

JUMBLE

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

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Check out the new, free JUST JUMBLE app

SEGUS
○○○○

RIBBE
○○○○

RECYLE
○○○○

CUPANK
○○○○

A: ○○○○ ○○○○ ○○○○

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

You have contracts for hunting vests and hats to sign. Wow! This is going to be a good season.

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

SCRABBLE GRAMS

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A₁ E₁ E₁ T₁ T₁ T₁ S₁ RACK 1

A₁ E₁ I₁ C₃ N₁ V₄ C₃ 3rd Letter Double RACK 2

E₁ O₁ T₁ T₁ R₁ N₁ M₃ RACK 3

A₁ E₁ I₁ M₃ T₁ W₄ R₁ RACK 4

O₁ U₁ K₅ N₁ L₁ B₃ C₃ Triple Word Score RACK 5

PAR SCORE 255-265
BEST SCORE 340
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.

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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 scrygrams@gmail.com

Answers to all puzzles on page 38

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

CROSSWORD SOLUTION



SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION										
T ₁	E ₁	S ₁	T ₁	A ₁	T ₁	E ₁	RACK 1 =	<u>57</u>		
V ₄	A ₁	C ₃	C ₃	I ₁	N ₁	E ₁	RACK 2 =	<u>67</u>		
T ₁	O ₁	R ₁	M ₃	E ₁	N ₁	T ₁	RACK 3 =	<u>59</u>		
W ₄	A ₁	R ₁	T ₁	I ₁	M ₃	E ₁	RACK 4 =	<u>62</u>		
U ₁	N ₁	B ₃	L ₁	O ₁	C ₃	K ₅	RACK 5 =	<u>95</u>		
PAR SCORE 255-265							TOTAL	<u>340</u>		

JUMBLE ANSWERS

Jumbles: GUESS, BRIBE, CELERY, UNPACK

Answer: The star of the new "Deer Hunter" show was beginning to -- EARN BIG BUCKS

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

MY ANSWER

Reach out to others who might also be lonely

By Billy Graham

Tribune Content Agency

Q: I'm an old man now, and for me the worst part of getting old has been loneliness. My wife has passed away, none of our children live nearby, and when I go to church, almost no one talks to me. I don't have a question, but maybe you can encourage people to pay more attention to those who are older. - M.R.

A: Thank you for your letter, and I certainly can sympathize with your concerns. As friends or loved ones pass away and our health limits our contact with others, it's easy to feel isolated and lonely. We even may be tempted to say with the psalmist, "No one is concerned for me.... no one cares for my life" (Psalm 142:4).

But it doesn't need to be this way!

For one thing, we can reach out to others and make new friends. In your letter you mention that almost no one speaks to you at church, but what's to prevent you from taking the initiative and speaking to them? Some may be just as lonely as you, and even a few words of friendship will encourage them and cheer their day. Ask God to make you a blessing to others.

But the most important thing I can tell you is that we are never alone when we know Christ. God loves you just as much now as He did 50 years ago, and He is with you every moment of the day. God's promise is true: "Even to your old age and gray hairs I am he, I am he who will sustain you" (Isaiah 46:4).

Make prayer and the promises of God's Word part of your life every day. Above all, never forget that someday soon you'll never be lonely again, for

you will be with Christ in heaven forever.

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

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