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INSIDE

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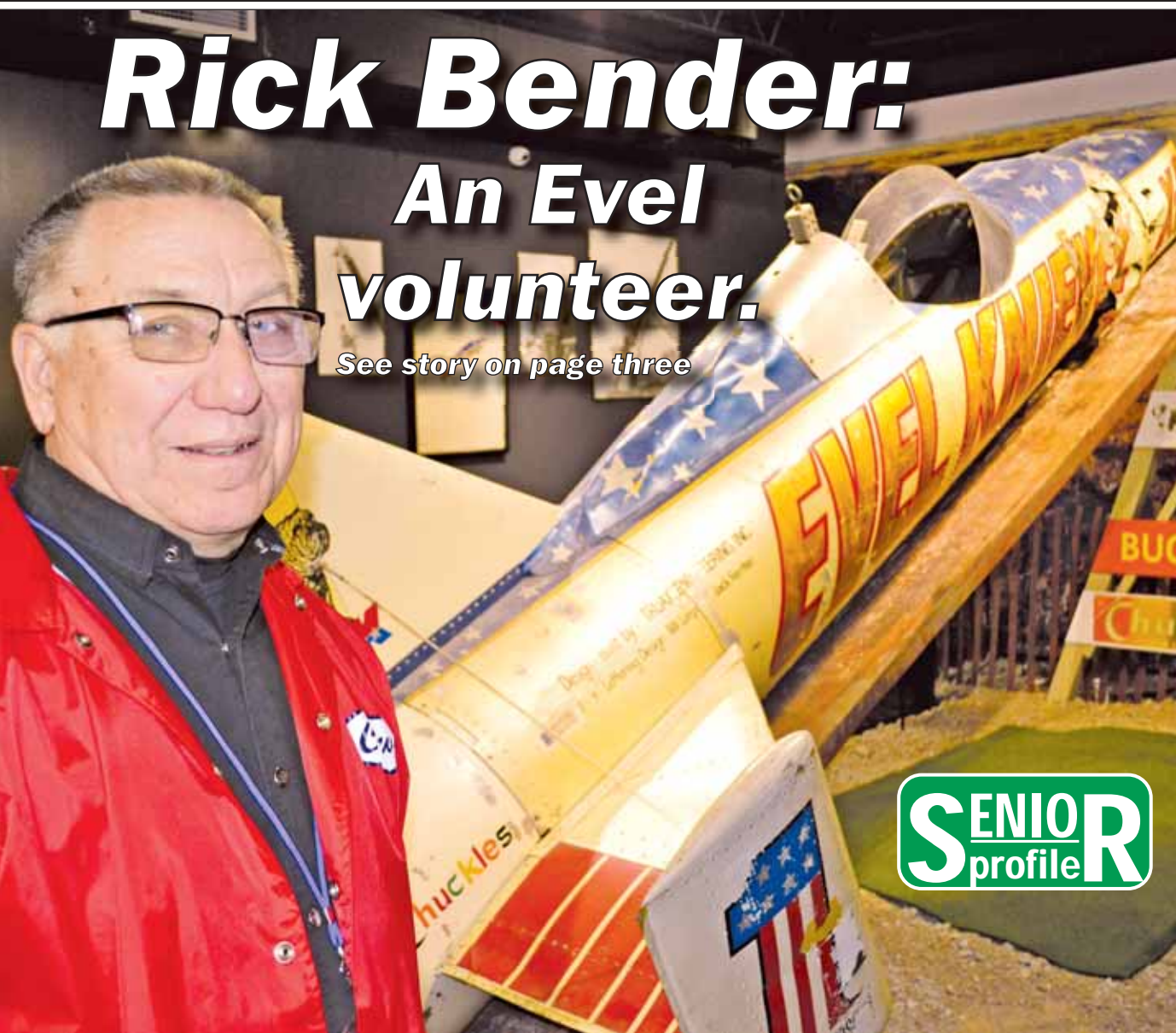
Senior Services
Senior Services

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Rick Bender: An Evel volunteer.

See story on page three

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Bender volunteers at Evel Knievel Museum

By Kevin Groenhagen

Rick Bender has enjoyed riding motorcycles since he was a young man living in Russell, Kansas.

"I grew up on a farm," Bender said. "We didn't put up ramps like Evel Knievel did, but I would ride my motorcycle out of ditches and land in the yard. That's the only jumping I did."

In 1963, Bender joined the Kansas National Guard. While in the Army, he began studying computer technology at Wichita Technical Institute. He also worked nights at The Coleman Company.

"The Coleman Company's computer equipment was more advanced than what the college could afford," Bender said. "I was actually learning more about computers on the job than I was at school."

In early 1968, Bender thought he would be leaving Kansas for Southeast Asia.

"My Russell and Hays Guard unit got activated for the Tet Offensive," he

explained. "But then the Army realized I had computer experience, so I stayed at Ft. Hood in Texas."

At Ft. Hood, Bender worked on, among other things, topographical maps for use on the battlefield.

Bender separated from the Army in 1969 and moved to Topeka in 1972 to work at Blue Cross and Blue Shield of Kansas, where he was the manager of computer operations/production control. He retired from Blue Cross and Blue Shield in 2004.

After working for several decades and raising a family, Bender decided to reward himself with his first Harley-Davidson motorcycle. He bought his current Harley-Davidson in 2011.

Bender and about a dozen other Harley-Davidson enthusiasts used to meet at the Eagle's Nest Coffee Shop in Harley Town, which was located at Historic Harley-Davidson of Topeka, a Harley-Davidson dealership that has been in Topeka since 1912. Even after the coffee shop closed, the group con-



Rick Bender with Big Red, Evel Knievel's 1974 Mack Truck.

tinued to meet at Harley Town. The group was there when the 300 pieces of rocker Jerry Lee Lewis' 1959 white and black Harley-Davidson arrived at Historic Harley-Davidson of Topeka

for restoration. After the dealership's restoration shop, Yesterday's Restoration, completed the restoration, Lewis sold the Harley-Davidson at auction for

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Bender

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\$385,000 in January 2015.

In 2013, Lathan McKay, a young professional skateboarder and movie producer inspired by Evel Knievel, added “Big Red,” Knievel’s 1974 Mack Truck, to his collection of Knievel memorabilia.

Born in Butte, Montana, Robert Knievel was a stunt performer who attempted more than 75 ramp-to-ramp motorcycle jumps. According to EvelKnievel.com, “After a police chase in 1956, in which he crashed his motorcycle, Knievel was taken to jail on a charge of reckless driving. When the night jailer came around to check roll call, he noted Robert Knievel in one cell and William Knofel in another. Knofel was well known as ‘Awful Knofel’ (‘awful’ rhyming with ‘Knofel’) so Knievel began to be referred to as Evel Knievel (‘Evel’ rhyming with ‘Knievel’). He chose this misspelling because of his last name and because he didn’t want to be considered ‘evil.’”

Unfortunately, the truck and trailer were in extremely poor condition. The Lewis family recommended that McKay contact Historic Harley-Davidson for Big Red’s restoration. Mike Patterson, owner of Historic Harley-Davidson, had never restored a Mac truck before, but he accepted the challenge. With the help of dozens of individuals and businesses in the area, including Goodyear Tire & Rubber Company, which recreated the truck’s tires, Historic Harley-Davidson fully restored Big Red. In 2015, Big Red appeared as a traveling museum at Evel Knievel Days in Butte, Montana, Knievel’s hometown, and then at the Sturgis motorcycle rally in South Dakota.

Through the experience of restoring Big Red, Patterson, McKay, Topeka attorney Jim Caplinger, and the Knievel family formed a partnership to open a nonprofit museum dedicated to Evel Knievel’s life.

Given that Knievel grew up in Montana and Hutchinson is the only city in Kansas in which he did jumps, Topeka may appear to be an odd location for the Evel Knievel Museum. However,

Knievel did have some connections to Kansas. Half of his crew came from the state, including Mike Draper and Lee Ratliff. In addition, Patterson learned in 2016 that a 15-year-old Knievel was inspired to become a daredevil after seeing the Joie Chitwood Auto Thrill stunt show in Butte in 1953. Chitwood started his racing career at the Shawnee County Fairgrounds, which was located fewer than 100 yards from where the Evel Knievel Museum sits.

Bender and his group watched the construction of the 13,000-square-foot museum as it progressed and were awestruck. Bender decided that he wanted to start volunteering at the Evel Knievel Museum as soon as it opened.

“I retired in 2004 and I was looking for something to do for several years,” he said. “I didn’t want a part-time job. When I heard about this museum being built, I thought that would be ideal since, as a volunteer, I could pick my own hours. After I saw the quality of the museum, there’s no way I could say ‘no.’ I always admired Evel Knievel for all the things he had done and his ability to stick with it and never give up.”

Instead of being known as docents at the museum, Bender and the other volunteers, which currently number more than 40, are called “crewmembers” and wear Evel Knievel crewmember jackets. Bender was on hand during the museum’s ribbon cutting on May 26.

“Evel’s youngest daughter, Alicia Knievel Vincent, was here,” Bender said. “She looked kind of teary-eyed after going through the first floor. I asked her if everything was okay. She said, ‘Yes, but you have to understand. I was little then. People come by the house and say they have my dad’s autograph on a helmet or they’ve got pictures with my dad and them.’ To her, that wasn’t really a big deal. But seeing this museum dedicated to her father kind of overwhelmed her.”

The grand opening of the museum

■ CONTINUED ON PAGE FIVE



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Bender

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took place on June 30 and July 1.

“Evel’s son, Robbie, his older daughter, Tracey, and Krystal, his second wife, were here,” Bender said. “The original Big Red driver was here along with some of the crewmembers. They told stories about some of the trips. It was a blast.”

Features of the two-story museum include the following:

- Evel’s motorcycles – the bikes that launched a legend
- Knievel’s genuine leathers and helmets
- “Big Red,” Knievel’s fully-restored Mack Truck
- Evel’s personal and never-before-seen memorabilia, including clothing items and jewelry provided by the Knievel family
- Virtual Reality 4-D Jump Experience
- Broken Bones Interactive, including Evel’s actual X-rays
- “Plan Your Jump” Interactive Challenge
- Engine & Suspension Interactive
- Snake River Experience Room featuring Knievel’s actual X2 Skycycle (see cover photo)

Bender usually volunteers as a crewmember twice a week.

“I work upstairs” he said. “I’m there to answer questions. I find a lot of people like to interact and ask questions. The most rewarding thing for me is watching people’s reactions. Everyone leaves here just amazed.”

According to Bender, museum visi-

tors include all age groups.

“We recently had a Boy Scout troop from Oklahoma and a group of about a dozen senior women from Pennsylvania,” he said. “After a crewmember agreed to do the Virtual Reality 4-D Jump Experience first, about nine of the women tried it. They had a lot of fun.”

According to the museum’s records, visitors from all 50 states had visited the museum after being opened for just three months. By the end of 2017, the museum also had visitors from more than 20 countries.

“The Evel Knievel Museum is also a nominee for *USA Today’s* Best New Attractions for 2017,” Bender said.

USA Today and a panel of travel experts selected 20 nominees, which, in addition to the Evel Knievel Museum, include Elvis Presley’s Memphis, the Museum of the American Revolution in Philadelphia, the Museum of the Bible in Washington, D.C., and Morgan’s Inspiration Island in San Antonio. Voting on the nominees was open until January 1. The winners will be announced on January 5. As of December 14, the Evel Knievel Museum was number four on the leaderboard.

As far as the attractions within this “Best New Attraction” in Topeka, Bender is especially fond of Big Red.

“I was here when they brought Big Red in,” he said. “I think what that truck was then and what it looks like today is worth the price of admission by itself.”

The Evel Knievel Museum is located at 2047 SW Topeka Blvd. It is open from 10 a.m. to 6 p.m. on Tuesdays through Fridays and from 9 a.m. to 5 p.m. on Saturdays. It’s closed on Sundays and Mondays. For more information, visit evelknievelmuseum.com.

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Wachs finds success with LawrenceHits.com

By Billie David

When an entrepreneur embraces a community and the community responds in kind, the result is bound to be good for both the community and the entrepreneur.

That's what Jay Wachs experienced when he moved to Lawrence and came up with the idea of starting LawrenceHits.com, which he founded in 2013 with the idea of making it a media outlet exclusively for Douglas County businesses.

LawrenceHits.com functions like a radio station, except that its listeners access it through the Internet. The name itself describes how it works. The station plays top 40 hits from four decades—the '60s through the '90s—and features classic pop, rock, country and soul.

But the word "hits" has another meaning as well.

"We have 70 clients in Douglas County, and we are driving hits to their websites," Wachs explained. "That's

what we do, drive traffic to Lawrence businesses."

The company functions like a radio station, except that it's not actually an AM/FM radio station. Instead of using a radio, people listen to it by accessing LawrenceHits.com's website on their computers, laptops or iPads, or through a phone app that can be downloaded for free on their iPhones.

The "station" also offers weather, community news and information, podcasts, blogs and live coverage of special events.

"It's a newspaper, radio, TV and magazine all in one place," Wachs said. "We have a full-time meteorologist and news and sports reporters that cover the local community."

LawrenceHits.com also has podcasts and blogs. For example, Marcia Epstein, the former director of Headquarters, has hosted a podcast on the website for five years entitled "Talk With Me," which Wachs describes as a positive-messaging program designed to serve as an outlet for suicide-preven-

COURTESY PHOTO



Jay Wachs

tion efforts.

"It's by far our most popular podcast," he said, adding, "We don't charge Douglas County non-profit charities for their audio messages. It's

free. We're the only media outlet in the area that does that."

The company's expenses are covered by advertising and sponsorships,

■ CONTINUED ON PAGE EIGHT



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LawrenceHits.com

■ CONTINUED FROM PAGE SIX

but LawrenceHits.com accepts advertising only from locally owned and operated Douglas County businesses.

“That was the premise of the company, that we were going to serve the local community only,” Wachs said. “Newspapers and radio survive through ads that are so expensive that locally owned businesses can’t afford it.”

Wachs had 28 years of experience in traditional radio management before he started LawrenceHits.com. Founding the company was his response to what he saw as the corporatization of commercial radio.

Radio station call letters, he explained, were assigned to stations because they were intended to serve the community they were in.

“When I started in the business in 1985, stations were locally focused and community-responsive,” he said. “But the trend over the years was to focus on advertising, eliminate jobs, and no longer cover the local news and activities that they were licensed to do.”

Wachs moved to Lawrence in 2011, having been recruited to manage Great Plains Media, which includes KLWN 1320 and other related stations.

When the 2013 graduate of Lead-

ership Lawrence first started his own business, he was on the cutting edge of the technology.

“It was the brainchild of Daniel Smith, our technical director, who found a way to use the Internet as a radio station,” Wachs said. “I poured all I had into the business, not knowing if it would succeed or not.”

It was successful.

“We’ve been in the black every year since we started. This year we’ve had over a million hits to our website, and

we average 7,000 listeners every day. In 2014, I was awarded a Pioneer in Digital Media Award from K-State. We are one of the first successful commercial Internet radio ventures,” Wachs said, adding that as a result of that award, he now serves on the advisory board of the Miller School of Journalism at K-State.

The company has also grown to include seven other markets across the country, including two national radio stations. Both of those stations focus on national advertising. One station,

boomertunes.us, plays oldies, while the other station, smoothupstate.com, plays jazz.

LawrenceHits.com will celebrate its fifth-year anniversary on June 1 with a blues festival complete with a crawfish bake and barbecue at the 6 Mile Chop House in Lawrence.

Wachs will also be celebrating his connection with the community.

“How blessed we are to have found such a warm reception and success in our hometown,” he said.



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Legend at Capital Ridge and The Windsor of Lawrence win 2018 Best of Senior Living Awards from SeniorAdvisor.com

Legend at Capital Ridge and The Windsor of Lawrence, both residences of Legend Senior Living, are proud to announce that they have been selected as two of the 2018 Best of Senior Living Award Winners on SeniorAdvisor.com, the largest ratings and reviews site for senior care and services in North America and Canada.

SeniorAdvisor.com's Best of 2018 Award winners represent the best of the best of in-home care, assisted living, and other senior living providers, based on the online reviews written by seniors and their families. This exclusive designation honors the top one percent of senior care providers across the United States and Canada.

The annual SeniorAdvisor.com Best of Senior Living Awards tabulates over 150,000 family created reviews to find the highest quality care providers for this honor. Of the nearly 45,000 com-

munities currently listed on SeniorAdvisor.com, just over 1,600 were recognized with this prestigious award.

Legend at Capital Ridge is one of only three winners in Topeka and regularly receives exceptionally positive reviews from their senior customers and their families like this one:

"My mother has recently moved into this community. The staff provides her with great quality of care and make sure she is comfortable. They also do a good job keeping in good communication with me about her progress."

The Windsor of Lawrence is the only winner in Lawrence and regularly receives exceptionally positive reviews from their senior customers and their families like this one:

"My father was at The Windsor of Lawrence and I wish I could speak to every family who is placing a loved one with Alzheimer's/Dementia in a

care communicate and tell them about our experience. Their staff went above and beyond to help my father. I am so thankful my dad was with the loving family at the Windsor."

"As SeniorAdvisor.com's 'Best of Senior Living' awards enters its fifth year of honoring the top family rated communities and care providers, we are proud to say that the bar has been raised." said Eric Seifert, President and COO of Senioradvisor.com. "In order to ensure only the best communities and care providers win, we decided to make the criteria harder than ever and we saw over 1600 winners rise to the occasion. Each year we are more and more impressed with the quality of winners and look forward to spreading the word about these award-winning organizations."

To qualify for inclusion in the Best of 2018 Awards, care providers must have

maintained an average overall rating of at least 4.5 stars while receiving four or more new reviews in 2017. Additional details and a complete list of award winners can be found on SeniorAdvisor.com.

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Four questions to ask yourself as you plan for retirement

By **Ellen Shortlidge**

Public Affairs Specialist
Kansas City Region

Deciding when to start receiving your retirement benefits from Social Security is a decision that only you can make, and you should make that decision with as much information as possible. There are a lot of important questions to answer.

Should you claim benefits earlier and get a smaller monthly payment for more years? Or should you wait and get a bigger monthly amount over a shorter period?

There are no right or wrong answers, but we encourage you to consider these four important questions as you plan for your financially secure retirement:

How much money will I need to live comfortably in retirement?

Anticipate what your expenses will be in retirement, including things like mortgage payments or rent, utilities, healthcare insurance and related costs, food, personal care, car payments and maintenance, entertainment, hobbies, travel, and credit card or other debt. Also, consider whether you'll need to provide for your spouse, children, or grandchildren.

What will my monthly Social Security retirement benefit be?

The average monthly Social Security benefit for a retired worker in 2018 is \$1,404 (up from \$1,377 in 2017). The average monthly Social Security benefit for a disabled worker in 2018 is \$1,197 (up from \$1,173 in 2017). As a reminder, eligibility for retirement

benefits still requires 40 credits (usually about 10 years of work). The Social Security Act details how the annual Cost of Living Adjustment (COLA) is calculated. You can read more about the COLA at www.socialsecurity.gov/cola. The best way to get an estimate of your retirement benefit is with a my Social Security account. Get yours today at www.socialsecurity.gov/myaccount.

Will I have other income to supplement my Social Security benefits?

Secure your financial future with a retirement portfolio that includes savings, investments, and possibly a pension plan. If you're willing and able, you may choose to increase your income by working past retirement age. Social Security replaces a percentage of a worker's pre-retirement income based on your lifetime earnings. The amount of your average wages that Social Security retirement benefits replaces varies depending on your earnings and when you choose to start benefits. If you start benefits at age 67, this percentage ranges from as much as 75 percent for very low earners, to about 40 percent for medium earners, to about 27 percent for high earners. If you start benefits after age 67, these percentages would be higher. If you start benefits earlier, these percentages would be lower. Most financial advisors say you will need about 70 percent of pre-retirement income to live comfortably in retirement, including your Social Security benefits, investments, and other savings.

How long do I expect my retirement to last?

Anticipate the length of your retirement, keeping in mind that many American workers will live much longer than the "average" retiree. Consider your health, family longevity, and lifestyle. Your Social Security retirement benefits will provide continuous income for as long as you live, protecting you even if your other sources of income run out. Discover your life expectancy with our online calculator at www.socialsecurity.gov/OACT/population/longevity.

No one can predict the future perfectly, but careful planning and preparation will help you to make a well-informed decision about when to start receiving your Social Security benefits.

If you've contributed enough to the Social Security system through FICA payroll taxes, you can receive your full retirement benefit at age 66 or 67 depending on when you were born. You may also claim it sooner, starting at age 62, at a permanently reduced rate. Or you may wait until after your

full retirement age, increasing your benefit amount by up to 8 percent per full year to age 70.

Social Security is with you through life's journey, and we're here to help you prepare for a financially secure future for you and your family. We invite you to use our online retirement planners at www.socialsecurity.gov/planners/retire/.

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Stormont Vail Health is proud to announce that Florin O. Nicolae, M.D., has joined its medical team and will practice as a pain management specialist. His practice will be located at Stormont Vail Pain Management Clinic, 2660 S.W. Third St., in Topeka. He has been a long-standing member of the medical community, having practiced in Topeka for almost 20 years.

Dr. Nicolae enjoys working with his patients to alleviate their pain. "Chronic pain is widespread and it's

often treated unsuccessfully with measures other than interventional pain management," said Nicolae. "When patients come to see me, I work hard to be thorough, identifying all pain mechanisms as opposed to just the most obvious ones."



Nicolae

Dr. Nicolae received his medical degree at Iuliu Hatieganu University of Medicine and Pharmacy, Cluj-Napoca, Romania. He completed an internal medicine residency at the Cleveland Clinic and University Hospitals of

Cleveland, both in Cleveland, Ohio, and an anesthesiology residency at University Hospitals of Cleveland and at the University of Michigan, Ann Arbor, Michigan. He completed his pain management fellowship at the University of Cincinnati, Cincinnati, Ohio.

Dr. Nicolae resides in Topeka with

his wife. The couple has two children attending Harvard University. He enjoys reading, traveling and playing chess.

To make an appointment with Dr. Nicolae, ask for a referral from your primary care physician. For more information, call 785-270-0070.

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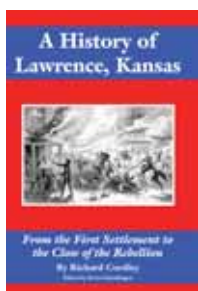
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GUEST COLUMN

Get the middleman out and improve your healthcare

By Irving A. Cohen, MD, MPH

More health plans from Washington, worse coverage for people! It's about time we get all of these money-draining middleman out of the equation. Today, it is estimated that about a third of every supposed healthcare dollar goes toward the cost and profit of these middleman. Add to that the time and money healthcare providers must spend responding to them, and it becomes more than half of all our



Dr.
Irving A.
Cohen

healthcare expenses. Is it any wonder that we spend about twice what European countries do for healthcare? This unneeded portion, both the profiteering and the administrative nightmare, accounts for about a tenth of our Gross Domestic Product! If we get rid of it, the cost of healthcare drops so drastically there will be enough to cover all American citizens.

Since the late 1960s, the federal government claimed it was saving money on healthcare costs by introducing so-called competition. In fact, the only competition has been among the billionaires who established these middlemen companies. The ability of your doctors and hospitals to provide the care that you need instead became limited and constricted. Costs have continued to climb. Private companies replaced not-for-profit organizations and paid themselves billions for the privilege of withholding care from the people. Government bureaucrats and insurance company bureaucrats continue to create ever-greater restrictions and complications for doctors and

hospitals trying to do their job. Today, many of your doctors and nurses spend more time on their computer than they do talking to you, all to comply with these edicts that increase the profit of companies that add nothing to your healthcare.

The simple answer is a Single Payer Plan, but one without red-tape or ridiculous government bureaucracy. The federal government already is involved with about half of our total health cost. Shift that money into a Single Payer Plan, but limit the federal role to handing it over to the states to administer, without telling anyone what to do. The only requirement should be that the states keep it out of their general funds and do not use it for any other purpose! Absolutely no money should go to the

states for administration. They will be saving money from their Medicaid and other costs, so they can develop simple ways to distribute the federal money. Make them pass every penny to appropriately licensed providers, based solely on their time and expenses providing care to people. Since the states already license doctors and hospitals, treat them fairly and pay for their actual time, not for some paperwork generated by corporations that game the very systems they helped create. Details of your interaction with your doctor should be private. Instead, they may end up in the computer of a foreign call-center used by these middleman!

Gradually, shift the source of those funds to a Value Added Tax. Having employers pay for healthcare has been a burden on industry that has made the cost of American-made goods much higher than imports. European nations have used a similar tax for years. With a VAT paying for American healthcare, the cost of American produced automobiles will drop significantly and give us an even playing field against our foreign competitors!

The only losers in this plan will be the powerful middlemen and their Washington lobbyists. Perhaps we could help their employees retrain for healthcare positions, where they actually helped people. This would help with manpower shortages that we now have and increase healthcare accessibility to areas now lacking.

Does all this sound too simple? Sometimes, the simplest solution is the best.

- Dr. Cohen, Fellow of the American College of Preventive Medicine, trained in Preventive Medicine at Johns Hopkins University, School of Public Health, where he was the Chief Resident of Preventive Medicine. He is the author of books on topics that include diabetes recovery, weight loss, and addiction. He practices in Topeka, Kansas and can be contacted at 888-933-9833. His website is www.PreventionDoctor.com Opinions discussed here are for general information. Always obtain specific medical advice from your personal physician.

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IRVING A. COHEN, MD, MPH

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MAYO CLINIC

Radiation therapy no longer routinely used for ovarian cancer

DEAR MAYO CLINIC: My mother was diagnosed with stage III ovarian cancer a few weeks ago. She had surgery and is about to begin chemotherapy, and I've read that sometimes chemo is more effective if it is given directly in the abdomen. Is this commonly done, and should I ask her doctor about it? Also, why is radiation not part of her treatment plan?

ANSWER: Treatment for ovarian cancer at the stage of your mother's diagnosis typically includes a combination of surgery and chemotherapy. Radiation therapy was used for ovarian cancer in the past, but today it is uncommon because the other two treatments have been shown to be more effective for this type of cancer.

Ovarian cancer is a rare cancer. About 22,000 cases are diagnosed each year in the United States, compared to several hundred thousand cases of breast cancer. It begins in the ovaries—the two small organs on either side of the uterus that create eggs, or ova, and make the hormones progesterone and estrogen. Cancer that looks and behaves like ovarian cancer can also start in the Fallopian tubes or the lining of the pelvis or abdomen, called the peritoneum. All three of these cancers are treated the same way—with surgery and chemotherapy—and they are all often referred to as “ovarian cancer.”

Symptoms of ovarian cancer often are vague. They usually include abdominal bloating or pain, a feeling of fullness in the pelvis or abdomen, change in bowel or bladder function,

and getting full early or quickly when you're eating.

Because of its indistinct symptoms, ovarian cancer usually goes undetected until it's in the later stages, often spreading to other areas of the pelvis or abdomen. If it is caught very early, before it has moved beyond an ovary, then surgery to remove the ovary may be all that is necessary for successful treatment. Generally, the entire ovary needs to be taken out, rather than just the cancerous mass. That's because if the ovary ruptures during surgery, it can cause the cancer to spread.

Biopsies of other parts of the abdomen and pelvis, such as the lymph nodes and peritoneum, accompany removal of the ovary. The biopsies allow doctors to see if the cancer has spread and definitively determine the cancer's stage.

In the vast majority of ovarian cancer cases, surgery is followed by chemotherapy to destroy any cancer cells that may have spread outside the ovary. This would certainly be the case for your mother at stage III, which means that the cancer has spread to the abdomen.

You are correct that chemotherapy may be given directly into the abdomen in some cases, and it would be worthwhile for your mother to talk with her doctor about that possibility. But abdominal chemotherapy isn't used alone. It is coupled with systemic chemotherapy—that's chemotherapy delivered through an intravenous line in the arm or hand, or through a port

placed under the skin. Systemic chemotherapy travels throughout the entire body. It's important that it be given along with abdominal chemotherapy, so if any cancer cells have moved beyond the abdomen, the chemotherapy will be able to reach those cells as well.

Radiation therapy—using beams of intense energy to kill cancer cells—was part of standard treatment for ovarian cancer in the 1990s and earlier. Since then, however, better chemotherapy regimens have been developed for ovarian cancer. Due to the effectiveness of chemotherapy, radiation therapy is not routinely used for this type of cancer anymore.

Throughout your mother's treatment, I would strongly encourage her to ask

her doctor any questions she has about her diagnosis and the recommended treatment plan, and to discuss any topics that seem confusing or unclear. Being actively engaged and having a clear understanding of what's happening and why can often be very helpful for people who are dealing with cancer.

- Jamie N. Bakkum-Gamez, M.D., Gynecologic Surgery, Mayo Clinic, Rochester, Minn.

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

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HEALTH & WELLNESS

Medicinal plants for the respiratory system

It is that time of year again when everyone seems to have respiratory ailments. Respiratory ailments are divided into two broad categories: upper and lower respiratory problems. Upper respiratory problems usually have simple ailments such as a cold, runny nose, sinus congestion, laryngitis, earaches, and sore throat. Upper respiratory problems are typically bothersome, but are easier to treat.



*Dr.
Farhang
Khosh*

Lower respiratory problems usually affect the lungs and the bronchi. Most people who suffer from lower respiratory ailments have a cough, difficulty breathing, chest pain, and wheezing. Chronic respiratory problems can increase a person's chances of developing more serious conditions, such as pneumonia. Often people will be prescribed an antibiotic for respiratory infections, which has led to the overuse of antibiotics and has resulted in many antibiotic-resistant strains. Due to the antibiotic-resistant strains, many people are seeking out medical plants to treat upper and lower respiratory ailments. Medicinal plants that support the respiratory system can be classified into four main categories based on their actions:

1. Herbs that soothe and calm the irritated nasal passage ways.
 2. Herbs that relax the muscles of the upper and lower respiratory system that are beneficial in getting rid of a cough and making breathing easier.
 3. Herbs that boost the immune system by fighting bacteria, fungus or viruses that are in the lungs or other respiratory systems.
 4. Herbs that are expectorants, which help to break up and expel chest congestion.
- Lungwort has been used to promote

lung and other respiratory health. Lungwort is effective in clearing upper and lower respiratory congestion and to fight effectively harmful organisms affecting respiratory health. Eucalyptus isn't just for the Koala bears. This medicinal plant has been used for centuries for respiratory conditions. Eucalyptus soothes throat and lung passageways. It is often a favorite essential oil that is added to vaporizers in the winter months to help people breathe. It can be found in throat lozenges and cough syrups. It is an expectorant used to ease a cough, fight sinus congestion and supports the immune system to fight off a cold and other respiratory illnesses.

Chaparral is a medicinal plant commonly found in the southwest. This herb has powerful antibacterial, viral, decongestant and antihistamine effects on the lungs and respiratory system. It is very effective at clearing mucous from the upper and lower respiratory system.

Thyme and Oregano are similar in their action on the respiratory system. These are both powerful medicinal plants that everyone should have in their medicine cabinet. Both herbs are antibacterial, anti-viral and anti-fungal. These medicinal plants not only fight infection but also act as decongestants and an antihistamine. They can eliminate mucous, kill whatever bug is making you ill, aid in nasal passageways and aid in improving your lung health overall. Protect a person from bacterial pneumonia and boost up their immune system. Other medicinal plants that deserved to be mentioned are Elecampane, Peppermint, Ginkgo, Plantain Leaf, Turmeric, Osha Root, Coltsfoot, Echinacea, Lobelia, Mullein and Licorice. All of the above herbs are available in supplements, teas, tinctures, and essential oils. Plus, some of these herbs can be grown to consume as food. When considering a medicinal plant for health issues please check with your health care provider.

- 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

Winter tips: Drive and walk safely

By Laura Bennetts PT, MS

Icy parking lots are incredibly dangerous. Over the years I've treated a lot of people who fell down on icy sidewalks or parking lots. The most dangerous part is staying on your feet once you get out of your car in an icy parking lot. Winter makes roads haz-



ardous and walking risky. So you need to think ahead; and be ready with some winter coping strategies.

Dare to Prepare

If you live in snowy country you may already have an emergency kit in the back seat of your car. You need several items within easy reach: a blanket, a bottle of water, a flashlight with extra batteries, flares, a small shovel or snow shovel, and a snack. A cell phone is also an important safety item. If you don't have a cell phone, you can get one to use just for emergencies, cost-free. Check with your local Senior Service agency to find out how you can get a recycled phone that allows you

to press any button to reach the emergency services number, 911. It's best to keep the phone turned on so that you can use it without difficulty when the need arises.

Easy Does It

Once you're on the road, you should drive according to the conditions of the road and stay alert for changing conditions. Slow down to drive safely in snow and ice. And when you enter a parking lot, try to find a space in a section of the lot that has been cleared of snow and (especially) ice. Always keep an eye out for black ice, even days after the snow has been cleared away.

To be fully prepared, you should do the following:

1. Dress warmly, with gloves, hat and scarf (just in case you're stranded);
2. Wear supportive shoes with good tread so that the soles aren't slick;
3. Wear "ice-walkers" over your shoes (see below); and
4. Carry a hiking pole, walking stick, cane or walker.

Ice Capades

As you prepare to step out of your car, look directly down to the ground. Is the surface icy or slushy? If so, re-park your car in a safer spot. And if you're in a parking lot that looks like an ice rink, you can benefit from having a pair of ice-walkers over your shoes. Ice-

walkers, like galoshes, fit over the sole of each shoe.

To safely put the ice-walkers over your shoes, sit down to pull them over your toe first and then stretch it over your heel. They have spikes or springs embedded in a web of stretchy rubber that secures at your toe and heel. Brand names are for example: YakTraks, STABILicers

When you first step down, wearing the ice-walker, you feel your foot push into the ice and soon have a feeling of traction. This allows you to rise out of your car and get your weight onto both of your feet, which decreases your chance of falling down as you exit your car.

If Your Feet Dangle

What if your car is so high that your feet don't reach the ground when you swivel to get out? Many vans are elevated like that. It's risky to hop onto the slick ground, especially if there are several inches between your feet and the ground.

To safely get out of your car or van, try the following:

1. If you use a cane, start by touch-

ing the ground with your cane and then ease your weight onto your feet.

2. Stabilize yourself by gripping a handle or the back of the seat and use your second hand to support yourself with a cane.

3. Wear ice-walkers to ensure a safe landing when your feet touch the ground.

4. Arrange, in the future, to ride in cars with lower exit points.

Snowed In? No!

Planning sensibly for the winter weather will keep you not only safe but active. Bundle up and enjoy the fresh air. If you hibernate or become a recluse when the mercury drops, you'll find that you feel shut-in and left out of the seasonal festivities. Staying active keeps you well, strong, and part of your wider community. By preparing properly to venture out safely, you won't have to remain in seclusion, a prisoner of the weather.

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

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NAVIGATING THE MEDICARE MAZE

Enrolling in Medicare

As people approach 65, many wonder should they enroll in Medicare. Here are a few things to consider in making your decision.

WORKING BEYOND 65

Save Some Money.

If you have an individual health plan,



Chris
Chapin

a Medicare plan could help you save money on your health care expenses. If you have health insurance through your employer, a Medicare plan could work with your employer-sponsored coverage. Check with your benefits administrator to see if it makes sense

for you to sign up for Original Medicare (Parts A and B) in addition to the coverage you get today.

Start With Basic Coverage.

Many people who choose to work past age 65 enroll in only Part A because there is no monthly premium. Some choose to enroll in both Parts A and B together (Original Medicare). However, Part B comes with a monthly premium based on your income, so many don't enroll in Part B until they lose their employee-sponsored coverage.

Is Enrollment Required?

Most people are not required to enroll in Medicare when they turn 65. Check with your benefits administrator to see if your employer requires you to enroll in Medicare Part A or Part B.

RETIRING AT 65

Are you ready?

If you're ready for retirement, you will be eligible for Original Medicare

(Parts A and B) and other Medicare plans when you turn 65. If you don't have employer-sponsored coverage, you should consider enrolling during your Initial Enrollment Period. You can enroll any time within the three months before your 65th birthday, the month of your birthday and the three months after. *Stay ahead of the game.*

If you're retiring, you have 63 days after your employer-sponsored coverage ends to enroll in a Medicare plan without penalty. But it's best to sign up before you retire to avoid a gap in coverage.

Change is good.

Health care needs can change from year to year. Be sure to review your needs (upcoming surgeries, current prescription drugs, new wellness goals) so you can find a plan to best meet them. You can change your plan once a year during the Annual Enrollment Period (AEP). The AEP is a seven-week period from October 15 through December 7.

MOVING FORWARD

If You Continue Working:

Check with your benefits administrator to see how Original Medicare would

work with your current plan, and if it makes sense to enroll in a Medicare Part B plan. Keep your health insurance coverage records so you can prove that you had creditable coverage past your Initial Enrollment Period for Medicare. If your spouse or dependents need coverage, they could be eligible for COBRA. Check with your benefits administrator for more information when you get ready to retire.

If you're retiring:

Talk with your employer's benefits administrator to see if you and/or your dependents can get employer-sponsored retiree benefits. If you don't have retiree coverage available, sign up for Original Medicare (Parts A and B) and review the Medicare plans in your area. If your spouse or dependents need coverage, they could be eligible for COBRA. Check with your benefits administrator before you retire to find out how to sign up for COBRA.

- Chris Chapin is the owner of Stephens-Chapin Insurance, in Lawrence. He can be reached at 785-841-9538.



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JILL ON MONEY

Charitable giving: 4 steps to take

As Republicans in Congress negotiate changes to the tax code, one area is set to remain the same: charitable giving. That said, because both the House and Senate proposals nearly double the standard deduction, fewer



Jill
Schlesinger

taxpayers will be itemizing, which means they will be giving for the sake of giving, not to reduce their tax bills.

Regardless of the tax implications, the year-end is often the time when people make charitable gifts. Here is a four-step refresher on giving.

1. Confirm that the charity is legiti-

mate. To help taxpayers conduct research, the IRS has established an online search tool, Exempt Organizations Select Check, which allows users to search for exempt organizations and check certain information about their federal tax status and filings. ("Tax exempt" means the organization doesn't have to pay taxes. "Tax deductible" means you can deduct your contribution on your federal income tax return.)

2. Research the charity's financial health. Once you have confirmed that the group is legitimate, you can also see what others say about it by going to these websites: Give.org, run by the Better Business Bureau's Wise Giving Alliance; Charity-Watch.org, run by the American Institute of Philanthropy; and GuideStar.org.

You will also want to know that the charity's finances are healthy and that it is efficient, ethical and effective. CharityNavigator.org provides a

zero- to four-star rating system, which includes a review of each charity's fiscal performance. The organization's CEO, Michael Thatcher, told me that their team of professional analysts has examined tens of thousands of non-profit financial documents to develop an unbiased, objective, numbers-based rating system to assess more 8,000 of America's best-known (and some lesser known but worthy) charities.

3. Determine how you will donate to the charity. Never send cash donations or wire money to someone claiming to represent a charity. And do not provide any personal or financial information until you've thoroughly researched the charity.

If you are making a gift of appreciated securities from a taxable investment account, which allows you to write off the current market value (not just what you paid) and escape taxes on the accumulated gains, you will need to get information about how to send the assets. Be sure to confirm all receiving account numbers.

You can make a "qualified charitable distribution" (QCD) from an IRA of up to \$100,000 to a public charity in place of

taking your required minimum distribution (RMD). You don't have to include the QCD in your taxable income. Be sure to follow the IRS rule carefully.

4. Keep good records. For any cash or property valued at \$250 or more, you must have a receipt (bank record, payroll deduction or written communication) identifying the organization, the date and amount of the contribution and a description of the property. For text message donations, flag the telephone bill with the name of the receiving organization, the date of the contribution, and the amount given.

- 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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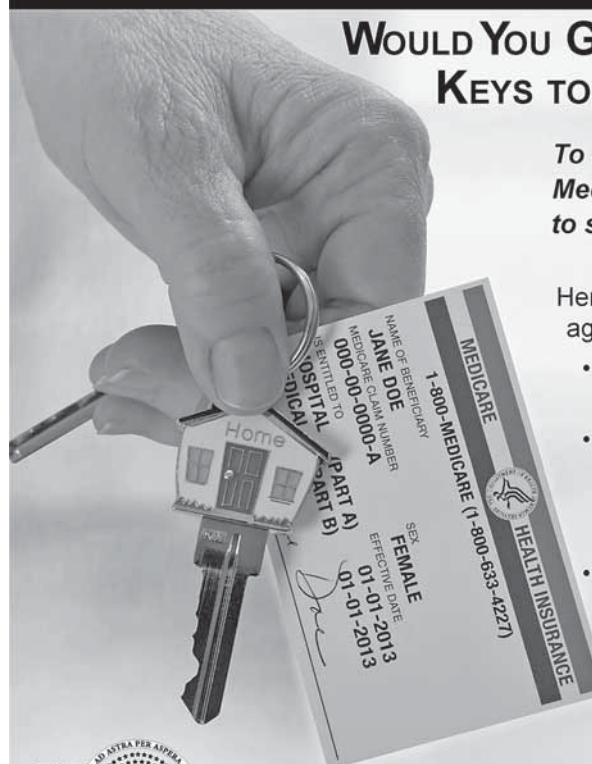
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SENIOR CALENDAR

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

SUNDAYS, WEDNESDAYS & FRIDAYS

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m.
TOPEKA, 785-296-9400

WEDNESDAYS

PINECREST APARTMENTS

924 Walnut, 12:30-1 p.m.
EUDORA, 785-542-1020

WEDNESDAYS & FRIDAYS

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TOPEKA, 785-235-9073

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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

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. Aired 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

JAN 4

HEALTHY EATING 101

Start the New Year off right by learning how to eat healthier. This free program covers the basic principles of healthy eating, including information about the Choose My Plate method of eating. Enroll at lmh.org or call Connect Care. 6-7:30 p.m.
LAWRENCE, 785-505-5800, lmh.org

JAN 8

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

JAN 9

SENIOR SUPPER AND SEMINAR

This month's topic: Dr. Ashley Bloom, Cold, Flu & Pneumonia. 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 connectcare@lmh.org.
LAWRENCE, 785-505-5800, lmh.org

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Our idyllic country setting is safe, beautiful and convenient to Topeka and Lawrence

Living at Prairie Wind is much like living at home. Meals are made from scratch with the most wholesome ingredients available. The home setting allows for close relationships and makes it possible to easily accommodate each senior's preferences in schedule, meals and daily activities. Prairie Wind is owned and operated by a local family with more than 60 years of experience in caring for elders. Let our family care for you or your loved one.

We now offer Adult Day Care for seniors who don't need 24/7 care. We provide a safe place for the senior while the caregiver sleeps, works, runs errands, etc.



prairie wind
senior living inc.

HOME PLUS

5227 SE 77th St., Berryton • 785.862.5318 • prairiewindhome@gmail.com

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JAN 10

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 tscpl.org/register. Computer Training Center, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 9:30-11 a.m. TOPEKA, 785-580-4400

JAN 16

BLOOD PRESSURE BASICS

Recently, the guidelines for what constitutes high blood pressure have changed. Come and learn more about these updates, as well as lifestyle recommendations to help with hypertension. This program is free but advance enrollment is required due to space limitations. 6-7:30 p.m.

LAWRENCE, 785-505-5800, lmh.org

JAN 17

PRE-DIABETES EDUCATION CLASS

Know your Resistance, Pre-Diabetes class offered by the Lawrence Memorial Hospital Diabetes Education Center is free and is for individuals with pre-diabetes, metabolic syndrome, insulin resistance or impaired glucose tolerance. Enroll at lmh.org or call 785-505-5800. 12-1:30 p.m.

LAWRENCE, 785-505-5800, lmh.org

JAN 22

BABY CARE FOR GRANDPARENTS

If you are a little anxious about watching the new baby in your family, get a refresher on baby care with Laura Odom, LPN, IBCLC, from Stormont-Vail Health. She'll discuss safe sleep practices for babies, feeding, daily care of infants and milestones. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12:30-2 p.m. TOPEKA, 785-580-4400

JAN 29

ARTISTS' BOOKS TOUR

Join Art Librarian Brea Black for a look at artists' books from the library's permanent art collection. These artists explore the boundaries of what a book can be by using innovative structures and materials. From sculptural book forms to bottle cap "pages," the only limits are the imagination. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12:30-2 p.m. TOPEKA, 785-580-4400

JAN 30

EXERCISE YOUR BODY AND MIND

Enjoy art, exercise and healthy living tips from Brewster Place and Stormont Vail Health. Julie Schmanke, Brewster Place wellness specialist, will lead an invigorating, low-impact exercise routine. Dana Soetaert, Cotton O'Neil Clinical Research specialist, will discuss memory and brain health. And enjoy artistic inspiration from Brewster Place. West Ridge Mall, 1801 S.W. Wanamaker. 9 to 10 a.m. at the lower level center court. Free and open to all. TOPEKA

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 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 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

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, lawrencecesession.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

JAN 12

STORY SLAM: THE TROUBLE WITH TECHNOLOGY

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



Tenants to Homeowners, Inc.
The Lawrence Community Housing Trust

Cedarwood Senior Cottages



This is a new construction project now ready for move in! We offer 1-2 bedroom cottages for rent with garages or assigned parking. Rents vary ranging from \$545-\$795 depending on the bedroom size and garage option. The units are all electric with energy efficient heating and cooling systems, come with smart technology safety features, offer attractive landscaping with gardening opportunities and a lovely community building for all tenants to use! Income eligibility is required and at least one household member must be 62+ to qualify for this program. The application process is free and can be found on our website at www.tenants-to-homeowners.org or call **785-842-5494**.

p.m. Cocktails throughout. January's theme: The Trouble with Technology. Lawrence Arts Center, 940 New Hampshire St. Free. LAWRENCE, 785-843-2787 lawrenceartscenter.org/event

JAN 16

CABARET

Welcome to the infamous Kit Kat Klub, where the Emcee, Sally Bowles, and a raucous ensemble take the stage nightly to tantalize the crowd — and to leave their troubles outside. But as life in pre-WWII Germany grows more and more uncertain, will the decadent allure of Berlin nightlife be enough to get them through their dangerous times? Come hear some of the most memorable songs in theatre history, including "Cabaret," "Willkommen" and "Maybe This Time." Leave your troubles outside — life is beautiful at CABARET. 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

JAN 19, 20, 21*, 25, 26, 27, 28*

MIRACLE ON SOUTH DIVISION

Since 1942 the Nowak family has maintained a 20 foot shrine commemorating the Blessed Mother's appearance in grandfather's barber shop. However the neighborhood anchor is now in danger, as truths spill out in this quirky and hilarious tale of family and faith. Theatre Lawrence, 4660 Bauer Farm Dr. Evening performances at 7:30 p.m. *Indicates a 2:30 p.m. performance. Fee. LAWRENCE, 785-843-7469 theatrelawrence.com/index.html

JAN 20

JIM NORTON: KNEELING ROOM ONLY TOUR

Jim Norton: Kneeling Room Only Tour, American Comedian, Radio Personality, Actor, Author, & Podcast Host. Liberty Hall, 642 Massachusetts St., 8 p.m. Fee. LAWRENCE, 785-749-1972 libertyhall.net/events/single/jim-norton

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JAN 24-28

CIRQUE DU SOLEIL - CRYSTAL

Crystal is not just an ice show, it's the very first experience on ice from *Cirque du Soleil*. Watch world-class ice skaters and acrobats claim their new frozen playground with speed and fluidity as they challenge the laws of gravity with never-before-seen acrobatics. A new kind of performance as *Cirque du Soleil* meets the ice to defy all expectations. Kansas Expocentre, One Expocentre Drive, TOPEKA, 800-745-3000
ksexpo.com/events

JAN 26

SWAN LAKE; RUSSIAN NATIONAL BALLET THEATRE

The Moscow Festival Ballet returns to Manhattan with Tchaikovsky's enchanting *Swan Lake*, the full-length story ballet with choreography by Marius Petipa and Lev Ivanov. With a company of 50 dancers, this must-see opulent ballet tells the familiar tale of an evil sorcerer standing in the way of true love. This magical ballet is great for the whole family. 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

JAN 28

MOSCOW FESTIVAL BALLET: CINDERELLA

Often considered the finest achievement of the classical ballet, this piece offers a grandiose and refined blending of traditional mime, expressive pas d'action and spectacular divertissements in a lavish theatrical setting. The Moscow Festival Ballet was founded in 1989 by Sergei Radchenko, legendary principal dancer of the Bolshoi Ballet. Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

JAN 31

THE WIZARD OF OZ

There truly is no place like home as the greatest family musical of all time, the wonderful *Wizard of Oz*, twists its way into Lawrence! The entire family will be captivated as they travel down the Yellow Brick Road and beyond with Dorothy, Toto and their friends the Cowardly Lion, Tin Man and Scarecrow in this lavish production, featuring breathtaking special effects, dazzling choreography and classic songs. Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

JAN 31

ORPHEUS CHAMBER ORCHESTRA WITH TINE THING HELSETH, TRUMPET

A standard-bearer of innovation and artistic excellence, Orpheus Chamber Orchestra is one of the world's foremost chamber orchestras. Orpheus was founded in 1972 by Julian Fifer and a group of like-minded young musicians determined to combine the intimacy and warmth of a chamber ensemble to the richness

of an orchestra. 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 2

THE ILLUSIONISTS - LIVE FROM BROADWAY

Direct 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

HEALTH & FITNESS**ONGOING****PERSONAL TRAINING**

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

ONGOING**HEALTHY STEPS MALL WALKING**

Walk in a safe, climate-controlled setting at West Ridge Mall, Topeka, 1801 S.W. Wana-maker. Mall walking hours are Monday-Saturday 7 a.m. to 9 p.m. and Sundays 11 a.m.

to 6 p.m. Log your visits - at the kiosk in the northwest corner of the lower level - to be eligible for prizes from sponsors West Ridge Mall and Stormont Vail Health. Free.
TOPEKA

ONGOING**WELLNESS COACHING**

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

ONGOING**FIT FOR LIFE**

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

ONGOING**ZUMBA GOLD**

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

FIRST MONDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

Drop in 9:30-11 a.m. at the Downtown YMCA, 421 S.W. Van Buren. Free. No appointment necessary.
TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS**A.M. WALKING CLUB**

Need exercise? Come to the East Lawrence Recreation Center (7-9 a.m.) or Holcom Park Recreation Center (7-11 a.m.), Monday through Friday. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE. Lawrence Parks and Recreation. For more information, contact Stephen Mason.
LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS**PICKLEBALL - OPEN PLAY**

Monday-Friday at the Sports Pavilion Lawrence. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play.
LAWRENCE, 785-832-7950

MONDAYS, WEDNESDAYS, & FRIDAYS**SENIOR EXERCISES**

Seaman Community Church, 2036 NW Taylor. 9:30-10 a.m.
TOPEKA, 785-357-8777 or 785-213-6016

FIRST TUESDAY OF THE MONTH**HEALTHWISE BLOOD PRESSURE CLINIC**

Drop in 8:30-9:30 a.m. at West Ridge Mall (Food Court, near the restrooms), 1801 S.W. Wana-maker Road. Free. No appointment necessary.
TOPEKA, 785-354-6787

TUESDAYS**FREE BLOOD PRESSURE CLINIC**

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

TUESDAYS, WEDNESDAYS & THURSDAYS**JAZZEXERCISE LITE**

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

TUESDAYS AND THURSDAYS**HEALTHWISE EXERCISE CLASS**

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

TUESDAYS AND THURSDAYS**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

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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

JAN 9

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

JAN 10

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

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

LAWRENCE, 785-505-5800, lmh.org

JAN 13

KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid profile (full cholesterol test) and blood sugar (glucose) by finger stick. \$20/test. A fast of 9-10 hours is recommended; water and necessary medications are okay. Please note: each test takes about 10 minutes so there may be a short wait depending on how many others are ahead of you. LMH Performance and Wellness Center, Sports Pavilion of Lawrence, 100 Rock Chalk Lane, 8-9:30 a.m.

LAWRENCE, 785-505-5800, lmh.org

JAN 29

HEALTHY STEPS AND THE GET FIT TOUR

Join us for a fun 9 weeks of free group walks, open to all ages and abilities. Healthy Steps is proud to partner with The Get FIT Tour presented by The Health Hippie, Chris Omni. at West Ridge Mall, 1801 S.W. Wanamaker. 5:45 to 6:45 p.m. Mondays. Free and open to all.

TOPEKA

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD THURSDAY OF THE MONTH

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

THIRD FRIDAY OF THE MONTH

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

FOURTH THURSDAY OF THE MONTH

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

FOURTH FRIDAY OF THE MONTH

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

MEETINGS

SUNDAYS

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

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

LAWRENCE

MONDAYS

BREAST CANCER SUPPORT GROUP

Meets at Presbyterian Manor, 1429 Kasold, 5:30 p.m. Call Dena for more information.

LAWRENCE, 785-979-8362

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

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

■ CONTINUED ON PAGE 22

■ CONTINUED FROM PAGE 21

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

TOPEKA, 785-232-2044

**EVERY OTHER THURSDAY
GRIEF SUPPORT GROUP**

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

TOPEKA, 785-232-2044

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

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

**SATURDAYS
LAWRENCE BRIDGE CLUB**

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

**ONE SATURDAY EACH MONTH
LAWRENCE DEATH CAFE**

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

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

Volunteer service club. LAWRENCE, 785-331-4575

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

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

**SECOND TUESDAY OF THE MONTH
LAWRENCE ACTION CIVITAN CLUB**

Civitan's 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
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

■ CONTINUED ON PAGE 23



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**Kaw Valley
Senior Monthly**

■ CONTINUED FROM PAGE 22

**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 8:45 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

**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

**JAN 19-27
DOWNTOWN LAWRENCE RESTAURANT WEEK**

Join us for a feast of creativity during the fourth annual Lawrence Restaurant Week. It's a culinary event that's as eclectic as Lawrence. LAWRENCE, 785-842-3883

**JAN 27
ANNUAL KAW VALLEY EAGLES DAY**
There will be live bald and golden eagles and other wild critters to help us appreciate the return of these glorious animals. It's an event for the whole family, featuring lots of hands-on educational and fun activities for kids. A look at last years' presentations by renowned experts will give you a taste of what you missed, so mark your calendars now and watch for more updates as the event nears. Free State High School, 4700 Overland Dr., 9 a.m. Free. LAWRENCE, 785-842-0475 kawvalleyeaglesday.com

**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/

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TPAC names Ashley Nadeau director of marketing and development

Ashley Nadeau has been named Director of Marketing and Development for the Topeka Performing Arts Center (TPAC) in Topeka, Executive Director Larry Gawronski announced. She will begin her duties on January 2.

"Ashley emerged as the top candidate for the position following an extensive search," said Gawronski. "She has a strong background in community relations and donor development as well as traditional and social media that will benefit TPAC's mission to enhance youth and educational programming and promote national acts for main stage events. Her experience in graphic design and advertising conceptualization will be utilized to its fullest extent."

Nadeau brings over seven years of work experience in fundraising, marketing, special events and volunteer management. Most recently, Nadeau was employed at Mosaic, a faith-based organization serving people with intellectual disabilities. Prior to Mosaic, Nadeau served as Director of Marketing and Membership for

InterHab, a state association for providers of community services to Kansans with developmental disabilities.

A native Topekan, Nadeau is a graduate of Washburn University with a B.A. in Mass Media and a minor in graphic

design. She has previously been active in the Olathe, Kansas City and KCK Women's Chamber of Commerce and was a Topeka Top 20 under 40 nominee. Nadeau was a volunteer at Topeka Civic Theatre and Junior Achievement.

"It's an honor to be selected to lead TPAC's marketing and development efforts," said Nadeau. "TPAC is a vital part of the Topeka arts community. I am confident it will continue to develop and serve its mission in a positive manner."



Kaw Valley Senior Monthly FREE!

October 2014 Serving Active Seniors in the Lawrence-Topeka Area since 1997 Vol. 14, No. 4

INSIDE

Sheryl Williams' experiences inspire her to become a peer trainer

www.seniormonthly.net

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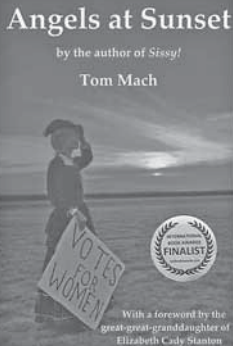


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FINALIST

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RICK STEVES' EUROPE

Stories of revolution in Russia's St. Petersburg

By Rick Steves

Tribune Content Agency

A former imperial capital and the home of the czars, St. Petersburg is Russia's most tourist-worthy city. Pastel palaces, bucolic gardens, commanding statues and graceful waterways evoke romantic images of Peter the Great and the Romanov dynasty.

But travelers can also find memories of St. Petersburg's darker history: In 1917, the Russian Revolution started in the streets, ultimately doing away with the czars and ushering in the Soviet era.

In February of that year, Czar Nicholas II was ousted and a provisional government took over. Just months later, in what's now called the "October Revolution," Vladimir Lenin and the Bolsheviks grabbed power. Not long after, the Bolsheviks executed Nicholas and his family.

In today's Russia, there's little official recognition of the centenary of these turbulent events. Still, St. Petersburg's Museum of Russian Political History (www.polithistory.ru) tells the story in detail, and you'll find other revolutionary sights around the city.

Start with the battleship "Aurora," docked on the Neva River (and now a museum). According to popular history, this ship had a key role in the revolution: It was a shot fired from the Aurora that signaled the start of the October uprising.

On that fateful day, the anarchists' first move was to storm the czars' Winter Palace (now the Hermitage Museum), where members of the provisional government had holed up. Imagine them worriedly looking out over the huge Palace Square as it filled with masses of angry workers, inspired to action by the promise of a better life under Bolshevism.

The seeds of this discontent had

been planted a half-century earlier, in 1861. Nicholas' grandfather, Alexander II, freed Russia's serfs. Suddenly free but with no land and no livelihood, the dumbfounded peasants rioted. Meanwhile, extremists, dissatisfied with the pace of reform, began plotting. In the end, an assassin tossed a bomb at Alexander, killing him on a St. Petersburg street in 1881.

The Romanovs built the onion-domed Church on Spilled Blood to commemorate the very spot where the czar fell (even preserving the bloodied cobbles). With its gilded domes and dazzling mosaics, it's a fairy-tale image of Russian tradition and history, and one of the city's most popular sights.

But the very theme of the church—honoring an assassinated czar—was an insult to the Bolsheviks. They looted it with gusto during the 1917 revolution. In the communist era, the church was used for storing potatoes, and the streets around it were named for Alexander's assassins.

Other churches suffered similar degradations. Mobs overran the Peter and Paul Fortress, ransacked its cathedral of Sts. Peter and Paul, and desecrated the Romanov tombs there. Some churches were made into ice-hockey rinks, swimming pools, and so on. The Kazan Cathedral, repository of the treasured icon of Our Lady of Kazan, for years functioned as a Museum of Atheism.

Today, the churches and Orthodox religious practices have made a comeback. It's particularly meaningful to see the beautifully renovated cathedral of Sts. Peter and Paul. Glittering with Orthodox imagery, it's filled to the brim with dead czars and czarinas, including the last Romanovs: Nicholas II and his wife and children. Things have changed so much that they're now considered martyrs, and were canonized by the Russian Orthodox Church.

Ironically, St. Petersburg's museums owe some of their wealth of western European art to the revolution. The urbane aristocrats of turn-of-the-century Russia patronized French Impressionist and Post-Impressionist artists, buying paintings in Paris (especially from newcomers like Henri Matisse and Pablo Picasso) and sending them home to St. Petersburg.

After the October Revolution, the state confiscated those private collections and designated them to state museums. The owners, meanwhile, fled abroad. Today the very paintings that once hung in St. Petersburg's palatial townhouses are viewable in the galleries of the Hermitage and the Russian Museum.

Perhaps the most storied "reclaimed" artworks in St. Petersburg are the Easter eggs crafted by the illustrious House of Faberge, made on commission for czars Alexander III and Nicholas II. Fourteen Easter eggs—nine of them imperial—are on view in the Faberge Museum, itself housed in the beautifully restored Shuvalov Palace.

The final imperial egg (on view in the museum) was given by Nicholas to his mother in 1916. When she fled Russia three years later, it was this egg—with miniature portraits of her murdered son and grandson—that the dowager empress carried out. The Bolsheviks kept the rest, and over time, the Soviets sold the eggs to fund their government. The Faberge Museum (with the help of a deep-pocketed oligarch) had to buy the eggs back on the open market.

A century after the revolution, most tourists come to St. Petersburg for its resurrected aristocratic opulence. But

its 20th-century upheavals were every bit as transformative as the age of the Romanovs—and are just as enmeshed in the city's cultural fabric.

IF YOU VISIT...

EATING: Pelmeniya is a great place to sample dumplings (and variations from around the world). The modern interior overlooks the Fontanka River (Fontanka 25, tel. 7-571-8082). Cococo serves up traditional dishes with a modern twist in a laid-back, mellow cellar (Nekrasova 8, tel. 7-579-0016).

SLEEPING: Alexander House is a boutique hotel in a historic building, with 20 homey rooms in a quiet neighborhood near the Mariinsky Theater (splurge, www.a-house.ru). The basic M Hotel has 61 central rooms tucked away in a utilitarian courtyard near the city's main avenue, Nevsky Prospekt (moderate, www.mhotelspb.ru).

GETTING AROUND: Most sights (and the dense urban core) are on the south bank of the Neva River. Use the cheap, easy Metro system. Buses and trolley buses help bridge the (sometimes long) gaps between sights and Metro stops and can save tons of time. The useful online English-language journey planner covers Metro and surface transport (www.spb.rusavtobus.ru/en).

TOURIST INFORMATION: www.visit-petersburg.ru.

- 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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JAY'S MUSICAL MEMORIES

Remembering the years that ended in 8

By Jay Wachs

Friends, it is hard to believe that we are into a brand-new year.

It's even harder to imagine 2018.

Every new year is full of promise, hopes and dreams.

And every new year starts off with music.

We sing "Auld Lang Syne" on New Year's Eve to remember good times and make sure that old acquaintances are not forgotten.

Then we usually move into "Celebration" by Kool and The Gang to cap the party as we toast a new year with champagne.

2018 is the year I get my AARP card so I am excited about a whole new world of possibilities.

But for me, the new year is always a time to look back and remember the music from years past.

So this year, we are remembering the years that ended in 8.

In 1988, Whitney Houston's "So Emotional" spent one week at Number One.

Whitney Houston had an incredible career that spanned three decades with over 200 million records sold,

including seven studio and three soundtrack albums. Houston has the distinction of being the only female artist to score seven

number one songs in a row. She died tragically on February 11, 2012 at the age of 48.

In 1978, the band Player owned the charts with their hit "Baby Come Back," which spent three weeks at Number One.

"Baby Come Back" was the only number one hit for this Los Angeles-based rock group, which included Vocalist/Guitarists Peter Beckett and John Crowley, as well as keyboardist

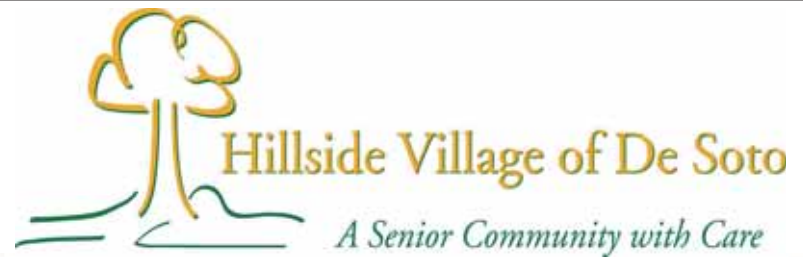
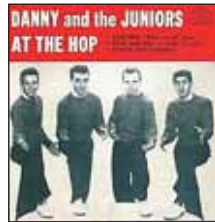
Wayne Cooke, bassist Ronn Moss, and drummer John Friesen. Moss played a character named "Ridge Forrester" on the CBS soap opera *The Bold and the Beautiful*.

In 1968, John Fred & His Playboy Band kicked off the year with "Judy in Disguise (With Glasses)," which spent two weeks at Number One. John Fred Gourrier was a singer-songwriter from Baton Rouge, Louisiana, who wrote this song as a parody of The Beatles "Lucy in The Sky with Diamonds." It was his only hit. Fred died in 2005 at the age of 63.

In 1958, Danny & The Juniors spent seven weeks at Number One with their hit "At The Hop." That same year, the band appeared in the movie "Let's Rock." The Philadelphia-based band was founded by Danny Rapp, who committed suicide at the age of 41 in 1983.

Other members included Frank Maffei, David White, and Joe Terranova. "At The Hop" was a huge hit that also spent five weeks at Number One on the R & B chart. The song was originally written as "Do The Bop," but was later changed. Danny & The Juniors would go on to score three other top 40 hits in their career, but none as popular as their first.

- 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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WOLFGANG PUCK'S KITCHEN

Transform a popular autumn veggie into an elegant first course

Cauliflower is the new Brussels sprout. Or maybe it's the new kale. Whatever the latest vegetable trends may be where you happen to live, it's a fairly safe bet that you're beginning to see more of this ivory-hued member of the Brassica family - which also includes cabbages and broccoli - among the first-course and side-dish offerings on top restaurant menus.



Wolfgang
Puck

With its pale color and relatively mild flavor that combines pleasing hints of nuttiness, sweetness and bitterness, cauliflower really is a sort of blank canvas that invites creativity. I've seen it separated into florets and either caramelized or battered and deep-fried; roasted whole or sliced into steaks and grilled; separated into florets that were tossed with cheese sauce for a cauliflower gratin, or riced and pan-fried to make cauliflower hash browns; or pureed for a light and delicate alternative to mashed potatoes.

So, as you make your menu plans, I hope you'll find a way to include cauliflower on your family table. To help inspire you, I'd like to share one of my favorite recipes for creamy cauliflower soup as a first course option.

Keeping cauliflower's gentle flavor in mind, I begin making the soup with a classic aromatic base of yellow onion and garlic, which I saute for several minutes to reduce their harshness when raw and develop their natural sweetness. I then add the sliced-up raw cauliflower and patiently cook it over very low heat, covered; it's an hour-long process that enhances the vegetable's flavor and turns it absolutely tender.

Then, into the pot goes chicken stock

(you can substitute vegetable stock if you want a vegetarian version) along with a little heavy cream (substitute your favorite unsweetened nut milk for a vegan version), chopped tomato, a little cumin, a hint of sugar and some fresh herbs, all of which help develop an extra subtle dimension of flavor as the ingredients simmer together.

Though the entire cooking process will take you about an hour and a half from start to finish, much of that is devoted to sauteing and simmering that call for minimal involvement by you, so you'll be free to work on other elements of the meal. Or you could even make the soup a day ahead, let it cool to room temperature, and then refrigerate it in a covered container overnight. Before serving time, gently reheat the soup, thinning it if necessary with a little extra stock.

I hope this recipe solves another key piece of your menu puzzle. Maybe your guests will even remark on how innovative and exciting your first-course is!

CREAMY CAULIFLOWER SOUP

Makes about 3 quarts (3 l), 8 to 12 servings

2 large heads cauliflower, about 5 pounds (2.5 kg) total weight, trimmed and rinsed

2 tablespoons unsalted butter
1/4 cup (60 mL) extra-virgin olive oil, plus more for serving

1 large yellow onion, peeled, trimmed, and sliced

3 garlic cloves, peeled and chopped
Kosher salt

1 medium tomato, briefly dipped in boiling water to loosen the peel, cooled



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in ice water, and then peeled, seeded, and diced

1 1/2 teaspoons ground cumin

Pinch of sugar

Freshly ground white pepper

1 bay leaf

2 or 3 sprigs fresh thyme

2 quarts (2 L) good-quality canned chicken stock or vegetable stock

1 cup (250 mL) heavy cream

Chopped fresh chives, for garnish

With a sharp knife, cut the heads of cauliflower into thin slices. Set aside.

Put the butter and olive oil in a medium stockpot over low heat. When the butter has melted, add the onion and garlic and saute until translucent, 3 to 5 minutes. Add the cauliflower and stir to combine with the onion and garlic. Lightly season with salt, and cover the pot.

Continue cooking covered, stirring often, until the cauliflower is completely tender, almost mushy, about 1 hour. Stir in the tomato, cumin, sugar, white pepper to taste, bay leaf, thyme and stock. Raise the heat to medium-high and bring to a boil. Stir in the cream. When the soup returns to a boil, remove the pot from the heat. Remove and discard the bay leaf and thyme sprigs.

Puree the soup directly in the pot using an immersion blender. Or, working in batches and carefully following the manufacturer's instructions to guard against spattering the hot liquid, puree the soup by pulsing the machine on and off; transfer each batch to a large heatproof bowl. While the soup is still hot, taste it and adjust the seasonings as needed.

Before serving, reheat the soup over low heat. Ladle it into warmed bowls. Drizzle a little olive oil and sprinkle some chives over each serving. Serve immediately.

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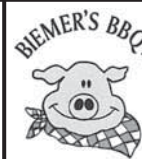
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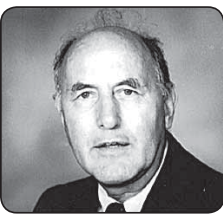
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Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.

HUMOR

Letongaloosa Goes to a Bowl Game

Decades ago families used to gather on New Year's Day in front of a 12-inch television screen to watch the Rose Bowl Parade and the Rose Bowl football game. In the early days there were only a couple of other bowl games. Now, news reports say, more than 40 bowl games are played during the holiday season.



Larry Day

The 2017 Letongaloosa Community Junior College Leopards had their best season in the last 10 years. They won five games, lost five, and tied one. That record earned the Leopards an invitation to play in the Marginal Bowl against the Sand City Bisons.

Many home towns submitted applications for a chance to host the Marginal Bowl. In their applications the cities reported their plans for the bowl parade and the number of seats available at their stadium. Applications routinely mentioned what treats and activities were planned for members of the Marginal Bowl Committee.

Some cities that weren't selected to host the bowl complained of favoritism on the part of the Marginal Bowl Selection Committee. No wrongdoing

was discovered, but to remove any hint of favoritism the committee decided to select the host city by a random process. As the cities' applications came in, each was assigned a number. The number of each applying city was written on a ping pong ball. The balls were dropped into a rotating plastic bin. The city whose number was selected from the bin won the opportunity to host the Marginal Bowl.

Thus, it was that Pigeon Creek became host city for the 2017 Marginal Bowl. The Pigeon Creek Marginal Bowl Committee had promised to mount a parade that included at least 18 floats. The Marginal Bowl Queen and her two attendants would ride on a beautifully adorned float. Marginal Bowl Committee members would ride in an equally beautiful float directly behind the queen's float. Nature smiled on Pigeon Creek the day the Marginal Bowl game was played. The sky was clear at game time. The temperature was 41 degrees which was high for Pigeon Creek at that time of year. Still, cheerleaders for both teams wore tights with their short skirts.

Days before the bowl parade, Pigeon Creek citizens placed folding chairs along Main Street to assure themselves of a spot to watch. Grocery stores and other businesses stocked up on merchandise in anticipation of a flood of out-of-town spectators.

It was a classic bowl game. The score was tied 7-7 at half time and

the defenses of both teams continued to prevail in the third quarter and the beginning of the fourth quarter. Then the Bison scored and took a 14-7 lead.

After that neither team could make a first down. As time ticked away the Bison team punted and the Leopards got the ball on their own 17-yard line. Somewhere in their heads they heard a bugle sounding "Charge!" And down the field they went executing running plays and short pass plays to perfection.

The Leopards were first and 10 on the Bison two-yard line when the rally ran out of gas. The Bison line held against a run and two pass plays. It was fourth and two. A field goal would do the Leopards no good. The officials called time out. The exhausted players on both teams grouped around their coaches.

Play resumed. "Hut two, hut two, hut, hut, hut." The Leopards tried a quarterback sneak. The Bison line held. The drive had died. Time ran out. The

game was over.

But before the Bison crowd could rush onto the field, the crowd heard a referee's whistle.

All activity stopped. The teams froze in place. Officials conferred on the sideline. Then the head ref signaled a violation against the Bison:

"Defense. Twelve men on the field. Replay the last down."

The Leopard quarterback threw a pass to his tight end. Touchdown!

At the victory parade on Main Street, two of Letongaloosa Community Junior College's most ardent adversaries: Irma Farseer, the hard-nosed dean of the Department of et. al. et. al., and the Leopard's "Please don't make classes so darn hard for my atha-letes" coach, stood side by side and smiled.

- 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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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

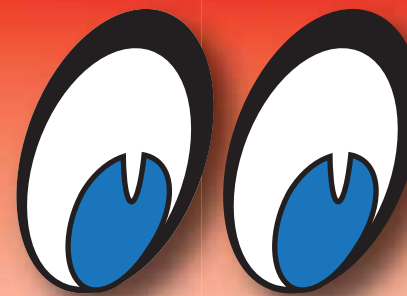
Dear William: Most cats run and hide when they hear a “loud bang,”

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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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

Sleeping with the Chickens

By F. Lillian Freeman

Chickens don't make good roommates. As a child, in spring of 1955, my parents decided to become truck farmers in Labadie, Missouri. Daddy's grand scheme was to sell produce, chickens, and eggs. To 'hit the ground running,' before we left Kansas City, he ordered 200 chicks. They would be delivered to the general store the day after we arrived in town.

We reached the farm at daybreak, the grass heavy with dew. Gossamer fog hugged the fields. Our old swaybacked house sat hidden among the trees. We hurried from the car and through the house in search of a bathroom. There was none.

From outside the house, Daddy yelled, "Edie, there's an outhouse. It's a 'two-holer.'"

While Momma and I took care of

necessities, Daddy scouted around outside.

He wore worry when he entered the house. "The chicken house needs repairs. We can't put chicks out there."

A city girl, Momma, stood in front of the woodstove in the kitchen. From the expression on her face after Daddy's announcement, I thought it safer to go outside. Optimists, we stayed and spent the rest of the day moving into the house. There was electricity in two rooms and our water came from a well.

Mother decided I should sleep in the living room, heated by a woodstove and my parents slept in a bedroom off the kitchen. Daddy thought the kitchen an excellent temporary home for the chicks.

Momma's exact words were, "No damn livestock pen in my kitchen."

Realizing he crossed a line, Daddy spent the evening building a make-shift chicken pen in my room.

The next morning, I rode in the 1949 Pontiac with Daddy to the farm supply store in Labadie to collect the chicks. Mother stayed home to finish the pen for my new roommates. The chicks came in cardboard boxes with air holes and lids. I stuck a finger in one of the holes to touch the soft fluffy babies.

Arriving home, we carried the boxes inside, took the lids off and set the chicks on the newspaper covered floor of the pen. Daddy filled their metal dispensers for food and water. The little birds mesmerized me as they peeped and explored their new home. I didn't give it a thought that a couple of hundred chickens would share my room.

The next day, I caught the bus for my first day of school. I couldn't wait to come home to see the chicks. My room reeked, when I opened the door. The chickens spent their day filling the pen with droppings, slopping water, and food everywhere. I gathered the dirty sheets of newspaper taking them to a trash barrel out back. Covering their floor with clean paper, the room was better.

Daddy turned on a small lamp inside the pen to provide warmth. I, could

ignore the light, but learned chickens sleep, hunt, and peck at night. Sleeping was difficult, I heard their beaks pecking on the metal feeders, rustle of newspapers, and click of little claws on the wooden floor. Invariably one would chirp softly which caused another chick to answer.

By the end of the first week, I no longer found them cute. I couldn't invite friends over and quickly learned other children didn't sleep with chickens. They were noisy, pooping machines that interfered with my social life.

I asked, "Daddy, when will the chicken house be ready?"

"Soon, dear."

What I hadn't counted on was losing my ally, Momma. Being around them during the day, she noticed differences in their personalities. By the end of the


second week, Momma used food coloring to color code her favorite chickens. I prayed no one saw the colored chickens in my room.

When I left for school, my parents sat by the pen, drank coffee, and watched the chickens' antics. At supper, they told stories about what Green Wing, Red Top or Blue Stripe did that day. No matter how long I watched those chickens, they did nothing unusual. I decided the only answer was the chicken smell had driven my parents crazy.

When the chickens finally moved, I opened the windows and cleaned my room till it sparkled. I'd not tell anyone, my parents moved their morning ritual and a radio to the repaired chicken house. I was happy to no longer sleep with the chickens.

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♠-Void

♥-K Q 10 9 8 4

♦-8 6

♣-Q J 10 8 5

SOUTH

♠-A K 10 5 4

♥-A 5 2

♦-J 7

♣-K 3 2

The bidding:

WEST	NORTH	EAST	SOUTH
3♦	Pass	Pass	3♠
Pass	4♦	Pass	4♠

All pass

Opening lead: King of ♦

North cue bid four diamonds as a mild slam try, but South wasn't interested. In fact, even four spades is a poor contract because the North and South hands are "mirrored" with the same distribution. There appear to be four certain losers—two hearts, one

diamond, and one club.

South won the opening diamond lead with dummy's ace and led a low trump to his ace. He was surprised when East showed out, not to mention disappointed. He now had five losers. South went deep into his personal think tank and he came up with a plan that offered some hope. West was known to hold three spades and, presumably, seven diamonds. Should his remaining three cards be exactly one heart and two clubs, there was a chance.

Declarer cashed the king of spades, the ace and king of clubs, and the ace of hearts, pleased to see West follow suit to everything. South now exited with the jack of diamonds to West's queen. West cashed the high trump and then had to play diamonds. On the first diamond, South didn't ruff, but rather discarded a heart from dummy and a club from his hand. On the next diamond, dummy shed another heart as declarer ruffed in his hand. South now had a cross-ruff for the rest of the tricks, and five losers had magically turned into three!

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

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PUZZLES & GAMES

CROSSWORD

Across

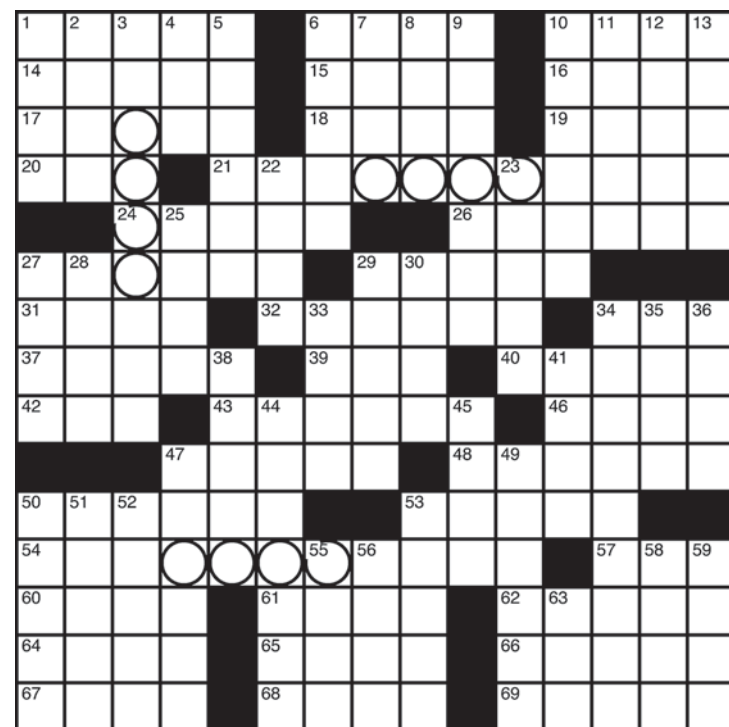
- 1 Think tank nuggets
- 6 Party freebies
- 10 Hurricane response org.
- 14 Confusion
- 15 Shakespearean villain
- 16 Ink color, to Shakespeare
- 17 Flower symbolizing freshness
- 18 Turkish money
- 19 Barnes & Noble reader
- 20 Sandwich initials
- 21 "Let's say we're even"
- 24 Some corporate jets
- 26 Internet hookups?
- 27 "Oh my goodness!"
- 29 Like much barley soup
- 31 Marriott competitor
- 32 Tuneful
- 34 Line on a restaurant receipt
- 37 Slice of pie
- 39 Car starter: Abbr.
- 40 Bitcoin, e.g.
- 42 UFO crew, supposedly
- 43 "Golly!"

- 46 Like some garage floors
- 47 Raise aloft
- 48 "How do you like them ___?"
- 50 Baltimore athlete
- 53 What undercover cops may wear
- 54 It's all in your mind
- 57 Fido's foot
- 60 Proactiv+ target
- 61 Eins, zwei, ___
- 62 Suspected perp's story
- 64 Downpour that can hurt
- 65 Has a snack
- 66 Rolled to hold fries, as paper
- 67 Does impressions of
- 68 Bug repellent ingredient
- 69 Rapidity

Down

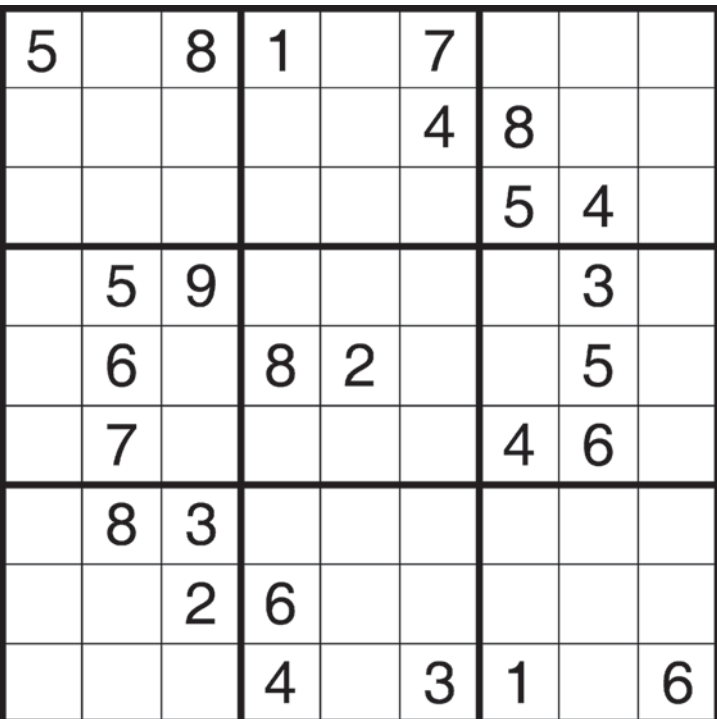
- 1 Website with movie trivia
- 2 Use a rotary phone
- 3 Off-ramps
- 4 Vienna's land: Abbr.
- 5 Surveillance device

- 6 Window shelves
- 7 Cry miserably
- 8 Prefix with culture
- 9 Chin growths
- 10 Green Monster ballpark
- 11 WWII German torpedo craft
- 12 Bullwinkle, for one
- 13 Egyptian crosses
- 22 ___ rug: small carpet
- 23 Magazine revenue source
- 25 Actor Dane of "Grey's Anatomy"
- 27 Lowdown
- 28 Exude
- 29 Intolerant sort
- 30 Years on end
- 33 Tractor trailers
- 34 Sudden downturns, and a literal hint to this puzzle's circles
- 35 Dot on the blue part of a map
- 36 Sci. class
- 38 Deadly African virus
- 41 Handle it as well as one can
- 44 Produced, as crops
- 45 Reagan's first secretary of state
- 47 Monopoly buys
- 49 Lead the flock



- 50 City name famously used by Peyton Manning when calling signals
- 51 Summarize
- 52 Navel type
- 53 Slacks measure
- 55 "Dies ___": hymn
- 56 Ration (out)
- 58 Provide a fake
- 62-Across for, e.g.
- 59 Like EEE shoes
- 63 Mauna ___

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

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

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

HAALP
FNORT
RIVDET
DUNSED

Have you been watching Bruce Willis movies all night? Yes, it's the John McClane-a-thon! He's so awesome! I pity anyone who stands in his way.

SHE ADORED BRUCE WILLIS AND ALWAYS WOULD, BECAUSE SHE WAS A _____

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

Ans. here: ○○○○ - ○○○○ ○○○○

SCRABBLE GRAMS

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PAR SCORE 265-275
BEST SCORE 339

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 34

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION											
D ₂	E ₁	C ₃	L ₁	I ₁	N ₁	E ₁	RACK 1 =	<u>60</u>			
S ₁	P ₁	L ₁	I ₁	C ₃	E ₁	D ₂	RACK 2 =	<u>62</u>			
B ₃	I ₁	R ₁	D ₂	D ₂	O ₁	G ₂	RACK 3 =	<u>86</u>			
F ₄	O ₁	R ₁	G ₂	O ₁	N ₁	E ₁	RACK 4 =	<u>65</u>			
M ₃	A ₁	M ₃	M ₃	O ₁	T ₁	H ₄	RACK 5 =	<u>66</u>			
PAR SCORE 265-275							TOTAL	<u>339</u>			

JUMBLE ANSWERS

Jumbles: ALPHA, FRONT, DIVERT, SUDDEN

Answer: She adored Bruce Willis and always would, because she was a -- DIE-HARD FAN

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

MY ANSWER

Don't hide your identity as a Christian

By Billy Graham

Tribune Content Agency

Q: I've met a number of people through social media on my computer, but a couple of them deleted me recently when I mentioned I was a Christian. This hurt, because I enjoy meeting people this way. Would it be wrong for me not to say anything about my faith? - S.J.

A: Jesus never promised that everyone would like us if we became His followers. In fact, He said we shouldn't be surprised if some people disagree with us and even reject us. Jesus warned, "A servant is not greater than his master." If they persecuted me, they will persecute you also" (John 15:20).

Don't hide your identity as a Christian. Instead, ask God to use you to touch the lives of some of those you

meet on social media for Christ. Yes, a few may choose to reject you, but what about those who choose to remain your friends? Some (if not most) probably have never committed their lives to Christ; they may not even have thought much about God or what place He should have in their lives.

Ask God to give you wisdom to say the right thing at the right time, and to use your words to point others to the good news of Christ. God loves them just as much as He loves you, and Christ died for them just as much as He died for you. Don't waste the opportunities God is giving you through these contacts.

I'm amazed at the new ways God has given us to proclaim the Gospel today, including the Internet. Like any other technology, it can be used for great evil, but it also can be used for great good. The Bible says, "See, I have

placed before you an open door that no one can shut" (Revelation 3:8).

- 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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