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June 2017

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Vol. 16, No. 12

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## Les Meyer:

*A pioneer of Kansas' winemaking renaissance.*

*See story on page three*



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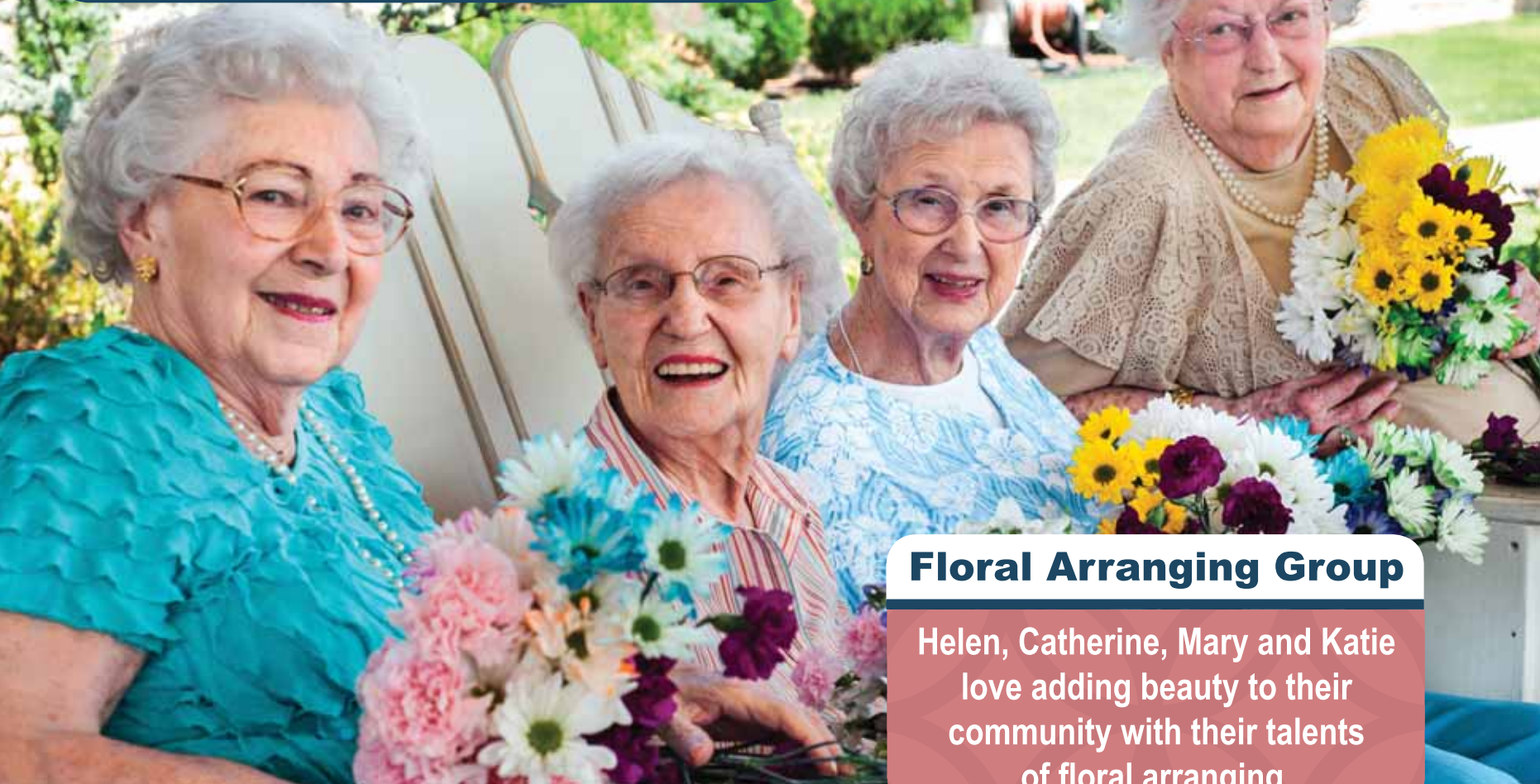
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# Basehor's Les Meyer finds success in winemaking

By Kevin Groenhagen

While growing up on a farm several miles south of Seneca in Nemaha County, Les Meyer's family grew the Kansas staples of wheat and corn. However, they also devoted a little land to another crop.

"We had three rows of Concord grapes that we made wine with," Les said. "We used three bushels of grapes and 100 pounds of sugar, and then filled the barrel up with water. That was wine then. That isn't how we make it now. Now we grow different grapes and the sugar comes from the grapes."

As a young man, Les was drafted and left the farm for Army basic training.

"This was during the early 1950s when the Korean War was going on," Les said. "I got out of basic training 10 days after the Korean War was over."

Instead of going to the Korean Peninsula, Les went to the Free Territory of Trieste, an independent territory situated in Central Europe between northern Italy and Yugoslavia. Trieste was divided into a Zone A, which

was governed by the Allied Military Government, composed of the Trieste United States Troops (TRUST) and the British Element Trieste Forces, and a Zone B, which was under the administration of the Yugoslav People's Army. In October 1954, most of Zone A went to Italy, while Zone B went to Yugoslavia. With authority of Zone A transferred to Italy, American and British troops left Trieste.

"I was the last guy to get on the ship when we left there," Les said. "I carried the flag."

Leaving Trieste was a bit bittersweet since, even with the dangers associated with the border crisis between Italy and Yugoslavia, it had become one of the most popular overseas stations. Part of what made Trieste popular was the wine.

"That was the name of the game over there," Les said.

After returning to the U.S. and being discharged from the Army, Les opened his own hairstyling business, Les'



KEVIN GROENHAGEN PHOTO

**Les Meyer** with some of the many awards Holy-Field Vineyard & Winery has won since entering winemaking competitions.

Varsity Barbers, and, later, The Hair Magicians, in Kansas City, Kan. He also began acquiring farms in Nemaha and Leavenworth Counties. In 1982,

he bought a 30-acre farm in Basehor, Kan., thinking it would be a good place to build a house.

■ CONTINUED ON PAGE FOUR

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Editor and Publisher

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**Senior Monthly is locally owned and operated.**

# Holy-Field

■ CONTINUED FROM PAGE THREE

“We call the Basehor farm ‘Holy-Field’ because it was on Holyfield Road,” said Michelle, Les’ daughter. “Dad has a bunch of other farms in Nemaha County, so all of his farms have a name. That way people would know where to look for him. That was

before we all had cell phones.”

Holyfield Road is now called 158<sup>th</sup> Street.

“When we got the 911 system here, the north-to-south streets went to numbers,” Les explained.

In the mid-1980s, Les began thinking about starting a small vineyard. Unfortunately, Kansas didn’t have many winemakers to mentor him at that time. That wasn’t always the case in the Sunflower State. During the 1800s, French and German immigrants established a

thriving grape and winemaking culture in Missouri, which soon spread westward to Kansas, making the two states one of the largest winemaking regions in the country. In fact, during the Great French Wine Blight of the 1860s, which was caused by *phylloxera*, an insect that devoured the roots of grapevines, root grafts from grapevines in Kansas and other Midwestern states were used to “reconstitute” many of France’s vineyards. *Phylloxera* originated in North America, where the rootstock

had developed a resistance, and was carried across the Atlantic during the late 1850s.

According to *A History of Wine in America* by Thomas Pinney, Kansas produced 226,000 gallons of wine in 1880. However, Kansas voters in November 1880 ratified a constitutional amendment that prohibited “the manufacture and sale of intoxicating liquors,” thus making Kansas the first state to enact prohibition.

■ CONTINUED ON PAGE FIVE

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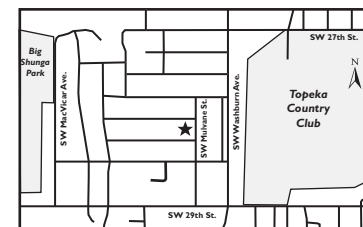
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# Holy-Field

■ CONTINUED FROM PAGE FOUR

Several years later, Carrie Nation and the Woman's Christian Temperance Union campaigned for the strict enforcement of prohibition, which was lax in some parts of Kansas. In June 1990, Nation traveled to Kiowa, Kan., where she smashed Dobson's Saloon with rocks. She continued her crusade through Kansas and was arrested numerous times for her destructive ways. After she led a raid in Wichita, her husband joked she should use a hatchet next time for maximum damage. "That is the most sensible thing you have said since I married you," she replied.

While Nation's actions were extreme and denounced by many, the temperance movement gained strength throughout the country.

Several states, especially in the South, enacted prohibition legislation, as did individual counties in other states.

A resolution calling for a Constitutional amendment to accomplish nationwide Prohibition was introduced in Congress and passed by both houses in December 1917. By January 16, 1919, the Amendment had been ratified by 36 of the 48 states, making it law. The Eighteenth Amendment went into effect in 1920. The Twenty-First Amendment repealed the Eighteenth Amendment in 1933. However, Kansas maintained its statewide ban on alcohol until voters overturned the ban in 1948.

With Kansas under prohibition for nearly 70 years, the expertise needed to grow grapevines and produce quality wines wasn't passed down from generation to generation. When Les decided he wanted to grow a small vineyard, he had to learn it all on his own.

"Dad's probably one of the pioneers of the Kansas winemaking renaissance," Michelle said. "When Dad and I started the vineyard, he's the one who did all the research. Remember, this was before Google. You couldn't go online to do research. He talked to people and he read."

In 1986, Les ordered 400 vines—a mix of Aurora, Fredonia, Melody, and Niagara grapes—to plant at Holy-Field. Michelle, who had just gotten out

of college, helped Les plant the vines. Their plan was for the vines to start producing fruit about three years later so they could make wine for friends and family. By law, Les and Michelle could make up to 200 gallons of wine a year as home winemakers. Later, they began selling their excess grapes to Heimhof Winery in Leavenworth.

Les' growing interest in winemaking led to a growing vineyard.

■ CONTINUED ON PAGE SIX



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# Holy-Field

■ CONTINUED FROM PAGE FIVE

“Every year I would read about this cultivar and that cultivar and plant a few more vines,” Les said.

According to Les, raising grapes requires much more attention than growing corn and wheat.

“There is nothing a grapevine likes better than the caring shadow of its owner,” he said.

“You can’t really put in a vineyard and then walk away from it,” Michelle added. “The work doesn’t stop after the harvest. For example, pruning is winter work.”

With an expanding vineyard, Les and Michelle in 1994 opened Holy-Field Vineyard & Winery. They also started a grape-picking experience they call “Picking Sundays.”

“The harvesting of the grapes begins in August and lasts until about the first week of October,” Les said. “The different varieties that we have ripen at different times. The harvest is done

by volunteers from all over the metropolitan area and surrounding states. We have even had people from European grape-growing regions. A hundred to 150 people will come out on Sunday mornings.”

“We have harvest-picking parties,” Michelle added. “Ever since we opened, we have had volunteers help us with the harvest. And the volunteers are amazing and really interested in a true agritourism experience. We can pick a lot of grapes in short order, can’t we, Dad?”

“I think we can pick grapes faster by hand than they can with a machine,” Les responded.

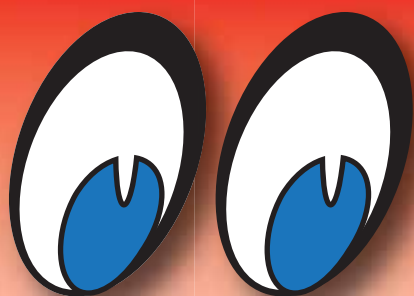
The grape-picking volunteers fill their buckets and are assisted with pouring the grapes into lugs. The lugs are then taken to the cellar for processing.

“For red wine, you get the grapes off the stems, get them in barrels, and let them ferment on the skins,” Les said. “With white grapes, you get them off the stems, press them so you have just the juice, and then ferment

■ CONTINUED ON PAGE SEVEN

## Holy-Field Vineyard & Winery 2017 Summer Time Music Series

June 2	6:30-9:30 p.m.	Levee Town
June 9	6:30-9:30 p.m.	Jay MowBray and KC Aces
June 16	6:30-9:30 p.m.	Billy Ebeling and the Late For Dinner Band
June 23	6:30-9:30 p.m.	Guitar Elation
June 30	6:30-9:30 p.m.	Allied Saints
July 7	6:30-9:30 p.m.	Rougher All Stars
July 14	6:30-9:30 p.m.	David Basse & City Light Orchestra
July 21	6:30-9:30 p.m.	Steamboat Bandits
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# Holy-Field

■ CONTINUED FROM PAGE SIX

it. Of course, there are other decisions regarding yeast strains, etcetera.”

Following the picking, Holy-Field Vineyard & Winery treats the volunteers to a home-cooked farm lunch. Guests can also visit the cellar to see the process and taste the juice of the grapes they helped pick.

After owning and operating Varsity Barbers and The Hair Magicians for 44 years, Les retired as a hairstylist in 1998. Michelle left her job as a representative at a Kansas City nonprofit later that year. They began to enter professional wine competitions in 1999. That year, their Vignoles won a double gold medal and their Seyval won a gold medal in the Pacific Rim International wine competition. Wine competitions award bronze, silver, gold, and double gold medals.

“If four out of five judges say it should be a gold medal wine, it becomes a gold medal wine,” Les said. “But to be a double gold, all the judges have to say that the wine is a gold medal wine.”

Holy-Field Vineyard & Winery has won a wall full of wine awards, including awards from the Jefferson Cup Invitational Wine Competition. Founded in 1999 in Virginia by Doug Frost, the Jefferson Cup is named after Thomas Jefferson, who has been called “the father of American wine.” Frost is quite the wine connoisseur himself. In fact, he is one of just four individuals in the world to simultaneously hold the Master of Wine and Master Sommelier titles.

“The Jefferson Cup is a national competition that is invitation only,” Michelle said. “They invite gold medal wines from other competitions. We’ve been invited ever since the competition started.”

Frost later moved the Jefferson Cup—often called the “Olympics” of wine competitions—to Kansas City, Mo. Holy-Field Vineyard & Winery has won eight Jefferson Cups, including a trophy cup for its Vignoles in the “White Non-Vinifera Wine” category. “Vinifera” refers to wines made with European grapes, while “non-Vinifera” refers to wines made with non-European or hybrid grapes.

“Dad and I believe Kansas wines should be made with Kansas-grown grapes,” Michelle said. “When you go to a regional winery, you should look for a vineyard.”

While many expected California wines to dominate last year’s Jefferson Cup Invitational Wine Competition, they actually won just five of the 24 Cups awarded. Michigan wines won six.

Following the Jefferson Cup competition, the remaining wines are donated for an annual event that benefits children and adults in need. Last year, the Jefferson Cup raised more than \$100,000 for Angel Flight Central, which, with a roster of nearly 1,000 volunteer pilots throughout a 10-state region in the Midwest and upper Midwest, arranges charitable flights for access to health care and other humanitarian purposes.

Today, Holy-Field Vineyard & Winery—the oldest operating winery in Kansas—grows 10 varieties of grapes on nearly 17 acres to produce 15 differ-

ent wines. The winery produces about 7,000 gallons of wine a year. In addition to submitting their wines in competitions, Holy-Field sells most of its wines from their tasting room, which is managed by Mandy Hampton and also features a gift shop. Holy-Field also self-distributes to several local liquor stores in Kansas.

Holy-Field Vineyard & Winery also hosts numerous events during the year. For about 20 years, Holy-Field has hosted interactive murder mystery dinners in its event space. This summer, Holy-Field will host its 15th “Summer Time Music Series,” which features local musicians every Friday night until August 4. After paying a cover charge, guests can buy food and a bottle of wine and then enjoy music at the winery’s outdoor venue. (See side-

bar on page six for more information about the series.)

The event space is also available to rent when Holy-Field isn’t hosting one of its own events.

“We really like to rent out the event space to 50<sup>th</sup> anniversary parties,” Michelle said. “Those are our favorite events.”

Holy-Field Vineyard & Winery is located at 18807 158th Street in Basehor. The tasting room is open on Mondays through Fridays from 10 a.m. to 6 p.m., Saturdays from 9:30 a.m. to 6 p.m., and Sundays from noon to 6 p.m. The tasting room is open every day during the year except for Easter, Thanksgiving, and Christmas. For more information, visit [www.holy-fieldwinery.com](http://www.holy-fieldwinery.com) or call 913-724-WINE (9463).



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# Life Care Center of Burlington receives 5-star rating

By Billie David

Residents and staff at the Life Care Center of Burlington are enjoying the benefits that their location in a small Kansas community provides. For example, situated just one hour south of the metropolitan center of Topeka, the skilled nursing facility is within easy reach of the Coffey County Hospital, just one mile away.

And as part of the community, the Life Care Center of Burlington supports the town's endeavors by contributing to local activities such as high school basketball.

"If they ask, we donate," said Life Care Center executive director Tracy Bartley.

In return, Life Care Center enjoys support from community volunteers, who visit the center to help with activities there, including Bingo, church services, and Bible studies. And the community's local transportation system provides rides for the outings

that the center's activities department plans.

"For example, there is a monthly trip to Dairy Queen and a trip to the local Senior Center two times a month," Bartley said, adding that the residents also take a yearly trip to the Topeka zoo, a monthly drive around the country, and a fishing trip two times a year.

The fact that it is located in a small town does not keep the center from achieving big things, however. For example, the U.S. News & World Report Rankings List recognizes the Life Care Center of Burlington as a Top-Rated Nursing Home, and the facility has also achieved a 5-star rating from the Centers for Medicare and Medicaid Services.

The Life Care Center of Burlington, a 77-bed skilled nursing facility, consists of three units. The Alzheimer's/dementia section is a secured unit that occupies 21 beds. The other two units are divided according to the amount of care the patient needs, with one unit

dedicated to patients needing one-person assist and the other unit committed to those who need more care, or two-person assist.

"We have the only skilled nursing facility in Coffey County," Bartley said. "We have the only secured unit in a 45-mile radius."

The facility, which accepts Medicare, Medicaid and most insurance plans, also includes an aviary, family dining

room, gazebo, pet visitation program, and flexible visiting hours. In addition, a beautician is available once a week.

The gazebo offers a place where residents and family members can sit and visit, and there is a smoker there to cook food on, Bartley said.

Residents also enjoy celebrating holidays together. For example, they will share in a cookout on the Fourth

■ CONTINUED ON PAGE 10

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# Life Care Center

■ CONTINUED FROM PAGE EIGHT

of July, and during the holidays their celebrations will include family meals. Residents recently enjoyed "Theme Days," an activity in honor of National Nursing Home Week, which was celebrated between May 14 and May 20. During the week, they had dress-up days such as Western Day and Hawaiian Day.

"They really enjoyed it," said Bartley, who has been director of the center for three years, but whose background in nursing care goes all the way back to her childhood.

"I grew up in nursing homes," Bartley explained. "My mother worked in a nursing home as director of nursing."

Approximately 60 staff members care for the residents at the center, which has its own in-house licensed therapists who provide physical, occupational, and speech therapy.

"Our medical director comes to the facility one or two times per month, depending on our needs," Bartley said,

adding that the center provides IV therapy, wound care, medication management, long-term care nursing, and admissions available 24 hours a day, seven days a week.

"We're here to provide a service, to take care of the patients. That's just what we do," said Bartley, who encourages people to stop by the facility, located at 601 Cross Street, to check out the facility in person.

"We want you to become part of our family," she said. "We'd would love the opportunity to take care of you or your loved one. Please come by for a tour and a complimentary meal."

Life Care skilled nursing facilities, with headquarters in Cleveland, Tennessee, originated in 1970 and now has over 200 facilities located in 28 states.

"The people above me provide lots of support," Bartley said. "If we need anything, we just make a phone call."

More information about the Life Care Center of Burlington can be found on their website at [www.lifecarecenterofburlington.com](http://www.lifecarecenterofburlington.com), or by calling 620-364-2117.

COURTESY PHOTO



**Life Care Center of Burlington's** gazebo offers a place where residents and family members can sit and visit, and there is a smoker there to cook food on.



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# Legend Senior Living wins Argentum Best of the Best Award

Legend Senior Living, operator of Legend at Capital Ridge in Topeka, is thrilled to receive a top industry honor for innovative programming in senior living. Argentum, a national trade association for senior living companies, has presented Legend with the Best of the Best Award for its PARO seal program in memory care. This is the fifth such award Legend has received.

PARO, whose name comes from a Japanese abbreviation of “personal robot,” is an FDA-approved therapeutic robotic seal. Its sensors detect light, sound, touch, posture and temperature, and respond to human interaction much like a living creature would. It can even learn to respond to its name. Research shows that petting and interacting with this biofeedback seal helps reduce stress and depression in people living with Alzheimer’s and other dementias.

Legend founder and CEO Tim Buchanan, along with COO Chris Mahen, accepted the award Wednesday, May 3, at Argentum’s Senior Living Executive Conference in Nashville.

“We are pleased to offer this alternative approach as a therapy for residents with dementia,” Mahen said. “The published clinical studies that we participated in produced very promising results in reducing depression and anxiety with the use of the PARO seal as a therapy.”

Legend at Capital Ridge, 1931 SW Arvon Place, has been using a PARO seal named Evie since 2015.

Evie is one of only two PARO seals in Kansas, with the other at another Legend residence, Regent Park, in Wichita. Capital Ridge Life Enrichment Coordinator Nicole Wheeler says the changes she sees make a real difference for residents who use PARO.

“Our PARO Evie has increased verbal interaction with at least two memory care residents,” Wheeler said. “We have found that even when they lack the words to effectively communicate with our associates or fellow residents, they can easily do so when ‘visiting’ with Evie.”

PARO works through neuroplasticity, the brain’s ability to adapt by forming new neural pathways. Certain stimuli, such as interaction with a PARO device, help form those neural pathways so the brain can reconnect old memories and build new ones. Just as exercising a muscle helps build new tissue, exercising the mind helps build the brain.

Studies have shown PARO is a viable alternative to psychotropic medications, which can pose an increased risk of falls, fractures and stroke for seniors. Participating in three PARO biofeedback sessions per week allows some people to reduce their dose of these medications—and in some cases, forgo them altogether.

#### About Legend Senior Living:

Legend Senior Living is a privately held senior housing and services company based in Wichita, Kansas. Legend owns and operates 38 residences—spanning independent



Legend at Capital Ridge in Topeka has been using a PARO seal named Evie since 2015

living, assisted living, memory care, and personal care—in Kansas, Colorado, Florida, Oklahoma, Pennsylvania and Texas.

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## MAYO CLINIC

# Medication may help slow progression of PBC

**DEAR MAYO CLINIC:** I was diagnosed with primary biliary cirrhosis three months ago. I don't have any symptoms yet but wonder what I should look for. Are there things I can do to slow its progression?

**ANSWER:** Your situation is common. Most people diagnosed with primary biliary cirrhosis, or PBC, in its early stages don't have any symptoms. Many remain symptom-free for years. Medication is available that can slow the progression of the disease, making it less likely that you'll develop symptoms soon.

PBC is a disease in which the bile ducts in the liver become damaged. Bile, a fluid that your liver makes, plays a role in digesting food. It also helps your body get rid of worn-out red blood cells, cholesterol and toxins. When bile ducts don't work the way they should, harmful substances can build up in your liver. In time, that may lead to irreversible scarring of your liver tissue.

PBC mainly affects women in their 50s. It isn't clear what causes PBC, and in the disease's early stages most people don't know they have it. Many find out about PBC when results of a blood test done for another reason reveal that their liver enzyme levels are higher than normal. Additional blood tests usually confirm the diagnosis.

PBC is a slowly progressive disease. It often can be slowed further with a medication called ursodeoxycholic acid, or UDCA. Studies suggest that if UDCA is started in the early stages of the disease, it may extend life expectancy for people with PBC to the same point it would be if they didn't have the disease. For the majority of patients, this medication is all they need to substantially postpone PBC symptoms.

But even if you take UDCA, PBC symptoms may develop eventually. The most common symptoms are fatigue, weakness and itchy skin. Less common symptoms that usually appear

after the disease has progressed significantly may include jaundice; bone, muscle and joint pain; fluid buildup; weak or brittle bones; and dry mouth and dry eyes, among others. A variety of therapies are available that can help keep these symptoms under control.

For a small number of people, UDCA is not effective in slowing the disease progression, and PBC eventually leads to liver failure. In those cases, a liver transplant typically is the only treatment option. Fortunately, transplants for PBC are much less common now than they used to be before UDCA became available. Research is underway to find additional treatment choices for those individuals who do not respond to UDCA.

Although uncommon, some people with the disorder have a family history of PBC. With that in mind, it's important for the women in your immediate family—your mother, sisters and daughters—to know about your PBC diagnosis, especially if they are middle-age. If results of blood tests show that they have elevated liver enzymes, they should be tested to check for PBC.

As you consider how to manage PBC over time, talk with your doctor about taking UDCA if you haven't done so already. Also, set up a schedule for follow-up care. Regular checkups and blood tests allow your doctor to monitor your liver function and keep track of how quickly PBC is progressing. If you notice new or unusual symptoms at any time, contact your doctor right away. - Konstantinos Lazaridis, M.D., Gastroenterology and Hepatology, 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](mailto:MayoClinicQ&A@mayo.edu). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).*

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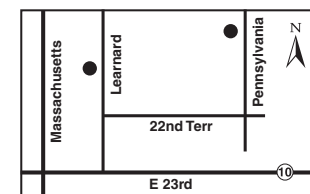
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## HEALTH & WELLNESS

### How to prevent falls and stay active

By Corey Koester PT

Falls are a leading cause of injury among older adults. One in three older Americans fall every year and these falls can lead to many potential injuries, hip fracture being one of them. A hip fracture can be a very serious injury and some studies indicate that as many as 40% of people who were hospitalized from hip fracture do not

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return home and are not capable of living independently again. The risk of hip fracture increases with age because bones tend to weaken with age and also because we tend to have physical ailments and medical conditions that worsen with age. The purpose of this article will be to address the most common risk factors for falls and how you can attempt to reduce or eliminate these risk factors. Reducing your risk of falls will likewise reduce your risk of hip fracture.

#### Walking: A Simple Plan that Works

The first thing you can do to help reduce your risk of falls is to increase your physical activity level. Physical activity can go a long way toward fall prevention. As we age, most of us lose some of our coordination, strength, flexibility, and balance. This loss can be slowed and reduced by finding activities that stimulate our muscles and joints. For many, this can be a simple walking plan. Find an area in your neighborhood or town where you can slowly increase the time and distance you walk each day. Rock Chalk Park and Lawrence Sports Pavilion have great options for both indoor and outdoor walking with their indoor track and paved trail system. If you are walking 20 minutes a day, attempt to slowly

increase that time to 30 or 40 minutes per day. If you are walking one mile per day, see if you can increase that distance as tolerated.

#### Make it Fun: Group Exercise

Another activity you might consider is joining a group exercise class. LMH and the City of Lawrence both offer many different exercise classes that are designed with the older adult in mind, including aquatics, tai chi, fitness, dance, yoga, cycling, Pilates, and Zumba. Try to find a class that is right for you and keeps you coming back for more! Maintaining your strength, flexibility, and balance will help improve your mobility and decrease your risk of falls.

#### Safety: Begins at Home

Another way to reduce your risk of falls is to evaluate your home environment. Many falls occur in our own homes; and there are simple steps you can take to reduce the number of hazards in your home. The simplest thing you can do is reduce clutter. Remove boxes, newspapers, extension cords, phone cords, and throw rugs from your walkways. These are all items that can cause you to lose your balance and lead to a fall. Increasing the lighting in your home can also help prevent falls because it allows you to avoid objects that might be hard to see. Use night-lights in bedrooms, bathrooms, and hallways. Make sure you have adequate lighting at any stairways. Adding hand-rails at stairways is also advisable. I would also recommend have a lamp or other lighting within reach of your bed when getting up in the night. Simple bathroom modifications can also be helpful. Installing grab bars for your shower or tub, adding non-slip surfacing to your shower or tub, or adding a shower chair to allow you to sit while showering are all options to increase the safety of your bathroom.

#### Shoes for Walking

Lastly, consider changing your footwear as part of your fall prevention plan. Do you have a pair of shoes, slippers, or sandals that consistently make it harder for you to walk? Get rid of

them! Instead, wear a pair of properly fitting shoes that are sturdy and have non-skid soles. Wearing a pair of sensible shoes can reduce your risk of falling.

#### Medications: Check with Your Doctor

Medication management can also be an important part of any fall prevention program. Make sure you are keeping a list of your prescribed medications, over the counter medications, and supplements that you can review with your physician or pharmacist. Some prescriptions and over the counter medications can cause dizziness, dehydration, or interactions with other medications that can lead to a fall. Medications that may increase the risk of fall include blood pressure medications, heart medications, diuretics, muscle relaxants, and sleeping pills. Don't stop or start

any medications without consulting your physician.

#### Self-Confidence: Reduce your Risk for Falling

Falling can be a life changing experience. The greatest predictor of a future fall is a previous fall. One of the hardest things to overcome after a fall is the fear of falling. Oftentimes this fear can be crippling and lead to a further reduction in activity level. However, the worst thing you can do is reduce your activity level or stop exercising altogether. Find ways to keep moving and keep challenging your body. Freedom from falls is never guaranteed but maintaining your activity level and maintaining your self-confidence are great ways to reduce your risk.

- Corey Koester PT is a physical therapist at the Center for Rehabilitation at Lawrence Memorial Hospital.

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## HEALTH & WELLNESS

# Make sure you drink enough water, especially during summer

Water is an essential part of life. Whether it is the animal kingdom or the plant kingdom, all of us rely on water. The earth itself needs and is surrounded by water. Water is an essential part of the tiniest mol-



Dr.  
Farhang  
Khosh

ecule's existence. However, it is easily overlooked. Water scarcity is currently becoming a global emergency and measures need to be taken to conserve water.

Drinking a healthy amount of water every day is vital to your health. What exactly does water do in our bodies? Why is it an essential part of our health? How much water should a person drink?

Two-thirds of the human body is water, which makes it the main component of our systems. Some of the functions of water in the human body include regulating body temperature, detoxifying the bodies systems, providing moisture to organ and joints, and helping maintain the body's metabolism. Every cell in your body needs water.

When the body does not get an adequate amount of water you can show signs of dehydration, which can include being tired, constipation,

muscle pain and cramping, dry skin, headaches, blood pressure problems, dark, strong smelling urine, weakness, chills, head rushes, hunger, and being thirsty. If loss of water continues, you can see severe signs of dehydration, including increased heart rate and respiration, decreased sweating and urine output, increased body temperature as the body tries to cool itself down, nausea, headaches, muscle cramps, and tingling in the extremities. If dehydration continues after these symptoms, it can result in shock and finally death.

Prevention of dehydration is key. The average person can lose around two to three liters of water a day through breathing, sweating, and urination. That number can increase depending on the daily activities of the person and if they consume caffeinated beverages. To prevent dehydration, a person should simply replenish the liquids that are lost throughout the day. Experts say at least eight glasses of water a day and this may need to be increased depending on the person. It is also recommended to take a per-

son's body weight and divide it in half to determine the amount of water a person needs to consume. By the time you feel thirsty, you are probably already dehydrated. Pay special attention to infants, children, and the elderly because they are more apt to lose water and not replace it, especially during those hot summer months.

Other benefits of drinking water besides avoiding dehydration include increasing the ability to lose weight, preventing headaches and fatigue, flushing out wastes and toxins, improving skin texture and tone, fighting acne, improving stamina, improving the ability to concentrate, aiding in digestion and constipation, and overall improving a person's mood and memory.

As the spring moves behind us and the weather is filled with the hot sunny days of summer in Kansas, don't forget to drink water.

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

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## ESTATE PLANNING

# Being Mortal

My older brother died this past February at the age of 75. He suffered from chronic conditions for a number of years, but what killed him was a series of bouts with pneumonia, the last of which went septic. By the time my sister and I made it to Yuma, he had been intubated and was in ICU on a ventilator.



Bob  
Ramsdell

We arrived on a Saturday and the hospital seemed on auto-pilot over the weekend. Various hospitalists made rounds, but they were not my brother's attending physician and declined to offer much information. Nonetheless, we still got conflicting messages:

- My brother's wife had been told there was no likelihood of recovery to anything approaching a normal life, that the "best" outcome possible was a tracheotomy to allow long-term ventilation along with a surgically emplaced feeding-tube, followed by placement in a nursing facility. The degree of cognitive awareness my brother might regain was unknown, but expected to be minimal.

- Yet at the same time the staff talked about doing a CT Scan of my brother's brain on Monday as a back-up to an MRI that could not be completed on Friday since fluid retention had made him too large to fit in the MRI machine. Given his prognosis, there seemed little purpose to the CT Scan.

Throughout all this, my brother's wife was the epitome of a good health-care agent. She was calm. She invited discussion and input from her children, as well as from my sister and me, but it was always clear she held the decision authority. When Monday came and the doctors confirmed the prognosis of my brother being essentially warehoused

in a vegetative state, she stated this was not what he would want, directed that no further tests be performed, and asked that he be removed from the ventilator. We all said our good-byes, the palliative care doctor removed the ventilator tube, and we gathered in the room for the 15 minutes it took for my brother to pass away.

Perhaps not a good death, but at least his wife honored the wishes he had clearly communicated to her. Had his wife not drawn the line, my brother might be in a nursing home, bedridden or hunched over in a wheelchair, connected to machines that breathed for and fed him. To the extent he had any cognitive awareness, my brother would have been frustrated and angry.

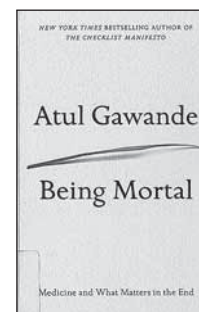
We don't want to think about end-of-life decisions, but we must. Unless our family knows what we want and speaks for us if we are unable, the inertia of the medical system is to keep testing and treating the patient—even when the tests and treatment offer little, if any, hope of a better outcome.

An excellent resource for insight into end-of-life decisions is *Being Mortal* by Atul Gawande, M.D. Dr. Gawande is a surgeon at Brigham & Women's Hospital in Boston, as well as a professor at Harvard Medical School and the Harvard School of Public Health, who writes exceptionally well. His first book, *Complications*, was a finalist for the National Book Award.

The first half of *Being Mortal* examines the various approaches to caring for an aging population in a mobile society where few multi-generational families provide such care. Dr. Gawande describes the development of the nursing home since the 1950s, the origin of assisted living in the 1980s (where the initial concept was to provide each resident with a small but complete apartment where he or she could order a pizza delivered, then lock the door and drink beer while watching TV if desired, providing care and assistance only as requested by the resident) and its subsequent move to greater control, as

well as community-based options such as the Beacon Hill Village model (a version of which is now operating in Lawrence). He notes that while we desire autonomy for ourselves, we want safety for our loved ones—something the regimen of many facilities seeks to provide even if the residents would prefer more autonomy.

The second half of *Being Mortal* examines how various end-of-life decisions play out with descriptions of actual patients—including Dr. Gawande's father—the choices each made, and the outcomes of those choices. It struck me there is no "right" answer, that the choices should be guided by what is most important to each of us as an individual. That the medical tests and treatment pursued should be consistent with and support what the individual values, the goals most important to that person (such as living long enough to attend a child's wedding) and the trade-offs he or she is willing to accept (such as severe side-effects of a particular treatment if it offers to buy time to be at that wedding).



Not a fun-in-the-sun beach read, but we will all die and many of us will need others to assist in our care as we age. Understanding the options and thinking about what we want for ourselves before a crisis occurs increases the chance we will age and die in accordance with what we want, not what the inertia of the system provides.

I highly recommend reading *Being Mortal*, and watching the PBS *Frontline* documentary of the same name on DVD. Both are available at the Lawrence Public Library and likely at other libraries in the community.

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



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## JILL ON MONEY

# Financial literacy blind spots: Debt and retirement

April was Financial Literacy Month, and throughout I kept track of the most frequently asked questions that I fielded from this column, my “Jill on Money” radio show and the “Better Off” podcast. The good news is that my listeners and readers are more on top of financial matters than the wider public!



Jill  
Schlesinger

According to the National Financial Literacy Test, a snapshot of basic money concepts, the average score was a disappointing 63 percent, and only 48 percent of those who took the test were able to pass it. One area that proved especially tough for respondents was debt. Just 44 percent knew that loan payments are based on both the interest rate and the length of the loan.

Most of the debt-related questions that I fielded during the month were about student loans. Borrowers were hyper-focused on paying down outstanding debt, but many wondered, “Should I pay off my student loans before funding retirement?” If you have access to a workplace match for

your retirement plan, I recommend contributing up to that level to capture the money, in addition to aggressively paying down student loans. Without a match, I would suggest putting 1 percent or 2 percent of your income into an employer-based or your own retirement account, simply to get into the habit of saving.

Another common question was about consolidating old retirement accounts, which makes the overall management of retirement funds easier. “Are there any situations where it doesn’t make sense to roll over a 401(k) at a previous employer into an IRA?” one person asked. “If a 401(k) is preferable, should I roll my old IRAs into my current 401(k)?” If your old plan has plenty of low-cost investment options and your employer allows you to maintain it after leaving, it is just fine to leave it as is.

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There is also an extra benefit to a 401(k) account: Assets within the account are protected against claims from creditors and from bankruptcy courts.

Presuming that you are currently participating in an affordable, company-sponsored plan that allows you to transfer other retirement accounts into the plan, there may be another compelling reason to do so. If you plan to or are likely to keep working into your 70s, you can postpone required minimum distributions from a 401(k), 403(b), profit-sharing or other defined contribution plan until you retire, as opposed to an IRA, from which you are compelled to take distributions after you turn 70 1/2.

The most frequently asked question that I received during Financial Literacy month was: “Do I have enough to retire?” Considering that the hardest question on the National Financial Literacy Test was one that explored the concept of compounding interest, this is indeed an important topic! (Just 30 percent were able to answer correctly: “If I invest \$100 per month starting at age 21, and that money earns a 7 percent annual return, how much will

I have after 70 years?” The answer: “More than \$1.5 million.)

How much you need to retire depends on your specific circumstances, not a simple rule of thumb. You need to start by projecting what your income need will be during retirement; for those who don’t currently track expenses, this involves an extra step.

Once you have your income need in hand, then you need to factor in future income, such as pensions, Social Security or earnings from your investments. Many investment companies have free retirement calculators, as does the Employment Benefit Research Institute. If you are willing to pay up, the ESPlanner calculates what you should save, spend and insure to maintain your living standard. It costs \$149 for the first year one and \$70 annually thereafter to update licenses.

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

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# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

TUESDAYS

### THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

### FIRST FRIDAY ARTWALK

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

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TOPEKA, 785-267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

### CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m.  
TOPEKA, 785-235-9073

WEDNESDAYS & SATURDAYS

### LEGIONACRES

3408 W. 6th St., 6:45 p.m.  
LAWRENCE, 785-842-3415

FRIDAYS

### EAGLES LODGE

1803 W. 6th St., 7 p.m.  
LAWRENCE, 785-843-9690

FRIDAYS

### ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

### VETERANS OF FOREIGN WARS

2806 North 155th, 7 p.m.



Are you certain you are taking advantage of every tax break you deserve?

Call TODAY for your COMPLIMENTARY Tax Review!

TOPEKA

785-232-6923

LAWRENCE

785-838-4380

LENEXA

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BASEHOR, 913-526-0080

## DAY TRIPS/TOURS

SECOND SATURDAY OF THE MONTH

### FREE SATE EAST SIDE BREWERY TOUR

East Side Brewery offers tours on the second Saturday OF THE MONTH at 2 p.m. Tours are free, and open to the public, but the brewery reserves the right to cap the tour size at a manageable level, if necessary. Please enter at the far west end of the building, closest to the Burroughs Creek Trail. The tour will last around 45 minutes. All ages are welcome but if you are of legal drinking age, with ID, there will be an opportunity to enjoy some samples after the tour. 1923 Moodie Rd.  
LAWRENCE, 785-550-9718  
www.freestatebrewing.com

## EDUCATION

ONGOING

### COOKING CLASSES

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

ONGOING

### FREE INSURANCE COUNSELING

Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one

to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug Program. Stormont Vail Health HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments.  
TOPEKA, (785) 354-6787

FIRST MONDAY OF THE MONTH

### MEDICARE MONDAYS

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

FIRST TUESDAY OF THE MONTH

### COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your tax and financial future. To register call or visit us online.  
TOPEKA, 785-232-6923  
midwesttf.com

FIRST WEDNESDAY OF THE MONTH

### COFFEE TALK

With Tim Leach of Midwest Tax & Financial, Inc. Join us to discuss current issues affecting your financial future. HyVee Clubroom, 3504 Clinton Pkwy, 9 a.m. To register, call or visit us online.  
LAWRENCE, 785-838-4380  
midwesttf.com

■ CONTINUED ON PAGE 19

## Fight Fraud in Your Community

**Medicare fraud steals billions of dollars from U.S. taxpayers every year.**

Here's what YOU can do as a Senior Medicare Patrol volunteer to help your community:

- Put your experience and skills to work
- Learn how to spot Medicare scams and errors
- Educate and empower consumers

To volunteer, please call Kansas Senior Medicare Patrol at 800-432-3535.

**Kansas SMP**  
Empowering Seniors To Prevent Healthcare Fraud

This project was supported, in part by grant number 90SMPO087, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, represent official Administration for Community Living policy.

**Kansas**  
Department of Aging and Disability Services

PROTECT  
Medicare & Medicaid

PREVENT  
Scams and Errors

FIGHT  
Fraud, Waste & Abuse

■ CONTINUED FROM PAGE 18

## 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

## JUN 12

## HEALTHWISE SENIOR SUPPER

Dr. Mehmood Hashmi, of the Cotton O'Neil Cancer Center, will share how Stormont Vail Health is "Fighting Cancer with Immunotherapy" at the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. \$5 per person for the meal. Reservations requested by Wednesday, June 7. Please call.

TOPEKA, 785-354-5225

## NON-MEDICAL TRANSPORTATION



Serving Seniors in Topeka & Surrounding Areas

Phone: 785-250-7838

Contact: Debbie

You make the appointment, then call Debbie's Redi-Ride. I will get you or your loved one to:

- **Medical Appointments**
- **Grocery Shopping**
  - Help you carry in and put things away
- **Personal Trips**
  - Hair/Nail Appointments
  - Airport
  - Concerts

Anywhere you want to go, including Kansas City area. I will treat you like family.

**Debbie's Redi-Ride**

*Door to Door & So Much More.*

## JUN 13

## SENIOR SUPPER AND SEMINAR

This month's topic: Strategies to Help Prevent Alzheimer's Disease & the KU LEAP! Program. On the third Tuesday of each month (except December), seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are **required** for the meal due to limited seating and must be made at least 24

hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to connect-care@lmh.org. Supper: 5 p.m., Educational presentation: 6 p.m.

LAWRENCE, 785-505-5800

## JUN 13

## MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, June 13, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those consider-

ing making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. Sign up at our website <http://centuryinsuranceagencycks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided. Call for more information. TOPEKA, 785-233-1816

## JUN 14 &amp; 21

## SEVEN STEPS TO STRESS MASTERY – A BASIC STRESS MANAGEMENT COURSE

Do you need more tools to help manage stress?

■ CONTINUED ON PAGE 20



## 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.*



5227 SE 77th St., Berryton • 785.862.5318 • [prairiewindhome@gmail.com](mailto:prairiewindhome@gmail.com)

**WREN**  
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*all the time*

■ CONTINUED FROM PAGE 18

Plan to attend this two session class that offers basic stress management information and skills instruction. Advance registration required due to space limitations. Five enrollees needed for class to be held. \$25/person. Register at lmh.org. Lawrence Memorial Hospital, 6-7:30 p.m. LAWRENCE, 785-505-5800

## JUN 19-JUL 20

### UKANDOIT 2017 WELLNESS PROGRAM

Join LMH for a fun program to help you stay fit and well this summer, and learn more about our home state. UKANDOIT is a free, six-week wellness challenge program that you do on your own or with a group of your choosing. Each week you will be presented with wellness challenges from the categories of fitness, nutrition and miscellaneous. You may elect to achieve one, two or three challenges each week. At the end of the six weeks, successful participants will receive a small incentive reward. To register: enroll at lmh.org; e-mail Aynsley at aynsley.anderson@lmh.org; or call (785) 505-3066. Enrollment deadline is noon on Thursday, June 15. LAWRENCE

## JUN 22-JUL 27

### BETTER CHOICES, BETTER HEALTH WORKSHOPS

Are you managing chronic health conditions such as High Blood Pressure, Diabetes, Heart Disease or Chronic Pain? Then you should attend these FREE workshops where you will make weekly action plans, share experiences and help each other. Materials have been reviewed by physicians, dietitians, educators and other health professions both at Stanford and in the community. Held at Genesis—South, 2nd floor. For questions or to register, contact Stacey Laughrey at Stacey.laughrey@lmh.org or 785-505-6259. Thursdays, 2-4:30 p.m. LAWRENCE

## JUN 27

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, June 27, at 6:30 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at Cotton O'Neil North at 4505 NW Fielding. Sign up at our website <http://centuryinsurance-agencyks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided. Call for more information. TOPEKA, 785-233-1816

## ENTERTAINMENT

### SUNDAYS

#### LAWRENCE IRISH TRADITIONAL SESSION

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

### THURSDAYS

#### JUNKYARD JAZZ

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

### THURSDAYS, JUNE & JULY

#### CITY BAND CONCERTS

During June and July, Thursday evenings are special in Bonner Springs because of the downtown concerts presented in Kelly Murphy Park, Second and Elm. The band, consisting of over 85 members, performs 10 concerts during the summer season at 8:30 p.m. in the park. Various civic organizations sponsor ice cream socials that give it that old-fashioned feeling. Downtown Bonner Springs, 129 Elm Street. Free. BONNER SPRINGS, 913-422-7010

### 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

## JUN 7

#### REACH FOR THE STARS!

Kansas Ballet Academy's annual Class Concert is a wonderful opportunity for students to display their yearly progress to friends and family members. Join us as we celebrate another wonderful year of ballet, friendship and fun and share in a special tribute to our spectacular graduating seniors! Reach For The Stars and dream big with Kansas Ballet. Topeka Performing Arts Center, 214 SE 8th Avenue, Topeka, 6 p.m. Fee. TOPEKA, 317-658-2151 [kansasballet.com/annual-class-concert.html](http://kansasballet.com/annual-class-concert.html)

## JUN 8

#### BRIAN REGAN

Setting a comedic standard of excellence that others continually try to follow, Brian Regan made history on September 26, 2015 with the critically-acclaimed live broadcast of Brian Regan: Live From Radio City Music Hall, the first live broadcast of a stand-up special in Comedy Central's history. On May 8, 2015, Brian made his 28th and final stand-up performance on Late Show With David Letterman, the most of any comic since the show moved to CBS in 1993. Topeka Performing Arts Center, 214 SE 8th Avenue, Topeka, 7:30 p.m. Fee. TOPEKA, 785-234-2787 [topekaperformingarts.org/brian-regan](http://topekaperformingarts.org/brian-regan)

## JUN 9

#### QUIXOTIC: THE FIREBIRD

Quixotic presents Firebird, a multifaceted performance experience set to an original score inspired by the iconic music of Radiohead. Taking a contemporary spin on a classic story, Quixotic integrates cirque, dance, theatrics, visual design, high fashion, and live music to create an imaginative environment filled with beauty, obsession, love, and loss. Follow the Hero along his journey into the Firebird's provocative world, filled with dancing courtesans, flying villains, menacing monsters, and visually breathtaking visual design. See why Quixotic's

name has quickly become synonymous with artistic innovation—don't miss this highly-anticipated collaborative production. Lied Center of Kansas, 1600 Stewart Drive, 8 p.m. Fee.

LAWRENCE, 785-864-2787

[lied.ku.edu/calendar](http://lied.ku.edu/calendar)

## JUN 9, 10, 11, 15, 16, 17, 18, 23, 24 & 25

### THE MUSIC MAN

Wicked, funny, warm, romantic and touching, Meredith Wilson's 6 time Tony Award winning musical follows fast-talking salesman Harold Hill as he cons the people of River City into buying instruments and uniforms for a band he vows to organize despite not knowing a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian the librarian. Songs include Ya Got Trouble, 76 Trombones, and Til There Was You. Theatre Lawrence, 4660 Bauer Farm Rd. Fee: 7:30 p.m., Sunday performances at 2:30 p.m.

LAWRENCE, 785-843-7469

[theatrelawrence.com/season](http://theatrelawrence.com/season)

## JUN 17

#### ART OF MURDER 2017

Party for a Cause! Support LIVE THEATRE in our Topeka Community. This annual Who Dun It? is becoming a staple event in June for Topekans. Be sure to reserve your spot early! Tickets go on sale May 8. Participation is limited and so worthwhile. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue, 6-11 p.m. Fee.

TOPEKA, 785-357-5213

[TopekaCivicTheatre.com](http://TopekaCivicTheatre.com)

## FAIRS/FESTIVALS

### JUN 3

#### CAPITAL CITY FAMILY & FOOD TRUCK FESTIVAL

Food trucks, vendors and more will be positioned in an L shape around the Capitol—from S.W. 10th Avenue between Harrison and Jackson and from Jackson from 10th to 9th. Bring your appetite and enjoy the culinary delights of more than 40 Food Trucks and vendors. Bounce houses and more family fun on site. Live music and entertainment. No admission is charged to enter the festival. Food trucks will charge.

TOPEKA, 785-234-1030

### JUN 10

#### TONGANOXIE DAYS

Live music, food trucks, activities for the kiddos, beer garden, and more! Join us for a fantastic event in Downtown Tonganoxie in Gallagher Park, 526 E. 4th Street. 11 a.m.-11 p.m. Free.

TONGANOXIE

[TonganoxieDays.org](http://TonganoxieDays.org)

### JUL 1

#### FREEDOM FESTIVAL

The Rotary Club of Topeka has scheduled its signature event, the Rotary Freedom Festival on Saturday, July 1, in downtown Topeka. In case of rain, the event will be held at the Topeka Performing Arts facility. FREEDOM Theme: From fighting against slavery as a free state to bringing the landmark desegregation case, Topeka is a crossroads for the nation's freedom's struggle

- a concept that has changed over time as events in Topeka's history have evolved. This Rotary Freedom festival will explore and celebrate our Kansas history, our diversity and our pride in being a community where important things happened. Planned Activities from 9 a.m. to 3 p.m. TOPEKA, 785-249-3464

## FARMERS' MARKETS

### APR 8-NOV 18

#### LAWRENCE FARMERS' MARKET

Saturday market. April 8- August 26, 7-11 a.m. September 2- November 18, 8 a.m.-12 p.m. 824 New Hampshire St.

LAWRENCE, 785-505-0117

[lawrencefarmersmarket.com](http://lawrencefarmersmarket.com)

### MAY 2-OCT 24

#### LAWRENCE FARMERS' MARKET

Lawrence Public Library Outdoor Plaza, 707 Vermont St., 4-6 p.m.

LAWRENCE, 785-505-0117

[lawrencefarmersmarket.com](http://lawrencefarmersmarket.com)

### MAY 6-OCT 28

#### DOWNTOWN BONNER SPRINGS

Every Saturday. Located at Kelly Murphy Park in the Downtown Bonner Springs area. You can visit the many local vendors this town has to offer. If you would like to participate or have any questions, please contact Travis Slankard. 8 a.m.-12 p.m.

BONNER SPRINGS, 913-721-1075

## HEALTH & FITNESS

### ONGOING

#### PERSONAL TRAINING

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

LAWRENCE, 785-832-7920

### ONGOING

#### HEALTHY STEPS MALL WALKING

Walk in a safe, climate-controlled setting at West Ridge Mall, Topeka, 1801 S.W. 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

■ CONTINUED FROM PAGE 20

## ONGOING FIT FOR LIFE

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

LAWRENCE, 785-505-2712

## ONGOING ZUMBA GOLD

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

LAWRENCE, 785-832-7920

## FIRST MONDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## MONDAYS THROUGH FRIDAYS A.M. WALKING CLUB

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

LAWRENCE, 785-832-7950

## MONDAYS THROUGH FRIDAYS PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

## TUESDAYS BADMINTON

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

LAWRENCE, 785-832-7950

## FIRST TUESDAY OF THE MONTH 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 each month from 9 to 10 a.m. in the food court on

the upper level. Free blood pressure screenings, a speaker on a health and fitness topic, snacks and goodies, and a monthly prize drawing.

TOPEKA

## FIRST TUESDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## TUESDAYS

### FREE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## TUESDAYS, WEDNESDAYS & THURSDAYS JAZZERCISE LITE

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

LAWRENCE, 785-331-4333

## TUESDAYS AND THURSDAYS HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

## 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 BOCCIE 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 experi-

enced players for open play on Wednesday nights from 6-8 p.m. Call 832-7940 for information or to make court reservations within 24 hours of playing time.

LAWRENCE

## WEDNESDAYS

### FREE NUTRITION CLINIC

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

TOPEKA, 785-354-6787

## WEDNESDAYS

### FREE MEDICATION CLINIC

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

TOPEKA, 785-354-6787

## FIRST WEDNESDAY OF THE MONTH FREE HEARING CONSULTATIONS

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

LAWRENCE, (785)748-8034

## FRIDAYS

### BLOOD PRESSURE CHECKS

Arbor Court, 1510 St. Andrews, 8:30 a.m. Open to the public.

LAWRENCE, 785-841-6845

## SECOND THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## THIRD THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## THIRD THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## FOURTH THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

## JUN 7

### KNOW YOUR NUMBERS - CHOLESTEROL AND GLUCOSE SCREENING

This drop in screening event offers a lipid

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

LAWRENCE, 785-505-5800

## JUN 5-JUL 10 NIA DANCE

Combining dance, martial arts and mindfulness, Nia tones your body without impacting your joints. Mondays, 5:30-6:30 p.m., Community Building. Fee. Lawrence Parks and Recreation. LAWRENCE, 785-832-7909

www.lprd.org

## JUN 6-JUL 13 LIFELONG GENTLE STRETCH

Join us exploring gentle yoga postures for increasing strength and balance. Tuesdays, Thursdays, 10:45-11:35 a.m., Holcom Park. Fee. Lawrence Parks and Recreation.

LAWRENCE, 785-832-7909

www.lprd.org

## JUN 7-JUL 12 YAMUNA BODY ROLLING

This approach alleviates symptoms associated with low back pain, plantar fasciitis, shin splints, joint pain and more. Bring your own mat. Wednesdays, 11:30 a.m.-12:25 p.m. Sports Pavilion. Fee. Lawrence Parks and Recreation.

LAWRENCE, 785-832-7909

www.lprd.org

## JUN 8-JUL 20 FENCING: MODERN OLYMPIC SPORT

This fencing class is for both beginners who have no experience as well as more experienced fencers in foil, epee and saber emphasizing technique, tactics, strategy and psychology. Thursdays, 7-9 p.m., Sports Pavilion Lawrence. Fee. Lawrence Parks and Recreation.

LAWRENCE, 785-832-7909

www.lprd.org

## JUN 8-JUL 27 BOCCIE BALL LEAGUE

Lawrence Parks and Recreation is offering an adult Bocce Ball ladder league. Bocce ball is a relaxed but strategic game that can be easily learned. Wednesdays, 6-8 p.m., Holcom Park. Fee. Lawrence Parks and Recreation.

LAWRENCE, 785-832-7909

www.lprd.org

## JULY 4 EVENTS

### JUL 4

#### 4TH OF JULY CELEBRATION AT FORT LEAVENWORTH

Events start at 4 p.m. with concessions, games, concert, "Salute to the Union" at 8 p.m. and fireworks at dusk over Merritt Lake. In case of rain, fireworks at dusk on the 5th of July. Merritt Lake, Grant Ave.

FORT LEAVENWORTH, 913-684-2580

### JUL 4

#### KAW VALLEY RIVERFEST

■ CONTINUED ON PAGE 22

# Do you manage or own a business?

# Would you like more senior customers?



## Join the Senior Savings Card Program!

Kaw Valley Senior Monthly would like to invite your business to participate in the Senior Savings Card Program. In order to participate, all a business has to do is provide our subscribers with a discount (which is not currently available to the general public) when they present their Senior Savings Cards. Other than the discount, the program is **FREE** for participating businesses. A full listing of participating businesses and their discounts is available at [seniormonthly.net/savings](http://seniormonthly.net/savings).

**To sign up your business for the Senior Savings Card program,  
please visit [seniormonthly.net/savings](http://seniormonthly.net/savings).**

■ CONTINUED FROM PAGE 22

Join us for a party in the park on July 4th from 4-10 p.m. Come and listen to live music on the Boulevard Stage. Gawk over local performers on the Lawrence Busker Fest Stage. Gorge yourself on our local culinary talents on Eat Street and wash it all down with a cold Boulevard pint. Then take the kids over to Kidtopia for some more fun. Oh, and don't forget to watch the skies for the Lawrence Jaycees Firework display. Burcham Park. Free. LAWRENCE, 785-856-1968 kawvalleyriverfest.com

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

### MONDAYS

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

### WEDNESDAYS

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

### FRIDAYS

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

## LAWRENCE PUBLIC LIBRARY BOOK TALKS

### THIRD THURSDAY OF THE MONTH

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

### THIRD FRIDAY OF THE MONTH

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

### FOURTH THURSDAY OF THE MONTH

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

### FOURTH FRIDAY OF THE MONTH

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

## MEETINGS

### SUNDAYS

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

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

### MONDAYS

#### BREAST CANCER SUPPORT GROUP

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

### MONDAYS, WEDNESDAYS & FRIDAYS

#### WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

www.OrthoKansasPA.com

### MONDAYS

#### GRIEF SUPPORT GROUP

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

TOPEKA, 785-232-2044

### FIRST MONDAY OF THE MONTH

#### INDIVIDUAL BEREAVEMENT SUPPORT

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

### FIRST & THIRD MONDAY OF THE MONTH BEREAVEMENT SUPPORT GROUP

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

### FIRST & THIRD MONDAY OF THE MONTH

#### GRIEF SUPPORT GROUP

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

### FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

### FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

### EVERY TUESDAY THROUGH FRIDAY

#### MEN'S COFFEE

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

### FIRST TUESDAY OF THE MONTH

#### BLOOD PRESSURE CLINIC

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

### FIRST TUESDAY OF THE MONTH

#### LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

### FIRST TUESDAY OF THE MONTH

#### MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

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

### FIRST TUESDAY OF THE MONTH

#### TOPEKA AREA OSTOMY SUPPORT GROUP

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

### TUESDAYS & THURSDAYS

#### WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

www.OrthoKansasPA.com

### FIRST & THIRD TUESDAY OF THE MONTH

#### HEALING AFTER LOSS BY SUICIDE (HEALS)

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

### FIRST 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 cwheston@sunflower.com or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl. LAWRENCE

### SECOND MONDAY, SEP-MAY

#### LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club. LAWRENCE, 785-331-4575

### SECOND MONDAY OF THE MONTH

#### CAREGIVER SUPPORT GROUP

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

### SECOND TUESDAY OF THE MONTH

#### NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

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

### SECOND TUESDAY OF THE MONTH

#### LAWRENCE ACTION CIVITAN CLUB

Civitan 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**THIRD WEDNESDAY OF THE MONTH  
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

**FOURTH WEDNESDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**

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

**FOURTH THURSDAY OF THE MONTH  
TOPEKA GENEALOGICAL SOCIETY**

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

**FOURTH THURSDAY OF THE MONTH  
CHRISTIAN WIDOW/WIDOWERS  
ORGANIZATION**

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

**FOURTH FRIDAY OF THE MONTH  
ACTIVE AND RETIRED FEDERAL  
EMPLOYEES**

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

**MISCELLANEOUS****EVERY MONDAY AND THURSDAY  
SCRABBLE: OPEN PLAY**

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

**WEDNESDAYS****WILD WEE WEDNESDAYS AT THE  
DISCOVERY CENTER**

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

**SECOND SUNDAY OF THE MONTH  
MONTHLY GUIDED HIKE**

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Fee. Clinton Reservoir, State Park, and Wildlife Area, 798 N 1415 Rd., 1 p.m.  
LAWRENCE, 785-842-8562  
ksoutdoors.com/State-Parks/Locations/Clinton

**JUN 3****JUNKER'S JAMBOREE FLEA MARKET**

The 2nd Annual Junker's Jamboree Flea Market

is held June 3 and October 7. This event is great for all people who love to find hidden treasure within others "junk." It will be a shopping experience like you've never seen before. Interested in being a vendor? Contact Dennis from This & That. Downtown Bonner Springs, 8 a.m.-3 p.m.  
BONNER SPRINGS, 913-200-2231  
shopbonner.com

**JUN 5****KU NATURAL HISTORY MUSEUM,  
SUMMER DAY CAMP: DINOSAUR  
DETECTIVES**

Learn how to identify dinosaurs and other fossils that provide clues to these creatures and the ancient environment in which they lived. Summer Day Camp registration is now open (closes May 26). Follow the trail in a high-tech scavenger hunt, get muddy while learning about wetland creatures, dissect a squid, dig for fossils, launch a rocket, or solve a mystery at the museum in our one-day Summer Science Camps for ages 8-11. Participants explore nature and science through demonstrations, hands-on activities, and experiments in the museum and out in the field. Our intensive and content-rich camps are designed to be engaging and provide high quality science experiences. KU Natural History Museum, 1345 Jayhawk Blvd., 10 a.m.-3 p.m. Fee.  
LAWRENCE, 785-864-4450  
biodiversity.ku.edu/explore/summer-camps

**JUN 7****KU NATURAL HISTORY MUSEUM,  
SUMMER DAY CAMP: SPACE ODYSSEY**

Discover the science of planets, stars, meteors and more. Build and launch your own water rocket. Summer Day Camp registration is now open (closes May 26). Follow the trail in a high-tech scavenger hunt, get muddy while learning about wetland creatures, dissect a squid, dig for fossils, launch a rocket, or solve a mystery at the museum in our one-day Summer Science Camps for ages 8-11. Participants explore nature and science through demonstrations, hands-on activities, and experiments in the museum and out in the field. Our intensive and content-rich camps are designed to be engaging and provide high quality science experiences. KU Natural History Museum, 1345 Jayhawk Blvd., 10 a.m.-3 p.m. Fee.  
LAWRENCE, 785-864-4450  
biodiversity.ku.edu/explore/summer-camps

**JUN 9****KU NATURAL HISTORY MUSEUM,  
SUMMER DAY CAMP: AQUATIC BIOLOGY**

Discover how the animals we find tell us if our water is clean, and learn how to use water quality meters. Be prepared to get muddy and wet! Note: off campus field camp. Summer Day Camp registration is now open (closes May 26). Follow the trail in a high-tech scavenger hunt, get muddy while learning about wetland creatures, dissect a squid, dig for fossils, launch a rocket, or solve a mystery at the museum in our one-day Summer Science Camps for ages 8-11. Participants explore nature and science through demonstrations, hands-on activities, and experiments in the museum and out in the field. Our



■ CONTINUED FROM PAGE 24

intensive and content-rich camps are designed to be engaging and provide high quality science experiences. KU Natural History Museum, 1345 Jayhawk Blvd., 10 a.m.-3 p.m. Fee. LAWRENCE, 785-864-4450  
biodiversity.ku.edu/explore/summer-camps

JUN 10

### BREW AT THE ZOO

This adults-only event features beer tasting from a variety of regional and local beer vendors, food, and games all for the benefit of your Topeka Zoo. There will be a limited number of VIP tickets available for early entry at 5 p.m. Topeka Zoological Park, 635 SW Gage Boulevard, 6 p.m. Fee. TOPEKA, 785-368-9133  
facebook.com/BrewAtTheZooTopekaKansas/?pnref=story

JUN 10

### HEARTLAND MILITARY DAY 2017

Join the Museum of the Kansas National Guard for a day of fun! The morning starts with a pancake feed followed by equipment displays, demonstrations and reenactments. Museum of the Kansas National Guard, 125 SE Airport Drive, 7 a.m.-4 p.m. Free. TOPEKA, 785-862-1021  
kansanguardmuseum.org

JUN 24

### JAYHAWK FLOAT FLY

Sponsored by Jayhawk Model Masters. Bloom-

ington East Campground, Clinton Lake. Free and open to the public. Pilot registration starting at 8 a.m., flying from 9 a.m.-4 p.m. Fee for barbecue lunch. Accessible facilities on site. LAWRENCE, 785-312-4840  
jayhawkmodelmasters.com

JUN 29

### FIREWORKS: 1860S STYLE!

Visitors of all ages are welcome to bring their picnics, blankets, and chairs to enjoy this all-American celebration! Admission is FREE! (some activities require an extra fee) Other activities may include: 6 p.m.: 1860s living history such as visiting the Mahaffie house, Agricultural Heritage Livestock Barn, cook-stove demonstrations and stagecoach rides. (\$3/ person ages 3 & up for stagecoach rides) 7 p.m.: Patriotic Parade: Decorate your bicycle, wagon or stroller to show your spirit for the parade on the grounds 7:30 p.m.: Concert by the Olathe Civic Band 8:30 p.m.: Music by the Gum Springs Serenaders 9:20 p.m.: A Reading of the Declaration of Independence followed by a cannon firing 9:30 p.m.: Fireworks: 1860s style! You must be on the Mahaffie grounds to view this ground based fireworks. Parking available at the Heritage Center parking lot or the Olathe Community Center across from the Heritage Center. Mahaffie Stagecoach Stop and Farm Historic Site, 1200 Kansas City Rd. OLATHE, 913-971-5111  
mahaffie.org

# Tired of the gratuitous profanity on television? ESCAPE!

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

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

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

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

# KVSM

## GOLDEN OLDIES

### Daily Schedule\*

12-3 a.m.

OUR MISS BROOKS

3-7 a.m.

THE LONE RANGER

7-10 a.m.

FATHER KNOWS BEST

10 a.m.-1 p.m.

GUNSMOKE

1-5 p.m.

HAVE GUN - WILL TRAVEL

5-7 p.m.

TALES OF THE TEXAS RANGERS

7-10 p.m.

DRAGNET

10 p.m.-12 a.m.

OZZIE AND HARRIET

Listen online at

www.seniormonthly.net/kvsm

\* All times Central Standard Time.

## Kaw Valley Senior Monthly



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Phone: (785) 749-2255**Sons of The American Revolution**Can you trace your family tree back to a point of  
having an ancestor who supported the cause of  
American Independence during the years 1774-  
1783? If so, please consider joining the Sons of  
the American Revolution. Local contacts can  
guide you through the membership process.**Charles Robinson Chapter**(Lawrence)  
John Sayler (President)  
785-841-5756**Thomas Jefferson Chapter**(Topeka)  
Brian Vazquez (President)  
785-272-7647 **KEMPER**  
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## MY ANSWER

# To meditate, focus on God's truth

By **Billy Graham**

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**Q:** My exercise instructor says we should learn to relax by emptying our minds of all thoughts, and then meditating on peace and calmness (or at least I think that's what she's saying). Does the Bible say anything about meditation? - Mrs. N.N.

**A:** Yes, the Bible does urge us to meditate, although not in the way your instructor is apparently recommending. It's not wrong, of course, to want to be free of fears and anxious thoughts, but simply emptying our minds is not the solution; it may even open us to greater problems and worries.

Instead of emptying our minds, therefore, the Bible urges us instead to fill our minds—with God's truth. Let's face it: In the course of a day, all sorts of thoughts lodge themselves in our minds—some good, some not so good. Those thoughts can, in turn, give birth to all sorts of worries and anxieties; they may even lead us to do things that are wrong or destructive.

How will we conquer these thoughts? The Bible gives us the solution: Turn them over to God, and meditate on Him and His truth. Truth drives out that which is false, and there's no greater or more reliable truth than the truth of God's Word, the Bible! This is why I urge people to read a portion of the Bible every day—and not only read it, but also meditate on what it means and how it applies to their life. The Bible says, "Blessed is the one... whose delight is in the law of the Lord, and who meditates on his law day and night" (Psalm 1:1-2).

Set aside time each day to be alone with God—praying, reading His Word, and meditating on its truth. When you do, anxious thoughts will flee, and peace and trust will take their place.

- 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](http://www.billygraham.org).

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## RICK STEVES' EUROPE

# Booking It through Europe

By Rick Steves

Tribune Content Agency

Getting close to one of the big icons of Western civilization—the Acropolis, the palace of Versailles, the Colosseum—can be the spine-tingling high point of a European trip. But don't paper over Europe's "smaller" achievements. Many of Europe's lasting cultural contributions are captured on dusty sheets of vellum or parchment. Paging through these literary treasures in museums and libraries can raise a few goose bumps of their own.

**LONDON, ENGLAND:** The British Library is vast, but its librarians have managed to cram everything that really matters into a two-room exhibition called "The Treasures." Early Bibles, a First Folio of Shakespeare's works, Lewis Carroll's "Alice's Adventures in Wonderland," the Magna Carta, and Beatles' lyrics (scribbled on the back of a greeting card) vie for your attention. Surrounded by this bounty, it's clear that the British Empire built some of its greatest monuments out of paper.

Fans can pay their respects to Britain's literary masters in the Poets' Corner at Westminster Abbey. Geoffrey Chaucer was the first literary great to be buried here (in 1400). Among those interred nearby are Charles Dickens, Robert Browning, Thomas Hardy, Alfred Tennyson and Edmund Spenser.

**PRAGUE, CZECH REPUBLIC:** Given their imaginative, sometimes fanciful culture, it's no surprise that the Czechs have produced some famously clever writers. Prague native Franz

Kafka wrote his renowned "Metamorphosis" (elevator pitch: man wakes up as cockroach) in an Old Town apartment overlooking the Vltava River. That building was destroyed in 1945, but fans today can visit the Franz Kafka Museum (good even for those who don't know much about him) and the Franz Kafka Society Center (bookstore and center devoted to him).

Ironically, until recently, many Czechs were not too familiar with Kafka, a Jew who wrote in German. During World War II, his writings were banned when Germans occupied the city and, after the war, his work was caught up in a wave of anti-German feeling. The ensuing communist regime had little use for him either. Locals began to take him more seriously after the Velvet Revolution of 1989, when tourists from around the world started showing up wearing Kafka T-shirts.

**EDINBURGH, SCOTLAND:** The lives and literature of Scotland's holy trinity - Robert Burns, Sir Walter Scott and Robert Louis Stevenson—are the focus of Edinburgh's Writers Museum. Burns was Scotland's bard, extolling his native land in poetry. Stevenson stirred the Scottish soul with evocative classics like "Kidnapped" and "Treasure Island." Scott—who wrote the historical novels

"Ivanhoe" and "Rob Roy"—revived his countrymen's pride in Highland culture and the Gaelic language.

With exhibits mingling first editions with personal artifacts (Scott's pipe, Burns' writing desk), the museum gives an intimate view of the masters. To enliven all the history, follow up a museum visit with Edinburgh's popular literary pub tour, where actors wittily debate whether Scotland's great literature was high art—or creative recreation fueled by a love of whisky.

**PARIS, FRANCE:** The European love affair with books is charmingly demonstrated in the green metal bookstalls that line the Left Bank of the Seine River. Second-hand booksellers, called "bouquinistes," have been a Parisian fixture since the mid-1500s, when such shops and stalls lined most of the bridges in Paris. (Business boomed after the Revolution, when entire libraries were "liberated" from rich nobles.)

Another writers' landmark is the Shakespeare and Company bookstore. Founded in 1919 by free-thinking American Sylvia Beach, the original shop on Rue de l'Odeon was a meeting place for Paris's expatriate literary elite. Ernest Hemingway regularly borrowed books from the store. When James Joyce struggled to find a publisher for his now-classic "Ulysses," Beach published it. While the Nazi's shut the shop down in 1941, its post-war incarnation near the banks of the Seine carries on Beach's tradition by

supporting struggling writers.

**DUBLIN, IRELAND:** Of all the places I've traveled in Europe, Ireland excels in literary passion. Around the turn of the 20th century, Dublin produced some of the world's great writers. Oscar Wilde wowed Britain with his quick wit and clever satires of upper-class Victorian society. William Butler Yeats won a Nobel Prize for his Irish-themed poems and plays. Most inventive of all, perhaps, was James Joyce, who captured literary lightning in a bottle when he focused on Dublin's seedier side in his stream-of-consciousness "Ulysses."

The Dublin Writers Museum is the place to view authorial bric-a-brac. But to experience the Irish gift of gab in its highest form, treat yourself to a night out at the Abbey Theatre. Founded by Yeats to bring to the stage the "deeper emotions of Ireland," the theater has been promoting Irish writers and artists for more than a hundred years.

It's no exaggeration to say that Europe's literary documents changed the course of history. From pubs to museums to libraries, if you decide to target the literary culture of Europe, the entire continent can be a good read.

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

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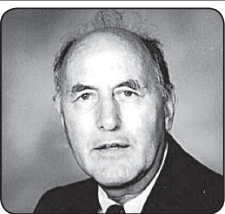
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## HUMOR

# Pecked to Death by Ducks

With the summer season just around the corner, most people are making vacation plans. I, on the other hand, have been busy stressing about all of the things around my house that need my attention. I've been thinking about what to do with all my "stuff" in the attic. Emmaline runs a trim ship. I sail a kind of garbage scow.

It's time to get the wet leaves out of the roof gutters, put fertilizer on the



Larry  
Day

lawn, fetch some sacks of pebbles for the rock garden. On a more personal note, I wanted to rescue a couple of my favorite shirts from the church donation box sitting by the front door.

Whenever I think that I have too much to do, my stress rises. When that happens, it's like I'm being pecked to death by ducks. It's as if I were tied hand and foot and lying on wet grass with a raft, team or paddling (see Google) of ducks pecking me. Their blunt beaks don't break the skin on my head like the peck of a woodpecker would, but the sensation is still painful, and emotionally draining.

The feeling hits me when I think I have too many things to do and not enough time to do them.

I often get relief by day dreaming about decades past when I traveled a lot—to Latin America, the Caribbean, North and Central Africa, Japan. But if I day dream too deeply while I'm doing something like trimming the hedge, and I mess it up, and—out come the ducks.

I've been thinking Emmaline and I need to go back to the Caribbean, or Latin America. But then I realize that what we really need is to go back to our good old rental cabin in the Smoky Mountains of Tennessee. I always love our days on the river there, floating downstream on inner tubes, drinking steins of root beer with my friends, the little old colonial Dutchmen.

Back in March I got in touch with my humor column friends and colleagues at The Enchantment, that dingy roadhouse on the edge of town where so many of them congregate. I told them to meet us at the cabin. Then, what with the ducks in my head and all, I nearly forgot about the trip to the cabin.

So today, I got the word out—on Internet, by smoke signals, by homing pigeons, by mental telepathy--and by a few other means of communication that I won't elaborate on here. I invited everyone to meet us at the cabin. The invitation to my robot friend KB11.2 (Kaybe, for short) went zinging through outer space to his home planet that's just a few parsecs from our nearest star, Alpha Centuari. And I asked Kaybe to stop by Cuba on his way and pick up Kate in the jungle down there.

Emmaline thought we couldn't go to the cabin right now because there was too much to be done here: paint the shutters, plant a garden, clean out the garage, etc., etc.

"And What about Ginger?" she asked. Ginger is our dog.

"I promise to paint the shutters when we get back. The weather will be better then, anyway. It's been a late spring, so we can put in the garden after we get back. Ginger always comes with us, remember? Her carrier is just inside the front door, next to that donation box we're taking to the church."

I knew that Emmaline wanted to go to the cabin all along, but we needed to tie up loose ends. After she went to pack, she called down to say she was including a variety of ceramic root beer steins. She had chosen one for everybody. A few days later as we got ready to leave the ducks in my head took a nap—a nice long one, I hoped.

When I lifted Ginger into her carrier, she nestled down on top of my favorite dear old (not to be discarded) shirt. It was folded neatly underneath her.

I put the church donation box in the car to drop off on the way out of town.

- 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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## Once the star of the lunch table, quiche comes back with a new taste

I recently received one of the great honors of my career with the unveiling of my very own star on the Hollywood Walk of Fame. The best part of that day was that it took place in the presence of the people who make everything I do possible: the many chefs and other team members who



Wolfgang  
Puck

work in my restaurants and catering company; and, most important, my family, especially my wife Gelila and my sons Cameron, Byron, Oliver and Alexander.

The occasion made me reflect on how much has changed since I arrived in Los Angeles back in 1975. Back then, not many people considered the city's restaurant scene worthy of praise. I'm happy to say I played some part in changing people's attitudes; and, of course, today LA is considered an exciting place to dine, with so many brilliant chefs and an incredible melting pot of culinary influences from Latin America, Asia and other parts of the globe.

I found a good example of how much everyone's attitudes toward dining and cooking have changed while looking over my first cookbook, "Modern French Cooking for the American Kitchen," published in 1981. Right there on page 40 is a recipe for quiche, which at the time was a staple on restaurant lunch menus everywhere.

Today, that savory tart of egg, bacon or ham, and cheese in a puff-pastry crust seems almost quaint; a retro dish sophisticated foodies might be tempted to joke about. Back then, however, food lovers were only recently discovering how good that specialty of north-eastern France's Lorraine region could

be. It certainly made sense to include it in my book.

Since that time, quiche has never really gone away. You'll find it in some casual cafes, often with imaginative variations including vegetarian versions that might offer a wide variety of different vegetables in place of the traditional cured pork.

I believe quiche still deserves a place on the tables of sophisticated cooks. So, with that in mind, I'd like to share a fresh-tasting take on the classic: my recipe for smoked salmon quiche.

In place of the bacon or ham, I've substituted smoked salmon, which you'll find in good supermarkets everywhere. To make the relatively simple recipe even easier, I suggest you base your quiche's crust on good-quality puff pastry, widely available in supermarket freezer cases, following the recipe's instructions for partially baking the shell before filling it.

Serve the quiche for lunch, brunch, or even a light springtime or summer supper. One taste and I believe you'll understand why quiche still deserves to be considered a classic rather than a passing trend; it's a star of the kitchen in its own right.

### SMOKED SALMON QUICHE

Serves 6

1 pound store-bought frozen puff pastry, thawed following manufacturer's instructions

3 tablespoons unsalted butter, 1 tablespoon melted, remainder at room temperature

1 large egg yolk, lightly beaten, for egg wash

1/2 medium yellow onion, cut into 1/4-inch (6-mm) dice

3/4 pound (360 g) good-quality thinly sliced smoked salmon, cut into strips about 1/4 by 1 inch (6 by 24 mm)

2 tablespoons finely chopped fresh chives

2 tablespoons finely chopped fresh dill

3 ounces (90 g) Gruyere cheese, coarsely shredded

7 large eggs

1 1/2 cups (375 mL) heavy cream

1 1/2 cups (375 mL) milk

1/2 teaspoon freshly ground white pepper

1/8 teaspoon freshly grated nutmeg

Preheat the oven to 350 F (175 C).

With the 1 tablespoon melted butter, grease the inside of a 10- or 11-inch (25- or 27.5-cm) quiche pan. Line the pan with the puff pastry, but do not trim the edges. Line the pastry with a sheet of aluminum foil or parchment paper and fill with ceramic or aluminum baking beans, or dried beans; bake for 20 minutes. Remove the pan from the oven and lift out the foil or paper and the beans. Brush the bottom of the crust with the egg wash and return the pan to the oven for 10 minutes more.

Meanwhile, melt the remaining butter in a saute pan over medium-high heat. Add the diced onion and saute, stirring frequently, until the onion is tender and translucent but not yet browning, 7 to 10 minutes.

Remove the baked quiche shell from the oven. Evenly sprinkle the sauteed onion inside the shell along with the smoked salmon, chives, dill and cheese.

In a large bowl, use a whisk to beat together the eggs, cream, milk, pepper and nutmeg until well blended. Pour the mixture into the shell. With a small sharp knife or kitchen shears, trim the edges of the quiche shell.

Carefully return the filled quiche shell to the 350 F (175 C) oven. Bake until the quiche filling has puffed up and turned golden brown, about 50 minutes.

To serve, use a sharp, serrated knife to cut the warm quiche into wedges. With a pie server, transfer the slices to individual heated serving plates.

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## MY PET WORLD

# Helping your dogs with a cross-country move

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** My husband and I are moving to Nevada. We have two dogs who will be making the cross-country trip with us. One will be fine, but our Westie (West Highland Terrier) concerns us. He's not a fan of being in the car. Do you have any advice for how to make this a stress-free experience for him and all of us? - Diane Rosen, Glenview, IL

**Dear Diane:** Thank you for moving with your dogs. I can't tell you the heartbreak I have witnessed working at animal shelters through the years from the depressed faces of dogs and cats left behind forever because their families were moving. Pets should always move with their families, and I am glad you are thinking of ways to make the trip easier for your dogs.

I have moved 19 times with my dogs and cats in tow, and the good news is, it's much easier today to move with a pet than it was 20 years ago. In addition to finding accommodations along the way that accept pets, there are also more things than ever to calm anxious pets during long car trips.

Going from your house to the vet's office is going to be different than a long-distance road trip. You will likely

have blankets, crates, or dog beds for their comfort and maybe a few toys for their entertainment. So, start pre-conditioning your dog by introducing those things into the car now while making short trips to fun places around town, like a dog park or pet store. Increase the length of these car rides over a few weeks' time to see if your Westie adjusts to the travel.

Also, consider getting your Westie a pressure wrap, like an Anxiety Wrap or ThunderShirt, for car trips, which can make him feel calmer and more secure.

If he still isn't enjoying these short trips, then he may be suffering from some motion sickness. There are natural "calming" and "travel" over-the-counter supplements for dogs; I give my dog a "calming chew treat" before every visit the vet to take the edge off. While these may not have enough staying power for a long road trip, they might help during the pre-conditioning exercises described above.

If your Westie still doesn't improve, then talk to your veterinarian about an anti-anxiety medicine that also addresses nausea. Try the medication during short car rides and monitor how long it lasts so you can plan your long-distance trip accordingly. The goal is for your Westie to rest and sleep during

most of the trip.

Also, feed your dog a little less on the morning before travel, and at least an hour before getting on the road, to reduce nausea. Fresh air helps nausea, so crack open the car windows a little throughout the trip and plan several stops where the dogs can spend 10 to 15 minutes out of the car.

**Dear Cathy:** Rosie, my nine-year-old Scottie (Scottish Terrier), has been trying to hide her dry dog food with the cloth mat, which is under the bowl. She also puts some food in her kitchen bed, which is near the bowl. She does eventually eat it all. I've been feeding her the same dry food for many years. I tried a new food, but she doesn't seem to like anything I've tried. Help! - Lenore Ilberg, Sea Cliff, NY

**Dear Lenore:** It's not uncommon for dogs to hide food, toys and bones to keep them safe to enjoy later. While it's a normal dog behavior, because it's a new behavior for Rosie, there may be a new reason she's doing it.

If Rosie didn't like her food or had a medical issue, she would most likely reject her food altogether. If something

changed in her environment, she might be uncomfortable eating near her bowl and so take the food elsewhere to finish. But you said she is a senior pet, and she hides her food under the mat and her kitchen bed, both of which are near her bowl.

I am thinking that as a senior pet, she may not need as much food as she used to and is choosing to hide the leftovers for later rather than leaving the food exposed in her bowl. Try decreasing her portions for a few days and feeding her smaller meals throughout the day to see if this stops this behavior.

New behaviors can't always be understood right away, so if this suggestion doesn't work, get back to me with more clues.

- 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](mailto:cathy@petpundit.com). Please include your name, city, and state. You can follow her @cathymrosenthal.

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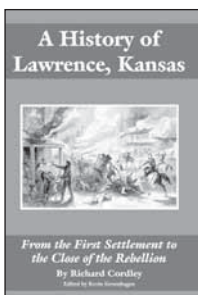
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*I would like to receive your memory as a child. It should be about 725 words more or less and include a photo of yourself as a child. You can write your favorite memory either longhand or have it typed out. Then mail it to me at Tom Mach, PO Box 486, Lawrence, KS 66044.*

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



Tom  
Mach

## My Magic Wheels

By Peg Nichols

I broke my left leg between my knee and my hip doing something my mother told me not to do—play around the big, empty two-storey house on the corner.

But on that fine spring day all the neighborhood kids were there—how could I resist, even if it meant disobeying maternal orders? In what is now midtown Kansas City, there was no shortage of playmates. No matter which school they attended, by late afternoon they had all gravitated to the alley.

The vacant house was a magnet, and during a vigorous game of cops-and-robbers I fell from the back porch onto the cellar stairs. I do not remember any pain, but I told my friends that I thought I had broken my leg; it hung limply, no way was I ever going to be

able to put it in motion. Two of the boys carried me up the steps and onto the lawn. We were all too young to have known the admonition about moving someone with a broken leg. My mother was summoned and an ambulance was called.

During the month I spent in traction in the hospital, my family moved from a third-floor attic apartment to a one-floor cottage in a different neighborhood. The ambulance driver and his aide carried the stretcher into the house and deposited me on a double bed where I passed the summer, my leg encased in a plaster cast from waist to toes. I started school that fall with my leg in a cumbersome brace that did not bend at the knee. Walked by myself all the way; no one else could tolerate my slow pace.

We existed at a poverty level and I rarely asked for anything. All the more surprising then the day that my mother came home with a second-hand pair of strap-on roller skates. Without going into the house, she stopped at the sidewalk to unwrap her brown paper bundle. I scuffed out of my play sandals, ran into the house for my sturdier school shoes.

I had been given wings. There was no learning curve. Within five minutes I had skated to the corner and in 10 minutes I had gone to the other end of the block. I skated all over midtown, wore the skate key on a cotton string around my neck, never had a tumble or a skinned knee, never got lost, never told my mother how far from home I had roamed.

When I became a teen-ager, I discovered roller rinks. At first I paid an extra fee to rent a pair of skates. Soon I took on my first baby-sitting job to earn money to buy my own shoe skates, which came in a neat aluminum case. They were a pristine white and laced up over my ankles. They also were a wee bit too narrow and pinched my instep at times, but I endured the pain. Practicing on my sidewalk at home, I taught myself how to skate backwards in hopes that Vernon Smith would ask me to roller-dance with him.

He never did.

The only spill I ever took was when another skater's wheel came off and set a dozen tiny ball bearings rolling freely across the rink. Skaters were falling all over the polished floor. Even Vernon Smith, who was so graceful it was a thrill to watch him (even with another partner), landed in a nasty prat fall.

After marriage and several moves I lugged my skate case with me. To this day, I have the case—it holds my yarn and knitting needles—but I reluctantly gave up the skates to a thrift shop long ago. Always wished I knew who had bought them, wished I could follow them home and watch them skate.

Many years later in a casual conversation with my mother I mentioned how much pleasure roller skating had given me, and recalled how astonished I had been the day she came home with

the magic wheels.

She looked at me with an expression of amusement. "I thought you knew," she replied. "We were very worried about how badly your broken leg was recovering. The doctor advised me that we should get you a pair of roller skates for therapy. It might help you get over any fears you might have about using your leg again once it healed."

My mouth fell open. "He warned me," she continued, "that if you didn't want to learn how to skate, we shouldn't push you. It gave me great pleasure to report to the doctor

how you put the skates on your feet and took off."

Well, as far as I was concerned, it was magic. Not that the skates themselves were magic, but there was some sort of magic in the way I took to skating right away.



Peg Nichols



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LIZ SMITH

# Hello, Dolly Parton? Not yet, but you never know!

By Liz Smith

Tribune Content Agency

“Broadway has been very good to me. But then, I’ve been very good to Broadway,” said a justifiably un-modest Ethel Merman.

How big, how successful is Bette Midler in “Hello, Dolly!”? So big that people are already wondering and worrying who will take over for Bette when she leaves the production? “Dolly” is a star vehicle that exists and rests entirely on the personality of the lady playing the musical matchmaker.

Will the behemoth now occupying the Shubert Theater wither and die without The Divine One? Or, as happened with Carol Channing, will the show go on, with fabulous replacements (the most famous of those being Pearl Bailey, who came in with an entirely new African-American cast and got herself a special Tony Award).

The wondering over Bette/“Dolly” actually began last week on Facebook, via our friend, PR man, Scott Gorenstein, who asked his FB “friends” to submit their ideas. Names ranging from Melissa McCarthy to Linda Eder to Tyne Daly were offered. But it was Scott’s pal, sound designer Matt Kraus, who came up with what would surely be the best media choice (and no slouch in the singing/acting department, either.)

I do mean ... Dolly Parton! Dolly as Dolly! The commercials alone—which have been so effective and brilliant for Bette—would be out of sight! It’s a great idea. So great that it was actually picked up by an online gossip site, under the headline “Bette Midler Being Replaced By Dolly Parton.”

Neither Mr. Gorenstein or Mr. Kraus were credited—nor are the producers actually, to my knowledge, thinking so far ahead now. But when they do, and if Miss Parton is thought of, let’s be on record that it began with Mr. G.’s Facebook page. (He reps, among others, Liza Minnelli.)

Scott also thinks that if anybody looks to recreate the Pearl Bailey experience, Patti LaBelle is the go-to diva. Queen Latifah and Diana Ross also scored high. (Those who saw the glorious Ross recently at New York’s City Center would exclaim, YES to that!)

And let me add my own suggestion. Want something totally different but sure to be great? Charles Busch.

Now that the first season of the FX series “Feud: Bette and Joan” is over—but for the Emmy nominations for Jessica Lange and Susan Sarandon—it got me to wondering if producer Ryan Murphy has thought about a Hedda Hopper/Louella Parsons season?

Just as the writers of TV’s “Feud” clearly dipped into the deep well that

was Shaun Considine’s book “Bette and Joan: The Divine Feud” about Davis and Crawford, Mr. Ryan and his minions might search out the delicious 1972 book, “Hedda and Louella” by George Eells. Along with memoirs penned by the gossip queens themselves: “Hedda’s “Under My Hat” and Louella’s “Tell It to Louella.” Miss Parsons’ first book was the wonderfully titled “The Gay Illiterate.” That one, published in 1945, was somewhat before the word “gay” automatically indicated homosexual. (Knowing eyebrows were raised, still and all.) And the title was also meant as a swipe at herself. From the start of her career, Parson’s grip on grammar and sentence structure was tenuous, and she knew it. Like Hopper, she didn’t mind making fun of herself, a bit, but woe to others who did!

The story of the real-life competition between Hopper and Parsons would make a fabulous “Feud” season. (Think of all the big names of today they could drop in as big names of yesteryear.)

Hopper was a beautiful, frustrated, sexually prudish, failed actress. (Was it any surprise that many of Hedda’s most criticized targets were beautiful, successful actresses?)

Parsons was a dowdy, plumpish,

eager, ambitious journalist and lover of movies from practically the get-go. She affected a deceptively cozy persona that hid shark-like tendencies. Hedda reveled in her blatant witchiness.

The rumor was that Parsons secured her position with the Hearst syndication because she knew how a live body became a dead body during a yachting trip with her boss, William Randolph Hearst. It’s likely just a myth, but it dogged Parsons her entire life. (Check out the juicy little 2001 movie, “The Cat’s Meow,” which spins its own version of Louella, Charlie Chaplin, Marion Davies, Elinor Glyn and victim Thomas Ince, afloat.)

During their long, often terrible reigns, Parsons and Hopper made stars, producers, directors, and other columnists lives’ miserable with secrets held (for a price) career-rattling scoops headlining columns and their intrusive demanding politically conservative ways. (If you really stood up to either, you could survive. But as Hopper herself noted of her lavish mansion, “This is the house that fear built!”)

In fact, their rivalry was made into a very witty little TV movie, 1985’s “Malice in Wonderland” with Elizabeth Taylor as an improbably slender

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# Liz Smith

■ CONTINUED FROM PAGE 34

and glamorous Louella, and Jane Alexander as the acerbic Hopper. (Taylor had a particularly high old time playing Parsons, even though Louella had been much less an enemy than Hopper. Hedda, once a “friend,” had turned on La Liz after the Eddie Fisher/Debbie Reynolds scandal. That Liz’s career only seemed to benefit from scandal drove Hopper nearly insane!)

But the story of these two remarkably successful, toweringly ambitious women deserves to be told, in “Feud”-like fashion. Would it, like “Bette and Joan,” be rife with inaccuracies and exaggerations? Sure, but I came to accept that, and in the case of Hedda and Louella, as Elizabeth put it, during the “Malice” production: “I could have gained weight again, and put in her terrible false teeth, and all that. But who even remembers what Louella or Hedda looked like, or WHO they were?” At this, Taylor gave a little survivor’s chuckle—no matter what, the

world would always know what Elizabeth Taylor looked like, and who she was.

I only had one run-in with Hedda Hopper when I was writing for the New York Journal American for Igor Cassini.

One night I drifted into El Morocco to see who was sitting in the first VIP booth. It was usually Lyndon Johnson or Aristotle Onassis. As I walked around, a gorgeous woman, all in furs and a netted hat, stopped me. It was Hedda. She said, with a hand on my arm, “You must be Liz Smith, the new girl in Town!”

I was nonplussed. I stammered, “It’s so nice to see you, Miss Hopper”. She looked me over. “Yes, you must be the one who gave my friend Mrs. Lowell Guinness the pip!”

With that Hedda moved on. I could swear she was chuckling, but whether by my attack (“the pip!”) on her friend, or at me and my homespun looks! (I had not yet become a “natural blonde.”)

In “Feud,” Hedda was played wonderfully by Judy Davis as an unapologetically partisan troublemaker. Ryan

ROBERT GAUTHIER/LOS ANGELES TIMES/TNS



**Dolly Parton** during the 23rd Annual Screen Actors Guild Awards at the Shrine Auditorium in Los Angeles on Sunday, Jan. 29, 2017.

Murphy sure got that right!

- E-mail Liz Smith at MES3838@

aol.com.

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## GOREN ON BRIDGE

# Make it simple

With Bob Jones

Tribune Content Agency

East-West vulnerable, South deals

NORTH

♠-A 10 5 3 2

♥-5 3

♦-A 8 4

♣-Q 3 2

WEST

♠-8

♥-K Q J 10 7 4

♦-K J 6 2

♣-7 5

EAST

♠-9 6

♥-9 8 6 2

♦-10 9 7

♣-J 8 6 4

SOUTH

♠-K Q J 7 4

♥-A

♦-Q 5 3

♣-A K 10 9

The bidding:

SOUTH	WEST	NORTH	EAST
1♠	2♥	3♥*	Pass
4♣	Pass	4♦	Pass
4NT	Pass	5♥	Pass
6♠	All pass		

\*Spade fit, at least 10-11 points

Opening lead: King of ♥

Declarer won the opening heart lead in hand perforce. There were eleven top tricks, including a heart ruff in hand. A twelfth was not likely to come

from diamonds, as West almost surely had the king for his overcall. It looked like South needed four club tricks to bring home his slam. That was all a mirage, as South quickly demonstrated.

Declarer cashed the king of spades and led a spade to dummy's 10, drawing trumps. Dummy's last heart was ruffed, simplifying the hand. Now the ace of clubs, a club to the queen, and a club back to the 10 picked up four club tricks and declarer had his slam.

"Nice guess in clubs," said West, treading carefully, "but wasn't that a bit lucky?" "Not at all," said South. "Had you won the third club with the jack, you would have had only red cards remaining. You would have been forced to lead away from the king of diamonds or yield a ruff-sluff. Had East shown out on the third club, I would have played the king and then the 10, end-playing you again. My line was foolproof as long as you held the king of diamonds."

We're convinced. Well played!

- 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](mailto:tcaeditors@tribpub.com).

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# PUZZLES & GAMES

## CROSSWORD

### Across

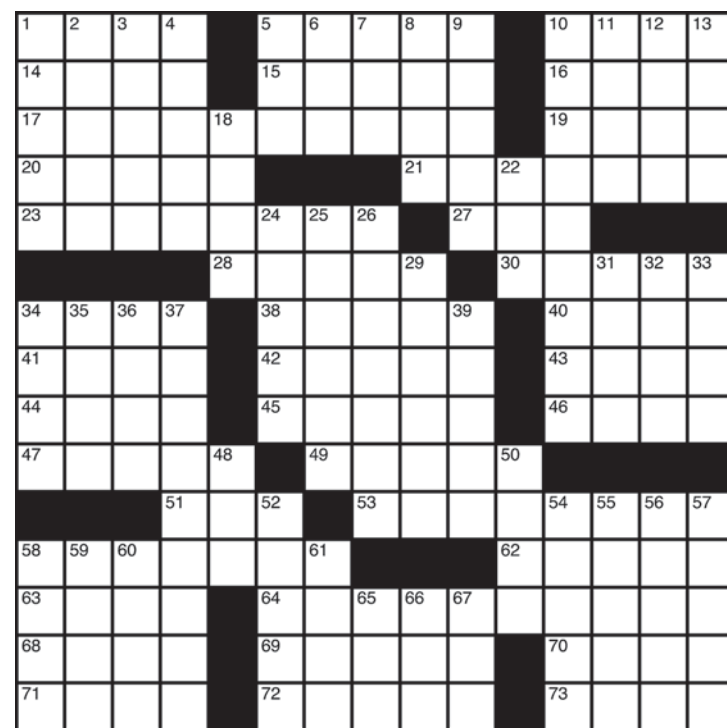
- 1 Vehicles with meters
- 5 Give the heave-ho
- 10 Fishhook point
- 14 Fabled monster
- 15 South Pacific island studied by Margaret Mead
- 16 Olympic sword
- 17 1987 Cher film
- 19 Refuses to
- 20 Plain text
- 21 Sophocles character for whom a Freudian complex is named
- 23 Lack of variety
- 27 Trail mix tidbit
- 28 Gradually become narrower
- 30 Group of eight
- 34 Time co-founder Henry
- 38 Track events
- 40 Put on the payroll
- 41 Tehran's country
- 42 Armistice
- 43 Ireland, to an Irish poet

- 44 Painter Chagall
- 45 New Testament king
- 46 Monopoly card with mortgage values
- 47 \_\_\_-Bits: letter-shaped cereal
- 49 Leaf under a petal
- 51 Escort's offering
- 53 Great energy
- 58 Capital of Lithuania
- 62 Latest craze
- 63 Tinker with text
- 64 1945 Ingrid Bergman film
- 68 "What \_\_\_ could I do?"
- 69 Spine-tingling
- 70 Latvian capital
- 71 Collecting Soc. Sec., maybe
- 72 Threaded fastener
- 73 Tabloid twosome

### Down

- 1 Free tickets, say
- 2 Marketplace of ancient Greece
- 3 Dustpan go-with

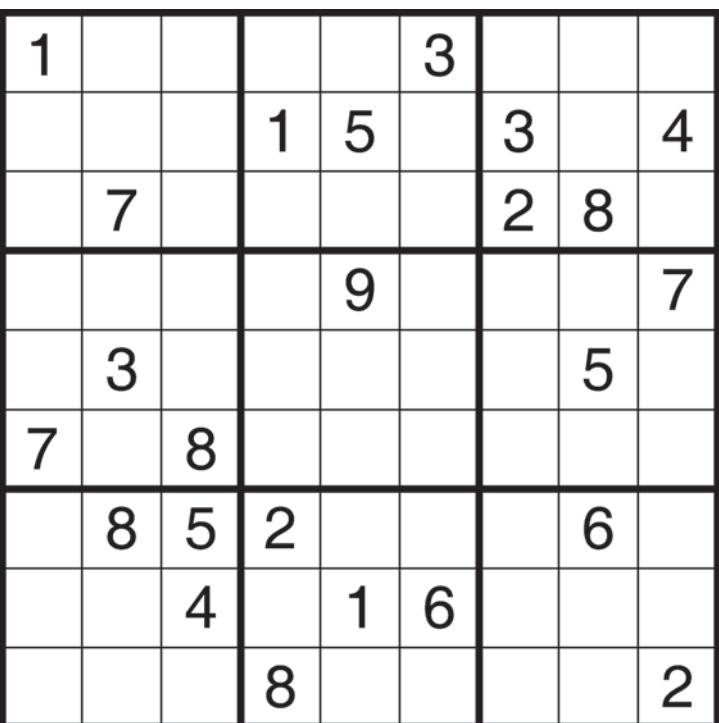
- 4 Good judgment
- 5 Fla. clock setting
- 6 Cookie container
- 7 Outback bird
- 8 Chanel of fashion
- 9 Spoken for
- 10 2005 Nicole Kidman film
- 11 For each one
- 12 Eye care brand
- 13 "All \_\_\_ are off"
- 18 Telegraphed
- 22 Batman and Robin, e.g.
- 24 Word before or after "mother"
- 25 Shows mercy
- 26 Assured payment of, as a loan
- 29 Duplicate again
- 31 Michelin product
- 32 New York border lake
- 33 Watch over, as sheep
- 34 Peru's capital
- 35 River to the Caspian
- 36 Bellyache
- 37 2007 Amy Adams film
- 39 Family car
- 48 Tycoon Onassis
- 50 Sheepish youngster?
- 52 Inspiration sources
- 54 New Zealand native



- 55 Arctic dweller
- 56 Burn slightly
- 57 Respectful address
- 58 Zig or zag
- 59 On a break
- 60 Enumerate
- 61 On \_\_\_: without a contract

- 65 Flub a line, say
- 66 Golf ball position
- 67 \_\_\_ Alcindor: Kareem, formerly

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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.

WUDEN

□ □ □ □ □ □ □ □

PRAAT

□ □ □ □ □ □ □ □

TALHEH

□ □ □ □ □ □ □ □

GUNHOE

□ □ □ □ □ □ □ □

Check out the new, free JUST JUMBLE app

WHEN THE TWINS WENT TO THE PARK TO PLAY, THEY WENT—

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

Answer here: "□ □ □ □ - □ □ □ □ □ □ □ □"

## SCRABBLE G R A M S

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□ □ □ □ □ □ □ □

A<sub>1</sub> A<sub>1</sub> E<sub>1</sub> L<sub>1</sub> M<sub>3</sub> K<sub>5</sub> B<sub>3</sub>

□ □ □ □ □ □ □ □

A<sub>1</sub> U<sub>1</sub> K<sub>5</sub> B<sub>3</sub> S<sub>1</sub> T<sub>1</sub> S<sub>1</sub> Triple Word Score

□ □ □ □ □ □ □ □

I<sub>1</sub> O<sub>1</sub> L<sub>1</sub> R<sub>1</sub> G<sub>2</sub> C<sub>3</sub> W<sub>4</sub> 3rd Letter Double

□ □ □ □ □ □ □ □

I<sub>1</sub> I<sub>1</sub> U<sub>1</sub> M<sub>3</sub> S<sub>1</sub> T<sub>1</sub> L<sub>1</sub>

□ □ □ □ □ □ □ □

A<sub>1</sub> E<sub>1</sub> L<sub>1</sub> W<sub>4</sub> R<sub>1</sub> C<sub>3</sub> B<sub>3</sub>

□ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □

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**PAR SCORE 265-275**  
**BEST SCORE 344**

**FIVE RACK TOTAL**  
**TIME LIMIT: 25 MIN**

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

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

Answers to all puzzles on page 38

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

SCRABBLE G R A M S SOLUTION												
M <sub>3</sub>	A <sub>1</sub>	K <sub>5</sub>	A <sub>1</sub>	B <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 1 =	65				
S <sub>1</sub>	U <sub>1</sub>	B <sub>3</sub>	T <sub>1</sub>	A <sub>1</sub>	S <sub>1</sub>	K <sub>5</sub>	RACK 2 =	89				
C <sub>3</sub>	O <sub>1</sub>	W <sub>4</sub>	G <sub>2</sub>	I <sub>1</sub>	R <sub>1</sub>	L <sub>1</sub>	RACK 3 =	67				
S <sub>1</sub>	T <sub>1</sub>	I <sub>1</sub>	M <sub>3</sub>	U <sub>1</sub>	L <sub>1</sub>	I <sub>1</sub>	RACK 4 =	59				
B <sub>3</sub>	E <sub>1</sub>	C <sub>3</sub>	R <sub>1</sub>	A <sub>1</sub>	W <sub>4</sub>	L <sub>1</sub>	RACK 5 =	64				
PAR SCORE 265-275								TOTAL	344			

## JUMBLE ANSWERS

Jumbles: UNWED APART HEALTH ENOUGH

Answer: When the twins went to the park to play, they went -- "TWO-GETHER"

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

## Lawrence Action Civitan Club celebrates 100 years of service

This year, members of the Lawrence Action Civitan Club are celebrating their parent organization's centennial anniversary by giving back to the Lawrence community. Since their charter in August 2016, Lawrence ACTION Civitans have been involved in many worthwhile service projects. Among the projects are:

- Volunteering at the awards booths at the Topeka Special Olympics with the Topeka Civitan Club, who sponsored our club,
- Helping serve food and handing out awards at the Douglas County Special Olympics Crappie Tournament, a fundraiser for Special Olympics
- Volunteering at the Lawrence Food Truck Festival, a community event, two consecutive years,
- Helping serve popcorn and beverages at Downtown Lawrence, Inc.'s "Dinner and a Movie" summer events at the Lawrence Public Library.
- Facilitating a food drive for Just Food.
- Volunteering at "Pups and Pin-ups," a fundraiser for the Lawrence Humane Society
- Assisting at Douglas County Spe-

cial Olympics sports practices.

- Packaging Thanksgiving Dinners for underprivileged families for Just Food
- Adopting a family of four for Christmas through the Salvation Army
- Facilitating a supply drive for the Willow Domestic Violence Center
- Bell Ringing for the Salvation Army during the month of December
- Packaging Christmas dinners for underprivileged families at Just Food
- Volunteering at the 2017 Douglas County Special Olympics Polar Plunge
- Volunteering at Bingo Night, a fundraiser for the Douglas County Special Olympics
- Volunteering at That DAM Booze Event, a fundraiser for Downtown Lawrence, Inc.
- Spending a day helping Tenants to Homeowners clean and organize building materials for multiple properties in Lawrence
- Volunteering at the 2017 Lawrence Art in the Park event.
- Volunteering at the 2017 Busker Festival

Although the club enjoys the fellowship of volunteering corporately,

everything they participate in is on a volunteer basis, even within the club. Some members volunteer at Special Olympic events, others may feel compelled to work with the Humane Society. The Lawrence ACTION Civitan Club's philosophy is that a member's volunteer experience is what THEY make of it, each member has their own passions and talents and nobody knows what those are better than they. This spirit serves the club and its members well and it has resulted in many positive volunteer experiences, with many more to come.

Civitan International was founded in Birmingham, Alabama in 1917. Since then, it has grown to include service clubs in 49 countries around the world. Civitan members (known as Civitans) meet to help those in need, especially people with developmental disabilities.

Jason Holbert, President of the Lawrence ACTION Civitan Club invites newly retired men and women, folks that have just moved to Lawrence, and all other community-minded Lawrence citizens to find out more about this awesome organization by coming out to the Club's next meeting on June 13 at 6 p.m.

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