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Vol. 16, No. 9

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profile **R**



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**Carlان Honaker:  
Carving his own niche  
for over 50 years.**

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# Honaker promotes interest in woodcarving

By Kevin Groenhagen

As a young Boy Scout in Weston, Missouri, Carlan Honaker learned to carve sculptures from bars of Ivory soap and soapstone. Later, as a Boy Scout leader in Topeka during the mid-1960s, he began carving neckerchief slides for young men who crossed the bridge to transition from Cub Scouts to Boy Scouts.

During the subsequent years, Honaker honed his woodcarving skills. By 1975, woodcarving had become a serious hobby for him. In addition, he began teaching others in the area how to carve.

He also started thinking of forming a club for woodcarvers in the Topeka area.

"I knew Harry Lawrence was a woodcarver," Honaker said. "He lived in Germany for a lot of years when he was in the Army. That's where he learned woodcarving."

After 23 years in the Army, Lawrence retired in Germany in 1969 and opened an insurance and travel agency

in Mannheim. Returning to the U.S. in 1977, he decided to settle in Topeka. He passed away in 2014.

"I visited Harry one day and I said, 'Harry, let's start a club. So, I got a list of the Kansas members of the National Woodcarvers Association. We sent out a mailing, had a meeting at the Southwest Plaza Office Building, where I had an office for my accounting firm on the second floor at the time, and started the club."

Honaker, Lawrence, and other woodcarvers founded the Kaw Valley Woodcarvers Association on December 11, 1979. The club, whose mission is to provide education to its members and to increase public awareness of the various aspects of woodcarving and its importance in art history, has four main goals:

- To bring together people who have a common interest in painting, carving and sculpting in wood.
- To share ideas and enthusiasm for the art of woodcarving.
- To provide facilities for further development of a variety of carving and wood sculpting skills.
- To promote appreciation and continue the art of wood sculpture in the community.

As interest in the club grew, more students began carving with Honaker. In 1987, he and wife, Irene, moved to a farm house just south of West Indianola Elementary School in Topeka. Honaker



**Carlan Honaker** (center) with several other members of the Kaw Valley Woodcarvers Association. Left to right: Scott Morstorf, Gary Whitlock, Bruce Coffman, and David Butts.

restored the large dairy barn into The Soldier Creek Studio. The name comes from Soldier Creek, which runs near Honaker's property. The club holds its seminars at the studio.

"We'll have 20 people come here on Saturdays to carve," Honaker said.

Honaker has also led seminars outside of Topeka for many years. He taught a weeklong woodcarving and clay sculpting seminar for the Mid-

America Woodcarvers Association at Doane University in Crete, Nebraska, for more than 30 years.

"The Kaw Valley Woodcarvers also started a seminar at Baker University in Baldwin City and I taught there for 10 years," Honaker said. "In addition, I taught at the Southeastern Woodcarving School in Montgomery, Alabama, for about 10 years."

■ CONTINUED ON PAGE FOUR

**Kaw Valley Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# Carl Honaker

■ CONTINUED FROM PAGE THREE

Last month, Honaker taught a two-day workshop offered by Lawrence Parks and Recreation. He had 12 students with little or no experience in woodcarving. He believes he can teach anyone to carve.

“Someone will say, ‘Well, I don’t have any talent for that. I’m not artistic at all,’” he said. “You don’t need to be artistic. I can show you how to carve wood. I can teach you how to take a picture and then carve from that picture.”

In addition to teaching woodcarving to students, Honaker has also been a student of master woodcarvers. He has studied sculpting with the late Pietro Vinotti, the late Georg Keilhofer, and Ulrich Bernardi. He also studied clay sculpting with George Lundeen and Lincoln Fox.

“Pietro Vinotti had a studio in Walloon Lake, Michigan,” Honaker said. “Georg Keilhofer was in Frankenmuth, Michigan. He had a studio there. George Lundeen is from Nebraska. Lincoln Fox has a master’s degree from KU. I attended Ulrich Bernardi’s seminars when he was in Omaha for a few days and then in Kansas City for a few days.”

Bernardi is a South Tyrolean wood carver who became famous thanks to his nativity figures. After World War II, he opened his own workshop and began to design the first model figurines for ANRI, a woodcarving company in northern Italy.

Honaker and his wife also traveled to Austria in 2005 so he could attend the Geisler-Moroder Austrian Wood-

carving School for two weeks. While he studied woodcarving, Irene and some other women rented a car and went sightseeing.

Not counting his Boy Scout days, Honaker has now been carving for over 50 years. Over these years, his carvings have included the Scottish Thistle on the front door of the Kansas governor’s mansion, the Emporia State University seal, which is in walnut and hangs in the executive boardroom of the university, a memorial panel in oak for the city library in Beatrice, Nebraska, the seal for the Kansas State High School Activities Association, and the seal for the new Kansas Supreme Court courtroom, which hangs over the chief justice’s chair.

Honaker has also done many carvings for individuals and organizations, including a 15-piece nativity scene he did for Our Lady of Guadalupe Catholic Church in St. Joseph, Missouri.

“These pieces are all 30 inches tall,” he said. “I gave the church a quote, and they said they didn’t have that kind of money. So, I told them I would carve one piece at a time, and they could pay me for it. That way they could raise money in between pieces. It took me four years. The camel is 48 inches long. That was the last big piece I did for the church. I put it in the back of my pickup truck to haul it up to St. Joseph. I had traffic following me to see what that camel was doing. I really liked that because he must have looked like a real camel.”

When asked if he has a favorite carving he has done, Honaker points to one of a Native American (see photo on front cover).

“I kind of have a special connection with this one,” he said. “I did this for a

show and a lady came by, looked at it, and said, ‘That looks exactly like my great-grandfather. How did you know him?’ I said, ‘I didn’t know him.’ Then she said I must have had a picture of him. I didn’t. I just carved it. I don’t think she believed me. It turns out she was a member of the Kootenai tribe in Montana. Her great-grandfather was Chief Koostata, the last formal chief of the Kootenai. She told me there’s only 20 members of the tribe left. I carved it from catalpa, which grows all over Kansas. If you go to Gage Park in Topeka, there are three or four catalpa trees there.”

According to Honaker, the Kaw Valley Woodcarvers Association currently has about 80 members. Most of the members are from the Topeka area, but several are from Lawrence, Eudora, and Tonganoxie. There is even one member from Leonardville.

“Leonardville is a two-hour trip,” Honaker said.

Honaker also noted he would like to help start a sister club in Lawrence if he can find enough people interested in starting such a club. He offered one

good reason for getting involved in woodcarving.

“One of the biggest benefits I see with woodcarving is it reduces stress,” he said.

Honaker is a certified public accountant, which can be a very stressful profession.

“I’m an enrolled agent,” he said “I practice before the federal tax court. This is my 60<sup>th</sup> year of doing tax returns.”

Honaker left Weston when he was 19 to be closer to Irene, who lived in Topeka.

“We were dating, and I just saw her on weekends,” he explained. “Finally, we decided to get married and I moved to Topeka. That was in 1950. This year will be our 67<sup>th</sup> wedding anniversary. She’s a sweetheart. We’re the best of friends.”

For more information about the Kaw Valley Woodcarvers Association, visit [kawvalleywoodcarvers.org](http://kawvalleywoodcarvers.org). For more information about The Soldier Creek Studio, which is located at 4121 NW Brickyard Road in Topeka, call 785-246-3516 or 785-640-8130.




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Two of Carlan Honaker's many sculptures. While Honaker first began woodcarving as a Boy Scout, it became a serious hobby for him during the 1970s. He has now taught woodcarving to others for more than 30 years and has studied with master woodcarvers.



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# Bridge Haven opens Opa's House, its fifth house

By Billie David

Attendees at the March 7 ribbon cutting for Bridge Haven's new Opa's House, located at 1701 Research Park Drive in Lawrence, will notice that there are actually two Bridge Haven residences on this site.

The other residence, Oma's House, was the fourth house that Bridge Haven opened in Lawrence, and Opa's House is the fifth. In fact, it was the unplanned acquisition of Oma's House that made Opa's House possible.

"The third house, at Alvamar, was finished in June of 2014," said Bridge Haven executive director Sarah Randolph. "We didn't intend to open another."

Then about two years ago, a friend from her high school days contacted Randolph and asked for her help. The friend was one of a group who had invested in a senior residence at the Research Park Drive location. The residence had run into financial and

administrative problems so serious that staff members there were working without pay, at which point the investors took over and asked for Bridge Haven's help.

Bridge Haven stepped in and turned the situation around, and within six months they were able to buy the Research Park Drive home. Bridge Haven CEO Robert Wilson, who had grown up in Austria, named the new residence Oma's House in honor of his mother.

"Oma means grandmother, and Opa means grandfather in German," Randolph explained of the choice of names for the two houses on the site. "Robert's daughter, Becky, called her grandparents Oma and Opa."

"Both grandparents are in their 90s," she added. "Opa is an amazing man. He won the Nobel Prize as part of a group that engineered nuclear safeguards after he had served in two wars."

Oma's House, which has room for 12 residents, filled up so quickly that they decided to build Opa's House on the

KEVIN GROENHAGEN PHOTO



Bridge Haven Executive Director Sarah Randolph and CEO Robert Wilson by Opa's House's fireplace.

adjoining land that Bridge Haven had acquired with the purchase of Oma's House.

Bridge Haven, in the tradition of

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■ CONTINUED ON PAGE SEVEN

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# Bridge Haven

■ CONTINUED FROM PAGE SIX

to other options. The concept sprang from a growing awareness that seniors do better in such situations. Because of the advantages these residences offer, such as the homelike setting, the high staff-to-resident ratio, and the ability to age in place, the houses tend to fill up quickly.

Opa's House, like Oma's House, has room for 12 residents. It was designed to provide an abundance of sunshine, separate bedrooms with their own temperature controls and private bathrooms with zero-entry showers, a recreation area and an exercise area. There is also a dining room where residents can eat together family-style. For the ladies, there is a hair salon that also serves as a place where they can gather to talk, while the men can go over to Oma's House, where a "man cave" provides a special place for the guys to chat and play cards and other games together.

"The building is very light and airy, and the ceilings are very tall," Randolph said. "There are lots and lots of windows and a walking path that overlooks a fountain. It goes from Opa's to Oma's in a fenced-in yard that has a bench and room for wheelchairs. It is very wooded there, and you can see foxes and coyotes, deer, and tons of squirrels and birds. It is very, very peaceful."

There are also parties for the residents and their families, including Oktoberfest, Valentine's Day, New Years, and other holidays.

"Visiting hours are any time," Randolph said. "Family members are welcome all day long, and they can stay for meals. It is very relaxed, but it is also secure, so that nobody wanders."

Residents can bring their own furniture and other familiar belongings with them, and room can be found in the common areas of the home to hang a resident's picture or put a favorite desk, so that the place soon takes on the look of a home, rather than that of an institutional facility.

"The residents spend their days as family in common areas, not shut up in their rooms," Randolph said.

And now Bridge Haven can offer on-

site doctor care.

"Especially with memory problems, it can really throw someone off to go to an unfamiliar place and wait in a doctor's office," Randolph said.

After a particularly difficult experience one of the residents had waiting at the doctor's office, staff members started looking for another option. At the same time, Dr. Eric Huerter, with Reed Medical Group, announced his concierge practice.

Explaining the advantage of a concierge practice, in which the patient pays an annual fee that ensures access 24 hours a day seven days a week, Randolph said, "A typical practice may have one doctor to 2,200 patients, but a concierge may have one doctor to 500 patients."

It is built into the residents' fees to have Dr. Huerter as their primary care physician if they so choose, and he can visit patients on site.

"He can do things like labs and mobile x-rays and a lot of other things that prevent hospitalization," Randolph said. "It's really key. A lot of residents are pretty fragile, so we do whatever we can on site."

Bridge Haven also has a staff-to-res-

ident ratio of one-to-four, which is the highest staff-to-resident ratio in Lawrence in a state that requires at least a one-to-fifteen ratio.

"Because of the high ratio, we can take people with complex physical and memory needs," Randolph said.

In the 10 years that Bridge Haven has been in Lawrence, its staff has grown to 82, and after the hiring has been completed for Opa's House, that number will have grown to about 105 employees.

"We try to keep the same 18 to 20 on the same shift at the same house," Randolph said, explaining that this policy keeps

things stable and familiar for the residents.

"We make sure the staff is well trained," she added. "We hire for attitude and train for skill, and we approach our work with an attitude of respect, delicacy and humor. We really do have a lovely time. It's very rewarding and meaningful."

The ribbon cutting for Opa's House will be Tuesday, March 7, at 11:30 a.m. and open houses will be held on weekends for the next couple of months. More information can be found at [www.mybridgehaven.com](http://www.mybridgehaven.com) or by calling the office at 785-371-1106.

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# Planning will help you see green in retirement

By Norm Franker

Social Security District Manager in Lawrence, KS

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On August 21, millions of people across the United States will see one of nature's most wondrous spectacles—a total eclipse of the sun. The class Introduction to Stargazing, offered this spring by Lawrence Parks and Recreation, will teach skills for viewing both the eclipse and night skies.

Evening classes will provide an introduction to the stars, asterisms and constellations and learn about the celestial motions that govern the sky. Participants will learn to use tools including telescopes, planispheres, star charts and apps to better navigate and understand constellations that make up the cosmic zoo.

During the afternoon class participants will learn what there is to see during the day and how to observe the sun safely in preparation for the Great

American Solar Eclipse. Northeast Kansas is near the centerline of the eclipse path and area residents have a unique opportunity to view this rare celestial event.

Classes will meet at the Baker Wetlands Discovery Center. Evening classes will meet Wednesdays, April 19 and 26, 7:30-9:30 p.m. and the day class will meet Sunday, April 30, 1-3 p.m. You may register for the class at any Lawrence recreation center, or online at [www.lprd.org](http://www.lprd.org). The registration fee includes planisphere and eclipse viewing glasses for each participant. For more information please contact Gayle Sigurdson, Lifelong Recreation programmer, at 785-832-7909.

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# New owner makes dramatic improvements at Tanglewood

By Kevin Groenhagen

On May 13, 2015, Tanglewood Health and Rehabilitation held a ribbon-cutting ceremony to celebrate the Topeka facility's name change, new ownership, and recent renovation. The new owner, HMG Healthcare, LLC, which is based in Woodlands, Texas, owns and operates 22 long-term care facilities and retirement communities throughout Texas and Kansas. In addition to Tanglewood Health and Rehabilitation, the Kansas facilities include Arbor Court Retirement Community at Alvamar in Lawrence, Arbor Court Retirement Community at Topeka, Arbor Court Retirement Community at Salina, Smoky Hill Health and Rehabilitation, and Belleville Healthcare Center in Belleville.

"The quality of care has improved tremendously since the new owners have taken over," said Angelina Sterrett, Tanglewood's community relations and marketing director. "They are really great at going into facilities and picking up where other companies had failed and then making them successful. The improvements have just been dramatic."

Those improvements include the renovations, which are ongoing.

"The new owners did a huge remodel to both the interior and exterior," Sterrett said. "The living room area, the dining room, the hallway, the nurses' stations, and the activity areas have all been redone. Some of the residents' rooms already have the new flooring. The rest of the rooms should be finished within the next six months."

"We also have a new courtyard area with gazebo in the front," she contin-

ued. "Many residents and family members utilize the area to visit when the weather is nice."

HMG Healthcare, LLC also made personnel changes.

"We have an all new administrative staff," Sterrett said. "We do have one employee, Lester, who has been here for almost 11 years. He does a multitude of things here, including driving our bus. He has seen all the positive changes that have happened here. We have a really good team. Corporate is motivated to help us make this facility the best in Topeka."

Tanglewood has also taken steps to reach out to its neighbors.

"We have a tight-knit, little community around us," Sterrett said. "We have people who come from our neighborhood and volunteer. We also try to involve the fire department around the corner if we have a special event. We want to keep those in our community active in what we do as well."

Tanglewood Health and Rehabilitation is certified to deliver skilled nursing care, which includes the following:

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"Our rehab team also offers physical therapy, occupational therapy, and speech therapy up to the hours a day, seven days a week," said Sterrett, who has worked in long-term care for over 25 years.

COURTESY PHOTO



Angelina Sterrett, Tanglewood's community relations and marketing director, calls Tanglewood, which is nestled in a neighborhood north of 29th Street, a "hidden secret."

For those who need accommodations for shorter stays, Tanglewood ensures rooms are available.

"We have 54 beds in our facility," Sterrett said. We keep our occupancy rate around 95%. That way if anyone has an illness or needs hospice accommodations, we have rooms for residents and family members."

Tanglewood's residents range in age from 47 to 95. "We are a facility that accepts Medicaid as well," Sterrett explained. "Medicaid beds are not as readily available as before. Tanglewood is able to be that resource."

In her position as community relations and marketing director, Sterrett has been working to inform those in the Topeka area about what Tanglewood Health & Rehab, which is located at 5015 SW 28th Street, has to offer.

"I always say we're a hidden secret because we're tucked away in the neighborhood," Sterrett said. "A lot of people don't know we're here. I go to other senior communities and encourage them to take a tour. We want people to feel like they can come into Tanglewood at any time, take a tour, look around, and meet our staff. I also take part in the Topeka Area Continuity of Care organization. We sponsor educational events at the facility on occasion. We sponsored a candidate forum here last October. That was a big success for us. Many public officials had the opportunity to tour our facility and see the changes we have made."

For more information about Tanglewood Health and Rehabilitation, call 785-273-0886 or visit [tanglewood-healthandrehabilitation.com](http://tanglewood-healthandrehabilitation.com).



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# KABC releases list of 'red flag' nursing homes

Kansas Advocates for Better Care, a nonprofit organization that monitors conditions in the state's nursing homes, has released its annual listing of "red flag" facilities.

Sixty-eight of the 350 nursing facilities in Kansas were found to have been cited for at least 10 health and/or safety deficiencies in each of the last three years. Nearly three-fourths of these poor-performing nursing homes are owned by for-profit corporations. The remainder are nonprofit.

In the past 18 months, at least 44 facilities on the list were cited for deficiencies that resulted in "actual harm" to residents or put them in "immediate jeopardy" of being harmed. The Good Samaritan Society Center nursing home in Minneapolis was cited for 46 deficiencies—the most for any long-term care facility in the state. Among the 46 deficiencies cited were mistreatment of resident(s) resulting in actual harm, lack of proper treatment to prevent bed sores resulting in actual harm, lack of compliance with special or therapeutic diets resulting in immediate jeopardy for residents, and accident hazards which posed immediate jeopardy to residents.

The list is based on deficiency data culled from Kansas Department for Aging and Disability Services (KDADS) survey/inspection reports. A deficiency means that a facility was found to be out of compliance with a

regulation intended to ensure residents' health and safety.

Kansas law requires that nursing facilities be inspected every 12 months, on average. KDADS, however, consistently fails to meet its own timelines due to budget shortfalls and not having enough trained inspectors. Consequently, nursing homes are often inspected at 16 months, potentially exposing residents in poor performing facilities to further harm and for longer periods of time.

In Kansas, it's not unusual for a nursing home to be cited for 10 deficiencies within a single inspection cycle (12 months). A facility being cited with 10 deficiencies for three consecutive cycles, however, constitutes a "red flag," said KABC Executive Director Mitzi McFatrach. State inspections are the only objective review of nursing homes conducted by a governmental oversight agency to assure the safety and health of older residents. Inspections are an important source of information about the quality of care elders receive in a given facility.

A list of the 68 nursing homes with 10 or more deficiencies in each of the last three survey/inspection cycles, their locations, and the number of deficiencies cited on the latest available surveys is available online at [www.kabc.org/wp-content/uploads/2017/02/2016-POOR-PERFORMANCE-TRENDS.pdf](http://www.kabc.org/wp-content/uploads/2017/02/2016-POOR-PERFORMANCE-TRENDS.pdf).

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## Spring classes offer natural living skills

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Herbal Healing Garden: In a pot or a plot will meet on Saturday, March 4, 1-2:30 p.m. Students will learn how easy it is to create a healing garden with medicinal herbs. The class will de-mystify the how and why of growing the “must-have” healing herbs, and the instructor will share tips, stories, seeds and sources for planting a medicine garden.

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# When is a good time to start receiving Social Security benefits?

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

Enjoying a comfortable retirement is everyone's dream. For over 80 years, Social Security has been helping people realize those dreams, assisting people through life's journey with a variety of benefits. It's up to you as to when you can start retirement benefits. You could start them a little earlier or wait until your "full retirement age." There are benefits to either decision, pun intended.

Full retirement age refers to the age when a person can receive their Social Security benefits without any reduction, even if they are still working part or full time. In other words, you don't actually need to stop working to get your full benefits.

For people who attain age 62 in 2017 (i.e., those born between January 2, 1955 and January 1, 1956), full retirement age is 66 and two months. Full retirement age was age 65 for many years. However, due to a law passed by Congress in 1983, it has been gradually increasing, beginning with people born in 1938 or later, until it reaches 67 for people born after 1959.

You can learn more about the full retirement age and find out how to look up your own at [www.socialsecurity.gov/planners/retire/retirechart.html](http://www.socialsecurity.gov/planners/retire/retirechart.html).

You can start receiving Social Security benefits as early as age 62 or any time after that. The longer you wait, the higher your monthly benefit will be, although it stops increasing at age 70.

Your monthly benefits will be reduced permanently if you start them any time before your full retirement age. For example, if you start receiving benefits in 2017 at age 62, your monthly benefit amount will be reduced permanently by about 26 percent.

On the other hand, if you wait to start receiving your benefits until after your full retirement age, then your monthly benefit will be higher. The amount of this increase is two-thirds of one percent for each month — or eight percent for each year — that you delay receiving them until you reach age 70. The choices you make may affect any benefit your spouse or children can receive

on your record, too. If you receive benefits early, it may reduce their potential benefit, as well as yours.

You need to be as informed as possible when making any decision about receiving Social Security benefits. Read the publication When to Start Receiving Retirement Benefits at [www.socialsecurity.gov/pubs/EN-05-10147.pdf](http://www.socialsecurity.gov/pubs/EN-05-10147.pdf).

If you decide to receive benefits before you reach full retirement age, you should also understand how continuing to work can affect your benefits. Social Security may withhold or reduce your benefits if your annual earnings exceed a certain amount. However, for

every month benefits are withheld, it increases your future benefits. That's because at your full retirement age Social Security will recalculate your benefit amount to give you credit for the months in which benefits were reduced or withheld due to your excess earnings. In effect, it's as if you hadn't filed for those months. You can learn more at [www.socialsecurity.gov/planners/retire/whileworking.html](http://www.socialsecurity.gov/planners/retire/whileworking.html). Social Security's mission is to secure your today and tomorrow. Helping you make the right retirement decisions is vital. You can learn more by visiting our Retirement Planner at [www.socialsecurity.gov/planners/retire](http://www.socialsecurity.gov/planners/retire).



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## MAYO CLINIC

## Researchers studying a variety of potential new treatments for CLL

**DEAR MAYO CLINIC:** Are there any new treatment options for chronic lymphocytic leukemia? I'm 61 and was diagnosed 18 months ago. Until recently, I have not had any symptoms so have not received treatment for it.

**ANSWER:** Researchers are currently studying a variety of potential new treatments for chronic lymphocytic leukemia, or CLL. Many of them are available now through clinical trials. Depending on your situation, you may be eligible to participate in a clinical trial and receive one of the new therapies.

CLL is a cancer of the blood and the spongy tissue inside bones where blood cells are made, called bone marrow. In particular, this disease affects a group of white blood cells called lymphocytes that help your body fight infection.

CLL usually progresses slowly. As in your situation, many people in the early stages of CLL have no symptoms. When symptoms start to develop, they may include enlarged lymph nodes, pain in the upper left abdomen, fatigue, fever, night sweats, weight loss and frequent infections.

People with early-stage chronic lymphocytic leukemia typically do not receive treatment. At that stage of the disease, the risks associated with possible side effects and complications from treatment usually outweigh the benefits you'd receive from it. Instead, doctors carefully monitor the condition, a process known as watchful waiting, and often hold off on treatment until the disease progresses. Watchful waiting usually involves a schedule of regular check-ups and blood tests every few months.

At this time, though, clinical trials are investigating whether treatment can help bolster a person's immune system when they are in the early stages of CLL and don't show any symptoms.

The trials also are assessing whether an improvement in the immune system may help slow the progression of CLL in those people.

The purpose of clinical trials is to learn if a new test or treatment works and is safe. Treatments studied in clinical trials can be new drugs or new combinations of drugs, new surgical procedures or devices, or new ways to use existing treatments. People who participate in these trials are volunteers. During clinical trials, researchers are trying to gather new knowledge that will help them improve medical care for people in the future.

Not all health care organizations offer clinical trials to their patients, but most large academic medical centers have them available on a regular basis.

Many clinical trials that study different kinds of cancer often are underway at the same time.

For example, Mayo Clinic is currently seeking volunteers for a number of clinical trials involving CLL treatment. Whether you would be able to participate depends on the specific stage of your disease. Your medical history, family history and other medical conditions you may have, along with additional factors specific to each clinical trial also would be carefully considered to decide on your eligibility for that trial.

If you are interested in exploring the options available for CLL clinical trials, ask your doctor if your health care facility has any available, or if it works with another health care provider to connect patients to current clinical trials. If it does not, you may consider looking into the possibility of a clinical trial at an academic medical center. For information about clinical trials offered through Mayo Clinic, you can visit the website [www.mayo-clinic.org](http://www.mayo-clinic.org). You'll find details under the "Research" tab at "Find Clinical

Trials." - Asher Chanan-Khan, M.D., Hematology, Mayo Clinic, Jacksonville, Fla.

- *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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## HEALTH &amp; WELLNESS

# Pain: Gain Awareness

By Ashley De Los Reyes DPT

Pain is complex. We think of pain as being simple, for example; I sprain my ankle and now I have pain. It makes sense to assume if I hurt or damage my body then I will have pain, but what about those times we have pain without

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a cause. People often say they have pain but can't recall a specific injury. What about people who experience a terrible injury and are hardly affected? An extreme example would be a true story that was made into a movie. It is a dramatic story of a man who when hiking in Utah suddenly fell and was trapped under an enormous boulder. He was stuck for 127 hours until he was able to free himself by amputating his trapped arm with his pocket knife. Despite his injury and pain he was able to repel down a 65 foot canyon wall and walk 5 miles to safety. How is it that people can experience pain so differently?

### Ouch: Not

Think about when you stub your toe... Stubbing your toe hurts really badly, but you don't rush to the emergency room every time you stub a toe. Often times after you stub your toe you think to yourself "I broke my toe," but then a few days later you forget it even happened. Your past experiences you've had when stubbing your toe has trained your brain to know that the extreme pain you experience doesn't necessarily determine the severity of the injury.

### Brain Body Connection

Pain is actually not determined by a specific injury that happens to a tissue. How you experience pain and to what level is a conscious decision by the brain. We all experience and deal

with pain differently due to patterns in brain and nervous system. Why is it that we each differ on how we experience pain? Why is it that one person might experience severe joint arthritis with little pain, someone else may have severe pain with minor joint arthritis? The intensity of pain and how our body responds to it depends on how our brain processes pain. Research shows many things including stress, anxiety, and past experiences, influence the pain response. How you were raised as a child can be a big part of how you experience pain. As a child did your parents tell you to "get back up, dust yourself off, and get back on the horse" or, did they take you straight to the Emergency Room? The current research is leading to a different understanding of how we can retrain our brain to be calmer about pain.

### Pain: Good/Bad

Think of pain as simply an input to the brain. It is a sensation that at first you do not know if the sensation is bad for you or simply seems bad at first. You bump your elbow on the edge of the table and have a sharp pain. Did you injure your arm or is it just that you tapped your funny bone? If you give your brain a moment to assess the injury, you calmly realize that you are fine and the pain fades away.

### Sensations: Pathway to the Brain

What happens when the pain message travels up a nerve? The signal travels up the spinal cord to the brain. It is now the brain's job to process the

input. The brain processes the information taking into account your individual past experiences, environment at the time of the event, stress in your life, and other factors. Finally, the brain sends a signal out to your body. Pain might be the out going signal or you might feel tingling. At the same time you are interpreting these signals and deciding if you should ignore the feeling or do something about the sensation. If the sensation doesn't stop and the pain is constant, then we seek help to find out why. You may see a physical therapist to sort out why you hurt and what you can do to resolve the problem.

### Take Heed and Take Care

Even though pain is not only caused by injury to tissue, it is still our body's best protection against further possible damage. Pain is not always a bad thing, it alerts you to danger. When you step on a nail you feel pain and pick

your foot up. If you didn't have pain to warn you, you wouldn't notice the nail and continue walking, causing serious injury. It is always important to listen to your body and not be fearful of the pain. Pain can be a good indicator that something could be wrong, but pain isn't always a bad thing. If you are having pain respect it, don't fear it and seek care and treatment. Physical therapy can be a good resource to help you learn to manage pain and determine good pain versus bad pain. The physical therapist will train you in improving posture, strengthening your body and help you win control of your life again.

- Ashley De Los Reyes DPT is a physical therapist with LMH Therapy Services. She specializes in Sports and Joint/Spine Orthopedic rehab at LMH Baldwin City Therapy Services: 785 594-3162.



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## HEALTH &amp; WELLNESS

# Hair loss can often be prevented and treated

Alopecia, or hair loss, is one of the most common conditions that affect people every day. Even though hair loss is so common, it can be one of the most frustrating and distressing conditions that a person can experience.

Alopecia, also called baldness, refers to a condition when the hair falls from the scalp. Some estimates say that



Dr.  
Farhang  
Khosh

more than half of the men and women in the United States have this condition at some time in their lives. In fact, this condition is so common that it is considered a normal part of aging to lose one's hair.

Hair loss is often separated into two different categories. Permanent hair loss typically falls under the classification of "pattern" and occurs in both males and females. Male pattern baldness can begin early in life, starting in the teenage years or early 20s. But male pattern baldness more commonly develops after age 50. In male pattern baldness, there is a balding on the top of the head, and a receding hairline. Many women also experience hair loss that starts as a progressive thinning of the hair at the front, sides or top of the head.

Other types of alopecia are temporary. *Alopecia areata* is an autoimmune condition that attacks hair follicles, causing the hair on the head to fall out, typically in small patches about the size of a quarter. Unfortunately, autoimmune alopecia can be unpredictable. Hair might come back, fall out again, and then come back. Some people continue to lose and regrow hair for years.

*Traction alopecia* can come from wearing hair in braids, pigtails, or using tight hair rollers. This hair loss occurs typically at the site where hair is pulled. This can cause hair loss and is sometimes permanent.

*Telogen effluvium* can be a mental or physical stress-related condition and involves the loss of large amounts of hair.

A number of things can cause hair loss: A severe illness, surgery, physical and emotional stress. Nutritional Deficiencies and hormonal problems such as thyroid problems, pregnancy or menopause may contribute to hair loss. Over-the-counter and prescription drugs can cause hair loss, but this often ends when the medications are stopped. Certain fungal infections of the scalp can cause patchy hair loss. An underlying disease such as diabetes or iron deficiency anemia can cause hair to fall out. Certain hair treatments such as those using chemical dyes or bleaches can cause alopecia. Traditional Chinese Medicine believes that alopecia is caused by kidney and liver dysfunction. To successfully cure alopecia is to correct the underlying cause of the toxin buildup.

Conventional hair loss treatments focus on promoting hair regrowth or hiding hair loss, not on treating the cause. Alternatively, the first priority should be to recognize and treat identifiable causes of hair loss, such as medications, infections, nutritional deficiencies, medical conditions or hormonal imbalances. The good news about hair loss is that when the root cause is removed and some simple changes are made, further hair loss can often be prevented and regrowth encouraged.

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

# 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](mailto:kevin@seniormonthly.net).

To listen to KVSM Golden Oldies, please visit [Tunein.com](http://Tunein.com) and do a search for "KVSM," or visit [www.seniormonthly.net](http://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.

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## ESTATE PLANNING

# The perils of joint tenancy

Many people—particularly married couples—own property as joint tenants. The distinctive characteristic of joint tenancy is the right of survivorship. When one joint tenant dies, the property descends to the survivor or survivors without probate or other court action. If two people held real estate in joint tenancy, the survi-



Bob  
Ramsdell

vor simply files an Affidavit of Death & Survivorship with the Register of Deeds to show that he or she is now the sole owner of the property.

While people typically think of real estate being held in joint tenancy, a joint checking account is also a form of joint tenancy. Similarly, you can title a motor vehicle jointly (with “and / or” appearing between the names on the title).

If you plan on using joint tenancy as a transfer mechanism, verify the real estate deed or title to other property to

be sure a joint tenancy exists. On several occasions I have assisted a surviving spouse who thought property was held in joint tenancy when it was not. Not only has this led to an unexpected need for some form of probate administration, in one case the deceased spouse died intestate and the survivor only received one-half of the deceased spouse’s interest in the real estate with the other half split among the children.

Of course, when the last surviving joint tenant dies, there is no one for the property to descend to and the transfer of ownership must be determined by some other means. This might prompt an older couple or a surviving spouse to consider adding a child to their bank account or the deed on their real estate as a means of transferring the property at death. While this can work as a transfer mechanism, it has significant drawbacks:

**Risk of Theft** – Once you add a child to your account, that child has the ability to improperly withdraw funds for his or her own use if they are so inclined.

**Legal Risks** – Even if your child is scrupulously honest, your asset is now his or her asset. If your child gets divorced, files for bankruptcy, is

named a defendant in a lawsuit seeking monetary damages, or otherwise gets embroiled in a legal action where his or her assets are at issue, then your assets are potentially at issue.

**Loss of Control** – Once you add a child to your deed, you will need that child’s agreement to sell or refinance the property.

**Uneven Distribution** – If you have several children but only add one as a joint tenant on your bank accounts (because that child lives nearby and is around to help), then everything in those accounts passes to that one child at your death even if your Will or Trust provides for equal shares to your children. (Note: If you want to add a child to an account for the convenience of writing checks and assisting you in handling your finances, this can be accomplished via a power of attorney without making the child a joint owner.)

**Tax Consequences** – Creating a joint interest may result in a taxable gift. Adding a child as a joint tenant on your bank account is not a taxable gift

until he or she withdraws funds. But if you add a child as a joint tenant to the deed of a house worth \$150,000, then there has been a gift of \$75,000—well in excess of the current \$14,000 annual gift exclusion. Legally, you are required to file a gift tax return and either pay the tax or use a portion of your lifetime exclusion. And, to add insult to injury, at your death the interest gifted to your child while alive is not eligible for a step-up in basis.

In short, joint tenancy is a deceptively simple transfer mechanism with the potential for major problems. There are often better ways to transfer property at your death while avoiding probate.

- 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.

## We Help Our Clients Improve the Quality of Their Lives

We can provide services to individuals with needs in order to assist them in staying in the comforts of their own homes for as long as they wish. We provide assistance in housekeeping, laundry, grocery shopping, meal prep, following diets, as well as personal assistance such as bathing, dressing, and grooming. Our nursing staff assesses individual needs and build a care plan to fit the needs of our clients. Our goal is continuity of care in staffing for the most consistent care possible. Our nurses can also set up medication, and our staff can remind clients of their schedules.

Locally owned and serving the Topeka area since 2003, Advantaged Home Care is a State Licensed Home Health Agency.

**Advantaged  
Home Care**

For more information, call us at 785-267-4433 or visit us at [advantagedhomecare.com](http://advantagedhomecare.com)

### WOULD YOU GIVE YOUR KEYS TO A STRANGER?

*To a scammer, your Medicare card is the key to stealing your benefits.*

Here's how you can protect against health care fraud:

- Don't give your Medicare number to strangers
- Check medical bills and statements with your personal healthcare journal
- Report errors and suspicious charges to **800-432-3535**

**Kansas**  
Department of Aging and Disability Services

This project was supported, in part by grant number 90MP0087, 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 SMP**  
Empowering Seniors To Prevent Healthcare Fraud

**PROTECT**  
Medical Numbers

**PREVENT**  
Scams and Errors

**REPORT**  
Your Concerns



## JILL ON MONEY

### Questions to ask a financial pro

Now that the Trump administration has declared its intention to delay and potentially roll-back the Department of Labor's fiduciary rule, which would force financial professionals (and their firms) overseeing the nearly \$3 trillion in retirement savings to work in their clients' best interest, it may be a good time to review your relationship with your



Jill  
Schlesinger

current adviser, stock broker or insurance salesperson. Here is an updated list of questions to ask the person advising you on your investments:

- Are you held to the fiduciary standard? Investment professionals who aren't fiduciaries are held to a lesser standard, called "suitability," which means that anything they sell you has to be appropriate for you, although not necessarily in your best interest.
- How will I pay for your services? The adviser should clearly state in writing how she will be paid for the

services provided. The three basic methods are: fees based on an hourly or flat rate; fees based on a percentage of your portfolio value, often called "assets under management" (AUM); and commissions paid per transaction. How often you expect to trade, and whether you want your money proactively managed, will help determine which model works best for you.

- What experience do you have? Find out how long the adviser has been in practice and where. Also ask if she has any professional certifications, licenses or designations. Some certifications include: certified financial planner (CFP); CPA personal financial specialist; chartered financial analyst (CFA). These certifications are governed by national standards-setting organizations and require adherence to the fiduciary standard. Members of the National Association of Personal Financial Advisors, an organization of fee-only financial planning professionals, also adhere to the standard.

- What services do you offer? Services offered can depend on a number of factors including credentials, licenses and areas of expertise. Some conduct financial planning alone and do not sell financial products. Others

may only manage assets.

- What is your approach to financial planning and investing? Some advisers prefer to develop a holistic plan that brings together all of your financial goals. Others provide advice on specific areas, as needed. Make sure the adviser's viewpoint on investing is neither too cautious nor overly aggressive for your risk tolerance. A great follow up: What were the three worst investment decisions you made over the past five years, and how did you correct them?

- Can you provide three references? Ask for two current clients whose goals and finances match your own, as well as a professional reference, like an accountant or estate attorney.

- Do you have a financial interest in the entity that houses my account? When interviewing advisers not associated with large brokerage or insurance companies, ask if they use an independent third-party custodian or clearing firm (this is the entity that produces your statements), which prevents the adviser from having direct custody of your assets and adds another level of security for your account.

- Is there anything in your regulatory record that I should know about? Conducting background checks on the professional you may hire by visiting the Securities and Exchange Commission and FINRA websites or the state securities website NASAA as well as the CFP Board. While some violations should cause you to rule out an adviser (settlement of multiple customer complaints), others may be acceptable to you.

- How often will we interact? What should you expect in terms of frequency of verbal, written and in-person communication? Also ask whether the adviser will remain your primary contact.

- Finally, ask yourself: Do I like this person? You are about to enter into an intimate relationship that will hopefully last a long time. If you have any reservations, move on. There are plenty of qualified advisers out there, who would like to help you out.

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

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Jessie  
January 3, 2017

**Save a Life**  
Be a living kidney donor

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**National  
Kidney  
Month**

Financial Donations visit:  
[www.savealifeks.org](http://www.savealifeks.org)

Personalized memory care *in a real home*



Mom needs  
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*You've noticed Mom needs extra care...*

Wouldn't it be great for her to be in a supportive and family-style atmosphere! Take advantage of our concept in long-term care, providing complete care for all stages of memory impairment resulting from various forms of dementia. Give the gift of security to you both. With only 10-12 residents, opportunities for admission are limited. Don't wait for a crisis. Please call to schedule a tour today.

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# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

### TUESDAYS THE BLANKET PROJECT

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

### FIRST FRIDAY OF THE MONTH FIRST FRIDAY ARTWORK

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

### LAST FRIDAY OF THE MONTH FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of the month. See website for participating locations.  
LAWRENCE, 785-842-3883  
finalfridayslawrence.wordpress.com

## BINGO

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

**SUNDAYS, WEDNESDAYS & FRIDAYS  
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.  
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

**MAR 29-31  
ADVENTURERS OF THE MIDWEST**  
We'll meet cowboys, oilmen and African explorers on this trip south. Stops include Woolaroc, the Will Rogers Museum, Philbrook Art Museum and the Safari Museum. Cost: Double \$411; Single \$539. Offered by Lawrence Parks and Recreation.  
LAWRENCE, 785-832-7909

**MAY 3-5  
PELLA TULIP FESTIVAL**  
Spend an entire day with full pass to this favorite regional festival. Other stops include the World Food Prize, Pappajohn Sculpture Park and Des Moines Art Museum. Cost: Double \$395 before March 20/\$415 after; Single \$492

before March 20, \$526 after. Offered by Lawrence Parks and Recreation.  
LAWRENCE, 785-832-7909

## EDUCATION

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

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

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

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

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

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

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

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

**MAR 7-28  
BOOK CLUB PLUS**  
A good book is more than well-written, it grabs your interest, makes you think and want to learn more. Join us in reading The All True Travels and Adventures of Lidie Newton by Jane Smiley and a closer look at the role of women in the history of Lawrence. Class includes guest speakers and a driving tour. Registration required. Fee. Call for more information. Tuesdays, Carnegie Building, 200 W. 9th Street, 6 p.m.  
LAWRENCE, 785-832-7920

**MAR 7  
12TH ANNUAL RESOURCE FAIR FOR SENIORS**  
Sponsored by Lawrence Area Professionals in Aging. Visit the booths and displays from local businesses and organizations that serve seniors in Douglas County. Freebies, handouts, brochures, gift cards, and more. Sports Pavilion at Rock Chalk Park, 100 Rock Chalk Ln., 9 a.m.-1 p.m. Free.  
LAWRENCE  
785-832-0754

**MAR 11  
NUTRITION CARNIVAL**  
Join LMH, the Lawrence Public Library, and our other wonderful community partners for the free Nutrition Carnival. Interactive, fun nutrition education activities and information for kids ages 4 and up to adults; special presentations, performances and guests, including the Last Carnival Circus Arts and Aerial Dance School; the Edible Books Festival; and healthy snacks and giveaways. For more information, go to lawrence.lib.ks.us and click on News and Events. Lawrence Public Library, 707 Vermont St., 11 a.m.-1 p.m.  
LAWRENCE

**MAR 13  
HEALTHWISE SENIOR SUPPER**  
"Stormont Vail Health Update: Innovating for the Future" is the topic of the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. Randy Peterson, president and chief executive officer, will give an update. Cost: \$5 per person for the meal. Reservations requested by March 8. Please call.  
TOPEKA, 785-354-5225

**MAR 14  
MEDICARE EDUCATIONAL SEMINAR**  
Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare

■ CONTINUED FROM PAGE 20

educational seminar Tuesday, March 14, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. Call for information call, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages will be provided. TOPEKA, 785-233-1816

MAR 21

#### SENIOR SUPPER AND SEMINAR

This month's topic: "A Conversation with Russ Johnson, President and CEO of Lawrence Memorial Hospital. On the third Tuesday of each month (except December), seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. After the meal, there will be a short educational program on a health or wellness topic of interest to older adults. Reservations are *required* for the meal due to limited seating and must be made at least 24 hours in advance. Call LMH Connect Care at (785) 505-5800 or send an e-mail to [connectcare@lmh.org](mailto:connectcare@lmh.org). Supper: 5 p.m., Educational presentation: 6 p.m. LAWRENCE, 785-505-5800

MAR 27

#### AVOIDING SCAMS AND FRAUD

AARP of Kansas will provide tips on how to avoid becoming a victim of fraud and scams, discuss current scams that are active in this area and around the country, and provide information about how to keep up on the latest scams by becoming a part of the AARP Fraud Watch Network. Topeka & Shawnee County Public Library, Marvin Auditorium 101C, 1515 SW 10th Ave., 12:30-1:30 p.m. TOPEKA, 785-580-4400 [tscpl.org/seniors](http://tscpl.org/seniors)

MAR 28

#### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, March 28, 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 the Cotton O'Neil North at 4505 NW Fielding. Call for information call, sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages will be provided. TOPEKA, 785-233-1816

MAR 30

#### GENERAL PALEONTOLOGY

This class is an overview of the fossil record including paleoecology with mention of the geological time framework. A wide variety of representative fossils will be passed around for examination as well as an assortment of specimens displayed for viewing. Offered by Lawrence Parks and Recreation, East Lawrence Center, 1245 E. 15th Street, 2-3:30 p.m. Fee. LAWRENCE, 785-832-7920

■ CONTINUED ON PAGE 22

# 12th Annual Lawrence Area Partners in Aging

# RESOURCE FAIR FOR SENIORS

Tuesday, March 7, 2017 from 9 a.m.-1 p.m.  
Sports Pavilion at Rock Chalk Park



- FREE! No cost to attend!
- Freebies, handouts, brochures.
- Drawings for grocery store gift cards – Courtesy of LAPA.
- Exhibits featuring a wide range of businesses and organizations.
- Many vendor giveaways.
- And much, much more!

**Come by anytime between 9:00 and 1:00 to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.**

This is the twelfth annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call 785-832-0754 and ask for Michele Dillon or email [LawrenceAreaPartnersInAging@gmail.com](mailto:LawrenceAreaPartnersInAging@gmail.com).



■ CONTINUED FROM PAGE 21

APR 6

**INTERMEDIATE UKE**

This course is for ukulele players who already know basic chords and chord progressions. Focus is on fingerpicking, reading tablature and advanced chord shapes such as bar and diminished chord shapes. Ukuleles and tuners are not provided. Come share the joy of Aloha! Prerequisite: Minimum of two sessions Beginning Ukulele courses or prior consent from teacher. Offered by Lawrence Parks and Recreation, Carnegie Building, 200 W. 9th Street, Thursdays, 6-7 p.m. Fee.  
LAWRENCE, 785-832-7920

**ENTERTAINMENT**

SUNDAYS

**LAWRENCE IRISH TRADITIONAL SESSION**

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

THURSDAYS

**JUNKYARD JAZZ**

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

SATURDAYS

**JOHN JERVIS, CLASSICAL GUITAR**

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

MAR 3, 4, 5, 9, 10, 11 &amp; 12

**CHURCH BASEMENT LADIES**

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

MAR 3, 4, 5, 10, 11 &amp; 12

**THE UNIVERSITY THEATRE PRESENTS "THE COMPANY" BY STEPHEN SONDHEIM & GEORGE FURTH**

Exploring the spectrum of adult relationships. A single person unable to commit, five best friend-couples, three partners and New York City comprise the company of this classic Broadway musical that anticipates the millennial experience. A series of parties, dates and conversations attempt to weigh out the pros and cons of committed relationships. Directed by Leslie Bennett Scenic Design by Kelly Vogel Lighting Design by TBA Costume Design by Chelsea Pitts. University Theatre, 1530

Naismith Dr., 7:30 p.m. Sunday Matinee; 2:30 p.m. Fee.  
LAWRENCE, 785-864-3982  
kutheatre.com/performances

MAR 3-APR 1

**ROCK OF AGES**

It's the tail end of the big, bad 1980s in Hollywood, and the party has been raging hard. Aqua Net, Lycra, lace and liquor flow freely at one of the Sunset Strip's last legendary venues, a place where sex machine Stacey Jaxx takes the stage and scantily clad groupies line up to turn their fantasies into reality. Amidst the madness, aspiring rock star (and resident toilet cleaner) Drew longs to take the stage as the next big thing (and longs for small-town girl Sherri, fresh off the bus from Kansas with stars in her eyes). But the rock and roll fairy-tale is about to end when German developers sweep into town with plans to turn the fabled Strip into just another capitalist strip mall. Can Drew, Sherri and the gang save the strip—and themselves—before it's too late? Only the music of hit bands Styx, Journey, Bon Jovi, Whitesnake and more hold the answer. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue. Various dates and times. Fee.  
TOPEKA, 785-357-5211  
topekacivictheatre.com

MAR 5

**SUNFLOWER BAROQUE**

The University of Kansas Sunflower Baroque ensemble will present a concert of Baroque music in Swarthout Recital Hall, 1530 Naismith Dr., 2:30 p.m. The concert is free and open to the public.  
LAWRENCE, 785-864-3436  
music.ku.edu/school-music-calendar

MAR 6

**AN INTIMATE EVENING WITH KRISTIN CHENOWETH**

In a career that spans film, television and stage, Emmy and Tony Award-winning actor and songstress Kristin Chenoweth is perhaps best well known for her work on the ABC series Pushing Daisies, FOX's hit comedy Glee and NBC's political drama The West Wing. However, fans of Broadway know the "popular" Hollywood Walk of Fame performer as smash-hit Wicked's original Glinda the Good Witch. Chenoweth is a passionate supporter of many charities and philanthropic efforts, and in 2013 she partnered with the Broken Arrow Performing Arts Center Foundation, establishing the Kristin Chenoweth Fund for Arts and Education. She brings her unique and powerful voice to Lawrence for a one-night-only performance of some of the most unforgettable songs from Broadway and best-loved canons of the Great American Songbook. Lied Center of Kansas, 1600 Steward Dr, University of Kansas, 7:30 p.m. Fee.  
LAWRENCE, 785-864-2787  
lied.ku.edu/calendar

MAR 10

**FREE STATE STORY SLAM**

This is a don't-miss occasion to hear and share whoppers, MOTH-style, the second Friday of each month (excluding December). Raconteurs step up to the mic to bring laughs, tears, sur-

prise, amazement, and the occasional awkward moment. All are welcome, bring a tale to tell on the theme for the evening, or just come to listen. Never the same story, or evening, twice. Adults, 18+ only. Live music starts at 7 p.m., Slam at 7:30 p.m. Cocktails throughout. Donations encouraged. Lawrence Arts Center, 940 New Hampshire.  
LAWRENCE, 785-843-2787

MAR 15

**IMANI WINDS**

Since 1997, the Grammy-nominated quintet has taken a unique path, carving out a distinct presence in the classical music world with its dynamic playing, culturally poignant programming, adventurous collaborations and inspirational outreach programs. With two composers as part of the ensemble and a deep commitment to commissioning new work, the group is enriching the traditional wind quintet repertoire while meaningfully bridging European, American, African and Latin American traditions. Lied Center of Kansas, 1600 Steward Dr, University of Kansas, 7:30 p.m. Fee.  
LAWRENCE, 785-864-2787  
lied.ku.edu/calendar

MAR 19

**WTCT PLAYERS**

Take a trip to yesteryear and enjoy radio favorites including The Lone Ranger, Gunsmoke, The Shadow, and a host of other favorites recreated by veteran actors who were thrilled by these stories when they were new! Topeka Civic Theatre and Academy, 3028 SW 8th Ave. Fee.  
TOPEKA, 785-357-5211  
topekacivictheatre.com

MAR 26

**SENIOR CLASS**

Our senior improv company is made up entirely of 55+ year old actors from our community. They define life in the golden years as a terrifically fun-filled trip! Topeka Civic Theatre and Academy, 3028 SW 8th Ave., 2 p.m. Fee.  
TOPEKA, 785-357-5211  
topekacivictheatre.com

MAR 28

**KU JAZZ ENSEMBLE I WITH SPECIAL GUEST KNEEBODY**

Jazz Ensemble I directed by Dan Gailey, director of Jazz Studies Kneebody's sound is... explosive rock energy paralleled with high-level nuanced chamber ensemble playing and highly wrought compositions that are balanced with adventurous no-holds-barred improvising. The quintet met in their late teens while at the Eastman School of Music and Cal Arts, became fast friends and converged together as Kneebody amid the vibrant and eclectic music scene of Los Angeles in 2001. At the Lied Center, the group will perform with the University of Kansas Jazz Ensemble I led by Dan Gailey, director of Jazz Studies. Lied Center of Kansas, 1600 Steward Dr, University of Kansas, 7:30 p.m. Fee.  
LAWRENCE, 785-864-2787  
lied.ku.edu/calendar

MAR 31

**AMERICAN BRASS QUINTET**

The American Brass Quintet is internationally recognized as one of the premier chamber music

ensembles of our time and celebrated for peerless leadership in the brass world. As the 2013 recipient of Chamber Music America's highest honor, the Richard J. Bogomolny National Service Award for significant and lasting contributions to the field, the quintet's rich history includes performances in Asia, Australia, Central and South America, Europe, the Middle East, Canada and the United States; a discography of nearly 60 recordings; and the premieres of over 150 contemporary brass works. Lied Center of Kansas, 1600 Steward Dr, University of Kansas, 7:30 p.m. Fee.  
LAWRENCE, 785-864-2787  
lied.ku.edu/calendar

MAR 31, APR 1, 2, 4, 5 &amp; 6

**THE UNIVERSITY THEATRE PRESENTS "ANON (YMOUS)" BY NAOMI IIZUKA**

A search for identity in the American melting pot. Fleeing his war-torn native land and separated from his mother, young immigrant Anon journeys through the United States encountering a variety of people—some cruel, some kind. Anon navigates a chaotic, ever-changing landscape as he searches for his family in this modern adaptation of Homer's Odyssey. Directed by Jason Bohon Scenic Design by Taylor Zimmerman Lighting Design by Mark Reaney Costume Design by Iman Hinton. University Theatre, 1530 Naismith Dr., 7:30 p.m.  
LAWRENCE, 785-864-3982  
kutheatre.com/performances

APR 1

**BRIAN WILSON PET SOUNDS TOUR**

He is one of popular music's most deeply revered figures, the main creative force behind some of the most cherished recordings in rock history. Indeed, it is no exaggeration to call Brian Wilson one of the most influential composers of the last century. Originally released on May 16, 1966, Pet Sounds is universally hailed as one of the greatest albums of all time. Brian Wilson and his band will be joined at Prairie Band Casino & Resort by former band mates Al Jardine and Blondie Chaplin for a live performance of Pet Sounds in its entirety, as well as top hits and fan favorites spanning Wilson's 54-year career with The Beach Boys and as a solo artist. Prairie Band Casino & Resort, 12305 150th Rd., 8 p.m. Fee,  
MAYETTA, 785-966-7777

APR 2

**MNOZIO BRASS**

Seamlessly blending technical virtuosity and comedic brilliance, this brass septet has become an international sensation. With over 130 performances a year, the group has sold out houses worldwide. It is no wonder that their videos have garnered millions of YouTube views and their fans travel countless miles to hear them play. Recently celebrating their 20th anniversary, the group returns to North America with a show that seamlessly blends original compositions with classical favorites, jazz standards and popular hits. As always, the repertoire is presented with the group's iconic humor and wit in scenes so clever that they would be worthy of Monty Python. McCain Auditorium, 207 McCain Auditorium, 7:30 p.m. Fee.  
MANHATTAN, 785-532-6425

■ CONTINUED FROM PAGE 22

k-state.edu/mccain/events

## EXHIBITS/SHOWS

MAR 10-APR 8

### FEATURED ARTIST: LOUIS COPT

Artist Louis Copt has been painting full-time since 1984. He received a BA in art from Emporia State University in 1971. He has also studied at the Art Student's League in New York City and has taken classes in drawing and painting at the University of Kansas. In 2011, Copt was named "Governor's Artist" by the Kansas Arts Commission. Since 1974, the Kansas Arts Commission recognizes individuals in the arts who have made outstanding contributions to the arts and culture in Kansas. An expert panel selects the honorees, and the awards are given by the governor and the Kansas Arts Commission. The award is meant to elevate the public profile of the arts in Kansas and encourage others to achieve and sustain high standards of excellence in artistic achievement and support. Lawrence Arts Center, 940 New Hampshire St. LAWRENCE, 785-843-2787  
lawrenceartscenter.org

APR 8

### 2017 BENEFIT ART AUCTION

Established by artists in 1981 as a way to fund a not-for-profit gallery, the Lawrence Arts Center Annual Art Auction provides funding for the exhibitions program now occupying five spaces in the Arts Center and enriched by Art Talks, films, and more. Approximately 150 pieces generously donated by artists will be on exhibit for four weeks to be auctioned during the April 8 auction event. Bidding on auction works is an opportunity to support exhibitions at the Lawrence Arts Center – all proceeds of sales go toward continuing to support the program. Featured Artist: Louis Copt. Lawrence Arts Center, 940 New Hampshire St., 5:30-10 p.m. LAWRENCE, 785-843-2787  
lawrenceartscenter.org/event/2017-benefit-art-auction

## HEALTH & FITNESS

ONGOING

### PERSONAL TRAINING

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

ONGOING

### WELLNESS COACHING

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

LAWRENCE

ONGOING

### FIT FOR LIFE

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

LAWRENCE, 785-505-2712

ONGOING

### ZUMBA GOLD

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

LAWRENCE, 785-832-7920

FIRST MONDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MONDAYS THROUGH FRIDAYS

### A.M. WALKING CLUB

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

MONDAYS THROUGH FRIDAYS

### PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

TUESDAYS

### BADMINTON

Players of all skill levels are welcome to join in this friendly game that challenges agility, pace and coordination. Games are played on a drop-in basis so join us when you can. Basic equipment is provided; players are welcome to bring their own racquets. For more information, contact Gayle Sigurdson at 785-832-7920. (Lawrence Parks and Recreation). Location: Sports Pavilion Lawrence, 6-8 p.m. No fee. LAWRENCE, 785-832-7950

FIRST TUESDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

TUESDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

### JAZZERCISE LITE

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

LAWRENCE, 785-331-4333

TUESDAYS AND THURSDAYS

### HEALTHWISE EXERCISE CLASS

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

TOPEKA, 785-354-5225

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

LAWRENCE

WEDNESDAYS

### FREE NUTRITION CLINIC

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

TOPEKA, 785-354-6787

WEDNESDAYS

### FREE MEDICATION CLINIC

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

TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

### FREE HEARING CONSULTATIONS

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

LAWRENCE, (785)748-8034

FRIDAYS

### BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

SECOND FRIDAY OF THE MONTH

### WELLNESS FRIDAY

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

LAWRENCE, 785-749-5800

THIRD THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH

### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MAR 8

### KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING



■ CONTINUED FROM PAGE 23

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

MAR 14

### ZENTANGLE

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

MAR 28-MAY 16

### RUNNING CLUB

Is completing a 5K on your bucket list? This class is for people who are new or returning to running. A supportive group, led by a certified running coach, will meet for a weekly run with tips on form, technique and extending your distance with walking intervals. Offered by Lawrence Parks and Recreation. Sports Pavilion Lawrence, Tuesdays, 6-7 p.m. Fee.  
LAWRENCE, 785-832-7920

## HISTORY

MAR 5

### 21ST ANNUAL BLEEDING KANSAS 2017 LECTURE SERIES

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

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.  
Wyndam Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.

Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

## LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD THURSDAY OF THE MONTH

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

THIRD FRIDAY OF THE MONTH

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

FOURTH THURSDAY OF THE MONTH

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

FOURTH FRIDAY OF THE MONTH

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

## MEETINGS

SUNDAYS

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

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

MONDAYS

### BREAST CANCER SUPPORT GROUP

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

MONDAYS, WEDNESDAYS & FRIDAYS

### WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special

features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124.

LAWRENCE, 785-838-7885  
www.OrthoKansasPA.com

MONDAYS

### GRIEF SUPPORT GROUP

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

FIRST MONDAY OF THE MONTH

### INDIVIDUAL BEREAVEMENT SUPPORT

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

■ CONTINUED ON PAGE 25



Nancy Goodall  
Senior Vice President & Trust Officer

## GENERATIONS

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**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. Mem-  
bers 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, uros-  
tomies and continent ostomies. Meets at 6 p.m.  
at St. Francis Health Center, 1700 SW 7th St.  
TOPEKA, 785-295-5555

**FIRST & THIRD TUESDAY OF THE MONTH  
GRIEF SUPPORT GROUP**  
Grace Hospice invites individuals coping with  
the loss of loved ones to join us. For more infor-  
mation, call Grace Hospice at 785-228-0400 or  
1-800-396-7778. Aldersgate Village, Manches-  
ter Lodge, 7220 SW Asbury Dr., 1 p.m.  
TOPEKA

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

**FIRST & THIRD TUESDAY OF THE MONTH  
HEALING AFTER LOSS BY SUICIDE  
(HEALS)**  
For those who have lost a loved one by suicide.  
Fellow survivors offer an atmosphere of under-  
standing and emotional support by encouraging  
families and individuals to share healthy ways  
of coping and grieving. Contact Steve New-  
comer at for more information. Pozez Education  
Center, 1505 SW 8th St.  
TOPEKA, 785-478-4947 or 785-296-8349

**FIRST & THIRD WEDNESDAY OF THE MONTH  
CANCER SUPPORT GROUP**  
Join representatives from Lawrence Memorial

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

**FIRST THURSDAY OF THE MONTH  
MAN TO MAN PROSTATE CANCER  
SUPPORT GROUP - TOPEKA**  
Meets at St. Francis Health Center's Cancer  
Center, 1700 S.W. 7th St., 7 p.m.  
TOPEKA, 785-230-4422

**FIRST THURSDAY OF THE MONTH  
LAWRENCE AREA PARTNERS IN AGING**  
Networking group. Call Ashley at 785-842-  
0543 for more information. \$12.00 to attend  
(includes lunch). 11:30 a.m.-1 p.m.

**FIRST THURSDAY OF THE MONTH  
PARKINSON MEETING**  
Midland Care, 200 SW Frazier, 5:30-7 p.m.  
LAWRENCE, 785-235-1367 or (800) 798-1366

**EVERY OTHER THURSDAY  
GRIEF SUPPORT GROUP**  
Ongoing adult group. Midland Hospice, Build-  
ing A, 10:30 a.m. Please call for start dates and  
information packet.  
TOPEKA, 785-232-2044

■ CONTINUED ON PAGE 26



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**EVERY OTHER THURSDAY**

**GRIEF SUPPORT GROUP**

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

TOPEKA, 785-232-2044

**FIRST FRIDAY OF THE MONTH**

**STROKE SUPPORT GROUP**

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

TOPEKA, 785-235-6600

**SATURDAYS**

**LAWRENCE BRIDGE CLUB**

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

LAWRENCE, 785-760-4195

**ONE SATURDAY EACH MONTH**

**LAWRENCE DEATH CAFE**

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death.

A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact [cwhiston@sunflower.com](mailto:cwhiston@sunflower.com) or visit [www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl](http://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](http://www.narvre.com)

**SECOND TUESDAY OF THE MONTH**

**LAWRENCE ACTION CIVITAN CLUB**

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

LAWRENCE, 727-631-9354

**SECOND TUESDAY OF THE MONTH**

**KAW VALLEY HERBS STUDY GROUP**

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

LAWRENCE

**SECOND WEDNESDAY OF THE MONTH**

**MEMORY SUPPORT GROUP**

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

LAWRENCE, 785-832-9900

**SECOND WEDNESDAY OF THE MONTH**

**DIABETES EDUCATION GROUP**

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

LAWRENCE, 785-505-3062

**SECOND WEDNESDAY OF THE MONTH**

**SOROPTIMIST INTERNATIONAL OF TOPEKA**

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

TOPEKA, 785-221-0501

[www.soroptimisttopeka.org](http://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](http://www.happytimesquares.com)

**THIRD TUESDAY OF THE MONTH**

**LAWRENCE PARKINSON'S SUPPORT GROUP**

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

# KDADS launches Operation Red File in Douglas County



Kansas Department for Aging and Disability Services (KDADS) provided Douglas County residents with Red Files at Arbor Court at Alvarado on February 9. The Red Files hang on refrigerators and give first responders instant access to medical history and medication records in an emergency. **Above:** April Hazen, the Senior Medicare Patrol Program administrator with KDADS, introduces Operation Red File to those gathered at Arbor Court. **Below:** Tanya Lorenzo and John White, KDADS managers, were on hand to help seniors complete their Red Files. KDADS will launch Operation Red File in Franklin County on April 26 at Neosho Community College in Ottawa from 10:30 a.m.-12:30 p.m. during the 2017 Franklin County Resource Fair. *Photos by Kevin Groenhagen.*



■ CONTINUED FROM PAGE 26

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

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

TOPEKA, 785-286-2329 or 785-231-0763

### THIRD TUESDAY OF THE MONTH STROKE SUPPORT GROUP

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

LAWRENCE, 785-505-2712

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

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

TOPEKA, 785-286-2273

### THIRD WEDNESDAY OF THE MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

LAWRENCE, 785-843-7481

### THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

TOPEKA, 785-271-6500

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.

LAWRENCE, 785-235-1367 or (800) 798-1366

### FOURTH MONDAY OF THE MONTH GRIEF SUPPORT GROUP

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice.

LAWRENCE, 785-841-5300

### FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367, EXT. 130

### FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

TOPEKA, 785-233-5762

www.tgstopeka.org

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

We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards.

5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com.

TOPEKA

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

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

TOPEKA, 785-478-0651

## 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

### FEB 28-MAR 7

### TOPEKA RESTAURANT WEEK

Visit Topeka and Harvesters are teaming up to present Topeka Restaurant Week from Feb. 28 until March 7. Throughout the week select local restaurants will offer pre-set menus, with a portion of each bill supporting the Harvesters BackSnack Program. Each week 1,320 school children in Shawnee County receive BackSnacks, which provide healthful shelf-stable meals for the weekends, when school-provided free or reduced-cost meals are not available.

For more information, please contact Rosa Cavazos.

TOPEKA, 785-234-1030

### MAR 3 & 4

### MARBLE CRAZY

Glass artists gather at the Moon Marble Company for 2 days of demonstrations of the marble making process. The artists will display and sell their work direct to the public. Moon Marble Company, 600 East Front St., 10 a.m.-7 p.m. Free admission.

BONNER SPRINGS, 913-441-1432

marblecrazy.com

### MAR 10

### ALL YOU CAN EAT HAM & BEANS SUPPER

Adults \$8.00. Price includes cornbread, drink & dessert. Sponsored by United Methodist Women. Community Invited. on Friday, March 10th from 4-6:30 p.m. Fellowship Hall at Kansas Ave., United Methodist Church, 1029 N Kansas Ave.

TOPEKA

### MAR 17

### ST. PATRICK'S DAY PARADE

From green horses to over-the-top floats, the St. Patrick's Day Parade in Lawrence is full of Irish fun. Each year, thousands of people don their green and line the streets in downtown Lawrence to watch the parade pass by. The parade is one of several events that parade organizers host to raise money for local charities. Downtown Lawrence, 1 p.m.

LAWRENCE, 785-749-6677

lawrencestpatricksdayparade.com

### MAR 20

### TRIVIA FOR THE YOUNG AT HEART

Come show us what you know at the library's trivia competition for the young at heart. Form a team of up to eight people and work together to answer 50 questions from 10 different categories. Topeka & Shawnee County Public Library, Marvin Auditorium 101BC, 1515 SW 10th Ave., 12:30-2 p.m.

TOPEKA, 785-580-4400

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# Introducing the Senior Savings Card!

Kaw Valley Senior Monthly launched its Senior Savings Card program in March 2016, and we would like to invite your business to participate. 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,  
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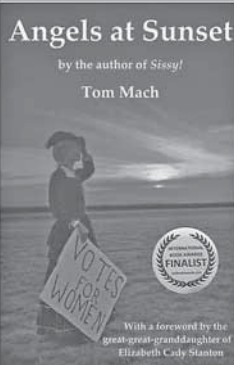
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## MY ANSWER

# Jesus was God in human form

By **Billy Graham**

Tribune Content Agency

**Q:** I believe in God, but I'm confused about Jesus. Why is He so important? I know He was a great man, but why is He different from any other great person who ever lived? - N.G.L.

**A:** Jesus Christ was different from every other person who ever lived (no matter how famous or obscure they were) for one reason: He was God in human flesh.

It's important to understand exactly what this means. Jesus wasn't just a godly person with great spiritual insights, nor was He only a great moral and spiritual teacher. He was more than these, because He was both fully human and fully divine (which is why He was called the Son of God). Think of it: God became a man, and that Man was Jesus Christ. As the

Bible says, "God was pleased to have all his fullness dwell in him" (Colossians 1:19).

Why did Jesus Christ come into the world? In a few days, Christians all over the world will pause to remember Jesus' death on the cross, and will also celebrate His resurrection from the dead. And those two events—His death and His resurrection—point to the reason He came into the world. By His death, He became the final sacrifice for our sins, and by His resurrection, He conquered death and hell for us.

May this Easter season be the beginning of a new life for you—a life centered in Jesus Christ. God loves you; He loves you so much that He sent Christ into the world to give His life for your salvation. By faith commit your life to Him today. The Bible says, "Salvation is found in no one else, for there

is no other name under heaven given to mankind by which we must be saved" (Acts 4:12).

- 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

## Stunning Mont St-Michel inspires

By Rick Steves

Tribune Content Agency

For more than a thousand years, the distant silhouette of Mont-St-Michel has sent pilgrims' spirits soaring. Today, it does the same for tourists. This island abbey in the Normandy region of France, one of the top pilgrimage sites of Christendom through the ages, floats like a mirage on the horizon.

For centuries, devout Christians endeavored to make a great pilgrimage once in their lifetimes. If they couldn't afford Rome, Jerusalem, or Santiago de Compostela, they came here, earning the same religious merits. Today, several million visitors—and a steady trickle of pilgrims—flood the single street of the tiny island each year (early risers win with the best light—and the fewest other tourists). If this place seems built for tourism, in a sense it was. It's accommodated, fed, watered, and sold trinkets to generations of travelers who visit its towering abbey.

The vast Bay of Mont St-Michel, which turns into a mudflat at low tide, has long played a key role here. Since the sixth century, hermit monks came here in search of solitude. The word "hermit" comes from an ancient Greek word meaning "person of the desert." The closest thing to a desert in this part of Europe was the sea. Imagine the "desert" this bay provided as the first monk climbed that rock to get nearer to God.

The rock—a small mountain forming an island—was even more isolated by its mythic tides. Pilgrims crossed the mudflat to the island quickly and carefully, knowing that the sea swept in "at the speed of a galloping horse." In the late 1800s, a causeway was built, connecting the island to the mainland and letting pilgrims come and go without hip boots. The result: Much of the bay silted up, and Mont St-Michel was gradually becoming part of the mainland. But an ambitious project to keep it an island was completed in 2015, and today a super-sleek, artistically swoop-

ing bridge allows water to flow freely around Mont St-Michel, preserving its island character.

The town of Mont St-Michel—with fewer than 50 residents—entertains more than 2.5 million tourists a year. Its main street—lined with shops and hotels leading up to the abbey—is grotesquely commercial. It's some consolation to remember that, even back in the Middle Ages, this was a retail gauntlet, with stalls selling souvenir medallions, candles, and fast food. Omelets were popular for eat-and-run pilgrims who needed to beat the tide—and they're still an island specialty and popular with tourists.

You can skirt the main street crowds and enjoy Mont St-Michel's fine 15th-century fortifications by following the ramparts up to the abbey. They were built to defend against a new weapon—the cannon. Rather than tall, they were low—to make a smaller target. While the English took all the rest of Normandy, they never took this well-fortified island. Because of its stubborn success against the English through all those years, Mont St-Michel became a symbol of French national identity.

Pilgrims and monks for centuries have climbed the abbey's stone steps. Mont St-Michel has been a holy site since the year 708, when a local bishop had a vision in which the Archangel Michael convinced him to build here. This was an immense building project evolving over many centuries. It was a marvel—a medieval skyscraper, built upon a rock crowned by a gilded statue of Saint Michael.

The bay stretches from Normandy to Brittany. The river marks the historic border between the two lands. Brittany and Normandy have long vied for Mont St-Michel. In fact, the river used to pass on the other side, making the abbey part of Brittany. Today Mont St-Michel is just barely—but thoroughly—part of Normandy.

The centerpiece of this extraordinary construction is its church. While it's mostly 11th-century Romanesque (with

PHOTO BY DOMINIC ARIZONA BONUCELLI, RICK STEVES' EUROPE.



**For centuries, the dreamscape of gothic Mont St-Michel has lifted the spirits of visitors.**

round arches and small windows), the apse behind the altar was built later. It's Gothic with pointed arches and bigger windows.

The monks built as close to heaven as possible, on the tip of the island rock. The downside: There just wasn't enough level ground to support such a big abbey and church. The solution: Immense crypts were built under the church to create a platform supporting each of its wings.

Sitting atop all this heavy construction like a delicate flower is the abbey's cloister. This peaceful zone connected various rooms. Here monks would grow vegetables and medicinal herbs. They'd meditate and read the Bible. The more secluded a monk could be, the closer he was to God. And, for thoughtful travelers today, this abbey still inspires.

### IF YOU VISIT...

**SLEEPING:** With cozy rooms and decent amenities, Hotel le Mouton Blanc is a fair value (moderate, [www.lemoutonblanc.fr](http://www.lemoutonblanc.fr)).

For the best-value rooms on the island, try family-run Hotel du Guesclin (budget, [www.hotelduguesclin.com](http://www.hotelduguesclin.com)).

**EATING:** La Sirene Creperie offers a good island value and a cozy interior (enter through gift shop across from Hotel St. Pierre, tel. 02 33 60 08 60). Hotel du Guesclin is the top place for a traditional meal and beautiful views of the bay (Grande Rue 50170, tel. 02 33 60 14 10).

**GETTING AROUND:** Prepare for lots of walking; the island is entirely traffic-free.

**TOURIST INFORMATION:** [www.ot-montsaintmichel.com](http://www.ot-montsaintmichel.com).

- 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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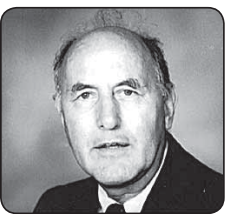
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## HUMOR

## Friends you meet along the way

I've written a humor column every month for the last 16 years. That breaks down to 192 columns—134,400 words. The columns go by many titles and most of the ideas for them come at times when I am not sitting at my desk, *vis.* while I'm walking the dog, having lunch with my Emmaline. My ideas—it's a stretch to call it inspiration—pop up wherever I may be. One of the most enjoyable aspects of my job is telling



Larry  
Day

about some of my adventures (real and imagined), and in letting you, the readers, meet some of the people who inhabit those adventures.

In many stories, from exploring the Cuban jungle with my colleague, Kate, to meeting with my long-distance pal from outer space, the robot KB-11.2 (Kaybe), I have taken Life on some curious journeys. And I've share them with you. It's never been boring, and as I write this month's column, and as I think about all my friends, my pals, the little Dutchmen come to mind.

I haven't really been out to the Smokies to see them lately. As a result, we're thinking about making a trip there, especially since St. Patrick's Day is coming up. I first introduced the little guys in July 2014, in a column titled "Man in the Mirror." It was about my first encounter with a curious-looking gentleman, a kabouter. Most people would think a kabouter as a leprechaun. Kabouters wear long beards and antique Dutch-looking clothing including tri-cornered hats.

I was standing in front of the mirror in a vacation cabin back in the Smoky Mountains where Emmaline and I frequently stay. The Dutchman was staring at me from a mirror that hung in the bathroom. I was startled. After I

calmed down and got my bearings, the Dutchman and his friends took me tubing down the stream that flows alongside the cabin. We drank root beer from large steins, and had a rip-roaring afternoon. I've written a couple of columns about our adventures with the Dutchman and his fellow Kabouters. But I haven't given you readers much detail about them.

Here's some background: The Dutchman in the mirror is named Jurriaan. It's Jurriaan Lievin, as a matter of fact. Jurriaan and his friends live in a mushroom village located in the woods just down the one-lane road from our family's Smoky Mountain cabin. These guys, according to Dutch folklore, are shy of humans. Stories say that they play tricks on people who try to catch them. For whatever reason these little Dutchmen men were more curious than shy when it came to me, Emmaline, and our family well before I wrote about them. They've been a part of our family celebrations ever since.

Folklore also mentions that some Kabouter love the off-stage limelight. They have been the focus of countless fairytales, but the stories always mention the tiny men slipping away after performing their good deeds. We all know the Legend of the Wooden Shoes. And on television we've all seen the gnome in that travel commercial. That's Jurriaan's cousin, Nicholaas. He wasn't shy like the other men in the forest, so Nicholaas decided to head for Los Angeles and try his hand at acting. He's become quite successful.

Emmaline and I are planning to go to the cabin soon. We need adventure, and our friends the Dutchmen are all about adventure. They always have been. In that vein, I've decided it's time my best friends meet each other.

I contacted Kaybe and Kate and told them to meet us at the cabin this spring. Kate is excited to get out of the jungle for a while and to meet everyone. I asked Kaybe to drop by and pick her up in his spaceship. It's not out of his way.

Emmaline is excited, too. She's plan-

ning a party and has already bought root beer steins for everyone. And there'll be plenty of inner tubes too for the river float. Oh, that reminds me, I need to get some lubricating oil for Kaybe. The humidity at the cabin sometimes plays

hob with his metal joints.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.



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# WOLFGANG PUCK'S KITCHEN

## Win the title of Best Snack at your next party

Chips and dips are a favorite treat for any occasion. But most people put no more effort into them than a quick trip to the convenience store, followed by opening a bag and removing the lid from a jar. So, why should you go to the trouble of making them yourself?



Wolfgang Puck

First of all, it isn't that much trouble. If you own an inexpensive electric countertop deep fryer, or just a heavy pot and a clip-on deep-frying thermometer to help you regulate the temperature, you have all the specialized equipment you need. (Although, a mandoline, a very reasonably priced manually operated slicing tool or a food processor will make it easier to slice the potatoes easily and uniformly for even cooking.)

But the main reason to do it yourself is the result you get. The beautiful chips have incomparable golden crispness and deep potato flavor; and the dip tastes rich, creamy and tangy like nothing that comes from a jar.

Please give the recipe a try for any special occasion.

### HOMEMADE POTATO CHIPS WITH WARM BLUE CHEESE DIP

Serves 4 to 6

#### WARM BLUE CHEESE DIP:

2 1/4 cups (610 mL) whole milk  
4 tablespoons unsalted butter  
4 tablespoons all-purpose flour  
Kosher salt  
Freshly ground black pepper  
Pinch cayenne pepper, optional  
8 ounces (250 g) organic blue cheese, such as Roquefort or Maytag blue, crumbled

#### POTATO CHIPS:

1 1/2 pounds (750 g) baking (Idaho) potatoes, peeled  
Peanut oil, for deep frying  
Kosher salt  
1 tablespoon chopped fresh chives, for garnish

First, make the warm blue cheese dip: In a medium saucepan, heat the milk almost to a boil over medium heat. Meanwhile, in another saucepan, melt the butter over medium-low heat. Stirring with a wire whisk, gradually sprinkle in the flour, whisking until smooth. Cook, while whisking steadily, for 5 minutes, until the mixture forms a thick but still pale paste, a roux.

To prepare a bechamel sauce, while whisking the roux continuously, slow pour in 2 cups of the hot milk. Raise the heat slightly and, still stirring, bring to a boil. Adjust the heat to maintain a bare simmer. Season with salt and pepper—and, if desired, a hint of cayenne. Cook, stirring frequently, until creamy, about 20 minutes.

Meanwhile, prepare the potatoes: Using a mandoline resting securely

over a bowl of cold water, cut the potatoes into wafer-thin slices no more than 1/16-inch thick; or use the thin slicing disc on your food processor, or very carefully slice the potatoes with a sharp knife, putting the slices in the water. Let the potatoes to soak for a few minutes.

While the potatoes soak, fill an electric deep fryer or a large, heavy pot with at least 4 inches (10 cm) of the oil. Heat the oil to 360 F (180 C) on the deep-fryer's thermostat or on a deep-frying thermometer.

While the oil heats, drain the sliced potatoes in a colander. Using a clean kitchen towel or paper towels, pat the slices until all of them are completely dry on both sides.

When the oil is hot, cook the potatoes in batches to avoid overcrowding—separating the slices with your

fingers as you add them potatoes carefully to the oil—until golden brown, 2 to 3 minutes. With the deep-fryer basket or a long-handled skimmer, transfer the potato chips to paper towels to drain. Immediately season with salt.

Whisk the remaining hot milk into the sauce. Season with salt and pepper. Add 6 ounces (185 g) of the cheese, stirring until it melts. Remove the pan from the heat. Taste and adjust the seasonings, if necessary.

Arrange the chips in shallow bowls. Drizzle some of the sauce over them, transferring the remainder to a separate bowl or sauceboat to serve separately for dipping. Garnish the chips with the remaining crumbled cheese and the chives. Serve immediately.

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



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## MY PET WORLD

# How to get a dog to like all family members

By Marc Morrone

Tribune Content Agency

**Q:** Four years ago we got our dog Cindy. At first she was very skittish but she has gotten better over the years. When we first got her my dad was working on our kitchen and making a lot of noise. Now she is still scared of my dad and barks at him whenever he enters and leaves the house. She also does not like to play ball with him unless my mom and I are in the room. Why is she scared of him? - Tiffany Brady, Chicago, IL

**A:** Only Cindy herself knows why she feels the way she does toward you father, but if she does play ball with him while you are in the room then she is not really fearful of him. However, she barks at him when he is leaving because in her mind she is chasing him away and that little bit of power makes her feel good.

One method that might work is when your dad leaves the room and Cindy begins to bark for him to go back to the room and sit with her. If he sits and talks to her in a nonthreatening way, then she will likely stop her behavior.

If all her encounters with your dad result in no drama then her opinion and resulting behavior should change.

**Q:** My mother's Chihuahuas just died and she wants to get an Airedale puppy, like the one she had when she was a child. However, she had one more than 60 years ago and it happened on a farm in rural Iowa. I am trying to talk her out of it without any luck and was wondering if you had some points I could use in my arguments. - Ron Simon, Pittsburgh, PA

**A:** I actually like Airedale's very much, so there is nothing bad I can say about the breed. But the puppyhood of any terrier breed—let alone a large one like an Airedale—is always full of drama in an urban or suburban setting. Airedale's are active and full of energy,

and I certainly no longer have the drive or patience to keep up with such an active dog while it is a puppy.

Another issue is that their coat needs to be plucked regularly and if your mother cannot do this herself she needs to have a groomer do it. On top of that, it is rare to find a groomer that like to work on such large breeds and the ones who do, likely charge a premium price for the service.

If she has her heart set on an Airedale then a good alternative would be to find an Airedale rescue group that could provide your mother with an older dog that is mature enough and not so active.

**Q:** We have lots of those green quaker parrots living in our town in this warm weather. Now that the weather is nice, I wonder if I could start to take my baby grey parrot outside to enjoy the fresh air and sunshine. However how warm does it need to be? I'm concerned 50 or 60 degree days might be too cold. - Janet Smith, Westport, CT

**A:** The quakers have acclimated to the cold weather, so you really cannot compare them with your indoor bred.

However, after Hurricane Sandy hit New York, I was caring for hundreds of displaced birds in my store that had no heat at for eight days. During that time, I learned firsthand that pet parrots can do just fine at 50 and 60 degrees.

So if it is a nice spring day with the sun shining and there is no wind, then it should be fine to take your bird out on a 60 degree day. However, please be sure that the bird's wing feathers have just been trimmed or it is in a secure carrying cage, otherwise your next letter to me will be how to get your grey parrot down from a 100 foot tree.

**Q:** There is a male cardinal that keeps trying to come into my living room through the windows and he is there all day pecking at the glass. How can I tell him that doing that to my house is not

an option? - Jay Duffy, Chicago, IL

**A:** Just put some cardboard on the outside of the windows, from the base of the window and up about 8 inches and he will no longer see his reflection, which is likely why he is pecking at the glass in the first place.

Be sure to place the cardboard on the outside of the glass. If you put it on the inside then he will still see his reflection.

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

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## MEMORIES ARE FOREVER

*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

## Me and My 'Stuff'

By John Steichen

When I look back at 1940, the year I was born, I was surprised to learn it was the year you could buy a house for \$6,500 and a new car for \$800. Some confusion

reigned when I was born because my dad, a physician, had left early to deliver a baby boy. When my dad returned, he assumed his wife was taking a nap, so when a neighbor asked him about the new baby, Dad matter-of-factly said it was a boy, but the neighbor was confused at how calmly he answered. Dad later went to check on his pregnant wife to find she was gone and hurried out of the house, upset that he had missed my birth. To this day, I consider the other boy, Bobbie, my "twin" but there was no resemblance whatsoever.

My earliest recollection was when I was five years old and played with a game called Foto-Electric Football. Once you plugged it in and pushed the start button, the plastic pieces moved around rapidly and there was no telling what team would end up winning. I enjoyed riding my bike also, and this is a photo of me doing that while a neighbor girl rode with me.

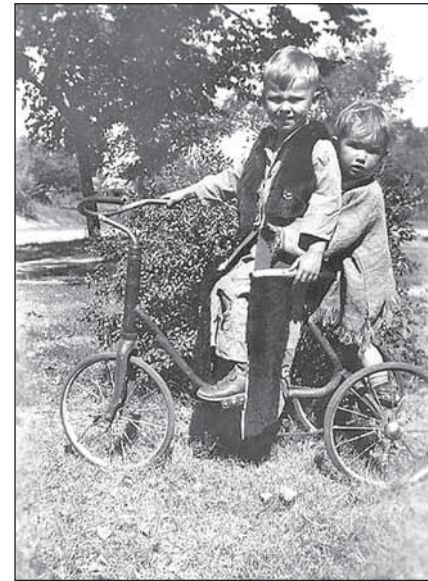
After passage of those early years, there was a time when we had a house full of relatives from Wichita celebrating a holiday. By that time, I had developed the bad habit of chewing my fingernails and developed an infection in my left index finger—which turned into blood poisoning. This was serious since antibiotics were not available. Dad soaked my hand and finger in hot water. That night, since all the beds were occupied with guests, I slept on the living room floor with a hot water bottle for my finger. Mother came down the stairs with pillow and blankets and sang me to sleep. Her love for

me made my pain bearable.

I always looked forward to visits from my grandpa and grandma. While I loved their stories as I sat in their laps, they used words I could not pronounce. For instance, the family loved goulash and I called it "stuff." That made my family laugh and they began also calling it "stuff." The next time my grandpa visited, he called me Stuff, and thus I had my first nickname.

During my early years I was a chatterbox, although I would always use hand and arm gestures because I wanted to embellish everything. This annoyed my family, especially when they played cards. All my aunts would carry on multiple conversations at the same time while playing cards. On one occasion, I stood between the two closest to me, and my arms and hands flew about while chattering. Suddenly, one aunt turned to me and said, "John, why don't you pull up a chair between us to see better." I thought, "Oh boy, they're going to treat me like an adult." So I pulled up a chair and jumped up on it. However, before I could get a word out, my aunt looked down at me with approving eyes and said, "Now sit on your hands," which I did to please her. Of course, without my hands, I could not talk. End of Story.

One morning, shortly before starting grade school, my dad woke me up and told me to hurry and come down to breakfast but to leave my pajamas on. I wondered about that but did as Dad asked. After breakfast he said, "John, you are going along to the hospital because I am taking out your tonsils today." I had not the slightest idea what this meant. After entering the hospital, I encountered a strange thing called an elevator, which was a contraption I had never seen before. Next thing I knew, the nurse had me lie on a table and before I knew it, I tasted something awful and went to sleep. I heard what



John Steichen with a  
neighbor girl

sounded like dozens of locusts and it was not a peaceful sleep at all. When I awoke I was in a bed back in a room just for me. Then came ice cream, comic books, and lots of attention. I was a little sore but hey, I had too much good "stuff" to feel bad.

So those are some of my earliest years. I am currently living in Lawrence, Kansas. My wife Mary and I have six sons and one daughter, as well as eight grandchildren. Now that I'm retired I find I am too darn busy with getting rid of old hobbies and "stuff." There goes that word again.

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# Walking the Hill: Advocating for veterans' rights and services

(BPT) - Eva Wallace never enlisted in the U.S. military, has never been on active duty and never endured life-altering injuries protecting American freedoms. However, as a military spouse she has found another important way to serve our country—advocating for veterans' rights.

Each February, Wallace and more than 500 other members of The American Legion Family, descend on Capitol Hill, in Washington D.C., to attend a conference to hear from influential speakers and meet with Congressional representatives and their staff. American Legion Auxiliary (ALA) members share and discuss pressing issues and legislation that affects veterans and their families, including increasing support of homeless veterans, upholding and expanding the advancements made by the GI Bill and improving Veterans Affairs hospital care for veterans in need. Members of the Auxiliary also appear alongside The American Legion before a Joint Ses-

sion of the House and Senate Committees on Veterans Affairs to advocate for key issues and promote accountability for legislative actions.

"The military community is constantly evolving and changing, so the veteran community is changing along with it. Returning from the conference, members are armed with new information on important issues that we can share with those who are interested in making a difference in the lives of veterans," says Wallace, whose husband served for 24 years in the U.S. Coast Guard. "We return to our communities ready to shine a light on the true veteran experience."

Last year, ALA advocacy helped preserve many important veterans' services, including programs for disabled veterans and veterans' widows. They also played a role in helping make care for veterans more accessible, especially for those who live hundreds of miles from their Veteran Affairs medical facility. Recognizing the important

role military families play in supporting servicemen and women, the ALA also focused on enhancing resources that support them.

With each conference attendees tackle new challenges and define annual priorities. In 2016, members learned how to encourage local involvement in veterans' issues, generated awareness of national memorials honoring veterans and raised \$110,000 for the Auxiliary Emergency Fund, providing disaster relief for ALA members. In 2017, ALA has programs in place to commemorate the anniversary of the Vietnam Veterans Memorial and to help establish a National World War I Memorial.

"The conference encourages important conversations with policymakers and explores new ways to collaborate and promote the mission of the ALA," says Carol Harlow, director of the ALA Washington, D.C. office. "When members depart Washington, D.C., they leave feeling empowered, inspired and ready for new challenges."

The ALA is the world's largest women's patriotic service organization and one of the nation's most prominent supporters of veterans' rights. The nonpartisan organization, founded in 1919, helps to advance the mission of The American Legion and provides service to veterans, military and their families. Working in tandem with The American Legion, the ALA has a record of creating meaningful change and has been instrumental in protecting the rights of those who have served. From helping to draft the GI Bill with The American Legion in 1944 to championing the formation of the U.S. Court of Appeals for Veterans Claims in 1989, The American Legion Family has been pivotal in advancing legislation that improves the quality of life for our veterans and their families.

The ALA encourages non-military members to also get involved. To learn more about the legislative bills the ALA supports visit: [legion.capwiz.com/legion/issues/bills/](http://legion.capwiz.com/legion/issues/bills/).



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# Your contributions make our nation stronger

By Norm Franker

Social Security District Manager in Lawrence, KS

At first, seeing taxes taken out of your paycheck can be a little disappointing. However, you can take pride in knowing you're making an important impact each week when you contribute to Social Security. Understanding how important your contribution is takes some of the sting away because your taxes are helping millions of Americans — and protecting you and your family for life — as well as wounded warriors, the chronically ill, and disabled.

By law, employers must withhold Social Security taxes from a worker's paycheck. While usually referred to as "Social Security taxes" on an employee's pay statement, sometimes the deduction is labeled as "FICA" which stands for Federal Insurance Contributions Act, a reference to the original Social Security Act. In some cases, you will see "OASDI" which stands for Old Age Survivors Disability Insurance.

The taxes you pay now translate to a lifetime of protection — for retirement in old age or in the event of disability. And when you die, your family (or future family) may be able to receive survivors benefits based on your work as well.

Because you may be a long way from retirement, you might have a tough time seeing the value of benefit payments that could be many decades in the future. But keep in mind that the Social Security taxes you're paying can provide valuable disability or survivors benefits now in the event the unexpected happens. Studies show that of today's 20-year-olds, about one in four will become disabled, and about one in eight will die, before reaching retirement.

Be warned: if an employer offers to pay you "under the table," you should refuse. It's against the law. They may try to sell it as a benefit to you since you get a few extra dollars in your pay. But you're really only allowing the employer to cheat you out of your Social Security credits.

If you'd like to learn a little more about Social Security and exactly

what you're building up for yourself by paying Social Security taxes, take a look at our online booklet, How You Earn Credits, at [www.socialsecurity.gov/pubs/10072.html](http://www.socialsecurity.gov/pubs/10072.html).

If you have a friend who lost a parent when they were a child, they probably got Social Security survivors benefits. Social Security helps by providing

income for the families of workers who die. In fact, 98 of every 100 children could get benefits if a working parent dies. And Social Security pays more benefits to children than any other federal program. You can learn more at [www.socialsecurity.gov/survivors](http://www.socialsecurity.gov/survivors).

Do you prefer videos to reading? Check out webinar, "Social Security

101: What's in it for me?" The webinar explains what you need to know about Social Security. You can find it at [www.socialsecurity.gov/multimedia/webinars/social\\_security\\_101.html](http://www.socialsecurity.gov/multimedia/webinars/social_security_101.html) as well as on YouTube at [www.youtube.com/watch?v=5hkLaBivqQ](http://www.youtube.com/watch?v=5hkLaBivqQ)

You can also learn more at [www.socialsecurity.gov](http://www.socialsecurity.gov).

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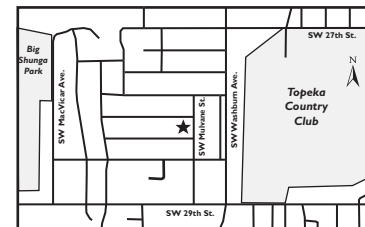
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## LIZ SMITH

## Jessica Lange and Susan Sarandon are delicious, vicious in 'Feud'

By Liz Smith

Tribune Content Agency

**“W**e in the industry shuddered. She is making the mistake of believing her publicity. Someone should make her see the light. She should be told that the public likes provocative feminine personalities; but it also likes to know that underneath it all, the actresses are ladies.”

This was Joan Crawford, in March of 1953, laying into Marilyn Monroe, for having worn what Crawford considered a “vulgar” gown to the Photoplay Awards, at which Marilyn received the “best new star” citation.

In the histories of Monroe and Crawford this is a famous tale, cited in every biography of either lady. (Privately, Crawford, who was as far from a lady as a lady can get, told friends, “There’s nothing wrong with my tits, but I don’t go around throwing them in people’s face!”)

So, it is significant that “Feud,” the new eight-episode Ryan Murphy anthology series, which will focus on Crawford and Bette Davis, essentially opens with this awards dinner moment. However, Ryan places it in 1961, puts Monroe in a red gown and uses it as a tool to emphasize Crawford’s worries about aging and a waning career. (In reality, by 1961, Marilyn herself was worried about aging and her own faltering career!)

It’s the first in a series of adjustments and reimaginings of movie history and mythology that pepper the two episodes of “Feud” that were screened the other night at New York’s Paley Center, followed by dinner at the Monkey Room.

To tell any tale of Hollywood, one runs up against all the usual problems of “ordinary” biography - faltering memories, incidents related from particular points of view—positive or negative—the temptation to enlarge any incident, no matter how banal and give it greater meaning. But the lives of actors, who are their own mytholo-

gists, create even further burdens. Actors spend their lives surrounded by people and publicity machinery that enhances or strips away the “tinsel beneath the tinsel.”

And so, to approach “Feud” as the “real” story of the disdain between Bette Davis and Joan Crawford, and/or what really happened during the making of the “What Ever Happened to Baby Jane?” (and later “Hush, Hush, Sweet Charlotte,” from which Crawford disengaged herself) is to ignore not just grains of salt, but giant shakers, placed hither and yon by decades of exaggeration.

Producer Murphy, who also directed the first two episodes, is here to entertain us with the inevitable “camp” of the tale, and the spectacle of two great stars of today (Jessica Lange and Susan Sarandon) playing Crawford and Davis, respectively. In those ways, he seems to succeed. He is also, he says, wanting to make points about misogyny, ageism and sexism, then and (alas!) now. If, like me, you are old enough and steeped deeply enough in Hollywood lore, you just have to get over “mistakes” and exaggerations and allow yourself to be entertained. And you have to stand up and cheer for Murphy, whose *raison d’être* is to profitably employ actresses of a certain age, handing them sirloin, rather than ground chuck.

The careers of Joan Crawford and Bette Davis had arrived at a similar point by the time a proactive Crawford bought up Henry Farrell’s little thriller “What Ever Happened to Baby Jane?”—the story of actress sisters, living together, trapped by the vapors of their past glories and unbearable secrets. It had been two years since either Davis or Crawford had made a film; much time was spent on television. Crawford still maintained her glamour facade; Davis had long reveled in overdone makeup and emphasizing her aging face and body. (Even as a younger star, Davis’ directors felt

■ CONTINUED ON PAGE 39



Jessica Lange arrives at the 70th annual Tony Awards at the Beacon Theater in New York on Sunday, June 12, 2016. (Sonia Moskowitz/Globe Photos/Zuma Press/TNS)

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# Liz Smith

■ CONTINUED FROM PAGE 38

her penchant for “realism” often drifted into the unnecessarily grotesque.) With Bette’s taste for disguise and her own unwillingness to look too bad, Crawford chose the role of Blanche “a comparatively well-groomed cripple,” as one critic would later note, and Davis would play the showier role of Jane, former vaudeville child star, whose grip on reality is tenuous. (The movie, by the way, is very faithful to the novel. Both actresses knew what they were getting into, as far as their characters appearance and motivations were concerned.)

They were miles apart as women, and “Feud” emphasizes this. Crawford was a very good actress, who had carved a remarkable life and career for herself, emerging from a brutal childhood. For all her success, however, she remained insecure—unsure of her talent, worried always that the tough cookie she really was would assert herself, despite all the MGM elocution lessons and dictates on “ladylike”

behavior. And, indeed, Crawford was always far more compelling when she shook off her pretensions and revealed the highly sexed, somewhat “common” woman she often was in real life. Jessica Lange works her magic here, capturing the hard and soft of Crawford, and conveying the dismay of having to assert her cry for respect, when faced with Davis’ acerbic lack of respect.

Davis was an entirely different kettle of neurosis than Joan. An “independent” Yankee woman, who had not suffered much as a child, Davis nevertheless faced life as an endless battle that she was determined to win—even when there was no reason to fight. Davis could not function without an enemy, without chaos. Both women used sex as an emotional palliative and as power plays—sleeping with their directors and leading men was probably the most they had in common. Susan Sarandon, in an effort not to come off as a Bette Davis impersonator, only hints at Davis’ often over-mannered peculiar speaking style, a style that Davis abandoned when she was interviewed, as herself. (Davis is delightful in inter-

views. Crawford tends to be insufferably insincere.) Sarandon will likely, as the series progresses, and Davis goes into overdrive on the “Baby Jane” set—have more impact. Sarandon’s vocal reticence is a wise acting choice.

Kathy Bates and Catherine Zeta Jones also appear, as Joan Blondell and Olivia de Havilland, being interviewed about Crawford and Davis. They are delightful.

“Feud” will debut on FX in March. I hope there is an opportunity to binge-watch, because I was not alone at the Paley Center in being ready to sit there and savor the whole series—with perhaps a snack break (and/or vodka and scotch, in homage to the hard-drinking legends, Bette and Joan.)

The “Feud” after-party was a lot of fun—well, the whole thing was a Peggy Siegal event, so there’s never a shortage of star power. Among the crowd—Tony Bennett, Gay Talese, Martha Stewart, William Ivey Long, Sutton Foster, Lois Smith (the veteran actress was as amused as we were, to be considered “on the rise” in that recent Hollywood Reporter article. She

adores her “Marjorie Prime” costar Jon Hamm). Also, James Lapine, Bob Balaban and “La La Land” director Damian Chazell. He was as charming as his multi-nominated film, and seemed quite bedazzled by the company he was keeping. He was a doll.

I didn’t have a chance to speak with Miss Sarandon, but I managed to be seated right behind Jessica Lange (thank you, Peggy!) Jessica, long a favorite, said that after reading up on Joan, she had a far more compassionate view of the star. She also did not mind our talking to her about “King Kong” (I consider her final scene, next to the dead Kong, a great and underrated movie moment. And Lange was happy to know that her 1998 movie “Cousin Bette” was often shown on cable. “I loved that film, and we all worked very hard. I was sorry it wasn’t seen more at the time, but now movies have an incredible shelf-life and possibilities for rediscovery. A lot of us are grateful for that—I know I am!”

- E-mail Liz Smith at MES3838@aol.com.

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## LIFE IS A JOURNEY

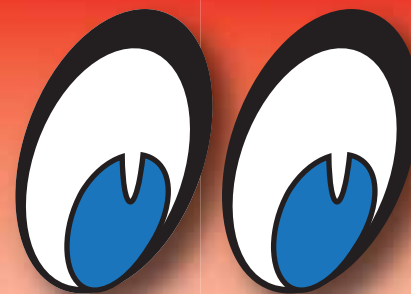
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## GOREN ON BRIDGE

# Polish power

With Bob Jones

Tribune Content Agency

East-West vulnerable. North deals.

NORTH

♠-A J 9 6  
♥-A K J 8 2  
♦-10 4  
♣-K 8

WEST

♠-7 5  
♥-Q 10 9 7 4 3  
♦-A J 3  
♣-Q 6

EAST

♠-K 10 4  
♥-5  
♦-K 9 8 7  
♣-J 9 5 3 2

SOUTH

♠-Q 8 3 2  
♥-6  
♦-Q 6 5 2  
♣-A 10 7 4

NORTH

♠-Void  
♥-K J  
♦-Void  
♣-8

WEST

♠-Void  
♥-Q 10  
♦-Void  
♣-Q

EAST

♠-Void  
♥-Void  
♦-K  
♣-J 9

SOUTH

♠-Void  
♥-Void  
♦-Q  
♣-A 10

The bidding:

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

Opening lead: Five of ♠

Piotr Gawrys, of Poland, has long been considered one of the world's best players. He was South in today's deal, which helped his team win the Rosenblum Teams at the recent world championships in China.

The opening trump lead was ducked in dummy and won by East with the king. The shift was to a low diamond. West won with his jack, cashed the ace and then led another trump, going to

the nine, 10 and queen.

Gawrys next led a heart to the ace and ruffed a heart as East discarded a club. A diamond was ruffed with the jack of spades and another heart was ruffed in hand with the spade eight. Declarer crossed to dummy with the king of clubs and cashed the ace of spades, drawing the last trump. This was the position:

Next came the king of hearts and East was skewered! Whatever he chose to discard, South would discard in the other suit and take the last two tricks. In the replay, Gawrys' opponents did not reach game and took only nine tricks.

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

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## The History of Lawrence, Kansas

by Richard Cordley

Available at the Watkins Museum of History, 1047 Massachusetts St., Downtown Lawrence.

A History of Lawrence, Kansas



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By Richard Cordley  
Edited by Bobbi Swartzberg



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# PUZZLES & GAMES

## CROSSWORD

### Across

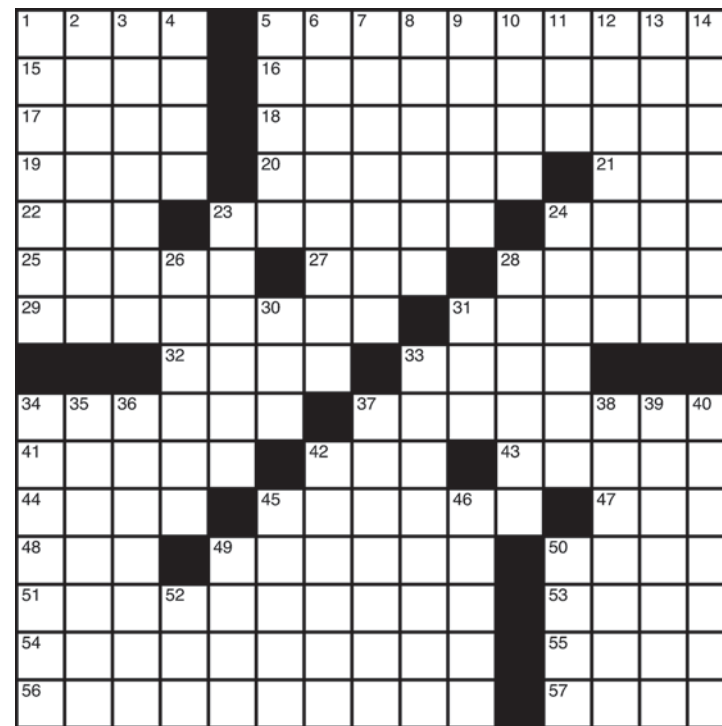
- 1 Chaps
- 5 Measure up
- 15 "My Country" author
- 16 Busy, in a way
- 17 Stellar phenomenon
- 18 Wheel of Fortune and others
- 19 Error
- 20 Oil sources
- 21 Airport NW of PIT
- 22 1975-'76 World Series champs, on scoreboards
- 23 Called, nowadays
- 24 Not abundant
- 25 Recording acronym
- 27 Piece of Plymouth pizza?
- 28 Former National Security Advisor Scowcroft
- 29 Citizens Bank Park team
- 31 Picks up
- 32 Alley group
- 33 Barber's supply
- 34 Emotional

- 37 Youthful nickname for the 1950 29-Across
- 41 Opposite of après
- 42 Monopoly item
- 43 '30s-'40s Kildare portrayer
- 44 Canada goose relative
- 45 Kind of acid in red wine
- 47 Canadian sign letters
- 48 Indian address
- 49 Cleaned up
- 50 Symbolic dance
- 51 Jackson 5 song covered by Mariah Carey
- 53 Sch. whose mascot is Paydirt Pete
- 54 Canadian asset
- 55 Town in province of Padua
- 56 Some lucky breaks
- 57 Slate, briefly

### Down

- 1 Shooter's protection
- 2 Wipe out
- 3 Fictional code name

- 4 Piece of cake
- 5 "The Chosen" author
- 6 Breaks down
- 7 Road markings
- 8 Left, with "off"
- 9 Doled (out)
- 10 Bar IDs
- 11 Oldies syllable
- 12 Flashlights, across the pond
- 13 Court boundary
- 14 Is in high dudgeon
- 23 Support piece
- 24 Requiring delicate handling
- 26 Skiing category
- 28 "The Human Comedy" author
- 30 Big initials in banking
- 31 Italian counterpart of the BBC
- 33 Offended outburst
- 34 Kennedy Compound component
- 35 Blanket
- 36 Plain-\_\_\_
- 37 Mearth portrayer in "Mork & Mindy"
- 38 Siberian metropolis
- 39 Exhaust
- 40 Like some curves
- 42 Causes for pauses



- 45 Rwandan ethnic group
- 46 Inventeur's notes
- 49 Judge
- 50 Shades
- 52 Hardly a warm reaction

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

## JUMBLE

THAT SCRAMBLED WORD GAME  
by Mike Argirion and Jeff Knurek

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

MEFAL

□ ○ □ □ □

TONJI

□ ○ □ □ □

RAHDLE

□ ○ □ □ □

GROANJ

□ □ □ ○ □

Answer here: " □ □ □ □ " □ □ □ □

My mother taught me how to make a rug on this

9/30

WHEN SHE INHERITED THE WEAVING DEVICE, SHE DESCRIBED IT AS AN ----

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

## SCRABBLE

G R A M S

Hasbro and it's logo, SCRABBLE, the associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. © 2016 Hasbro. All rights reserved. Distributed by Tribune Content Agency LLC.

□ □ □ □ □ □ □ □

E<sub>1</sub> E<sub>1</sub> U<sub>1</sub> D<sub>2</sub> C<sub>3</sub> S<sub>1</sub> C<sub>3</sub>

RACK 1

□ □ □ □ □ □ □ □

A<sub>1</sub> E<sub>1</sub> I<sub>1</sub> B<sub>3</sub> T<sub>1</sub> N<sub>1</sub> C<sub>3</sub>

RACK 2

□ □ □ □ □ □ □ □

A<sub>1</sub> E<sub>1</sub> P<sub>3</sub> L<sub>1</sub> S<sub>1</sub> K<sub>5</sub> R<sub>1</sub>

2nd Letter Triple  
RACK 3

□ □ □ □ □ □ □ □

U<sub>1</sub> U<sub>1</sub> T<sub>1</sub> T<sub>1</sub> P<sub>3</sub> R<sub>1</sub> H<sub>4</sub>

Double Word Score  
RACK 4

□ □ □ □ □ □ □ □

A<sub>1</sub> I<sub>1</sub> K<sub>5</sub> R<sub>1</sub> L<sub>1</sub> T<sub>1</sub> T<sub>1</sub>

RACK 5

PAR SCORE 265-275

BEST SCORE 327

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 42

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



## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION											
S <sub>1</sub>	U <sub>1</sub>	C <sub>3</sub>	C <sub>3</sub>	E <sub>1</sub>	E <sub>1</sub>	D <sub>2</sub>	RACK 1 =	<u>62</u>			
C <sub>3</sub>	A <sub>1</sub>	B <sub>3</sub>	I <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	T <sub>1</sub>	RACK 2 =	<u>61</u>			
S <sub>1</sub>	P <sub>3</sub>	A <sub>1</sub>	R <sub>1</sub>	K <sub>5</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 3 =	<u>69</u>			
T <sub>1</sub>	H <sub>4</sub>	R <sub>1</sub>	U <sub>1</sub>	P <sub>3</sub>	U <sub>1</sub>	T <sub>1</sub>	RACK 4 =	<u>74</u>			
T <sub>1</sub>	I <sub>1</sub>	T <sub>1</sub>	L <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	K <sub>5</sub>	RACK 5 =	<u>61</u>			
PAR SCORE 265-275							TOTAL <u>327</u>				

## JUMBLE ANSWERS

Jumbles: FLAME JOINT HERALD JARGON

Answer: When she inherited the weaving device, she described it as an -- "HEIR" LOOM

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

# Midland care and KDADS celebrate operation Red File anniversary

Local, not-for-profit health care provider Midland Care is holding a first birthday celebration in honor of Operation Red File, a medical information initiative that is part of the Kansas Department for Aging and Disability Services' (KDADS) Senior Medicare Patrol program. Operation Red File is designed to help seniors keep their critical health information accessible if needed in an emergency. Participants in Operation Red File receive a large, red, magnetic folder that they can place on their refrigerator for instant access, where first responders will know to look for it.

**Event:** Shawnee County Operation Red File Birthday Celebration.

**Date:** Friday, March 3.

**Time:** 1 p.m. to 5 p.m. with remarks at 2:30 p.m.

**Location:** Midland Care on 6th Avenue, 1112 SW 6th Ave. Topeka, Kansas.

"Today is a real cause for celebration," said KDADS Secretary Tim Keck. "In

one short year, Operation Red file has been one of KDADS' most successful initiatives. Working with our community partners, so far we have handed out 70,000 Red Files in nine Kansas counties. Kansas identified a problem, came up with a solution—and put it in place. This is how government and community collaboration is supposed to work."

"Operation Red File is a key part of

our community's work to make sure medically vulnerable people get the best possible care," said Midland Care President/CEO Karren Weichert. "As a leader in providing frail elder care, we are proud to partner with KDADS to celebrate the first anniversary of Operation Red File in the hopes this program can reach even more people in our community."



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