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Vol. 16, No. 11

INSIDE



The Spring 2017 issue of JAAA's *Amazing Aging* is included in this month's *Senior Monthly*. See inside.

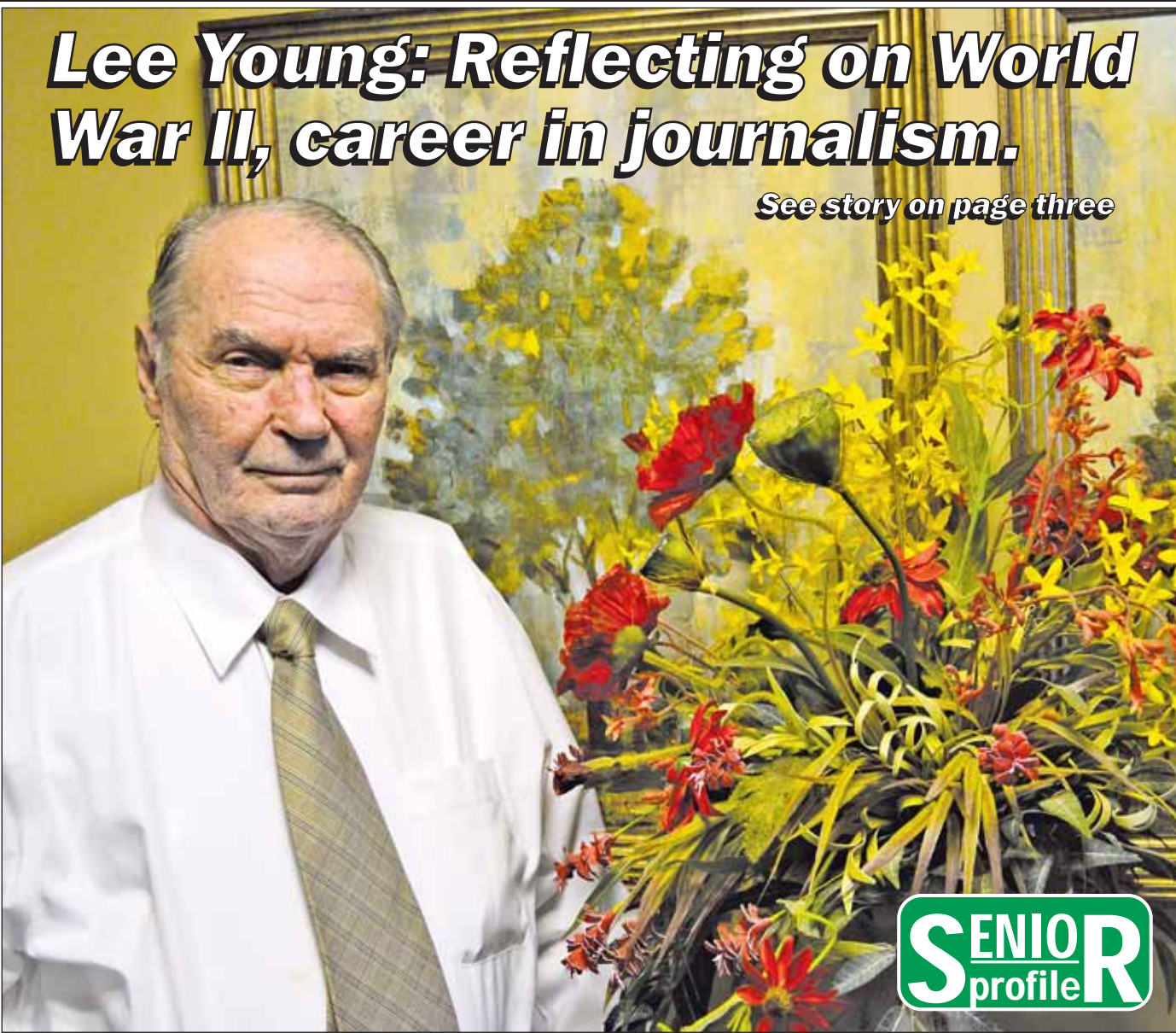
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KEVIN GROENHAGEN PHOTO

Lee Young: Reflecting on World War II, career in journalism.

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Lee Young shares memories of war, teaching

By Kevin Groenhagen

If it hadn't been for a group of young ladies on the campus of Syracuse University, Lee Young's life probably would have taken a much different path. However, before meeting those young ladies, Young had to spend months with young sailors on the USS *Oberrender*.

Young was still attending Nottingham High School in Syracuse, N.Y., when the Japanese bombed Pearl Harbor on December 7, 1941. He graduated in 1943 and began working at a defense plant in Syracuse that manufactured radar screens. He later decided to enlist in the military. Since he was not yet 18, he needed his mother's permission to enlist. (His father died in 1942 at the age of 38.)

"I enlisted in the Navy," Young said. "I didn't want to be drafted into the Army. I tried to go into the Air Force through an officers' training program, but I had a problem with my teeth. I had an overbite."

His interest in the Air Force likely

stemmed from the fact that both of his parents knew how to fly planes, although he said his mother couldn't land a plane very well.

Having enlisted in the Navy and completed boot camp, Young, who, up until that point, had left the state of New York just once in his life, traveled to Key West, Florida, for his training.

"I was trained to operate sonar," he said. "Sonar sends out a sound wave in the water. If there's something solid, the wave hits it and makes a ping sound. That ping sound is what we used to measure the distance of whatever was under the water from the ship. So, sonar men on the ship were called 'ping jockeys.'"

After completing his training, the Navy assigned Young to the *Oberrender*, a destroyer escort being built in Orange, Texas. The *Oberrender* was launched on January 18, 1944, and was eventually assigned to protect convoys plying between Pearl Harbor and Eniwetok.

On November 10, 1944, the USS *Mount Hood*, an ammunition ship, exploded at Manus Island in Papua New Guinea. The explosion killed the entire crew aboard the *Mount Hood* and damaged 22 other smaller craft, including the *Oberrender*. The *Oberrender* remained at Manus Island for the remainder of November, which means it missed the invasion of Leyte



Lee Young

in the Philippines. The *Oberrender* returned to service in December 1944 and conducted escort and patrol duties in the Netherlands East Indies and Philippines areas for three months.

In early 1945, American forces began preparing for the Battle of Okinawa, which began on April 1. The *Oberrender* was positioned off the northern coast of Okinawa, where it performed "picket duty." That duty entailed using

radar to detect Japanese planes flying down from the Japanese mainland.

"At that time, every day there were raids by Japanese planes called kamikazes, suicide planes coming down to hit the fleet," Young noted in a 1990 interview with the late Calder Pickett, his good friend and colleague at the University of Kansas' William Allen White School of Journalism. "So, one

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$8.50 for 12 monthly issues.

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Lee Young

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of the jobs of the picket ship was to give early warning of this. So, we did this duty for about 30 days. It was kind of hellish. Every night, every sunset, every morning there would be planes coming down and you were always nervous about whether they were going to get in your neighborhood or not.”

The *Oberrender* was still performing picket duty near Okinawa when Germany signed the act of military surrender on May 7, 1945. The celebration was short-lived. Just two days later, Young was on the deck of the *Oberrender* when disaster struck.

“My ship was hit by a Japanese suicide plane,” Young explained. “It crashed into the ship and the explosion burned my face and my chest. Luckily, it didn’t damage my eyes. That was the good news. I was in the hospital on Guam for six weeks, but I recovered completely with no lasting damage at all. I was very fortunate because the

attack killed 10 of the men on the ship.”

The damage to the *Oberrender* was so extensive it could not be repaired. The Navy decommissioned the ship on July 11, 1945. Meanwhile, Young returned to Syracuse.

“After I recovered, they gave me one-month’s leave to go home,” he said. “I had a marvelous time being at home. The war was still going on, so I had to go back after my leave. Fortunately, I didn’t get wounded again. By then we were winning the war and it was coming to an end.”

The war ended shortly after the U.S. dropped atomic bombs on the Japanese cities of Hiroshima and Nagasaki in August 1945. Young was in San Diego when he got the news.

After being discharged from the Navy in April 1946, Young returned to Syracuse, where he worked at a series of part-time jobs until he could enroll at Syracuse University under the GI Bill the following September.

“My father was not well-educated,” Young said. “He painted the outside and interior of houses and hung wallpaper. When I was old enough, I worked



The USS *Oberrender*

with him and I realized I didn’t want to do that for the rest of my life. That is what led me to want to get a college education.”


And that brings us back to that group of young ladies at Syracuse University.

“I went over to Syracuse University and I happened to walk through the journalism school building,” he said. “I saw all these young women at a table working on something. I stopped and asked one of them what it was. She said it was the yearbook. I had never seen a yearbook before, so I talked with her some more about the yearbook. I

got very interested in it and I asked, ‘Do you think I could work on it?’ She said, ‘Well, I’ll talk to the editor and see.’ The editor said she would be glad to have me work on the yearbook. I eventually became editor of the yearbook. That’s how my career developed. I also ended up marrying Shirley, who also worked on the yearbook. My whole life turned around just because I walked by that table by chance.”

Young was also active in Air Force ROTC and joined a fraternity, Sigma

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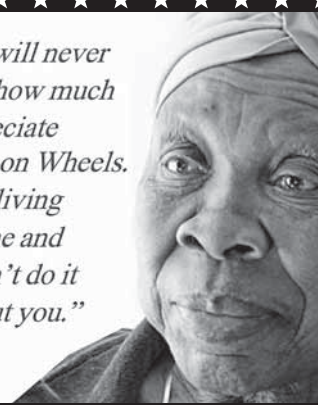


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Lee Young

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Alpha Epsilon, at Syracuse University.

“That was the smartest thing I ever did,” he said. “The university is large and has a lot of students. If you didn’t have some kind of connection and just lived in an apartment house, you’d go to your class and apartment and be by yourself. A friend of mine belonged to a fraternity and he introduced me to his fraternity brothers. I ended up becoming a pledge and then joined the fraternity. The next thing I knew I was the president of the fraternity. It was a wonderful time. A lot of us in the fraternity were military veterans. I greatly enjoyed being in college. I was sorry when I had to graduate.”

After earning his BA in journalism in June 1950, Young spent six weeks in an ROTC activity to earn his commission. He then began working in New York

City for a company that printed, among other publications, college yearbooks. Young had met the president of the company at Syracuse University while he was the editor of that college’s yearbook. Apparently, Young had impressed the president, who offered him a position as a production manager with his company. Shirley still had a year left at Syracuse University, so the couple was apart for a year. They married shortly after Shirley graduated in June 1951. The first of their three children was born 11 months later.

According to Young, he wasn’t well-paid in New York City and he began seeing signs that his company wasn’t doing well financially. He wrote a letter to a man who owned a large photoengraving plant in Kansas City. Young also met this man while he was the editor of the yearbook at Syracuse University. Young thought perhaps the plant owner might know of some job opportunities in the Midwest. Instead,

■ CONTINUED ON PAGE SIX



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The League of Wives:
Vietnam's POW/MIA Allies and Advocates

Special exhibit opening Sunday, May 7
In the late 1960s, courageous POW/MIA wives bucked government protocol and challenged the role of "military wife" by demanding accounting for their imprisoned and missing husbands.

Curated by 2017 Dole Archives Curatorial Fellow

Heath Hardage Lee with audio description by Kansas Audio-Reader. Made possible by Harlan and Alice Ann Ochs in honor of Larry Ochs.

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Sunday, May 7 - 4 p.m.

Open the 2017 special exhibit with a discussion featuring Heath Hardage Lee and POW/MIA wives.

Withdrawal from Vietnam (Fl. Leavenworth Series)

Thursday, May 18 - 3 p.m.

President Richard Nixon took office in January 1969 after promising to end the war in Vietnam. The process to turn the war over to South Vietnamese troops took four years, and the war began again after U.S. withdrawal in March 1973 and lasted until April 1975. Explore the U.S. withdrawal and Vietnamization program here with decorated veteran and Vietnam expert Dr. James Willbanks.

The Last Stand of South Vietnam (Director's Series)

Thursday, May 25 - 3 p.m.

In 1975, South Vietnam's 18th Infantry Division led an improbable final stand against North Vietnamese forces. Outnumbered 7-1 by their foes, the 18th earned the nickname "The Supermen" as they held the line in the Battle of Xuan Loc for 12 days. Dr. James Willbanks explores the fall of this last defensive line before Saigon, which led to South Vietnam's surrender nine days later.



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Lee Young

■ CONTINUED FROM PAGE FIVE

he immediately called Young and offered him a job as a production manager in his plant. After discussing the offer with Shirley, Young accepted it. They moved to Kansas City in December 1952.

After working at the photoengraving plant for two and half years, Edwards accepted an offer to work as a production manager at an advertising agency. He later joined another advertising agency as an account executive since he didn't want to be limited to production work.

By this time, the Youngs lived at Lake of the Forest, a community located on Highway 32 between Bonner Springs and Edwardsville. A neighbor was a veterinarian who had entered into an agreement to purchase a publishing company that produced professional journals for veterinarians. Knowing about Young's experience in production and advertising, the veterinarian invited him to become his junior partner in the company. Young accepted his offer.

The company had just 12 or 15 employees who put out two magazines, so, in addition to being responsible for advertising and circulation, Young did quite a bit of the editing work.

"I used to kid people that when I proofread the copy I would start getting sick," Young said with a laugh. "I used to feel like I was getting the diseases described in the articles."

After several years at the publishing company, Young started thinking about making another career change. Shirley reminded him that he had once said he would like to teach and suggested he consider that.

In August 1964, Young called Ken Anderson, who was the dean of the School of Education at KU, and asked if he could meet with him.

"He had me come up and we spent about an hour talking about my background, about what it would take to teach history, both at the secondary and academic level," Young said in his interview with Pickett. "I had brought a résumé with me, and he said, 'Why aren't you thinking of teaching jour-

nalism?' I told him I hadn't thought about it. It hadn't occurred to me."

Anderson sent Young over to talk with Burt Marvin, the dean of the journalism school. Marvin invited Young to teach a beginning course in advertising that had not yet been staffed with the stipulation that Young enroll in the journalism school's graduate program.

Young went home to discuss the offer with Shirley. With her blessing, he accepted Marvin's offer. The following month, at the age of 38, he became both a teacher and student at KU.

"As I recall, the students really liked me," Young said. "They liked the way I taught."

Young finished his master's degree at KU in 1967. In June 1969, he became of the acting dean of the journalism school and stayed in that position until Del Brinkman became the dean of the school in August 1970. Young became acting dean again when Brinkman became vice chancellor for academic affairs 11 years later. He also served as associate dean of the school.

As a faculty member with the journalism school from 1964 to 1989, Young developed the courses that became the magazine journalism sequence at the school. His magazine class produced the school's *Jayhawk Journalist* publication. In 1985, he was named the first William Allen White Professor of Journalism. In 1987, the Magazine Division of the Association for Education in Journalism and Mass Communication honored Young as the Educator of the Year. He was also a finalist eight times for the Senior Class H.O.P.E. (Honor for Outstanding Progressive Educator) Award.

While Young was receiving honors for his work in journalism, he took steps to honor other journalists. Since 1950, the William Allen White Foundation has recognized individuals for outstanding journalistic service. Winners used to receive the Award for Outstanding Journalistic Merit certificates. In 1969, Young, then acting director of the foundation, and Dolph Simons, Jr., president of the foundation, commissioned University of Kansas professor of design Elden Tefft to design a medallion for the award. The medallion features William Allen White, the renowned publisher of *The Emporia Gazette* and a leader of the Progress-

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Recipients of the annual award include George F. Will, Bill Curtis, Bob Woodward, Gordon Parks, Candy Crowley, and Gwen Ifill.

In 1980, *Esquire* donated about 40,000 pieces of art to KU after the magazine changed hands. In a 1998 *New York Times* article, Young, who represented the university in dealings with the magazine, said *Esquire* executives chose KU because of the journalism school's first-issue magazine collection and its designation as official repository for the Magazine Publishers Association. About 2,000 pieces of the *Esquire* collection, including approximately 300 pieces of pinup art, were turned over to the university's Spencer Museum of Art. According to the 1998 article, the pinup art—about half of which were done by Alberto Vargas—may have been worth \$10 million to \$20 million at that time.

Young retired from KU at the end of 1989.

"I loved teaching," he said. "I hated it when I had to retire. That broke my heart."

Young continued to leave his mark on the J-School even after retiring. In 2007, he donated \$47,000 to KU to create the Lee Young Scholarship, which supports juniors or seniors in journalism, with preference given to students interested in magazine journalism. At the time, Young said gratitude inspired the gift. "My 25 years of working with students and colleagues were very invigorating: the happiest, most productive of my career," he said. "I wanted to say 'Thank you' in a tangible way."

Young also inspired a former student of his to give back to the J-School in a special way. In 2015, Diane Gray Quinn, a 1971 J-School graduate,

established a fund to create an endowed professorship in Young's name. "He is a quality human being with an engaging personality and sense of humor," Quinn told *Jayhawk Journalist*. "He was a wonderful journalism professor with his knowledge of publishing and his business sense. I look back at the part of my life when I worked and feel so fortunate that my education prepared me for many types of jobs. It feels very satisfying to honor Lee Young and my J-School education with this endowed professorship."

Today it would be difficult, if not impossible, to imagine what the William Allen White School of Journalism would be like without Young's presence at KU.

"You know the saying, 'standing on the shoulder of giants,'" said Ann Brill, dean of the KU journalism school, after Young's friend Calder Pickett died in 2013. "The school stands on the shoulders of people like Calder Pickett, Lee Young, Del Brinkman."

Shirley died from cancer several years ago and Young now resides at Neuvant House in Lawrence. He reads a daily newspaper, watches news on television, and continues to have an avid interest in journalism. After being involved with journalism for more than six decades, he is impressed with the quality of journalism in 2017.

"I think it's very good," he said. "I think the people who are journalists are well-trained now and they're serious about their work."

Young also continues to follow sports.

"I've always been a great sports fan," he said. "I enjoy KU sports and, since I went to Syracuse, I'm a dedicated Orangeman."

And then there's golf, which Young began playing when he lived at Lake of the Forest. Shirley also took up golf and the Youngs began carrying their golf clubs with them when they traveled.

"I love to play golf," Young said. "Whenever I get a chance, I go out to play golf. I'm the happiest man in the world when I'm on the golf course. The golf courses are so pretty and I enjoy being out in the air. I don't get out there as much as I used to, but do when I can."



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By Norm Franker

Social Security District Manager in Lawrence, KS

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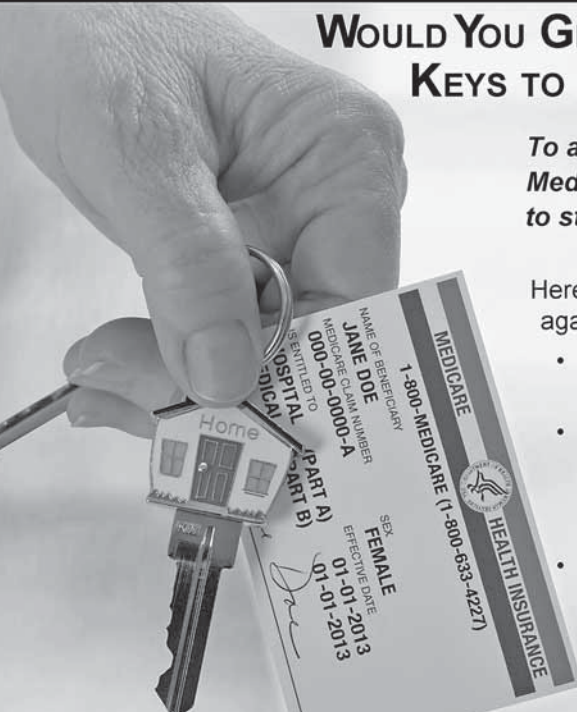
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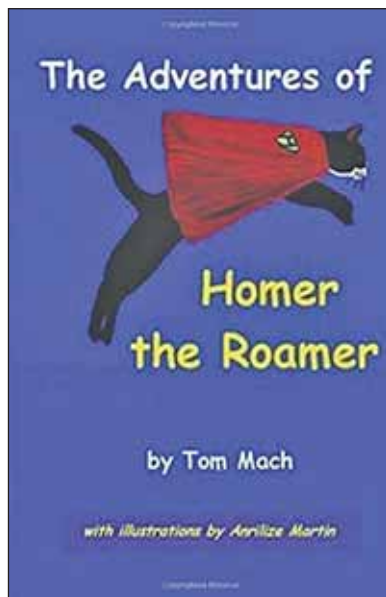
Homer the Roamer: A book for both grandkids AND grandparents

By Tom Mach

I never thought I'd be addicted to cats, but I am. Many decades ago, I received a mixed-breed kitty for my birthday present, although I suspect my daughter was the one who really wanted that animal. We named it Jonathan and we kept it in the house. I'm sure Jonathan would have loved to go outdoors, but the only time he did was when we took him to the vet. While riding in the car with us, Jonathan would moan all the way there. I considered Jonathan as one of the family, and was patient with him when he rejected one brand of cat food while accepting another (more expensive) one. I also had the unpleasant job of emptying and replenishing his litter box. Years went on, and I was with him on the day he died. He hid underneath the bathroom sink and snarled at me when I tried to pet him. I supposed he wanted to die alone. I miss him even to this day.

Years later, while working as a tutor for 3rd and 4th graders at Canoas Elementary School in San Jose, California, I came across an article about a cat who somehow strayed into a moving van and was gone for days before he was returned to his owner. I thought that might make for an interesting story, so I wrote a novel about a cat named Homer who got lost by climbing on a moving van and being transported to places unknown. I made a few copies at a Kinko's Copy Center and distributed these to some of the children to get their reaction. It was an instant hit—both with the kids as well as the teacher.

After several decades of letting the story lie dormant, I decided to rewrite it and add more chapters. The result was *The Adventures of Homer the Roamer*, published this year by Hill Song Press. In this rewrite of the story I made Homer a "Walter Mitty" type, a dreamer who has a vivid imagination in being different heroic figures, such as Homer the Amazing or Homer the Lion. On the book cover I portrayed him wearing a red cape and flying through the air as Homer the Magnificent. Illustrations for this book were provided by Anrilize Martin, a South African artist.



I suspect adults, as well as children, will love this story. It's possible that if Grandma buys this book for her grandchildren, she'll first want to enjoy reading it herself. *The Adventures of Homer the Roamer*, is available at the Raven Bookstore in Lawrence, the Amazon website, and at Hill Song Press (POB 486, Lawrence, KS 66044).

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24th Annual National Senior Health & Fitness Day

On Wednesday, May 31, an estimated 100,000 older adults will participate in local fitness activities throughout the country as part of the 24th annual National Senior Health & Fitness Day. Events in Lawrence will be held at the Lawrence Public Library from 10 a.m.-3 p.m. and feature small group exercise demonstrations, a brown bag lunch program on selecting athletic shoes and free screenings for health and balance. The events are free and the public is welcome to attend any or all of the sessions.

The goal of the event is to increase awareness of the benefits of a regular exercise program for older adults, and to encourage all older adults to take advantage of the many health and fitness programs offered in Lawrence. Each demonstration class is open to people at all levels of fitness and will emphasize whole body fitness.

All programs will be in the auditorium at Lawrence Public Library at 707 Vermont Street. The schedule of

events is:

10 a.m.: Yamuna Body Rolling (YBR)- A unique approach to soft-tissue/myofascial release. YBR can relieve muscle tension, improve mobility and flexibility. A yoga mat is suggested, some will be available.

11 a.m.: NIA Dance- This workout combines dance, martial arts and mindfulness. NIA provides toning and raises heart rate without impacting joints. Be prepared to practice barefoot.

12 p.m.: How to Select the Right Athletic Shoe for You- The right shoe is kind to your feet, you know it by the way your feet feel. Bring your own lunch (or shop at The Merc in the library lobby) and learn from J. Jenkins of Ad Astra Running about selecting the right shoe for your foot, body type and where you plan to wear them.

1 p.m.: Health Screenings: Lawrence Memorial Hospital will provide health screenings including balance, grip strength, blood pressure. An "Ask the Trainer" station will answer ques-

tions about optimal use of home fitness equipment.

2:30 p.m.: Lifelong Stretch- Using gentle yoga poses to increase strength and balance, this class will emphasize stretching and breathing techniques for overall health. A yoga mat is suggested,

some will be available.

The event is co-sponsored by Lawrence Parks and Recreation, Lawrence Memorial Hospital and Lawrence Public Library. For further information, contact lmh.org and LMH Connect Care 785-505-5800.

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LMH Endowment Association to sponsor end-of-life healthcare seminar

End-of-life healthcare decisions will be the focus of a seminar in May sponsored by Lawrence Memorial Hospital Endowment Association.

The event is scheduled for 4 p.m. on May 18 at Maceli's, 1031 New Hampshire Street in Lawrence. It will feature Dr. Marc Scarbrough, a hospitalist at LMH; Janelle Williamson, NP-C, ACHPN, pain and palliative care nurse practitioner at LMH; Robert Ramsdell, attorney with Thompson, Ramsdell and Warner; and Matthew Hoy, attorney with Stevens & Brand.

At the seminar, participants will hear from medical and legal professionals about advance directives for medical care, living wills and Do Not Resuscitate directives. Continuing legal education credit will be available. The fee for the event is \$20. RSVP to Tiffany Hall at 785-505-3318 or tiffany.hall@lmh.org by 5 p.m., May 10. Light

refreshments will be served.

Co-sponsors of the event are Douglas County Estate Planning Council and Douglas County Community Foundation.



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MAYO CLINIC

Several factors to consider before treatment for Barrett's esophagus

DEAR MAYO CLINIC: My husband is 68 and was recently diagnosed with Barrett's esophagus. The doctor said it was low-grade dysplasia, and that he could be treated for now without having surgery, but that surgery may be necessary in the future. We're worried that his condition will eventually lead to esophageal cancer and want to know if having surgery now should be considered.

ANSWER: Before you and your husband decide on what type of treatment to pursue, there are several factors you need to carefully consider and discuss with a gastroenterologist.

First, the way the condition is diagnosed is critical. In Barrett's esophagus, the color and composition of the cells lining the lower esophagus change. Normal esophagus tissue appears pale and glossy. In Barrett's esophagus, the tissue is red and velvety instead. When Barrett's esophagus is found, tissue samples (biopsies) are taken to deter-

mine the degree of tissue change.

Barrett's esophagus usually falls into one of three categories. If the condition is present, but no precancerous changes are found in the cells when the tissue samples are examined, it's classified as no dysplasia. If the cells show small signs of precancerous changes, it is low-grade dysplasia. If cells show many changes, it is high-grade dysplasia.

To accurately classify Barrett's esophagus, a large number of tissue samples need to be examined. This ensures that sections of tissue that may have high-grade dysplasia are not missed. The longer the length of the affected tissue in the esophagus, the more important it is that an adequate number of samples are taken. Also, the physician doing the procedure needs to examine very carefully for any lumps or bumps in the esophagus that would make the finding of low-grade dysplasia more worrisome.

Talk to your husband's physician

about how the diagnosis was made. You should also confirm that the biopsies were interpreted by two experienced pathologists, as low-grade dysplasia is often a difficult diagnosis to make. If you like, you can request that your husband's tissue samples be reviewed by another pathologist to ensure that a proper diagnosis was made. You also may want to consult with an expert in Barrett's esophagus to review your husband's situation in more detail.

If the diagnosis of low-grade dysplasia is confirmed, then it is possible your husband may only need monitoring to keep track of his condition at this time. If his condition progresses to high-grade dysplasia, then treatment would likely be recommended. That treatment could potentially include surgery to remove the affected tissue, but that's usually not necessary.

In the past, research seemed to show that the risk of low-grade dysplasia progressing all the way to esophageal cancer was about five percent. However, a very recent study showed that risk to be much higher, at about 20 percent. Those results have yet to be confirmed,

though, so the true risk is hard to know. In contrast to the risk of progressing to cancer, some people with low-grade dysplasia appear to have the condition go away without any treatment at all.

To help as you make treatment decisions, you may consider genetic testing. Newer tests that look for genetic abnormalities may be of value in helping to determine whether your husband's condition is at higher risk of progressing to cancer. It would also be worthwhile to have a discussion with your husband's gastroenterologist about possible therapies that can be performed at this time to decrease the chance of the disease progressing to high-grade dysplasia or esophageal cancer. - Kenneth Wang, M.D., Gastroenterology and Hepatology, Mayo Clinic, Rochester, Minn.

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

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HEALTH & WELLNESS

Preventing neck pain

By Laura Bennetts PT, MS

If you've ever been in a fender bender, you know that acute neck pain can follow even a minor car accident. But most people suffer neck pain for other and more easily preventable reasons.

The most common cause of neck pain is simply how we hold our heads when we work, drive, sleep or relax. Sitting on an overly soft chair or watch-

jelly-like discs in between them. Any skeletal model shows this. But a model doesn't show what actually happens inside your body. Your spine is more than just a chain of linked bones. Living bones are complex tissues, which work together with muscles, tendons, ligaments, and nerves. The neck vertebrae are unique because (with the assistance of other surrounding tissues) they support the weight of your head and allow you to nod up and down, rotate your head side to side, and so on.

Move with Grace

The joints of your spine are pivots that allow you to move. And since motion involves tension and pressure, your joints are especially vulnerable to pain if your posture is poor.

Your neck joints help you rotate your head and absorb the shock of motion when you move your neck. Any abnormality in the way you move or stabilize your head can hurt your neck because your spinal joints are full of nerves—motor nerves that prompt movement and sensory nerves that share information with your brain.

When you stress a neck joint, a distress signal of pain flashes to your brain. Most commonly, this is caused by poor posture while standing, sitting, or sleeping.

Don't Slouch!

If your head cranes forward, your neck is stressed by the effort of holding the weight of your head in an awkward position. The soft tissues in your neck cry out for relief. This is typical among people who sit for hours at computers or relax in overly soft chairs. In cases like that, we experience postural fatigue, making

it harder and harder to sit up straight.

Stay Ahead of the Curve

If you've ever driven non-stop for hours, I'm sure you recall how your back felt when you finally got out of your car...sore and tight. In general, the longer your spine is flexed in sitting, the more difficult it is to straighten up comfortably and completely.

What's the solution? Simple. Just walk around with good posture at regular intervals—say, every 20 minutes when you're working at the computer or every two hours when you're driving. The same applies for activities like sewing or knitting. This will stretch your joints, send blood flowing through your spine, and help you hold your head erect.

Mirror, Mirror...

If this isn't enough—if your neck is still stiff and sore—check to see what's wrong. Glance in the mirror to see if your shoulders are rounded and forward. Is it hard to pull them back or squeeze your shoulder blades together? Do you feel tightness across your collar bone or in the front of your neck? Does your sitting posture curl your spine into a C-shape? If so, is it hard to align your ears with your shoulders?

And is it hard to maintain that posture?

If so—if you replied “yes” to any of these questions—you may need stretching and strengthening assistance from a physical therapist to help correct your posture. Exercise can help not only your neck, but also your back and shoulders. Standing and sitting tall is easy, and relatively pain-free, when your body has the strength to comfortably support your head and trunk.

Better than a Pain in the Neck

Physical therapists teach you safe and affective exercises to help you achieve good posture. It takes strong muscles and bones in your neck, shoulders, pelvis, and trunk to sustain good posture. Therapists also treat your neck pain by applying deep heat and by hands-on treatments to increase your flexibility and help you feel better.

So, if your neck hurts, talk to your doctor—and discuss whether physical therapy can help. In most cases, the right therapy makes a world of difference.

- Laura Bennetts PT, MS is a Clinical Rehabilitation Manager for LMH Therapy Services, Lawrence Memorial Hospital, Lawrence, Kansas.

LAWRENCE MEMORIAL HOSPITAL 

LMH Therapy Services

ing TV sideways or lying on a stack of pillows can overstretch your neck and spine joints, causing pain.

So, here are some words to the wise...

Posture Counts

A glance at a skeleton shows that your spinal column is a long, gently curving string of vertebrae. This string supports your trunk, limbs, and head. And when you stand or sit erect, with good posture, the pressure on your spine is evenly distributed and unlikely to cause you pain. But bad posture can hurt you—above all, by putting undue stress on your joints. This is just as true in your neck as it is in your knee or lower back.

Up to your Neck

Your neck consists of seven vertebral bones stacked on top of each other, with

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Dr.
Farhang
Khosh

to improve your health and increase your lifespan. There are many medicinal plants used to improve cardiovascular health. However, one of the best known is *Crataegus*, or Hawthorn.

Common names for *Crataegus* are Hawthorn, Red Haw, Maybush, Thornapple, Hawberry, and Whitehorn.

Hawthorn belongs to the Rosaceae family and consists of green leaves, white flowers, and bright red berries. The branches of these shrubs are usually small and thorny. You can find the dried fruits of this plant in jams, jellies, syrups, and wines. Preparations of Hawthorn can also be found in infusions, tinctures, teas, supplements, and standardized extracts.

In folklore, Hawthorn has been regarded as the emblem of hope and of healing a broken heart. This tree is included in many legends and has been said to be strongly associated with fairies. In other folklore, the Hawthorn is especially deadly to vampires. The ancient Greeks used the Hawthorn branches in many ceremonies.

Traditionally, these berries have been used to treat heart problems ranging from irregular heartbeat, chest pain, high blood pressure, hardening of the

arteries, and heart failure. By the early 1800s, doctors were using Hawthorn to treat circulatory disorders in America. Hawthorn is used to help protect against heart disease and help control high blood pressure and high cholesterol. Other medical conditions that Hawthorn has been used for are digestive disorders, including diarrhea, insomnia, asthma, gallbladder stones, kidney stones, sore throats, colds and upper respiratory infections, and hyperlipidemia. It has been used to strengthen the teeth and gums. It may also be used effectively as an antioxidant and anti-inflammatory. Both animal and human studies suggest Hawthorn increases coronary artery blood flow, improve

circulation, and lowers blood pressure. In a 2008, a Cochrane review concluded that there is evidence of “a significant benefit in symptom control and physiologic outcomes” for Hawthorn in treating chronic heart failure. Furthermore, a follow up review in 2010 concluded “*Crataegus* preparations hold significant potential as a useful remedy in the treatment of cardiovascular disease.”

So, the next time you are looking to improve your heart health, consider Hawthorn.

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

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ESTATE PLANNING

Three questions

Good estate planning requires thought, and may result in a complex plan if the situation warrants. These are important choices and should not be made lightly.

But they are decisions that need to be made. You do not want to become a victim of paralysis by analysis. Gather information, think it over, and make decisions. Neither a drunk crossing



**Bob
Ramsdell**

the centerline nor a heart attack will pause to ask if your estate planning is complete. At the moment it matters, it either will be or not. "Failing to plan is planning to fail" may be a cliché, but it's also true.

The major choices can be simplified as three questions.

Question #1: How do you want your property distributed at your death and, if a primary beneficiary fails to survive you, what is the back-up for that share?

Question #2: Who—person or financial institution—do you want to serve as your agents for financial matters, both handling your affairs if you are alive but incapacitated and handling the distribution of property after your death?

Question #3: Who—persons only—do you want to serve as your agents for healthcare matters, making medical decisions if you are unable to do so?

Most people think answering Question #1 forms the heart of estate planning. But I would focus at least equal effort on the answers to Questions #2 and #3. A disorganized mess after you're dead is a bad thing, but it's not your problem. A loss of mental capacity—whether by sudden injury or the progression of Alzheimer's—renders you open to exploitation and abuse. You do not want the wrong people

making decisions for you and possibly exploiting your vulnerability.

Trains can run on parallel tracks. I have never prepared a set of draft documents for a client that turned out complete and ready to sign without revision. The drafts invariably contain blank spaces to be filled-in—"A back-up healthcare agent? I need to think about that."—and provisions that later get changed—"Now that I see that in black-and-white, I think I'd rather do

Think about what you want and meet with an attorney to discuss your initial planning choices. Review the draft documents, discuss them with your attorney, and make edits as needed. Then get things signed, sealed, and delivered.

Because death is a certainty, and incapacity a possibility.

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

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JILL ON MONEY

Questions and answers ripped from the headlines

The news cycle has prompted many of you to write in ask a number of questions about terms that you read and hear about. These answers are intended to help you understand what you need to know about various policy initiatives that could be coming.



Jill
Schlesinger

Q: When Federal Reserve Chair Janet Yellen says “the economy is doing well,” what exactly does that mean?

A: After the most recent Fed policy meeting, where the central bankers announced the third quarter-point rate hike in 15 months, Yellen held a press conference in which she commented about the economy. In between a lot of technical jargon, Yellen was asked what consumers should take away from the Fed’s rate increase and she responded with the “well” comment. Although Fed officials can be inscrutable, here’s a way to figure out what Yellen meant.

The long-term economic growth rate (gross domestic product or GDP) averaged about 3 percent annually for the

50 years from 1966 through 2016. That said, the post-recession years, from June 2009 through the end of last year, have seen a lower growth rate of just over 2 percent per year. In their recent economic projections, Fed officials expect GDP growth to remain at around 2 percent per year for the next three years. That seems like the economy is doing well, but not exactly sizzling.

Q: What is the big deal about the alternative minimum tax (AMT)?

A: After a few pages of President Trump’s 2017 tax return was recently revealed, there was a lot of freaking out about AMT, which the president paid in that tax year. Here’s the deal: AMT was created in 1969 to ensure that wealthy taxpayers pay at least some minimum amount of federal income tax, regardless of deductions, credits or exemptions. In essence, it is a flat tax with two brackets, 26 percent and 28 percent. Originally intended to prevent perceived abuses by a handful of the very rich, it now affects almost 5 million filers.

Q: What are discretionary budget items?

A: When President Trump unveiled his budget blueprint for fiscal year 2018, I fielded a bunch of questions about terminology. Just like your own budget, there are items that are discretionary (dining out, entertainment) and

nondiscretionary—or mandatory—such as a mortgage payment. Federal budgets also use those terms, though there are other implications.

Discretionary spending, which includes most defense, education and transportation programs, is determined through the congressional appropriations process. Mandatory spending is governed by law and includes entitlement programs, such as Social Security, Medicare, and Medicaid, as well as many smaller programs, including unemployment compensation, retirement programs for federal employees, student loans and deposit insurance. About 60 percent of all federal spending is considered mandatory.

Q: What’s the difference between the debt and the deficit?

A: The deficit is a simple annual calculation—it’s the money government takes in minus the money government spends. According to the Congressional Budget Office (CBO), the deficit for fiscal year 2017 is \$559 billion or about 3 percent of GDP.

The national debt equals the total amount borrowed to fund the annual

deficit, and it currently stands at \$20 trillion. The national debt is divided into debt held by the public (\$14.4 trillion) and debt that the government essentially owes itself (\$5.5 trillion).

CBO projects that over the next decade, “if current laws remained generally unchanged, budget deficits would eventually follow an upward trajectory—the result of strong growth in spending for retirement and health care programs targeted to older people”—such as Social Security and Medicare—“and rising interest payments on the government’s debt.”

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

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SENIOR CALENDAR

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

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

ARTS/CRAFTS

TUESDAYS

THE BLANKET PROJECT

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

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MAY 7

ART IN THE PARK

One of Lawrence's premiere art events, Art in the Park is an annual juried outdoor exhibition that draws more than 150 artists. Along with the finest work from area artists and craftspeople, the event features live music, food vendors and family activities. Art in the Park is the Lawrence Art Guild's primary fundraiser. South Park, 1130 Massachusetts, 10 a.m.-6 p.m. Free.

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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

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.

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Kaw Valley SeniorMonthly



Have Kaw Valley SeniorMonthly delivered right to your home. Just **\$8.50** for 12 issues!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Mail this completed form along with \$8.50* to:

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Lawrence, KS 66046

* Please make out check or money order to "Groenhagen Advertising."

Do you manage or own a business?

Would you like more senior customers?



Join the Senior Savings Card Program!

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

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

■ CONTINUED FROM PAGE 18

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

**MAY 8
HEALTHWISE SENIOR SUPPER**

“Laughter: The Best Medicine” will entertain audiences at the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 7 p.m. The Senior Class, Topeka Civic Theatre’s improv troupe, will perform. \$5 per person for the meal. Reservations required by Wednesday, May 3. Please call.
TOPEKA, 785-354-5225

**MAY 9
SENIOR SUPPER AND SEMINAR**

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

**MAY 9
MEDICARE EDUCATIONAL SEMINAR**

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, May 9, at 2 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For information call 785-233-1816, sign up at our website <http://centuryinsuranceagency.com> (on the Medicare tab) or email us at info@century-health.com. Light snacks and beverages provided.
TOPEKA

**MAY 9 & 10
AARP SMART DRIVER COURSE**

Pozez Education Center, 10 a.m.-3 p.m. Discount for AARP members. Bring your HealthWise membership card for a discount in the Food Connection if you plan to eat lunch at Stormont Vail. Call to register. Fee.
TOPEKA, 785-354-5225

**MAY 10 & 31
OPEN STITCH**

Bring your project to work on and enjoy an

evening meeting others with similar interests. Yak ‘n Yarn located inside Fairlawn Plaza Mall, 21st & Fairlawn, 6-8 p.m. Free. Call for more information.
TOPEKA, 785-272-9276

**MAY 15
LAW AT THE LIBRARY**

A half hour informational program on advance directives and estate planning basics starts at 1 p.m., followed by the opportunity to meet with Kansas Legal Services staff who will be available to draft documents such as Powers of Attorney and Living Wills for free for community members aged 60+. Marvin Auditorium 101BC, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 12:30-3:30 p.m.
TOPEKA, 785-580-4662

**MAY 18
WITHDRAWAL FROM VIETNAM**

Ft. Leavenworth Series. President Richard Nixon took office in January 1969 after promising to end the war in Vietnam. The process to turn the war over to South Vietnamese troops took four years, and the war began again after U.S. withdrawal in March 1973 and lasted until April 1975. Explore the U.S. withdrawal and Vietnamization program here with decorated veteran and Vietnam expert Dr. James Willbanks. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Drive, 3 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org

**MAY 18
SENIOR CAR FIT CHECK LANES**

Free, interactive and educational program that teaches participants how to make their personal vehicles “fit” them to increase safety and mobility on the road. Checkups take about 20 minutes. 9 a.m. to noon at Hummer Sports Park, S.W. 6th and Oakley. Registration suggested. Please call.
TOPEKA, 785-354-5225

**MAY 20
STITCH & SANDWICH**

Bring your sandwich and Yak ‘n Yarn (located inside Fairlawn Plaza Mall, 21st & Fairlawn, Topeka) will provide you with a drink and chips. Bring a project to work on and enjoy making new friends. 11 a.m.-2 p.m. Free. Call for more information.
TOPEKA, 785-272-9276

**MAY 22
COMPUTER AND GADGET HELP**

A dedicated time to focus on your technology questions. Bring your laptop, tablet or other device. Practice new computer skills or learn to use the library catalog while trainers are available. Provide a description of the help you need when registering. Register online at tsapl.org/register. Computer Training Center, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-2:30 p.m.
TOPEKA, 785-580-4662

**MAY 25
THE LAST STAND OF SOUTH VIETNAM**

Director’s Series. In 1975, South Vietnam’s 18th Infantry Division led an improbable final stand

against North Vietnamese forces. Outnumbered 7-1 by their foes, the 18th earned the nickname “The Supermen” as they held the line in the Battle of Xuan Loc for 12 days. Dr. James Willbanks explores the fall of this last defensive line before Saigon, which led to South Vietnam’s surrender nine days later. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Drive, 3 p.m. Free.
LAWRENCE, 785-864-4900
doleinstitute.org

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.lawrencecession.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

**APR 21-MAY 6
TO KILL A MOCKINGBIRD**

It’s 1935, and racial tensions are high in Maycomb, Alabama. Nonetheless, young Jean Louise Finch—our Scout, as she is fondly called—manages to live a rather carefree, privileged existence, insulated from issues of race. All that changes when Scout watches her father, Atticus Finch, defend an innocent man, Tom Robinson, against a potential death sentence, which looms threateningly against him because of prejudice due to race. Scout begins to realize that just because society portrays something as being true doesn’t mean that it actually is fact. With the help of Atticus, and her older brother Jem, Scout learns that “growing up” often means doing what is right, even when it comes at great cost. Topeka Civic Theatre and Academy, 3028 SW 8th Avenue. Dates and times vary. Fee.
TOPEKA, 785-357-5211
topekacivictheatre.com

**APR 28-MAY 13
BECKY’S NEW CAR**

Have you ever been tempted to flee your own life? Becky Foster is caught in middle age, middle management and in a middling marriage—with no prospects for change on the horizon. Then one night a socially inept and grief-struck millionaire stumbles into the car dealership where Becky works. Becky is

offered nothing short of a new life...and the audience is offered a chance to ride shotgun in a way that most plays wouldn’t dare. Becky’s New Car is a thoroughly original comedy with serious overtones, a devils and delightful romp down the road not taken. Warning: Contains adult language and themes. Helen Hocker Center for the Performing Arts, 700 SW Zoo Parkway. Dates vary. Fee.
TOPEKA, 785-251-5990
topekacivictheatre.com

**MAY 4
BOOKER T. JONES**

University of Kansas students, faculty, staff and the Lawrence community are invited to a celebration of Chancellor Bernadette Gray-Little on May 4 at the Lied Center. The 7 p.m. concert will feature Rock and Roll Hall of Fame inductee and soul music legend Booker T. Jones. The concert is free to the KU community and tickets are required. Lied Center, 1600 Stewart Dr.
LAWRENCE, 785-864-2787
lied.ku.edu/calendar

**MAY
FREE STATE STORY SLAM**

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

**MAY 6
MOVIE NIGHT ON THE JUMBOTRON: BEAUTY & THE BEAST (1991)**

Lawn chairs, food and drink are not allowed on the Yager Stadium field turf or track surface. Blankets are allowed. The concession stands will be open selling popcorn, hot dogs, drinks and other snacks and attendees are welcome to eat in the stands, concourse or on the grass. You may bring in your own food and non-alcoholic beverages. Movie is free of charge, but we ask for your cooperation in registering online so we know how many people plan on coming. 1700 S.W. College Ave., 7 p.m.
TOPEKA, www.wuevent.org/movienight

**MAY 8
42ND STREET**

The quintessential backstage musical comedy classic, “42nd Street” is the song and dance fable of Broadway with an American Dream story and includes some of the greatest songs ever written, such as “We’re In The Money,” “Lullaby of Broadway,” “Shuffle Off To Buffalo,” “Dames,” “I Only Have Eyes For You” and of course “42nd Street.” Based on a novel by Bradford Ropes and Busby Berkeley’s 1933 movie, “42nd Street” tells the story of a starry-eyed young dancer named Peggy Sawyer who leaves her Allentown home and comes to New

■ CONTINUED FROM PAGE 20

York to audition for the new Broadway musical "Pretty Lady." When the leading lady breaks her ankle, Peggy takes over and becomes a star. McCain Auditorium, 207 McCain Auditorium, 7:30 p.m. Fee.

MANHATTAN, 785-532-6425
k-state.edu/mccain/events/2016-2017/42nd-street.html

MAY 8 AN INTIMATE EVENING WITH KRISTIN CHENOWETH

In a career that spans film, television and stage, Emmy and Tony Award-winning actress 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, 1600 Stewart Dr., 7:30 p.m. Fee.

LAWRENCE, 785-864-2787
lied.ku.edu/calendar

MAY 14
NEIL BERG'S 100 YEARS OF BROADWAY
Five of Broadway's finest stars, fifty of Broadway's greatest characters, one magical evening you'll always remember. This widely-acclaimed musical revue of Broadway's most celebrated shows features a dazzling cast of five Broadway stars accompanied by an all-star New York band! Guiding the audience through the evening is Broadway composer and producer Neil Berg, contributing fascinating anecdotes about the shows and songs themselves. McCain Auditorium, 207 McCain Auditorium, 7:30 p.m. Fee.

MANHATTAN, 785-532-6425
k-state.edu/mccain/events/2016-2017/42nd-street.html

EXHIBITS/SHOWS

APR 28-MAY 12 USD 497 EXHIBITION

The annual USD 497 Public School show features works selected by public school art teachers of K-12 students from across Lawrence. Showcasing a cross section of the excellent visual arts programming in Lawrence public schools, this exhibit spotlights the value of arts learning and the importance of fine arts programs in public education. On exhibit just after the Lawrence Arts Center Arts-based Pre-school and Kindergarten Exhibitions, the show is an enlightening window into the trajectory of artistic development and creative growth happening every day in Lawrence. Lawrence Arts Center, 940 New Hampshire St. LAWRENCE, 785-843-2787

MAY 7
THE LEAGUE OF WIVES: VIETNAM'S POW/MIA ALLIES AND ADVOCATES
In the late 1960s, courageous POW/MIA wives bucked government protocol and challenged the role of "military wife" by demanding accounting for their imprisoned and missing husbands. Curated by 2017 Dole Archives Curatorial Fellow Heath Hardage Lee with audio description by Kansas Audio-Reader. Made possible by Harlan and Alice Ann Ochs in honor of Larry Ochs. Open the 2017 special exhibit with a discussion featuring Heath Hardage Lee and POW/MIA wives. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Drive, 4 p.m. Free. LAWRENCE, 785-864-4900
doleinstitute.org

FAIRS/FESTIVALS

MAY 20
FLINT HILLS FESTIVAL
Feel the full-on vibe of Flint Hills Discovery Center, and feel fully connected with the liveliness of Flint Hills culture with live music, food vendors, beer/wine and tons of children's activities. Flint Hills Discovery Center, 315 S 3rd, 10 a.m.-5 p.m. Fee. MANHATTAN, 785-587-2726
flinthillsdiscovery.org

MAY 26-28
LAWRENCE BUSKER FESTIVAL
The Lawrence Busker Festival is the area's largest gathering of street performers in the area. Come join us for three days of family fun with some of the most talented freaks, geeks, artists and musicians around. There will be five different street stages with over 25 different acts playing for tips and applause. And while our festival may be large, planning your visit is easy. Downtown Lawrence, 5-11 p.m. Free. LAWRENCE, 785-330-5110

JUN 3
CAPITAL CITY FAMILY & FOOD TRUCK FESTIVAL
Food trucks, vendors and more will be positioned in an L shape around the Capitol—from SW 10th Ave. between Harrison and Jackson and from Jackson from 10th to 9th. Bring your appetite and enjoy the culinary delights of more than 40 Food Trucks and vendors. Bounce houses and more family fun on site. Live music and entertainment. No admission is charged to enter the festival. Food trucks will charge. TOPEKA, 785-234-1030

FARMERS' MARKETS

APR 8-NOV 18
LAWRENCE FARMERS' MARKET
Saturday market. April 8- August 26, 7-11 a.m. September 2- November 18, 8 a.m.-12 p.m. 824 New Hampshire St. LAWRENCE, 785-505-0117
lawrencefarmersmarket.com

MAY 2-OCT 24
LAWRENCE FARMERS' MARKET
Lawrence Public Library Outdoor Plaza, 707 Vermont St., 4-6 p.m. LAWRENCE, 785-505-0117
lawrencefarmersmarket.com

MAY 6-OCT 28
DOWNTOWN BONNER SPRINGS
Every Saturday. Located at Kelly Murphy Park in the Downtown Bonner Springs area. You can visit the many local vendors this town has to offer. If you would like to participate or have any questions, please contact Travis Slankard. 8 a.m.-12 p.m. BONNER SPRINGS, 913-721-1075

HEALTH & FITNESS

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

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

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

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

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

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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 BOCCE BALL

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

LAWRENCE

WEDNESDAYS

FREE NUTRITION CLINIC

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

TOPEKA, 785-354-6787

WEDNESDAYS

FREE MEDICATION CLINIC

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

TOPEKA, 785-354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

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

LAWRENCE, (785)748-8034

FRIDAYS

BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

SECOND THURSDAY OF THE MONTH

HEALTHWISE BLOOD PRESSURE CLINIC

Drop in 9:30-11 a.m. at the Southwest YMCA,

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KEVIN GROENHAGEN PHOTO



Dr. Marvel Williamson, executive director of the Senior Resource Center for Douglas County, speaks on April 27 at the Lawrence Art Center during the center's first "Senior Summit." In addition to Williamson sharing a survey on services available in Douglas County, several other senior services professionals in the county shared their views on how they can partner with the Senior Resource Center to better serve seniors in the county in the future.

STICKER ADVERTISING

Place your message on the front cover of Senior Monthly with a 3" x 3" sticky ad. The July and August and/or September and October issues are available. Call Kevin at 785-841-9417 for more information.



Lawrence makes Forbes annual list of the 25 Best Places to Retire



Forbes recently released its annual list of 25 Best Places to Retire, and Lawrence has made the 2017 list.

New to the list, Lawrence joins eight other college towns on the list. *Forbes* cited Lawrence's low cost of living, low serious crime rate, strong economy, adequate physicians per capita, and good air quality as pros. It cited cold winters and state sales tax on Social Security earnings as cons.

Here are the other 24 places on the *Forbes* list:

Athens, Ga.
Bella Vista, Ark.
Bethlehem, Pa.
Boise, Idaho
Brevard, N.C.
Clemson, S.C.
Colorado Springs, Colo.
Fargo, N.D.

Grand Prairie, Texas
Green Valley, Ariz.
Harrisonburg, Va.
Iowa City, Iowa
Jefferson City, Mo.
Lewiston, Maine
Lincoln, Neb.
Maryville, Tenn.

Ocean Pines, Md.
Peoria, Ariz.
Port Charlotte, Fla.
San Marcos, Texas
Savannah, Ga.
Summerville, S.C.
The Villages, Fla.
Wenatchee, Wash.

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3635 S.W. Chelsea Drive. Free. No appointment necessary.

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

THIRD THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

FOURTH THURSDAY OF THE MONTH HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

MAY 10 KNOW YOUR NUMBERS – CHOLESTEROL AND GLUCOSE SCREENING

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

LAWRENCE, 785-505-5800

JUN 5-JUL 10

NIA DANCE

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

www.lprd.org

JUN 6-JUL 13 LIFELONG GENTLE STRETCH

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

LAWRENCE, 785-832-7909

www.lprd.org

JUN 7-JUL 12 YAMUNA BODY ROLLING

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

LAWRENCE, 785-832-7909

www.lprd.org

JUN 8-JUL 20 FENCING: MODERN OLYMPIC SPORT

This fencing class is for both beginners who have no experience as well as more experienced fencers in foil, epee and saber emphasizing technique, tactics, strategy and psychology.

Thursdays, 7-9 p.m., Sports Pavilion Lawrence. Fee. Lawrence Parks and Recreation. LAWRENCE, 785-832-7909

www.lprd.org

JUN 8-JUL 27

BOCCE BALL LEAGUE

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

LAWRENCE, 785-832-7909

www.lprd.org

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m.

Presbyterian Manor, 1429 Kasold Dr.,

Lawrence, 10:30-11:30 a.m.

Vermont Towers, 1101 Vermont St.,

Lawrence, 1-2 p.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr.,

Lawrence, 9-10 a.m.

Arbor Court, 1510 St. Andrews Dr.,

Lawrence, 10:30-11:30 a.m.

Babcock Place, 1700 Massachusetts St.,

Lawrence, 1-2 p.m.

FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.

Wyndam Place, 2551 Crossgate Dr.,

Lawrence, 10:30-11:30 a.m.

Peterson Acres, 2930 Peterson Rd.,

Lawrence, 1-2 p.m.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD THURSDAY OF THE MONTH

Babcock Place, 1700 Massachusetts St., 1 p.m.

Presbyterian Manor, 1429 Kasold Dr., 2:30 p.m.

THIRD FRIDAY OF THE MONTH

Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 10 a.m.

Prairie Commons, 5121 Congressional Circle, 1 p.m.

FOURTH THURSDAY OF THE MONTH

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

FOURTH FRIDAY OF THE MONTH

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

MEETINGS

SUNDAYS

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

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

LAWRENCE

MONDAYS

BREAST CANCER SUPPORT GROUP

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

LAWRENCE, 785-979-8362

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

www.OrthoKansasPA.com

MONDAYS

GRIEF SUPPORT GROUP

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

TOPEKA, 785-232-2044

FIRST MONDAY OF THE MONTH INDIVIDUAL BEREAVEMENT SUPPORT

Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell.

TOPEKA, 785-271-6500; 785-230-6730 on first Monday between 5:30 and 7:30 p.m.

FIRST & THIRD MONDAY OF THE MONTH BEREAVEMENT SUPPORT GROUP

LAWRENCE SENIOR CENTER

2:15-3:45 PM, 785-842-0543

FIRST & THIRD MONDAY OF THE MONTH GRIEF SUPPORT GROUP

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.

LAWRENCE, 785-505-3140

FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.

LAWRENCE MEMORIAL HOSPITAL

4-5 PM, 785-840-3140

FIRST & THIRD MONDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

LAWRENCE, 785-842-0543

EVERY TUESDAY THROUGH FRIDAY

MEN'S COFFEE

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

LAWRENCE, 785-749-2000

FIRST TUESDAY OF THE MONTH BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

FIRST TUESDAY OF THE MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services.

Meets at 3 p.m. in Conference E of LMH.

LAWRENCE, 785-830-8130

FIRST TUESDAY OF THE MONTH MAN TO MAN PROSTATE CANCER SUPPORT GROUP - LAWRENCE

Meets at Lawrence Memorial Hospital, 5:30 p.m.

LAWRENCE, 785-393-1256

FIRST TUESDAY OF THE MONTH TOPEKA AREA OSTOMY SUPPORT GROUP

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

TOPEKA, 785-295-5555

TUESDAYS & THURSDAYS WATER AEROBICS CLASSES

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

LAWRENCE, 785-838-7885

www.OrthoKansasPA.com

FIRST & THIRD TUESDAY OF THE MONTH HEALING AFTER LOSS BY SUICIDE (HEALS)

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

TOPEKA, 785-478-4947 or 785-296-8349

FIRST THURSDAY OF THE MONTH MAN TO MAN PROSTATE CANCER SUPPORT GROUP - TOPEKA

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m.

TOPEKA, 785-230-4422

FIRST THURSDAY OF THE MONTH LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Ashley at 785-842-0543 for more information. \$12.00 to attend (includes lunch). 11:30 a.m.-1 p.m.

FIRST THURSDAY OF THE MONTH PARKINSON MEETING

Midland Care, 200 SW Frazier, 5:30-7 p.m.

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

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Build-

■ CONTINUED FROM PAGE 23

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

TOPEKA, 785-232-2044

EVERY OTHER THURSDAY

GRIEF SUPPORT GROUP

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

TOPEKA, 785-232-2044

FIRST FRIDAY OF THE MONTH

STROKE SUPPORT GROUP

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

TOPEKA, 785-235-6600

SATURDAYS

LAWRENCE BRIDGE CLUB

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

LAWRENCE, 785-760-4195

ONE SATURDAY EACH MONTH

LAWRENCE DEATH CAFE

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

LAWRENCE

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.

LAWRENCE, 785-331-4575

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-580-4662

SECOND TUESDAY OF THE MONTH NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.

TOPEKA, www.narvre.com

SECOND TUESDAY OF THE MONTH

LAWRENCE ACTION CIVITAN CLUB

Civitans have been helping people since the organization's founding in 1917, by a group of businessmen determined to make a difference in their community. Club meets at 6 p.m. To find out current meeting information or other Civitan project updates, please visit the Law-

rence ACTION Civitan Club's Facebook page at www.facebook.com/lawrenceactioncivitan or call Jason.

LAWRENCE, 785-691-8520

SECOND WEDNESDAY OF THE MONTH MEMORY SUPPORT GROUP

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

LAWRENCE, 785-832-9900

SECOND WEDNESDAY OF THE MONTH DIABETES EDUCATION GROUP

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

LAWRENCE, 785-505-3062

SECOND WEDNESDAY OF THE MONTH SOROPTIMIST INTERNATIONAL OF TOPEKA

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

TOPEKA, 785-221-0501

www.soroptimisttopeka.org

SECOND THURSDAY OF THE MONTH NAACP MEETING-LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.

LAWRENCE, 785-841-0030, 785-979-4692

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

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

LAWRENCE, 913-831-3888

SECOND SATURDAY OF THE MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

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

LAWRENCE, 785-843-2584

www.happytimesquares.com

THIRD TUESDAY OF THE MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF THE MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

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

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

THIRD TUESDAY OF THE MONTH

STROKE SUPPORT GROUP

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

LAWRENCE, 785-505-2712

THIRD TUESDAY OF THE MONTH

ALZHEIMER'S SUPPORT GROUP

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

TOPEKA, 785-286-2273

THIRD WEDNESDAY OF THE MONTH

CANCER SUPPORT GROUP

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

LAWRENCE

THIRD WEDNESDAY OF THE MONTH

ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

LAWRENCE, 785-843-7481

THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

TOPEKA, 785-271-6500

THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

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

FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

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 understepped 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,

■ CONTINUED FROM PAGE 24

State Park, and Wildlife Area, 798 N 1415 Rd.,
1 p.m.

LAWRENCE, 785-842-8562

ksoutdoors.com/State-Parks/Locations/
Clinton

MAY 6

MARBLE DAY CELEBRATION

The Annual Marble Day Celebration is a fun, family day celebrating spring, marble games and activities and other old-fashioned outdoor games and activities. Events and activities include a tractor cruise, wacky parade, bike rodeo, marble demos, food vendors, live entertainment, marble art and invention contest, Running of the Pinkys, cake walk, straw tunnel and straw mountain, food vendors and other traditional games and activities. Downtown Bonner Springs, 9:30 a.m.-2 p.m. Free.
BONNER SPRINGS, 913-422-7242
marbleday.com

MAY 13

WILDFLOWER SALE

The Topeka Zoo is holding its first Native Wildflower Sale. On May 13, 10 a.m.-2 p.m., native flowers with a wide variety of colors and scents, will be available. The selection will also include flowers to cover all blooming seasons through spring, summer and fall. There will be more than two dozen different varieties of amazing native wild flowers available at this sale. Native wild flowers are hardy and already adapted to our local soils and climate and to our local pollinators! Once established, native wild flowers are care free and return to you every year with minimal or no maintenance for care. All plants sold will be native to this part of NE Kansas. Topeka Zoological Park, 635 SW Gage Boulevard.
LAWRENCE, 785-368-9134

MAY 25-27

SHRINE RODEO & DEMO DERBY

The Shrine Rodeo & Demo Derby stampedes into Tonganoxie May 25-27 with rodeo action on May 25-26 and the cars roarin' on May 27. There's something for everybody at the Shrine Rodeo and Demo Derby. Concessions on the grounds. Tickets available at the gate, online at www.AbdallahDays.com, and at Brothers Market in Tonganoxie. Leavenworth County Fairgrounds, 22618 McLouth Road, 7 p.m. Fee.
TONGANOXIE, 913-362-5300
AbdallahDays.com

MAY 29

A VETERAN'S TRIBUTE

Sponsored by Great Lakes Caring, MOWW and The Great Overland Station. 12:30-1:30 p.m., free BBQ lunch for Veteran's and their families. Annual Massing of the Colors and the Santa Fe Band at 2 p.m. Questions? Call 785-228-0400 or shink@greatlakescaring.com
TOPEKA

JUN 3

JUNKER'S JAMBOREE FLEA MARKET

The 2nd Annual Junker's Jamboree Flea Market is held June 3 and October 7. This event is great for all people who love to find hidden treasure within others "junk." It will be a shopping experience like you've never seen before. Interested in being a vendor? Contact Dennis

from This & That. Downtown Bonner Springs,
8 a.m.-3 p.m.

BONNER SPRINGS, 913-200-2231
shopbonner.com

JUN 5

KU NATURAL HISTORY MUSEUM, SUMMER DAY CAMP: DINOSAUR DETECTIVES

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

JUN 7

KU NATURAL HISTORY MUSEUM, SUMMER DAY CAMP: SPACE ODYSSEY

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

JUN 9

KU NATURAL HISTORY MUSEUM, SUMMER DAY CAMP: AQUATIC BIOLOGY

Discover how the animals we find tell us if our water is clean, and learn how to use water quality meters. Be prepared to get muddy and wet! Note: off campus field camp. Summer Day Camp registration is now open (closes May 26). Follow the trail in a high-tech scavenger hunt, get muddy while learning about wetland creatures, dissect a squid, dig for fossils, launch a rocket, or solve a mystery at the museum in our one-day Summer Science Camps for ages 8-11. Participants explore nature and science through demonstrations, hands-on activities, and experiments in the museum and out in the field. Our intensive and content-rich camps are designed to be engaging and provide high quality science experiences. KU Natural History Museum, 1345 Jayhawk Blvd., 10 a.m.-3 p.m. Fee.
LAWRENCE, 785-864-4450
biodiversity.ku.edu/explore/summer-camps

Tired of the gratuitous profanity on television? ESCAPE!

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

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

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

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

KVSM

GOLDEN OLDIES

Daily Schedule*

12-3 a.m.

OUR MISS BROOKS

3-7 a.m.

THE LONE RANGER

7-10 a.m.

FATHER KNOWS BEST

10 a.m.-1 p.m.

GUNSMOKE

1-5 p.m.

HAVE GUN - WILL TRAVEL

5-7 p.m.

TALES OF THE TEXAS RANGERS

7-10 p.m.

DRAGNET

10 p.m.-12 a.m.

OZZIE AND HARRIET

Listen online at

www.seniormonthly.net/kvsm

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Sons of The American Revolution



Can you trace your family tree back to a point of having an ancestor who supported the cause of American Independence during the years 1774-1783? If so, please consider joining the Sons of the American Revolution. Local contacts can guide you through the membership process.

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John Sayler (President)
785-841-5756

Thomas Jefferson Chapter (Topeka)
Brian Vazquez (President)
785-272-7647

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MY ANSWER

Don't underestimate the wages of sin - or God's love

By Billy Graham

Tribune Content Agency

Q: Why should I be held responsible for what Adam and Eve did thousands of years ago? I know the Bible says they sinned and were judged as a result, but why should God judge me for what they did? - Z.K.

A: God doesn't judge us for what someone else did; we alone are responsible for our sin, and we alone will stand before God to give an account of what we've done. The Bible solemnly warns, "The one who sins is the one who will die" (Ezekiel 18:4).

You are, however, correct when you say that Adam and Eve's sin affects us all. They lived in a perfect world, without sin or imperfection of any kind. Moreover, they experienced unbroken fellowship with God and with each other. But one day Satan tempted them, and his temptation was very strong: he told them they would become like God if they only turned to him. In a moment

of weakness, they believed Satan's lie, and they disobeyed God. The result was catastrophic, bringing death and sin into their world—and into ours.

Why must we live with the conse-

quences of what they did? The reason is because they did exactly what we would have done if we'd been in their place. Just as your representative in Congress votes in your place, so Adam and Eve "voted" in our place. The Bible says, "Sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned" (Romans 5:12).

Don't ever underestimate sin's terrible consequences. But don't ever underestimate God's great love, either!

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" (John 3:16).

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

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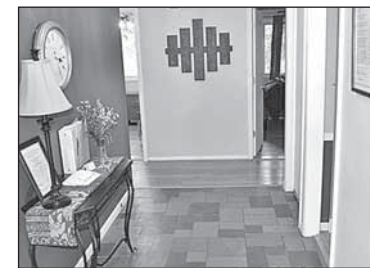
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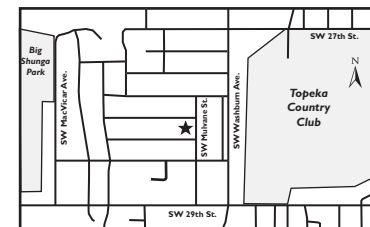
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RICK STEVES' EUROPE

Soaking it up in Europe's best spas

By Rick Steves

Tribune Content Agency

With my intense travel schedule, I savor detours where I put away the schedule and notes and simply enjoy the moment. And for me, there's no better detour in Europe than visiting a public bath or spa for a relaxing, good soak.

Some Americans are prudish when it comes to enjoying public baths in Europe—especially when the dress code is just a towel. I understand the hesitation; my first time was awkward too. I was with friends—a young, good-looking German couple. As they got naked in the changing area, I felt like the Road Runner just beyond the cliff's edge. Then I eased up and got naked. It wasn't sexy—simply open and free.

One of my favorite bath experiences is in the German town of Baden-Baden. It's said that the Roman Emperor Caracalla may have soaked away his rheumatism here. Today the town has two very different baths. The Roman-Irish Bath (Friedrichsbad) is traditional, stately, indoors, contemplative, and relaxing—it's just you, the past, and your body. The Baths of Caracalla (Caracalla Therme), with both indoor and outdoor areas, are more perky, modern, and social.

I prefer Friedrichsbad—a steamy world of peaceful pools, exquisitely tiled sauna rooms, and complete nudity—where, for the cost of a good dinner, you get the works. Multilingual signs lead you from room to room. Highlights include the soap-and-brush massage (rough, slippery, and finished with a good Teutonic spank); the central pool, where women and men glide like swans under a divine dome; and after all that hot water, the cold plunge (don't wimp out; it's invigorating).

Afterward, you lay in a silent yellow room, swaddled in warm towels. After Friedrichsbad, you'll feel, as they say, five years younger—or at least no older.

In spa-loving Germany, you don't have to make a special trip to find a public bath; many towns have one. For instance, in the Bavarian valley town of Schwangau, the Royal Crystal Baths (Konigliche Kristall-Therme) offer just what a body needs after a day battling crowds at Neuschwanstein castle. As you soak, enjoy the poolside view that's as grand as King Ludwig's—or even better, considering it includes his inspiring castle.

Like Germans, Hungarians enjoy a good bath. Hungary has more than a thousand hot springs, and Budapest alone has about two dozen mineral baths. Of these, the most accessible and fun is the Szechenyi Baths. Located in the middle of City Park, Szechenyi has indoor pools and a stunning outdoor complex, including a fun pool with jets, bubbles, and circular rapids. You'll see locals of all shapes and sizes squeezed into tiny swimsuits, babushkas floating blissfully in the warm water, and the Speedo-clad old boys' club gathered around chessboards.

One of my strangest spa experiences was in the Czech town of Trebon. Home to a peat spa, it attracts patients from all over the world, who come for week-long stays to get naked and buried in the black, smelly sludge that's thought to cure aching joints and spines. Envisioning the elegance of Baden-Baden, I had to give it a whirl.

After climbing into a stainless-steel tub, the attendant pulled a plug. I quickly disappeared under a rising sea of peat broth, my toes poking out of the hot brown and glassy-still sea. After my peat bath, I showered off the sludge and was ushered into the massage room. My attendant laid me face-down

for a full-body massage (despite my insistence that I had to go). I walked out with a mucky massage cream causing my shirt to stick to me, and without a clue what soaking in that peat soup was supposed to accomplish. Still, the experience was worth it, if only to experience the surreal "One Flew Over the Cuckoo's Nest" atmosphere of Czech medical institutions.

Another memorable spa experience is the Finnish sauna, which has particular appeal during the long, cold winters. Finns say the sauna is a great equalizer—here, wearing nothing and slapping your back with birch twigs (which supposedly enhances circulation), there are no bosses. Everyone's equal. Just inside the door is a big cooler stacked with frozen bundles of birch twigs and B.Y.O.B. bottles (if you

want a beer, you bring your own). Each time I sweat with strangers in a Finnish sauna, I walk away impressed at the way five million people can maintain a distinct culture here in this far-northern corner of Europe.

Whether in a German spa, a Czech peat bath, or a Finnish sauna, a fun part of travel can be getting naked with strangers. Let go of your inhibitions. You'll likely enjoy a fun time and a warm avalanche of acceptance—and have a great story to tell when you're home.


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

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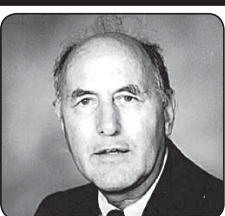
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HUMOR

Eloise Calls the Robo Callers

“Ring.” When Eloise Simplekins picked up her phone, a robot voice said: “Hello. This is Jan. Congratulations! You qualify for Please press ‘one’ now to speak to a customer representative. Press ‘nine’ now if you wish to be removed from the qualification list.”

“Fiddlesticks!” said Eloise, and clicked her phone off. It was the sixth robo call this week. She had



Larry
Day

tried hanging up, she had tried pressing “nine,” but a salesperson always came on the line anyway. She had pressed “one” and told the person who answered to take her off their list. The person didn’t answer Eloise’s request. All Eloise heard was a click and a dial tone.

Eloise Sempelkins is plain—beginning with her name and continuing with her squat chunky figure, her thick unruly hair, her flat face, her squinty eyes, and her pug nose. But she is very smart.

Years ago Eloise became a pre-cleaning lady for the women of La Mancha, that rich part of town where the streets are winding and the house numbers are hand painted on Spanish tile. It embarrassed the women of La Mancha to have their cleaning ladies see poop toilets in their husbands’ bathrooms, so Eloise became their pre-cleaning lady. But she became much more. These women ached to reveal their foibles to someone. Eloise was there every week and seemed discreet. She became their confidant, and the women rewarded her handsomely. She invested wisely and became a wealthy woman.

Robot phone calls irked Eloise, and after she became rich they irked her

even more. When she couldn’t convince the “you qualify for...” robot voice organizations to quit calling her, Eloise turned to Hadley Wilkins for help.

Readers will remember Hadley “Cyberman” Wilkins. He’s the electronic engineer who helped develop cell phone technology.

“Hadley,” she said. “I need your help.”

“Say on, oh Wise One.”

“I get six to eight robot calls a week,” she said. “If I hang up, they just call back. I press the button and talk to a live operator but they still won’t take ‘no’ for an answer. Hadley, I want you seek out the private phone numbers of the executives who run these robo-call outfits. I’m going to give them a taste of their own medicine.”

“On it,” said Hadley.

Randall Egregious, the vice-presi-

dent for operations at Techaly Communications, Inc., was relaxing in his den when the unlisted number on his cell phone rang. The screen said “Mara Belle.” Mara Belle Function was a Techaly executive. Egregious clicked on.

“Are you being pestered by robot telephone calls?” a robot voice asked. “If you get robot calls seven days a week, please press one. If you get robot calls...” Egregious clicked the phone off, but the robo-voice continued talking: “If you get five or fewer robot calls a week, please press two, if you get fewer than three robot calls a week, please press star. To repeat this message, please spell out “help,” on your keypad.” Egregious hurled the phone across the room. It slammed into the brick fireplace and fell to the floor. The robot voice continued to speak: “If you are angry and frustrated and want to destroy your cell phone, please press the “tone” button.” Egregious picked up the cell phone, ran outside, and threw it as far as he could.

He came back inside and turned on

the television. Instead of his favorite channel, the screen showed a television test pattern. From the television speaker the robot voice intoned the same message.

Egregious ran to his car and sped to his office. He called the company’s technology director at his home.

“George, this is Randall Egregious. I’m at the office. How do I shut down the robot-call apparatus?”

“You can’t. Don’t you remember? You ordered us to create closed-circuit hardware and software that would, in your own words, ‘make robot calls forever.’”

Egregious clicked off and ran down the hall to the fire safety cabinet. He yanked it open, grabbed a fire ax, ran back and smashed all the robot-call machines.

Then he scribbled, “I quit, Randall,” on a scrap of paper and taped it to the CEO’s office door.

- 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

Budget-friendly pasta

Taking a shortcut in the kitchen for the sake of convenience or to save money can sometimes lead to less-than-successful results. I won't use canned or bottled tomato sauce, for example, if ripe, in-season tomatoes are available to make a quick, sun-sweetened sauce from scratch. And I don't see the point



Wolfgang
Puck

of containers of pre-grated Parmesan; after all, it takes just a few seconds longer to grate it fresh yourself from a block of the rich, nutty-tasting cheese.

But some shortcuts actually do make sense—if you know what you're doing. To prove that point, I'd like to share a slightly altered version of one of my favorite, classic springtime pastas; one the Italians call *paglia e fieno*, literally "straw and hay."

The name is an imaginative reference to the two kinds of fresh fettuccine that traditionally go into it: straw-colored egg pasta and hay-colored spinach pasta. Quickly boiled until al dente, tender but still slightly chewy, the fettuccine is tossed with a simple sauce featuring fresh peas, slivers of the cured raw ham called prosciutto, and grated Parmesan.

Sounds delicious, doesn't it? And it's easy to make too.

There are, however, some challenges in its most traditional form. Once upon a time, you'd have had to make the pasta from scratch, a task that isn't difficult but takes some time. Nowadays, however, you can find packages of ready-to-cook fresh fettuccine, both the yellow egg and green spinach varieties, in most supermarkets.

As for the fresh peas, if they're in season—as they are during spring—and you can find them in your market, shelling them can seem like a bit of a

chore and adds to the time an otherwise quick recipe would take. Fortunately, however, there's the miracle of frozen petite peas, which you can find anywhere, and they are among the few vegetables that seem to me just about as delicious as fresh ones.

As for the prosciutto, that can be a double challenge: Not only might you have to search for it, but it can also be costly. Fortunately, I find that the recipe can taste just as delicious made with far less expensive, much easier to find bacon. Another challenge met!

With these few logical shortcuts, a recipe that might take a couple of hours or longer to make in its traditional form, while ringing up an impressive market tab, winds up being a bargain dish that is ready to serve in less than half an hour, including the time it takes to bring the pasta cooking water to a boil. And all that's left for you to do before enjoying it is pick up that chunk of Parmesan cheese and grate it over every serving.

STRAW AND HAY PASTA WITH BACON AND PEAS

Serves 4

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, minced
- 8 slices smoked bacon, cut crosswise into narrow strips
- 1 cup (250 mL) frozen organic green petite peas
- 1 cup (250 mL) organic chicken broth, plus more as needed
- 4 tablespoons (1/2 stick) unsalted butter, cut into cubes
- Kosher salt
- Freshly ground black pepper
- 6 ounces (185 g) packaged fresh egg fettuccine
- 6 ounces (185 g) packaged fresh spinach fettuccine
- Pinch crushed red pepper flakes (optional)
- 1/2 cup (125 mL) freshly grated Parmesan cheese, plus more for serving

Put a large pot of salted water over high heat.

While the water comes to a boil, prepare the sauce. In a large saute pan over medium heat, heat the olive oil. Add the onion and saute, stirring frequently, until translucent but not browned, 2 to 3 minutes. Add the bacon and saute until it just begins to brown, about 2 minutes longer.

Raise the heat, stir in the peas and broth, and bring to a boil; then reduce the heat and simmer for about 3 minutes. Add the butter and stir just until it melts. Remove the pan from the heat, season to taste with salt and pepper, and keep warm.

Add the egg fettuccine and spinach fettuccine to the pot of boiling water and cook until al dente, tender but still slightly chewy, following the manufacturer's sug-

gested cooking time. Drain the pasta.

Add the pasta to the sauce along with, if you like, a pinch of red pepper flakes. Toss the pasta well and season to taste with salt and pepper. Add the 1/2 cup (125 mL) grated Parmesan and toss again, adding a little more broth, if needed, to help coat the pasta with the sauce.

To serve the pasta, use a long two-pronged carving fork or tongs to twirl up the pasta and transfer it to serving plates, mounding it in the center. Spoon more peas, bacon and sauce over the pasta. Sprinkle with more Parmesan. Serve immediately.

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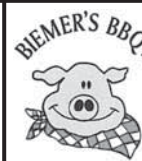
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MY PET WORLD

'Leave it' solves a host of doggie transgressions

By Cathy M. Rosenthal
Tribune Content Agency

Dear Cathy,
I have some new neighbors that moved in with an outdoor cat. The cat uses our yard as her potty box. Our two dogs have found this cat poop delectable and they eat these deposits before I can remove them from the yard. Is there something I can do to dissuade my dogs from eating this poop? Thank you in advance for any insights. - Wendy Rutland, Pensacola, Fla.

Dear Wendy,
In a foot race to the cat poop, your dogs will always finish first. You can get a head start by going outside and picking up the cat poop before you let them outside, or you could walk them on leashes so you can pull them away from the cat poop when they discover it. But these are temporary solutions that don't address the real problem.

While it would be great if your neighbors kept their cat in their yard, there will always be something in the yard or on the ground that your dog shouldn't eat; so the only surefire solution is to train your dogs to "leave it."

The easiest way to train the "leave it" command is to ask your dogs to sit, put a treat on the ground, and then hold a higher value treat in your hand, like a small bit of cheese or strong-smelling

liver treat. When they see the treat on the ground, say "leave it." When they "leave it" and look at you, reward them with the higher value treat. Then pick up the other treats off the ground, wait a few seconds, and play the game again. Never let them eat the treats off the ground.

You are training them to leave things alone, even when you are not around. They should only accept food and treats from your hands or their dog dishes. Depending on their personalities, you probably should train your dogs' separately.

If you train them every day, it will only take a few weeks before you can say "leave it" from across the yard, and they will stop, look and listen to you. Keep those higher value treats handy to reward them for their good behavior.

Dear Cathy,
We adopted a boxer/pug/bulldog named Magento. He is three-years-old. Our problem is that he is systematically eating our backyard from top to bottom. He is breaking branches off trees, and chewing on branches and the other plant materials in the yard. He only stops when he gets caught. A few hours later, he passes some obnoxious gas. This can't be good for his digestion. Why is he doing this and how can we stop him? - Allison Vann, Cleveland, Ohio

Dear Allison,

There's an old saying, "If you don't give a dog a job, he will become self-employed." Apparently, Magento's made it his full-time job to landscape your yard and prune your trees.

Start by giving Magento more supervised time outdoors, since it sounds like he does listen to you when he gets caught. He wants to please you, so follow up your quick verbal corrections with treats and praise to show him you approve. I promise it's a behavior he will want to see you repeat.

As for why he does it, your enterprising dog may be feeling bored or suffering from anxiety. Bored dogs often entertain themselves by resorting to destructive behaviors, like digging holes, chewing on things or tearing up the house. Anxious dogs may exhibit the same behaviors, but for reasons related to being separated from you. Thankfully, both problems can be addressed in similar ways.

Dogs need exercise and clever activities to stay physically fit and mentally healthy. Keep Magento active by walking him a few times a day or teaching

him to play fetch or some other active game. Keep his mind busy by introducing puzzle toys where he must figure out for himself how to push a toy over or open a secret compartment to get a treat.

Finally, teach him something for at least 10 minutes a day, like sit, down or retrieve a ball. Dogs often are more relaxed after training sessions because it requires a lot of brain power to listen and learn new things.

If you feel he might suffer from anxiety, talk to your veterinarian about medication to help him during this training/transition period. The goal is to keep Magento's body relaxed and his mind busy, so he doesn't feel compelled to re-design your backyard.

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

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Tom
Mach

Taste Buds Trigger Memory

By Maryann Barry

When I heard a Red-Winged black bird call and saw the first robin hop in the yard, I knew it was time to start my garden. Yellow dandelions popped up among green blades of grass, giving a fresh look from a winter's brown yard. The Barn Swallows returned to the same roost in my garage rafters over my car. I got to work. I fertilized. I rototilled. I planted.

As I relished my first taste of green beans and tomatoes this summer, I remembered a time when my old bones and muscles didn't ache. Back then, I used a wire chicken catcher to grab three fryer chickens, ring their necks, and pluck the feathers. To this day, I can recall the foul odor of chicken feathers in boiling water. Mom would gut them and cut them into pieces. She rolled the chicken pieces in her special seasonings and fried them in a black

cast iron skillet.

In anticipation of Grandma's visit, we would plan a family picnic. Mom and Dad loaded us kids into the back of Dad's tan 1950 Ford truck. My parents and Grandma rode in the truck cab while we bumped along in the back as the truck crossed the old red bridge over Massey Creek. The yellow hot sun peaked between white fluffy clouds in the blue sky. Dad drove alongside the creek bed until we came to the old swimming hole. As he parked the truck beside an old cottonwood tree a fishy smell of water filled our nostrils. We jumped out of the truck and helped Mon, Dad and Grandma unload. We dove off the edge of the creek bank and either swam or floated in an old tractor inner tube. Fish nibbled at our legs and mud slithered between our toes, while the chilly creek water cooled our bodies from the blazing sun.

Even though Grandma was 50, she dove into the water and swam down the creek with the ease of an otter, rolling over and backstroking her way up the creek. What a fine swimmer she was. I dreamed someday I'd swim like Grandma, rather than splash around doing the dog paddle.

Later we enjoyed a delicious lunch of fried chicken with home-maid potato salad, fresh cooked green beans with new garden potatoes, fresh onions, and tomato slices. We used Momma's red picnic plates and table service packed in a straw green and yellow plaid picnic basket. For dessert, we brought homemade vanilla ice cream packed in an electric powered cranked wooden

freezer, chilled by chunks of ice and rock salt. The ice cream, made with fresh cream, eggs, vanilla and sugar cooled our bodies like a cold shower. If we ate too fast, we got a headache.

While eating ice cream, Grandma and Dad reminisced how they made ice cream in the old days. They told us how milk came from Dish Face, a Jersey cow which Dad milked by hand that very morning. Grandma had poured the warm milk from Dish Face into a glass gallon jar with a wire bail on top. Then Dad attached a rope to the bail and lowered it down in the spring fed well a little below water level for chilling. Grandma told us how she'd pour the cream-rich milk into a mixing bowl, add a few drops of vanilla from a little brown bottle, followed by sugar from the blue and pink flowered canister and brown fresh eggs she had gathered from the hen house. She then mixed the batch a big wooden spoon and poured the mixture into a wooden ice cream freezer, which she used to hand-crank before she got the electric-powered crank type of freezer.

Large blocks of ice cut from the frozen river with an ice saw last winter and packed in sawdust (to keep frozen until summer) were the source of ice. To fit the block of ice in the freezer, Dad used an ice pick to chip it into smaller chunks and place the pieces

of ice in a gunny sack (also known as a brown burlap sack). He would then smash the it on the side of the well curb. Grandma and Dad told us they made the ice-cream on the same old well curb that is still in our front yard today. (The elm trees that shaded their project are still there but today are much larger.) The last step in the ice crease process involved Grandma placing the ice pieces, layered with rock salt, around the gray canister in the brown wooden freezer. After that, she would crank the handle.

Bright colored rag rugs made of discarded clothes from the ragbag were placed on top of the freezer to hold in the cold temperature. Looking at the rug one could recognize

parts of the different clothes they'd wore over the years.

When the hand crank became difficult to turn, that meant the ice cream was getting hard. Then Dad's little sister sat on the freezer to keep it from moving, while Grandma turned the crank until it no longer turned they had ice cream.

In addition to homemade ice cream, my first taste of beans and tomatoes always take me back to memories of my childhood. Maybe that was my inspiration for my book, *Wakersville Short Stories*.



Maryann Barry



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LIZ SMITH

Bianca Jagger over the years - like a rolling stone!

By Liz Smith

Tribune Content Agency

“A man who gets divorced is not going to be forever talked about because of it. There are very different standards that we have for women than we have for men.”

That is Bianca Jagger, who might have added—“a man who gets married, etc.”

Bianca was, once upon a time, neatly defined by the world as the glamorous wife of rock idol Mick Jagger. She was a fabulous ornament, who even resembled her husband a bit.

She gave him one beautiful child, Jade, and despite a very serious approach to life,

was categorized as a member of the Jet Set, a fixture among the Studio 54 crowd, a party girl. Andy Warhol

adored her. Well, as much as Andy could adore anyone, really.

But the reality, always, behind the exotic facade was much more interesting. (In my mind, I have often linked Bianca and Yoko Ono - two fascinating underrated women, defined by the men they married. Yoko had the harder time of it—being blamed for the breakup of The Beatles, and then watching her husband, John Lennon, shot to death in front of her. But both women suffered the slings and arrows of the double standard.)

Born to some privilege in Nicaragua, Bianca learned about the harsher realities of life after her parents divorced when she was

10. Her father was a well-off import/export merchant, but after the divorce, Bianca’s mother struggled with a small



NICOLAS KHAVAT/ABACA PRESS

Bianca Jagger arrives at the Calvin Klein Fall 2004 Fashion Show held at the Milk Studios in New York, on February 12, 2004.

income, raising Bianca and her two siblings. The girl was undeterred by her change in status. She worked hard to receive a scholarship and studied at the Paris Institute of Political Studies. She traveled to India and immersed herself in the tenets of nonviolence. She was, it seemed, the last person to become a media sensation—she was beautiful, yes. But the world is full of beautiful young women.

Being young, however, she did enjoy popular culture—not everything can be a study of Gandhi. She liked rock music. She liked the Rolling Stones. After attending a Stones concert in France in 1970, she was among a crowd invited to meet lead singer Mick Jagger. He was properly impressed. And so, apparently, was she. (Away from his public image, Mick is intelligent, well-read and sensitive. If he is not sensitive to the demands of marriage and fidelity, well—nobody’s perfect.)

The following year, Bianca became the first Mrs. Jagger, in a media firestorm, in Saint-Tropez. She was four months pregnant. Of more interest even

than her pregnancy—the media and the public was a tiny bit more innocent back then—was Bianca’s accidental “wardrobe malfunction,” as we call it now. The white blouse she was wearing gaped open briefly giving the world a glimpse of her bare, perfect, bosom. Or maybe it wasn’t accidental. It was very nice, however. The incident cemented an image as a wild woman, an exhibitionist, a perfect, sensual match for the randy Mick.

They traveled and partied and often looked happy, or at least sexy. But Bianca would later say, “My marriage ended on my wedding day!”

They would divorce in 1978. Bianca claimed Mick had been unfaithful with model Jerry Hall. Indeed he had been, and in time—a long time and a number of children later—Jerry would become the second Mrs. Jagger.

Single, with the heat of the old Studio 54 days cooling down, Bianca made a few movies and TV appearances, all capitalizing on her beauty and her reputation as a worldly woman, possibly dangerous. (The names of her

■ CONTINUED ON PAGE 35



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Liz Smith

■ CONTINUED FROM PAGE 34

characters say it all—The Sheik's Sister, Madam Schrivers, Martini McQuickly, Francesca Delgada, Maya Kumara.)

But other things were on the burner. In 1979 Bianca visited her homeland, Nicaragua, accompanied by the Red Cross. She was horrified by the condition of her countrymen under the Somoza regime, and thus began a commitment to human rights that continues to this day. (Jagger also played a part in a terrifying incident in Honduras in 1981, where she and a UN delegation put themselves between 40 people slated for execution and an El Salvador death squad. The captives were released.)

She opposed U.S. intervention in Nicaragua after the Sandinista revolution. She has spoken up vociferously against the death penalty, for women's rights—particularly in countries where those rights are routinely trampled upon. She was out front fighting for

the victims in the horrors of Bosnia and Serbia. She has worked to apprehend war criminals and to raise further the issues of climate control. There has rarely been a global issue affecting the rights and lives of people worldwide in which Bianca Jagger has not been involved.

She currently serves as a Council of Europe Goodwill ambassador, is founder of the Bianca Jagger Human Rights Foundation and a trustee of the Amazon Charitable Trust. She has at least 20 various humanitarian awards and doctorates. She also has two grandchildren.

I still see Bianca now and then, out and about in New York City. But it's not like the good days when I'd glimpse her in her clinging Halston get-ups, with Andy and his crowd, glittering and dramatic, not appearing to have a serious thought in her head. (Well, who did in those days? Not me!) No, when I catch up with Bianca Jagger now, it's better than the good old days. From falling out of her wedding dress to human rights activist, she has traveled a road few could have imagined she'd

take back in 1971.

Bianca fashioned a supremely productive life out of fame that was based on nothing but her controversial husband, her superficial friends, an era of excess and her striking bone structure.

Sometimes one has to be silly—or to be perceived as silly—to become a real woman, a real person, a real benefit to the human race.

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

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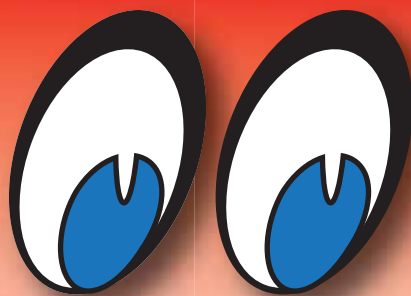
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GOREN ON BRIDGE

Lead directing

With Bob Jones

Tribune Content Agency

North-South vulnerable, North deals.

NORTH

♠-A 7 3

♥-A Q 7

♦-A Q J

♣-A J 9 4

WEST

♠-8 5

♥-J 8 6 2

♦-K 10 8 6 4

♣-Q 2

EAST

♠-2

♥-K 9 4 3

♦-7 5 3 2

♣-K 8 6 5

SOUTH

♠-K Q J 10 9 6 4

♥-10 5

♦-9

♣-10 7 3

The bidding:

NORTH	EAST	SOUTH	WEST
-------	------	-------	------

1♣*	Pass	4♠	Pass
-----	------	----	------

6♠	Dbl	All pass	
----	-----	----------	--

*Artificial, forcing, at least 16 points

Opening lead: Six of ♦

North-South were playing a strong club system, where one club is an unlimited forcing bid with at least 16 high-card points. East intended his double to be lead directing, calling for the lead of dummy's first-bid suit, in this case clubs. West wasn't sure, as North's leap to slam might have

been based on a strong club suit. West might have forgotten, in the heat of the moment, that the one-club opening was artificial.

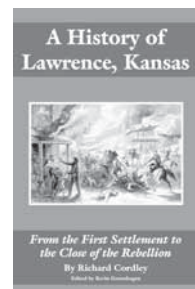
Declarer played the jack from dummy on the opening diamond lead. Had that lost to the king, South planned to discard two clubs on the ace and queen of diamonds, and then try to develop a long club by ruffing. Should that not work, he would fall back on the heart finesse. When the jack held the trick, South was home free, and he found an elegant way to prove it.

South drew trumps, ending in his hand, and led a low club to dummy's nine. This end-played East in all three suits! A lead from East in either hearts, diamonds, or clubs would give South the extra trick that he needed. This was an absolutely lovely ending, and it would have succeeded even if East held both the king and queen of clubs. Well done!

Note that the contract makes easily on the queen of clubs lead. Declarer just draws the trumps and sets up the long club for a heart discard.

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

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The History of Lawrence, Kansas

by Richard Cordley

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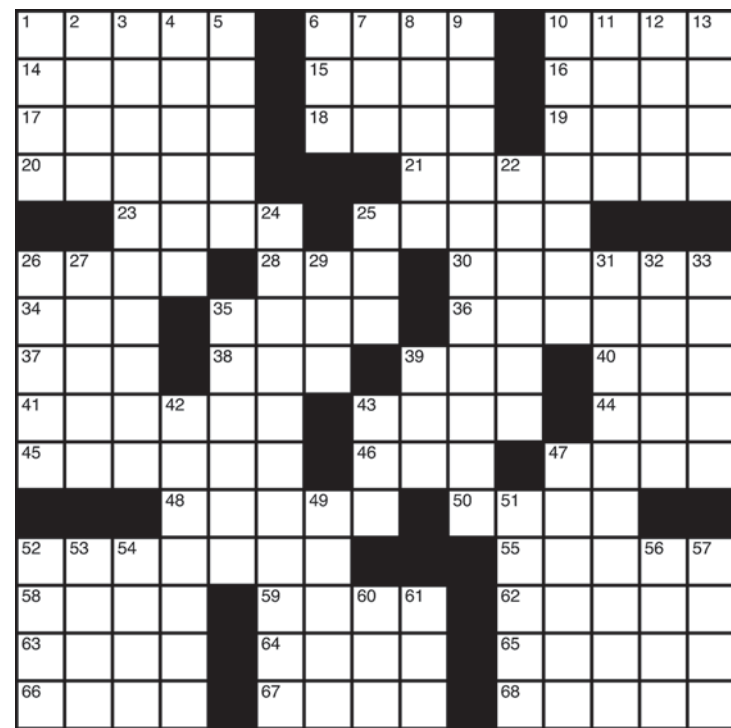
CROSSWORD

Across

- 1 Old West chasers
- 6 Child in the kitchen
- 10 Sleep under the stars, with "out"
- 14 Stage performer
- 15 Dance often accompanied by a ukulele
- 16 Heavenly bear
- 17 A Marx brother
- 18 Be the lookout for, say
- 19 Angler's gear
- 20 Sounds of time
- 21 Pretense
- 23 Hold on to
- 25 43-Down alum Cheri
- 26 ___ of thousands
- 28 GM labor group
- 30 Seaman's double-breasted jacket
- 34 "Excuse me?"
- 35 Fit for the task
- 36 Upscale chocolate brand
- 37 Bush spokesman
- 38 Take to the skies
- 39 Letters in some email addresses
- 40 Ring insert
- 41 Spotted cats may be spotted on one
- 43 Column-lined walkway
- 44 Game name often shouted during play
- 45 Like grams and liters
- 46 Wii forerunner
- 47 ___ and crafts
- 48 Immune system component
- 50 Otherwise
- 52 Miss Teen USA contest, e.g.
- 55 Cigar remains
- 58 Proctor's handout
- 59 Like a frittata
- 62 Talk show interviewee
- 63 Height: Pref.
- 64 Glutton's demand
- 65 Use a soapbox
- 66 Some undershirts
- 67 The "Y" in YSL
- 68 Honda Accord, e.g.

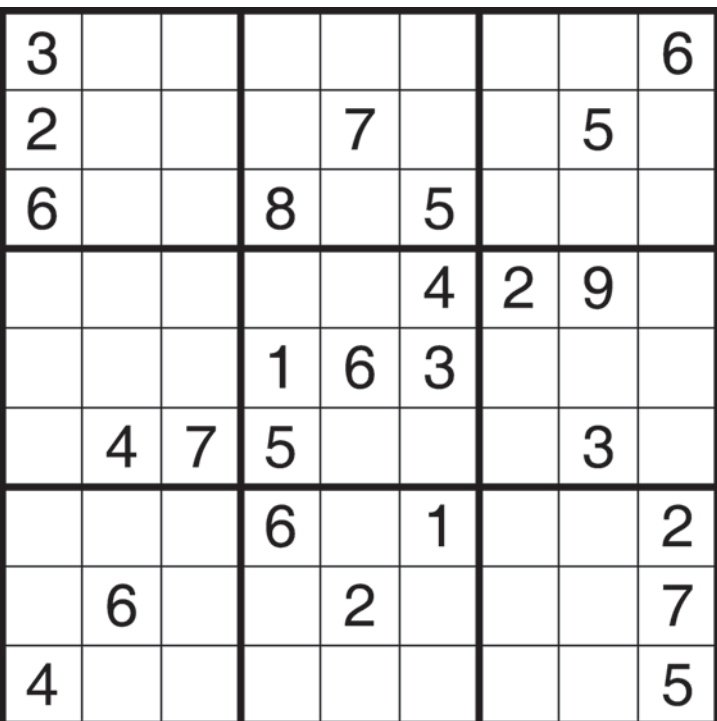
Down

- 1 Treaty
- 2 Tres y cinco
- 3 Manual transmission
- 4 Place for a plug
- 5 Unevenly notched, as leaf edges
- 6 "___-ching!"
- 7 Wheel center
- 8 Vote into office
- 9 Husband of a fabled storyteller, in an L. Frank Baum title
- 10 Like a spicy Indian chicken dish
- 11 Locale
- 12 Teacher's graduate deg.
- 13 Lacking color
- 22 Colored part of the iris
- 24 One on the FBI's "Most Wanted" list
- 25 What borrowers do
- 26 Deep gap
- 27 Surrounding glows
- 29 Prince ___ Khan
- 31 Ship's bow decoration
- ... and, literally, the first word of 3-, 9- and 24-Down
- 32 Blessed ___
- 33 1990s Philippine president



- 35 Kilimanjaro's locale
- 39 Wolfed down
- 42 Greek goddess of the hunt
- 43 NBC sketch series, briefly
- 47 Guarantee
- 49 Statehouse official: Abbr.
- 51 Old Nigerian capital
- 52 ___ moss
- 53 Wheelbarrow shaft
- 54 Scandal suffix
- 56 This, to a senora
- 57 WWII machine gun
- 60 LSAT cousin
- 61 Word of assent

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

JUMBLE

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

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ONASCI
EPPPUT

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TO HONOR WWII'S HEROES, ARCHITECT FRIEDRICH ST. FLORIAN CAME UP WITH AN IDEA THAT WAS ———

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

Answer here: _____

SCRABBLE G R A M S

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RACK 1: A1, E1, E1, D2, S1, M3, T1

RACK 2: A1, E1, Y4, R1, R1, M3, R1

RACK 3: E1, E1, I1, T1, L1, X8, T1

RACK 4: I1, Y4, G2, T1, B3, L1, H4 (Triple Word Score)

RACK 5: I1, O1, N1, T1, P3, P3, S1 (3rd Letter Double)

PAR SCORE 260-270
BEST SCORE 348

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 38

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION											
S ₁	T ₁	E ₁	A ₁	M ₃	E ₁	D ₂	RACK 1 =	60			
R ₁	E ₁	M ₃	A ₁	R ₁	R ₁	Y ₄	RACK 2 =	62			
T ₁	E ₁	X ₈	T ₁	I ₁	L ₁	E ₁	RACK 3 =	64			
B ₃	L ₁	I ₁	G ₂	H ₄	T ₁	Y ₄	RACK 4 =	98			
T ₁	O ₁	P ₃	S ₁	P ₃	I ₁	N ₁	RACK 5 =	64			
PAR SCORE 260-270							TOTAL 348				

JUMBLE ANSWERS

Jumbles: MADLY MOUND CASINO PUPPET
 Answer: To honor WWII's heroes, Friedrich St. Florian came up with an idea that was -- MONUMENTAL
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