

# Kaw Valley **Senior Monthly**

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October 2017

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Vol. 17, No. 4

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KEVIN GROENHAGEN PHOTO

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**Chris Chapin:  
Helping  
seniors  
navigate the  
Medicare  
maze.**

*See story on page three*



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# Chapin guides seniors through Medicare options

By Kevin Groenhagen

According to Chris Chapin, who owns Stephens Chapin Insurance with his son, Cooper, Medicare products represent a small but important part of the insurance agency's business, which also offers commercial, farm, auto, home, life, and other personal insurance products. It takes a great deal of time and effort to become certified by the Centers for Medicare and Medicaid Services (CMS) to be able to offer all Medicare products. Nevertheless, he and Medicare Specialist Bill Woody, Jr. believe it's worthwhile to have these products available for their clients.

"I'm pretty sure we are the only agency in Lawrence approved to offer Medicare supplement plans and all of the Medicare Advantage Plans available in Douglas County," Chapin said. "Offering all of the products enables us to discuss the pros and cons of each product and help clients choose the best plan for them. In other words, we have no preference as to what plan a

person chooses because we have all the products. What we do best is sit down with people and give them all the information and help them decide which product best suits their needs and then assist them with their enrollment. People can try to do it on their own or they can meet with us, get the benefit of our expertise for free, and sign up and pay the same thing that everyone pays. We offer products from many companies, including Aetna, Blue Cross, Coventry, Humana, United Healthcare (AARP plan), Silver Scripts, and Cigna."

Getting that information to clients is a challenge because CMS, which oversee healthcare compliance, severely restricts the way companies and agents can provide information to the public.

"We know that is a problem because we are often told, 'I have been bombarded with mail from companies and I just didn't know who to call about this,'" Chapin said.

"Medicare is complicated and has a lot of moving parts," Chapin continued. "For people approaching 65 who want to get a basic understanding of how Medicare works, attending a Medicare seminar conducted by the Senior Resource Center for Douglas County is a great option. These seminars can help people in obtaining their Medicare card and providing basic general information. They are not allowed to compare specific products or offer advice or make recommendations to individuals. We applaud the Senior Resource Center



Chris Chapin

staff and volunteers for their efforts to help people understand Medicare basics and start the process. Each person's situation is unique to them. Even

with couples, they often have different products because they have different health needs. There's no single best

■ CONTINUED ON PAGE FOUR

## 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-Topoka 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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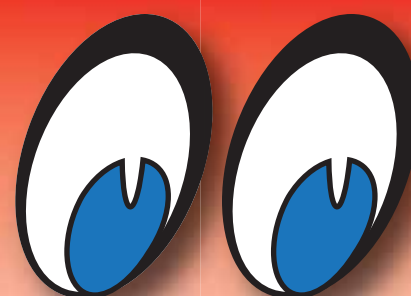
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# Chapin

■ CONTINUED FROM PAGE THREE

plan. Helping each individual choose the plan that addresses their individual needs the best is what we do.”

In order to advise clients concerning the various Medicare products, Chapin and Woody must recertify every year.

“It takes many, many hours to be certified to do this, and you have to do it again every year with each company you represent and with each product you sell,” Chapin said. “We have to stay on top of the changing regulations. We also have to stay on top of the products because the Medicare Advantage products as well as the prescription card products change every year. What was great last year may not be so great this year.”

All the testing has to be done in August to prepare insurance agents for Medicare’s Annual Election Period, which runs from October 15 to December 7.

Medicare, which is offered by the government, has several parts to consider when making healthcare insurance choices. Medicare Part A (hospital insurance) coverage includes inpatient care in hospitals, nursing homes, skilled nursing facilities, and critical access hospitals. Part B (medical insurance) coverage includes medically necessary doctor’s services, outpatient care, and most other services that Part A does not cover, such as some physical or occupational therapies and some home healthcare services. Part B also covers preventive services. Parts A and B make up Original Medicare.

Retirees who collect Social Security or Railroad Retirement Board (RRB) retirement benefits automatically get Part A and Part B starting the first day of the month they turn 65. If they are still working when they turn 65, they must sign up for Part A and Part B. There is a seven-month, Initial Enrollment Period (IEP) for Part A and Part B, i.e., three months before the month they turn 65, the month they turn 65, and the three months after the month they turn 65.

Individuals who aren’t eligible for premium-free Part A may be able to

buy Part A for a monthly premium if they meet certain eligibility requirements. In most cases, those individuals must also pay a monthly premium for Part B.

Seniors eligible for Medicare Part A and Part B can join a Medicare Part C plan, also known as a Medicare Advantage plan. Part C plans combine Part A and Part B and are offered by private insurance companies, such as those Chapin represents, and approved by Medicare. In addition to cover-

age offered by Part A and Part B, Part C plans may also include additional benefits and services, such as hearing, dental, and eye exams. Some plans even offer fitness benefits, which may include coverage for a free membership at a participating fitness center.

Medicare Part D is prescription drug coverage offered by private insurance companies. Seniors eligible for Medicare Part A and/or Part B, can get Part D coverage through a Medicare drug plan. They may also get Part D cov-

erage through a Medicare Advantage plan. In either case, they must live in the service area of the Medicare drug plan they want to join.

Every year, seniors enrolled in Part C and Part D plans have a chance to make changes to their coverage for the following year during the Annual Election Period. During this period, seniors can make the following changes:

- Change from Original Medicare to a Part C plan.

■ CONTINUED ON PAGE FIVE

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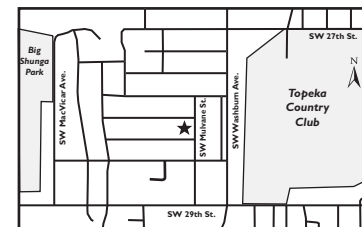
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# Chapin

■ CONTINUED FROM PAGE FOUR

- Change from a Part C plan back to Original Medicare.
- Switch from one Part C plan to another Part C plan.
- Switch from a Part C plan that doesn't offer drug coverage to a Part C plan that offers drug coverage.
- Switch from a Part C plan that offers drug coverage to a Part C plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan.
- Drop Medicare prescription drug coverage completely.

Changes made during the AEP enrollment period go into effect the following January 1.

"It's very important that people review the coverage on their prescription drug card every year as it pertains to the individual drugs they're taking because those benefits can change substantially each year," Chapin said. "What was the best prescription card one year may not be the next year. We try to help our existing and new customers review their needs with respect to their prescription card and make changes if they're needed. If someone wants a prescription card, we need to know all their current medications, enter that data into the computer and find the plan that best covers them.

Stephens Chapin Insurance also offers Medicare supplement plans, which are also known as Medigap plans. Supplement plans are offered by private insurance companies and can take care of certain healthcare costs—

such as copayments, coinsurance, and deductibles—not covered by Original Medicare.

"Essentially, supplement plans are universal from all companies, but the premiums are not," Chapin said. "Some companies start with a relatively low premium and those premiums will go up as you get older. Some companies start with slightly higher premiums, but they do not increase just because you get older. If you choose a Medicare supplement plan, you may need to pass health questions if you are not enrolling during your open enrollment period."

Stephens Chapin Insurance has been selling insurance policies for nearly 40 years. The agency began offering Medicare products almost a decade ago when Joye Johnson joined the agency. Johnson owned her own insurance agency in Missouri, where she specialized in health insurance. As fate would have it, she was looking to move to Lawrence at the same time Stephens Chapin Insurance was looking for someone to advise its older clients on Medicare products. Johnson has since retired from the agency and Woody assumed her responsibilities.

Born and raised in the midwest, Chapin moved to Lawrence about 35 years ago. He joined what was then known as Stephens Insurance more than 25 years ago. He began managing the agency and became part owner in 2005. He and his son bought the agency in December 2015.

"Now we've taken the next step and become a partner in Combined Agents of America," Chapin said. "We're one of 56 partners, and our combined premium makes us the sixth largest agency partnership in the United States."

For more information about Stephens Chapin Insurance, visit [www.sciagency.com](http://www.sciagency.com) or call 785-841-9538.



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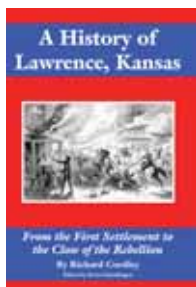
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# Thirteen fearless things to know about your Social Security number

By Norm Franker

Social Security District Manager in Lawrence, KS

While many of us look forward to Friday, with its end-of-the-workweek designation and our weekend plans, certain cultures consider it an unlucky day. Some people, suffering from triskaidekaphobia, are truly terrified of the number 13. Combine the two factors and it's not surprising that many believe that Friday the 13<sup>th</sup> is a frightening day.

While superstitions play an important part in the Friday the 13<sup>th</sup> jitters, we offer a different approach to this "unlucky" day with 13 fearless things to know about your Social Security number and card.

1. Your Social Security number is

your link to Retirement or Disability benefits since we use it to record your wages and earnings.

2. There is no charge to obtain a Social Security number and card. This service is free.

3. We keep your records confidential and don't disclose your number to anyone, except when the law requires, or when your information connects you with other government health or social services programs.

4. To prevent identity theft, keep your Social Security card in a safe place with your other important papers and be careful about sharing your number. If asked for your number, find out why your number is needed, how it will be used, and what happens if you refuse to provide it.

5. While you need a Social Security

number to get a job or for other services, you often don't need to show your Social Security card. Many organizations can verify your Social Security number directly with us.

6. If your Social Security card is lost,

you can replace it up to three times a year with a lifetime limit of 10 replacement cards. Legal name changes and other exceptions will not count toward these limits.

■ CONTINUED ON PAGE EIGHT

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# Social Security

■ CONTINUED FROM PAGE SIX

7. You can request a replacement Social Security card with the ease and convenience of our online services if you have a *my Social Security* account and meet our qualifications. Visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

8. If you suspect someone is using your number for work purposes, contact us to report the problem so we can review your earnings and verify that our records are correct. You also may view your annual earnings by accessing your *Social Security Statement*, one of the many services available with a *my Social Security* account.

9. If you suspect someone is misusing your number to create credit or other problems for you, report the identity theft with the Federal Trade Commission (FTC) at [www.identitytheft.gov](http://www.identitytheft.gov) or by calling 1-877-IDTHEFT. We also recommend that you contact the Internal Revenue Service (IRS) if fraudulent tax refunds or reporting is

involved, quickly file a complaint with the Internet Crime Complaint Center (IC3) at [www.ic3.gov](http://www.ic3.gov), and monitor your credit reports.

10. The nine-digit Social Security number was initiated in 1936 for tracking workers' earnings over the course of their lifetimes for benefits, not with the intent of personal identification. Since 1936, we have issued over 30 different versions of the Social Security number card.

11. Until June 2011, the first three digits of a Social Security number were determined by the geographical region

in which the person lived. Numbers were assigned beginning in the northeast and moving westward. Residents on the east coast often have lower numbers than those on the west coast. Any number beginning with 000 will never be a valid Social Security number.

12. In June 2011, we began assigning Social Security numbers randomly, which protects the integrity of the Social Security number, eliminates the geographical significance of the first three digits of the Social Security number, and extends the longevity of the nine-digit Social Security number.

13. Since November 1936, we have issued 453.7 million different numbers and there are approximately 420 million numbers available for future assignments. We assign about 5.5 million new numbers a year.

Fear not, if you properly protect your Social Security number and card. Information about applying for a Social Security card, name changes, identity theft, and other answers to frequently asked questions is available at [www.socialsecurity.gov](http://www.socialsecurity.gov), or by calling us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).



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The meal delivery bags can be picked up at different locations across Topeka. Meals on Wheels will accommodate your schedule and/or place of residence/employment.

You can make a difference with volunteering as little as one hour a month!

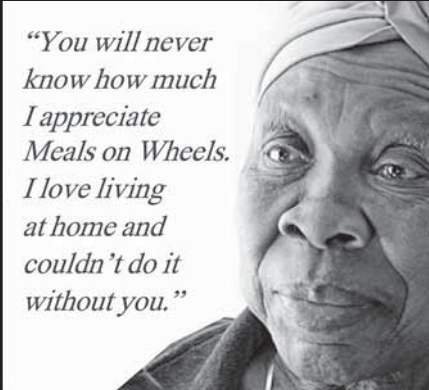
Volunteers are needed Monday through Friday. All delivery routes pick up between 10:45 and 11:00 a.m.

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- Form DD-214
- Veteran's Identification Card (VIC)

Service is available to all branches of the U.S. Military: Air Force, Army,

Coast Guard, Marines, and Navy. All of Topeka Metro fixed route buses are ADA accessible. We have a bus stop at the Veterans Administration, and many veterans regularly ride our buses, so we appreciate assistance getting the word to veterans ahead of November, so they can save money by not having to purchase a monthly pass for that month.

"At Topeka Metro, we have high regard for our veterans and we thank them for their service," said Susan Duffy, Topeka Metro General Manager. "For that reason, we want to honor them all month, not just one day,

and hope they hop on board and enjoy the ride."

For route information, please call 783-7000 for or go to [www.topekametro.org](http://www.topekametro.org).

[www.topekametro.org/routes-and-detours](http://www.topekametro.org/routes-and-detours). A printable flyer is available at [www.topekametro.org/wp-content/uploads/2015/10/Vets-Ride-Free-8.5X11\\_2017.pdf](http://www.topekametro.org/wp-content/uploads/2015/10/Vets-Ride-Free-8.5X11_2017.pdf).



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# NIGHTMARE ON "MEDICARE" STREET

One word can make you cringe. One word can make you scared! One word can make you frightened...is that word "Halloween"? No, that word is MEDICARE! Yes, Medicare insurance will bring out fear and cause anxiety for many people. It can be complicated and difficult to understand. It can be scary and intimidating, but should bring peace of mind when it is needed most.

This fall offers another annual election period for Medicare Part C (Medicare Advantage Plans) and Medicare Part D (Prescription Drug Plans). Do not be afraid to understand your Medicare insurance options! With the assistance of a trained and certified insurance agent, Medicare can be less frightening and understandable.

The annual election period for Medicare Part C and Medicare Part D is from October 15, 2017 through December 07, 2017. Due to regulatory and industry changes, annual reviews are necessary to maintain an affordable and effective health insurance plan. Insurance contracts have annual rate and benefit updates. The provider and pharmacy networks can change as well as the prescription drug list or formulary. The worse time to learn about these changes is after you have incurred a claim.

This Halloween, conquer your fear of Medicare by working with a trained insurance professional at Century Health Solutions. Our staff will take the time to explain your coverage options and the plans available to meet your needs and fit your budget. After enrollment, we continue to answer your questions or assist you with claims. With our services and support, having Medicare does not have to be a scary experience!

Century Health Solutions is a subsidiary of Stormont Vail Health, Topeka, and provides free Medicare Educational Seminars to the community. We are your local expert in Medicare planning and will help you find the best option for your personal situation.



### FREE MEDICARE EDUCATIONAL SEMINARS

Upcoming seminars are held at Cotton O'Neil 823 Mulvane, the Cotton O'Neil Heart Center at 929 Mulvane, or Cotton O'Neil North Clinic at 4505 NW Fielding Rd in Topeka.

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10/10/17	2:00 p.m. - 929 Mulvane	11/07/17	6:30 p.m. - 4505 NW Fielding Rd
10/12/17	6:30 p.m. - 4505 NW Fielding Rd	11/09/17	2:00 p.m. - 929 Mulvane
10/19/17	2:00 p.m. - 929 Mulvane	11/14/17	2:00 p.m. - Heart Center
10/31/17	2:00 p.m. - 929 Mulvane		

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You may also go to [www.centuryinsuranceagencyks.com](http://www.centuryinsuranceagencyks.com) or email [info@century-health.com](mailto:info@century-health.com) for more information.

# MAYO CLINIC

## Weight loss in older adults can often signal underlying health issue

**DEAR MAYO CLINIC:** My father is 84 and lives on his own. He's in very good health but seems to have lost some weight in the last few months. He says he just doesn't have much of an appetite. Would having him try meal replacement drinks be a good idea, or should he see his doctor first?

**ANSWER:** Before he starts using meal replacement drinks or other diet supplements, encourage your father to see his doctor. Weight loss in older adults can sometimes signal an underlying health issue. It's important to have unexplained weight loss evaluated to investigate the cause and make sure there isn't a bigger problem that needs attention.

When you go to see your doctor, one of the first things you do is step on a scale. The focus often is on the positive benefits of weight loss, and losing a few pounds typically is seen as a healthy step. Although that may be the case for some older adults, too, for many people in their 70s, 80s and beyond, weight loss may be the first sign of a health problem. That's particularly true if an individual is losing weight without intentionally trying to do so.

Unexplained weight loss can be the result of a lingering infection or illness that could get worse if not treated. Certain medications can also cause weight loss. If that's the case, an alternative medication may be necessary to help maintain a healthy weight. Although less common, undiagnosed cancer, heart disease, or a neurologic illness like Parkinson's disease also can lead to unintended weight loss.

Memory loss and a decline in thinking skills, or cognitive function, are also possibilities that should be assessed in a situation like your father's. In their early stages, conditions that affect memory, such as Alzheimer's disease and other types of dementia, can often interfere with routine daily tasks, such as grocery shopping, making meals and eating.

Depression is an underlying concern for some older adults, as well, and it

can frequently lead to weight loss. Those who've recently lost a spouse or close friend, or individuals who are otherwise socially isolated, may be particularly vulnerable to depression.

Finally, the problem could stem from a change in taste buds or a loss of the sense of smell, which makes eating less pleasant. This happens in some people as a result of aging, but it often results in very slow weight loss.

If there is an underlying medical problem, treatment for it may be able to help stabilize a person's weight. In some cases, meal replacement drinks or other diet supplements can also help. They typically provide about 300 calories per serving and can be useful for people who have a hard time getting all the calories they need each day.

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These products also may be helpful for those with mild memory loss or other conditions that make it hard to prepare meals on a regular basis. In general, though, it's best for most people to get the bulk of their nutrition from a diet that contains a variety of healthy foods, such as whole grains, plenty of fruits and vegetables, and lean meat, fish and poultry. People who have unintended weight loss should avoid restrictive diets, such as those that focus on low-fat foods.

Even though your father doesn't appear to have any other health issues at this time, it's still important for him to visit his doctor to have his weight loss evaluated. If left unchecked, even

when it is not associated with an underlying medical problem, weight loss in older adults can eventually lead to other concerns, such as weakness and loss of balance. The sooner his weight can be stabilized, the better it will be for your father's health overall. - Paul Takahashi, M.D., Primary Care Internal Medicine, 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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## GUEST COLUMN

# Is it really Alzheimer's?

By Irving A. Cohen, MD, MPH

Many families are devastated by the development of Alzheimer's disease in a family member. Although physically present, as this disease progresses, the affected person may not be fully recognize those closest to them.



Dr.  
Irving A.  
Cohen

As we age, the fear of Alzheimer's among many of us is ever present. We may find ourselves joking that slight senior moments are the start of our own Alzheimer's disease.

Over-diagnosis of Alzheimer's disease is not a joking matter! Alzheimer's disease was first described in the early 20th century, but we still do not know how to accurately diagnose it while a person is still alive. Current tests tell your doctor that it might be Alzheimer's, but an accurate diagnosis can only be done at autopsy. Since the autopsy rate for seniors is less than 5%, doctors can rarely confirm their diagnosis. It is a diagnosis of exclusion. That means it should not be diagnosed until all other possible causes have been evaluated and ruled out. Although research continues, today there is no accepted test or scan that can definitively diagnosis this disease.

Why is this important? Alzheimer's disease is one form of dementia, but there are other possible causes. Alzheimer's disease is considered progressive and irreversible. In contrast, some other forms of dementia may be reversible or preventable. That is why testing is so important. Comprehensive evaluation can never prove the presence of Alzheimer's disease, but it can rule out the presence of other causes of dementia.

A person's mental capacity can be altered by vitamin deficiencies, poorly controlled diabetes, reaction to blood pres-

sure medications, overuse of psychiatric medication, side effects of gastrointestinal medications, physical stress following surgery or injury, emotional stress or depression, electrolyte imbalance, dehydration, circulatory problems, hormonal problems, cancer, and other problems. Many of these problems can be reversed or moderated. However, that will never happen if all attention is focused on the assumption that this is simply Alzheimer's disease, and therefore irreversible.

I recall decades ago seeing elderly woman was admitted to the hospital from a nursing home. Admitted for pneumonia, she was supposedly demented and had not spoken or communicated in any way for years. She was being given large doses of psychiatric medication to keep her calm. I did not give her those, because it seemed unnecessary under the circumstances. As her pneumonia

improved and when psychiatric drugs wore off, she awoke and showed some signs of recognition. She was able to respond to questions in her native language and in a few more days she recognized her family and communicated with them. Since she had been mute for years, her family was astounded. She was discharged from the hospital, fully alert and cognizant to a family thrilled for the return of their matriarch.

Why had this happened? While recuperating from an earlier illness, she was temporarily placed in a nursing home, where no one spoke her language. She became agitated in frustration. The nursing home staff, frustrated by her agitation turned to medication to calm her. This confused her further, which led to greater agitation. That led to even more medication until they had created a docile zombie. It is frightening to hear this story, yet many of us have seen situations where medical staff seemed too rushed to listen to patients and their families. A tragedy like this could occur in virtually any family. Fortunately, this was reversed, but only after years of loss both to the

victim and those around her.

In a later articles, I will go into the details of some reversible causes of dementia that can be mistaken for Alzheimer's. This is something to take up with your family physician, but I hope it leaves you with an understanding that occasionally, Alzheimer's disease may not be what it seems. Always insist on a thorough evaluation, preferably by a neurologist or internist familiar with many alternate causes of dementia.

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

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IRVING A. COHEN, MD, MPH



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## HEALTH & WELLNESS

# Strengthening and age: You can regain muscle strength

By Adam Rolf, DPT, ATC, CSCS

The decline in the body's ability to move with effortless energy, balance and power is typically noticed in the third and fourth decade of life. Master athletes are described in scientific journals beginning at 35 years of age recognizing the decline in their sports performance. We recognize that it is remarkable that athletes like Paul Pierce (39 years) and Roger Federer (36 years) have continued to play and

to your everyday activities. If you find standing from the chair is difficult, make an appointment to see a physical therapist. Therapists guide patients by analyzing which muscles need to be strengthened and then instruct you in exercises to help your body to regain strength.

### Get Stronger: Steps You Can Handle

Weakness is one of the sure causes that decline in activity and is typically associated with the aging process. Losing strength is due to changes in our muscle fibers and is described as a loss of muscle size. Muscles get smaller with decline in activity and every day movement. It's not uncommon for people to sit more when they hurt with aches and pains. It's not uncommon for people to sit more when they hurt with aches and pains. This weakness can be reversed by perform regular resistance training using light weights or stretchable bands.

### Working on Speed: Muscle Response

Furthermore, the muscle fibers that represent power, fast twitch fibers, are reduced during the muscle aging process. Power represents speed in a golf swing, a tennis serve or walking fast. This loss of muscle integrity decreases muscular strength and speed we need for athletic activities and to decrease your risk for falls. Once basic strength exercise like a sit to stand are mastered, perform it faster and activate fast twitch fibers.

### Nervous System: Increase the Signal

Age also leads toward less muscle activity or neural drive. The central nervous system is responsible for activating the muscles and creating efficient movement. Decreased muscle activity comes from slower signals from the nerves to the muscles. You can activate the nervous system by learning how to strength train using light weights. Ask your physical therapist how to start a

program of exercise using weights to benefit your nervous system.

### Training: A Vital Retirement Goal

Hope should not be lost! You can do something to fight back against becoming weak. The central nervous system can be trained throughout the lifespan to respond to strength training. The key is that one does not just recreationally exercise, but learns how to reverse the loss of strength by utilizing weight resistance training. When done under the supervision of trained professionals, safety is maintained and goals can be accomplished to regain previous level of function.

### Your Inner Athlete: Improve Your Health

I recommend discussing with your physician if you are healthy enough to begin resistance training with a trained

professional to enjoy the benefits of improved balance and performing daily activities. Recreational hobbies such as pickleball, hiking and golfing are more enjoyable. If injured, work with a licensed physical therapist to teach you how to regain strength safe and appropriate manner to return to your previous level of function.

Learning new resistance exercise can be intimidating and very exciting. You can improve and fight back against aging. Seek out qualified professionals that are willing to teach you how to properly perform resistance training. You can learn more about this type of programming at [www.lmh.org/wellness/fit-for-life/](http://www.lmh.org/wellness/fit-for-life/).

- Adam Rolf, DPT, ATC, CSCS, Physical Therapist, Lawrence Memorial Hospital.

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excel in their sports. They have been able to push the limits of their aging by consistent training and effort. Athletes focus on continuously improving their strength, flexibility, balance/agility and speed. As we age, we should each have a routine to challenge our bodies to keep doing the activities we value.

### Aging Brings New Challenges

It is not uncommon for me to hear a patient describe their latest ailment was caused by growing older. Many of these injuries are due to the body becoming weak and not fully working as it did in years past. The goal of physical therapy is to help restore a patient's previous level of activity through educated coaching. For instance if you feel your legs are weak, practice sit to stand from a chair moving slowly and helping with your arms for safety. Stand up slowly with your knees apart. Tighten your stomach muscles as you begin to stand and push up with your arms. As you come to standing, tighten your hip and thigh muscles feeling the weight move onto both of your legs. Repeat 3-5 times to strengthen. This exercise is a way to add a bit of strengthening

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## HEALTH &amp; WELLNESS

# Chili peppers can be beneficial to your health

Chili peppers have been a part of the human diet since ancient times. The research suggests chili peppers may have been one of the first crops cultivated in Mexico and some parts of South America. Christopher



Dr.  
Farhang  
Khosh

Columbus was among the first Europeans explorers to encounter chili peppers in his travels to the West Indies. Chili peppers have been used for various reasons throughout history. Folklore mentions the use of chili pepper and one mention was that chili pepper smoke was used to control misbehaving children and anyone who refused to eat a chili pepper was immediately suspected of being a wizard.

There are five well-known species of chili peppers:

1. *Capsicum annuum*, which includes the well-known varieties such as green and red bell peppers, cayenne and jalapenos.

2. *Capsicum frutescens*, which includes Tabasco and Thai peppers.

3. *Capsicum chinense*, which includes the hottest peppers such as habanero and naga.

4. *Capsicum pubescens*, which includes the South American rocoto peppers.

5. *Capsicum baccatum*, which includes the South American aji peppers.

Peppers are commonly broken down into three categories: the bell peppers; sweet peppers; and the hot peppers. When a pepper is consumed, the capsaicin from the pepper binds with the pain receptors in the mouth, which relays a signal to the brain that there

is heat and discomfort in the mouth. The intensity of the "heat" of the chili pepper is commonly referred to as Scoville heat units.

The Guinness Book of World Records stated in 2016 that the hottest chili in the world was the Carolina Reaper at 2,200,000 Scoville heat units. The Carolina Reaper is from the *Capsicum Chinense* family.

Chili peppers can be used fresh, dried, pickled, roasted, ground into powders, and used in ointments, tinctures or teas. In addition, Capsaicin is also the primary component in pepper spray.

Medicinally, Capsaicin, the chemical in chili peppers that makes them hot, is used for a variety of different ailments. Capsaicin is used in many cold and flu remedies as well to treat sinus congestion. It can be used topically to relieve pain such as diabetic neuropathy or headaches. Capsicum has been used to help fight inflammation in the body such as arthritis. Capsicum has been used to treat gastrointestinal disorders such as diarrhea, microbial overgrowth, and parasites. Capsicum may also relieve symptoms of PMS and menopause, minimize the risk of cardiovascular disease, improve blood sugar, increase immunity, improve skin, promote weight loss, and relieve depression and fibromyalgia. Current research is examining Capsicum in its ability to fight cancer.

Chili peppers contain both vitamins and minerals that are extremely beneficial to health. It is always best to check with your healthcare provider before starting any treatment. As winter approaches and the temperature falls, one way to keep warm may be to eat some peppers!

- 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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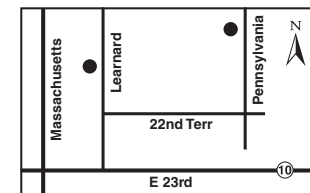
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## JILL ON MONEY

# Filing insurance claims after a disaster

The aftermath of Hurricane Harvey will unfold for months to come. Unfortunately, natural disasters have a way of reminding us how important some of the more humdrum aspects of our financial lives can be, like the details of property and casualty insurance coverage.



Jill  
Schlesinger

The best time to acquaint yourself with the terms of your insurance policies is not in the aftermath of a severe event but rather before it occurs. Unfortunately, many victims of a flood learn quickly that a standard homeowner's policy covers structural and water damage only in limited circumstances, such as when a falling tree knocks a hole in a roof or breaks a window, allowing rain to fall inside. Most policies do not cover damage that results from rising water, unless the homeowner lives in a designated flood zone and has purchased insurance through the federal government's National Flood Insurance Program. (To make a claim through FEMA, go to <https://www.fema.gov/nfip-file-your-claim>.)

For those who do not have flood insurance, the government is likely to step in with a safety net. Check with DisasterAssistance.gov to learn the details as they are announced. In the meantime, take a set of photos before you move anything. Then make a list of damaged or lost items, including their date of purchase and value, and gather receipts if possible. Report the claim as quickly as possible—insurance companies respond on a first come, first served basis. Once you have reported the claim, be sure to get

your claim number and write it down.

Don't make permanent repairs until the insurance company has inspected the property and you have agreed on the cost of repairs. Do inform the insurance company if you need to make temporary repairs to prevent further damage to your property. You will then meet with the insurance company's adjuster, who will survey the damage. In some cases, this person is an employee of the insurance company; however, with a flood the size of the one in Texas, there are likely to be plenty of independent adjusters (IAs) on the scene. The Consumer Federation of America (CFA) recommends that you "ask if they are authorized to make claim decisions and payments on behalf of your insurance company, and ask for the name of the in-house company adjuster to whom the IA is sending your information."

Remember that all settlement offers from insurance companies can be negotiated, so don't go nuts when you first review the adjuster's written assessment of the damage, and refrain from cashing or depositing the insurance company's check until you review the full report and agree with all items and costs.

Adjusters should account for regional differences in the cost of materials and contractors, but if they don't, make a case for a higher amount. Some red flags include omissions of damaged items, partial or incomplete measurements and low-ball estimates of contractors' costs. If you see a problem, return the first check and request that the adjuster revise the report; then request a check from the insurance

company for the correct cost of the damage. CFA also notes that you may choose to talk to an insurance company's approved contractor to estimate your property damage, "but you are not under any obligation to use them." If you hire your own, be sure to secure references and evidence of insurance.

The process can be lengthy, so be sure to create a paper trail. In addition to calling, register all complaints in

writing—the more specific, the better. If problems persist, contact your state's insurance commissioner. Keep working the process; it can take patience and persistence, but ultimately, you have to be your own advocate.

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

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# How did they do it without computers?

By Ann Woodbury

Social Security Management Support Specialist in Lawrence, KS

More than 85 percent of American homes have some sort of computer. Millions of people rely on computers daily to access, formulate, and store information. People use computers for everything from sharing family pictures to shopping to banking and paying bills. But, we haven't always been able to count on the convenience of the computer to make our lives easier.

How did Social Security, one of the world's largest "bookkeeping operations," manage to keep records of our nation's workers before we had computers? How did we match workers with their earnings?

We used a process called the "Visible Index" that used tiny, bamboo strips wrapped in paper that were inserted into metal panels. The panels could be flipped back and forth to view the information on each side. Clerks had to look at each strip to find the exact Social Security number for a specific person. In 1959, when Social Security began converting information to microfilm, there were 163 million individual strips in the Visible Index.

The workers' names were filed alphabetically by surname using a phonetic pronunciation code to ensure consistent filing. There were hundreds

of thousands of people with the same surname. How did the staff meet the challenge? By knowing the system. Clerks familiar with the Index could locate a specific record within 60 seconds.

The Index took about 24,000 square feet of floor space and was extremely heavy. No building in the District of Columbia had floors sturdy enough to support the ever-increasing load. These weighty considerations led to Social Security getting its first large-scale computer, an IBM 705. Starting in 1956, the 705 was tasked with handling most of the accounting functions for the agency. It was still humming when it was replaced by a later generation of computers in 1961.

Back in 1937, there were only about 26 million American workers; but today, Social Security processes 260 million worker's annual wage reports. We have changed over time to meet the challenges of recording worker's earnings correctly. Today, you don't need a clerk or a visit to a local Social Security office to check your own information. That's right. You can check yours now by either using your existing my Social Security account or by setting one up at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Changing to meet challenges is just one of the ways we secure your today and tomorrow. You can read more about the history of Social Security at [www.socialsecurity.gov/history/index.html](http://www.socialsecurity.gov/history/index.html).

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# SENIOR CALENDAR

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

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

## ARTS/CRAFTS

TUESDAYS

### THE BLANKET PROJECT

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

FIRST FRIDAY OF THE MONTH

### FIRST FRIDAY ARTWORK

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

LAST FRIDAY OF THE MONTH

### FINAL FRIDAYS

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

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.  
TOPEKA, 785-267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

### CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

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

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS & SATURDAYS

### LEGIONACRES

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

FRIDAYS

### EAGLES LODGE

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

FRIDAYS

### ARAB SHRINE

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

FIRST & THIRD SATURDAY OF THE MONTH

### VETERANS OF FOREIGN WARS

2806 North 155th, 7 p.m.  
BASEHOR, 913-526-0080

## DAY TRIPS/TOURS

THURSDAYS

### BEHIND THE BRICKS: WATKINS MUSEUM TOURS

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

SECOND SATURDAY OF THE MONTH

### FREE SATE EAST SIDE BREWERY TOUR

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

OCT 6-27

### FT. LEAVENWORTH HAUNTED TOURS

Our post is about 186 years old, and many Service Members and their family have come and

gone through our front gates. Or have they? Post folklore says there are about 32 documented hauntings around post. After interviewing those currently stationed here, we have found that there are many more undocumented hauntings. The Friends of the Frontier Army Museum (FFAM) is proud to present its newly redesigned Haunted Fort Leavenworth Tour, because encounters are no longer just in the historic housing area but all across post. Guests still get a walking tour through the oldest, historic part of post, with stops in front of some of the most haunted buildings. Fort Leavenworth, Grant Ave., Zais Park, 7 p.m. Fridays. Fee.  
FORT LEAVENWORTH, 913-651-7440, ffam.us

OCT 7 & 8

### KAW VALLEY FARM TOUR

The Kaw Valley region offers a wealth of sights, tastes and traditions. The farm tour provides fun and interactive farm experiences, supports local farms and introduces individuals of all ages to the many faces of agriculture in the Kaw Valley. Have breakfast on a farm, discover unique artisans, nurseries and greenhouses, pumpkin patches and wines produced at local vineyards. Pet a friendly alpaca, meet a horse that paints or chat with a chicken. Tour hours are from 9 a.m.-6 p.m. on Saturday and noon-6 p.m. Sunday of Farm Tour weekend. Tickets on sale online, at farms on the tour and at The Merc Co-op, Lawrence Visitors Center and K-State Extension and Research.  
LAWRENCE, 785-843-7058  
kawvalleyfarmtour.org

## 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

FRIDAYS

### HEALTHWISE TV

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

THIRD WEDNESDAY OF THE MONTH

### LOOK GOOD, FEEL BETTER

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

SEP 12, 19, 26; OCT 3, 24; NOV 14

### THE ELUSIVE QUEST FOR THE LACROSSE MOM: HOW DO POLITICIANS, CORPORATIONS, ORGANIZATIONS AND THE COMMUNITY ENGAGE WOMEN?

Discussion Group series with Dole fellow Cheryl Harley LeBon. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 4 p.m. Free and open to the public.  
LAWRENCE, DoleInstitute.org

OCT 2-NOV 6

### FILM CLASS-SCREWBALL COMEDIES

We'll explore the thoroughly American classic cinema experience via the defining characteristics, films, filmmakers and actors that became so popular in the 1930s and 40s-Screwball Comedy. Now meeting in the theater at Pioneer Ridge. Instructor: Kellee Pratt a Social Producer for Turner Classic Movies (TCM) Film Festival in Hollywood. Details and registration available at any Lawrence recreation center or online at www.lprd.org. Pioneer Ridge, 1000 Wakarusa Drive, 6:30-8:30 p.m. For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at gsigurdson@lawrenceks.org or 785-832-7909.  
LAWRENCE

OCT 3

### SKILLBUILDERS: MANAGING YOUR MONEY & FINANCES

Barbara Braa CTFA, VP Trust Officer Central Bank of the Midwest. Skillbuilders is a 10-week series that offers support, encouragement, and information to anyone undergoing major life transitions: the death of a loved one, adjustment to physical limitations, divorce, moving to a new location, etc. No registration required. Smith Center at Brandon Woods at Alvamar, 4730 Brandon Woods Terrace, 10-11:30 a.m. Free.  
LAWRENCE, 785-843-3833 x115

OCT 3

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, October 3, at 2:30 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at 823 SW Mulvane. Sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided. Call for more information.  
TOPEKA, 785-270-4593

■ CONTINUED FROM PAGE 18

## OCT 4

### FIGHTING HUNGER IN A CHANGING WORLD

The 2003 World Food Prize Laureate, Catherine Bertini discusses her work as leader of the United Nations' World Food Programme. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 7 p.m. Free and open to the public.  
LAWRENCE, DoleInstitute.org

## OCT 5

### THE MARINES AND AMPHIBIOUS DOCTRINE

Ft. Leavenworth series with Dr. Janet G. Valentine. Robert J. Dole Institute of Politics, University of Kansas, 2350 Petefish Dr., 3 p.m. Free and open to the public.  
LAWRENCE, DoleInstitute.org

## OCT 5

### JOAN BRETON CONNELLY: THE PARTHENON ENIGMA

Connelly, a classical archeologist and New York University professor of classics and art history, will discuss how much the values of those who built the symbolic and long-venerated Parthenon truly correspond with our own. Lied Center Pavillion, 1600 Stewart Dr., 7:30 p.m.  
LAWRENCE, 785-864-4798

## OCT 5 & 14

### PALEONTOLOGY CLASSES

KU's Jurassic Giants, October 5, 2-3:30 p.m. Paleo Field Trip, October 14, 9 a.m.-12 p.m. The General Paleontology class is your introduction to the topic. This class is an overview of the fossil record with hands on study of a wide variety of representative fossils and specimens. Jurassic Giants will look at the discovery, recovery and preparation of large sauropod dinosaurs excavated for the KU Natural History Museum, the first specimens recovered by KU in 100 years. The field trip will visit a 300 million year old marine site near Lawrence where everyone is guaranteed to bring home samples of marine fossils. Instructor: Craig Sundell. Details and registration available at any Lawrence recreation center or online at [www.lprd.org](http://www.lprd.org). For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or 785-832-7909.  
LAWRENCE

## OCT 9

### HEALTHWISE SENIOR SUPPER

Dr. Scott Teeter, Cotton O'Neil internal medicine physician, will discuss "Memory Issues: Is it Normal or Something More?" at the monthly Stormont Vail HealthWise Senior Supper from 5:15 to 6:30 p.m. \$5 per person for the meal. Reservations requested by Wednesday, Oct. 4. Please call.  
TOPEKA, 785-354-5225

## OCT 9-30

### FACEBOOK FLUENCY

Facebook has become an essential tool for staying in touch with family, friends and the community. Take time to learn how to safely use the many features that are available.

This class will start with creating a Facebook account and walk through specific skills such as security features; posting pictures, links and videos; messaging and comments. Instructor: Karen Johnson. Riverfront Plaza, 6th and New Hampshire, 6-7 p.m. For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or 785-832-7909.  
LAWRENCE

## OCT 10

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, October 10, 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. Sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided. Call for more information.  
TOPEKA, 785-270-4593

## OCT 10

### SKILLBUILDERS: HOME COMFORT: MAINTENANCE, EFFICIENCY AND ASSISTANCE

Tony Hoch, City of Lawrence; Jerry Guffey, Senior Resource Center of Douglas Co; Bruce Peterson, ECKAN. Skillbuilders is a 10-week series that offers support, encouragement, and information to anyone undergoing major life transitions: the death of a loved one, adjustment to physical limitations, divorce, moving to a new location, etc. No registration required. Smith Center at Brandon Woods at Alvamar, 4730 Brandon Woods Terrace, 10-11:30 a.m. Free.  
LAWRENCE, 785-843-3833 x115

## OCT 10

### SENIOR SUPPER AND SEMINAR

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

## OCT 11

### MEDICARE PART D

Learn how to use the Medicare.gov website and plan finder to help you make an informed decision regarding your Medicare Part D drug coverage every year. Registration is required at [tscpl.org/register](http://tscpl.org/register). Computer Training Center, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 9:30-11 a.m.  
TOPEKA, 785-580-4662

## OCT 11

### KU NATURAL HISTORY MUSEUM AT FREE STATE BREWING CO.: SCIENCE ON TAP: GENOME EDITING IN THE AGE OF CRISPR

The last few years have witnessed remarkable breakthroughs in our ability to permanently alter genomes. The recent application of the CRISPR system for genomic research enables us to mutate, insert and modify genes in almost any organism of our choosing. At this Science on Tap, Paulyn Cartwright, KU Professor of Ecology and Evolutionary Biology, will tell us about her efforts to use CRISPR to create transgenic jellyfish and discuss the implications of CRISPR technology for the democratization of genome editing. Free State Brewery, 636 Massachusetts St., 7:30 p.m. Admission is free, food and beverages available for purchase.  
LAWRENCE, 785-864-4450  
[biodiversity.ku.edu](http://biodiversity.ku.edu)

## OCT 12

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Thursday, October 12 at 6:30 p.m. Learn the basics of Medicare and all its options. Seminar is designed for those becoming eligible for Medicare as well as those considering making a change. Seminar will be held at Cotton O'Neil North at 4505 NW Fielding. Sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided. Call for more information.  
TOPEKA, 785-270-4593

## OCT 12

### IKE AND MCCARTHY: EISENHOWER'S SECRET CAMPAIGN

In January 1954, Joseph McCarthy was arguably the most powerful member of the Senate. By the end of that year, he had been censured by his colleagues for unbecoming conduct. David Nichols, author of "Ike and McCarthy," shares the story of how President Dwight Eisenhower masterminded the downfall of the anti-Communist demagogue McCarthy with a clandestine campaign against the Senator. This program includes a book sale and signing. Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free.  
LAWRENCE, 785-864-4900  
[doleinstitute.org](http://doleinstitute.org)

## OCT 12-26

### GEOGRAPHY OF ITALY

This three-lecture series will cover all 18 regions of the peninsula plus the island regions of Sicily and Sardinia. Using her library of illustrative photographs, Professor Jan Kozma will discuss the defining traits of each region, dwelling on the physical characteristics, folkloric costumes, typical products, foods, and other distinctive features. Instructor: Jan Kozma, PhD, is a KU Professor Emeritus of Italian. Details and registration available at any Lawrence recreation center or online at [www.lprd.org](http://www.lprd.org). Carnegie Building, 200 Maine, 2-4 p.m. For further information, contact Gayle Sigurdson, Lifelong Recreation programmer at [gsigurdson@lawrenceks.org](mailto:gsigurdson@lawrenceks.org) or 785-832-7909.  
LAWRENCE

## OCT 16

### CARD MAKING WITH CINDY

Learn how to make two greeting cards with the help of a local expert. Registration is required at [tscpl.org/register](http://tscpl.org/register). Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 2:30-2 p.m.  
TOPEKA, 785-580-4662

## OCT 17

### SKILLBUILDERS: FEELING FIT-EXERCISE & YOU

Charlotte Robinson, PT, Brandon Woods. Skillbuilders is a 10-week series that offers support, encouragement, and information to anyone undergoing major life transitions: the death of a loved one, adjustment to physical limitations, divorce, moving to a new location, etc. No registration required. Smith Center at Brandon Woods at Alvamar, 4730 Brandon Woods Terrace, 10-11:30 a.m. Free.  
LAWRENCE, 785-843-3833 x115

## OCT 19

### MEDICARE EDUCATIONAL SEMINAR

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Thursday, October 19, 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 Cotton O'Neil Heart Center at 929 Mulvane. Sign up at our website <http://centuryinsuranceagencyks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided. Call for more information.  
TOPEKA, 785-270-4593

## OCT 19

### PREDIABETES EDUCATION CLASS

The LMH Diabetes Education Center offers this free education program for individuals diagnosed with: prediabetes, metabolic syndrome, insulin resistance or impaired glucose tolerance. Topics include nutrition, exercise and medication management. Register at [lmh.org](http://lmh.org) or calling LMH Connect Care. 12-1:30 p.m.  
LAWRENCE, 785-505-5800, [lmh.org](http://lmh.org)

## OCT 23

### LAW AT THE LIBRARY

Learn about advance directives and estate planning basics from 12:30-1 p.m. If you are age 60 or older, meet with Kansas Legal Services staff to draft documents such as powers of attorney and living wills for free from 1-4 p.m. Marvin Auditorium 101BC, Topeka & Shawnee County Public Library, 1515 SW 10th Ave.  
TOPEKA, 785-580-4662

## OCT 24

### SKILLBUILDERS: HAVE A SUCCESSFUL MEDICAL VISIT

Tom Pfeiler, MSW, Brandon Woods. Skillbuilders is a 10-week series that offers support, encouragement, and information to anyone undergoing major life transitions: the death of a loved one, adjustment to physical limitations, divorce, moving to a new location, etc. No registration required. Smith Center at Brandon Woods at Alvamar, 4730 Brandon Woods Terrace, 10-11:30 a.m. Free.  
LAWRENCE, 785-843-3833 x115

OCT 25

**MANAGING CHRONIC BACK PAIN**

Do you suffer from chronic back pain? A panel of expert health professionals who specialize in working with patients with this problem will share their recommendations for treatment. Speakers will include a spine surgeon, APRN, pharmacist and physical therapist. No advance enrollment required. Just drop in to the Library for this free program. Lawrence Public Library Auditorium, 6:30-8:30 p.m.

LAWRENCE, 785-505-5800, [lmh.org](http://lmh.org)

OCT 30

**WHAT IMPORTANT DOCUMENTS CAN I THROW AWAY?**

Get advice from Nancy Goodall JD, LLM, CoreFirst Bank & Trust, about what old paperwork, legal papers, bank statements, etc. you should keep and why. Bring your questions. Marvin Auditorium 101C, Topeka & Shawnee County Public Library, 12:30-2 p.m.

TOPEKA, 785-580-4662

OCT 31

**SKILLBUILDERS: ESTATE & LEGAL MATTERS**

Web Golden, Atty, Stevens & Brand LLC. Skill-builders is a 10-week series that offers support, encouragement, and information to anyone undergoing major life transitions: the death of a loved one, adjustment to physical limitations, divorce, moving to a new location, etc. No registration required. Smith Center at Brandon Woods at Alvamar, 4730 Brandon Woods Terrace, 10-11:30 a.m. Free.

LAWRENCE, 785-843-3833 x115

OCT 31

**MEDICARE EDUCATIONAL SEMINAR**

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Tuesday, October 31, 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 Cotton O'Neil Heart Center at 929 Mulvane.

Sign up at our website <http://centuryinsurance-agencyks.com> (on the Medicare tab) or email us at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided. Call for more information.

TOPEKA, 785-270-4593

NOV 2

**NUCLEAR CONTAINMENT IN A BIPOLAR WORLD**

Ft. Leavenworth series. The wartime alliance of the U.S. and Soviet Union began to crack even before the end of World War II, but relations completely crumbled in the immediate aftermath of the conflict. As both nations boasted nuclear weapons, the U.S. attempted to use containment as the primary strategy for dealing with the Soviet Union throughout the Cold war. Dr. David W. Mills will explore the military and political confrontations between the two countries, as well as the U.S. government's attempts to idolize American democratic systems while denigrating communism. Dole Institute of Politics, 2350 Petefish Dr., 3 p.m. Free.

LAWRENCE, 785-864-4900

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

NOV 2

**MEDICARE EDUCATIONAL SEMINAR**

Century Health Solutions, a subsidiary of Stormont Vail Health, will hold a Medicare educational seminar Thursday, November 2, 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 Cotton O'Neil Heart Center at 929 Mulvane.

Sign up at our website <http://centuryinsurance-agencyks.com> (on the Medicare tab) or email us

at [info@century-health.com](mailto:info@century-health.com). Light snacks and beverages provided. Call for more information. TOPEKA, 785-270-4593

NOV 7

**SKILLBUILDERS: COOKING FOR ONE**

Susan Johnson, Dg. Co. Extension Office. Skillbuilders is a 10-week series that offers support, encouragement, and information to anyone undergoing major life transitions: the death of a loved one, adjustment to physical limitations, divorce, moving to a new location, etc. No registration required. Meet at Deal Six Auditorium's Extension Office, at the Douglas Co. Fairgrounds, 2110 Harper., 10-11:30 a.m. Free.

LAWRENCE, 785-843-3833 x115

NOV 14

**SKILLBUILDERS: ADJUSTING TO CHANGE #2: CLOSING**

Donna Flory, MSW (retired); Paul Reed, VNA; Jan Maddox, Brandon Woods; Pattie Johnston, LPL. Skillbuilders is a 10-week series that offers support, encouragement, and information to anyone undergoing major life transitions: the death of a loved one, adjustment to physical limitations, divorce, moving to a new location, etc. No registration required. Smith Center at Brandon Woods at Alvamar, 4730 Brandon Woods Terrace, 10-11:30 a.m. Free.

LAWRENCE, 785-843-3833 x115

■ CONTINUED ON PAGE 21



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## 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](http://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

### SATURDAYS

#### COMMUNITY JAM

Totally free and open to the public, the AMA Saturday Jam has become a tradition in the Lawrence music community. All styles and

levels welcome, acoustic instruments only. Americana Music Academy, 1419 Massachusetts St., 3-5 p.m.

LAWRENCE, 785-830-9640  
[americanamusicacademy.com](http://americanamusicacademy.com)

### OCT 5

#### JOHN CLEESE LIVE

Living comedy legend, John Cleese, is heading in your general direction for a live and truly unforgettable night of audience Q&A. Absurd and/or ridiculous questions only are requested, please. John will tell stories of his life and career, and you just may finally find out the air-speed of an unladen swallow. Before John silly walks his way on to the stage, the excitement will build as the audience will get to watch "Monty Python and the Holy Grail" in its entirety on the big screen. McCain Auditorium, 1501 Goldstein Circle, 207 McCain Auditorium, Kansas State University, 7:30 p.m. Fee. MANHATTAN, 785-532-6428  
[k-state.edu/mccain/events](http://k-state.edu/mccain/events)

### OCT 5

#### JUILLIARD STRING QUARTET

Founded in 1946, the ever-evolving Juilliard String Quartet has become a living American legend. Widely known as the "quintessential American string quartet," the Juilliard has been recognized for the boldness of its interpretation of the classics with an equal and parallel tradition of championing the new—a vibrant combination of the familiar and the daring. The quartet's sound is famously characterized by clarity of structure, compelling rhythmic drive

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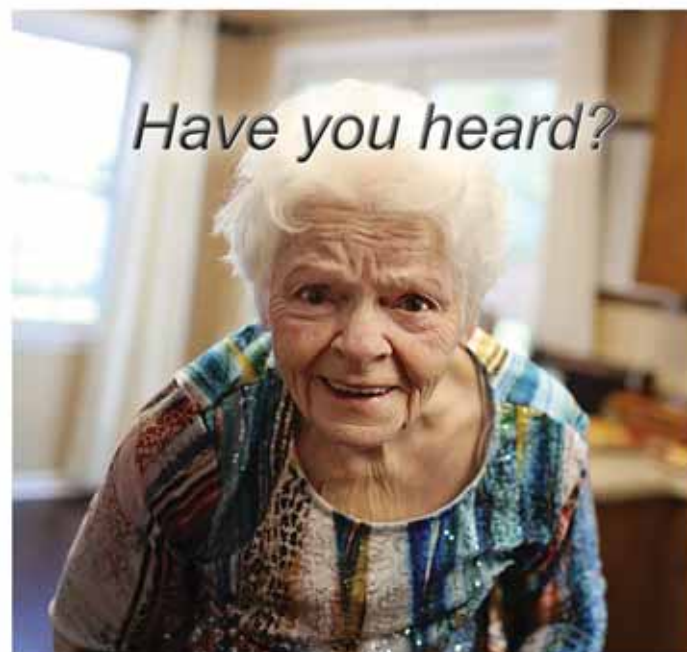
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■ CONTINUED FROM PAGE 21

and an extraordinary unanimity of purpose, no matter the work at hand. Repertoire: Haydn String Quartet in D Major, Op. 76, No. 5 Bartok String Quartet No. 5, Sz. 102, BB110 Dvorak String Quartet No. 11 in C Major, Op. 61. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/?event=juilliard

OCT 8

### UNDERWATER BUBBLE SHOW

Inspired by Cirque du Soleil, the show is rich in various stage effects using the latest laser technologies, snow cannons, soap bubble tornadoes, theatrical fog, gigantic smoke rings, smoke-filled soap bubble machines, optical illusions and many other surprises. After another long day—as always filled with things to do, meetings and deadlines to be met—Mr. B finds himself transported, as if by magic, to a special, colorful, happy place called Bubblelandia.

Bubblelandia is a place in which to linger, to dream, to listen, to watch, to savor and to marvel, but above all, a place to daydream. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/?event=bubble-show

OCT 14

### ALL THE WAY LIVE!

Anything can come to life with a beat, a rhythm and a rhyme. Watch as world-renowned artists Paige Hernandez and Baye Harrell use hip-hop elements to “remix” lessons on creativity, respect, understanding, cooperation, effort and self-care. All The Way Live!, co-commissioned by the John F. Kennedy Center for the Performing Arts, uses an audience-powered boom box to help children tune into the frequency of positive thoughts and feelings. This highly-interactive experience gives young people tools to “broadcast” their best selves and the power to control what they “receive” and “transmit.” For families with children, ages 5 to 12. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/?event=all-the-way

OCT 14 & 15

### THE ROCKY HORROR SHOW

A sweet transvestite and his motley crew continue to do the time warp. Complete with sass from the audience, this deliberately kitschy rock ‘n roll sci-fi gothic will be more fun than ever. Theatre Lawrence, 4660 Bauer Farm Dr. Two shows nightly, 7 and 11 p.m. Recommended for ages 16 and over. Fee.

LAWRENCE, 785-843-SHOW

theatrelawrence.com/News/Rocky16.html

OCT 20

### DIRTY DANCING

*Dirty Dancing*, the classic story on stage is an unprecedented live experience, exploding with heart-pounding music, passionate romance and sensational dancing. Seen by millions across the globe, this worldwide smash hit tells the classic story of Baby and Johnny, two fiercely independent young spirits from different worlds who come together in what will be the most challenging and triumphant summer of their

lives. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/?event=dirty-dancing

OCT 21

### BÉLA FLECK & ABIGAIL WASHBURN

Sure, in the abstract, a banjo duo might seem like a musical concept beset by limitations. But when the banjo players cast in those roles are Béla Fleck and Abigail Washburn—she with the earthy sophistication of a postmodern, old-time singer-songwriter, he with the virtuosic, jazz-to-classical ingenuity of an iconic instrumentalist and composer with bluegrass roots—it’s a different matter entirely. There’s no denying that theirs is a one-of-a-kind pairing, with one-of-a-kind possibilities. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/?event=belafleck

OCT 21

### SELLOUT! REUNION SHOW

Reunion Show - Local Rock & Pop Cover Band. Liberty Hall, 642 Massachusetts St., 8 p.m. Fee.

LAWRENCE, 785-749-1972

libertyhall.net/events/single/sellout-reunion

OCT 22

### CHEN GUANG, PIANO

Winner of the inaugural Olga Kern International Piano Competition, the Scriabin Prize, the Rome Prize, and numerous other internationally renowned competitions, Chen Guang combines his extraordinary technical capacity with a profound and mature musical sensibility and an exceptional onstage charisma. Lied Center of Kansas/ Pavilion, 1600 Stewart Drive, 2 p.m.

LAWRENCE, 785-864-2787

lied.ku.edu/?event=chen-guang

OCT 27

### UNITED STATES AIR FORCE CONCERT BAND & SINGING SERGEANTS

The United States Air Force Concert Band is the premier symphonic wind ensemble of the United States Air Force. Stationed at Joint Base Anacostia-Bolling in Washington, D.C., it is the largest of six musical ensembles that comprise The United States Air Force Band. Featuring 53 active duty Airmen musicians, the Concert Band performs throughout the United States via biannual tours, live radio, television and Internet broadcasts, as well as at local concerts across metropolitan Washington, D.C. Additionally, Concert Band members perform in smaller chamber ensembles at official military and civilian functions, education outreach events and local concert venues. The Singing Sergeants is the official chorus of the United States Air Force. Stationed at Joint Base Anacostia-Bolling in Washington, D.C., the group is one of six musical ensembles that comprise The U.S. Air Force Band. Featuring 23 active duty Airmen musicians, the Singing Sergeants presents more than 200 performances annually performing a wide range of musical styles, from traditional Americana, opera, and choral standards to modern Broadway and jazz. Lied Center of Kansas, 1600 Steward Dr., University of Kansas, 7:30 p.m. Fee.

LAWRENCE, 785-864-2787

lied.ku.edu/?event=usaf-band

## EXHIBITS/SHOWS

MAY 7-DEC 31

### THE LEAGUE OF WIVES: VIETNAM'S POW/MIA ALLIES AND ADVOCATES

Open the Institute’s new special exhibition with a discussion with 2017 Dole Archives Curatorial Fellow, historian Heath Hardage Lee, and POW/MIA wives on their leadership efforts during the Vietnam War, from breaking public silence to international diplomacy. The “Your Story, His Story, the Legacy” series focuses on stories of history and leadership from those with connections to Senator Dole’s own life and career. Dole Institute Business Hours (9 a.m.-5 p.m. weekdays and Saturday, 12-5 p.m. Sundays). 2350 Petefish Dr. Free.

LAWRENCE, 785-864-4900

doleinstitute.org

## FAIRS/FESTIVALS

SEP 2-OCT 15

### KANSAS CITY RENAISSANCE FESTIVAL

Travel back in time and partake in a Kansas City Tradition since 1977. Pay heed to the exploits of Jousting Knights on thundering steeds, roam the village shops for unique crafts, delight in comedy, music, magic and more on our 20 stages of non-stop entertainment, and feast on delicious food and drinks from the far reaches of the globe! There’s something for the whole family in our enchanted 16-acre village. Open Weekends September 2nd – October 15th Plus Labor and Columbus Day. Kansas City Renaissance Festival, 633 N. 130th St., 10 a.m.-7 p.m. BONNER SPRINGS, 913-721-2110

krenfest.com

OCT 6-8

### OZTOBERFEST

Wamego and its “Oz” museum to offer family-fun festival. Entertainment, contests, activities, vendors, food, exhibitions, and a street dance. Downtown.

WAMEGO, 785-458-8686

OCT 7

### PUMPKIN PALOOZA

Celebrate everything pumpkin at the 2nd Annual Pumpkin Palooza. Enjoy pumpkin games and activities from a pumpkin catapult to pumpkin decorating to a pumpkin pie eating contest. All proceeds will benefit Easterseals Capper Foundation to help change the way the world defines and views disability by making profound, positive differences in people’s lives every day. Lake Shawnee, 3300 S.E. 29th St., Public Swimming Beach, 9:30 a.m.-1 p.m. Fee.

TOPEKA, 785-272-4060 X 139

tinyurl.com/ybtw73ef

## 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

### BONNER SPRINGS FARMERS’ MARKET

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

BONNER SPRINGS, 913-721-1075

## HEALTH & FITNESS

ONGOING

### PERSONAL TRAINING

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

LAWRENCE, 785-832-7920

ONGOING

### HEALTHY STEPS MALL WALKING

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

TOPEKA

ONGOING

### WELLNESS COACHING

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

LAWRENCE

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 Commu-

■ CONTINUED FROM PAGE 22

Community Building or search activity 127102 at [www.lprd.org](http://www.lprd.org).

LAWRENCE, 785-832-7920

#### FIRST MONDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

#### MONDAYS THROUGH FRIDAYS

##### A.M. WALKING CLUB

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

LAWRENCE, 785-832-7950

#### MONDAYS THROUGH FRIDAYS

##### PICKLEBALL - OPEN PLAY

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

LAWRENCE, 785-832-7950

#### MONDAYS, WEDNESDAYS, & FRIDAYS

##### SENIOR EXERCISES

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

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

#### 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

##### FLEXEXERCISE

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

LAWRENCE, 785-856-6030

#### TUESDAYS AND THURSDAYS

##### FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, 785-856-6030

#### TUESDAYS AND THURSDAYS

##### VACCINE CLINICS

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

TOPEKA, 785-354-6787

#### WEDNESDAYS

##### OPEN BOCCIE BALL

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

LAWRENCE

#### WEDNESDAYS

##### FREE NUTRITION CLINIC

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

TOPEKA, 785-354-6787

#### WEDNESDAYS

##### FREE MEDICATION CLINIC

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

TOPEKA, 785-354-6787

#### FIRST WEDNESDAY OF THE MONTH

##### FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hear-

ing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday of the month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids.

LAWRENCE, (785)748-8034

#### FRIDAYS

##### BLOOD PRESSURE CHECKS

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

LAWRENCE, 785-841-6845

#### SECOND THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

#### THIRD THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

#### THIRD THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

#### FOURTH THURSDAY OF THE MONTH

##### HEALTHWISE BLOOD PRESSURE CLINIC

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

TOPEKA, 785-354-6787

#### OCTOBER

##### WALK-TOBER 2017

October is National Walking Month and an ideal time to get outdoors and walk. Sign up for Walk-tober 2017, a free walking program to complete in October on your own or with your own group. Participants will also receive health and wellness tips and healthy recipes. Optional Walk the Lawrence Loop group walks offered six times during the month. It is not necessary to enroll in WALK-tober to join in for the Loop walks. WALK-tober program enrollment deadline is 9/28 at noon. To enroll, go to [lmh.org](http://lmh.org), contact [aynsley.anderson@lmh.org](mailto:aynsley.anderson@lmh.org) or (785) 505-3066. Attendance at an orientation session is recommended, but not required for those who have not participated previously. Orientation dates: Wednesday, 9/20, 6 p.m. or Tuesday 9/26, 12 p.m. - both at LMH Main Campus. To enroll in an orientation session, go to [lmh.org](http://lmh.org) or call LMH Connect Care.

LAWRENCE

#### OCT 3, 5, 10, 12, 17 & 19

##### WALK THE LAWRENCE LOOP

Walk the Loop is scheduled over six evenings on designated dates in October for the purpose of learning the Lawrence Loop route, as well as more about the history and neighborhoods it connects. The free event is open to all ages walking, strolling or rolling. Each walk is about three miles in length. Join us to walk one or more of the sections. Walk dates are Tuesdays and Thursdays, and walk departure time is 5:30 p.m. A shuttle bus will be available to return

you to the trailhead or you may choose to walk back to the beginning. There is no fee to participate in the Walk the Loop event. Walk-ins are welcome, but registration is requested. Participants may register online at: <http://lprd.org/activity?n=327289> or at any Lawrence recreation center. For more information on where to meet, as well as other Walk the Loop information including parking, go to Lawrence Loop on Facebook; or [lmh.org](http://lmh.org), then wellness resources, classes and events, then walk the loop. This program is sponsored by LMH, Lawrence Parks and Recreation and Live Well Lawrence. For questions, call (785) 505-3066 or (785) 832-7909.

LAWRENCE

#### OCT 11

##### 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, [lmh.org](http://lmh.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.

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**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**

O.U.R.S. 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 the Senior Resource Center for Douglas County, 2920 Haskell Ave., 2:15-3:45 p.m.

LAWRENCE, 785-842-0543

**EVERY TUESDAY THROUGH FRIDAY****MEN'S COFFEE**

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

LAWRENCE, 785-749-2000

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

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

**FIRST TUESDAY OF THE MONTH****LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES**

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

LAWRENCE, 785-830-8130

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

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

LAWRENCE, 785-393-1256

**FIRST TUESDAY OF THE MONTH****TOPEKA AREA OSTOMY SUPPORT GROUP**

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

TOPEKA, 785-295-5555

**TUESDAYS & THURSDAYS****WATER AEROBICS CLASSES**

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

LAWRENCE, 785-838-7885

www.OrthoKansasPA.com

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

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

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

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

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

TOPEKA, 785-230-4422

**FIRST THURSDAY OF THE MONTH****LAWRENCE AREA PARTNERS IN AGING**

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

**FIRST THURSDAY OF THE MONTH****PARKINSON MEETING**

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

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

**EVERY OTHER THURSDAY****GRIEF SUPPORT GROUP**

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet.

TOPEKA, 785-232-2044

**EVERY OTHER THURSDAY****GRIEF SUPPORT GROUP**

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

TOPEKA, 785-232-2044

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

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

TOPEKA, 785-235-6600

**SATURDAYS****LAWRENCE BRIDGE CLUB**

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

LAWRENCE, 785-760-4195

**ONE SATURDAY EACH MONTH****LAWRENCE DEATH CAFE**

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

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

LAWRENCE

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

Volunteer service club.

LAWRENCE, 785-331-4575

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

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

TOPEKA, 785-580-4662

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

Civitan's have been helping people since the

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

LAWRENCE, 785-691-8520

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

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

LAWRENCE, 785-832-9900

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

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

LAWRENCE, 785-505-3062

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

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

TOPEKA, 785-221-0501

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

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rooms. Child care available with 48 hours notice.  
TOPEKA, 785-286-2329 or 785-231-0763

### THIRD TUESDAY OF THE MONTH PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP

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

### THIRD TUESDAY OF THE MONTH STROKE SUPPORT GROUP

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

### THIRD WEDNESDAY OF THE MONTH CANCER SUPPORT GROUP

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

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

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

### THIRD THURSDAY OF THE MONTH LUNCH AFTER LOSS

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

### THIRD FRIDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

### THIRD SATURDAY OF THE MONTH JAYHAWK MODEL MASTERS

The purpose of Jayhawk Model Masters is to promote the building and safe operation of radio controlled (RC) model aircraft. In addition, we strive to fulfill our civic responsibility to the community, and support worthwhile projects. Our club meetings are open to the public and are held on the third Saturday of

each month. Breakfast starts at 8 a.m. and the meeting at 9 a.m. We meet in the Smith Center at Brandon Woods, 4730 Brandon Woods Terrace. Fee for breakfast.

LAWRENCE, 785-312-4840  
jayhawkmodelmasters.com

### FOURTH WEDNESDAY OF THE MONTH CAREGIVER SUPPORT GROUP

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

TOPEKA, 785-235-1367, EXT. 130

### FOURTH THURSDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY

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

### VARIOUS DAYS, LOCATIONS

#### SCRABBLE CLUB - OPEN PLAY

Anyone interested is welcome-beginner or long timer-just walk in or give a call. 1st, 3rd, and 5th Thursday, 1-4:30 p.m. at Senior Resource Center, 2920 Haskell Ave. 2nd and 4th Thursday, 1-4 p.m. at Lawrence Public Library. Mondays, 1-4 p.m. at Clinton Place, 2125 Clinton Pkwy.

LAWRENCE, 785-842-0543

### WEDNESDAYS

#### WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

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

TOPEKA, 785-783-8300

www.kansasdiscovery.org

### SECOND SUNDAY OF THE MONTH MONTHLY GUIDED HIKE

Clinton State Park and AmeriCorps invite you to join us for monthly hikes through the park every Second Sunday through the coming year. Each journey will take you approximately 2 miles along the sections of the existing North Shore Trails that flow throughout Clinton State Park. We'll be exploring the understatedly hilly terrain and abundant wildlife of Eastern Kansas. Amateur arborists and bird watchers will be amazed at the numerous species present within the park boundaries. Fee. Clinton Reservoir,

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

LAWRENCE, 785-842-8562  
ksoutdoors.com/State-Parks/Locations/Clin-ton

### OCT 12

#### 11TH ANNUAL ZOMBIE WALK

Community Zombie Walk Training, Zombie Photo Shoots, Blood Baths, Face Painting and more start at 6 p.m. Limited-edition, commemorative Zombie Walk T-shirts will be for sale at the event with all proceeds benefiting the Lawrence Humane Society. South Park Gazebo. Free.

LAWRENCE, 785-843-6835

### OCT 14

#### ELDRIDGE HOTEL PUBLIC GHOST HUNT

First time ever! Public Ghost Hunt at the very Haunted Eldridge Hotel. Road Trip Paranormal, Ghost Tours of Kansas and well known Psychic Lena Townsend will be your hosts! Come at 6:30 p.m. until 7:30 p.m. for a meet and greet with all of your hosts in the Lobby by the fireplace. From 7:30-9 p.m. take a dinner break or enjoy a drink at the Eldridge Bar. Don't miss Psychic Lena in action as she performs a gallery channeling session from 9 until 10 p.m. At 10:30 the ghost hunting team will do a presentation about ghost hunting and then at 11 p.m. we start a ghost hunt. Experienced ghost hunters will be your guide. 701 Massachusetts St.

LAWRENCE, 785-851-0856

### OCT 20

#### HARVEST DINNER & BAZAAR

Suggested donation \$8.00 Adults, \$3.50 Children. Chicken Fried Steak, Mashed Potatoes & Gravy, Green Beans or Corn, Salad, Roll, Homemade Pie or Cake, and Drink. Fellowship Hall at Kansas Ave United Methodist Church, 1029 N. Kansas Ave., 4-6:30 p.m.

TOPEKA, 785-234-0507



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# 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.

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**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.  
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## MY ANSWER

# Forgiveness doesn't mean excusing wrongdoing

By **Billy Graham**

Tribune Content Agency

**Q:** My business is probably going to collapse because I unwisely took in a partner who ended up cheating me. He doesn't deny it, but he says that since I'm a Christian I should forgive him instead of taking him to court. Is he right? - D.C.

**A:** No, from what you say he is not right; he's only trying to manipulate you and take advantage of you, just as he's done in the past. Apparently, he has no real regret over what he's done, and it would be wrong for your business to be destroyed while he suffers no consequences.

It's true that the Bible urges us to be forgiving toward those who've taken advantage of us. In the Sermon on the Mount, Jesus said, "If you do not forgive others their sins, your Father will not forgive your sins" (Matthew 6:15). However, forgiveness doesn't mean we ignore wrongdoing, nor does it mean we must overlook something that's clearly illegal. One of the responsibilities of Israel's kings was "to maintain justice and righteousness" (1 Kings 10:9).

Pray that God will convict this person of his sins, particularly the sins of greed and deception. Most of all, pray that he will commit his life to Jesus Christ. His greatest need is to discover God's forgiveness, which is only possible

because Jesus Christ paid for it at the cost of His own life.

As a footnote, ask God to help you learn from this experience. Don't be cynical, but do learn to be cautious. In addition, ask God to help you be an example to others of His wisdom and grace, both in your business and your personal life. The Bible says, "Be wise in the way you act toward outsiders; make the most of every opportunity"

(Colossians 4:5).

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

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# RICK STEVES' EUROPE

## Finding back doors in today's Europe

By Rick Steves

Tribune Content Agency

A fundamental part of enjoying travel in Europe is finding places that I call “back doors.” When I first started traveling, back doors to me were Europe’s undiscovered corners and untrampled towns that had, for various reasons, missed the modern parade (like Dingle in Ireland or Salema in Portugal). But now, with more sophisticated travelers, worthwhile places rarely go undiscovered. And certain destinations that I raved about now suffer from back-door congestion.

So how, in today’s Europe, do I still find back doors? These days, my approach is less about discovering the undiscovered and more about using thoughtful back-door travel to get beyond tourist traps, sidestep crowds, broaden perspectives, and experience a part of Europe that most travelers miss. Here are some ways to do that.

**CREATE A BALANCED ITINERARY.** Many travelers go to crowded, touristy places—then complain about the crowds. Take Salzburg. I love this city, but it’s overrun with tourists. Rather than complain about all the people, I celebrate them while enjoying this town of Mozart and “The Sound of Music”—then get on a train and go two hours south to Hallstatt. This beautiful little village—bul-

lied onto a ledge between a towering mountain and a gorgeous lake—is less crowded than Salzburg (but lately it’s becoming more popular).

**STAY OVERNIGHT.** Many popular destinations have a tourist rush hour (generally, between the hours of 10 a.m. and 4 p.m.), when everybody floods in from nearby cities, cruise ships, and tour buses. These day-trippers inundate the town, see the marquee attractions, do some shopping, then retreat to their home bases.

To enjoy these places without the crowds, spend the night. For instance, the historic Spanish city of Toledo, on a high rocky perch just south of Madrid, is mobbed with day-trippers. But after they leave, locals push away the postcard racks and come out for their paseo—and the real Toledo emerges. Touristy towns really come into their own late at night and early in the morning. If you play it right, it’s just you, floodlit cobblestones, and romantic ramparts.

**FIND LESSER-VISITED ALTERNATIVES.** Many travel dreams are created by the tourism industry, which tend to pump up the clichés of each country. For Germany, it’s castles, beer, and the Rhine River. This area, while pretty, also has lots of traffic, train noise, commercialism, and bus tourism. But nearby, you can have a similar and quieter experience along the Mosel River. The misty Mosel is

what some visitors hope the Rhine will be—peaceful, sleepy, romantic villages slipped between steep vineyards and the river. My favorite town here is Beilstein, where you can sit at your guest house sipping wine produced right in the valley, gazing at views of the river and distant vineyards.

**VISIT SECONDARY SIGHTS.** Many travelers focus only on the top sights, missing many worthwhile, less-known attractions. While every tourist in Paris descends on the Louvre and Orsay, places like the Rodin Museum, with a spectacular sculpture garden, or the Cluny Museum, with its mysterious “Lady and the Unicorn” tapestries, are positively peaceful.

It’s also fun to seek out museums suited to your private little fancies. I love human bones, so in Rome, while everyone’s at St. Peter’s, I visit the Capuchin Crypt, with thousands of 18th-century bones stacked artistically. Similarly, if you’re into the Beatles, Barbies, thimbles, shoes, or chocolate, there’s a museum in Europe for you.

**SEE TODAY’S EUROPE.** I love Europe today, and oftentimes that’s an angle that travelers miss. In big cities, it’s worth leaving the old town to visit the modern business districts, such as London’s Canary Wharf or Paris’ La Defense.

Lately, I’ve been enjoying the less glamorous second cities—the Chicagos of Europe—such as Antwerp (Belgium), Marseille (France), Liverpool (England), and Hamburg (Germany). A lot of money and effort are being put into revitalizing these once-depressed, former Industrial Age powers, giving them a certain energy that you don’t

find in other cities. If you have three days in Edinburgh, spend one of them in Scotland’s second city: Glasgow (just 45 minutes away).

**JOIN THE LOCALS.** To me, the best back doors are ones where you hang out with Europeans in their element. Visit the weekly market and buy fruit from a local farmer. Attend an evensong service in Britain. Go to a sporting event—soccer in Spain or hurling in Ireland (and just think about all the cultural insights Europeans would gain if they attended an American tailgate party and college football game). Join the old retired French guys in a game of petanque. Or visit a Budapest bath, slip into a too-tight bathing suit, and challenge some big guy to a chess match.

Europe may be crowded, but it provides endless joy if you know where to find those offbeat, back-door nooks.

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

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## HUMOR

# The Haunted Disc Jockey

As Halloween approaches, Barkley Michaels muses about episodes in his long career as a disc jockey at Letongaloosa's own radio station: WZBZ Mega-Radio. One episode stands out. Barkley calls it "The Control Room Ghost Story."

Halloween night was a tough shift for a disc jockey. There were always lots of crank calls.

Ring.  
"K-R-U-D Radio. What's your request?"



Larry  
Day

"Does Letongaloosa Boulevard run past your station?"

"Yes, it does."

"Then you'd better run out and catch it. Ha, ha, ha, ha." Click.

Barkley wasn't even supposed to be on duty. His friend Garrison Storm, the station meteorologist, had asked Barkley to fill in for a sick employee.

On top of all that it was Halloween and there was the ghost legend.

According to lore handed down over the decades, Mega-Radio was haunted by the ghost of the former station owner Reginald Wicker. Mr. Wicker had died of apoplexy in the control booth as he bawled out a new announcer. The announcer had mispronounced the name of the person who bought more commercial time on the radio than any other sponsor. His name was Kules Klemelborg. The young

announcer had pronounced the first name "Klules" instead of "Kules."

Wicker went ballistic, and in the middle of his tirade, Wicker dropped dead right there in the control booth.

After Wicker's death, there were strange manifestations. Control room lights would grow brighter then dimmer, then go out. Announcers' throats suddenly tightened up and they sounded like Minnie Mouse for a few seconds. Then their voices would go back to normal. It was pretty easy-going haunting. It was not threatening or scary.

But then there was the curse. Wicker's ghost was condemned to haunt the station until some future announcer pronounced the name Kules Klemelborg correctly. The incident happened years ago. Kules Klemelborg has long since joined Reginald Wicker in the great broadcast network in the sky.

The odds of removing the curse became slim to none.

So, there was Barkley on the air at KRUD-radio on Halloween night.

"Ring."

"K-R-U-D Radio, what's your request?"

"Can you play a Golden Oldie for me?"

"Sure thing, if we have it. What do you want me to play and who is the song going out to?"

"Please play 'I Want to Hold Your Hand' for my Great Grandpa, Chellsie Clinghampton," said the caller.

But just as the caller began to give the name of the person to whom his request was going, a loud crackling noise came into Barkley's headphones.

"Sorry, I didn't get that name. Stay on the line while we go to a commercial," Barkley told the caller.

At that very instant a ghostly voice came into Barkley's earphones. It whispered, "The song is for Kules Kemelborg."

"Did you say Caroline Clemantis?" asked Barkley

"Kules Kemelborg," said the ghostly voice emphatically.

"Okay, I've got it now. This song's for Chelsey Clarington, right?" said Barkley.

"No. No! The name is Kules Kemelborg."

"That's Chester Clemmelthorne?"

At this point, the station was coming back from the commercial. Barkley pressed a button to cut the caller off, but the call light didn't go out. The caller was still on the line.

"Play 'I Want to Hold Your Hand,' for Kules Kemelborg," said the caller.

Play it NOW."

Barkley improvised. "Okay listeners. We have a special request for 'It's Now or Never' for Claireese Caltenborn."

There was a loud crackling noise, then static. The dials on the control board in front of Barkley started to jump around.

Barkley panicked.

"Here we go folks. This number's for Cleatus Carrlingberg, Carlene Clampton, Krystal Klomberg, Charlie Chinghammer," Barkley's voice lost its suave announcer quality. He sounded tinny and desperate. "Kleatis Klogsider, Karlos Kimmell, Klarice Kleenboppter, Kelly Kemmelwitz, Klaghorn Kipplemeyer, Konstance Kimberly."

Barkley paused, terrified. A quiet, ghostly voice came into Barkley's headphones:

It said, "The name is "Kules Kemelborg."

"This one's for Kules Kemelborg," screamed Barkley.

A loud pop sounded in the booth, a puff of smoke rose from the control board, and, with a shriek of joy, the ghost of Reginald Wicker, K-R-U-D Radio's resident ghost, disappeared forever. Happy Halloween.

- 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

## A sweet, tangy stir-fry is easy on the budget and brings everyone together

All across the country, people are at a transition point in their dinner-time habits. We've finished summer's easygoing days, when the evening meal might mean grilled burgers and hot dogs or a quick bite out before a movie or maybe the children heading off in different directions for dinner at friends' homes. It sometimes seemed as if the family dinner table was a forgotten piece of furniture.



Wolfgang  
Puck

Now vacations are over, school is back in session, and the sun is setting earlier day by day. It's the right time to gather around that table again for a home-cooked meal.

Sharing food you cook for yourself and your loved ones is a remarkably effective way to build closeness. Good meals shared can make everyone happier and more relaxed, leading to easier conversations and closer bonds. If you're a parent, the dinner table offers an especially good opportunity to catch up on your kids' activities—and make sure they're doing their homework!

But how can you get back into the habit of cooking nightly meals? The easiest way is to focus on recipes that provide big flavor and great satisfaction with minimal effort. And that often leads me to stir-frying.

This Asian cooking technique evolved long ago as a way to cook food quickly without using too much precious fuel. By cutting up your ingredients into uniform, small pieces and stirring them together quickly in a large pan over high heat, a delicious one-dish meal can be cooked in minutes.

Flavor is quickly added through liquid seasonings that can also play the role of marinade for whatever protein is featured; and a touch of cornstarch helps to bind that sauce when heated, beautifully coating all the stir-fried ingredients. The only other dish you need to make the meal complete is some steamed rice that you start cooking, following package instructions, before you start preparing the main dish.

In addition to being quick and easy to prepare, and delicious, the following recipe for a sweet-and-tangy pork-and-vegetable stir-fry has yet three more aspects to its appeal. First, it features ingredients you may well already have in your pantry or refrigerator, or certainly ones you can find easily in your local supermarket. Even better, it's surprisingly economical, with the entire ingredient list probably costing less than you'd spend to feed four people in a fast-food restaurant. And finally, you don't even need a wok to make it; a large frying pan works fine.

Feel free to substitute boneless, skinless chicken for the pork, or add other vegetables you like. Eventually, you can start inventing your own stir-fries,

coming up with new ways every evening to lure everyone back to the table.

### SWEET-AND-TANGY PORK-AND-VEGETABLE STIR-FRY

Serves 4 to 6

12 ounces (375 g) well-trimmed center-cut boneless pork chops, about 1/2 inch (12 mm) thick

1 green bell pepper, halved, stemmed, and seeded

1 medium-sized yellow onion, peeled

1 medium carrot, trimmed and peeled

3 tablespoons soy sauce

1 1/2 tablespoons cornstarch

1 tablespoon minced garlic

1 1/2 tablespoons Asian-style toasted sesame oil

2 teaspoons white wine vinegar

1/4 to 1/2 teaspoon crushed red pepper flakes

1 1/2 tablespoons light brown sugar

1 1/2 tablespoons peanut oil

Kosher salt

Freshly ground black pepper

Steamed white rice, for serving

2 scallions, trimmed and thinly sliced, for garnish

With a sharp knife, cut the pork chops into 1/2-inch (12-mm) dice. Set the meat aside in a medium mixing bowl.

Cut the bell pepper, onion and carrot into 1/4-inch (6-mm) dice, combining them in a separate bowl.

Pour the soy sauce into a small mixing bowl. Add the cornstarch and stir with a fork until the cornstarch has dissolved completely. Stir in the garlic, sesame oil, vinegar, red pepper flakes and brown sugar. Add the seasonings mixture to the bowl of diced pork and toss well. Set aside at room temperature to marinate for about 15 minutes. Wash your hands thoroughly.

Heat the peanut oil in a large frying pan over high heat. Add the pork mixture and stir-fry with a long-handled spoon or spatula, keeping the pork cubes moving continuously around the pan, until they have turned lightly golden, 3 to 5 minutes. Add all the diced vegetables and season with salt and pepper. Continue stir-frying over high heat until the pork is cooked through and nicely browned and the vegetables are tender-crisp, about 2 minutes longer.

Spoon the steamed rice into individual serving bowls or onto serving plates. Spoon the stir-fried pork and vegetables on top of the rice. Garnish with scallions and serve immediately.

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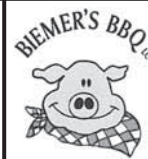


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## MY PET WORLD

# How to handle approaching dogs on a walk

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** I have a 16-pound Havashu. We do not have a fenced yard, so she is walked several times a day. There are quite a few large dogs that we encounter on our walks through the neighborhood. Some are being walked and are leashed, and some are allowed loose. Sometimes, the people with the leashed dogs want our dogs to meet. If they are really large, I am reluctant because of the size difference. The loose dogs charge at us. I am afraid of large dogs (having been cornered by a pack as a child), so my fear transfers to my dog. What is the best course of action? Fortunately, at every encounter, the owner was nearby and came to our rescue, but I am afraid that one day we will meet a dog without its owner. Can you please advise me on what to do? - June P., Patchogue, NY

**Dear June:** I understand your fears. My dog and I were once cornered by two dogs without their owner. My dog fought them off trying to protect me and was injured. After that, we could not walk around the block without him feeling anxious about every passing dog.

Even if you haven't been cornered by a dog, it can be stressful to see a large, unleashed dog approaching you. Your dog will feel your tension through the

leash, so whatever you can do to ease your fears, like deep breathing, can be helpful to you both.

There are only a handful of things you can do. You carry an umbrella, which when opened can serve as a barrier between you and the approaching dog. You can shake a can of coins, toss the can onto the street (never at the dog), or use a Pet Corrector, which emits compressed air, to startle a dog and hopefully stop them from coming any closer.

Another technique is to put your leashed dog behind you in a sit position, and stand in front of him, letting your dog know "you got this." Then, lean toward the approaching dog, yell "enough" as loudly as you can, and point outward over the dog indicating you want the dog to go away. Surprisingly, it works well in getting curious dogs (not aggressive dogs) to step back.

As for the people and pets who want to meet you, it's OK to say, "No thanks." You are allowed to set boundaries for you and your dog. Let me know how some of these strategies work for you.

**Dear Cathy:** I have five inside cats, and feed three stray cats in my yard, which has woods behind it. I have been feeding these cats for five months. There have been others in the past that I have trapped, had neutered/spayed and rehomed.

The problem is, my family and I are moving to another town, and I am

worried about these cats. I do not want to leave them, but I can't bring them with me as we are moving to a condo community. One cat appears feral, but the other two are cats that have been left on our block. One lets me pet him and has a tipped ear. I cannot touch the other two, even though one rolls on the ground and shows me his or her belly. I would appreciate any suggestions. - Kathy M., Sayville, NY

**Dear Kathy:** How kind of you to take care of these community cats. I am glad to hear you get them fixed and find homes for the ones who are friendly. You are certainly doing your part to help animals.

There are two things I would do. First, it's always best to leave feral cats where they are, so call the local feral cat group and let them know you are moving to see if they have any volunteers in your area that can help feed these cats. Second, ask around your neighborhood to see if there is someone who might be willing to feed these cats after you move.

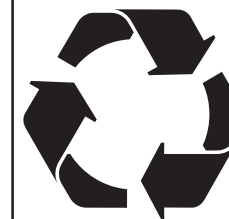
If you can't find anyone to take care of them, then these cats will have to

find another food source, which may make them a nuisance in neighborhood trash cans. But if a neighbor agrees to feed them, then these cats will hardly be noticed in the neighborhood. Use this argument as your "selling point" for convincing someone to help.

Sometimes, the people moving into a new home are willing to take over this care too, if you ask them.

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

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## MEMORIES ARE FOREVER

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

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



Tom  
Mach

## Halloween in the 50s

By Vicki Julian

Halloween in the 1950s was a great time to be a kid! While creativity soared in other ways, it was a treat to choose among the ready-made costumes. I vacillated between the extremes of scary (skelton) versus fantasy (drum major-ette). Although I also remember being a witch and a princess, I can't recall any others except my one home-made costume.

Visiting my grandparents in a small town in Oklahoma, my parents unexpectedly opted to for Halloween. Since there was no place to purchase a costume, my aunt contributed a sheet with eyeholes to simulate a ghost and enabled me to accompany my cousins (who had store-bought costumes) for trick-or-treating. Obviously, it wasn't

just kids who preferred the manufactured attire as no one commented on what I was wearing, just on my cousins' choices. We all returned home with the same amount of candy, but I vowed no more home-made costumes.

Now, as any kid knew, it really was all about the candy. I abhorred anything nutritious such as an apple unless it was dipped in caramel or cinnamon candy coating. And don't bother with the popcorn either; I could have that at home. But the biggest problem with homemade treats was my mother. I wasn't allowed to eat anything unless she knew the source. It wasn't for fear of poison or razor blades, it was a matter of whether the item was prepared in a sanitary fashion.

The best thing, of course, was determining how much "loot" could be gathered. It wasn't uncommon to fill a large grocery bag or have one of the decorative Halloween sacks with handles break from the strain of too much candy. It was also uncommon to see a home that didn't have a lit porch light to welcome trick-or-treaters.

It was always a competition with friends as we rushed to ring doorbells and compare our bounty. And it was pure joy to go blocks from home without an adult chaperon, especially at 7 or 8 years of age. But one of my best

years was trick-or-treating with my pet raccoon.

Conrad-Henry was nearly a year old and one of the best pets a child could ever have. He was smart, played games, knew when and where to meet me at the end of the school day, was always willing to accommodate whatever silly whim I had, and he loved candy as much as I did.

Since, at age 10, my days of trick-or-treating were coming to an end, I decided to make it memorable. I bought a little witch's hat for Conrad and made him the focal point after ringing doorbells. We each had a sack which I held open for our rewards after demonstrating a trick or two that he could perform. We then hopped on my bike with Conrad in the basket flanked by the two sacks. I clearly explained to him which was his and which was mine, but he constantly pilfered mine along with his while I peddled. When we finally returned home, I discovered he had eaten all of his (and my) favorites from both sacks. Since he clearly couldn't grasp the concept of sharing, that was the last time I took him anywhere candy was available.

As I grew a little older and able to help my parents give out treats, I enjoyed their revelry in sometimes being a kid too. One such year, Dad decided to create a little scary fun. He retrieved a human skull stored in our basement, a prize given to him as a premed student at KU years ago. A medical fraternity group hazed incoming members by making them eat a piece of pie off a cadaver, and Dad was given the skull as the top award. (Contrary to what one might think, that isn't why he chose a law profession instead!)

Dad inserted a candle in the skull and placed it on the windowsill underneath the porch light. Everything went fine until trick-or-treaters discovered it was the real thing and many left screaming. After that, candy beggars warned others, and very few braved the steps to our home.

After Halloween, Dad decided the skull deserved a proper burial in our backyard. Someday, I imagine it will be discovered and someone will think it was the result of foul play. Now that will be scary!

- If you want to learn more about Vicki, contact her at [www.vickijulian.com](http://www.vickijulian.com).



Vicki Julian



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## LIZ SMITH

## Charles Busch covers the '60s ... Doris Day honored in her hometown

By Liz Smith

Tribune Content Agency

*"COME mothers and fathers  
throughout the land*

*And don't criticize What you can't  
understand/Your sons and your daugh-  
ters are beyond your command/Your  
old road is Rapidly agin.' Please get  
out of the new one*

*If you can't lend your hand/For the  
times they are a-changin'"*

Who of a certain age—oh, any, age,  
really—doesn't know these Bob  
Dylan lyrics to his great 1964 song?

And who hasn't covered it? Every-  
one from Nina Simone to Simon and  
Garfunkel, Peter, Paul and Mary, Phil  
Collins, Bruce Springsteen, The Bryds,  
Tracy Chapman, Eddie Veder, Richie  
Havens, Franky Perez and Los Guard-

ianes del Bosque, Josephine Baker and  
now—ta-da!—Charles Busch.

Playwright/actor Busch—Tony nomi-  
nee, Drama Desk Lifetime Achievement  
honoree, two-time MAC Award winner,  
and all-around adorable human—will  
soon tackle the Dylan classic along  
with songs composed by Henry Man-  
cini, Jimmy Webb, Burt Bacharach, the  
Beatles, Kander and Ebb, Sondheim,  
etc. This melodic melange happens  
at Feinstein's 54 Below, where Busch  
often appears. His latest act is titled  
"Charles Busch: My Kinda '60s."

Charles will tell tales of his New  
York childhood and his now-famous  
Aunt Lillian, who gave him encourage-  
ment and perhaps left a tube of Max  
Factor Pan-Stick lying about, for curi-  
ous inspection/application. Busch will  
be accompanied on his journey with his  
longtime musical director and arranger,

Tom Judson—a marquee name if there  
ever was one.

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Way back in 1987, I first experi-  
enced Charles Busch in "Psycho Beach

■ CONTINUED ON PAGE 35

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# Liz Smith

■ CONTINUED FROM PAGE 34

Party.” (Friends who had seen him in “Theodora, She-Bitch of Byzantium” and “Kiss the Blood off My Castanets” had urged me to travel downtown.) It would be a few years before we knew him personally. I thought then, “clever, so clever ... but can he sustain?”

Cut to the year 2000 and “The Tale of the Allergist’s Wife,” and I felt like a proud parent as he took his “Author! Author!” bows with his cast, Linda Lavin, Tony Roberts and Michele Lee.

And here we are, 2017—Busch is now an assured cabaret performer/raconteur, whether in sequins or a sweater and slacks. He has transformed, he has indeed sustained.

## THIS ‘N THAT:

...On Sept. 27, at City Hall, the city of Cincinnati honored home girl Doris Day—who has never won an Oscar! There was a screening of “Pillow Talk” at the Esquire Theater, and a fundraiser was scheduled for the 28th to benefit her Doris Day Animal Foundation. Clips

from Day’s films were also rotated on screens at a Cincinnati video store, which also served “Day-inspired drinks,” such as the “Love Me or Leave Me” margarita!

Miss Day—WHO HAS NEVER WON AN OSCAR!—deserves every honor she gets.

...

...Remember the other day we told you about the re-release of the Rolling Stones album “Their Satanic Majesties Request”? Well, here’s more Stones news of a sort. On every Thursday of October at NYC’s Pangea, singer (and “scabrous satirist” as the NY Times has called her) Tammy Faye Starlite will perform “Just a Kiss Away: Tammy Faye sings the Jagger/Richards Songbook.”

She will interpret a different Stones album each week, beginning with “Beggar’s Banquet.” (She’ll also perform “Let it Bleed,” “Sticky Fingers” and “Exile on Main Street.” The press release notes “most of it,” referring to the latter album.)

For tix and info, visit [www.pangea-nyc.com](http://www.pangea-nyc.com).

- E-mail Liz Smith at [MES3838@aol.com](mailto:MES3838@aol.com).

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With Bob Jones

Tribune Content Agency

Both vulnerable, West deals

NORTH

♠-A K J 7

♥-K 10

♦-K 3 2

♣-A K 10 4

WEST

♠-6 5

♥-A 8 7 4 3

♦-A 8

♣-Q J 7 5

EAST

♠-Q 10 8 4 2

♥-Q J 6 2

♦-7 6

♣-9 3

SOUTH

♠-9 3

♥-9 5

♦-Q J 10 9 5 4

♣-8 6 2

The bidding:

WEST	NORTH	EAST	SOUTH
1♥	Db1	3♥*	Pass
Pass	Db1	Pass	5♦

All pass

\*Pre-emptive

Opening lead: Ace of ♥

North's second double showed a very good hand, and South might have passed. The defense can extract a painful two-trick penalty as long as they get after their diamond trick soon enough. Instead, South chose an aggressive jump to game over the timid four-diamond alternative. South's decision is not

clear-cut. What would you have done?

West shifted to a spade at trick two. South won with dummy's ace and led a low trump to his queen and West's ace. West continued with another spade. Declarer won with dummy's king, cashed the king of diamonds, drawing trumps, and ruffed a spade, hoping to ruff out the queen. No luck there, so the only remaining chance was to find West with both missing club honors. South lead a club, said a silent prayer, and inserted dummy's 10 when West played low. Success! South's aggressive bidding had paid off and he scored up his vulnerable game.

West could have made a better effort on defense. Should partner have a spade

trick, there was no rush to get after it. There was a clear danger, however, with the ace-king-10 of clubs sitting over him in the dummy. West should have shifted to a low club at trick two. What declarer would stake his contract on the double club finesse before making some play in spades. It's quite likely that a club shift would have seen the defense prevail.

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

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Casey Penfold, HIS  
President/Owner

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## CROSSWORD

### Across

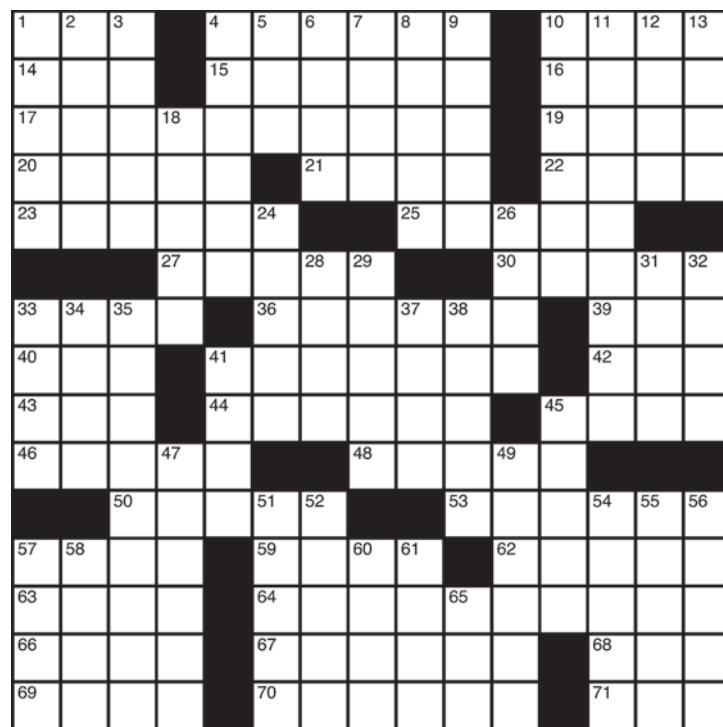
- 1 Hoopla
- 4 Device for a selfie video
- 10 Poker pot disk
- 14 Under the \_\_\_:  
pressured
- 15 Brightly plumed  
songbird
- 16 Subtle glow
- 17 Fastener secured in  
concrete
- 19 "You're not serious!"
- 20 Typical film festival  
entry
- 21 Chocolate-and-toffee  
bar
- 22 Loiter, with "out"
- 23 Cosa \_\_\_
- 25 Wyoming voters since  
1869
- 27 "Morning Joe" ainer
- 30 Central courtyards
- 33 Ore-rich vein
- 36 Bumbling sort
- 39 \_\_\_ nouveau
- 40 Angst-filled music  
genre

- 41 "The salt-free flavor  
statement" brand
- 42 lams eater
- 43 Football lineman
- 44 Withdraw officially
- 45 Refuse to confess to, as  
charges
- 46 Severity
- 48 Tennis tie
- 50 Kick out of school
- 53 Sound of little feet
- 57 Murder mystery staple
- 59 Oscar winner Sorvino
- 62 \_\_\_ cotta
- 63 Digital reading, for short
- 64 Unpredictably nasty  
quality
- 66 Firestone product
- 67 Involve
- 68 Holy mlle.
- 69 Mail-routing abbr.
- 70 Dangerous tropical fly
- 71 Distress letters

### Down

- 1 From the top
- 2 "I'm stumped!"

- 3 How music may be sold
- 4 Some wine-and-dine  
sorts
- 5 Misspell or misspeak
- 6 Spatter catchers
- 7 Concoct, with "up"
- 8 Give the go-ahead
- 9 L.A. rail and bus service
- 10 Official seal
- 11 Seriously endangered  
group in Mary Shelley's  
"The Last Man"
- 12 It's pumped in gyms
- 13 Hint of hunger
- 18 "Another card, please"
- 24 Tennis great Agassi
- 26 Sitcom set in Korea
- 28 Pear variety
- 29 Like a cryptogram
- 31 Pakistan neighbor
- 32 Justice Dept. employee
- 33 Creepy look
- 34 Upscale hotel chain
- 35 '60s-'70s Chrysler  
compact
- 37 Lose strength over time
- 38 Go through entirely
- 41 Auto ad no.
- 45 Ward off
- 47 Space station supply
- 49 Dairy farm animals
- 51 Irish nationalist Robert



- 52 Creditors' claims
- 54 Rapunzel feature
- 55 Muse of poetry
- 56 Furrow-making tools
- 57 Software prototype
- 58 Leave off the list
- 60 Rank according to  
ability, say
- 61 Pre-med subj.
- 65 Family nickname

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

## JUMBLE

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

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

TBOOR

○ □ □ □ □

TAYBT

○ □ □ □ □

GAANIU

○ □ □ □ □

SEGINN

□ □ □ □ ○ ○

Print answer here: ○ ○ ○ ○ - ○ ○ ○ ○

Check out the new, free JUST JUMBLE app

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

## SCRABBLE G R A M S

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□ □ □ □ □ □ □ □

A<sub>1</sub> E<sub>1</sub> R<sub>1</sub> D<sub>2</sub> H<sub>4</sub> C<sub>3</sub> D<sub>2</sub>

RACK 1

□ □ □ □ □ □ □ □

E<sub>1</sub> I<sub>1</sub> I<sub>1</sub> R<sub>1</sub> C<sub>3</sub> P<sub>3</sub> S<sub>1</sub>

RACK 2

□ □ □ □ □ □ □ □

A<sub>1</sub> U<sub>1</sub> Y<sub>4</sub> W<sub>4</sub> F<sub>4</sub> L<sub>1</sub> S<sub>1</sub>

Double Word Score  
RACK 3

□ □ □ □ □ □ □ □

E<sub>1</sub> I<sub>1</sub> Y<sub>4</sub> F<sub>4</sub> F<sub>4</sub> R<sub>1</sub> L<sub>1</sub>

1st Letter Triple  
RACK 4

□ □ □ □ □ □ □ □

A<sub>1</sub> E<sub>1</sub> E<sub>1</sub> F<sub>4</sub> D<sub>2</sub> T<sub>1</sub> L<sub>1</sub>

RACK 5

PAR SCORE 270-280  
BEST SCORE 342

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

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

**CROSSWORD SOLUTION**

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

**SUDOKU SOLUTION**

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

**SCRABBLE GRAMS SOLUTION**

C <sub>3</sub>	H <sub>4</sub>	E <sub>1</sub>	D <sub>2</sub>	D <sub>2</sub>	A <sub>1</sub>	R <sub>1</sub>	RACK 1 =	<u>64</u>
S <sub>1</sub>	P <sub>3</sub>	I <sub>1</sub>	C <sub>3</sub>	I <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	RACK 2 =	<u>61</u>
S <sub>1</sub>	W <sub>4</sub>	A <sub>1</sub>	Y <sub>4</sub>	F <sub>4</sub>	U <sub>1</sub>	L <sub>1</sub>	RACK 3 =	<u>82</u>
F <sub>4</sub>	I <sub>1</sub>	R <sub>1</sub>	E <sub>1</sub>	F <sub>4</sub>	L <sub>1</sub>	Y <sub>4</sub>	RACK 4 =	<u>74</u>
D <sub>2</sub>	E <sub>1</sub>	F <sub>4</sub>	L <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	RACK 5 =	<u>61</u>
PAR SCORE 270-280							TOTAL	<b>342</b>

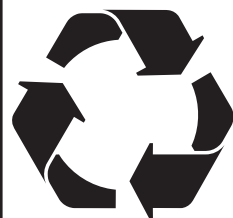
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**JUMBLE ANSWERS**

Jumbles: ROBOT BATTY IGUANA  
ENSIGN

Answer: He bought the tavern  
because it was a -- BAR-GAIN

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# Meet Dr. Mitch Tener

## Pulmonologist

The specialized physician expertise at Lawrence Memorial Hospital just keeps growing! Lawrence Pulmonary Specialists is pleased to welcome Mitch Tener, MD, to our care team. Dr. Tener is board-certified in internal medicine and pulmonary disease, and board eligible in critical care medicine.

Dr. Tener earned his medical degree from the University of Kansas School of Medicine in 2011. He then completed his internal medicine residency in 2014 at the University of Kansas Medical Center, where he also completed a fellowship in pulmonary/critical care. He served in the Kansas Army National Guard for seven years, and now, he says he is thrilled to be in Lawrence, where the personalized atmosphere at LMH reflects a shared commitment to excellence in patient care.

*"My favorite part of being a pulmonologist is getting to know my patients on a personal level and developing relationships with them. I want to create an environment where they feel very comfortable and at ease. I'm here to help them."*

Dr. Tener is now seeing patients at Lawrence Pulmonary Specialists. For a consultation, call **785-505-3205**. Learn more at [lmh.org/pulmonology](http://lmh.org/pulmonology)



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