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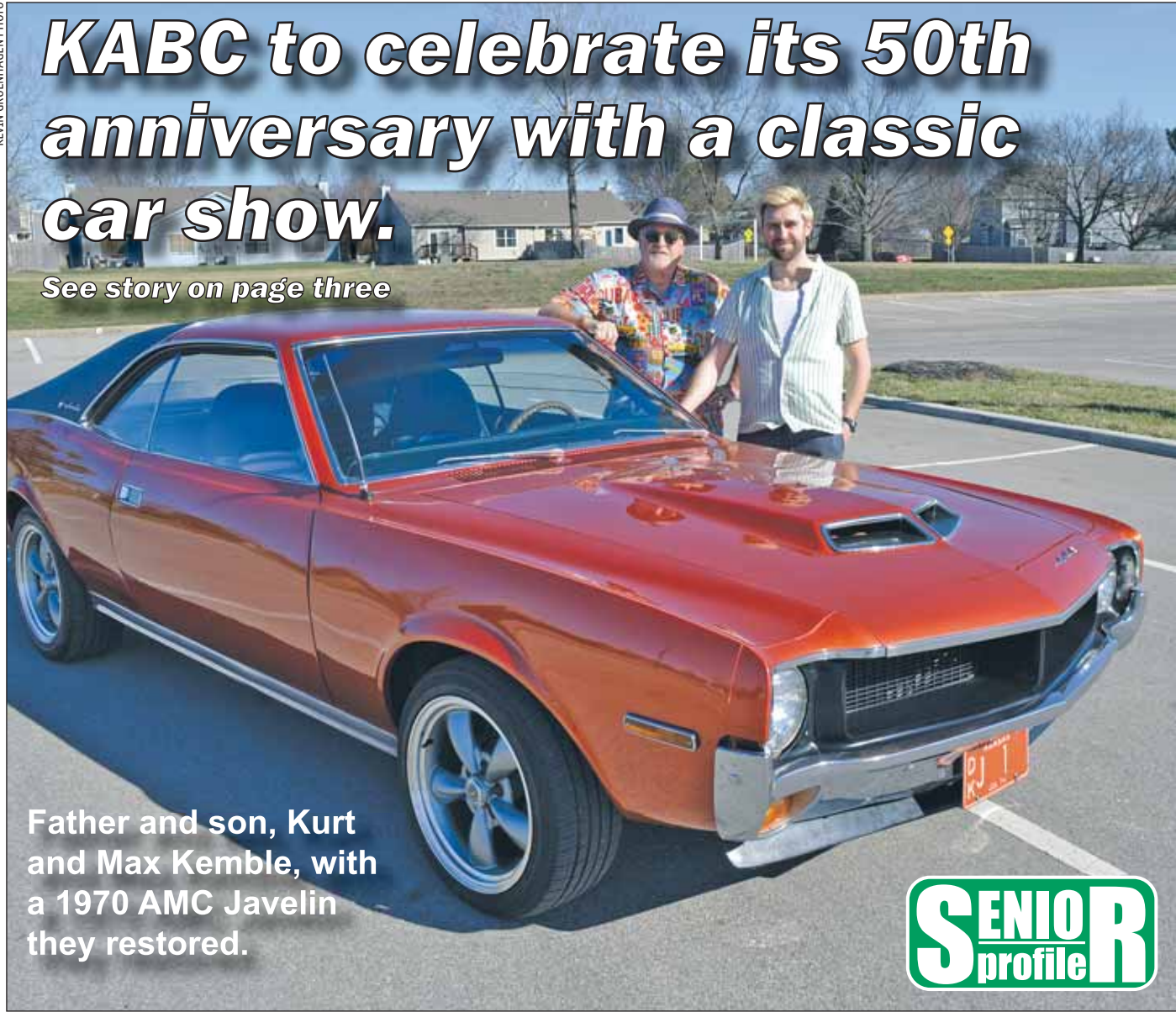
Vol. 24, No. 10

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KABC to celebrate its 50th anniversary with a classic car show.

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Father and son, Kurt and Max Kemble, with a 1970 AMC Javelin they restored.



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KABC to host classic car show on June 7

By Kevin Groenhagen

As the communication and public relations coordinator for Kansas Advocates for Better Care (KABC), Libby Hastings's responsibilities include finding ways to celebrate and promote KABC's 50th anniversary this year.

"We wanted to do a community event that would help us celebrate KABC's 50th anniversary and also serve as an introduction to KABC for those who haven't heard about us," Hastings said.

She had an idea for an event while she and her boyfriend, Max Kemble, drove by Pioneer Ridge on Wakarusa Drive in Lawrence.

"It was a collaboration with Max, who has a 1970 AMC Javelin," Hastings said. "I had been going to car shows with him a lot during the past couple of years. Many older folks are usually at car shows with their classic cars. As we drove past Pioneer Ridge,

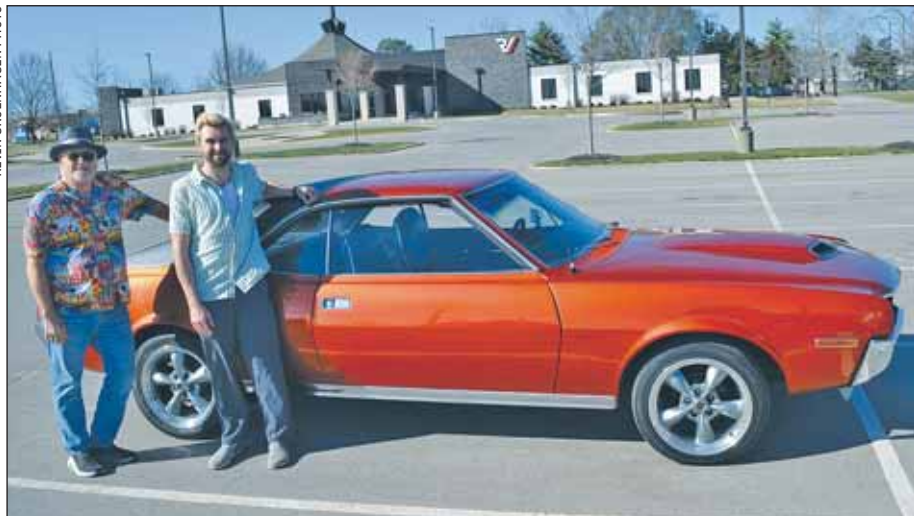
Max said, 'You know, I think it would be a good idea to have a car show either in the parking lot of a retirement community or near a retirement community so the residents could just get out and go to a community event.'"

Hastings agreed that a classic car show was a good idea and believed it would be the perfect way to celebrate KABC's 50th anniversary with the Lawrence community, where KABC started. After all, classic cars can evoke memories, especially for those who grew up when many classic cars came off the assembly lines. Seniors visiting the show might take the opportunity to share stories about their first cars.

Hastings began organizing the classic car show, "Revving Up Joy," which will be held in the parking lot of Rev City Church, 700 Wakarusa Drive, in Lawrence on Saturday, June 7, from 9 a.m. to 12 p.m. Having a classic car show at a church with "Rev" in its name is merely a happy coincidence.

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KEVIN GROENHAGEN PHOTO



Kurt and Max Kemble with the 1970 AMC Javelin they restored. The Javelin will be on display at KABC's classic car show on June 7.

Kaw Valley
Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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KABC car show

CONTINUED FROM PAGE THREE

“Rev City Church has graciously donated their parking lot and restrooms to us for the day at no cost,” Hastings said. “The church is right across the street from Pioneer Ridge. The car show is open to the public, but we wanted to have the show near a retirement community.”

“Registration to participate in the car show is free for those who want to display their classic cars, and we’ll also have goodie bags for the car owners,” Hastings added. “We’ll have little gifts in the bags for them. We want to make it worthwhile for the folks who bring their cars.”

Those who want to register their classic cars for Revving Up Joy can do so at kabc.org/carshow. If you have questions, Hastings can be contacted at lhastings@kabc.org or 785-842-3088.

Visitors can attend Revving Up Joy for free, and water, sodas, and coffee will be available at no cost. In addition, visitors will also have the opportunity to take part in the show.

“We will have award categories for the cars, including ‘Residents’ Choice,’ for residents to vote on,” Hastings said. “We’ll have a special trophy for ‘Residents’ Choice.’”

Kemble plans to display his 1970 AMC Javelin SST at Revving Up Joy. The Javelin was American Motors Corporation’s entry into the “pony car” market. It won the Trans-Am race series in 1971, 1972, and 1976.

“Max and his father, Kurt, bought the car at auction when Max was in high school,” Hastings said. “Max helped rebuild the car with his father. The car

was originally burnt orange, but it was black when they bought it. I believe it had moldy, shag carpet inside, which they had to take out. It took many years to restore.”

In addition to Revving Up Joy, KABC plans to share a documentary with the community during the fall.

“Later this year, we’re hoping to do a documentary showing of *No Country for Old People*,” Hastings said. “It’s a documentary about nursing home abuse. I’m still hammering out the details, but it will be shown at Liberty Hall in Lawrence. We’re aiming to show it in late October or early November.”

Directed by Susie Singer Carter, an actress who co-produced *Soul Surfer* (2011), and produced by Rick Mountcastle, who retired from the United States Attorney’s Office in 2018 after nearly 24 years of service, *No Country for Old People*, is a cautionary tale exposing decades of lethal neglect in nursing facilities. The trailer for *No Country for Old People* can be viewed at youtube.com/watch?v=agd2maqMi-A.

While KABC is celebrating its 50th anniversary this year, a tragedy nearly a decade earlier inspired its founding.

In 1966, Anna “Petey” Cerf (1913-1996) of Lawrence had been reading regularly to a nursing home patient. The patient was the last survivor of nine children, blind, and she had had both of her feet amputated. One day as Cerf was reading to the patient, the patient was ill and yelled, “I can’t breathe!” A registered nurse, the administrator’s daughter, entered the room and said, “Shut up. You’re always yelling.” Cerf was horrified the next day when she saw the patient’s name in the obituary section of the newspaper.



Dalton Mick, Lawrence, plans to have his 1978 Pontiac Grand Prix (above) on display at KABC’s classic car show, while Lucas Mynatt, Kansas City, Missouri, plans to be there with his 1966 Mustang (below). Courtesy photos.



Cerf and other women (Jessie Branson, Leslie Ketzler, Harriet Nehring, Katie Pyle, and Bryona Wiley) from Lawrence and Topeka formed a steering committee. They began visiting and phoning concerned citizens through-

out the state. On October 11, 1975, they brought together approximately 150 people for an Organizational Conference in Wichita, and Kansans for Improvement of Nursing Homes

CONTINUED ON PAGE FIVE



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Andrea Graham, Director

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KABC car show

CONTINUED FROM PAGE FOUR

(KINH) was launched. KINH became KABC in 1996.

“Between April and September 1976, The KINH Committee on Monitoring visited 26 nursing homes around the state to observe existing conditions, to determine quality of care, and to report findings to responsible state officials and to the legislature,” KABC’s website notes. “Some of the problems they found included understaffing, underpaid and untrained aides, inappropriate placement of the non-geriatric handicapped, lack of rehabilitation programs or equipment, lack of physician participation, and lack of competent administration. Committee chair Jessie Branson remembers, ‘Sometimes I would feel wet sheets, and you could feel some patients’ skin and know they were dehydrated. Some had feces under their fingernails and on their hands.’”

KINH was incorporated as a 501(c)(3) organization on November 4, 1976. In June 1977, Kansas Governor

Robert Bennett, prompted by KINH’s advocacy, began a series of surprise visits to nursing homes around the state. While he found good care in some, he also discovered serious problems in others.

After his visits and KINH’s urging, Bennett appointed an Advisory Committee on Nursing Homes. Cerf and Branson served on the eight-member committee, which included representatives from the nursing home industry and government agencies.

At the committee’s first meeting on July 29, 1977, Bennett stated, “Those in the nursing home industry have a responsibility to do better than simply operate profitable body warehouses for the aged.”

“That quote is still relevant today,” Hastings said.

As part of its mission to improve the quality of long-term care for older Kansans at home and in residential care settings, KABC continues legislative advocacy and offers numerous

publications on its website, kabc.org. Those publications include elder care booklets, a quarterly newsletter called *Kansas Advocate News*, a Douglas County Senior Resource Directory, County Comparison Reports, and Consumer Information Reports.

KABC is also looking for additional volunteers. A volunteer application form is available at kabc.org/volunteer

For more information about KABC, please visit the organization’s website or call (785) 842-3088.

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The Estates of Lawrence offers townhomes for seniors

By Billie David

Wheatland Investments Group, the family-owned company that developed Bethel Estates of Lawrence for seniors 55 and older, recently opened The Estates of Lawrence, another development designed for Lawrence seniors.

The Wheatland Investments Group is based out of Gardner in Johnson County.

“We have been developing properties for over 35 years,” said group member Kelsey Herr, adding that Wheatland Investments started 40 years ago and is a family-owned group that also owns developments in De Soto, Gardner, Oklahoma, and Texas.

The two Lawrence developments are situated next to each other. Bethel Estates of Lawrence is an apartment complex consisting of one- and two-bedroom units located at 2140 E 25th Terrace. The Estates of Lawrence, which consists of two- to three-bedroom townhouses, is also located at 2140 E 25th Terrace.

“There was still a need for more affordable housing for seniors,” Herr

said of Wheatland Investments’ decision to add the second development. Apparently, they were right because the new development is almost completely occupied.

“The units became available for occupation last July,” Herr said. “We would love to start a waitlist.”

Explaining why Lawrence Estates’ units are larger than those of Bethel’s, Herr said, “We had heard from Bethel residents that they wished the units were bigger so they could host holidays and other gatherings. The new units are over 1,300 square feet.”

Because the townhomes are designed for seniors and their families, the master bedrooms and living areas are located on the ground floor for easy access.

The Estates of Lawrence consists of 38 two- and three-bedroom units that include a garage and patio in the back, as well as space for a garden area.

Herr said they are close to shopping areas—near Subway and Set ‘Em Up Jack’s—and not far from Walmart. If people want to go farther for shopping and other events, the bus will pick them up from a couple of blocks away.

COURTESY PHOTO



The Estates of Lawrence consists of 38 two- and three-bedroom units that include a garage and patio in the back.

“We are very proud of the project and are excited to help seniors find affordable housing,” Herr said.

Wheatland Investments can be

reached by calling the Lawrence office at 785-424-7819 or through their website at www.wheatlandinvestments-group.com.

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HEALTH & WELLNESS

Interventional cardiology: Minimally invasive, maximum impact

By Autumn Bishop

LMH Health

It's only about the size of a fist, but the heart is the hardest working organ in your body. It pumps the equivalent of 2,000 gallons of blood throughout your body all day, every day, so it's important to keep it in top shape.



If you have high blood pressure, high cholesterol or other risk factors, your primary care provider might refer you to a cardiologist—a physician that specializes in caring for the heart. But if there's more going on, you may be seen by an interventional cardiologist like

Dr. Aaron Doonan.

What is an interventional cardiologist?

Cardiologists care for patients with many kinds of heart conditions, including heart failure and vascular disease. Interventional cardiologists also treat these conditions, but you're more likely to see one after a problem has already occurred.

"The biggest difference between general and interventional cardiology is procedure-based. Interventional cardiologists perform heart catheterization procedures, which means we care for people who need stents or artery disease interventions," Dr. Doonan explained.

While cardiology was always his calling, Dr. Doonan also loves working with his hands. That aligns with the hands-on nature of interventional

cardiology.

"I like to try and find and fix a problem, similar to tinkering with cars or maintaining equipment. I guess you could say that I like to tinker, and interventional cardiology is a lot like that," he said.

LMH Health has two interventional cardiologists on staff—Dr. Doonan and Dr. Thomas Kurian. They each also provide general cardiology care.

"Interventionalists are usually called upon after a problem has occurred, but we also work with patients to prevent issues," Dr. Doonan said. "Someone may come to me to get out ahead of a problem. They've had a family member who has had a heart attack, or they've got a high calcium score indicating a buildup of plaque. But if you come to me in the middle of the night, that's a different story."

Optimize heart health and prevent cardiovascular disease



Dr. Aaron Doonan

Data from the Centers for Disease Control and Prevention (CDC) show that heart disease is the leading cause of death for men, women and people of most racial and ethnic groups in the United States. High blood pressure, high cholesterol and smoking are factors that increase your risk of developing the disease. Prevention is key.

"Do the things that you always hear doctors say. Eat a healthy diet and get some exercise. I recommend that you follow the diet and lifestyle recommendations from The American Heart Association," Dr. Doonan said. "When patients come to see me, we take time to talk about focusing on the basics. It can be hard to make lifestyle changes, but even small improvements have an impact."

Managing stress is also a big part of the equation—one that physicians haven't always talked about.

CONTINUED ON PAGE NINE



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Cardiology

CONTINUED FROM PAGE EIGHT

“Physicians are traditionally brought up to say let’s manage that hypertension or cholesterol with medication. We haven’t always talked about taking a 30 minute walk to ease your mind or unplugging from social media for a bit,” Dr. Doonan explained. “Those things are important because having a way to decompress is good for your heart as well.”

Cardiology care close to home

In February 2023, LMH Health entered into a strategic clinical relationship with The University of Kansas Health System (UKHS), paving the way for clinical partnerships that increase patient access to specialty care in and around Douglas County.

Traveling long distances to receive medical care can be challenging. Having interventional cardiologists like Dr. Doonan available locally as part of the strategic clinical relationship can make a ton of difference. They can handle acute problems at LMH and prevent patients from needing to be transferred to other facilities for care.

“If you have to get in the car and drive an hour to see your doctor or to get all of your testing, it adds hours to

your day and that can be hard. Convenience matters,” he said. “While LMH Health can’t handle everything, we can manage most of your care and emergencies locally.”

Dr. Doonan loves working at LMH Health. He says that the interactions he’s had between specialties, such as primary care and hospital medicine, have been outstanding.

“LMH Health has been such a welcoming and cordial community, both with patients and my colleagues. People are friendly and supportive and my partners have been great,” he said. “I find that it’s easy to walk down the hall with a smile and people smile back. Being at LMH gives you all the

good feels.”

- Autumn Bishop is the marketing

manager and content strategist at LMH Health.



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Dr.
Deena
Beneda

insects. Insects tend to be everywhere during the summer, especially on our plants in the garden. Many toxic insecticides, including organophosphates or other carcinogenic agents, are avail-

able to eliminate unwanted visitors. But are these the types of insecticides really what we want in our garden? Are these types of insecticides the ones we want to ingest? Especially those that are known to be carcinogens. If an insecticide is needed, there are natural alternatives to hardcore insecticides.

The first choice is natural soap sprays. These sprays are entirely non-toxic and kill insects by smothering them with soap. Soap sprays are easy to make on your own. For example, mix one tablespoon of liquid soap and one teaspoon of baking soda into a quart spray bottle and apply to the plant. Make sure to use a mild, all-natural soap to avoid harming the plants.

Diatomaceous earth is fossilized microbes ground into a powder. This

powder then acts as glass shards and shreds soft-bodied insects that slither across it. Diatomaceous earth is used for all crawling, hard-bodied insects, such as ants, snails, slugs, spiders, cutworms, and maggots. The application is simple—just spread the powder on the soil around the vulnerable plants. However, it only works when the plant is dry, so you may need to reapply after watering or rain.

Neem Oil is one of the best all-purpose natural insecticides. It kills everything from aphids, mites, worms, and squash bugs above the ground to grubs beneath the soil. Neem oil is a poisonous extract from the neem tree, a native tree to India.

Garlic, hot peppers, or onions ground up and diluted with water can make an effective spray to kill all sorts of insects. Another option is to compose your herbal water spray with the essential oils of sage, tea tree oil, thyme, rosemary, mint, and lavender to repel insects. Finally, other alternatives include rhubarb leaves, basil, tomato leaves, salt, orange or lemon peels, and mineral oil.

After choosing your formula, remember to apply it on top of the leaves and underneath. Please don't overdo it; excess can cause damage. Most recipes are effective as a weekly treatment. Finally, avoid treating plants during hot sunny days to reduce the risk of burning them.

These homemade pesticides are cheap. They are easy to make with most ingredients that can be found in your kitchen. The ingredients are earth-friendly and natural, so avoid toxic chemicals and choose a homemade natural insecticide. Enjoy your summer!

- Dr. Deena Beneda, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. She can be reached at 785-749-2255.



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MAYO CLINIC

Securing your future: The importance of advance care planning

By Maisha Robinson, M.D.

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: My mom recently sat us down at the dinner table to talk about her wishes if something were to happen to her. She says we should all have advance directives made, but I feel like I'm too young to think about that. Who should have an advance directive? And what goes into it?

ANSWER: Kudos to your family for having those difficult conversations. Advance care planning is not just for elderly people or those with critical illnesses. We encourage everyone who is over 18 to think about completing an advance directive, which is a document that allows you to write out what your preferences are when you're getting to the end of life.

There are usually two parts to an advance directive:

The healthcare surrogate form, which will allow you to write down who would help you make medical decisions if you can't make them for yourself. It usually allows you to put a first person and an alternate person as well.

The second piece is a living will, which allows you to write what your

wishes are at the end of life. You can indicate whether you want medical interventions that could artificially prolong your life if you have a terminal condition or are in a vegetative state. You mark yes or no.

When thinking about care at the end of life, many people will say that quality of life for them is being able to engage and interact with family and do some of the things they love, not being on machines and tubes. Other people may say that quality of life for them is just being alive.

When you think about choosing your designated healthcare surrogate (the person who will make medical decisions for you) make sure the person knows enough about your medical condition and is aware of the available treatments and what state your condition is in. You also want to make sure this person would be comfortable making the decision you want them to make.

Once you've completed a living will and have chosen your healthcare surrogate, make sure these people know you have chosen them, what your wishes are and where the document is. You should also give a copy of the document to your healthcare team and hospital.

In the U.S. in general, we don't do a

good job at completing advance directives. Most people don't want to talk about their care at the end of life. There is a notable difference, however, in the completion of advance directives between Black people and white people, specifically older people. The medical literature suggests that African Americans are less likely to complete advance directives because of several things:

Culture. If the elders in the family don't want to talk about advance care planning, it oftentimes won't be discussed.

Lack of information. African Americans are less likely to get information about advance care planning compared to white people.

Spiritual beliefs. "If God is in control, why do I need to think about this?"

Mistrust. There is an understandable mistrust of the healthcare system given the injustices that have occurred in the past and are still occurring.

We often talk about the fact that we want people to complete an advance directive to ensure that their wishes are known when they are at the end of life, but in some minority communities,

particularly the Black community, it's less about the individual person and more about what's best for the community or family.

None of us really know when something serious may occur. Unfortunately, once people become critically ill, it's a difficult time to take a step back and think about their wishes, so it's good to have had these conversations before that happens. Think of it as a gift to your family members, your loved ones and your healthcare surrogates to be able to sit down with you when you're clear and levelheaded so that you can engage in conversations about what your wishes are to bring you all peace of mind. — Maisha Robinson, M.D., Neurology and Internal Medicine, Mayo Clinic, Jacksonville, Florida

- 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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FINANCIAL FOCUS®

Dividends: Reinvest or not?

As you may know, some businesses pass along part of their profits to investors in the form of dividends. If you own shares of these companies, either directly in stocks or more indirectly through mutual funds, you may have a choice: Should you take the dividends as cash or reinvest them into the stocks or funds?



*Derek
Osborn*

There's no one correct answer for everyone. So, let's look at some reasons for both choices — reinvesting or cashing out.

Reinvesting dividends offers at least two related benefits. First, reinvested dividends make up part of a stock's total return, along with price appreciation. And second, when you reinvest dividends, you are buying more shares of the investment — and share ownership is a key to building wealth. Keep in mind that dividends can be increased, decreased or eliminated without notice.

It's also easy to reinvest dividends. Through a dividend reinvestment plan, or DRIP, your dividends are automatically used to buy more shares of a company. And these new shares will generate more dividends that can be reinvested. Consequently, it's fair to say that dividend reinvesting is an eco-

nomical way to grow your portfolio. However, a DRIP does not guarantee a profit or protect against loss, so you'll need to consider your willingness to keep investing when share prices are declining.

If you're mainly investing for long-term growth, you may well want to reinvest your dividends. But under what circumstances wouldn't you want to reinvest them?

For starters, of course, you may simply need the dividends to help support your cash flow. This may be especially true in your retirement years.

But there may be other reasons to cash out dividends, rather than reinvesting them. You might already own a considerable number of shares in a stock or mutual fund and you don't want to buy more of the same. By not reinvesting these dividends, you can use the money to help broaden your investment mix. You also might want to consider taking the cash, rather than reinvesting, if the company that pays the dividends appears to be struggling or has an uncertain future. Again, you could then use the money to fill gaps in your portfolio.

Regardless of whether you reinvest your dividends, you'll pay taxes on them if your investments are held in a taxable account. Ordinary dividends are taxed at your ordinary income tax rates, while qualified dividends are taxed at the capital gains rate, which is 0%, 18%, or 20%, depending on your income. (A dividend is considered qualified if you've held the stock for a certain length of time.)

If your dividend-paying investments are held in a traditional IRA or a 401(k), you won't have to pay taxes on the dividends until you begin taking withdrawals from these accounts, typically at retirement. And if you have a Roth IRA or Roth 401(k), you may not pay taxes on the dividends at all, provided you've had the account at least five years and you don't take withdrawals until you're at least 59½.

In any case, you may find that divi-

dends, whether reinvested or taken in cash, can play a role in your overall financial strategy. So, follow your dividend payments carefully — and make the most of them.

- Derek Osborn is with Edward Jones, 1311 Wakarusa Drive, Suite 2200, Lawrence. He can be reached at 785-371-1301 or Derek.Osborn@edwardjones.com. This article was provided by Edward Jones for use by your local Edward Jones Financial Advisor. Member SIPC.



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JILL ON MONEY

Your questions, answered

Time for another Q&A column! If you have a question or a comment about a recent article, send an email to: askjill@jillonmoney.com.

Question: Due to bad storms, we were forced to use a large portion of our emergency cash for house repairs. Can I skip maxing out my workplace



Jill
Schlesinger

retirement contributions for 2025 and then use the money to rebuild my cash savings? We would still be able to max out our Roth IRAs, and down the road, I will be able to rely on a large military pension.

Answer: I wholeheartedly endorse saving enough money in your emergency reserve fund to cover at least six months (maybe even up to 12 months) of your living expenses. In your case, this temporary pause in your workplace plan seems like a reasonable idea, and it sounds like you will be back on track in no time.

Question: My wife and I are in our late 30s and have about 90 percent of our portfolio (both retirement and taxable brokerage accounts) in a cheap S&P 500 index fund. We saw first-

hand how fast stocks can fall during the COVID sell-off, but five years later, are we OK continuing to invest in a high-risk portfolio or should we look to diversify?

Answer: If you can withstand the market gyrations, and you don't need this money for 10, 20, 30 years, then there is no real issue with keeping the risky portfolio in place. But be clear, adding a little bit more to your bond and cash positions might smooth out some of the high-highs and low-lows.

Question: I keep hearing and reading that we're overdue for a stock market correction, so I'm debating pulling out a substantial amount from my stock funds and shifting it into a high yield savings account for safety. But I can just as easily see myself regretting that move if all remains calm. Should I leave my money where it is, or should I pull out?

Answer: If only we could perfectly time when to get out — and then back into markets! Unfortunately, all of the academic research has shown that market timing doesn't work. As far as what you are hearing and reading, try to ignore the noise and stick to your game plan. Remember, you're investing for the long haul, not just the next handful of years.

Question: I understand and agree with the principle of rebalancing but honestly, I am having trouble pulling

the trigger on selling 10% of my low-cost, broad-based stock mutual funds and putting the money into my bond funds. I guess the only answer is courage or discipline to follow the system of rebalancing when I'm 10% above my targeted allocation.

Answer: When it comes to rebalancing, the most important ingredient is to have a plan and to stick to it. If your plan is to rebalance once a year, or twice a year, then make sure whenever that month rolls around, you review your allocation and make the necessary adjustments.

Question: I'm 75 years old and completely debt free. I'm in the process of downsizing my house, which is currently on the market for \$575,000. If I can't wait until my current house is sold, should I take out a \$400,000 mortgage, which I would pay off after I've sold my current house?

Answer: As a self-described wimp, I'm not crazy about this strategy. I don't like the idea of bankrolling two homes at the same time. I would prefer waiting until your current house sells, then work on acquiring the new place.

At this point in your life, I'd much rather play it safe, versus being overly leveraged.

- Jill Schlesinger, CFP, is a CBS News business analyst. A former options trader and CIO of an investment advisory firm, she welcomes comments and questions at askjill@jillonmoney.com. Check her website at www.jillonmoney.com.

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SENIOR CALENDAR

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

If you would like to include your north-east Kansas event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417 or email kevin@senior-monthly.net. Deadline is the 20th of the month for the following month's issue.

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

During the ArtsConnect First Friday Artwalk, you will find every corner of Topeka filled with art, friends and exciting special events. It's an opportunity to shop local, buy art and see the best that Topeka has to offer. Every month is different—and every business is different, so please check our website at www.artstopeka.org for information each month, including an interactive map of First Friday Artwalk businesses and a guide to public art all across Topeka. Free.

TOPEKA, artstopeka.org/firstfriday

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

2nd Saturday of each month in East Lawrence Warehouse Arts District. Come see a local art market. Art Emergency, Delaware and E. 9th St., 9 a.m.-2 p.m.

LAWRENCE

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

unmistakablylawrence.com

APR 13

ART AND CRAFT SUPPLY THRIFT SALE

Annual sale. Douglas County Fairgrounds, 2110 Harper St., 10 a.m.-3:30 p.m.

LAWRENCE

APR 21

STITCH & B*TCH

Calling all knitters, crocheters, hand sewers, cross-stitchers, and needle pointers. We're gathering at Meeting Room C in the lower level of the library to do some needle work, learn from each other, and discuss and solve the weighty issues of the world. You will be joined by library staff. Registration is not required but we hope that you do so we can get a handle on the numbers attending and can email you if there is any change. Lawrence Public Library, Meeting Room C, 707 Vermont St., 2-3 p.m.

LAWRENCE

MAY 3

SPRING ARTISAN FAIR

Showcase of the finest handmade goods from local artisans. This show highlights unique creations from local artisans, including jewelry, paintings, textiles, pottery, home décor, and more from community entrepreneurs. Holcom Park Recreation Center, 2700 W. 27th St., 9 a.m.-4 p.m. Free admission.

LAWRENCE, 785-832-3461

EDUCATION

APR 1

BUILDING YOUR FAMILY TREE - BAKER GENEALOGY CENTER WORKSHOP

Discover your family and learn how to add people, photos, stories and documents to build your online family tree. This workshop uses the FREE FamilySearch online family tree tool. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5-6:30 p.m.

TOPEKA, <https://events.tscpl.org/events>

APR 2, 9, 16, 23, 30

SMART RECOVERY GROUPS

Self Management and Recovery Training supports individuals who have chosen to abstain or are considering abstinence from any type of addictive behavior, such as substance abuse or gambling addiction. Learn to change self-defeating thinking, emotions, and actions and work towards long-term quality and satisfaction. Questions? Email Bruce Liese at bliese@kumc.edu. No registration needed. Lawrence Public Library, Meeting Room C + Zoom, 707 Vermont St., 5-6:30 p.m.

LAWRENCE, 785-843-3833

<https://meetings.smartrecovery>

APR 3

THE STATE OF EDUCATION IN KANSAS

Join the Dole Institute Student Advisory Board for the spring Student Advisory Board Program, "The State of Education in Kansas." SAB

coordinator Kenna McNally will be joined by experts to discuss K-12 education policy in Kansas. Robert J. Dole Institute of Politics, 2350 Petefish Dr., 7-8:30 p.m.
LAWRENCE, 785-864-1414
doleinstitute.org/event

APR 5

COLLECTING MEMORIES: TREASURES OF THE LIBRARY OF CONGRESS

This year, Library of Congress education specialists are visiting Kansas communities. They're holding free events for community members to discover a variety of the Library's online collections found at loc.gov, with demonstrations on accessing those collections. The Library is collaborating with local museums and public libraries to host these community events, which include learning sessions on topics such as genealogy and local history, the Veterans History Project, and the Kansas Talking Book Project. See the schedule for the Watkins event at the link below. Watkins Museum of History 1047 Massachusetts St., 10 a.m.-5 p.m.

LAWRENCE, watkinsmuseum.org/calendar

APR 7

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Learning Center, 1-2 p.m.

TOPEKA, <https://events.tscpl.org/events>

APR 8

FINDING YOUR FAMILY IN VITAL RECORDS

Baker Genealogy Center Workshop. Discover free online resources to help you find your family and learn how to add documents and sources to build your online family tree. We will also answer your questions about family research. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02 5-6:30 p.m.

TOPEKA, <https://events.tscpl.org/events>

APR 8

CONVERT ANALOG MEDIA TO DIGITAL

Learn about the hardware and software to con-

vert your analog media files to digital. This will cover vinyl players, cassette players and VHS tape conversion using either Elgato software or Audacity. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor) 7-8 p.m.

TOPEKA, <https://events.tscpl.org/events>

APR 10

EDIBLE PLANTS IN YOUR LANDSCAPE

Learn from SN Co Extension Master Gardeners. Food plants can add beauty and diversity to your landscape when done strategically. Benefits include attracting pollinators and deterring pests to promote easier care and improved harvest. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.

TOPEKA, <https://events.tscpl.org/events>

APR 11

MUSHROOM FORAY FIELD TRIP

Have you heard the hype behind the mushroom boom? Venture out with a mushroom specialist and discover the diversity of our local fungi. Our instructor will teach you easy, convenient ways to identify native mushrooms. Learn which fungi are edible and which you shouldn't touch with a ten-foot pole. Pre-registration is required. Our instructor will e-mail directions about trip location before the program. Please note that a registered adult must accompany children under 16. Prairie Park Nature Center, 2730 Harper St., 5:30-7 p.m. Fee.

LAWRENCE, 785-832-7980

lprd.org/activity?n=223352

APR 13

TIPS FOR LEARNING A SECOND LANGUAGE

Take part in a casual conversation for English speakers about learning other languages. Both people who have learned other languages & people who have not are welcome! We will share tips & resources. Topeka and Shawnee County Public Library - Fiction Wing, 3-3:30 p.m.

TOPEKA, <https://events.tscpl.org/events>

CONTINUED ON PAGE 15



Looking for personal care in a beautiful country setting? Let Prairie Wind be home for your Mom or Dad.

We are a small, family owned and operated Home Plus (assisted living) located on 8 acres and convenient to Topeka and Lawrence. We have more than 60 years of experience in caring for seniors.

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Calendar

CONTINUED FROM PAGE 14

APR 22

GRAY ANATOMY: STROKE

In partnership with the Lawrence Library, LMH Health is excited to bring you a new Retirement Boot Camp series, Gray Anatomy. Each month, a Lawrence medical expert will explain what changes to expect as we age. The focus will change each month to a new body part and how the aging process affects that part. Register on the Lawrence Library website, www.lplks.org. Online event, 4-5 p.m. Free. LAWRENCE, 785-505-3081

APR 29

AV STUDIO BASICS

Learn the basics of audio and video recording in the Recording Studios of the Level 2 Tech Center. This class counts as an orientation prerequisite before booking recording studio time. Topeka and Shawnee County Public Library - Recording Studio A (audio), Recording Studio B (audio+video) 7-8 p.m. TOPEKA, <https://events.tscpl.org/events>

MAY 5

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 1-2 p.m. TOPEKA, <https://events.tscpl.org/events>

ENTERTAINMENT

APR 1

KU JAZZ ENSEMBLE I WITH SPECIAL GUEST REMY LE BOEUF, ALTO SAXOPHONE/COMPOSER

Remy Le Boeuf is a four-time Grammy-nominated composer and saxophonist, whose music is rooted in the jazz tradition and overlaps into contemporary classical and indie-rock realms. Le Boeuf is also the founder and director of the jazz orchestra Assembly of Shadows, as well as the chief conductor of the Nordkraft Big Band in Denmark. He has worked with a range of collaborators, including the Jazz at Lincoln Center Orchestra with Wynton Marsalis, Linda Oh, HAIM, JACK Quartet, Dayna Stephens, Prefuse 73 and his identical twin brother Pascal, with whom he co-leads the experimental quintet Le Boeuf Brothers. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

APR 4

BLIND BOYS OF ALABAMA & SHEMEKIA COPELAND

The Blind Boys of Alabama are recognized worldwide as living legends of gospel music. Celebrated by The National Endowment for the Arts (NEA) and The Recording Academy/Grammys with Lifetime Achievement Awards, inducted into the Gospel Music Hall of Fame, and winners of six Grammy Awards, they have attained the highest levels of achievement in a career that spans over 70 years. Lied Center of

Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

APR 6

JJJI

Through her impeccable musicianship, compelling stage presence and commitment to commissioning and performing new musical works, JJJI has solidified her reputation as a top 21st-century guitarist. In 2021, *The Washington Post* selected her as “one of the 21 composers/performers who sound like tomorrow,” and *The Kansas City Star* recently described her as “a graceful and nuanced player.” Lied Center, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

APR 11

DIGGING ROOTS

Winner of the 2023 Canadian Juno Award for Contemporary Indigenous Group of the Year, Digging Roots breathes life into songs from their land, Turtle Island, to raise their voices in solidarity with a global chorus of Indigenous artists, activists and change-makers. Lied Center, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

APR 11

STORY SLAM | BORN TO RUN

Real stories, live and uncensored. Stories are told live, MOTH-style, with a new theme each month, the second Friday of every month. Never the same story or evening. Live music and social hour at 7 p.m. Slam begins at 7:30 p.m. Lawrence Arts Center, 940 New Hampshire Street. \$10 suggested donation. LAWRENCE, 785-843-2787

APR 12

CLASSIC COUNTRY CONCERT

Jim Winters presents the Classic Country Music Matinee Series at the Ottawa Memorial Auditorium. We are bringing award-winning entertainers to the OMA! Join us for live music, poetry, comedy and fun. Hear the amazing harmonies of The Girls Next Door as they perform your favorite Country, Gospel and Classic tunes. Some of your favorite local entertainers will be appearing with Jim and his band, for a variety of talent and entertainment that is sure to please. If you love Country Music from the 50's to the 90's, this is the show you don't want to miss. Ottawa Memorial Auditorium, 301 S. Hickory St., 3 p.m. OTTAWA jimwintersmusic.com/concert

APR 14

HADESTOWN

Welcome to HADESTOWN, where a song can change your fate. Winner of eight 2019 Tony Awards, including Best Musical, and the 2020 Grammy Award for Best Musical Theater Album, this acclaimed new show, from celebrated singer-songwriter Anais Mitchell and original director Rachel Chavkin (Natasha, Pierre & The Great Comet of 1812) is a love story for today... and always. Lied Center, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

APR 16

PAUL TAYLOR DANCE COMPANY

One of the most iconic and dynamic modern dance ensembles of our time, the Paul Taylor Dance Company has been innovating and transforming the art form of modern dance since 1954. With a history of multidisciplinary collaborations, passionate expression and thrilling athleticism, the company is known worldwide for its vast repertory, performing work from the founder's canon, new works created by some of today's most engaging and established choreographers, and important historical dance from the 20th and 21st centuries. Lied Center, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

APR 18

JERRY SEINFELD LIVE

Jerry Seinfeld's comedy career took off after his first appearance on *The Tonight Show with Johnny Carson* in 1981. Eight years later, he teamed up with fellow comedian Larry David to create what was to become the most successful comedy series in the history of television: *Seinfeld*. The show ran on NBC for nine seasons, winning numerous Emmy, Golden Globe and People's Choice awards, was named the greatest television show of all time in 2009 by *TV Guide*, and in 2012 was identified as the best sitcom ever in a *60 Minutes/Vanity Fair* poll. Topeka Performing Arts Center, 214 SE 8th Avenue, 7 p.m. Fee. TOPEKA, 785-234-2787 topekaperformingarts.org/events/2025/jerry-seinfeld-live

APR 23

THE CHER SHOW

Her life. Her story. Her legend. Superstars come and go. Cher is forever. For six straight decades, only one unstoppable force has flat-out dominated popular culture—breaking down barriers, pushing boundaries and letting nothing and no one stand in her way. THE CHER SHOW is the Tony Award-winning musical of her story, and it's packed with so much Cher that it takes three women to play her: the kid starting out, the glam pop star and the icon. Lied Center, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

APR 25

THE SENIOR CLASS

TCT's Second Improvisational Comedy Company of the “mature” (over 55) set. The Senior Class is another zany troupe of comedians. Only this time, the company is made up entirely of actors in our community who are over 55 years old. This group defines life in the golden years as a terrifically fun-filled trip. Topeka Civic Theatre & Academy 3028 SW 8th Avenue, 7 p.m. Fee. TOPEKA, 785-357-5213 topekacivictheatre.com

APR 25

4TH FRIDAY FILM - CLASSIC MOVIES

Let's watch a classic film together. We'll offer a variety of films so you can step back in time and appreciate fine acting, directing and stories. Topeka and Shawnee County Public

Library - Marvin Auditorium 101A, 1:30-4:30 p.m. TOPEKA, <https://events.tscpl.org/events>

APR 25

THE MOTH MAINSTAGE

The Moth, hailed as “New York's hottest and hippest literary ticket” by *The Wall Street Journal*, is an acclaimed not-for-profit organization dedicated to the art and craft of storytelling. In its 25-year history, The Moth has presented more than 50,000 stories, told live and without notes, by people from all walks of life to standing-room-only crowds worldwide. Lied Center, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787 lied.ku.edu/calendar

APR 28

CLASSIC MOVIE MONDAY

Join us every last Monday of the Month (Except May and December) for Classic Movie Night. This is a sponsored free event. Plaza Cinema Movie and Memorabilia Museum 209 S. Main St., 2 p.m. Free. OTTAWA, 785-242-0777, plaza1907.com

FAIRS & FESTIVALS

APR 19

LAWRENCE EARTH DAY FAIR

The City of Lawrence and the Watkins Museum invite you to the annual Lawrence Earth Day Fair. This free event will happen in South Park and feature lots of earth-friendly crafts and activities for you and your family. South Park, 1141 Massachusetts St., 1-4 p.m. Free. LAWRENCE

FARMERS' MARKETS

THURSDAYS

COTTIN'S HARDWARE FARMERS' MARKET

April-September (Outdoors) Every Thursday from 4-6:30 p.m. The outdoor market has 15+ local vendors, live music, a hot food vendor, and Free State Beer each week. October-March (Indoors) Every Thursday from 4-6 p.m. The indoor market is located inside the store and has up to six vendors each week. Cottin's Hardware, 1832 Massachusetts St. LAWRENCE cottinshardware.com/farmers-market

APR-OCT

TOPEKA FARMERS' MARKET

Vibrant with color, lively chatter and friendly faces, the Topeka Farmers' Market attracts hundreds of Topeka residents and out of town visitors each Saturday. SW 6th Ave. & SW Harrison St., 7:30 a.m.-12 p.m. TOPEKA, 785-249-4704 <https://www.topekafarmersmarket.com/>

APR 12-NOV 22

LAWRENCE FARMERS' MARKET

Opening day is April 12. Buy directly from farmers, chefs, and artisans within 50 miles of Lawrence. Saturdays, 824 New Hampshire St., 7:30-11:30 a.m. LAWRENCE, 785-505-0117 <https://www.lawrencefarmersmarket.org>

Calendar

CONTINUED FROM PAGE 15

HEALTH & WELLNESS

APR 2, 9, 16, 23, 30

GERI-FIT - STRENGTHEN FOR FREEDOM

Build muscle and strength to live better as you age. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process. Topeka and Shawnee County Public Library - Learning Center, 10:30-11:30 a.m.

TOPEKA, events.tscpl.org/events

APR 4, 11, 18, 25, MAY 2

ZOOMERS - GERIFIT

After successfully completing the Gerifit Strengthening class, the next step is the Zoomers workout. Designed exclusively for older adults, Geri-Fit helps rebuild strength. Topeka and Shawnee County Public Library - Learning Center 10:30-11:30 a.m.

TOPEKA, events.tscpl.org/events

APR 8-29

A MATTER OF BALANCE

LMH Health program. Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Tuesdays. Registration required. Senior Resource Center, 745 Vermont St., 1:30-3 p.m.

LAWRENCE, 785-505-3081, lmh.org

APR 14

HIKE FOR HEALTH WITH A NATURALIST

Presented by Prairie Park Nature Center. Get your daily workout in while enjoying the beauty of the outdoors. This will be an energetic hike that will get your heart rate up. While this hike will be faster-paced, there will still be a few stops along the way for you to learn about the wonders of your local ecosystem from Naturalist Rachel. Please bring a water bottle and wear your favorite hiking/athletic shoes. Directions for parking will be sent to participants the day before our hike. The hike will meet at Riverfront Park, 5:30-7 p.m. Fee. LAWRENCE, 785-832-7980 lprd.org/activity?n=223356

APR 15

CHAIR YOGA

Try a free yoga class using the support of a chair. Amy will teach this inclusive class. Beginners are welcome. Questions? Email Melissa at: mfisherisaacs@lplks.org. No experience or registration needed. Lawrence Public Library, Auditorium, 707 Vermont St., 12 p.m. LAWRENCE

APR 27

YOGA AT THE LIBRARY

Join us for an hour of yoga with Suzi from Bluestem Yoga. Beginners are definitely welcome. Bring your own mat if you have one. Questions? Email Melissa at: mfisherisaacs@lplks.org. No experience or registration needed. Lawrence Public Library, Auditorium, 707 Vermont St., 11:30 p.m. LAWRENCE

APR 28

MINDFULNESS MONDAY WALK WITH A NATURALIST

Presented by Prairie Park Nature Center. Get away from the hustle and bustle of it all on this serene stroll. All fitness levels are welcome on this slower-paced meander through nature. Learn to notice the quiet wonders of the natural world and reflect on poems from authors like Mary Oliver, Walt Whitman, Ralph Waldo Emerson, and Camille Dungy. Please bring a water bottle, and wear your favorite hiking/athletic shoes. Directions for parking will be sent to participants the day before our hike. The walk will meet at Lawrence Nature Park, 5:30-7 p.m. Fee. LAWRENCE, 785-832-7980 lprd.org/activity?n=223357

HISTORY & HERITAGE

APR 11

LOCAL HISTORY RESOURCES: SANBORN MAPS

Sanborn maps are detailed maps of U.S. cities and towns from the 19th and 20th centuries. We'll talk about how you can use the ones in the

library to explore Topeka history. Topeka and Shawnee County Public Library - Topeka Room 204 6-6:30 p.m.

TOPEKA, <https://events.tscpl.org/events>

APR 14

WHO'S WHO AT THE SHAWNEE COUNTY POOR FARM

Explore the life and tenure of the residents including former businessmen, mothers, bootleggers and travelers at one of the oldest parks in the county. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 6-7 p.m.

TOPEKA, events.tscpl.org/events

APR 24

MAKING A DIGITAL FAMILY HISTORY ALBUM

Gail McGowan, Johnson County Genealogical Society, will share suggestions & tips for creating your own digital family history scrapbook. Topeka and Shawnee County Public Library - Marvin Auditorium 101C, 7-8:30 p.m.

TOPEKA, events.tscpl.org/events

CONTINUED ON PAGE 17

"Grandma Burright: The Queen of Harness Racing"



In *Grandma Burright: The Queen of Harness Racing*, Kevin Groenhagen explores Neva "Grandma" Burright's legacy as a wife, mother, grandmother, and, of course, as a harness racing driver. He examines how a diminutive woman of modest means overcame numerous tragedies (the deaths of a husband, two grandsons, and two sons) to defeat Sep Palin, the "aristocrat of drivers," and become known as "The Queen of Harness Racing."

For more information about this book and other books by Groenhagen, including *Finding Your East Frisian Ancestors and Cousins*, email Groenhagen at groenhagen@sbcglobal.net.

A paparazzi-averse turkey



"While delivering *Senior Monthly* to Aldersgate Village in Topeka, I saw a turkey wandering in the parking lot. After taking his photo, he started making his way towards my vehicle and seemed a bit agitated. Apparently, he didn't want his photo taken. He chased me for about 50 yards as I exited the parking lot. I have nicknamed him 'Alec Baldwin.'" - Kevin Groenhagen

Calendar

CONTINUED FROM PAGE 16

MEETINGS

MONDAYS

GRIEF SUPPORT (VIRTUAL)

Join us for an online grief support group. This group is held weekly via Zoom. For more information about this group or to sign up contact our grief and loss department. Midland Care Connection, 4 p.m.
TOPEKA, 785-232-2044

MONDAYS

TOPEKA NEEDLEWORK GUILD

Join our needlework enthusiasts every Monday (except holidays) at the Topeka and Shawnee County Public Library, Menninger Room (second floor), 9-11 a.m. Bring a project to work on while we share our skills and ideas. Drop ins welcome.
TOPEKA, 785-207-1165

FIRST WEDNESDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

Meet with other caregivers in the Baldwin area who may be struggling with some of the same issues you face while caring for your loved one. This support group is for caregivers of individuals age 60 or older. Baldwin Methodist Church, 704 Eighth St., 1-2 p.m.
BALDWIN CITY

FIRST THURSDAY OF THE MONTH

DEMENTIA CAREGIVER SUPPORT GROUP

Join us in this safe environment for caregivers. Caregiver support specialists will guide us as we share our experiences. Anyone is welcome to join us. Basehor Community Library, 1400

158th Street, and Zoom, 6:30-7:30 p.m.
BASEHOR

SATURDAYS

LAWRENCE BRIDGE CLUB

The Lawrence Bridge Club plays party bridge every Saturday night (weather permitting and some holidays excluded). Kaw Valley Bridge Center (suite 120) located in the I-70 Business Center, 1025 N. 3rd St. (next to the drivers license office), 6:30 to 9 p.m. First visit free.
LAWRENCE

SECOND TUESDAY OF THE MONTH

NATIONAL ASSOCIATION OF RAILROAD VETERAN EMPLOYEES

Meets at Grace Episcopal Church, 701 SW 8th Ave. (enter on N.W. corner), at 9:30 a.m.
TOPEKA

SECOND AND FOURTH THURSDAYS

PITCH PALS

Join us for Pitch and fun. We play 10 point pitch, which is a fast-paced, partnership, trick-taking game. The goal is to capture cards representing at least the number of points bid. We will explain "house rules" and assist new players. Wellsville Community Center, 6 p.m.
WELLSVILLE, 913-314-0819 or 785-248-9470

THIRD FRIDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 S.W. Topeka Blvd., 12-1 p.m.
TOPEKA, 785-235-1367

APR 7

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Menninger Room 206, 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

APR 14

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Anton Room 202, 3:30-4:30 p.m.
TOPEKA, <https://events.tscpl.org/events>

APR 17

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367. Topeka and Shawnee County Public Library - Anton Room 202, 2-3 p.m.
TOPEKA, <https://events.tscpl.org/events>

MAY 5

CAREGIVER SUPPORT MEETING

Being a caregiver can be incredibly stressful. Meet and talk to others in the same situation. For more information call April Maddox at Jayhawk Area Agency on Aging (785) 235-1367.

Topeka and Shawnee County Public Library - Anton Room 202, 2-3 p.m.

TOPEKA, <https://events.tscpl.org/events>

MISCELLANEOUS

MOST SUNDAYS

EXPLORING LIFE'S BIG QUESTIONS

These Unitarian Universalist programs, which are open to the public, are hybrid so you can join in person at 1263 N. 1100 Rd., south of Lawrence, west off Highway 59 or via zoom. Please visit uucpls.org to confirm weekly programs and access the link to join live via zoom. The Unitarian Universalist Congregation of Lawrence (UUCL) hosts presenters with expertise on a wide range of topics who give a brief talk followed by Q&A and informal conversations over coffee and treats. 9:30-10:30 a.m.
LAWRENCE

APR 4, 11, 18, MAY 2

COFFEE BREAK

Join us online for a cup of coffee and conversation with fellow Retirees. To get on the list, email Lorel at retirement@lpls.org. 9-10 a.m.
LAWRENCE

APR 19

COFFEE TALK

Join us for a cuppa joe and the chance to grow your conversational skills in a fun, relaxed setting. Connect with real people, and have real conversations. Topeka and Shawnee County Public Library - Learning Center, 10-11 a.m.
TOPEKA, events.tscpl.org/events

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HUMOR HOTEL

Why is there always one leftover bolt?

By Greg Schwem

Tribune Content Agency

I recently visited the Gateway Arch, the St. Louis monument that represents westward exploration and is consistently referred to as an “engineering marvel.”

But, after watching a 30-minute video detailing the Arch’s construction, I am convinced this U-shaped structure, rising 630 feet into the air, is going to fall down eventually. My convictions are based on what I term the “Leftover Bolt Theory.”

The video, which featured terrifying images of workers dangling from steel girders in howling winter winds, also contained grainy film of those same workers screwing bolts onto the structure’s Z-bars. I learned about Z-bars from the National Park Service website, which said the bolts “passed through holes in the inner skin of carbon steel and were held in place by nuts that applied a squeezing force to the concrete core of the wall ‘sandwich,’ creating a friction bond.”

I moved into an unfurnished condominium 18 months ago and have spent the time since assembling everything from a standup desk, to an outdoor rattan loveseat to a 6-foot tall floor lamp with a domed shade that consis-

tently finds a way to collide with my head whenever I rise from the couch.

All were built using nuts and bolts, packaged in plastic bags hidden at the bottom of the cardboard box containing the furniture’s various parts. Arch workers tightened their bolts with an industrial torque wrench. I used a hex key.

Upon completion, I proudly gazed at my condo’s new additions before looking at the floor. My palms immediately begin sweating.

One bolt always remained.

Why was that? Did I miss a step in the assembly instructions, which contained no words but a mishmash of dotted lines and arrows showing what goes where? It’s possible.

Did the manufacturer pack extras just in case? Knowing I am prone to dropping or misplacing fasteners? Highly unlikely, but who knows. I may have left my webcam on during a recent assembly, provoking laughter and compassion from workers charged with shipping my purchases.

Whatever the reason, I’m now convinced my desk will buckle and collapse during a Zoom call. Or that the loveseat will not inspire romantic feelings when it falls apart as my lady friend and I watch a romantic movie. Or that the floor lamp will eventually

end up on the floor. All because of one leftover bolt.

I had similar feelings as I boarded the tram that would take me to the Arch’s top. Incidentally, if you suffer from claustrophobia, the Arch is not for you. I’ve been in MRI tubes that feel more roomy than the Arch tram.

During the ride up, there were plenty of chances to see the nuts, bolts, studs, steel plates and girders referenced in the video. All appeared tight, but how does one REALLY know? The video showed workers attaching some bolts by hand. Yes, you read that correctly. Whenever I’ve shunned the aforementioned hex wrench in favor of my bare hands, I’ve regretted it within minutes.

My visit to the top was spectacular... and short. Ten minutes after arriving, my group was herded back onto the trams for the ride down. Upon exiting, the group awaiting passage to the top appeared relieved the trams were functioning correctly.

As the sun dipped behind the St. Louis skyline, I snapped a few more photos of the Arch, which opened to

the public in 1967 and hosts two million visitors annually. It is closed on Thanksgiving, Christmas and New Year’s Day, but I have found no evidence that it has ever been closed for maintenance purposes.

Should the latter occur, I hope workers find the leftover bolts before the unthinkable happens. If they need examples, I am happy to send pictures of a broken TV stand that fell apart in the middle of the night.

Maybe the leftover bolt I found in one of the smashed drawers will fit a loveseat.

- Greg Schwem is a veteran comedian, motivational speaker and humor specialist known for blending business insights with standup comedy. He is also the author of three Amazon bestsellers. His latest, “Turning Gut Punches into Punch Lines: A Comedian’s Journey Through Cancer, Divorce and Other Hilarious Stuff,” was released in September 2024. Visit Greg on the web at www.gregschwem.com.

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NOVEL OPENINGS

The Lovely Bones

By Tom Mach

(In future monthly columns, I will introduce the beginning words of a novel, give a quick summary of the book, followed by a short bio of the author, and my personal comments about the novel's opening lines.)

Here are the opening lines for The Lovely Bones by Alice Sebold

"My name was Salmon, like the fish; first name, Susie. I was fourteen when I was murdered on December 6, 1973.

In newspaper photos of missing girls from the seventies, most looked like me: white girls with mousy brown hair. This was before kids of all races and genders started appearing on milk cartons or in the daily mail. It was still back when people believed things like that didn't happen."

This novel is about a 14-year-old girl who is viciously raped and murdered. The story is told from the perspective of Susie Salmon, who has gone to Heaven and is now viewing events that begin to unfold after her death. She sees how life, though painful, continues without her. At first, her friends discuss her disappearance, believing she must still be alive somewhere while her family clings to the belief that she will be found. Meanwhile, her killer attempts to cover his tracks so the police won't find any evidence. After her dead body is discovered, her family

and friends are devastated and want to bring the killer to justice.

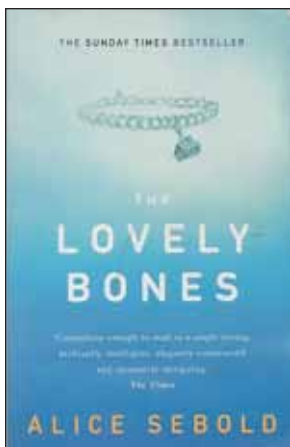
About the author:

Born in 1963 in Madison, Wisconsin, Alice Sebold had always wanted to be a writer. But during her attendance at Syracuse University, she was brutally raped. This incident changed her. "I saw violence everywhere," she said, and the experience led her to write a novel about a teenage girl who was both raped and murdered. After experimenting with heroin, Sebold became an adjunct professor at Hunter College, then later a caretaker. It was only when she was 33 that she began to write a novel called *Monsters*, sending it off to her mentor, a poet, who was so impressed with it, he forwarded it to his agent. The subsequent publisher changed the name of her book to *The Lovely Bones*, and it became an instant best-seller.

What I think of the novel's opening:

Sebold's opening lines made me shudder at first and then had me reread those lines. How can a dead girl tell her story? Well, the dead character is now in Heaven and can see what happened since she was killed. The novel is beautifully written and her story may be inspiring, particularly for those who knew someone who had been murdered and how relatives and friends of the victim had to cope with this horrible event.

- If you want to know more about Tom Mach, including how to contact him, please visit his website at www.Tom-Mach.com.



MIDLAND CARE

Did You Know?

- Earlier enrollment to hospice helps ensure better patient quality of life.
- Hospice care is provided wherever you call home.
- Chronic medical needs are still met, to maintain a high quality of life.
- Patients report better quality of life while on hospice care.
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Hospice Helps.



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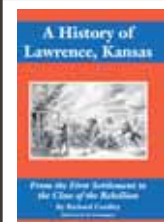
Therapies



Education



Bereavement



A History of Lawrence, Kansas

by Richard Cordley

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GOREN ON BRIDGE

WITH BOB JONES

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VARIATION ON A THEME

Neither vulnerable, South deals

NORTH

♠ 10 7 6 5
♥ A 4 2
♦ A J 6 5 3
♣ 5

WEST

♠ A Q J
♥ K Q 9 3
♦ K 10 9 7 2
♣ 2

EAST

♠ 4 2
♥ J 8 7 6 5
♦ Q 4
♣ 9 8 6 3

SOUTH

♠ K 9 8 3
♥ 10
♦ 8
♣ A K Q J 10 7 4

NORTH

♥ 10 7 6
♠ Void
♦ A J 6
♣ Void

WEST

♠ A Q
♥ Void
♦ K 10 9 7
♣ Void

EAST

♠ 4
♥ J 8 7
♦ Q 4
♣ Void

SOUTH

♠ K 8
♥ Void
♦ 8
♣ 10 7 4

The bidding:

SOUTH	WEST	NORTH	EAST
1♣	Dbf	Redbl	1♥
1♠	Pass	2♠	Pass
4♠	All pass		

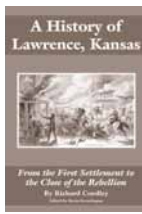
Opening lead: King of ♥

Running a long suit can be an effective technique for declarer. But that is usually in no trump, or the trump suit in a trump contract. Today's deal, played recently by Australian expert Avi Kanetkar, offers a nice variation on that theme.

Kanetkar won the opening heart lead with dummy's ace and led a low spade to his nine and West's jack. The heart continuation was ruffed in hand,

but Kanetkar could not lead another trump. West would draw Kanetkar's trumps and cash a heart. Instead, he led the ace of clubs and followed with the king, shedding a heart from dummy. West could not ruff or declarer would win the next trick and lead a spade, clearing trumps, so West discarded a diamond. Two more high clubs saw two more discards from West. This was the position:

Kanetkar led a diamond to dummy's ace, ruffed a diamond, and led a club. West was helpless. Should he ruff, South would shed dummy's last diamond and take two more trump tricks. A discard by West and South would ruff the club in dummy and then ruff a diamond for 10 tricks. Very nicely played!



A History of Lawrence, Kansas

by Richard Cordley

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



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Kaw Valley
Senior Monthly



By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE® POINT SCALE

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- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
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Find AT LEAST EIGHT BODIES OF WATER in the grid of letters.

PUZZLES & GAMES

CROSSWORD

Across

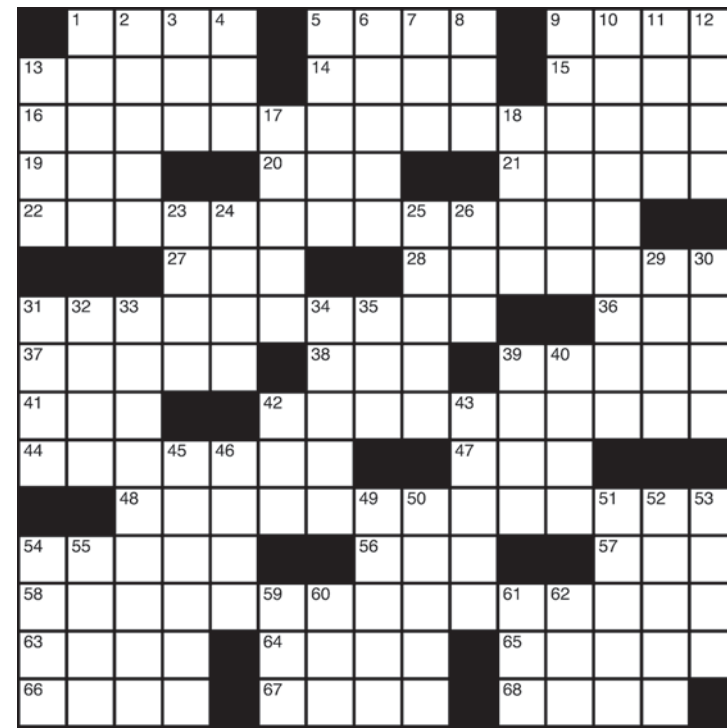
- 1 Covertly includes on an email
- 5 "You're a winner!" email, often
- 9 "In that case ..."
- 13 Chills-inducing
- 14 Tom yum soup cuisine
- 15 Spanish hundred
- 16 Intimate meeting with an important person
- 19 Tax-collecting agcy.
- 20 Pool float filler
- 21 Stock up on
- 22 Rum brand with a pirate logo
- 27 Big-eyed bird
- 28 Pride newborn
- 31 Stager of live shows
- 36 Like some off-price merchandise: Abbr.
- 37 Hoarder's heaps
- 38 Roomy family car, for short
- 39 Last Greek letter
- 41 Gulf st.
- 42 Didn't mind one's own

- business
- 44 Hotel pricing information
- 47 Former U.K. record label
- 48 Significant parts of family budgets
- 54 Birch who had a recurring role on "The Walking Dead"
- 56 Rock's ___ Speedwagon
- 57 Prefix in some genre names
- 58 United Nations body
- 63 Makes really mad
- 64 Javier's "Being the Ricardos" role
- 65 Pricey watch brand
- 66 Racing legend A.J.
- 67 Garden of Genesis
- 68 Prayer ender

Down

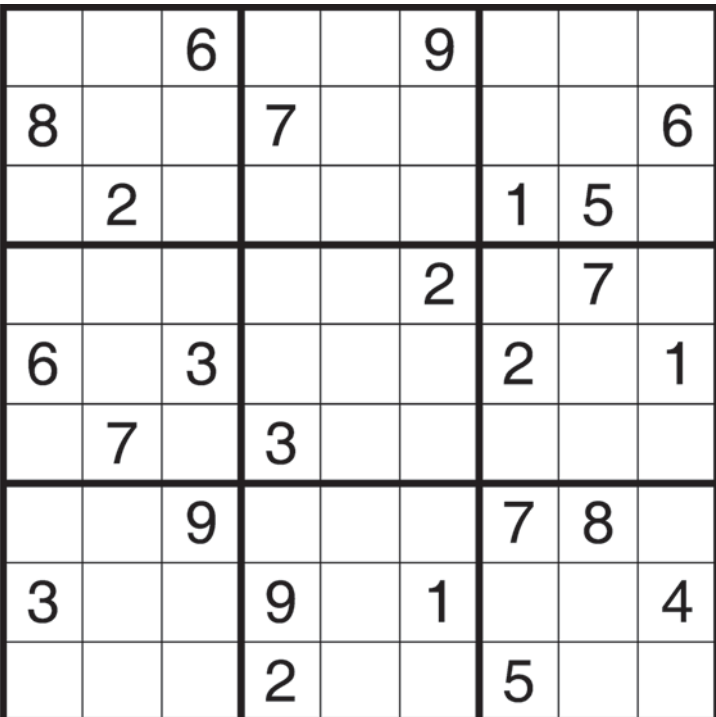
- 1 Quotable catcher Yogi
- 2 Like raw celery
- 3 Western ___: history class, briefly
- 4 Salty expanse
- 5 Oktoberfest mug
- 6 Bracelet ornament

- 7 Non-pro sports org.
- 8 Prefix with Atlantic
- 9 "Top Gun" moniker
- 10 Venture capitalist, e.g.
- 11 Min. parts
- 12 Dollar bills
- 13 Large-scale tale
- 17 Coin toss choice
- 18 Othello's false friend
- 23 Ripped
- 24 Fills with wonder
- 25 Tapenade fruit
- 26 ___ de Janeiro
- 29 Compulsion
- 30 "Country Nation" singer Paisley
- 31 Apple tablet
- 32 Actress Kunis
- 33 Bills included with some board games
- 34 Ed who plays Santa in "Elf"
- 35 Dirt road furrow
- 39 "All ___": John Legend #1 song
- 40 Lo ___: noodle dish
- 42 Judge featured in a season of "American Crime Story"
- 43 Some towed cars, for short
- 45 Hardest to find
- 46 Open just a crack



- 49 Totally remove
- 50 Marks, as a ballot
- 51 Black fur
- 52 Pompeo of "Grey's Anatomy"
- 53 River that made Achilles (mostly) invincible
- 54 "Bring on the weekend!" letters
- 55 Courageous one
- 59 Fruit drink suffix
- 60 Was on top
- 61 Important time
- 62 Cry during an argument ---between siblings

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

JUMBLE

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

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

NOHMT
PCYIS
RFXIEP
CLAPDI

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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Double Word Score

RACK 1: E1 I1 O1 K5 L1 B3 S1

RACK 2: A1 A1 E1 E1 H4 R1 C3

RACK 3: A1 A1 E1 S1 T1 B3 K5

1st Letter Triple

RACK 4: A1 E1 E1 K5 T1 R1 M3

PAR SCORE 155-165
BEST SCORE 219

FOUR RACK TOTAL
TIME LIMIT: 20 MIN

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

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

Answers to all puzzles on page 30

GUEST COLUMN

Caring for individuals with Alzheimer's and dementia-related illnesses

By Sarah Randolph

Alzheimer's Disease (AD) accounts for 65-80% of dementia diagnoses. Physicians and neurologists diagnose it through a combination of detailed personal history-taking, testing, exams, scans, and ruling out other possibilities. AD is permanent and progressive, leading to changes in memory, judgment, and personality. Other common types of dementia include vascular dementia, Parkinson's dementia, and frontotemporal lobe dementia. While five medications are currently approved to slow symptom progression, they do not alter the underlying pathology. Approximately 2% of the U.S. population is affected by Alzheimer's and the numbers are climbing rapidly. Research is advancing rapidly to find treatments and a cure and Kansas City is home to one of the National Alzheimer's Clinical Research Centers in the US.

What is Memory Care?

Some memory care homes break the mold by offering more than just a place to live. Imagine walking into a bright, inviting home surrounded by trees with a fire crackling in the fireplace. Visitors are often surprised to find former professionals—a CEO and a lawyer—chatting over coffee while keeping up with current events. An emeritus professor writes, occasionally pausing to contribute to the conversation, while another professor enjoys reading *The New York Times* by a sunny window. Meanwhile, a gifted photographer captures moments with his camera and shares his work in the media room for everyone to enjoy.

This setting offers a variety of activities to stimulate the mind and encourage social interaction, including trivia contests, karaoke competitions, daily exercise, music and pet therapy, and evening movie viewings. Family and friends are always welcome and encouraged to join residents for meals at no charge. Our focus is on maintaining

autonomy, dignity, humor, and camaraderie in an environment designed to nurture these values. This represents the ideal of memory care today.

A Shift Toward Person-Centered Care

No longer acceptable in this day and age is stigmatizing individuals with brain change. Person-centered care and cultural transformation have taken root in our memory care homes, and this should become the standard, not the exception. This approach is grounded in an experiential model that recognizes every individual as still capable of learning, experiencing pleasure, and finding meaning—rather than viewing them through a medical lens that defines them by their disease. Care is focused on the whole person, with the individual's perspective guiding their experience. Those with dementia seek safety while maintaining mental and physical engagement.

Life history and personal preferences play a key role in memory care. The more personalized the care, the better an individual's experience. Staff should know what time each resident likes to wake up, how they take their coffee, and how to help them start their day on a positive note. Families must feel that staff genuinely care and can be trusted, allowing them to return to their role as a spouse or child. Successfully living with AD or another dementia-related illness requires a partnership between the individual, their family, and a supportive care home.

Best Practices in Memory Care

To provide high-quality care, memory care homes should employ and train their own staff rather than relying on agency personnel. Management should foster a culture where providing care is seen not as a job but as a sacred trust. Unfortunately, many memory care facilities fail to meet these expectations.

Living Well with Dementia

One of the most brilliant individuals I have ever known has continued to enjoy life while experiencing brain change. He remains sharp, engaging, and witty. He may forget whether he's

had breakfast, but he still understands the importance of kindness and respect. He enjoys feeding the fish in our pond, even if he repeats the task throughout the day, forgetting he has fed them. He loves being outdoors, listening to birds and the wind rustling through the trees. In winter, he finds comfort by the fire while visiting with his family. He shares incredible life stories with all of us and encourages others to share as well. Humor, joy, and a fulfilling life

are still very much possible for individuals with dementia when they reside in a supportive memory care home.

- Sarah Randolph is the Executive Director of Bridge Haven Memory Care and Neuvant Homes in Lawrence. A Certified Dementia Practitioner and Licensed Adult Care Home Operator, Sarah has 20 years of experience in healthcare. Her life's mission is to continually improve facility care for those living with dementia.



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Saving on auto insurance

By Jim Miller

Dear Savvy Senior: Can you offer any tips to help seniors save on their auto insurance? I recently turned 70 and got hit with a 25 percent premium increase on my car insurance and am looking for ways to save. - Older Driver



Dear Driver: As auto insurance rates across the country continue to rise for all drivers, seniors can face an even bigger price hike, once they reach their 70s and their driving skills begin to decline. Fortunately, there are ways you can reduce your premiums. To find out what discounts may be available to you, contact your auto insurer and inquire about these options.

Increase your deductible: Paying a higher deductible could save you big on premiums. For example, raising your deductible from \$500 to \$1,000

can bring your annual premiums down by 15 to 20 percent, on average.

Adjust your coverage: If you're driving an older vehicle, you may want to consider dropping collision and/or comprehensive coverage if your premium is more than 10 percent of the car's value. Collision insurance covers damage to your car if you're involved in a crash (or if you're the victim of a hit-and-run) and comprehensive covers damage caused by acts of nature (such as storm damage), vandalism, theft or fire. But if you're scaling back to liability coverage, make sure you have enough to pay for damages out of pocket if you're in an accident or your car sustains damage due to weather, theft or another non-collision event.

Take a defensive driving course: Some insurance companies offer defensive driving discounts—between 5 and 15 percent—to drivers who take a refresher course to brush up on their safety skills. Organizations such as AARP (aarpdriversafety.org), AAA (aaa.com/stop) and The National Safety Council (nsc.org) provide these classes, for around \$20 to \$30 and they can be taken online.

Report your mileage: Most insurers offer discounts to customers who

drive limited miles each year, which is usually beneficial to retirees who drive less because they don't commute to work every day. These discounts usually kick in when your annual mileage drops below 7,500 or 10,000 depending on your provider.

Bundle policies: If your auto insurance policy is issued by a different company from the one insuring your home, call each insurer and ask if bundling the policies would be cheaper.

Sign up for driver monitoring: Some insurers offer discounts based on how and when you use your car. They will monitor things like your acceleration, braking habits, driving speeds and phone use, via smartphone app or a device that plugs into your car's diagnostic port. Drivers can be rewarded anywhere from 10 to 30 percent for safe driving.

In addition, many insurance providers also offer discounts to drivers who do not have any violations or accidents for three or more years.

Ask about membership discounts: Many insurers offer discounts through professional associations, workers'

unions, large employers or membership organizations such as AAA, NARFE, AARP, etc. You could even qualify for savings based on the college you attended or the fraternity or sorority you belonged to decades ago.

Improve your credit: You may be able to lower your car insurance premium by paying your bills on time and reducing the amount of debt you carry. Insurers look at how their customers manage credit to get an idea of risk and to price policies. Better rates are given to those with good credit scores, typically 700 or above.

Comparison shop: To find out if your current premium is competitive with other insurers, shop around through insurance marketplace websites like TheZebra.com, Insurify.com, Lemonade.com or Policygenius.com. Or use an independent agent (see trusted-choice.com/agent) to help you compare.

- Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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MY PET WORLD

Chewing challenges — Keeping a high-energy hound happily engaged

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: My nearly three-year-old Basset Hound mix recently shredded my mileage sheet for last year's taxes. Her chewing continues to be a challenge. She has a couple of indestructible Kong toys, but most chew toys are destroyed in minutes.

She also tries to chew on the area rug tassels in the living room. I correct her, and she eventually returns to the behavior. I keep her chew toys in an out-of-reach cabinet because her smaller toys repeatedly end up under the couch, though she has learned to obey when I tell her to play "away from the couch." I am considering getting her an accessible toy box to solve this problem.

She is a sweet, high-energy pup, but I'm struggling to effectively discourage these unwelcome behaviors. She also gets some doggie daycare time since I don't have a yard. Because she's a hound, she's always leashed, and our walks are less frequent than they were when I got her in the spring. Thanks for any advice you can provide. - Pat, Springfield, Vermont

Dear Pat: It sounds like you're doing so much right already, from providing extra toys, considering a toy box, and taking her to doggie daycare to burn off some of that energy. She's obviously a very smart dog, and there's a saying: If you don't give a dog a job to do, he or she will become self-employed — and it seems she's decided that chewing is her job.

To redirect her focus, I suggest adding puzzle toys to her routine. These toys have hidden compartments to hide treats, requiring dogs to figure out how to open them to retrieve the reward. Not only will this keep her mind engaged, but the mental effort often tires them out, which means she might enjoy a good nap afterward — a win for both of you.

A toy box that she can access is a great idea too, as it lets her pick and choose what she wants to play with that day. To prevent frustration, consider blocking gaps under the couch with pool noodles or furniture blockers so her toys stay accessible.

When it comes to discouraging her from chewing off-limit items like rug tassels, a pet-safe deterrent spray, such as Bitter Apple spray (available at pet

stores or online), can make those items less appealing to her.

Combine this with redirecting her to appropriate chew toys and praise her with enthusiastic words or treats when she chooses the right option. This positive reinforcement will help her associate good behavior with rewards, making it more likely she will continue making the right choices.

It's wonderful that she listens when you guide her away from certain behaviors, which shows she is responsive and trainable. So, introduce a little more training every day. You could reinforce already learned behaviors, like "sit" or "come," or you could introduce something new. Teaching new tricks can help channel her energy in positive ways.

Armed with these tips, I'm confident you will be able to redirect her chewing habits and keep her happily engaged.

Dear Cathy: With all that has been stated about how harmful declawing is for cats, it is surprising that an alternative, nail clipping, never seems to be mentioned.

Clipping would reduce the damage that cats do to households and the cat's anatomy would remain intact. Clipping would seem to be an acceptable alternative, unless there is a drawback that I am not aware of. - Richard, Mineola, New York

Dear Richard: You are right—trimming a cat's nails is a simple, effective, and humane way to minimize damage

to furniture and household items while preserving their anatomy. Though it won't stop a cat from scratching altogether, it significantly reduces the harm and is a great alternative to declawing. The next question also offers a humane solution to this problem.

Dear Cathy: I read your response to Geoffrey about declawing a cat. I have another humane suggestion for solving the problem of furniture scratching. There is a product called Panther Armor. It is a clear plastic with adhesive on one side that you apply to furniture where cats commonly scratch. It is claw-proof and works great. - Dawn, Manchester, Connecticut

Dear Dawn: Thank you for your suggestion. I looked into Panther Armor, and the plastic protectors look like a great option for keeping cats from scratching the furniture. This type of solution not only protects your belongings but also allows cats to express their natural behaviors without causing damage.

I appreciate you sharing this helpful tip. Practical, humane solutions like these make a big difference for many pet owners.

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

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AMERICA'S TEST KITCHEN

This recipe makes perfect guacamole every time

By Lan Lam

Tribune Content Agency

To make a smooth guacamole without relying on the coarse surface of a molcajete, a three-legged Mexican mortar made of volcanic rock, we minced the onion and chile by hand with kosher salt; the coarse crystals broke down the aromatics, releasing their juices and flavors and transforming them into a paste that was easy to combine with the avocado and other ingredients. (The salt will also help the aromatics break down in a regular mortar and pestle.)

A bit of lime zest added further brightness without acidity. We used a whisk to mix and mash the avocado into the paste, creating a creamy but still chunky dip. Chopped tomato and cilantro added fruity flavor and freshness.

Classic Guacamole*Serves 8; makes 2 cups*

2 tablespoons finely chopped onion
1 serrano chile, stemmed, seeded, and minced
1 teaspoon Kosher salt
¼ teaspoon grated lime zest plus 1 1/2–2 tablespoons juice
3 ripe avocados, halved, pitted, and cut into 1/2-inch pieces
1 plum tomato, cored, seeded, and cut into 1/8-inch dice
2 tablespoons chopped fresh cilantro

1. Place onion, serrano, 1 teaspoon salt, and lime zest on cutting board and chop until very finely minced. Transfer onion mixture to medium bowl and stir in 1 1/2 tablespoons lime juice.

2. Add avocados and, using sturdy whisk, mash and stir mixture until well

STEVE KLISE/TCA



A perfectly seasoned dip isn't just stirred together. You have to cut and paste.

combined with some 1/4- to 1/2-inch chunks of avocado remaining.

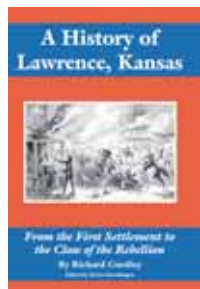
3. Stir in tomato and cilantro. Season with salt and up to additional 1 1/2 teaspoons lime juice to taste. Serve.

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A History of Lawrence, Kansas

by Richard Cordley

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

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BARK IRIS GENEALOGY



The *Bark Iris*. Kevin Groenhagen's third great-grandparents, Siebelt Kornelius Groenhagen and Grietje Harms Rademaker, sailed from Bremen, Germany, to Baltimore aboard this ship in 1871. This 1865 painting of the *Bark Iris* by Domenico Gavarrone (1821-1874) is on display at the Larvik Museum in Larvik, Norway.

While writing an article about a 100-year-old woman in 2018, Kevin Groenhagen, the publisher of *Kaw Valley Senior Monthly*, discovered that her grandfather had served in the Civil War. She and her sister never knew about his military service.

Do you have a Civil War veteran in your family tree? An American Revolutionary War veteran? When did your ancestors come to America? What ship did they use? Kevin has researched his own family's genealogy for more than 30 years and can help you find the answers to these and many more questions you might have.

Have you had your DNA tested and aren't sure how to read the results? Exactly how are you related to all those cousins the testing company found for you? Kevin can help you answer these questions as well.

Contact Kevin at 785-841-9417 or kevin@seniormonthly.net to discuss what you would like to find and what the research costs would be.

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RICK STEVES' EUROPE

Orvieto: What an Italian hill town should be

By Rick Steves

Tribune Content Agency

Orvieto is one of the most striking, memorable, and enjoyable hill towns in central Italy. About 90 minutes from Rome, Orvieto sits majestically high above the valley floor atop a big chunk of tufo (tuff) volcanic stone, overlooking cypress-dotted Umbrian plains. A visit here will reward you with a delightful, perfectly preserved, and virtually traffic-free world highlighted by a colorful-inside-and-out cathedral and some of Italy's best wine.



Rick Steves

Orvieto has two distinct parts: the old-town hilltop and the dull new town below. Driving in the upper old town is not recommended. And it's not necessary: From the train station (and a vast free parking lot just behind it) a slick little funicular whisks visitors memorably and effortlessly up the town's natural fortress hill and deposits them about a 10-minute walk or a quick shuttle ride from the heart of town.

Orvieto's cathedral gets my vote for Italy's liveliest facade. This colorful, prickly Gothic exterior, divided by four pillars, has been compared to a medieval altarpiece – a gleaming mass of mosaics, stained glass, and sculpture. It's a circa-1300 class in world history, back when no one dared question “intelligent design.” Things start with Creation and end with the Last Judgment.

Inside, the nave feels spacious and less cluttered than those in most Italian churches. It was filled with statues and fancy chapels until 1877, when the people decided they wanted to “de-Baroque” their church. The nave

is also an optical illusion; the architect designed it to be wider at the back and narrower at the altar, making it appear longer than it is. Windows of thin sliced alabaster bathe the interior in a soft light.

The cathedral's highlight is the Chapel of San Brizio, featuring Luca Signorelli's brilliantly lit frescoes of the Day of Judgment and Life After Death. Although the

CONTINUED ON PAGE 29

RICK STEVES' EUROPE



The town of Orvieto sits on its grand stone throne a thousand feet above the valley floor.



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Rick Steves

CONTINUED FROM PAGE 28

frescoes refer to themes of resurrection and salvation, they also reflect the turbulent political and religious atmosphere of Italy in the late 1400s. Signorelli's ability to tell stories through human actions and gestures, rather than symbols, inspired his younger contemporary, Michelangelo, who meticulously studied Signorelli's work.

Behind the Duomo, a complex of medieval palaces called Palazzi Papali shows off the city's best devotional art. Not to be missed is the marble Mary and Child, who sit beneath a bronze canopy, attended by exquisite angels. This proto-Renaissance ensemble, dating from around 1300, once filled the niche in the center of the cathedral's facade (where a replica sits today).

Orvieto also boasts a rich subterranean world. The town sits atop a vast underground network of Etruscan-era caves, wells, and tunnels. Guided tours of the medieval caves offer a glimpse into how these ancient Italians lived, from the remains of an old olive press to a pigeon coop where the birds were reared for roasting. Even now, you'll still see pigeon (piccione) dishes featured on many Orvieto menus.

St. Patrick's Well—175 feet deep, 45 feet wide, and 248 steps down—impresses modern engineers to this day. Thanks to its natural hilltop fortification, Orvieto served as a 16th-century place of refuge for the pope. Wanting to ensure he had water during a time of siege, he had this extravagant well built, with a spiral stairway leading down to a bridge from which people could scoop

up water, and another leading back up. The double-helix design was crucial for allowing efficient traffic flow (imagine if donkeys and people, balancing jugs of water, had to go up and down the same stairway). Digging this was a huge project. Even today, when faced with a difficult task, Italians say, "It's like digging St. Patrick's Well."

Of course, no visit to Orvieto is complete without a taste of its famous classico wine. One of my favorite places to do this is at the Tenuta Le Vette winery, just outside Orvieto, where the Bottai family welcomes visitors who make an appointment. As the volcanic soil is very rich in minerals, grape vines thrive here, as they have since Etruscan times. In fact, the Bottais still keep bottles in the same cellar where the Etruscans used to store their wines. Dug from tufo stone, the cellar provides the perfect conditions for aging wine.

While Orvieto is busy with tourists during the day, the town is quiet after dark. The back streets feel oblivious to the crush of modern-day tourism. Evocative lanes seem to keep the mystery of the Middle Ages alive. I like to close the evening with an after-dinner stroll, when the town is lamplit and romantic, then find a perfect spot to sit and simply savor the quiet thrill of a hill town after dark.

- Rick Steves (www.ricksteves.com) writes *European guidebooks*, hosts *travel shows on public TV and radio*, and organizes *European tours*. This column revisits some of Rick's favorite places over the past two decades. You can email Rick at rick@ricksteves.com and follow his blog on Facebook.

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Jumbles: MONTH, SPICY, PREFIX, PLACID

Answers: It was the rabbits' first time sleeping in a tent, and they were -- "HOPPY" CAMPERS

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BOGGLE ANSWERS

SEA, BAY, COVE, LAKE, OCEAN, INLET, LAGOON, CHANNEL

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MY ANSWER

When retirement comes, it is good to stay active

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: Retirement is looming over my wife and me, and I wonder how we'll manage this new experience, since she's not accustomed to me being home all the time. Vacationing the rest of our lives isn't one of our goals. — R.C.

A: Life is full of changes, but one of the greatest comes with retirement. Many look forward to it; others dread it. Sooner or later almost everyone who lives long enough will experience it. A rather new phenomenon is to hear couples in their 30s anticipating and even planning for their retirement years.

Reactions are varied because people

are different; however, for most people the end of their careers is truly a watershed event — a major milestone — marking the beginning of growing older. It is only one of the changes most will encounter as retirement approaches — but it is a huge one. Even if spouses haven't worked outside the home, the transition may be just as jarring for them.

We may picture the years following retirement as a time of rest and relaxation, and to some extent, it is

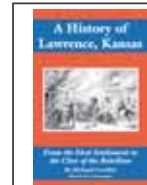
true. But growing older is also filled with changes and transitions that we may not easily welcome: adjusting to a different daily routine, declining health, the loss of a spouse, the need to downsize living space, increasing dependence on others. These and other events during retirement years bring their own difficulties.

Working as long as possible is often good advice. When retirement comes, it is good to stay active and be aggressive in looking for new opportunities to serve and encourage others, and do everything to the glory of God. "When you eat the labor of your hands, you shall be happy" (Psalm 128:2, NKJV).

- This column is based on the words and writings of the late Rev. Billy Graham.

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A History of Lawrence, Kansas

By Richard Cordley

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

“The 50+ demo accounts for half of all consumer expenditures — yet a shockingly small 10 percent of marketing dollars are targeted toward 50+.

Clearly, the numbers don't add up, and overlooking the 50+ demographic is a major marketing mistake. Targeting the 50+ demo, marketers will see serious payoff when it comes to benefitting their bottom line.”

Source: Huffington Post, huffingtonpost.com/mark-bradbury/the-7-incredible-facts-about-boomers-spending_b_6815876.html

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- Raeanne Mayer, *Generational Marketing*

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