

# Kaw Valley Senior Monthly

Celebrating Our **25th Year** Of Publication

March 2026

Serving Active Seniors in Northeast Kansas since 2001

Vol. 25, No. 9

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# Kansas Mennonite Relief Sale to be held April 10, 11

By Kevin Groenhagen

Half a century ago, Judy Krehbiel, a member of the Southern Hills Mennonite Church in Topeka, noticed other Mennonite congregations in Kansas were making quilts for the annual Kansas Mennonite Relief Sale. This sale is held each spring on the Kansas State Fairgrounds in Hutchinson. Mennonite, Brethren in Christ, and Amish congregations from across Kansas come together to donate their gifts and services for this event. Other than the Kansas State Fair, the sale is the largest event held at the fairgrounds.

According to a 2018 article in *The Hutchinson News*, “In 1968, a committee of inter-Mennonite men from the Hillsboro area organized the first Central Kansas Relief Auction at the newly-established Marion County Fairgrounds, according to memories recorded by Pat and Myrta Bartel.”

During that first sale, 4,000 people attended and raised \$19,500 for the

Mennonite Central Committee (MCC). The sale included about 150 quilts, some of which sold for as much as \$100 each.

MCC, composed of 15 Mennonite, Brethren in Christ, and Amish bodies in North America, was formed in 1920 to provide food for families suffering from famine and disease in southern Russia (present-day Ukraine). Today, MCC provides emergency food, shelter, and supplies worldwide. The Central Kansas Relief Auction is one of about 45 sales held annually throughout the United States and Canada.

Krehbiel brought the idea to the Southern Hills Mennonite Church, suggesting they make their own quilts for the annual sale.

“After I learned to know the people in church and knew that they quilted, I asked, ‘Why couldn’t we do this?’” Krehbiel said. “We’ve now been doing quilts since 1976. We started keeping a quilt book with pictures and descriptions and quilters’ names.”

About seven women from the Southern Hills Mennonite Church took part in making the quilt for next month’s sale. The 2026 quilt pattern’s name is “Latitude.”

“I started looking for another pattern probably last June,” said Karen Burkholder, another member of the church. And I saw this online. I just looked at it, kept looking at it, and kept looking at it. And then I crafted it on grid paper

KEVIN GROENHAGEN PHOTO



Judy Krehbiel, Judy Gingerich, and Karen Burkholder (l-r) stand in front of the Southern Hills Mennonite Church’s 2026 quilt.

and drew it in. I then had to figure out the color patterns. I got the whole idea from a commercial pattern-making company. I gave them credit in our information with the quilt.”

“Not everybody was there every time we worked on the quilt,” Burkholder continued. “Our schedules are different. We just tried to set certain days to work

on the quilt, but some women would come and go. Some would come and stay all day. And that was probably the best part of it: getting together, being together, enjoying, and sharing in the experience of what we’re doing.”

The Southern Hills Mennonite Church’s quilts are all machine pieced

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Kaw Valley  
**Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# Relief sale

CONTINUED FROM PAGE THREE

and quilted by hand. Many quilts today are made, at least in part, with sewing machines, and some are even mass-produced using industrial techniques. The process of making a quilt has three key stages:

- Piecing (assembling the quilt top from fabric pieces/blocks).
- Laying (sandwiching the top, batting, and backing).
- Quilting (stitching through all the layers to hold them together).

“We’ve had people who love to piece but don’t like to quilt,” Burkholder said.

According to Burkholder, they occasionally make small mistakes when making the quilts.

“The Mennonites are very close to the Amish,” added Judy Gingerich, another church member. “The Amish have this saying that in every quilt they make, they will purposely make some error or something that’s not part of the pattern itself for the sake of humility. Well, there’s a lot of humility in these quilts.”

“Speaking of errors, I made a quilt many years ago,” Krehbiel said. “It took me about 10 years to discover that I had one block upside down. Nobody else knew. And I think we probably have an error on this one that nobody will ever notice.”

The church’s completed 2026 quilt was displayed before the congregation on Sunday, February 8. After that, it was taken to MCC Central States’ Quilt Committee in North Newton, Kansas, in preparation for the sale at the Kansas State Fairgrounds in Hutchinson on April 10 and 11.

The quilt auction portion of the sale is expected to feature about 200 quilts. The bidding process can get quite competitive at times.

“In 2013, the sale had a quilt that went for \$7,800,” Krehbiel said.

“There was also a funny story in our church of a woman who had helped make a quilt, and she really wanted it for herself,” Gingerich said. “So, she asked a friend to bid on it for her, but the friend was unaware that somebody else was trying to buy it for the same woman who wanted it. I think they finally saw each other and realized they were bidding against each other. A little bit more was spent on that quilt than was intended.”

In addition to the quilt auction, the Kansas Mennonite Relief Sale will include a general auction featuring antique and newer vehicles, tractors, equipment, tools, furniture, decor items, and more, a silent auction featuring unique and hand-crafted items, and a children’s auction that gives kids an opportunity to learn about auctions and giving to MCC while bidding on toys, games, etc. Items included in the auc-

CONTINUED ON PAGE FIVE

COURTESY PHOTO



Phyllis Slipke, Judy Gingerich, Judy Krehbiel (l-r) work on the Southern Hills Mennonite Church’s 2026 quilt.

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# Relief sale

CONTINUED FROM PAGE FOUR

tions will be shared online at [kansas.mccsale.org](http://kansas.mccsale.org) before the auctions.

A 5K Run/Walk for Relief will be held at Rice Park in Hutchinson at 8 a.m. on Saturday, April 11. Participants can register online at the same website.

And then there is the food. There will be pies and Pfeffernüsse (peppernuts), a popular German cookie among Mennonites in North America.

“Traditionally, a lot of the Mennonites here are either from Ukraine, Russia, Germany, or Switzerland,” Gingerich said. “So, we have ethnic foods at the sale that are also sold, which is a real treat.”

One of those ethnic foods is “verenike,” a Russian Mennonite cottage cheese-filled fried dumpling served with or without a ham gravy topping. Between 15,000 and 20,000 of these crowd favorites are made each year for the relief sale.

Verenike, German sausages, borsch,

zwieback with butter and jelly, Bohne Beroggi with sweet sauce, and cherry moos will be available at Feeding the Multitude at Cottonwood Court from 4 to 8 p.m. on Friday, April 10, and from 7 to 9 a.m. and from 10:30 a.m. to 1 p.m. on Saturday, April 11. The food is served cafeteria-style and is available for carryout or dine-in.

If you miss Feeding the Multitude, other food options can be viewed at [kansas.mccsale.org/verenike](http://kansas.mccsale.org/verenike).

Through the auctions and food sales, the Kansas Mennonite Relief Sale raised \$700,000 in 2022 and nearly \$600,000 in 2023. Even in 2020, MCC’s centennial year, when the sale was canceled due to COVID (which is why this year’s sale will be the 58<sup>th</sup>, not the 59<sup>th</sup>), Kansas Mennonite Relief Sale board chair Jim Robb was able to present a \$500,000 check to MCC Central States.

“Vehicles that would have been auctioned off were sold online and in-person, raising \$40,800,” *Anabaptist World* reported on June 29, 2020. “Nearly 700 meals were sold in a Goessel drive-through, raising nearly \$20,000. Kids collected coins. Baked



Southern Hills Mennonite Church’s 2025 quilt

goods and plant sales were coordinated online. Run for Relief participants ran on their own.”

In addition to the Kansas Mennonite Relief Sale’s website, a Facebook page

is available at [facebook.com/kansas.mccsale](http://facebook.com/kansas.mccsale). The Southern Hills Mennonite Church’s website is [southernhillsmc.org](http://southernhillsmc.org).

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COURTESY PHOTO

Southern Hills Mennonite Church's 2015 quilt

## Southern Hills Mennonite Church

In 1949, Mennonite Central Committee chose the Topeka State Hospital as a site for a Voluntary Service (VS) Unit. Twenty young people arrived in Topeka that year to participate in the VS program. In 1952, during the Korean War, 23 young General Conference and Mennonite Brethren conscientious objectors arrived to perform their I-W alternative service at the Topeka State Hospital and Veterans Administration Hospital in Topeka. As these young people married, began to have families, and put down roots in Topeka, they felt the need to establish a place of worship. The Western District Conference regularly sent pastors to Topeka to conduct services in private homes and to administer to the spiritual needs of this combined community of General Conference and Mennonite Brethren young people, which called itself the Topeka I-W Fellowship. In 1956, the fledg-

ling congregation of 37 young people decided to organize formally as the Topeka Mennonite Fellowship. The Charter Service was held in their temporary church building, which they shared with the Topeka Seventh-Day Adventist congregation, on 16 June 1957. In 1958, the Mennonite Brethren members of the congregation decided to separate from the Topeka Mennonite Fellowship and form their own congregation. This was a serious blow to the Fellowship, and there was doubt that the congregation would survive. After a time "in the wilderness," however, the congregation decided to commit to continuing in Topeka. On September 16, 1962, the Fellowship dedicated its new church building at 511 SE 37th Street in Topeka, and the congregation's name was changed to Southern Hills Mennonite Church.

Source: *Global Anabaptist Mennonite Encyclopedia Online*



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# Extension Master Gardeners to hold Garden Sale

By Billie David

Spring is almost here, a time when people's thoughts turn to gardening, not only for food, but also to find beauty, to learn about conservation and sustainability, to help pollinators, to enjoy a special activity with others, or just to get their hands dirty and feel the sunshine on their backs and commune with nature. The first full day of spring, March 21, will provide a great start, as the Extension Master Gardeners (EMG) will host their "Big Idea" Garden Show.

"A lot of seniors are looking for connections, a purpose, and activities they can do," said Douglas County Extension Master Gardener Kevin Nelson. "Seniors have the time, and those who have always wanted to garden can do it now. It helps ground one in a technology-driven era, and it's a great way to connect with the grandkids. Gardening gives one the opportunity to give back without paying anything."

"Master Gardeners have fun learning with others of the same mind, and there are benefits to working with the soil," Nelson continued, mentioning advantages such as exercise, social benefits, and even contact with the soil itself, which has been shown to release serotonin and oxytocin just from smelling it, two neurotransmitters shown improve your mood.

For first-time gardeners and for those who want to expand or obtain better results, there is help available through the local Master Gardeners

program, where you can get advice from trained volunteers, learn sustainable gardening practices, get your soil tested, visit the demonstration gardens, and even become a Master Gardener yourself.

The Extension Master Gardeners program, which originated at land-grant colleges, is organized at the county level and involves training and volunteer opportunities, educational programs, and demonstration gardens designed to promote sustainable gardening practices. Its mission is to promote research-based sustainable horticulture information to help communities know how to grow things successfully.

In Douglas County, the program trains volunteers to help the public with gardening topics such as soil, landscaping, and vegetable gardening. As part of their training, Master Gardener volunteers are required to complete 40 hours of volunteer service each year.

The Extension Master Gardener program also maintains demonstration gardens where visitors can learn about which plants work best in various environments. For example, the demonstration gardens at the Douglas County Fairgrounds provide information about best planting practices for different landscapes, such as the drought-tolerant garden, the rain garden designed for land with poor runoff, the pollinator garden that attracts insects such as butterflies and bees, the rock garden, the grass garden with herbs, the shade-tolerant garden, and the hoop house garden. These gardens are always open

COURTESY PHOTO



Garden art on display during a past garden sale

and free to visitors.

Master Gardeners also organize events such as the garden show, a garden tour, a native plant sale, and a garden art sale. Funds raised at those events support EMG activities, youth

gardener programs at local schools, EMG tuition scholarships, and grants for public gardens. Speakers are also available to give talks in classrooms and for garden clubs, HOAs, and

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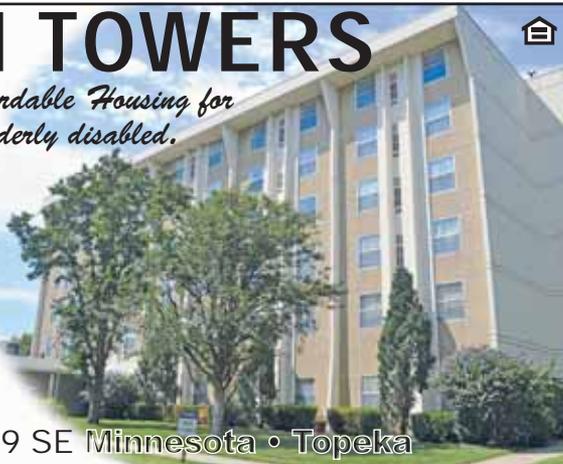
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# Master Gardeners

CONTINUED FROM PAGE EIGHT

other organizations.

In addition to the Douglas County demonstration gardens, there are also demonstration gardens in Baldwin City, Eudora, and the Native Medicinal Plant Garden, also at the fairgrounds.

The Monarch Watch Demonstration Garden, located behind Foley Hall on the University of Kansas West Campus, was started in 2004 and is the result of a collaboration between Monarch Watch and the Douglas County Extension Master Gardeners. This garden has the distinction of being the very first Waystation in a movement that now boasts more than 54,800 registered Waystations in 13 countries.

“Monarch Watch developed with the Waystation concept, but needed help to implement it and spread the news,” Nelson said. “If not for Master Gardeners, Monarch Waystations might not exist.”

Groups of Master Gardeners keep the gardens and Waystation #1 going, he added, explaining that weeding, culling some aggressive native plants, and deadheading after a variety of plant bloom times means they need to be tended often.

Another community-based service the local Extension Master Gardeners program provides is collecting unsold, perishable produce from the local farmers’ market and delivering it to Just Food and the Douglas County food bank.

The Master Gardeners of Douglas County’s education program in 2026 will provide free monthly, open-to-the-public training sessions. The programs are held in the north room of the Dreher Family 4-H building at the Douglas County Fairgrounds, beginning at 10:30 a.m. and lasting one hour.

Topics and days are listed at [dgemgks.org/2026-advanced-ed-programs](http://dgemgks.org/2026-advanced-ed-programs). Online participants will need to register, and if they miss a program, they can access it later at the same site. Previous programs are also available on this website.

No prior experience is needed to become a Douglas County Extension

Master Gardener, but one must be available for 55 to 60 hours of training, most of which is available online. A high school diploma or its equivalent is also required, along with a \$100 fee for which a few scholarships are available. Applications start in early August, and there is space for 30 trainees. Classes are held on Thursdays from September through December, from 1 to 4 p.m. The classes are held at the Douglas County Extension Office and are also available online.

## Garden Sale to be held March 21

The Douglas County Extension Master Gardeners are celebrating spring planting season with their FREE, Big Idea Garden Show on March 21 at the Douglas County Fairgrounds. The idea is to share what they have learned and learn from others. The celebra-

tion will include educational booths, speakers, food trucks, a garden arts sale, a garden garage sale, a rain barrel workshop, and a raffle. The event is sponsored by the Douglas County Extension Master Gardeners and will run from 9 a.m. to 3 p.m.



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# Social Security surpasses 100 million my Social Security accounts

Baltimore, MD—The Social Security Administration (SSA) has announced that over 100 million Americans have created personal my Social Security accounts. This marks a major milestone in the agency's digital-first transformation to increase accessibility, expand service, and improve the overall customer experience for the public. "More than 100 million Americans have chosen to set up my Social Security accounts because they want

immediate access to service, 24 hours a day, and tools to manage their benefits with ease," said Commissioner Frank J. Bisignano. "This milestone underscores what we are working toward at SSA: providing convenient and best-in-class customer service that meets people where they are, whether it is online with my Social Security, on the phone, or in person at local field offices."

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To learn more and create a personal my Social Security account, visit: <https://www.ssa.gov/myaccount/>.

## KDADS launches quality of life surveys to improve nursing home care

TOPEKA – The Kansas Department for Aging and Disability Services (KDADS) has announced a partnership with Vital Research to implement an updated data collection process for nursing homes across Kansas. The initiative, known as Kansas Quality of Life Surveys (KQoL), aims to improve transparency and care standards by gathering direct, person-centered feedback from residents.

Beginning in spring 2026, trained interviewers from Vital Research will visit participating nursing homes to conduct these confidential, face-to-face interviews. As a national consulting firm specializing in human services, Vital Research will focus on capturing residents' daily lived experiences and personal satisfaction with the care they receive.

"Kansans must have access to meaningful, data-driven information, especially when making significant decisions regarding care settings for themselves or their loved ones," KDADS Adult Care Home Quality Program Manager Jami Boone said.

"We are eager to advance this effort, which will allow us to hear directly from those most impacted by our long-term care system."

Key components of the KQoL initiative include:

- **Person-Centered Data:** The surveys move beyond clinical metrics to capture the "lived experience" of residents, focusing on dignity, autonomy, and comfort.

- **Voluntary Participation:** Engagement in the survey process is voluntary for homes, residents, and family members.

- **Confidentiality:** Strict protocols will be in place to ensure all responses remain confidential, fostering an environment where participants can share feedback openly and honestly.

- **Public Transparency:** Statewide findings and home-specific data will be analyzed and published on the KDADS website.

This initiative is designed to highlight industry strengths and identify areas for improvement, providing facilities with performance data while empower-

ing Kansas families to make informed long-term care choices. KDADS is committed to working alongside nursing home partners and Vital Research

to ensure a smooth survey process that supports the agency's ultimate mission: protecting and strengthening the quality of life for aging Kansans.



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## HEALTH & WELLNESS

# Expert urology care, close to home at LMH Health

By Autumn Bishop

LMH Health

For many people, talking about urologic concerns can be difficult or embarrassing. The team at LMH Health Lawrence Urology Specialists gets that.

“It takes a fair amount of courage to come into the urology office. We deal with some of the most personal and intimate problems that people have,” said Dr. Jon Heeb. “But you need to know that these are common problems, and they’re nothing



Dr. Heeb



to be ashamed of.”

The team at Lawrence Urology Specialists evaluates and treats urologic concerns in patients across their entire lifespan, from birth through every stage of life.

### What do urologists do?

Urology is a medical specialty that diagnoses and treats problems of the male and female urinary tract and the

male reproductive organs. The providers at Lawrence Urology Specialists treat conditions including:

Bladder disease and dysfunction, including prolapse, overactive bladder, urinary incontinence and recurrent urinary tract infections

- Erectile dysfunction
- Kidney stones
- Pelvic pain
- Prostate enlargement and cancer
- Testicular cancer
- Urinary tract cancer, including bladder and kidney cancer

The pelvic floor is an area that nurse practitioner Kathy Ramirez focuses on, but it’s one that you might not associate with urology. She works alongside a pelvic floor therapist to provide comprehensive care for women facing issues.



Ramirez, APRN

“Many women have urinary incontinence or have pelvic organ prolapse, which is a condition caused by weakened pelvic muscles that can lead to a shift in the vagina, uterus, bladder or rectum. Sometimes they have both issues,” she said. “It is much more common than women realize and doesn’t always require a surgery for successful treatment.”

Pelvic floor therapy is also an important service for men, but it’s one that LMH Health hasn’t previously offered. In February 2026, LMH expanded access to support treatments addressing symptoms such as scrotal, testicular and penile pain, as well as urinary frequency and urgency.

“Therapy is something that we can recommend both before and after prolapse or prostate surgery,” Dr. Heeb said. “It helps patients prepare for these procedures and reduce the risk that they’ll recur.”

### Providing relief

While your urology concern might be treated without surgery, sometimes surgery is the best option. The good news is that the team performs minimally-invasive robotic surgery for a number of conditions, including kidney tumors and obstructions, and pelvic organ prolapse.

“All of our surgeons perform minimally-invasive procedures using the da Vinci Surgical System,” Dr. Heeb explained. “Minimally-invasive options provide clear advantages, including smaller incisions, less bleeding, reduced pain, and shorter hospital stays. Patients sometimes go home the same day.”



Dr. Didde

With the arrival of Dr. Ryan Didde

in 2025, Lawrence Urology Specialists continues to expand its capabilities. Dr. Didde performs robotic prostatectomy, a surgical option that wasn’t previously available in Lawrence.

### Collaboration and combined knowledge

You may only interact with one provider, but your care is a team effort. APRN Kait O’Day and Dr. Douglas Klingler join Ramirez, Dr. Heeb and Dr. Didde to collaborate and provide patients the best care possible. Dr. Heeb and Ramirez have worked together for more than 25 years, and Dr. Klingler joined the team nearly two decades ago. Their familiarity contributes to an environment where patients feel seen and understood.



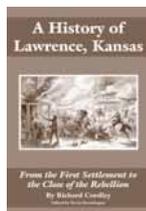
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- Autumn Bishop is the marketing manager and content strategist at LMH Health.



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## HEALTH &amp; WELLNESS

# Medicinal plants for spring renewal

Spring is a season of renewal, and many medicinal plants offer gentle yet powerful support for cleansing, digestion, and seasonal allergies. In Kansas, as the landscape blossoms and turns green, common medicinal plants that can be grown in garden beds become accessible remedies that serve as both food and medicine.



Dr.  
Deena  
Beneda

At the heart of spring herbalism is clearing winter stagnation and nourishing the body with fresh, mineral-rich greens. Many traditional systems have long used early plants as “spring tonics” to stimulate digestion, support the liver, and rebuild energy after the colder winter months. Today, these plants are widely used to make teas and infusions, prepare fresh foods, and support detoxification.

Stinging nettle is a classic spring tonic, often called a nutrient powerhouse for its rich vitamin and mineral content. Young nettle leaves can be

cooked like spinach or steeped as tea, which removes the sting while delivering restorative nourishment to a tired, overworked body. Nettles are prized for their anti-inflammatory and anti-allergic properties and are frequently recommended as a daily tea during the spring allergy season. Their diuretic, astringent, and tonic actions also help open the body’s channels of elimination, aligning with the spring cleansing.

Dandelion, an abundant spring plant, offers many medicinal benefits. The bitter leaves support digestion and stimulate bile flow, helping the liver process metabolic waste more efficiently after our winter diets. Dandelion roots are widely regarded as liver tonics and are used in teas or roasted to make a coffee-like beverage that promotes detoxification. The yellow flowers of the dandelion are rich in lutein and can be used in foods, wines, or syrups, supporting eye health while symbolizing the energy and awareness of the new season.

Groundcovers, such as chickweed, are also valuable allies in spring. Chickweed is rich in vitamins A and C and minerals such as iron, calcium, and potassium, making it a highly nutritious wild green for salads or smoothies. It is considered cooling and soothing, with

traditional uses as a digestive aid and in salves or poultices to calm irritated skin and support wound healing.

In garden beds, herbs such as mint and yarrow continue to support the spring cleansing theme. Mint makes a refreshing tea that can ease indigestion, nausea, and congestion, and it blends well with nettle or dandelion leaves in spring infusions. Yarrow, with its feathery leaves and white flowers, is known for its astringent and diaphoretic properties. These proper-

ties make it useful in teas to help the body manage colds, fevers, and lingering respiratory issues.

When prepared as food, teas, and home remedies, these spring medicinal plants offer an accessible way to align the body with the season’s movement toward freshness, cleansing, and renewed vitality.

- 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

# Valley fever uncovered, tips for staying safe

By **Jesse Bracamonte, D.O.**

Mayo Foundation for Medical Education and Research

**DEAR MAYO CLINIC:** I've been hearing in the news lately that valley fever cases are on the rise. What exactly is valley fever? Who is at risk, and how do you protect yourself?

**ANSWER:** Valley fever is an infection caused by a fungus in the soil. It is primarily found in the southwestern region of the U.S., including Arizona, New Mexico, central and southern California, and Texas. It is also found in eastern Washington and parts of Mexico. Valley fever is spread through the inhalation of the spores that live in the soil. It is more common during certain months of the year, particularly in Arizona. Although people can get valley fever year-round, they are more likely to be infected during the summer and fall.

Inhaling these spores can cause valley fever in the lungs and sometimes pneumonia in some people. People can get very sick. In most cases, however, people who are exposed do just fine. Some people may not even know that they have valley fever, and their bodies

respond and fight it off naturally. People with weakened immune systems and diabetes, pregnant women, people over 60, and people who work outside in construction or farming are more at risk.

Initial symptoms of valley fever can include:

- Cough
- Fatigue
- Difficulty breathing or shortness of breath
- Joint aches and muscle soreness
- Headache
- Fever and chills
- Night sweats
- Rash on the lower legs and sometimes on the chest, back and arms

To protect yourself from valley fever:

- Avoid dusty areas. If it's dusty outside or if there's a dust storm, avoid going outside, particularly into high-dust areas such as construction zones and farms.

- Stay indoors. Keep windows and doors closed during windy conditions or dust storms to limit dust entering your space.

- Wear a protective mask. If you must be outside in a dusty environment, use an approved N95 respirator.

- Use air filtration: Ensure your indoor spaces and vehicles have proper air filtration to minimize dust.

- Cover bare soil: Protect exposed dirt with plants, rocks, grass or mulch.

- Keep soil moist: While working or gardening outside, wet the soil continuously as you dig or move the earth to reduce airborne particles.

The path of valley fever is unpredictable and differs from person to person. Severity can vary depending on your overall health and the number of spores you were exposed to. Even if you don't have symptoms of valley fever, you may find out later that you were infected. A routine chest X-ray may

show residual lung infection, such as small nodules or clumps. While these nodules are harmless, they may appear to look cancerous.

A blood test usually diagnoses valley fever. Have your healthcare team test you to ensure it's valley fever because, in some instances, you may need further treatment. Antifungal medications may be prescribed and required for weeks to months to treat the valley fever actively. If you have symptoms that aren't improving or have traveled to an area where valley fever is common and you're having symptoms, consult with your healthcare team as soon as possible. — Jesse Bracamonte, D.O., Family Medicine, Mayo Clinic, Phoenix

- *Mayo Clinic Q & A is an educational resource and doesn't replace regular medical care. This Mayo Clinic Q&A represents inquiries this healthcare expert has received from patients. For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).*

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## FINANCIAL FOCUS®

# How outdated beneficiary choices can derail your plans

When you open a retirement account or buy a life insurance policy, you're asked to name a beneficiary. It might seem like just another form to fill out, but this simple step can affect your family's future.

Many people don't give beneficiary designations much thought after signing the initial paperwork. It may have been years ago, and life has moved on. But



*Derek  
Osborn*

this might surprise you: These designations can override what's in your will or living trust. That means your retirement accounts and insurance proceeds could end up going to someone you didn't intend, creating what professionals call an accidental inheritance.

Life changes quickly. You might get married, divorced or remarried. You might have children or stepchildren. A loved one might pass away. You may decide to give to your favorite charity. Any of these events could mean it's time to update your beneficiaries.

The rules can get complicated. For example, after a divorce, some (but not all) states have laws that automatically revoke your beneficiary designations for IRAs, bank accounts and insurance policies. But no matter where you live in the U.S., the designations for 401(k) plans and pensions stay in place until

you change them. In community property states, couples must split 50-50 the assets they acquired during marriage, adding another layer of complexity.

There are other considerations, too. It's a good idea to name a primary and a contingent beneficiary. If your primary beneficiary dies before you do, the contingent beneficiary receives your assets. Without this backup plan, your carefully considered wishes could go awry.

Naming minor children as direct beneficiaries isn't usually a good idea. Children can't legally receive and control assets until they become adults, so a court would have to get involved and appoint a guardian for managing the money. Instead, you might set up a trust or name a custodian to oversee the funds until your children are mature enough to handle them responsibly.

For family members with special needs, you'll want to be especially careful as about choosing your beneficiary. Some choices may jeopardize their eligibility to receive government benefits such as government disability payments or Medicaid. An estate attorney can help you make important beneficiary decisions.

One major benefit of proper beneficiary designations is that they can help your loved ones avoid probate, a time-consuming and potentially expensive legal process.

For these reasons and others, it's important to review your beneficiary designations regularly, especially after major life events. Contact your retirement account administrator or insurance company to update any outdated information.

A financial advisor can help you understand how your beneficiary choices fit into your financial strategy and ensure your assets go where you want them to go. It may also make sense to work with a legal professional who can help you ensure your beneficiary designations align with your plans for transferring your estate assets.

Don't leave these important decisions to chance. Taking time now to

review and update your beneficiaries can help give you a sense of security and protect the people you love.

- 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

# Warsh named as Fed chair — Should you care?

The months-long beauty contest is over: President Donald Trump has named Kevin Warsh to succeed Jerome Powell as Federal Reserve Chair.

Before explaining why you should care, a quick rundown of Warsh's resume:

- He served as Fed Governor during the financial crisis (2006-2011) but resigned seven years before his 14-year term ended.



Jill  
Schlesinger

- He was long considered a "hawk" who favored higher interest rates, and his early departure likely stemmed from disagreements with Chair Bernanke — Warsh argued for rate increases, while others preferred keeping rates low to aid crisis recovery.

- He was a contender for Fed Chair in 2017, but then-President Trump named Powell instead.

- Recently, Warsh has shifted positions, arguing that interest rates are too high. He also believes that government spending is the root of inflation — and that productivity advances from arti-

cial intelligence will push down inflation over time. He supports Trump's policies on tariffs and deregulation as a means to boost the economy and has criticized Powell's handling of the Fed building renovation.

### What happens next?

Warsh must be confirmed by the Senate, which may prove difficult. Republican Senator Thom Tillis said that he won't vote to confirm Warsh (or any Fed Chair) until the Department of Justice drops its investigation of Powell over the Fed's renovation project.

After receiving a subpoena, Powell said that "the threat of criminal charges is a consequence of the Federal Reserve setting interest rates based on our best assessment of what will serve the public, rather than following the preferences of the President."

If Warsh is ultimately confirmed, he can't unilaterally lower interest rates. The Federal Open Market Committee (FOMC), consists of 12 members (seven Board of Governors members, plus the New York Fed president, plus four rotating regional Fed presidents) and each vote holds equal weight. The Fed only acts when the majority vote is in favor of doing so.

### Why should you care about the Fed?

Fed actions impact everything from credit card interest rates to auto and

personal/business loans to interest on savings accounts. While it may seem great to lower interest rates to help borrowers, doing so might foster inflation, and if that were to occur, investors would demand higher rates to compensate them for the extra inflation risk.

For the U.S. economy to function efficiently, the Fed needs the freedom to raise interest rates to combat inflation, regardless of the fact that it might slow down the economy and disappoint consumers and politicians.

### What's the deal with Fed independence?

The Federal Reserve is an independent, self-funded agency and is not a part of the congressional appropriations process, though it is accountable to the public and to Congress. The bar is high to fire Fed officials: a 1935 Supreme Court ruling found that Fed officials can only be forced out or fired "for cause," which most have interpreted as some sort of crime, like embezzlement or fraud.

Last spring, the Supreme Court

seemed to carve out special privilege to the Fed, even as it granted permission for the administration to fire other agency heads, noting that "the Federal Reserve is a uniquely structured, quasi-private entity."

More recently, the Supreme Court held oral arguments on January 21, 2026, over whether the president could remove Lisa Cook as a Fed governor. The Administration alleges that Cook lied on a mortgage application, which she categorically denies. In the arguments, some conservative justices seemed unwilling to provide the president with the sweeping power to remove Cook. Until they render a decision, Cook remains a voting member of the FOMC.

- 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](mailto:askjill@jillonmoney.com). Check her website at [www.jillonmoney.com](http://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](http://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](http://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](http://unmistakablylawrence.com)

### MAR 16

#### 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, 707 Vermont St., 2-3 p.m.

LAWRENCE

[lawrence.bibliocommons.com/v2/events/698b65c8491b809c6f18db7e](http://lawrence.bibliocommons.com/v2/events/698b65c8491b809c6f18db7e)

### MAR 26

#### SENIOR SESSION: THREE GENERATIONS OF YOSHIDA WOMEN PRINTMAKERS

Learn about the art and legacy of three remark-

able Japanese women printmakers from the Yoshida family—Fujio, Chizuko, and Ayomi. Spanning three generations, their innovative approaches to woodblock printing reveal shifting ideas of artistic identity, family collaboration, and women's empowerment in modern and contemporary Japan. Senior Sessions are designed with accommodations for older adults and open to all. Spencer Museum of Art 1301 Mississippi St., 10:15-11 a.m. Free.

## EDUCATION

### MAR 4

#### THE CASE FOR LIMITED WAR: EUROPEAN MILITARY TREATISES THROUGH MACHIAVELLI

Ft. Leavenworth Series. Presented by John D. Hosler (Ph.D. University of Delaware), a Professor of Military History at the Command and General Staff College. Warfare in the European Middle Ages (c. 500-1500) can be broadly characterized as limited: limited objectives, limited budgets, and limited size of armies. Despite medieval society having an overall martial culture, these factors conspired to make warfare episodic, defensively oriented, and positional in character. This lecture will explore the intellectual underpinnings of medieval limited war by surveying the major writers on the subject, including Vegetius, Maurice, Leo VI, Nikephoros Phokas, John of Salisbury, Giles of Rome, Honoré Bouvet, Christine de Pizan, and Niccolò Machiavelli. Robert J. Dole Institute of Politics 2350 Petefish Dr., 3-4 p.m. Free. Hybrid event.

LAWRENCE, 785-864-4900

[youtube.com/live/uebBV1vTNqs](http://youtube.com/live/uebBV1vTNqs)

### MAR 7

#### COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 9-10:30 a.m.

TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

### MAR 10

#### AI AND MEDIA LITERACY

Every day there are new headlines about artificial intelligence. But what, exactly, is AI? How is it shaping news, advertising and social media? Why is it important to know whether something was AI-generated or not? Katie Hasty and Russ Fischer of Prima Vista AI will guide attendees through thinking critically and responsibly about AI. There will be snacks, so registration is encouraged (but not required). Questions? Ask Melissa: [mfisherisaacs@lplks.org](mailto:mfisherisaacs@lplks.org). Lawrence Public Library, 707 Vermont St., 6-7:30 p.m. Free.

LAWRENCE

### MAR 10

#### COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting

up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 11 a.m.-1 p.m.

TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

### MAR 12

#### WINE AROUND THE WORLD

Join us for our monthly virtual tour of one of the world's wine regions with Steve Wilson of City Wine Market. The online link will be sent to the day prior to the event. Questions? Contact Lorel Lewis: [retirement@lplks.org](mailto:retirement@lplks.org). Lawrence Public Library.

LAWRENCE, [lawrence.bibliocommons.com/v2/events/699261538d5e2d09335f6b75](http://lawrence.bibliocommons.com/v2/events/699261538d5e2d09335f6b75)

### MAR 12

#### GROWING VEGETABLES AND HERBS IN SMALL SPACES

Learn from SN Co Extension Master Gardeners. You want to grow veggies and herbs but think you don't have the space? Think again! We'll talk about how to utilize small spaces and containers in your landscape to grow your own vegetables and herbs. Topeka and Shawnee County Public Library - Marvin Auditorium 101B 7-8:30 a.m.

TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

### MAR 15

#### COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 7:30-9 p.m.

TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

### MAR 16

#### 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, [events.tscpl.org/events](http://events.tscpl.org/events)

### MAR 17

#### SAVE YOUR FAMILY MEMORIES

Don't lose moments you recorded on VHS or cassette tapes long ago! Learn about the library equipment you can use to convert those tapes to digital files. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor) 7-8 p.m.

TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

### MAR 18

#### COMPUTER AND GADGET HELP

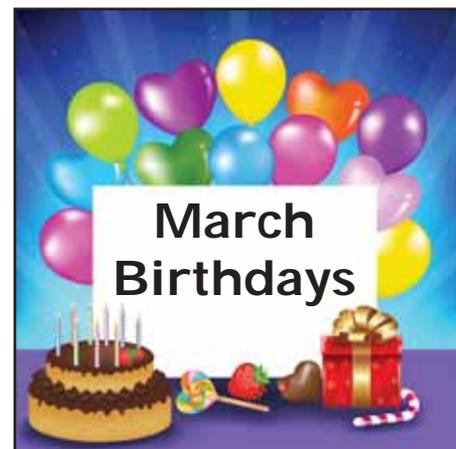
Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 1-3 p.m.

TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

### MAR 21

#### COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka



## March Birthdays

### 90 Years Old

March 7, Loren Acton, astronaut

March 19, Ursula Andress, actress and model

### 80 Years Old

March 6, David Gilmour, English rock musician (Pink Floyd)

March 7, Peter Wolf, rock musician for The J. Geils Band

March 12, Liza Minnelli, singer, stage and film actress

March 21, Timothy Dalton, Welsh actor

### 70 Years Old

March 1, Tim Daly, actor (*Wings*)

March 7, Bryan Cranston, actor (*Breaking Bad*)

March 24, Steve Ballmer, entrepreneur (Microsoft)

### 60 Years Old

March 3, Tone Lōc, hip hop artist and voice actor

March 5, Michael Irvin, NFL wide receiver

March 10, Edie Brickell, singer and songwriter

March 18, Jerry Cantrell, lead guitarist, co-lead vocalist of the rock band Alice in Chains

March 25, Tom Glavine, American baseball player

March 28, Salt (stage name for Cheryl Renee James), rapper of the female hip hop group Salt-N-Pepa

# Calendar

CONTINUED FROM PAGE 16

and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 1:30-3 p.m.  
TOPEKA, events.tscpl.org/events

MAR 24

## GRAY ANATOMY: COLON CANCER AWARENESS

Most people with colon cancer are over 50, though rates are increasing for younger people. Colon cancer ranks as the third most diagnosed and third leading cause of cancer death in the US, with about 1 in 24 people developing it in their lifetime. This month Dr. Alka Hudson of LMH Health Gastroenterology will discuss this all too common disease and ways to recognize, treat, and combat it. Gray Anatomy is a Zoom only program. You will receive the Zoom link the day before the event. If you have not received it by the morning of the event, email retirement@lplks.org for assistance. Questions? Reach out to Lorel Lewis at llewis@lplks.org. Sponsored by Lawrence Public Library and LMH Health, 4-5 p.m. LAWRENCE, lawrence.bibliocommons.com/v2/events/69713e6e6724c63d00ed7f1e

MAR 25

## BEFORE YOU CHECK OUT: WHO WILL TELL YOUR STORY?

Lawrence Public Library's popular series on end-of-life planning is back! This year, we are delighted to partner with the Douglas County Senior Resource Center to bring you this important information. This program explores how your life story can be shared and remembered. Former *Journal-World* reporter Cathy Hamilton will lead you through the basics of writing an obituary, planning a meaningful eulogy, and creating legacy letters for loved ones. Lawrence Public Library 707 Vermont St., 10:30-11:30 a.m. LAWRENCE, lawrence.bibliocommons.com/v2/events/697393ff3cc3e0c9ecb440e3

MAR 26

## COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 3-5 p.m. TOPEKA, events.tscpl.org/events

MAR 30

## RETIRES WHO WRITE: PAM EGLINSKI

Pam Eglinski is a local writer and an international best-selling author. She was born and raised in the San Francisco Bay area and holds a Masters Degree in Asian Art History from the University of Kansas. She spent much of her career in non-profit management, fundraising, and higher education. Pam retired early to follow a grade-school dream of writing. Her goal is to entertain her readers, take them to places rarely seen, and engage them in missions never before imagined. Lawrence Public Library, 707 Vermont St., 1:30-2:30 p.m. LAWRENCE, lawrence.bibliocommons.com/v2/events/69926ee33cc3e0c9ecb98589

APR 1

## THE MAGINOT LINE

Ft. Leavenworth Series. Presented by Dr. Cameron Zinsou, an Assistant Professor of History in the Department of Military History at the Command and General Staff College. The Maginot Line has assumed a mythical status as the height of French interwar doctrinal stagnation. The reality, however, is that the Maginot Line represented a potential solution to the difficult French strategic position. Dr. Zinsou shows how its development, manning, and the debates about the Line shaped and prepared French military and civilian thought in the leadup to the Second World War. Robert J. Dole Institute of Politics 2350 Petefish Dr., 3-4 p.m. Free. Hybrid event.

LAWRENCE, 785-864-4900

youtube.com/live/M0rCJTtP0k

## ENTERTAINMENT

MAR 5

## ARISTO SHAM, VAN CLIBURN INTERNATIONAL PIANO COMPETITION GOLD MEDALIST

Pianist Aristo Sham exudes astounding intellect and a deep emotional resonance; a cultivated sophistication and an immediately engaging presence; a penchant to take on the great monuments of the piano repertoire; and a natural, infectious spontaneity. This makeup is fueled by a fascination with the world and its rich cultures—he was

an international prodigy, is a voracious student of wide-ranging interests and currently splits his time between three continents. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787, lied.ku.edu/event

MAR 7

## RED HOT CHILLI PIPERS

It's Bagpipes. It's Rock. It's Bagrock. AC/DC meets the poet Robert Burns. Where rock anthems sit comfortably alongside the great tunes from the glens and the mountains of Scotland. Ottawa Memorial Auditorium, 301 S. Hickory, 7:30-9:30 p.m. Fee. OTTAWA, 785-242-8810 ottawamemorialauditorium.com

CONTINUED ON PAGE 18

# Hello, Spring!

## Welcome to Prairie Commons

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5121 Congressional Circle  
Lawrence, Kansas



www.liveatprairiecommons.com



# Calendar

CONTINUED FROM PAGE 17

MAR 11

## IL DIVO BY CANDLELIGHT WITH SPECIAL GUEST SIMPLY THREE

Since their debut in 2004, IL DIVO has captivated audiences with their fusion of operatic mastery and pop appeal. Created by Simon Cowell, the group has won the hearts of millions worldwide, selling over 30 million albums and earning more than 160 gold and platinum records across 35 countries. Their repertoire takes listeners on a musical journey across cultures, featuring songs in Spanish, Italian, French, English, Portuguese and even Japanese. With their unique blend of classical elegance and contemporary style, IL DIVO continues to enchant music lovers around the globe. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787, [lied.ku.edu/event](http://lied.ku.edu/event)

MAR 13

## 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 and Academy, 3028 SW 8th Avenue, 7 p.m. Fee. TOPEKA, 785-357-5213 [topekacivictheatre.com/senior-class](http://topekacivictheatre.com/senior-class)

MAR 13

## FREE STATE STORY SLAM | UP ALL NIGHT

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. Story Slam will take place in the Black Box Theater in the Main Building. Lawrence Arts Center, 940 New Hampshire Street. \$10 suggested donation. LAWRENCE, 785-843-2787

MAR 19

## DESSERT AND A MOVIE: THE LIFE OF CHUCK

Whip up your favorite dessert and join us to discuss a film that we have watched in advance on Kanopy, a free service accessible online using your Lawrence Library card number and pin. This month we'll watch *The Life of Chuck*, a 2024 fantasy-drama directed by Mike Flanagan, based on a Stephen King novella. This highly praised film explores the themes of love, loss, and human connection, revealed in reverse chronological order through the life of an ordinary man, Charles "Chuck" Krantz. This uplifting film explores the meaning of life, and finding wonder in the mundane. Pass the popcorn (and the Kleenex)! The Zoom link will be emailed to all registrants the day prior. If you have not received it by the morning of the event, email [retirement@lplks.org](mailto:retirement@lplks.org). Questions? Please reach out to Lorel Lewis at [llewis@lplks.org](mailto:llewis@lplks.org). Sponsored by Lawrence Public Library. 7-8 p.m. LAWRENCE, [lawrence.bibliocommons.com/v2/events/6992682181b67dfe32a6ae60](http://lawrence.bibliocommons.com/v2/events/6992682181b67dfe32a6ae60)

MAR 20

## THE BAND OF HEATHENS: COUNTRY SIDES TOUR

Formed in 2005, the Heathens broke into the public consciousness in 2009 with their heartfelt blend of country and rock, including memorable performances at Austin City Limits on PBS and the Austin City Limits Festival. Since then, members have come and gone, but principal songwriters Ed Jurdi and Gordy Quist give the band its collective focus and provide the DNA to the songs beloved by folks around the globe. Ottawa Memorial Auditorium, 301 S. Hickory, 7:30-9:30 p.m. Fee. OTTAWA, 785-242-8810 [ottawamemorialauditorium.com](http://ottawamemorialauditorium.com)

MAR 23 &amp; 24

## STEPHANE WREMBEL ENSEMBLE

Stephane Wrembel stands as one of the world's most celebrated guitarists. Originally from Fontainebleau, France, Wrembel is renowned for his masterful blend of jazz, gypsy swing and world music, enchanting audiences across the globe with his unique sound. 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787, [lied.ku.edu/event](http://lied.ku.edu/event)

MAR 27

## 4TH FRIDAY FILM

Let's watch *Waking Ned Devine* (1998) together. Step back in time and appreciate fine acting, directing and stories. Topeka and Shawnee County Public Library - Marvin Auditorium 101A 1:30-4 p.m. TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

MAR 31

## BILL T. JONES/ARNIE ZANE COMPANY

Over the past 40 years, the Bill T. Jones/Arnie Zane Company has shaped the evolution of contemporary dance through the creation and performance of over 140 works. Founded as a multicultural dance company in 1982, the company was born of an 11-year artistic collaboration between Bill T. Jones and Arnie Zane. Today, the company is recognized as one of the most innovative and powerful forces in the modern dance world. The company has performed its ever-enlarging repertoire worldwide in over 200 cities in 40 countries on every major continent. In 2011, the Bill T. Jones/Arnie Zane Company merged with Dance Theater Workshop to form New York Live Arts, of which Bill T. Jones is the artistic director and Janet Wong is the associate artistic director. 1600 Stewart Dr., 7:30 p.m. Fee. LAWRENCE, 785-864-2787, [lied.ku.edu/event](http://lied.ku.edu/event)

## 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](http://cottinshardware.com/farmers-market)

## HEALTH & WELLNESS

MAR 6, 13, 20, 27

### 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](http://events.tscpl.org/events)

MAR 11, 18, 25

### 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 has been lost through the aging process. Topeka and Shawnee County Public Library - Learning Center, 9:30-10:15 a.m. and 10:30-11:15 a.m. TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

MAR 22

### 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. No experience or registration needed. Lawrence Public Library, 707 Vermont St., 11:30 a.m.-12:30 p.m. LAWRENCE

## HISTORY & HERITAGE

JAN 3-DEC 31

### DECLARATION 1776 TOUR

2026 is the 250th anniversary of the signing of the Declaration of Independence. Do you know what's in America's founding document? See "Declaration 1776: The Big Bang of Modern Democracy," an exhibition from the Gilder Lehrman Institute of History. The exhibition uses primary sources to illustrate how Americans and people across the world have been inspired by the Declaration in their pursuit of equality and self-determination. A special exhibit panel on "Kansas" in 1776 is also included. Kansas Museum of History, 6425 SW 6th Avenue. TOPEKA, [humanitieskansas.org/events](http://humanitieskansas.org/events)

FEB 16-AUG 31

### DECLARATION 1776 TOUR

2026 is the 250th anniversary of the signing of the Declaration of Independence. Do you know what's in America's founding document? See "Declaration 1776: The Big Bang of Modern Democracy," an exhibition from the Gilder Lehrman Institute of History. The exhibition uses primary sources to illustrate how Americans and people across the world have been inspired by the Declaration in their pursuit of equality and self-determination. Robert J. Dole Institute of Politics, 2350 Petefish Dr. LAWRENCE, 785-864-6230

MAR 10

### THE AGE OF THE BORDERLANDS: TALK BY ANDREW C. ISENBERG

The Age of the Borderlands offers a new history of manifest destiny that breaks from triumphalist narratives of US territorial expansion. Isenberg takes readers to the contested borders of Spanish Florida, Missouri, New Mexico, California, Texas, and Minnesota at

critical moments in the early to mid-nineteenth century, demonstrating that the architects of American expansion faced significant challenges from the diverse groups of people inhabiting each region. In other words, while the manifest destiny paradigm begins with an assumption of U.S. strength, the government and the agents it dispatched to settle and control the frontier had only a weak presence. Join us at the Watkins as Dr. Isenberg, Hall Distinguished Professor of American History at the University of Kansas, discusses his book, an engaging and stunning corrective to the "inevitability" of manifest destiny. This talk will be held in-person and also livestreamed on the Watkins Museum Facebook and YouTube. This event is part of the America at 250 series. Watkins Museum of History, 1047 Massachusetts St., 7 p.m. Free. LAWRENCE, 785-841-4109

MAR 11

### THE HISTORIAN IS IN!

Not sure how to start researching your home? Hit a brick wall trying to find out more about a particular building in Shawnee County? Our Local History Librarian is in! Topeka and Shawnee County Public Library - Topeka Room 204, 3-4:30 p.m. TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

MAR 11

### FINDING YOUR FAMILY IN PRISONS, INSTITUTIONS, AND ASYLUMS

Join us as we help you break down brick walls in your genealogy research by investigating family members who were institutionalized. Topeka and Shawnee County Public Library - Hughes Room 205, Virtual Room 02, 5:30-7 p.m. TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

MAR 14

### DIGITAL SCRAPBOOKING: YOUR FAMILY TREE

Learn how to create a family tree chart suitable for framing using free online software. Build a digital family tree by adding photos and embellishments, then printing as an 11x17 print to keep or gift. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor) 10:30 a.m.-12 p.m. TOPEKA, [events.tscpl.org/events](http://events.tscpl.org/events)

MAR 14-APR 12

### DECLARATION 1776 TOUR

2026 is the 250th anniversary of the signing of the Declaration of Independence. Do you know what's in America's founding document? See "Declaration 1776: The Big Bang of Modern Democracy," an exhibition from the Gilder Lehrman Institute of History. The exhibition uses primary sources to illustrate how Americans and people across the world have been inspired by the Declaration in their pursuit of equality and self-determination. Old Jefferson Town, 703 Walnut St. See website for dates and times. OSKALOOSA [jchsk.com/2026eventsamerica250](http://jchsk.com/2026eventsamerica250)

MAR 16

### TWO YEARS IN DUST

Learn about the impact and the legacy of the

# Calendar

CONTINUED FROM PAGE 18

drought and the “Dust Bowl” on life in Kansas during the 1930s and beyond. Topeka and Shawnee County Public Library - Marvin Auditorium 101C 6-7 p.m.

TOPEKA, events.tscpl.org/events

MAR 19

## LEARN ABOUT 3D FAMILY PHOTOGRAPHY

Hobbyist Derek Taylor will teach us how to create 3D photos of our family, our vacations, just for fun and more. Come see how 3D photos look on a 3D projector and screen. Topeka and Shawnee County Public Library - Marvin Auditorium 101C 6:30-8 p.m.

TOPEKA, events.tscpl.org/events

MAR 24

## HISTORY OF MINOR LEAGUE BASEBALL IN TOPEKA

America’s favorite pastime has a rich history in Topeka and Shawnee County. Learn more about the history of professional baseball in Topeka and hear stories about the city’s various hometown teams. Topeka and Shawnee County Public Library - Marvin Auditorium 101B, 6:30-7:30 p.m.

TOPEKA, events.tscpl.org/events

MAR 30

## THE HISTORIAN IS IN!

Not sure how to start researching your home? Hit a brick wall trying to find out more about a particular building in Shawnee County? Our Local History Librarian is in! Topeka and Shawnee County Public Library - Topeka Room 204, 6-7:30 p.m.

TOPEKA, events.tscpl.org/events

## 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 AND THIRD TUESDAYS OF THE MONTH DIABETES SUPPORT GROUP

A Diabetes Learning Center staff educator facilitates each support group session. Attending will give you the opportunity to share your concerns and ask questions. There is no fee to participate and no need to pre-register. Cotton-O’Neil Diabetes and Endocrinology Center (lower level classroom), 3520 S.W. 6th Ave., 11 a.m.-12 p.m.

TOPEKA, 785-368-0416

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 MONDAY OF THE MONTH

### Y(OUR) ALZHEIMER’S JOURNEY: A SUPPORT GROUP FOR CAREGIVERS

Join Y(our) Alzheimer’s Journey, a free caregiver support group led by Stormont Vail Clinical Research Neurology Department team members. In each session, you’ll connect with others who share your experiences, learn effective coping strategies, find new resources, and more. Stormont Vail Topeka Campus Hospital Pozez Education Center Centennial Rooms, 1500 SW 10th Ave., 4-5 p.m.

TOPEKA, 785-368-0795

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

MAR 2

### CAREGIVER SUPPORT GROUP 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 - Perkins Room 201, 2:30-3:30 p.m.

TOPEKA, events.tscpl.org/events

MAR 9

### CAREGIVER SUPPORT GROUP 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 - Perkins Room 201, 3:30-4:30 p.m.

TOPEKA, events.tscpl.org/events

MAR 19

### CAREGIVER SUPPORT GROUP 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 - Perkins Room 201, 3:30-4:30 p.m.

TOPEKA, 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 uuclks.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

MAR 6, 13, 20

### COFFEE BREAK

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

LAWRENCE

MAR 10

### HELP WANTED: HARVESTERS

All retirees are rich in the same precious asset: time. Join us for an in-depth discussion of a local organization or non-profit looking for volunteers. We’ll hear from someone within the organization AND from one or two retirees who are currently volunteering. Learn all about it -- from both sides. Presented online -- ZOOM format. 5-6 p.m. See website to register. Sponsored by Lawrence Public Library.

LAWRENCE

lawrence.bibliocommons.com/v2/events/69925e9a3cc3e0c9ecb98328

MAR 17

### 39TH ANNUAL LAWRENCE ST. PATRICK’S DAY PARADE

Join us for the 39th Annual Lawrence St. Patrick’s Day Parade. Come rain or shine to watch for your favorite floats parading down Mass Street and through North Lawrence. Our parade is family-friendly and free and open to the public.

LAWRENCE

MAR 18

### LEEVE WALK AND LUNCH

It’s Spring! Let’s meet at the levee (parking lot near Johnny’s) and take a leisurely walk up the levee to enjoy the budding Cottonwoods and the lovely Kansas River. We’ll walk for an hour; then return for a well-deserved lunch at Johnny’s. It will feel good to move a bit—and it’s the day after St. Patrick’s Day—maybe there will be some beer left. See you there. Sponsored by Lawrence Public Library, 10:30 a.m.-12:30 p.m.

LAWRENCE

lawrence.bibliocommons.com/v2/events/6992646a3cc3e0c9ecb98472

MAR 28

### DOUGLAS COUNTY MARKET OF FARMS

Shop from local farmers and ranchers who produce high quality Kansas made products. Holcom Park Recreation Center, 2700 W. 27th St., 9 a.m.-3 p.m.

LAWRENCE, 785-643-6734

**Know an  
interesting senior  
citizen who would  
be a great subject  
for a Senior  
Profile? Call Kevin  
at 785-841-9417.**

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Age 62 &amp; older.



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# GOREN ON BRIDGE

WITH BOB JONES

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## FAMOUS HAND

Neither vulnerable, East deals

### NORTH

♠ 7 6 5 4  
♥ A 8 3  
♦ J 3 2  
♣ K Q 5

### WEST EAST

♠ K J 9 2      ♠ 8 3  
♥ Q J 10 6    ♥ 9 2  
♦ 8 5 4        ♦ 9  
♣ 8 6           ♣ A J 10 9 7 4 3 2

### SOUTH

♠ A Q 10  
♥ K 7 5 4  
♦ A K Q 10 7 6  
♣ Void

ruffed East's ace. Then he took a long break trying to decide the best play. He cashed the ace of diamonds and led a diamond to dummy's jack. He cashed the queen of clubs, discarding his 10 of spades, and returned to his hand by ruffing a club with the 10 of diamonds. He cashed one more diamond leaving this position:

### NORTH

♠ 7 6 5 4  
♥ A 8 3  
♦ Void  
♣ Void

### WEST

♠ K J 9  
♥ Q J 10 6  
♦ Void  
♣ Void

### EAST

♠ 8 3  
♥ 9 2  
♦ Void  
♣ J 10 9

### SOUTH

♠ A Q  
♥ K 7 5 4  
♦ 6  
♣ Void

The bidding:

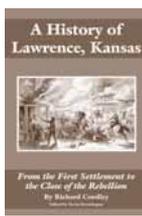
EAST	SOUTH	WEST	NORTH
4♣	5♣	Pass	5♠
Pass	6♦	All pass	

Opening lead: Eight of ♣

Barnet Shenkin is an expert from Scotland who lived in Florida for almost 25 years. He has written a book called "Heroes, Icons, and Scandals." This is not an instructional book, but rather a collection of stories about some of the great players and personalities in the history of bridge. Today's deal is from that book and features the great Italian player, Georgio Belladonna, as declarer.

Belladonna covered the opening club lead with dummy's king and

He cashed the last diamond and West couldn't defend the position. Should West shed a heart, the ace, king, and another heart would establish the long heart and put West on play to lead from his king of spades. West discarded a spade, so Belladonna shed a heart from dummy and cashed the ace of spades. The lead of the queen of spades cleared the suit and set up two spade tricks in dummy. Incredible!



## A History of Lawrence, Kansas

by Richard Cordley

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



## Is the cost of advertising in the daily newspapers getting to be burdensome?

Call Kevin at 785-841-9417 to find out how your advertising can reach seniors in Lawrence and Topeka for rates that are not out of this world.

*Kaw Valley*  
**Senior Monthly**



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

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

### YOUR BOGGLE RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

By David L. Hoyt and Jeff Knurek



### Boggle BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST NINE TWO-SYLLABLE COUNTRIES in the grid of letters.

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# PUZZLES & GAMES

## CROSSWORD

### Across

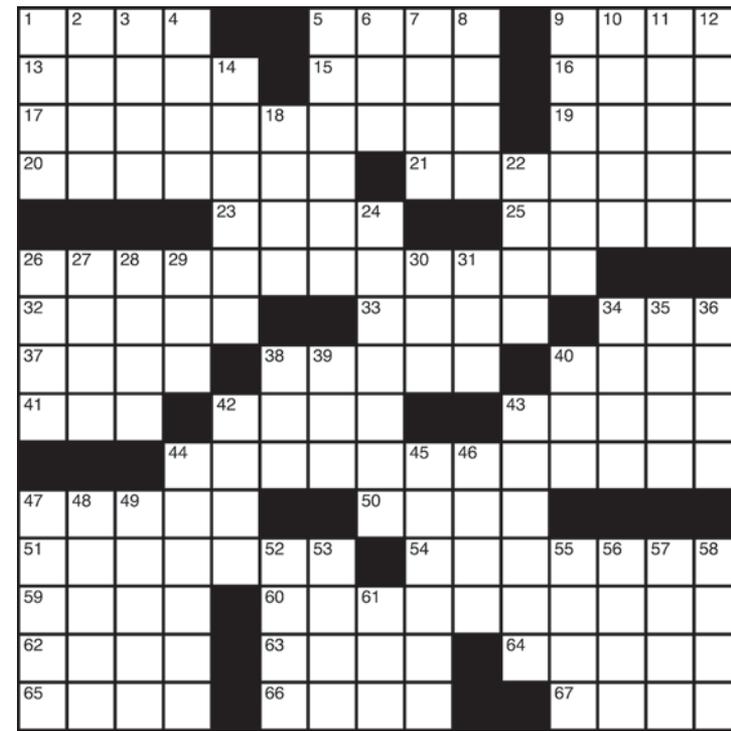
- 1 Taj Mahal city
- 5 Hors d'oeuvres spread
- 9 Type of ski lift
- 13 Greet the day
- 15 Clever thought
- 16 Cogito \_\_ sum
- 17 Low-slung jeans
- 19 Semimonthly tide
- 20 Hit the gas
- 21 Term of endearment
- 23 Mega Stuf cookie
- 25 Helped out
- 26 1993 film about the Olympic bobsled team from Jamaica
- 32 "Just Mercy" actor \_\_ Jackson Jr.
- 33 \_\_ leches cake
- 34 Quiet "Quiet!"
- 37 Landed on a perch
- 38 "The Road Not Taken" poet Robert
- 40 Clever tactic
- 41 Brit's washroom
- 42 Get ready, for short
- 43 Within the \_\_ of possibility

- 44 Magazine with tips and techniques for anglers
- 47 "I feel the same"
- 50 Some 30-Down employees: Abbr.
- 51 Like some sandals
- 54 Up for discussion
- 59 N, on a French map
- 60 New beginning, and a feature of 17-, 26-, and 44-Across
- 62 Beige hue
- 63 Mattress specification
- 64 Dramatic ballroom dance
- 65 Quaker's "you"
- 66 Sail the seven \_\_
- 67 Adolescent

### Down

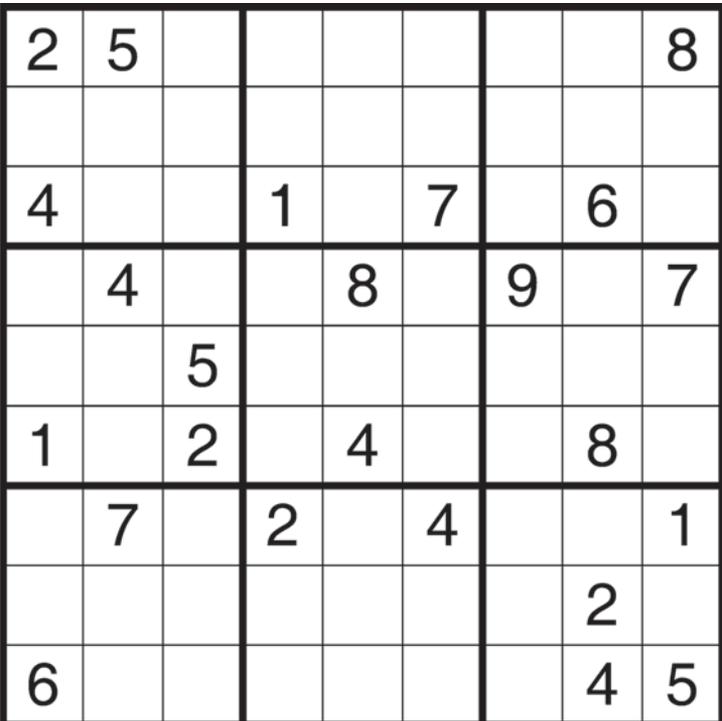
- 1 Spa sounds
- 2 Subject of a basic golf lesson
- 3 Like a fragrant melon
- 4 Wimbledon winner Arthur
- 5 "Peanuts" character in a cloud of dirt

- 6 Suffix with lemon and Gator
- 7 Maryland athlete, for short
- 8 Reduce, as anxiety
- 9 Sport for 4-Down
- 10 Sourdough or rye
- 11 Best competitive effort, informally
- 12 Cordoned (off)
- 14 Pulitzer-winning novelist Welty
- 18 Hindu spiritual mentor
- 22 Identifies on social media
- 24 Pertinent to the discussion
- 26 Mined fuel
- 27 Norway home of the Munch Museum
- 28 Cleveland's state
- 29 Allow
- 30 Tax-collecting org.
- 31 After expenses
- 34 Bang shut
- 35 "Hi, amiga!"
- 36 Church choir song
- 38 Cook in a wok
- 39 NFL official
- 40 Part of mph
- 42 Parcel of land
- 43 Fight against
- 44 Dish with melted



- 45 cheese or chocolate
- 45 Muscle cramps, e.g.
- 46 Owns, biblically
- 47 Impressionist painter Claude
- 48 Noteworthy time period
- 49 Pied-à-\_\_: secondary residence
- 52 Trade-\_\_: concessions
- 53 Cleveland's lake
- 55 Sports page datum, for short
- 56 Of sound mind
- 57 Encourage
- 58 School near Windsor Castle
- 61 Noteworthy time period

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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

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

EV AWE

DBUYD

SCIMOA

NHOCOH

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Print your answer here:

## THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



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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A1 E1 U1 Y4 L1 L1 V4 RACK 1

A1 A1 E1 Y4 W4 R1 D2 Double Word Score RACK 2

O1 O1 F4 H4 W4 F4 S1 2nd Letter Triple RACK 3

A1 A1 I1 X8 B3 T1 C3 RACK 4

PAR SCORE 170-180  
BEST SCORE 235  
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 scrgrams@gmail.com

11-30

Answers to all puzzles on page 30

## MY PET WORLD

# How can I make my newly adopted dog comfortable around men?

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** We recently adopted a nine-year-old Yorkie who is afraid of me and men in general. We're sure he had a tough life. What can we do to bring him around? — Jeffrey, West Hartford, Connecticut

**Dear Jeffrey:** It's not uncommon for a dog to have a fear of men. Many people think it's because of abuse, but it's generally because the dog wasn't properly socialized around men, especially as a puppy. Men, in general, are bigger, look more intimidating, and have deeper voices than women and children, which can be scary for some dogs. If a man's behavior is unpredictable or volatile, it also can make the family dog more anxious.

The first rule of thumb is to not force interactions. Don't pick up your dog or force yourself on the dog in any way. Instead, ignore your dog (at first), and wait for him to come to you. As your dog's comfort increases, he will be more likely to seek your attention.

Second, make yourself appealing and interesting to your dog by keeping treats in your pocket at all times. Whenever you see your dog, toss treats his way. We want him to associate those treats with your presence.

Third, talk sweetly to your dog. A softer, gentler voice will help your dog feel safer. If your dog approaches, don't try to play with him. Talk to him or pet him gently and maybe he will sit quietly with you.

Fourth, desensitize your dog by being present or having other men over. The rules above apply to these male visitors as well.

Finally, work on obedience training. This may sound counterintuitive, but training can be fun for a dog because it involves praise and treats. Basic obedience training creates a dog who will learn to focus on and trust you, which will diminish his fears.

There's no guarantee he will ever be

comfortable around all men, but he definitely can learn to be comfortable with you. Be kind, patient, and predictable, and he will learn to trust you.

**Dear Cathy:** My wife and I cat-sit for my son and his girlfriend's cat when they travel. The cat is a beautiful well-behaved Siamese female. She loves to scratch every once in a while, either the carpet or our dining room chairs. We just got a brand new expensive couch, and we are afraid that the next time we cat-sit for her she will scratch our new couch. Do you have any suggestions on how we can keep her from scratching the new couch? — Johnny, Miller Place New York

**Dear Johnny:** While you could work on training her, it doesn't sound like she is at your house long enough to employ this strategy. Since she is a temporary visitor, my suggestion is a temporary solution. Ask your son to bring over her favorite scratching post when you cat-sit and buy a plastic cover for your couch. She will have no interest in scratching a plastic cover, and it will fully protect your couch from damage. I know this won't be attractive for the few days she is there, but you can toss some inexpensive throws on the couch to make it more inviting and comfortable. It's the best way to protect your furniture and your relationship with your grand cat.

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

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## SAVVY SENIOR

# Is your aging parent safe at home?

By Jim Miller

**Dear Savvy Senior:** After watching the coverage of the Nancy Guthrie kidnapping case, I'm worried about my own elderly mother who lives alone in another state. I want to make sure she's safe without being intrusive. Are there simple, affordable ways to check in on her from afar? - Concerned Son



**Dear Concerned:** You're not alone. High-profile cases like this often heighten fears, especially for adult children whose parents live alone and may be vulnerable. The good news is there are several free or low-cost ways to stay connected and gain peace of mind without infringing on your mother's independence. Here are some nice options to consider.

### Check-In App

If your mother uses a smartphone, a simple solution is Snug (*snugsafe.com*), a free app that checks in daily to confirm she's OK. It's used by tens of thousands of older adults who live alone and want their loved ones alerted quickly if something goes wrong.

Here's how it works: After downloading the app, your mother selects a daily check-in time. Snug sends several reminders leading up to that time, prompting her to confirm she's OK by tapping a large green button on her screen. If she doesn't check in within 10 minutes after her scheduled time, the app automatically notifies her emergency contacts and shares her last known location so help can be sent promptly.

For added peace of mind, Snug also offers a Dispatch Plan (\$20 per month or \$200 per year) that includes multiple daily check-ins. If she misses one, Snug will call her directly to see if she's OK. If there's still no response, they can request an in-person wellness

check by local authorities, who will visit her home to make sure she's safe. The app works with both iPhone and Android devices.

### Check-In Calls

If your mother doesn't use a smartphone, a daily check-in call program can provide similar reassurance. Many police or sheriff's departments nationwide offer telephone reassurance programs, often free of charge.

Typically, an automated system calls at a set time each day. If she answers, all is well. If she doesn't pick up after repeated attempts, or the call goes to voicemail, her emergency contact is notified. If that contact can't be reached, backup contacts are called. As a last resort, local police or emergency services may be dispatched to her home.

To see if this service is available in your mother's community, call her local police department's non-emergency number or the Area Agency on Aging at 800-677-1116. If no local program exists, private companies like CareCall or ConfirmOK offer similar services for a monthly fee.

### Technology Aids

You might also consider simple home technology to enhance her safety. Monitored medical alert systems are among the most common – wearable “help buttons,” some with fall detection, that allow her to call for help 24/7 while immediately notifying you. These typically cost around \$1 per day.

Other options include motion or contact sensors placed around the home to track daily routines and alert you to unusual activity, or a small security camera with two-way audio, night vision and motion detection. Basic sensors and cameras can cost under \$35, though they require Wi-Fi and do raise privacy considerations, so it's important to discuss them with your mother beforehand.

While no solution can eliminate every risk, these tools can provide meaningful peace of mind, for both you and your mother, while preserving her independence.

- Send your questions or comments to [questions@savvysenior.org](mailto:questions@savvysenior.org), or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

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## HUMOR HOTEL

# *I play pickleball. Now I want to be your next senator*

By Greg Schwem

Tribune Content Agency

Despite Chicago's brutally cold winter, I have managed to indulge my love of sports by hitting the gym regularly, taking a few golf swings in one of those indoor simulator things, and continuing my passion for pickleball.

It is the latter that fuels my desire to become a high-ranking elected official. Retiring Illinois Senator Dick Durbin's seat looks particularly inviting.

As an avid pickleball player, and one familiar with the sport's terminology, I plan to PICKLE my opponents in the primaries. Once elected, I will RALLY this country away from the SOFT DINK reputation we have today. I will end corruption faster than the THIRD SHOT DROP I have mastered.

You see, it appears a connection to, or even a passing interest in, athletics qualifies someone to run for political office. The latest example? Retired NBC Sunday Night football reporter Michele Tafoya, who recently announced her intention to seek the soon-to-be-vacated U.S. Senate seat in Minnesota.

Not a local school board official, water reclamation district representative or some other entry level elected position where politicians typically begin their rise to national prominence. No, Tafoya believes her experience interviewing sweaty professional football players is all it takes to leap directly to the U.S. Capitol chamber. She explained her credentials via her campaign announcement, posted on

social media.

"For years I covered the biggest football games in America," Tafoya says offscreen as voters see pictures of her smiling while questioning football luminaries such as Peyton Manning, Tom Brady and Aaron Rodgers.

If you still need MORE convincing, Tafoya isn't finished.

"I walked the sidelines when the pressure was mounting and the stakes were the highest," she said.

Pardon my ignorance. I don't watch a lot of football, but I can't recall NBC announcers Mike Tirico or Chris Collingsworth ever saying, "It's fourth and one with time running out. Wonder if we will soon see Tafoya? She looks confident and ready to handle the pressure in her fur-lined coat."

"That job taught me about more than football," Tafoya continued, while strolling on a snow-covered football field. "It taught me about how leadership really works. When leaders are prepared and accountable, teams succeed. When they aren't, people pay the price."

From there Tafoya ticked off, without specifics, her plans to fight corruption, end fraud and protect Minnesotans' tax dollars.

Maybe I missed something 40 years ago as a college intern at a Chicago radio station. My responsibilities included interviewing professional baseball players following games. These players were often naked. I didn't learn anything about leadership and accountability but I did learn the following:

1. With a few exceptions, profes-

sional baseball players can't string together two coherent sentences.

2. Baseball players have foul mouths. Their managers' mouths are worse.

3. When interviewing a naked baseball player, never look down.

Somehow, I don't think those "lessons" would translate into votes but who knows? Tafoya seems to think so, and she's not the only one who peppers her political aspirations with sports analogies. Former Auburn football coach turned U.S. Senator Tommy Tuberville (R-AL) is now running to become that state's next governor. Why? Because, in an appearance on Fox News eight months ago, Tuberville reminded voters that "I'm a football coach, I'm a leader, I'm a builder, I'm a recruiter. And we're gonna grow Alabama."

Tuberville probably hopes the "clock has run down" on voters who remember that, shortly after becoming senator, he couldn't correctly name the U.S. government's three branches.

Former NFL kicker Jay Feely's website states he is ready to "kick Washington into shape" as he mounts a bid

for an Arizona congressional seat. His campaign slogan is "tough on the field, tougher in Washington."

Yes, kicking looks difficult. Kickers must contend with swirling winds, hostile fans and poor snaps. But has a kicker ever "doinked" one off the uprights because he wasn't tough enough? Feely probably thinks so.

So if that's what it takes to fill Durbin's seat, then I'll insert sports metaphors, specifically pickleball-related ones, into all my campaign ads and fundraising literature.

Please get out of the KITCHEN and join me!

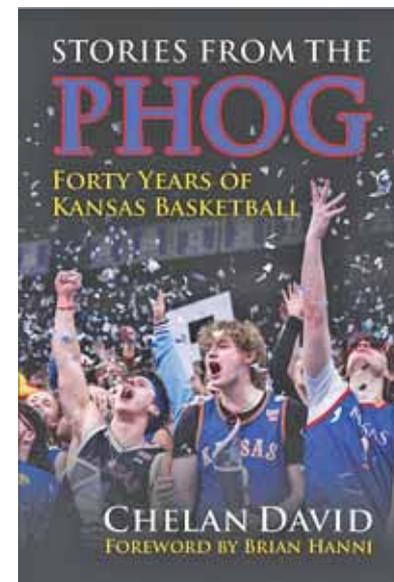
- Greg Schwem is a veteran comedian, motivational speaker and humor specialist known for blending business insights with standup comedy. He is also the author of three Amazon bestsellers. His latest, "Turning Gut Punches into Punch Lines: A Comedian's Journey Through Cancer, Divorce and Other Hilarious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

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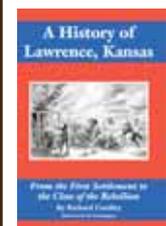
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## Stories from the Phog

A must-read for any KU basketball fan, **Stories from the Phog** puts readers in the seats at Allen Fieldhouse as the Beware of the Phog banner is unfurled for the very first time, the Jayhawks score 150 points against Kentucky, and Nick Collison receives a standing ovation from Dick Vitale. Relive the exhilarating come-from-behind victories against Missouri in 2012 and against West Virginia in 2017, a game that set the record for the loudest crowd roar at an indoor sports event.



A native of Lawrence, Kansas, author Chelan David has a unique bond with Kansas basketball. Some of his earliest memories emanate from fabled Allen Fieldhouse, a limestone theater filled with tradition, pageantry, and ghosts of former Jayhawk greats. Visit [cdavidbooks.com](http://cdavidbooks.com) for more information or to order a copy.



### **A History of Lawrence, Kansas**

by Richard Cordley

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

## SERIOUSLY SIMPLE

# Cheese souffle is light, rich and perfectly balanced

By Diane Rossen Worthington

Entrée

Souffles are Seriously Simple to prepare, but their success depends on perfect timing. Plan your meal so the souffle goes into the oven just as you sit down for your first course (salad or soup). Remember, you can wait for the souffle, but the souffle won't wait for you — it must be served immediately to avoid deflation.

This classic cheese souffle begins with a simple white sauce that is enriched with egg yolks and flavorful cheeses. The key to its airy texture is carefully folding stiffly beaten egg whites into the mixture, preserving as much air as possible.

This souffle is ideal for a weekend brunch or lunch — light, yet satisfying. Start with a shrimp or crab salad, and for dessert enjoy sliced pears drizzled with honey. Pair the meal with a chilled chardonnay or sauvignon blanc.

Tasty tips for a Successful Souffle:

- Use eggs at room temperature; cold eggs trap less air.
- Separate eggs carefully, using an extra bowl for each egg to prevent yolk from contaminating the whites.
- Make sure the bowl for the egg whites is impeccably clean. Any yolk will prevent the whites from whip-

ping properly. If yolk does get into the whites, save them for scrambled eggs and start again.

- Choose full-flavored, firm cheeses. Parmesan and Gruyere work wonderfully, but you can also try cheddar, goat cheese, or manchego. Add-ins like cooked spinach, crisp bacon, cooked vermicelli, or diced chicken can be incorporated into the sauce before folding in the egg whites.

## Classic Cheese Soufflé

Serves 4

- 3 tablespoons unsalted butter, plus 1 teaspoon to grease the souffle dish
- 2/3 cup plus 2 tablespoons freshly grated Gruyere or Comte cheese
- 3 tablespoons all-purpose flour
- 1 cup milk
- 4 egg yolks
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- Pinch white pepper
- Pinch freshly grated nutmeg
- 5 egg whites
- Pinch cream of tartar
- 1/3 cup freshly grated Parmesan cheese
- 1 tablespoon breadcrumbs

1. Butter a 1 1/2-quart souffle dish and coat the base and sides with 1 tablespoon grated Gruyere cheese.

2. Preheat the oven to 375 F. In a 2-quart saucepan over medium heat, melt the butter. Stir in the flour and cook for 1 minute, then cook for an additional 2 minutes until the mixture is bubbling but still pale. Add the milk, whisking until the sauce is thick and smooth, about 2 more minutes. Bring to a boil while whisking, then cool for 10 minutes.

3. Whisk the egg yolks into the cooled sauce until smooth. Add the mustard, salt, white pepper, and nutmeg, whisking to combine.

4. In a clean, dry bowl, beat the egg whites with a pinch of salt and cream of tartar until stiff peaks form but are not dry.

5. Gently fold half of the egg whites into the sauce. Add all but 1 tablespoon

of the Gruyere cheese and all the Parmesan cheese, then fold in the rest of the egg whites just until the mixture is uniform with no white streaks. Pour into the prepared dish. Sprinkle the remaining 1 tablespoon of Gruyere cheese and the breadcrumbs on top.

6. Bake for 30 minutes, or until the souffle is golden brown and has risen. Do not over-

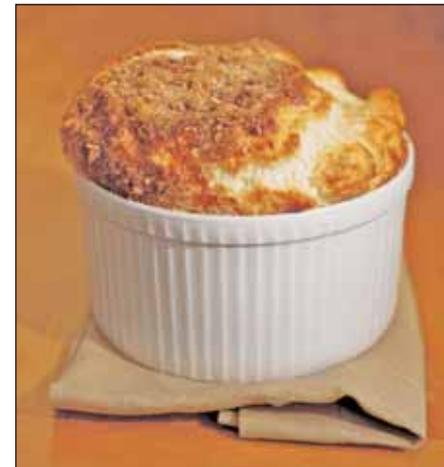
bake, as the souffle

may become dry. Serve immediately.

- Diane Rossen Worthington is an authority on new American cooking. She is the author of 18 cookbooks, including "Seriously Simple Parties," and a James Beard Award-winning radio show host. You can contact her at [www.seriouslysimple.com](http://www.seriouslysimple.com).

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Classic Cheese Soufflé

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# BARK IRIS GENEALOGY



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.

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.

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](mailto:kevin@seniormonthly.net) to discuss what you would like to find and what the research costs would be.**

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By Rick Steves

Tribune Content Agency

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*Rick Steves*

an agenda should be warned ... this is the kind of place that makes you want to buy a bottle of ouzo and toss your itinerary into the sea.

Hydra has one real town, no real roads, no cars, and not even any bikes. Water taxis whisk travelers from the quaint little harbor to isolated beaches

and tavernas. Donkeys are the main way to transport things here. These surefooted beasts of burden, laden with everything from bathtubs to bottled water, climb stepped lanes. Behind each mule-train toils a human poop-scooper; I imagine picking up after your beast is required. On Hydra, a traffic jam is three donkeys and a fisherman.

Hydra is hardly undiscovered. In 1956, Sophia Loren came here to play a Hydriot sponge diver in the film “Boy on a Dolphin,” propelling the little island onto the international stage. (A statue honoring the film sits just outside of town along the coastal path.) By the 1960s Hydra had become a favorite retreat for celebrities, well-heeled tourists, and artists and writers who drew inspiration from the idyllic surroundings.

The late Canadian songwriter Leonard Cohen lived on Hydra for a

ADDIE MANNAN, RICK STEVES' EUROPE



**Hydra has no real roads, no cars, and no bicycles — so things are transported by donkeys.**

time—and was inspired to compose his beloved song “Bird on the Wire” after observing just that here. To honor the expat poet, the town has named the street in front of his house after him. Not that street names mean much—locals ignore addresses, and few lanes are labeled. Expect to get lost in Hydra...and enjoy it when you do.

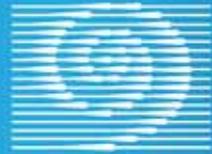
Today, visitors only have to count the yachts to figure out that Hydra's economy is still based on the sea. Tourists wash ashore with the many private and public boats that come and go, but few venture beyond the harborfront. Locals, proud of the extravagant yachts moored for the night, like

CONTINUED ON PAGE 29



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# Rick Steves

CONTINUED FROM PAGE 28

to tell of movie stars who make regular visits.

Little Hydra—which has produced military heroes, influential aristocrats, and political leaders—is packed with history. Rusted old cannons are scattered about town, and black, pitted anchors decorate squares. Hydra also has a few small museums, including a historical museum and a wealthy shipping magnate's mansion.

But while its history is somewhat interesting, the beauty of Hydra is in relaxing at a café and aimlessly wandering its back lanes. Once, I decided to head uphill from my hotel, and my small detour became a delightful little odyssey. While I had no intention of anything more than a lazy stroll, one inviting lane after another drew me up, up, up to the top of the town. Here, shabby homes enjoyed grand views, tired burros ambled along untethered, and island life trudged on, oblivious to tourism.

Although Hydra's beaches are nothing to get excited about, there's no shortage of places to swim. The one swimming spot right in Hydra town has steps that lead down to a series of small concrete platforms with ladders into the sea. There are also a few decent beaches within a pleasant, easy walk of town: Mandraki Bay, Kaminia, and Vlychos. Distant beaches on the southwestern tip of the island (Bisti

and Agios Nikolaos) really get you away from it all, but are best reached by boat.

As sunset nears, I head for the rustic and picturesque village of Kaminia, which hides behind the headland from Hydra, about a 15-minute walk along the coastal path. Kaminia's pocket-sized harbor shelters the community's fishing boats, and its taverna, perched on a bluff above, boasts my favorite, irresistible dinner views on Hydra. Sitting on the porch with a glass of ouzo and some munchies, I watch the sun dip gently into the Saronic Gulf.

At twilight, I walk back to town along the lamplit coastal lane, under

a ridge lined with derelict windmills. Back in town, I settle on a ferry cleat the size of a stool, scanning the scene. Big flat-screen TVs flicker from every other yacht—the high rollers are back on their boats. I observe the pleasant evening routine of strolling and socializing. Dice clatter on backgammon boards, entrepreneurial cats seem busy, children chase soccer balls, and a tethered goat chews on something inedible in its low-profile corner. From the other end of town comes the happy music of a christening party. Dancing women fill the building, while their children mimic them in the street. Farther down, two elderly, black-clad women sit like tired dogs on the curb.

Succumbing to the lure of a pastry shop, I order some honey-soaked baklava. I tell the baker I'm American. "Oh," he says, shaking his head with sadness and pity. "You work too hard."

I answer, "Right. But not today."

- Rick Steves ([www.ricksteves.com](http://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](mailto:rick@ricksteves.com) and follow his blog on Facebook.

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Jumbles: WEAVE, BUDDY, MOSAIC, HONCHO

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## BOGGLE ANSWERS

MALI, PERU, TOGO, HAITI, KENYA, CHILE, CHINA, NEPAL, SUDAN

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## MY ANSWER

## The Scripture warns about evil communications

From the writings of the Rev. Billy Graham

Tribune Content Agency

**Q:** I lead an unusual kind of Bible study where the group selects topics they'd like to learn about; one example is lewd language overtaking news coverage. Many journalists are outspoken Christians; some even lead Bible studies. Yet in spite of their talk about prayer, things come out of their mouths that aren't kind and don't glorify the Lord. It seems hypocritical to talk about following Jesus and then, with the same mouth, use despicable language. Is this acceptable to God? – L.J.

**A:** Language has been reduced to four-letter words. Each of us has a tongue and a voice. These instruments of speech can be used destructively or

employed constructively. The Scripture warns about evil communications that corrupt good manners. Cursing, telling smutty stories, and referring irreverently to God and the Scriptures is considered corrupt speech and has no place in the Christian life. Our speech should be clean, pure, and wholesome. Thousands of people engage in immorality by the way they talk.

The Bible says, "Put off ... filthy language" (Colossians 3:8, NKJV); "let no unwholesome word come out of your mouth" (Ephesians 4:29, NASB). God intends for His people to have victory over sin. When we don't, it's not because God's power has failed. By His Holy Spirit, He is able to give us power to live in a way that pleases Him. To use abusive language shows what's in the heart. Jesus

said, "Those things which proceed out of the mouth come from the heart, and they defile a [person]" (Matthew 15:18, NKJV).

The Bible teaches that a person who controls the tongue can control the whole personality. "With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. Can both fresh water and salt water flow from the same spring? (James 3:9–11, NIV).

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

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