

Kaw Valley **Senior Monthly**

Celebrating Our **25th Year** Of Publication

April 2026

Serving Active Seniors in Northeast Kansas since 2001

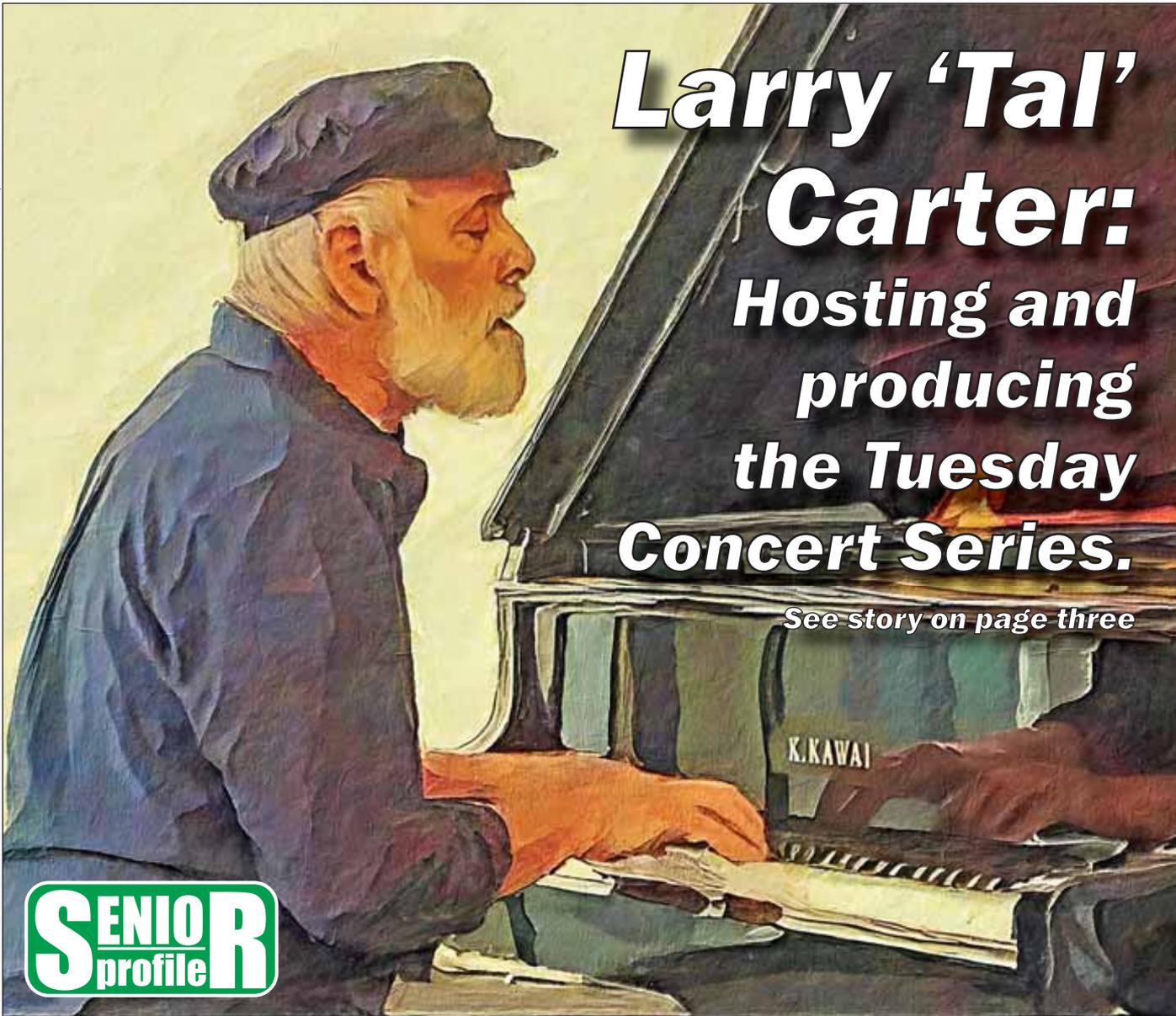
Vol. 25, No. 10

INSIDE



Sunshine Connection in Topeka provides a safe place where people with mental health challenges can go for social activities, arts and crafts, and food. - p. 6

DIGITAL PAINTING BY ERIC CAO, BASED ON SANDY GRIFFIN PHOTOS



Larry 'Tal' Carter: Hosting and producing the Tuesday Concert Series.

See story on page three



- Birthdays.....16
- Business Card Directory...26, 27
- Calendar.....16
- Financial Focus14
- Health & Wellness10, 12
- Jill on Money15
- Mayo Clinic13
- My Answer30
- My Pet World.....22
- Puzzles and Games.....20, 21
- Rick Steves' Europe28
- Savvy Senior.....23
- Seriously Simple25
- Tom Mach's Obituary24

www.seniormonthly.net

**THIS AD SPACE IS NOW AVAILABLE
RESERVE YOUR SPOT TODAY!**

REACH THOUSANDS OF ACTIVE & ENGAGED SENIORS EVERY MONTH!

Contact Kevin at kevin@seniormonthly.net to learn more about advertising opportunities!

NOW accepting 55 and over!

National Church Residences **CEDAR SQUARE**

Affordable Apartments for Seniors age 62+



- One-bedroom and studio floor plans available
- Resident Service Coordinator
- Community and game room
- On-site transportation available
- Central air
- Emergency call system and elevator

Call us today for a personal tour of your new Cedar Square Home!

We're by your side so your loved one can stay at home.



In-home care services:

- Companionship
- Home Helper
- Dementia Care
- Relief Care
- Hospice Support
- 24/7 Care
- Transportation



Call 785-272-6101 or visit [HomeInstead.com/584](https://www.HomeInstead.com/584)

Serving the Topeka and Lawrence area - Locally owned for 17 years

Each Home Instead® office is an independently owned and operated franchise of Home Instead Inc., an Honor Company. Copywrite: 2025 Home Instead, Inc.

Carter promotes local musical talent

By Kevin Groenhagen

When Larry “Tal” Carter bought his house, which is located about five miles north of the Lawrence City Hall, he knew nothing about the original owners.

“Forrest and Lydia Savage built this house,” Carter said. “They came to Lawrence with the second wave in 1854. Forrest, his brother, and their two cousins were the first known musicians in the Kansas Territory. They had a brass quartet. They serenaded the people as they left the Boston station and continued serenading the passengers throughout the train trip to Kansas.”

Given how important music has been in Carter’s life, it’s fitting that he lives in a house a musician built.

In 2004, Carter started the Tuesday Concert Series to provide a classy, low-pressure venue for local acoustic musicians.

“I’ve been producing concerts for

about 40 years, starting at the old Lawrence Arts Center in the Carnegie Library Building,” he said. “So, it seemed natural to extend that into something that could showcase local talent. I had also been traveling as part of a Celtic band and was getting really tired of that.”

Signs of Life, a bookstore, espresso bar, and art gallery that closed in 2023, originally hosted the Tuesday Concert Series. As the series’ popularity grew, Carter moved the concerts to the Lawrence Arts Center (LAC) at 940 New Hampshire Street in 2010. The musicians perform in the LAC lobby. While the concerts are free, Carter encourages guests to contribute to the tip jar.

“Please remember that these excellent musicians are working just for tips,” Carter said. “Thanks to their dedication to their craft, Lawrence is gaining quite a reputation for the quality and variety of its acoustic music scene.”

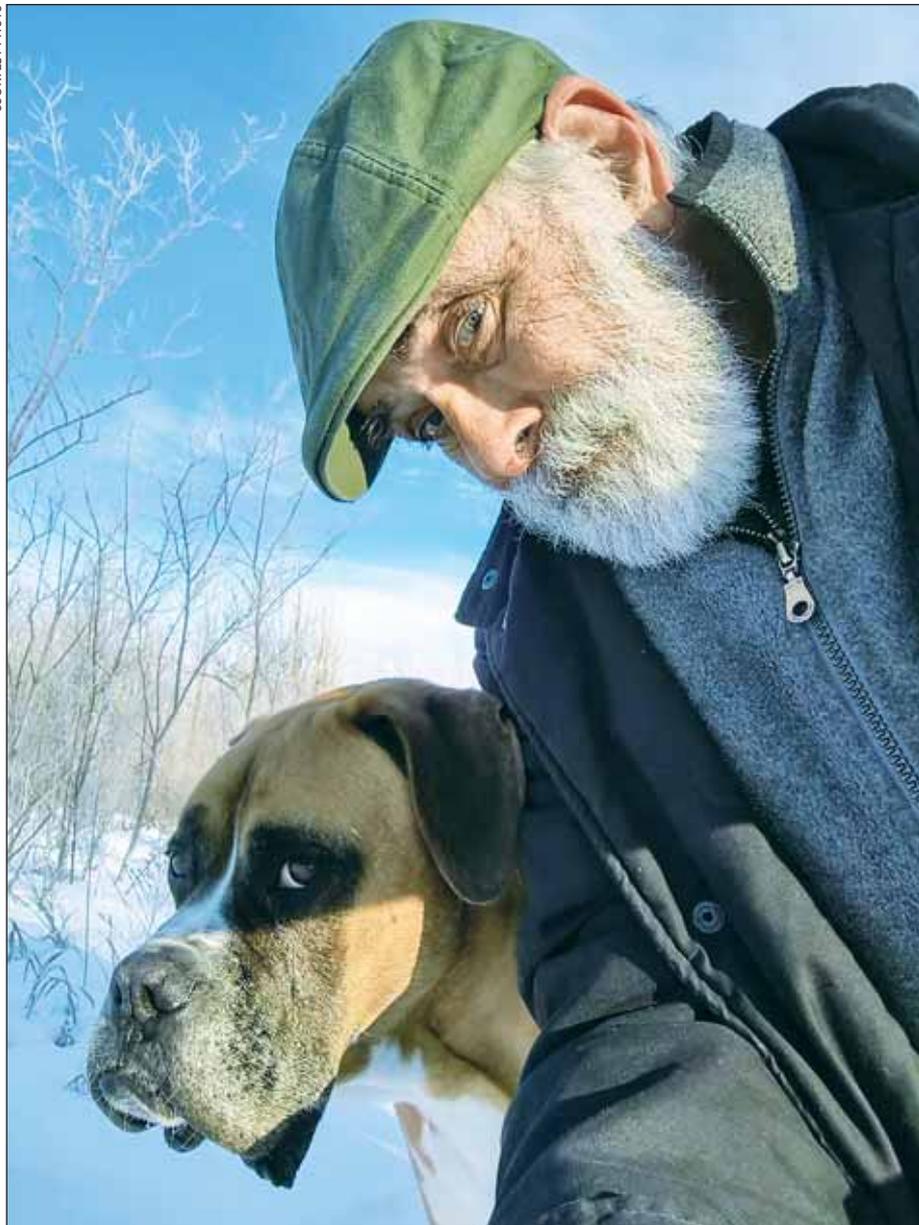
In appreciation of the LAC providing a free venue for the Tuesday Concert Series, Carter and other musicians do a fundraiser for the LAC every year. Past fundraiser concerts included Bob Dylan Night, John Prine Night, and Ukulele Night. The current annual fundraiser is Woman Songwriter Night, where woman-led bands perform their favorite songs written by a famous woman songwriter, plus one of their own original songs.

This year’s Tuesday Concert Series, which is the 20th (the series had a two-year hiatus due to COVID-19), kicked off on March 3 with a Bob Dylan Night. Lawrence musicians performed Dylan songs as a benefit for the Americana Music Academy.

“There were about 100 people at this concert,” Carter said. “That’s starting to make me uncomfortable, because that’s about too many people. Seventy-five is about our comfortable limit. We have 75 chairs in the lobby. Some people come a little early to make sure they get a seat. But many times, I’d say it’s more like 50 guests.”

The March 17 concert featured Boys of the Prairie, who celebrated St. Pat-

COURTESY PHOTO



Larry “Tal” Carter and Hoss

Kaw Valley
Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., and is distributed at over 160 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$21.00 for 12 monthly issues.

Contact us:

MAIL

9703 Hayes Street
Overland Park, KS 66212

PHONE / TEXT

785-841-9417

E-MAIL

kevin@seniormonthly.net

Senior Monthly is veteran owned and operated.

“Lever dood as Slaav”

CONTINUED ON PAGE FOUR

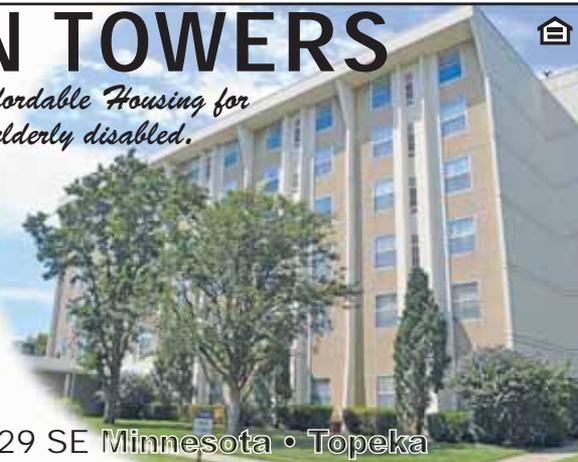
MISSION TOWERS

Offering Clean, Safe, Affordable Housing for qualified seniors and non-elderly disabled.

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group • Library
- Entertainment • Well Maintained

For more information, call Dee

(785) 266-5656 • 2929 SE Minnesota • Topeka



Tal Carter

CONTINUED FROM PAGE THREE

rick's Day with toe-tapping, traditional Celtic tunes and songs. The Lawrence Arts Center Irish Dancers also performed.

"I called it a St Patrick's Day Ceili, an Irish word for a party with traditional Irish music and dancing," Carter said. "I was very lucky that that Tuesday fell right on St. Patrick's Day."

The March 24 concert featured Status Crow, a Lawrence band known for their eclectic mix of alt-country, folk, and pop music.

The April 7 concert will feature Mire Pral, a band that plays strong jazz music in the 1930s and 1940s styles of Django Reinhardt.

The April 21 concert will feature Bob Walkenhorst, who has spent 40 years as the primary guitarist, songwriter, and frontman for The Rainmakers. Billboard described The Rainmakers as "a band with a rarity: a genuinely witty songwriter."

"Bob is famous," Carter said. "He has a legendary following in Kansas City and has moved to Lawrence just over the last couple of months. So, I immediately signed him up."

The final concert of the series will feature Ashley Davis on May 5.

"Ashley Davis is well-known," Carter said. "She does a concert every December at the Lied Center. She also performs every year at the Kansas City Irish Fest. She recently put out an album, *Songs I Was Raised On*."

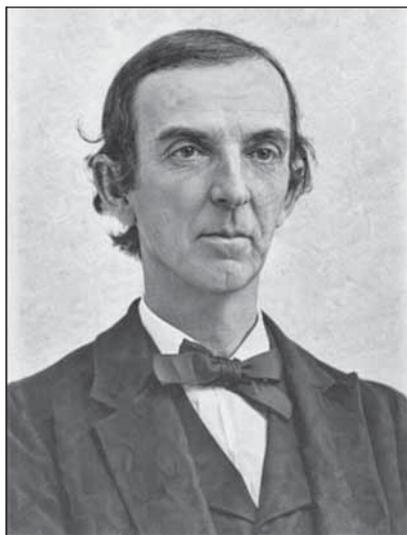
Songs I Was Raised On features covers of 18 folk classics from the 1960s and 1970s.

In addition to LAC, Beautiful Music Violin Shop, Mass Street Music, MandolinCafe.com, and Supersonic Music Store help cover expenses by sponsor-

ing the Tuesday Concert Series. For more information about the series, visit TuesdayConcert.com.

In addition to being the host and producer of the Tuesday Concert Series, Carter, whose nickname, Tal, comes from Taliesin, a renowned bard who, according to legend, sang for King Arthur, is an accomplished musician. Even though he never performed publicly until his 30s, he became a four-time champion in the Open Division of the Kansas Fiddling & Picking Contest between 1989 and 2010, playing a 10-string Cittern-Guitar that he designed.

Carter also plays banjo and guitar in the duo "Jeannie & Tal" and in the four-piece "Jeannie & Tal Band." Jeannie & Tal play a variety of music, while



Forrest Savage

the Jeannie & Tal Band performs contemporary and traditional folk. Carter calls Jeannie Zandi his "sweetheart."

As the head of Lawrence Old Guard Productions, he has produced a wide variety of events since the mid-1980s, including Lawrence Scottish Fest (nine years), Lawrence Bhakti Fest (seven years), the Chanting by Lamplight series (two years), and the local music stage at the Lawrence Busker Festival

CONTINUED ON PAGE FIVE

**Peterson
Acres II**
*Affordable Housing
Based on Income.*
Applications being accepted.

Senior Community at 2930 Peterson Road in Lawrence. 2 bedroom duplexes with handicap accessibility, W/D hookups, emergency maintenance and resident service program. Applicants must be 50 years of age or older. One pet allowed.
842-8358 or www.ldcha.org.



Doctoral-Level Audiologists
You Can Trust.

◀ David Paul, Au.D., and
Katelyn Waldeier, Au.D.,
Doctors of Audiology

**ASSOCIATED
AUDIOLOGISTS**

Formerly
Marston Hearing Center

Lawrence Medical Plaza
1112 West 6th Street, Suite 100
Lawrence, KS 66044

Hearing Your Best for Life.

- Diagnostic hearing testing
- Digital hearing aid technology in a wide range of styles and costs
- Hearing aid service and repairs
- Contracted with most health insurance plans

Call **785-843-8479** to schedule an appointment.

Tal Carter

CONTINUED FROM PAGE FOUR

(three years). The Lawrence Busker Festival, a celebration of street performing, will take place over Memorial Day weekend.

For several years, Carter has performed a one-hour concert every Sunday morning at Star Living Home Plus in Lawrence.

"I love playing familiar songs from my youth that evoke fond memories and delight the residents," he said. "I am also available as the Piano Man for group settings in retirement centers or individual settings in private rooms and homes. Soothing arrangements of well-known Christian hymns can ease discomfort, while gentle versions of songs, such as 'Let It Be,' 'Moon River,' and 'Over the Rainbow,' can pass the time and evoke comforting memories. I can be reached at cartermusic@yahoo.com with 'Music' as the subject for details."

More recently, Carter released *English Fiddle Tunes for Piano*, a 13-track CD. The 13th track, "The Midnight Dance of the Box Elder Bugs," is one of his original tunes. The CD is available for purchase during the Tuesday Concert shows. If you can't make it to one of the shows, you can contact Carter at cartermusic@yahoo.com for information about getting his CD.

Carter lived in Coffeyville, Kansas, before attending Wichita State University on debate scholarships for his Bachelor's in English. He stayed on at WSU as the Assistant Debate Coach while finishing his Master's in Human Relations. He then taught debate and forensics at Luther College in Iowa and Atchison (Kan.) High School.

During the 1970s, Carter enrolled at the University of Kansas to pursue his Ph.D. in Human Relations.

"I started here, like many people, as a graduate student and then fell in love with Lawrence and couldn't leave," he said. "I finished the coursework, but lost interest in writing the dissertation after I was hired at Headquarters Counseling Center in 1981."

Carter was one of the directors at Headquarters Counseling Center for

15 years, and worked at Lawrence Free State High School for 22 years.

Today, in addition to producing musical events, Carter enjoys morning walks with his dog, Hoss.

"When I bought this house, I didn't know that Mud Creek runs through the end of the property," he said. "That was a pleasant surprise. I built a deck down on the creek. That's where I take my walks with Hoss."

Hoss is a boxer Carter found near Midland Junction a couple of years ago.

"Someone had abandoned him," he said. "I think he's got a little more mastiff than most other boxers because he's really big. He reminded me of Hoss

on *Bonanza*. Also, my grandpa used to have horses. He'd pat Buck, one of his

horses, on the rear and say, 'Good old Hoss.' That just stuck with me."



Offering services in Topeka, Lawrence, and the surrounding areas.

A partial list of in-home services include:

- Senior Home Care • Respite for Family Members
- Up to 24 hour care • Meal Preparation
- Medication Reminders • Light Housekeeping
- Errands and Shopping • Transportation
- Bathing and dressing assistance • Companionship

To schedule a free consultation –

Call 785-284-5500 or email bbruns@visitingangels.com

VALLEY SPRINGS I SENIOR APARTMENTS

First Month FREE



Newly Remodeled 1 & 2 Bedroom Apartments

Call **913-585-9998**

PLUS \$500 DEPOSIT SPECIAL!



31605 W. 83rd Circle • De Soto, KS



Sunshine Connection provides safe place for those with mental health challenges

By Billie David

While communities are gearing up to recognize May as Mental Health Awareness Month, Sunshine Connection in Topeka continues to succeed in its mission to provide a safe place for people—including veterans, seniors, and others who may face mental health challenges—to thrive.

“The program provides a safe place where people with mental health challenges can go for social activities, arts and crafts, and food,” said Executive Director Marilyn Murphy-Pollock, adding that it is a place where people can meet and enjoy the company of peers, helping each other as they socialize together, all in keeping with the goal of providing support through a safe and friendly environment.

Sunshine Connection is a consumer-run organization funded by the Kansas Department for Aging and Disability Services (KDADS) and private donations. It is located at 3434 Southwest Sixth Avenue and is open from 8 a.m. to 3 p.m. on Mondays, Wednesdays, and Fridays. Drivers are available to pick up clients.

“It’s one of a few places that transition people from nursing homes back to the community,” Murphy-Pollock said, explaining that people in such situations sometimes need help with navigating on the outside.

The peers at Sunshine Connection can provide those steps, teaching the basics to those whose contact with the outside world has been limited, like how to use microwaves and cellphones, and how to handle other everyday challenges.

“Certified Staff or a peer is like a friend, and can advise in a certain way,” Murphy-Pollock explained. “Sunshine Connection’s vision is to support mental health, not through counselors with degrees, but through certified peer support or a lived experience, and the State of Kansas has online testing where people can get

that certification.”

“People come here because they don’t want the stigma of counselors, so we encourage them to go places where they can get meds and make sure they take them regularly,” she added, explaining that staff can’t administer drugs at Sunshine Connection because a more qualified staff is required for that. Murphy-Pollock said that staff can encourage people to go to places where they can be given medication.

What Sunshine Connection excels at, however, is providing a safe and welcoming environment that emphasizes they are all like family, where people can get to know each other and recognize when things are off.

“Our environment is that everybody here has had problems that they have overcome, including the staff,” Murphy-Pollock said, adding that staff members do receive support and training from the board of the Kansas Con-

sumer Advisory Council.

Because a majority of staff members have a mental health disability, they can join with the others, allowing them to receive peer support as well.

As for her own position at Sunshine Connection, Murphy-Pollock said, “For me, it is a very rewarding career. I’ve always cared that others are okay.”

Murphy-Pollock hopes the State of Kansas will implement a respite pro-

CONTINUED ON PAGE EIGHT



Arbor Court Retirement Community at Alvamar
Lawrence, Kansas



1510 ST ANDREWS DRIVE
LAWRENCE, KS 66047
785-841-6845
www.arborcourt-lawrence.com

 LIKE US ON FACEBOOK at
Arbor Court – Retirement
Community at Alvamar

YOUR LIFE. YOUR STYLE. YOUR HOME.

**Arbor
Court**
*Start enjoying
your retirement!*

Studios start at
\$1650 per month
including
breakfast,
lunch, utilities,
housekeeping,
transportation,
and so much
more!

*Call us for our
move-in
specials and a
complimentary
tour and lunch!*

Care for a better quality of life wherever you call home

Right at Home offers caregiving services for those who want to remain independent but are challenged by activities of daily living.

- Companionship
- Personal hygiene
- Bathing assistance
- Light housekeeping
- Safety supervision
- Fall Prevention
- Meal preparation
- Medication reminders
- Transportation



(785) 727-7723 | www.lawrencerightathome.com

Serving Douglas, Wyandotte & Johnson Counties

Right at Home is a global network where most offices are independently owned and operated under a franchise agreement with Right at Home, LLC.

Sunshine

CONTINUED FROM PAGE SIX

gram one day.

“That way you could go to a respite house and have peer support assigned to you to get you back on track,” she said.

“This will help to cut down on the cost of Medicaid and Medicare, so it actually saves the state money,” she explained, adding that Sunshine Connection also provides outings, including taking their guests to the Dollar Store and Sam’s Club every other month. Sunshine Connection also has online groups and activities for its members.

“Over time, Sunshine Connection has received both financial and other donations, such as vans for our pickup program, Harlem Globetrotters tickets, Arab Shrine Circus tickets, bus tickets, food, clothing, and other donated items,” Murphy-Pollock said. “We also hold garage and bake sales to offset the cost of our organization’s daily operations. If you would like to donate, please feel free to contact us at 785-232-0315.”

There is a yearly recovery conference in Wichita, sponsored by KDADS, where people come from all over the state. There, the Kansas Consumer Advisory Council gives out certificates and awards and provides speakers. Also, it has many vendors for the participants to engage with.

“I think this is an excellent program for people who are leery about going to professional help, and they’re scared, lonely, and isolated, and we are a safety net for people with mental health challenges who can’t navigate through the mental health system,” said Murphy-Pollock, who has been with the organization for eight years.

Sunshine Connection serves the entire Shawnee County area. Before COVID, they had a higher number of visitors, but now they serve between

28 and 34 people. The report for February states that during 140 hours of operation, Sunshine Connection served approximately 168 people and helped them with counselors, meds, and groceries. Most of the members are between the ages of 45 and 89.

“My staff and I, we all care for people,” Murphy-Pollock said. “We make sure staff are trained in different areas such as your inner child, trauma, relationship, Wellness Recovery Action Planning and Pathways, Seeking Safety, suicide prevention, and basic needs.”

People who are interested in learning more about Sunshine Connection can call 785-730-4773, or they can drop by on Monday, Wednesday, or Friday to fill out a three- or four-page application.

“I’ll talk to them about what their needs are and get simple health information, and then they sign a release so I can consult with others,” Murphy-Pollock said.

“We are working on an Easter project now,” she added. “We decorated for Saint Patrick’s Day. Every month, we decorate for that month’s theme. When

COURTESY PHOTO



Marilyn Murphy-Pollock

it gets hot, they go fishing. Last year, someone caught a 10-pound catfish. Everyone was so excited!”

Murphy-Pollock defined her biggest reward for her work at Sunshine Con-

nection: “Seeing progress in a person, seeing growth from rags to riches. You can believe in a person more than they do themselves, and when you see a change, that’s amazing!”

Aldersgate Village

LIFE PLAN COMMUNITY



- Independent Living
- Assisted Living
- Home Plus
- Memory Care
- Short-Term Care
- Rehabilitation Services




AldersgateVillage.org | 785-286-7490

7220 SW Asbury Drive | Topeka, KS 66614



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

21st Annual

**LAWRENCE AREA
PARTNERS IN AGING**

Senior Resource Fair

Wednesday, April 22nd, 2026
10am-1pm

Sports Pavilion at Rock Chalk Park
100 Rock Chalk Lane, Lawrence, KS 66049

- **FREE! NO cost to attend!**
- **Freebies, handouts, & brochures**
- **Gift card drawings-courtesy of
Lawrence Area Partners in Aging**
- **FREE Health Screenings**
- **Exhibits featuring a wide range of
businesses & organizations.**
- **Plus, much, much more!**

*Stop by anytime between
10am & 1pm to visit booths
& displays from local
businesses & organizations
that serve seniors in
Douglas county.*



For More Information or questions, email:
LawrenceAreaPartnersinAging@gmail.com



HEALTH & WELLNESS

Ion robotic bronchoscopy transforming lung cancer detection at LMH Health

By Autumn Bishop

LMH Health

"The biopsy came back positive. It's lung cancer."

Countless people in our community hear these words no one ever expects. Lung cancer is the second most common cancer in both men and women in the United States, excluding counting skin cancer. Lung cancer is also the leading cause of cancer death in the U.S., accounting for about one in five of all cancer deaths, according to the American Cancer Society.

More people die of lung cancer than colon, breast, and prostate cancers combined.



Data from the National Institutes of Health indicate that the five-year survival rate for patients diagnosed early can be higher than 75%. As cancer progresses, the statistics are sobering. The long-term survival rate decreases dramatically when diagnosed at later stages, with the average five-year survival rate for stage four lung cancer less than 10%.

LMH Health is committed to providing life-saving healthcare by using advanced technology. In July 2024, LMH unveiled a PET/CT scanner as part of our commitment to progressive, integrated cancer care. We're now advancing lung care with Ion Robotic Bronchoscopy—a major leap forward

in accessing hard-to-reach lung nodules.

Detecting lung cancer isn't always simple

Most lung cancers start as small nodules deep in the lungs. Dr. Vance Burns, a pulmonologist with LMH Health, said when it comes to cancer, his job is to fetch answers.

"Someone in the clinic will ask 'What is this thing on the X-ray?' I'll say I don't know, but let's go get some of it," he said.

Pulmonologists have traditionally used bronchoscopy to obtain samples of lung tissue for biopsies. During this minimally invasive procedure, a pulmonologist passes a thin tube through a patient's nose or mouth down into the lungs. A special device is then passed through the tube to fetch the sample.

Traditional bronchoscopy has its limitations. It can be harder to reach the periphery of the lungs where there are branches that taper and turn. This means traditional instruments aren't able to reach nodules located in deeper regions of the lungs.

Early lung cancer is treatable, but only if they can find and biopsy the nodule before it progresses.

Introducing Ion

Ion robotic bronchoscopy helps mitigate these concerns. Ion uses a thin, ultra-maneuverable robotic catheter to reach parts of the lung that aren't possible using a standard biopsy.

"It's like using a space alien finger," said Dr. Burns. "The catheter has multiple joints that allow us to twist, turn and get into spaces a traditional bronchoscope can't."

Here's how a typical Ion-guided

biopsy works from start to finish:

A recent CT scan is loaded into the Ion's planning console. The software automatically creates a hand-drawn circle onto the borders of the nodule and suggests pathways to reach it.

"I review the map and choose the best path," Dr. Burns said. "Ion's software finalizes and saves the map, and that's what I take to the operating room and use during the procedure."

In the operating room, the robot stabilizes the catheter. Dr. Burns uses a system similar to a video game controller to navigate through the lung toward the nodule. Once it's there, he uses proprioception and fluoroscopy to help confirm the position of the catheter.

In layman's terms, Dr. Burns uses technical skills to feel the airway along with continuous X-rays that produce real-time, moving images to find the location of the nodule.

"Once I'm in the right spot, I send a tool through the catheter – a needle, brush or forceps – to take samples and pass them off to the pathologist. They analyze it in real time to make sure we're getting the samples we need,"

Dr. Burns explained.

After collecting samples of the lung tissue, Dr. Burns thoroughly checks the lung to make sure there isn't any significant bleeding.

"More than 95% of patients have the procedure and go home the same day," he said. "I'd estimate the experience for most people is similar to having a colonoscopy. In this case, we use a smaller scope, and you don't have to do a prep."

Impacting patient care

For patients, the minimally invasive procedure generally means experiencing fewer complications, less pain and faster recovery. The Ion system's precision results in nodules that can be sampled when they are pre-cancerous or at an early stage, and that can make a significant impact on patient outcomes.

"Early-stage cancers are dramatically more treatable than those we find at later stages," Dr. Burns explained. "Robotic navigation bronchoscopy using tools like Ion help us get to that spot on your lung that might be cancer and get answers quickly. It can make

CONTINUED ON PAGE 11

Read Senior Monthly Online



Use one or all of the following options:

- Scan this QR code and bookmark it.
- Email subscribe@seniormonthly.net to become an e-subscriber.
- Like us on Facebook at www.facebook.com/seniormonthly.

When you read Senior Monthly online, you can read each new issue several days before we distribute the hard copies.

Decisions that only you should make

Advance funeral planning is a time you can express your personal wishes.

*Compassion and Service
...More Than Just Words*

**Lawrence 843-1120
Eudora 542-3030**

www.warrenmcelwain.com

WARREN-McELWAIN
MORTUARY



Bronchoscopy

CONTINUED FROM PAGE 10

all the difference.”

Access matters

Knowing where you should turn for care often comes down to what matters most: convenience, continuity, and truly personal care.

Patients at LMH Health receive care from pulmonologists who know their medical history, preferences and family dynamics—someone who will be there from your initial scan through the biopsy and follow-up care.

“When you come to LMH, you’re going to get personalized care from a doctor who knows you. That’s not something you usually get with larger health systems,” said Dr. Burns.

Traveling long distances to get medical care can be challenging, especially when you’re facing the unknown. LMH Health is using advanced technology like PET/CT and Ion Robotic Bronchoscopy to diagnose lung cancer early and get you on the road to recovery.

“Staying local means keeping care accessible, cohesive, and connected,” Dr. Burns said. “It benefits the patient and the people supporting them

through every step of the process.”

Donor support makes an impact. Since 1969, donors to the LMH Health Foundation have generously supported access to high-quality, compassionate care in Douglas County and beyond. Many have invested in initiatives focused on advanced technology, making it possible to provide state-of-the-art healthcare close to home.



Dr. Vance Burns

That support helped make Ion Robotic Bronchoscopy a reality at LMH Health, with the Foundation covering up to \$310,000 of the cost to purchase the technology.

“Using the new Ion Robotic technology at LMH Health, we can get to small nodules once thought to be unreachable. We can do this as an outpatient procedure and have real answers for you in a few days,” Dr. Burns said. “We’re so fortunate to have donor support through the LMH Health Foundation to ensure patients have timely access to care, and that will make a meaningful difference. If you have risk factors for lung cancer, or a concerning finding on your screening CT, reach out to us and we can help.”

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

Martin Creek Place

- 1 & 2 Bedroom Apartments
- Townhomes
- Washer/Dryer Connections
- Emergency Monitoring System Available
- 24 Hour Emergency On-Site Staff
- Organized Activities & Day Trips
- Library Red Carpet Service
- Weekly Grocery Van
- On Site Storage
- Exercise Room

Age 62 & older.



4950 SW Huntoon • Topeka 785-273-2944



www.seniormonthly.net



MIDLAND CARE

Did You Know?

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

Hospice Helps.



Equipment & Medication



Skilled Nursing



Personal Care



Family Support



Emotional Support



Therapies



Education



Bereavement

www.midlandcare.org • 1-800-491-3691

HEALTH & WELLNESS

How to improve your sleep with medicinal plants

Improving sleep naturally with medicinal plants blends traditional herbal remedies with modern sleep routines. Many people struggle with falling asleep, staying asleep, or waking up tired. Most want to avoid pharmaceutical sleep aids. Medicinal plants can offer gentle support when used alongside healthy habits. By



Dr.
Deena
Beneda

choosing the right herbs and practicing good sleep hygiene, individuals can take a holistic, plant-based approach to achieve better rest.

One of the most well-known medicinal plants for sleep is chamomile. Often enjoyed as a warm evening tea, chamomile contains compounds that help relax the nervous system and alleviate mild anxiety. Drinking a cup of chamomile tea about an hour before

bed can become a calming ritual that signals to the body that it's time to slow down. This plant works best when incorporated into a routine, such as dimming the lights, turning off screens, and engaging in quiet activities like reading.

Another important group of medicinal plants for sleep includes calming herbs like valerian root and passionflower. Valerian is often used to shorten the time it takes to fall asleep and improve sleep quality, while passionflower can be especially helpful if the main problem is a racing mind or worry at bedtime. These herbs are usually taken as teas, tinctures, or capsules in the evening. Because they can be more potent, start with a low dose and pay attention to how your body responds.

Medicinal plants can also help with sleep through their aroma. Lavender is a prime example of an aromatic herb that encourages relaxation without acting as a sedative. Its essential oil can be diffused, diluted in a carrier oil, and applied to the skin, or a few drops can be placed on a cloth near the pillow. The gentle scent of lavender can reduce

tension and create a calming environment in the bedroom, especially when combined with a cool, dark, and quiet setting that naturally promotes sleep.

Although medicinal plants are natural, they are still biologically active substances, so safety is essential. Some medicinal plants may interact with prescription medications, cause drowsiness, or lead to side effects in sensitive individuals. Therefore, it's important to consult a healthcare professional to determine if a medicinal

plant is suitable for your sleep routine. When used carefully alongside habits such as maintaining a regular sleep schedule, reducing evening caffeine intake, limiting screen time before bed, and other calming pre-bed routines, medicinal plants can be a gentle and effective way to improve sleep naturally.

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

Luther Place APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff
On City Bus Route • Ample Laundry Facilities

Stop by or call today to schedule an appointment
to reserve your new apartment home!



5000 & 4900 SW Huntoon • 785-273-2944

Some restrictions apply. Age 62 & older. Mobility Impaired.



Kaw Valley Senior Monthly



Have *Kaw Valley Senior Monthly* delivered right to your home.

\$21⁰⁰

for 12 issues!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Mail this completed form along with \$21.00* to:

Groenhagen Advertising, L.L.C.

9703 Hayes Street

Overland Park, KS 66212-5034

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

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

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

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

**Kaw Valley
Senior Monthly**
785-841-9417

MAYO CLINIC

How to decide which breast cancer surgery is right for you

By Sarah McLaughlin, M.D.

Mayo Foundation for Medical Education and Research

DEAR MAYO CLINIC: I understand surgery is often included as part of the treatment plan for breast cancer. If I'm a candidate for lumpectomy but am also considering a mastectomy, what are some things I should keep in mind? Should my breast density be a factor in my decision-making?

ANSWER: Women diagnosed with breast cancer are almost immediately confronted with treatment decisions. If your surgical oncologist gave you a choice between a lumpectomy and a mastectomy to remove a tumor, that's often because either option will lead to a similar long-term health outcome.

A lumpectomy is commonly known as breast conservation surgery because it keeps most of the breast intact, whereas a mastectomy removes the entire breast. Regardless of which procedure you choose, the risk of breast cancer recurrence is roughly the same.

Lumpectomy is a treatment option for early-stage breast cancer. Compared with a mastectomy, it's less invasive and tends to have a quicker recovery. It also can help preserve the cosmetic appearance and sensation of the breast. Your healthcare professional will recommend radiation therapy after a

lumpectomy to reduce the risk of breast cancer returning in the breast.

A mastectomy removes the whole breast. In many cases, radiation therapy is not needed after mastectomy. Individuals with a genetic predisposition for breast cancer, such as the BRCA1 or BRCA2 gene mutation, may opt for a mastectomy as a preventive measure following their diagnosis.

After a mastectomy, some women choose to forgo reconstructive surgery, opting for what is called an aesthetic flat closure. There can be many reasons for this, including wanting to limit future surgeries, reducing risks and complications, and desiring a faster return to daily life and activities.

For other patients, having a breast mound is part of how they identify as women. Multiple types of breast reconstruction procedures are available following either a lumpectomy or mastectomy. Breast reconstruction surgery can occur at the same time as breast cancer surgery, or you can plan your reconstruction weeks, months or years after treatment.

The surgical technique and cosmetic outcomes after mastectomy and reconstruction have improved over the past 20 years. More women can keep their nipple and areolar complex and, in many cases, a procedure can be performed to help improve sensation to the nipple and areolar complex.

Breast density also could be a factor in your decision-making. About half of people who have screening mammograms have dense breasts. Dense breast tissue is harder to see through on a mammogram image. Having dense breast tissue should not affect one's decision to undergo a mastectomy or lumpectomy.

However, dense breast tissue may influence the need for additional tests before surgery, such as an MRI. An MRI looks for abnormal blood flow within the breast and can "see through" dense tissue. This may help surgeons better determine the extent of disease and guide them in the removal.

Ultimately, determining the option that is best for you is a nuanced decision that can be based on a variety of factors, including cancer-based reasons, family history and genetics, and

peace of mind.

Choosing which surgical route to take is deeply personal, and there is no one "best choice" for every woman. After careful consideration and consultation with your healthcare team, you should make the decision that you determine is best for you, based on the specifics of your cancer and your individual needs and preferences. — Sarah McLaughlin, M.D., Surgical Oncology, Mayo Clinic, Jacksonville, Florida

- *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.*

© 2026 Mayo Foundation for Medical Education and Research. All rights reserved.

Distributed by Tribune Content Agency, LLC.



Affordable Senior Living



2125 Clinton Parkway
in Lawrence

Rent Subsidized
Apartments for
Qualified Seniors

Applications being accepted
841-1000 www.ldcha.org

Clinton Place Apartments

THE FIRST APARTMENTS

"Home without the hassles"

A self-supporting community for 62 and older & under 62 100% disabled.

- Affordable Studio and 1 Bedroom Apartments
- Rent assistance available
- All electricity, water, trash, lawn care paid
- 24 hour on-site staff
- Restricted entrance
- Lit parking lot with surveillance
- On city bus route
- Beauty salon
- First Floor Laundry Room
- Multiple resident activities



- Meals on Wheels Congregate meal site
- On site maintenance
- Library Red Carpet Services
- Walking distance to multiple churches, grocery store and pharmacy

Call 272-6700 to schedule a tour and pick up an application.
3805 SW 18th St. • Topeka • www.thefirstapartments.org



LOCALLY OWNED!

Tues.-Fri., 10 a.m.-5 p.m., or by appointment

Douglas County
MONUMENT WORKS
For a Life Lived

547 Indiana St. • Lawrence • 785-856-2370

FINANCIAL FOCUS®

Ease the squeeze on your retirement income plan

Rising prices may not dominate headlines the way they did a year or two ago, but if you're retired, you're probably still feeling them. Even when overall inflation cools, the costliest expenses — like health care, utilities, insurance and property taxes — tend to rise faster than broad inflation numbers suggest. That creates a squeeze that can make you question whether your income plan is built to last.



Derek
Osborn

Fortunately, you often can adjust without drastic cuts that affect your lifestyle. Start by understanding where the pressure comes from and how to build more flexibility into your plan.

Inflation hits retirees differently. You've likely noticed your grocery bill, prescription drug costs and heating expenses haven't returned to "normal." Even small increases compound over time and can chip away at your buying power.

If your income plan was created years ago, it may assume lower inflation or relatively stable price increases over time. Recent years have shown that's not always the case.

Why some income plans feel strained. Any plan relying on fixed withdrawals or rigid budgets can feel tight when living costs rise. If you're drawing from investments, you may hesitate to increase your withdrawals because of market volatility. And if you depend on fixed income sources like Social Security or a pension, yearly cost-of-living increases may not keep pace with your expenses. You might live 25 to 35 years in retirement, giving small annual cost increases decades to add up.

What you can do without sacrificing stability. A few adjustments can help you stay ahead of rising costs and maintain your financial confidence.

First, review your withdrawal strategy. Ask your financial advisor about flexible approaches that increase income when markets and portfolios perform well and pull back during tougher times. This protects your long-term plan with room to respond to rising prices.

Next, rebalance your portfolio. You

may uncover opportunities to shift toward investments with more consistent income or better tax efficiency. Sometimes a small tweak can generate extra cash flow without increasing overall risk.

Finally, look at your income sources. You may be less affected by rising costs if you delay taking Social Security, work a part-time job, add inflation-protected bonds or create predictable lifetime income with annuities, if they're appropriate for your situation.

Don't overlook health care: Health care costs often grow faster than general inflation. Medicare premiums and out-of-pocket expenses can rise annually, and the need for long-term care remains a big financial uncertainty for retirees. Building health care-specific inflation into your plan now can help prevent surprises later. Any savings you have in a health

savings account can help you cover health care costs. And many pharmaceutical companies offer financial assistance programs to help pay for costlier medications.

Stay flexible and informed: Today's retirements look different from those of even a decade ago. The key is staying flexible, reviewing your plan regularly and making small adjustments before pressure builds. A financial advisor can help you find the right approach to navigating rising costs without disrupting the life you've worked hard to build.

- 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.



MICHAEL JILKA

ATTORNEY AT LAW

Wills • Trusts

Powers of Attorney

Probate • Traffic

785-218-2999

office@gravesjilka.com • www.gravesjilka.com



ENT

LAWRENCE
OTOLARYNGOLOGY
HEAD & NECK SPECIALISTS

Hearing Loss Affects One In Three American Adults

How is hearing loss affecting you? Learn more at lawoto.com/hearing

Serving the Lawrence area for over 30 years

Lawrence • Ottawa

785-841-1107

Our Audiology Team

Misti M. Ranck, M.S., CCC-A

Jami S. Johnson, M.S., CCC-A

Meryl R. Lockling, Au.D., CCC-A

Katie E. Turner, Au.D., CCC-A

Kay Bassett, H.I.S.

One and Two Bedroom Apartments

Income-based rent, \$579 to \$602

Water, trash, sewer paid



Orchard Lane Leisure Living

1016 Orchard Lane, Baldwin City, KS 66006

Minimum age 62 & disabled with no age limit

Jersey Street Apartment Suites

1119 Jersey Street, Baldwin City, KS 66006

No age limit

housingforbaldwin.com • 785-594-6996
brac@housingforbaldwin.com



JILL ON MONEY

'Trump Accounts' — What you need to know

Recently the Administration went on a PR junket to highlight the newly established "Trump Accounts." These accounts were created when the One Big Beautiful Bill Act passed last summer, and they establish a long-term savings vehicle for every American child born between January 1, 2025, and December 31, 2028.



Jill
Schlesinger

The IRS describes these accounts as a type of "traditional individual retirement account (IRA) that is established for the exclusive benefit of an eligible individual."

How do they work?

If you had a baby last year, you are entitled to open an account. Once it is open, the government will make a one-time deposit of \$1,000. Parents and employers can make additional contributions of up to \$5,000 per year until the child turns 18, though employers are limited to \$2,500. (Contribution limits will be indexed to inflation starting in 2027.) Like a retirement plan match, if an employer establishes a

contribution program, the contribution will not count toward the employee's taxable income.

When and where can I open an account?

Although they won't officially launch until July, you can get a head start and enroll when you file your taxes with IRS Form 4547. We don't have details on where these accounts will be held, but IRS guidelines note that the investments inside will be comprised of mutual funds or exchange-traded funds (ETFs) that track an index of primarily U.S. companies, like the S&P 500. Importantly, the fund's annual fees and expenses can't exceed 0.1 percent.

How do you get the money out?

During the growth period, no distributions may be made from a Trump account, "except for qualified rollover contributions, qualified ABLE rollover contributions, distributions of excess contributions, and distributions upon death of the account beneficiary."

When beneficiaries reach age 18, they become the owner of the account and can withdraw money for qualified expenses like education, a first home purchase, or starting a business. However, the money that is withdrawn will be taxed based on the tax bracket of the beneficiary at the time of withdrawal.

Should I use a Trump Account

or a 529 plan to save for education?

The taxation of the Trump Accounts makes 529 accounts a better alternative if you are saving for private school or college. The reason is that 529 offers TAX FREE investing for qualified education expenses, while investment earnings in Trump Accounts are taxed when withdrawn.

Some states also offer a state income tax deduction for 529 contributions. As a reminder, if you don't use all of the money saved inside of a 529 plan for education, you can roll over up to \$35,000 to a tax-free Roth IRA in the beneficiary's name.

Will Trump Accounts count against me for federal financial aid?

Usually, assets in the student's name have a greater negative impact on eligibility for financial aid than assets in the parents' names. However, we will need guidance from the government as to the treatment of Trump Accounts.

According to StudentAid.gov, these are assets you need to report on the FAFSA:

- Money in checking, cash, and traditional savings accounts.

- Real estate. While FAFSA does not consider your parents' primary residence an asset, you must declare the net worth of any additional property, including a vacation home, second apartment building, or rented-out property.

- Businesses. The net worth of any businesses your parents may own.

- Qualified educational benefits or education savings accounts such as Coverdell savings accounts, 529 college savings plans, and the refund value of 529 prepaid tuition plans.

- Non-retirement investments, including all stocks, bonds, mutual funds, or certificates of deposit (CDs) for which you are the owner.

- UGMAs/UTMAs that you own.

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

© 2026 Tribune Content Agency, LLC



1 BEDROOM APARTMENTS

Income-based Housing for Seniors Over 62!

- 24-hour Emergency Maintenance
- On-site Laundry Facility
- Medical Alarm Systems
- Pet Friendly
- Close to Shopping

Call 785-267-0960 today!


CENTURY PLAZA
APARTMENTS

2200 SE 28th Street • Topeka, Kansas
www.centuryplazaapts.com



Babcock Place

Affordable Independent
Senior Living

Applications Being Accepted

1700 Massachusetts in Lawrence
Secure, age-restricted apartments
adjacent to downtown & grocery.
Amenities include transportation
and meals programs. Rent based
on income, utilities included.

www.ldcha.org  842-8358



SENIOR CALENDAR

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

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

ARTS & CRAFTS

FIRST FRIDAY OF THE MONTH

ARTSCONNECT FIRST FRIDAY ARTWALK

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

SECOND SATURDAY OF THE MONTH

OPEN AIR ART MARKET

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

LAST FRIDAY OF THE MONTH

FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of the month. See website for participating locations.

LAWRENCE, 785-842-3883
unmistakablylawrence.com

APR 20

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

EDUCATION

APR 1

THE MAGINOT LINE

Ft. Leavenworth Series. Presented by Dr. Cam-

eron 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/M0rCJTtPOk

APR 1

SEWING MACHINE BASICS - DROP-IN SESSION

Want to give sewing a try? We have the perfect program for you! Come to our drop-in sewing session, we'll provide the sewing machines, thread, and fabric, just bring yourself! Topeka and Shawnee County Public Library - Reed Studio 125 7-8 p.m.

TOPEKA, events.tsctl.org/events

APR 6

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.tsctl.org/events

APR 14

GARDEN TECHNIQUES

Learn from SN Co Extension Master Gardeners. Florists arrange beautiful, eye-pleasing bouquets using design principles and techniques. Gardeners can too! Join us for a discussion on using colors, textures and forms to develop appealing gardens. Topeka and Shawnee County Public Library - Marvin Auditorium 101B 7-8:30 p.m.

TOPEKA, events.tsctl.org/events

APR 15

BEFORE YOU CHECK OUT: MAKE A CLEAN GETAWAY!

Organize the everyday details that often get overlooked. Learn how to create a clear checklist for passwords, digital accounts, pets, important contacts, and other essentials. Margie Coggins and Kathleen Morgan will share real-life lessons from serving as executors: what worked, what did not, and what they really wish someone had written down. Lawrence Public Library, 707 Vermont St., 10:30-11:30 a.m. Register online.

LAWRENCE, retirement@lplks.org
lawrence.bibliocommons.com/v2/events/697393ff3cc3e0c9ecb440e4

APR 20

NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Perkins Room 201, 1-2 p.m.

TOPEKA, events.tsctl.org/events

APR 20

SAVING AND INVESTING 101

Wondering how to make the most of your money and build a solid financial foundation? Join Jayhawk Finances to learn about the differences between saving and investing and the different types of retirement and investment accounts. Lawrence Public Library, 707 Vermont St., 6-7 p.m.

LAWRENCE, mfisherisaacs@lplks.org

APR 21

GRAY ANATOMY: CARFIT - A CAR SAFETY PROGRAM FOR SENIORS

CarFit is an educational program developed by AARP and the American Occupational Therapy Association. Cynthia Calloway of the Kansas Traffic Safety Resource Office will explain how to increase your comfort, safety, and fit in the driver's seat. Get ready for summer travels!

Online event. 4-5 p.m.

LAWRENCE, llewis@lplks.org

lawrence.bibliocommons.com/v2/events/6971425d8b29ea2800cad017

APR 23

ESTATE PLANNING SEMINAR

How will your property be distributed at your death? And who will be in charge of the distribution? If you are the parent or current guardian of minor children, how can you name the person who will become their guardian? How can you use a trust to ensure assets are safeguarded and used for the benefit of a beneficiary? How can you specify who will handle your finances and make medical decisions if you are alive but incapacitated? How can you avoid probate? And will you be subject to estate taxes? Fundamentals of Estate Planning answers these questions and more. The seminar is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Senior Resource Center, 745 Vermont Street, 2-3:30 p.m. Attendance is limited. To secure a seat, call the SRC at 785-842-0543

LAWRENCE

APR 29

BEFORE YOU CHECK OUT: THE END

In this candid, informative program led by Todd Miller of Rumsey Yost, you'll learn about burial options, cremation, and a range of meaningful (and sometimes surprising) final arrangements.

The session is practical, approachable, and designed to help you make informed choices without the mystery or the sales pitch. Lawrence Public Library, 707 Vermont St., 10:30-11:30 a.m. Register online.

LAWRENCE, retirement@lplks.org

lawrence.bibliocommons.com/v2/events/697393ff3cc3e0c9ecb440e5

MAY 4

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.tsctl.org/events



90 Years Old

April 18, "TV Tommy" Ivo, American drag racer and actor

80 Years Old

April 8, Robert L. Johnson, the first African-American billionaire and founder of BET
April 12, Ed O'Neill, actor known for *Modern Family* and *Married... with Children*

April 13, Al Green, soul and gospel singer

April 19, Tim Curry, British actor, vocalist, and composer

April 25, Talia Shire, actress nominated for Academy Awards for *The Godfather Part II* and *Rocky*

70 Years Old

April 12, Andy Garcia, actor

April 13, David W. Brown, entrepreneur, AOL founder

60 Years Old

April 8, Robin Wright, actress, *Forrest Gump*

April 9, Cynthia Nixon, TV and stage actress

April 15, Cressida Cowell, author, known for her *How to Train Your Dragon* book series

April 20, David Filo, co-founder of Yahoo!

April 28, John Daly, 1991 PGA champion

Calendar

CONTINUED FROM PAGE 16

ENTERTAINMENT

MAR 13

THE SENIOR CLASS

TCT's Second Improvisational Comedy Company is 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

APR 10

FREE STATE STORY SLAM | RHYTHM & RHYME: POEMS AND STORIES WITH FEELING

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

APR 11

WIFI FILM FESTIVAL 2026

This free film festival shows multiple short & feature-length films made by local, regional and international filmmakers. WIFI Film Festival celebrates education in the production of film and video. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC, 9 a.m.-6 p.m. TOPEKA, events.tscpl.org/events

APR 12

OLIVER MOORE, PIANO

Oliver Moore is currently completing his Master of Music degree under the tutelage of pianist Garrick Ohlsson at the San Francisco Conservatory of Music. He has performed Liszt's Piano Concerto No. 1 and Totentanz with the North State Symphony and Hollywood Chamber Orchestra, and in 2022, substituted at late notice for the Bear Valley Music Festival performing Gershwin's Rhapsody in Blue under the baton of Alexander Mickelthwate. In fall 2024, he performed the Tchaikovsky Concerto No. 1 with the North State Symphony. Lied Center of Kansas, 1600 Stewart Dr., 2 p.m. Fee. LAWRENCE, 785-864-2787, lied.ku.edu/event

APR 17

RENÉE FLEMING'S VOICE OF NATURE: THE ANTHROPOCENE

Renée Fleming is one of the most highly acclaimed singers of our time, performing on the stages of the world's great opera houses and concert halls. A 2023 Kennedy Center Honoree, winner of five Grammy Awards and the U.S. National Medal of Arts, she has sung

for momentous occasions from the Nobel Peace Prize ceremony to the Diamond Jubilee for Queen Elizabeth II at Buckingham Palace to the Super Bowl. A groundbreaking distinction came in 2008 when she became the first woman in the 125-year history of the Metropolitan Opera to solo headline an opening night gala. In 2023, the World Health Organization appointed her as a Goodwill Ambassador for Arts and Health, and this year, she became an inaugural member of the World Economic Forum's Global Arts and Culture Council. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

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

APR 21

KINKY BOOTS

Kinky Boots will lift your spirits to high-heeled heights! Celebrated with six Tony Awards, including Best Musical, a Grammy Award for Best Musical Theatre Album and London's Olivier Award for Best Musical, this big-hearted musical hit will have you strutting out of the theater saying "Yeah!" Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

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

APR 24

4TH FRIDAY FILM

Let's watch *Rebecca* (1940) together. Step back in time and appreciate fine acting, directing and stories. Topeka and Shawnee County Public Library - Marvin Auditorium 101A 1-3:30 p.m. TOPEKA, events.tscpl.org/events

APR 26

JOHN GORKA

For over two decades, Gorka's keen ear has picked up the stories of those along his path, folding them into poetry and song. His keen perceptiveness inspires people from all over the world to share their stories. By involving those tales in his music, he escapes the trap of introspection that hobbles less-gifted singer-songwriters. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

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

APR 28

CHICAGO THE MUSICAL

CHICAGO is still the one musical with everything that makes Broadway shimmy-shake: a universal tale of fame, fortune and all that jazz, with one showstopping song after another and the most astonishing dancing you've ever seen. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. Fee.

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

MAY 3

TOPEKA CELLO COLLECTIVE - CELLOBRATON!

Music for a Sunday Afternoon. Topeka's non-profit organization, the Topeka Cello Collective, in a "Cellobration" concert. Topeka and Shawnee County Public Library - Marvin Auditorium 101ABC 3-5 p.m.

TOPEKA, events.tscpl.org/events

MAY 4

360 ALLSTARS

A non-stop energy packed urban circus complete with dancing, beat boxing, acrobatics,



"Valuing your trust, keeping our promise"

Graceful Home LLC provides Long-Term Care services, Assisted Living services and Respite Care services 24 hours a day. Graceful Home is a Licensed Adult Care Facility licensed and surveyed by the Kansas Department for Aging and Disability Services (KDADS). Medicaid Licensed Facility. Please see our websites for payment options.

FACILITY AMENITIES

- Private Furnished rooms
- Furnished living room & kitchen
- Patio and backyard

SERVICES

- Medication management in accordance with physician orders
- Physician/Dental appointment coordination
- Assistance communicating with patient medical providers
- Caregivers on duty 24 hours / 7 days a week
- Specialized Medication Services
- Special or mechanically altered diets as ordered by a physician
- Fully furnished rooms (Residents are welcome to bring their own furniture.)

- Housekeeping, Linen changes, laundry service
- Hospice / Bedside service
- Transfer Assistance

DAY-TO-DAY:

- Three warm meals a day
- Expanded cable hook up
- Activities, video and board games
- Exercises: Tai chi, Yoga, range of motion exercises.
- Escort to activities
- Coordination of transportation
- Specialized activities geared toward those with various levels of memory impairment
- Assistance with showering & personal care if needed
- Incontinence management

SERVICE PROVIDERS

Through staff members or partnership, we are able to provide services.

For more information, call 785-424-2785 or visit our websites.

grace@gracefulhealthcare.com

www.gracefulhome.com • www.gracefulhealthcare.com

3100 SE Illinois Ave. • Topeka



Calendar

CONTINUED FROM PAGE 17

BMX biking and more, 360 ALLSTARS is a spectacular fusion of the extraordinary artistry that emerges from street culture. Boasting a stellar international cast of world-champion and world-record-holding athletes and artists, the show has had sold-out runs on Broadway, the Sydney Opera House and the Edinburgh Fringe Festival. Seen by over one million people worldwide, 360 ALLSTARS entertains audiences of all ages! Lied Center of Kansas, 1600 Stewart Dr., 7 p.m. Fee.

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

FAIRS & FESTIVALS

APR 11

KU POWWOW & INDIGENOUS CULTURES FESTIVAL

The Annual KU Powwow is a celebration of American Indian cultures in our community through dancing, singing and honoring the traditions of our ancestors. Growing the legacy of enriching our local community through American Indian traditions and cultural heritage at the University of Kansas! Lied Center and Powwow Arena, 1600 Stewart Dr. See website for schedule.

LAWRENCE, 785-864-2787

<https://powwow.ku.edu>

APR 18

LAWRENCE EARTH DAY FAIR

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

LAWRENCE, 785-841-4109

watkinsmuseum.org

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

cottinhardware.com/farmers-market

HEALTH & WELLNESS

APR 1, 8, 15, 22, 29

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

APR 3, 10, 17, 24, MAY 1

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

HISTORY & HERITAGE

APR 2

LOCAL HISTORY RESEARCH

Explore our local history research tools & practice using them. We'll talk about Sanborn maps, city directories, Shawnee Co Historical Society Bulletins, vertical files & newspaper card catalog. Topeka and Shawnee County Public Library - Topeka Room 204, 6-7 p.m.

TOPEKA, events.tscpl.org/events

APR 6

DOCUMENTING KANSAS AFRICAN AMERICAN HISTORY PROJECT

The Kansas Afro-American Historical & Genealogical Society will present a project to document African American history in Kansas. All are invited to join the project. Topeka and Shawnee County Public Library - Menninger Room 206 5:30-7 p.m.

TOPEKA, events.tscpl.org/events

APR 7

EXPANDING YOUR FAMILY TREE WITH FAMILY SEARCH

Learn tips and tricks using FamilySearch to build your family tree. Renee Aldrich from the Topeka FamilySearch Center will show how to use FamilySearch. A free FamilySearch account is needed. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02 5-6:30 p.m.

TOPEKA, events.tscpl.org/events

APR 8 & 9

LAWRENCE SUFFRAGISTS AT OAK HILL CEMETERY

The Oak Hill Cemetery Committee of the Watkins Museum of History cordially invite you to attend a two-part walking tour of 23 Lawrence suffragists' gravesites at Oak Hill Cemetery on April 8 and 9, 5:30 p.m.-7:30 p.m. Registration for April 8 will secure your place for both parts on April 8 and April 9. April 8 will feature 12 gravesites located in four sections of the cemetery, and April 9 will feature 11 gravesites in two sections. Learn how local suffragists struggled for voting rights from 1867 through 1912. Jeanne Klein, LWV Co-President, will lead these two tours and provide handouts. Your registration fee supports future projects at Oak Hill Cemetery. Advance registration is required. Limited to 25 participants on a first come, first served basis.

LAWRENCE, 785-841-4109

watkinsmuseum.org/event

APR 14

FINDING YOUR FAMILY IN TSCPL DATABASES

Learn how to leverage your library card to help you build your family tree at this overview

program of the library's digital collection for genealogy. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02, 5:30-6:30 p.m.

TOPEKA, events.tscpl.org/events

APR 16

LOCAL HISTORY RESEARCH

Explore our local history research tools & practice using them. We'll talk about Sanborn maps, city directories, Shawnee Co Historical Society Bulletins, vertical files & newspaper card catalog. Topeka and Shawnee County Public Library - Topeka Room 204, 11 a.m.-12 p.m.

TOPEKA, events.tscpl.org/events

APR 20

HISTORIC DOWNTOWN TOPEKA WALKING TOUR

Walk back in time through downtown Topeka. Local history librarian, Katie Keckeisen, will show you amazing historic buildings. We'll also look at historic photos of what the area looked like before. Every Plaza, 6-7:15 p.m.

TOPEKA, events.tscpl.org/events

APR 23

TOPEKA'S CONSTITUTION HALL - TOPEKA GENEALOGICAL SOCIETY MONTHLY MEETING

Learn the history and role of the Topeka Constitutional Convention and Constitution Hall. Join us to learn more about the fascinating history of this Topeka treasure. Topeka and Shawnee County Public Library - Marvin Auditorium 101C 7-8:30 p.m.

TOPEKA, events.tscpl.org/events

MAY 3

HOUSE HISTORY HUNT

Learn what resources are available in the Topeka Room and online to help you uncover the story behind your home. If the walls of your house could talk? What stories would it tell? Topeka and Shawnee County Public Library - Topeka Room 204 1-2 p.m.

TOPEKA, events.tscpl.org/events

MAY 4

BROWN VS BOARD: YOUR FAMILY AND SEGREGATION, TODAY FORWARD

KAHGS Monthly Meeting. How has the Brown Decision affected your family? Learn some of the "hidden" stories of segregation from the closing of community schools to the moves families made in search of educational equity. Topeka and Shawnee County Public Library - Menninger Room 206 5:30-7 p.m.

TOPEKA, events.tscpl.org/events

MAY 5

FINDING YOUR FAMILY IN VITAL RECORDS

Discover FREE online databases to find your family records. Get help finding your family, learn how to add documents and sources to build your online family tree and get answer to questions you may have. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02 5:30-6:30 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

MONDAYS AND THURSDAYS

ADULT DAY FOR MODERATE STAGE DEMENTIA

Christ Lutheran Church. Call Michele Dillon with Jayhawk Area Agency on Aging more information.

TOPEKA, 785-230-1713

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

TUESDAYS AND FRIDAYS

ADULT DAY FOR MODERATE STAGE DEMENTIA

Grace Presbyterian. Call Michele Dillon with Jayhawk Area Agency on Aging more information.

LAWRENCE, 785-230-1713

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

Calendar

CONTINUED FROM PAGE 18

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

APR 6, MAY 4

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 - Hughes Room 205, 2-3 p.m. TOPEKA, events.tscpl.org/events

INSERTS!

Kaw Valley Senior Monthly can insert your circulars or flyers for as little as \$55 per 1,000. Call 785-841-9417 for more information.

APR 13, 16

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 - Hughes Room 205, 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 uucpls.org to confirm weekly programs and access the link to join live via zoom. The Unitarian Universalist Congregation of Lawrence (UUCL) hosts presenters with expertise on a wide range of topics who give a brief talk followed by Q&A and informal conversations over coffee and treats. 9:30-10:30 a.m. LAWRENCE

APR 8

RETROACTIVE FIELD TRIP: PINE'S GARDEN AND MARKET

It's Spring! Come see what's new and what's "growing on" at Pine's Garden and Market,

just north of Lawrence on US Hwy 40. Howard Pine's Greenhouse was a Lawrence legend for many years. The new owners kept the name and have added a farm market, a great line of gardening supplies, seasonal cut flowers, a landscaping service, a repotting service, and (as always at Pine's) have created a gorgeous array of beautiful bedding plants, trees, and bushes ready to go. We'll have a tour of the greenhouses, plenty of time to ask questions, and a chance to get supplies for supper, garden work, or some spring planters. Sponsored by the Lawrence Public Library. Register online. 10-11 a.m. LAWRENCE, 785-748-0890 lawrence.bibliocommons.com/v2/events/69a72fb66724c63d00f67877

Hello, Spring!

Welcome to
Prairie Commons

Features...

- 1 & 2 Bedroom Apts.
- Washer & Dryer Connections
- Beautiful Landscaping
- 24 hour Emergency Maintenance
- Resident Activities
- Detached Garages
- Fitness Center
- Transportation Resources Available



Please contact us for
a personal tour and
more information.

785-504-1551

5121 Congressional Circle
Lawrence, Kansas



www.liveatprairiecommons.com



GOREN ON BRIDGE

WITH BOB JONES

©2022 Tribune Content Agency, LLC

SUIT-PLAY QUESTION

Both vulnerable, North deals

NORTH

♠ 7 6 4
♥ A K J 6 5 3
♦ 6
♣ 8 4 3

WEST

♠ A 8 3
♥ 10 9 7 2
♦ Q J 10 5
♣ J 10

EAST

♠ K Q 5
♥ Q
♦ 9 8 3 2
♣ Q 9 7 6 5

SOUTH

♠ J 10 9 2
♥ 8 4
♦ A K 7 4
♣ A K 2

The bidding:

NORTH	EAST	SOUTH	WEST
2♥	Pass	2NT	Pass
3NT*	All pass		

*Good suit, at least A K J

Opening lead: Queen of ♦

The key suit in this deal, of course, is the heart suit. The correct play in a pairs competition, where overtricks are crucial, is to lead a heart to dummy's jack on the first round of the suit. This play will produce at least five heart tricks anytime the suit splits 3-2, the percentage split, and

bring in an overtrick whenever the suit splits normally and West holds the queen. This play would lose the contract on this lie of the cards.

What if you played this deal at rubber bridge, or in a team competition, where overtricks are not so important? What is the best play if you only need five tricks from the suit? It might seem strange, but the best play is to play a low heart from both hands on the first round of the suit. Then play the ace and king of hearts when you regain the lead. This play gives you five heart tricks when the suit splits 3-2 and protects against this lie of the cards. It completely gives up on the possible overtrick.

Should this seem unnatural to you, imagine you led a heart, intending to play dummy's jack, and West played the queen before you played a card from dummy. This could be a false card by West, but you would still play low from dummy, catering to the likelihood that the queen was a singleton. The suggested play is just a variation of this.

(Bob Jones welcomes readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001.)

PUBLISHER'S COLUMN

Calendar to be moved to website in July

By Kevin Groenhagen

Beginning with the July 2026 issue of *Kaw Valley Senior Monthly*, our events calendar will be moved to our website at seniormonthly.net/calendar. Recurring events have already been added to the online calendar.

I decided to make this move for several reasons:

- In 2025, 90% of adults 65+ said they use the internet, 70% said they subscribe to home broadband, and 78% say they own a smartphone. At the same time, 17% of adults 65+ are "smartphone dependent" (smartphone users with no home broadband). I believe we are now at a point where the vast majority of our readers can access an online events calendar.

- Moving our events calendar to our website will free up space in the print edition of *Senior Monthly*. This will allow us to add new features to the print edition. As always, the print edition will be available as a PDF file on our website. We have also started making a flipbook option available.

- Moving our events calendar to our website will move *Senior Monthly* one step closer to becoming a 100% online publication if we decide to make that change. Earlier this year, Thunder Bay Pulp and Paper announced it would discontinue newsprint mill operations. The paper mill said North American demand for newsprint had fallen 40 percent since the company was purchased by Atlas Holdings in 2022; there was an 18 percent decline in North American newsprint demand in 2025 alone. With that closure, only four paper mills in North America continue to make newsprint. Just one of those four is in the United States. Area printers may no longer be able to purchase newsprint in the near future.

We could switch to super-calendered or another similar magazine paper. However, these papers are much more expensive than newsprint.

An online calendar will also provide the following benefits to readers:

- Events Can Be Updated Instantly.** In print, if an event changes, cancels, or moves locations, the listing is wrong for the entire month. We can also add new events at any time, including those that miss the print deadline.

- We Can List Many More Events.** Our print calendar is limited by page space. Readers will get a much more complete calendar because we can add many additional events, including events outside of our distribution area.

- Events Can Be Searchable and Filtered.** Our online calendar will allow readers to find exactly what they want. Readers can search by city or date, and filter by type (health, music, classes, senior centers).

- Readers Can Add Events to Their Own Calendars.** Readers can also download an event reminder, which increases the likelihood they will attend.

- Events Can Link to More Information.** Print listings must be very short. Online listings can include full descriptions, links to maps, and registration links. This is especially helpful for classes, health screenings, and trips.

- Mobile Friendly.** A printed calendar is harder to use when someone is already out. With an online calendar, readers can check events on their phones.

If you have any questions, concerns, or suggestions concerning an online events calendar, please feel free to contact me at 785-841-9417 or kevin@seniormonthly.net.

seniormonthly.net/calendar

Boggle[®]
BrainBusters!

By David L. Hoyt and Jeff Knurek



BUPH
WOIS
GOKE
AGLM

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

Boggle BrainBusters Bonus

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

Find AT LEAST EIGHT FIVE-LETTER WORDS WITH "Y" IN THE MIDDLE in the grid of letters.

MY PET WORLD

Thinking about a new pet? The middle path most people miss

By **Cathy M. Rosenthal**

Tribune Content Agency

Dear Cathy: I was moved by your response to “Bob, Greensboro,” that I wanted to thank you immediately. As a long-time reader, I’ve always appreciated your kindness as much as your wisdom. It may surprise you to know that your response to a very opinionated “Bob” has made such a difference in my life.

For a long time I’ve been wanting to find a dog to love and to share my life with. Understanding there are so many deserving dogs in shelters who are looking for a loving home, it felt unfair to them, and maybe even irresponsible, for me to seek the services of a breeder.

But, when I visit local shelters, I worry that all the unknowns of shelter dogs (socialization, family health history, full-grown size) may be more than my experience, skills, age, physical abilities, and home can handle. And that worry has kept me from acting. I think what ‘Bob’ and so many others like him do is wonderful, but it may not be what I can do.

Your column was like a warm hug. I’ve decided to renew my search at the local animal shelters this winter but also take steps to meet the ethical breeder who lives not too far away upstate. And, no matter what the outcome may be, I will do what I can to help animals by donating to my local shelters to support all their good work. — Margaret, Huntington, New York

Dear Margaret: I appreciate you sharing your experience and your hesitation so openly. As someone who has worked in animal welfare for decades, I want to state clearly that adoption matters, and animal shelters and rescue groups always need adopters. So, I truly hope you will visit your local shelter. I think you may be surprised by the remarkable dogs waiting there.

At the same time, I understand the concerns you raise, because I hear them often. Many people worry about adopting because they fear the

unknown—not knowing a dog’s full history, wondering if there will be behavioral challenges, or assuming an adult dog will require more training than a puppy. In my experience, those assumptions don’t always hold true.

The truth is every dog needs training and adjustment time in a new home, regardless of age. With a puppy, you are signing up for months—and often up to two years with large breed dogs—of intensive training, supervision, and management. With an adult dog, what you see is often much closer to who that dog already is, which can make it easier to make a thoughtful choice about adopting.

I have adopted many adult dogs in my life and found that there is often less work involved in helping them become part of the family. The secret is taking the time to understand what you are truly looking for and partnering with shelter and rescue staff who know the animals well.

These are people who spend time with the dogs and cats in their care and can tell you about their personalities, energy levels, and compatibility. I’ve adopted adult dogs who needed little more than learning the household routine and settled in almost immediately—and others I was happy to invest time and training in to help bring out their potential.

That said, if you feel drawn to a breeder, it’s important to understand what an ethical breeder might look like. They don’t sell puppies to pet stores, alongside the side of the road, or through online ads. They don’t treat dogs as inventory. They do keep them inside their home, not in outdoor kennels, and consider them part of the family. They prioritize health testing and temperament and tend to interview you as carefully as you interview them. If a breeder simply invites you to “pick out a puppy,” that’s a red flag. Responsible breeders want to know why you’re interested in the breed, what your experience is with the breed, and whether the dog will truly be a good fit for you.

But there is also a middle path many

people overlook when considering a new dog: breed-specific rescue groups. These rescues often take in puppies and adult dogs, both from animal shelters and people who can no longer care for them. They know the breed well, foster dogs in homes, and can often offer guidance that combines predictability with adoption. Because the dogs are mostly fostered in homes, adopters often gain real-world insight into what living with that dog is actually like.

The key is slowing down, spending time with a pet, and listening to the people who know that animal best.

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

© 2026 Tribune Content Agency, LLC



Western Kansas Delights

May 28th - June 1st

ATTRACTIONS

- Tanganyika Wildlife Park
- Big Well Museum, Greensburg, KS
- Dodge City Variety Show
- Dorothy’s House Liberal, KS
- Mid-America Air Museum, Liberal, KS
- Lee Richardson Zoo, Garden City, KS
- Little Jerusalem Badlands State Park
- Fick Fossil Museum, Oakley, KS
- World’s Largest Easel, Goodland, KS
- Motorcycle Museum, St. France, KS
- Arikaree Breaks Badlands
- Cathedral of the Plains, Victoria, KS
- World’s Largest Hand Painted Egg, Wilson, KS
- Garden of Eden, Lucas, KS
- Grassroots Art Center, Lucas, KS
- Rock City Park, Minneapolis, KS
- 4 Breakfasts, 3 Lunches, 4 Dinners
- Luggage Handling at Hotels that provide Handling
- Deluxe Arrow Motor Coach
- Escorted from Topeka KS, Fairlawn Plaza

GREAT ADVENTURE TOURS

PO BOX 4126, TOPEKA, KS 66604

Call or email for brochure

785-633-8761

Email: greattours@gmail.com

website: greattourstopeka.com



SAVVY SENIOR

Low-cost smartphone plans for budget-minded seniors

By Jim Miller

Dear Savvy Senior: What are the absolute lowest-cost smartphone plans for seniors who mainly talk and text but need a little cellular data for email and occasional use? I'm currently paying \$40 a month and hoping to cut that down. - Looking to Save



Dear Looking; You're asking a smart question. Many seniors pay far more for smartphone service than they actually use. If most of your phone activity is calls, texts, email, and light web browsing, there's usually no need to spend \$40 or more a month. The good news: plenty of low-cost carriers now cater to light users who want reliable service without the extra cost.

The cheapest plans today mostly come from mobile virtual network operators (MVNOs)—smaller carriers that lease coverage from major

networks like T-Mobile, Verizon, and AT&T. Because they don't run their own towers, MVNOs can offer basic service for a fraction of the cost of major carriers, while still providing nationwide coverage. Here are some of the best options available now.

Cheapest Wireless Plans

According to Consumer Reports, one of the best overall values among low-cost smartphone plans is Mint Mobile. Mint offers a \$15-per-month plan that includes unlimited talk and text plus 5 gigabytes (GB) of high-speed data each month. The catch is that you must pay for a full year upfront, which is \$180 plus taxes and fees. For seniors who are comfortable paying annually, this can be an excellent way to lock in long-term savings. Mint runs on T-Mobile's network and works with most unlocked smartphones.

If that's more service or commitment than you want, the absolute cheapest wireless plan currently available is Ultra Mobile's PayGo plan. For just \$3 per month, plus fees, it provides 100 minutes of talk, 100 text messages, and 100 megabytes (MB) of data. Additional usage costs 3 cents per minute or MB of data and 1 cent per text. This plan is best for very light users or

those who primarily want a phone for emergencies. Ultra Mobile also uses T-Mobile's network.

Another solid budget-friendly choice is Tello, which allows you to customize a plan to fit your specific needs. Plans start at just \$6 per month and include unlimited texting, 100 minutes of talk time, and 1 GB of high-speed data. If your usage changes, you can easily add more minutes or data in affordable \$1 monthly increments. This flexibility makes Tello especially appealing to seniors who want control over their costs. Tello also operates on T-Mobile's network.

Other super low-cost plans for digital minimalists include US Mobile, which offers a light plan starting at \$8 per month (when paid annually) for unlimited talk and text plus 2 GB of data. Tracfone is another long-standing option, offering very basic 30-minute talk, text and web plan, for \$9 per month with auto-refill.

Lifeline Program

If your budget is especially tight, be sure to check into the federal Lifeline Assistance Program. Lifeline provides a \$9.25 monthly discount on phone or

internet service.

You may qualify if you receive benefits such as Medicaid, SNAP (food stamps), Supplemental Security Income (SSI), public housing assistance, or Veterans Pension. You may also qualify based on income alone if your household income is below 135 percent of the federal poverty level—currently \$21,546 for one person or \$29,214 for two.

To learn more or apply, visit lifelinesupport.org. If approved, you can choose from participating providers in your area, and in some cases even apply the discount to service you already have, if your provider participates.

Before switching plans, make sure your phone is unlocked and compatible with the new carrier's network. A quick compatibility check on the provider's website can help ensure a smooth transition and keep your savings on track.

- Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.



TRINITY In-Home Care

- Light housekeeping
- Personal Care
- Meal assistance
- Local errands and transportation
- Community integration
- Caregiver support



Douglas County's hometown, nonprofit in-home support provider.

Sliding scale available to those who qualify.

842-3159 | www.tihc.org



1 BEDROOM APARTMENTS

Income-based Housing for Seniors Over 62!

- 24-hour Emergency Maintenance
- Medical Alarm Systems
- On-site Laundry Facility
- Pet Friendly
- Close to Shopping



JEFFERSON VILLAS
APARTMENTS

Call
785-357-6227
today!



421 SE 21st Street • Topeka, Kansas

www.liveatjeffersonvillas.com



OBITUARY

(Editor's note: Over the past 25 years, Kaw Valley Senior Monthly has been shaped by many voices, but few have left as deep and lasting an impression as Tom Mach's. As a columnist, he brought clarity, wit, and a rare generosity of spirit to every piece he wrote. His work challenged us to think more deeply, feel more fully, and appreciate the quiet details that give life its texture.

As we share his obituary, we do so with profound gratitude for his contributions and with a sense of loss felt across our entire community. His voice will be missed on our pages, but his influence endures in the conversations he sparked and the readers he touched. We honor his memory and the legacy he leaves behind.)

Tom Frank Mach

Tom Frank Mach passed away on February 24, 2026 at his Lawrence home, with his beloved wife of 57 years, Virginia, at his side. He was 85.

Born on June 16, 1940, in Chicago, Illinois, to Joseph and Josephine Mach, he was the brother of Florence (Mach) Helmetag.

Tom worked as a chemical engineer

and as a marketing professional for several major companies. In his memoir, *Persistence Then Peace*, he described three instances where he let pride affect him and was promptly humiliated. Humility was the first important lesson he said he learned.

Another was patience. After his retirement in 2002, Tom became involved with volunteer activities such as tutoring third and fourth graders in California; coaching first graders in Kansas on how to write stories; reading to 4-year-olds, teaching writing to kids through Lawrence Parks and Recreation; and providing dictionaries to fourth graders through the Lawrence Breakfast Optimist Club. These experiences taught him patience. Discovering how patient he could be with young children, he translated that same practice to interactions with adults.

Forgiveness was yet another virtue he learned from his life experiences. Not only did he understand how heavy it was to hold a grudge, he found peace and joy in forgiving others—details of which are included in his memoir. In some of his poems and in six of the books he wrote, he described how and why true forgiveness is so important.

Since enduring a double compression fracture of his spine a few years ago, Tom was limited to using a walker to move about. What surprised him was the kindness he received from others wanting to help him in any way they could. Once on his way to the Lawrence Sports Pavilion, a man raced ahead of him so he could open the door for Tom. Another time, a girl of about seven smiled as she struggled to open the heavy door for him. Often strangers would ask if he needed any help and Tom not only thanked them, but usually told them that they earned their angel wings.

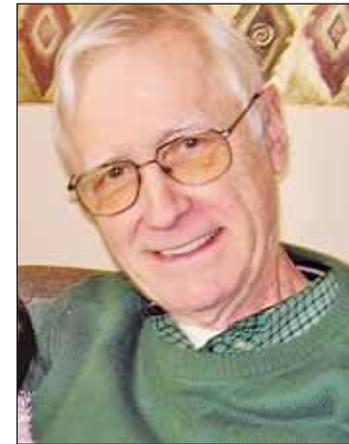
Tom sang in the St. John's church choir and served as a lector for Mass. If he saw strangers begging near a curb, he'd ask them their name and then request that the person pray for him.

"Everyone was made in God's image," he'd say. "I'm simply following what the Bible says in Hebrews 13:2."

Tom is survived by his wife, Virginia (Blum), daughter Michelle (Neal), son Mark, and daughter-in law Sanu, as well as by his four beautiful grandchildren, Hannah, Noah, Joanna, and Lydia.

A Memorial Mass will be celebrated at St. John the Evangelist Catholic Church for Tom Mach at a later date. A private interment will be held at Holy Family Cemetery in West Branch, Michigan, in the near future.

In lieu of flowers, a monetary contribution may be made to St. John the Evangelist Catholic Church, 1234 Kentucky St., Lawrence, Kansas, for the intention of Masses to be said in Tom's memory.



Books written or reprinted by Kevin Groenhagen:

- ***A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*** by Reverend Richard Cordley (1885, reprint)
- ***Find Your East Frisian Ancestors and Cousins*** by Kevin Groenhagen
- ***Grandma Burrig: The Queen of Harness Racing*** by Kevin Groenhagen
- ***Landers & Loomis: Oregon's Olympians*** by Kevin Groenhagen
- ***The East Frisians in America: An Illustrated History of Their Colonies to the Present Time*** by Pastor George Schnucker (1917, reprint, translated from the original German)

All titles available at Amazon.com

HAVE A BOOK YOU WOULD LIKE TO PUBLISH?

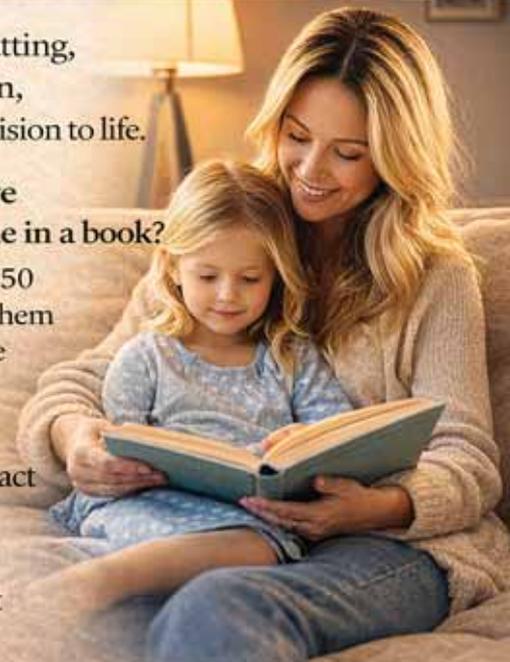
Whether it's editing, formatting, cover design, or distribution, we can help you bring your vision to life.

Would you like to preserve the memories of a loved one in a book?

We can provide a set of over 150 questions about their life for them to answer. We can also include photos in the book.

For more information, contact Kevin Groenhagen at **785-841-9417** or kevin@seniormonthly.net

For more information, contact Kevin Groenhagen at **785-841-9417** or kevin@seniormonthly.net



SERIOUSLY SIMPLE

Hearty stew is warmth in a bowl

By Diane Rossen Worthington

Entrée

Preparing stew can be a long process. I like to have everything prepped ready to go, which cuts down on cooking time. It's so worth the extra time for this soul-satisfying beef stew. I usually look at the weather report; and if it is cold and damp, I plan a morning to put this together. This stew has a double dose of tomato flavor with tomato paste and sun-dried tomatoes. I prefer a slightly thickened sauce, so I throw in a bit of flour to give it a little body. You can do it with or without the flour.

Browning the meat is a must. I've changed up the technique by browning the meat in the oven on a parchment-lined sheet pan rather than cooking on the stovetop in batches. I use this method for any stew I make now. And while the meat is browning in the oven you can move to the next step. The other tip is to reduce the stew liquid until it is slightly thickened at the end of cooking.

Browning the meat well will ensure a deep rich flavor, and adding a double dose of tomato paste and sun-dried tomatoes helps to bring all the flavors together. Baby potatoes and carrots complete this one-dish meal. Sometimes I add some frozen petit pois for a touch of green to the stew. Serve this with a loaf of crusty bread to soak up

the flavorful juice. A zesty California zinfandel is a happy companion to this scrumptious stew.

Beef Stew with Sun-Dried Tomatoes

Serves 6

3 pounds beef chuck, cut into 1 1/2-inch cubes

Salt and freshly ground black pepper

3 tablespoons olive oil

1 yellow onion, sliced

2 medium carrots, peeled and sliced

1 stalk celery, sliced

1 carrot, peeled and sliced

1/2 pound sliced mushrooms

4 garlic cloves, minced

1 1/2 tablespoons all-purpose flour

1/4 cup red wine vinegar

1 1/2 cups beef stock

1 cup full-bodied red wine

1/4 cup tomato paste

2 sprigs fresh thyme or 1/4 teaspoon dried

1/3 cup oil-packed sliced sun-dried tomatoes, well drained

1 bay leaf

2 carrots, peeled and cut into strips

1 pound yellow potatoes, cut into 3/4-inch chunks

2 tablespoons finely chopped parsley, for garnish

1. Place the oven rack on top third of oven. Preheat the oven to 425 F. Place the beef cubes on a parchment lined sheet pan, blot with paper towels and

season both sides with salt and pepper. When oven is hot roast meat on 1 side until browned and caramelized, about 15 to 20 minutes. With tongs turn meat over and roast another 10 minutes or so, until meat is browned. Reserve the meat and juices from the meat to add to the stew.

2. Meanwhile in a large casserole pan, add 3 tablespoons oil to the pan and saute the sliced onion, celery and carrot on medium-high heat until soft, about 7 minutes. Add the mushrooms and saute another 3 minutes. Add garlic and saute for another minute. Finally add the flour, stirring it around and cook about 1 minute or so until it is browned. Add the vinegar, reduce heat and scrape up the brown bits, about 3 minutes, or until nicely browned and caramelized. Add the beef stock, wine, tomato paste, thyme, sun-dried tomatoes and bay leaf and turn up the heat until it begins to boil.

3. Return the meat and juices to the

sauce and turn down to a low simmer. Cover the casserole and simmer on low heat, covered, for about 1 1/2 hours or until the meat is almost tender, stirring occasionally.

4. Add the carrots and potatoes, cover and continue to simmer until the carrots, potatoes and the meat are tender, about 15 more minutes. Taste for seasoning. Remove bay leaf. If the sauce is thin, turn up the heat and reduce for a few minutes until the desired consistency. If too thick, add more stock. Spoon the stew into a large serving bowl or platter. Garnish with parsley.

- 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.

© 2026 Belvoir Media Group, LLC.

Distributed by Tribune Content Agency, LLC.

Restaurant Guide

BIEMER'S BBQ

Voted Best BBQ in Lawrence
 University Daily Kansan
 Top Of The Hill 2011
 2120 W. 9th St. • Lawrence • 785-842-0800

Gambino's Pizza

 Pizza, Sandwiches, Pasta, Salads
 Family Dining Carryout
 You're Gonna Love It!
 510 E Front St. • Perry • 785-597-5133

Serving Topeka Since 1969

 Open 7 Days A Week
 6:00 a.m. - 3:00 p.m.
 1034 S. Kansas Ave.
 785-232-1111

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

NOW - JUNE 30
Spring has Sprung
 Get a Scratch Off To Save
 UP TO **30% OFF**
 Complete Pair of Glasses*

 ammel optometry
*CANNOT BE COMBINED WITH INSURANCE OR OTHER OFFERS. SOME RESTRICTIONS APPLY. SEE OPTICAL TEAM FOR DETAILS.
 3300 Bob Billings Pkwy, Ste 9 • Lawrence (785) 749-1010
 2101 S. Princeton St. • Ottawa • (785) 242-7300
www.ammeloptometry.com

BUSINESS CARD DIRECTORY

We Improve People's Lives

Home Health • Skilled Nursing

Physical, Occupational and Speech Therapy

Private Duty Care • Hospice

Int-rim
HEALTHCARE INC.

1251 SW Arrowhead Rd., Suite 103 • Topeka
785-272-1616



CRITICARE
Home Health Services, Inc.

Medical Equipment with Home Comfort

1006 W. 6th St. • Lawrence
785-749-4878 • 800-527-9596

www.criticarehhs.com

- Home Oxygen
- Sleep Apnea
- Equipment & Supplies
- Wheelchairs
- Mastectomy & Compression Products

Medicare
Accredited

ATTENTION SENIORS:



Bruce Osladil

See how much we can save you on your Medicare Supplement. Call Bruce today at (785) 242-6955.

OSLADIL INSURANCE SERVICE

411½ S. Main St. • Ottawa, KS 66067

YOUR AD COULD BE HERE!

Promote your business to thousands of local readers.



Contact Kevin for advertising opportunities

✉ kevin@seniormonthly.net

☎ 785-841-9417

TIP: Make an inventory of family heirlooms - document, photograph, video and label items to keep

RESIDE HOME

real support, relocation, real estate

FREE CONSULTATION 785.813.1851

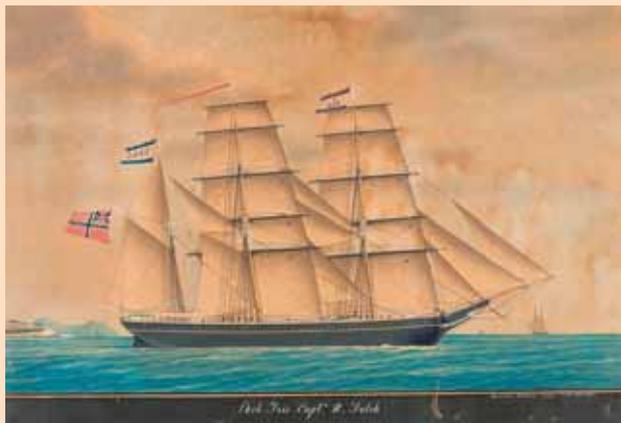
RESIDEHOMEPARTNERS.COM

Bath Innovations WALK-IN BATHTUBS & REMODELING



CALL TODAY
for a **FREE**
"no high pressure"
estimate.
913-912-1750

BARK IRIS GENEALOGY



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

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

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

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

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

BUSINESS CARD DIRECTORY



We speak Medicare so you don't have to!



Jeb Jenkins, Licensed Agent
816-399-4871 Office
913-257-2941 Cell
jenkins.j@squiresfirst.com
4731 S Cochise Dr Ste 202
Independence, MO 64055

Resident of Basehor, Kansas

Moving? Downsizing? Need Storage?



PROFESSIONAL
Moving & Storage

3620 Thomas Court • Lawrence, KS 66046

785-842-1115

Medicare can be confusing!
Don't get discouraged, **get informed!**

If you...

- Turned 65 years old
- Get financial assistance
- Moved to a new area
- Are a veteran
- Need prescription drug coverage



John McGrath
(785) 418-7298 (TTY:711)
johnm1738@outlook.com

By calling this number, you agree to speak with a licensed insurance agent about Medicare products. Neither Medicare nor Medicaid has reviewed or endorsed this information. Not affiliated with Medicare or any government agency. I do not offer every plan available in your area. Currently I represent 2 organizations which offers 21 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. This is an advertisement.

**Burritos,
Enchiladas,
Fajitas,
Quesadillas,
Salads &
Soups,
Margaritas,
and much
more!**

2227 S Princeton St • Ottawa • (785) 521-3002

YOUR AD COULD BE HERE!
Promote your business to thousands of local readers

Contact Kevin for advertising opportunities
✉ kevin@seniormonthly.net
☎ 785-841-9417

**THE PAD
RESTAURANT**
1730 N. Topeka Blvd.
785.234.3596

Cedar Square Senior Apartments
We offer affordable quality housing
For persons 62 and over
Now accepting 55 and over!
One Bedroom & Studio Floor Plans
We are renovating come take a Look!
1550 S. Cedar Ottawa KS 66067
Call today to schedule an appointment
Phone: 785-242-8110
TDD: 614-442-4390
Office Hours Monday—Friday 8:30am to 4:00pm

Sons of The American Revolution



SONS OF THE AMERICAN REVOLUTION

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

Charles Robinson Chapter
(Lawrence)
James S. Cooper (President)
785-979-7279

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

**This Space
is Available!**

Contact Kevin at kevin@seniormonthly.net
or 785-841-9417 for more information.

**Natural
Medical
Care**



Dr. Farhang R. Khosh, ND
Dr. Mehdi L. Khosh, ND

Member American Association of Naturopathic Physicians

4935 Research Parkway, Lawrence, Kansas 66047
Phone: (785) 749-2255



**Is Advertising in the
Daily Newspapers
Getting a Bit
Burdensome?**

Check out Kaw Valley Senior Monthly's low advertising rates. Call Kevin at 785-841-9417.

We're Just Your Style!



21ST & FAIRLAWN
We're Just Your Style!

Over 50
Unique Shops,
Restaurants
and Stores.

21st & Fairlawn
Topeka, Kansas

BUSINESS CARD DIRECTORY SPECIAL

Six months for \$85.00 (color extra) when paid in advance.

RICK STEVES' EUROPE

Ireland's tidy towns of Kinsale, Kenmare & Dingle

By Rick Steves

Tribune Content Agency

When someone asks me about visiting Ireland, I tell them not to miss the southwest coast. This is the place to experience the wonders of the Gaelic language and old Irish civilization, as well as the country's contemporary charms. It's the most mystical,



Rick Steves

Celtic, spiritual, and rugged region of Ireland—and the towns along the way are just plain cute. There's even a competition for the best-kept town.

Every year, the Irish government holds a Tidy Town contest—and competition is fierce. Dozens of villages are judged for their beauty, charm, and, yes, tidiness. My own top contenders for the title of tidiest town hug the southwest coast, where each town is more endearing than the last. Beyond their pastel facades and prim potted

flowers, Kinsale, Kenmare, and Dingle offer rich history, natural beauty, and warm Irish hospitality.

About a half hour south of Cork, Kinsale is a pint-sized Tidy Town winner with 5,000 people, 25 pubs, and a super-sized history. In its day, this town was home to one of the most strategic forts in the British Empire. It had Ireland's best natural harbor and offered a gateway to both Spain and France—providing a potential base for either of these two powers to cut off English shipping. In what became 17th-century Britain's version of the Cuban Missile Crisis, the Spanish nearly took over Kinsale, almost gaining naval advantage over England. But England won and eventually built two huge, star-shaped fortresses to ensure control of Kinsale's narrow waterway.

The town's long and skinny old center is part modern marina (attracting wealthy yachters) and part pedestrian-friendly medieval town (winning the affection of scalawags like me). On my last visit, my local guide showed me a clever "Tumbler Cart" parked in the center of town. In the 18th century, this service vehicle made the rounds picking up the townsfolk's sewage, then

ADDIE MANNAN, RICK STEVES' EUROPE



With colorful houses, clean streets, and overflowing flowerboxes, Kinsale is a worthy winner of Ireland's Tidy Towns contest.

dumping it in nearby fields. Today, it's just a delightful ornamental decoration filled with flowers—one of Kinsale's many quirky surprises.

Northwest of Kinsale is Kenmare, another Tidy Town winner that hooks visitors right away with rows of vividly painted shop fronts and a go-for-a-stroll atmosphere. Then, it keeps those visitors around with traditional fairs and markets, an ancient stone circle, opportunities for horseback riding and golfing, and the Kenmare Lace and Design Centre, which highlights the trade that put Kenmare on the map. (The town's knack for making exceptionally delicate lace helped it survive the devastating Irish famine of the mid-1800s.)

Quaint Kenmare is the perfect base

for tackling the dramatic Ring of Kerry, the road that loops around the deservedly famous western peninsula. Along the way, treat yourself to a stop at the Kissane Sheep Farm to enjoy an up-close look at sheep farming and the expertise of Ireland's competent sheepdogs. Meeting the farmer, his

CONTINUED ON PAGE 29



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

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

Ask about our Adult Day Program for seniors who don't need residential care. They can stay with us for up to 10 hours a "day," which can be daytime, evening or overnight hours.

Let our family care for you or your loved one.



prairie wind
senior living inc.

HOME PLUS

5227 SE 77th St., Berryton • 785.862.5318 • prairiewindhome@gmail.com



Meals on Wheels serves hot, nutritious meals to homebound seniors in Shawnee, Jefferson, and Douglas counties through home-delivery and congregate meal sites.



MEALS ON WHEELS
EASTERN KANSAS

785-430-2186 • www.mowks.org

Rick Steves

CONTINUED FROM PAGE 28

family, and their well-trained dogs is one of the best hours Ireland offers.

In the evening, I like to stir up a little serendipity just wandering the town. The pub scene changes every couple of years, but locals with the gift of gab are always up for a pint and a good time.

Farther north along the coast, colorful little Dingle—my favorite town in all of Ireland—perches on Ireland's westernmost point. The dramatic scenery of the remote Dingle Peninsula is enough to draw anyone, but the prehistoric wonders that dot this region make it particularly intriguing.

Dingle hasn't won a Tidy Town award yet, but it's only a matter of time. Its few streets, lined with ramshackle but gaily painted shops and pubs, run up from a rain-stung harbor always sheltering fishing boats and leisure sailboats.

For an English-speaking traveler, the best "sights" in this town are its people.

You may not find the proverbial pot of gold, but you'll treasure your encounters with the engaging, feisty people who live here. Most transactions come with an ample side-helping of friendly banter. As an Irishman once joked to me, "How can I know what I think until I hear what I say?"

Dingle feels so traditionally Irish because it's part of the Gaeltacht, a region where the government subsidizes the survival of the Irish language and culture. Despite growing more

touristy, Dingle's traditional charms are resilient. As the older generation slows down and fades away, a new generation of entrepreneurs is giving Dingle fresh vitality.

There's something delightful about small-town Ireland, where the people's connection to their heritage and to their town is so vivid. These tidy little hubs offer a healthy dose of Irish culture, and their locations make them the perfect springboards for experiencing the plush beauty of the Emerald Isle. When

the next Tidy Town competition rolls around, I'll be rooting for Kinsale, Kenmare and Dingle.

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

© 2026 Rick Steves

Distributed By Tribune Content Agency, LLC.

ARBOR COURT
RETIREMENT COMMUNITY
AT TOPEKA

*Your Life. Your Style. Your Home.
Where Your Next
Chapter Begins.*

Amenities included in your monthly rent:

- Complete Kitchen
- WiFi Access
- Transportation
- Social Activities and Entertainment
- Daily Exercise Program
- Tornado Shelter
- Barber/Beauty Salon
- Outdoor Living Area
- Housekeeping Services
- Free Laundry Services
- Home-cooked meals

GRANDPARENTS

Give your teenage grandkids the gift of the professional, step-by-step driving lessons in Topeka they deserve:

- Individual one-on-one driving instruction with the same instructor
- Convenient "door-to-door" service in Topeka city limits
- Flexible driving schedule
- 14 hours of professional academic and in-car training

KENNEDY DRIVING SCHOOL TOPEKA

785-272-1961

bk@kennedydrivered.com

kennedydrivered.com/wp/topeka

Good Driving doesn't happen by Accident™

Since 1994

Call us today at 785-273-6847 for a personal tour.

Andrea Graham, Director

Jodi Fritts, Business Development Coordinator

4200 SW Drury Lane

www.arborcourt-topeka.com

Look for us!

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

SCRABBLE GRAMS SOLUTION

M ₃	O ₁	P ₃	H ₄	E ₁	A ₁	D ₂	RACK 1 =	71
U ₁	N ₁	H ₄	O ₁	L ₁	Y ₄		RACK 2 =	12
S ₁	H ₄	I ₁	V ₄	E ₁	R ₁	Y ₄	RACK 3 =	82
U ₁	P ₃	S ₁	K ₅	I ₁	L ₁	L ₁	RACK 4 =	63

PAR SCORE 155-165 TOTAL **228**

Hasbro and its logo, SCRABBLE®, associated logo, the design of the distinctive SCRABBLE brand game board, and the distinctive letter tile designs are trademarks of Hasbro in the United States and Canada. ©2024 Hasbro. All rights reserved. Distributed by Tribune Content Agency, LLC.

JUMBLE ANSWERS

Jumbles: PETTY, TWINE, ENCORE, ABACUS
 Answers: For the novice golfer, the first shot of the round came with -- "UNCERTAIN-TEE"

© 2026 Tribune Content Agency, LLC

BOGGLE ANSWERS

ABYSS, MAYOR, ROYAL, LOYAL, KAYAK, CRYPT, BAYOU, FOYER

© 2026 Tribune Content Agency Inc.

MY ANSWER

The devil loves a fearful Christian

From the writings of the Rev. Billy Graham

Tribune Content Agency

Q: I've waited a long time to marry and now I am going to take the step, but I am still scared to death that it will end in failure. I'm also afraid that if I don't overcome this that the emotion itself will scar the relationship. Is there an answer? I want our lives together to be blessed by God and to build a home that speaks of peace, love, and Christ. - A.M.

A: A young lady was afraid to marry the man she loved for one reason: she was fearful of failure. Her parents had gone through a bitter divorce while she was growing up, and the bickering and darkness were hard to dismiss. More than being afraid of marriage was her fear of a divorce.

After spending time in prayer and

talking with others who cared for her future, she came to understand that her parents' failure didn't mean she would follow in their footsteps.

When we have prayed about a decision, something as serious as marriage, and believe God has given us peace, we can move forward by faith that He will lead and guide. We must realize that fear can paralyze us and keep us from believing God and stepping out in faith. The devil loves a fearful Christian.

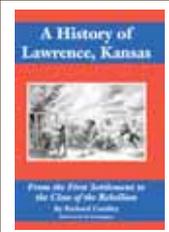
Our emotions can lie to us, and we need to counter our emotions with

truth. And the greatest truth – God's truth – can counteract our fears. "I know the plans I have for you ... plans to give you hope and a future" (Jeremiah 29:11, NIV).

Marriage is God's invention, not ours! And He intends for marriage to be the uniting of man and woman as husband and wife who make Jesus Christ the center of life, together. Sound marriages are also based on mutual respect. The home is a sacred institution. Faith in Christ is the most important of all principles in the building of a happy marriage and a successful home.

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

© 2026 Billy Graham Literary Trust
 Distributed by Tribune Content Agency, LLC.



A History of Lawrence, Kansas

by Richard Cordley

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

Online scams are getting smarter. So are we.

Take the time to contact your financial institution directly. Stay Safe. Stay Alert. Trust Your Instincts.

(785) 865-4411
lawrencechamber.com



*Offering you more choice
for excellent care in Lawrence*

Bridge  aven
www.mybridgehaven.com



NEUVANT HOUSE

www.neuvanthouse.com

1701 Research Park Drive
Lawrence, KS 66047

785-371-1106

1216 Biltmore Drive
Lawrence, KS 66049

785-856-7900

For information about any of our homes, please give us a call!





THE DOCTOR WILL SEE YOU NOW. AND YOUR WHOLE FAMILY.

One medical home for those you love.

Primary care is different here. Not only are our doctors board-certified, they also truly know you and your family. It's how we make your medical care feel more like home - and what you can expect from your community healthcare system. Doctors right here with you.

