

# Kaw Valley Senior Monthly

Celebrating Our 25th Year Of Publication

May 2026

Serving Active Seniors in Northeast Kansas since 2001

Vol. 25, No. 11

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COURTESY PHOTO



# Anita Manuel: World Traveler

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# Anita Manuel discusses living abroad

By Billie David

To say that Anita Manuel is a world traveler would be an understatement. Having traveled and lived all over the world, she recently arrived in Lawrence, where she talked about some of her adventures.

Her story began in Lawrence, where her parents met in the 1930s when her father was studying engineering and her mother was studying art at the University of Kansas. From there, they moved to Chicago, where he found a job with Crane. Anita's older sister was born there. After Chicago, the family moved to Akron, Ohio, where her father found a job with Goodyear. Anita and her younger brother were born there.

Eventually, the family moved to Bartlesville, Oklahoma, where her father began working for Phillips 66, and there her youngest sister was born in 1950. It was also there that, having learned to read at age four, Anita found

school quite boring by the time she was six.

The family's residence in Bartlesville ended, however, after Miss Brown, the town librarian, allowed a black woman to use the library. Members of the community planted some Soviet magazines in the library, and Miss Brown was accused of being a communist. She was fired from her job.

Anita's father, who was a principled man, stood up and defended Miss Brown at the resulting meeting, which led to his employer announcing that he would never receive a promotion.

Anita's father then found work with Procter & Gamble and moved the family to Cincinnati for a while. The family then moved to Aruba, where Anita's father worked at the Standard Oil refinery.

"I lived near Venezuela as a kid," she said and, referring to the recent events in that country, added, "these things are personal to me."

CONTINUED ON PAGE FOUR

COURTESY PHOTO



Anita Manuel, right, an avid reader, visits with the Lawrence Public Library's Gregor Brune at Vermont Towers in Lawrence.

*Kaw Valley*  
**Senior Monthly**

**Kevin L. Groenhagen**  
Editor and Publisher

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# Anita Manuel

CONTINUED FROM PAGE THREE

In Aruba, her father set up the first classes to train Caribbean people to work in the refinery. At the time, Anita's mother enjoyed painting local landscapes, a couple of which Anita still has on her walls.

"I used to escape to Baby Lagoon, where I could swim with the fish," Anita said, "They were my friends."

Officially known as Klein Lagoen, Baby Lagoon is a shallow, sheltered man-altered lagoon located on the southwest side of the southeast end of Aruba. It is nicknamed Baby Lagoon because the water is so calm that it is safe for very small children.

She also practiced ballet in Aruba from ages five to 11. She recalled that her older sister was unhappy there because she was very white and didn't fit in with the culture of the American Colony where they lived.

It was at that time that her father moved to the New York office and became an international troubleshooter for his company. They lived in Westchester County, north of New York City, where Anita graduated from high school.

Anita said that one of her favorite memories from Westchester County was going to the beach on Long Island Sound.

"That's where the horseshoe crabs would come up on the beach when there were no people around, and I loved it," she said.

Anita met her future husband at the University of Chicago, and her future seemed to be planned out.

"I wanted to go to medical school," she said. "We agreed that my husband would pay for my medical education, and then I would support him while he wrote full-time, but that got busted when he was drafted during the Vietnam War."

According to Anita, her marriage started to fall apart. However, she noted that, at that time, a woman couldn't get a divorce without her husband's permission. The couple eventually had two sons.

"One son was born in Germany, in '68, about the time the Russians were walking across Czechoslovakia," Anita said.

After her husband's tour of duty, the couple moved to Italy, where he did computer contract work. Their second son was born there in 1970.

"I made some artist friends and took some adult education classes in art in both Heidelberg and Ivera, Italy," Anita said. "Art was what kept me going—art and music."

When her husband's contract ended, the family returned to New York.

After returning to New York, with Anita still in her 20s, her father died of cancer, while her mother was studying at Union Theological Seminary in New York City.

"Later, I also received a seminary education," Anita said. "I shared a theological language with my mother."

Many years later, her mother died at age 95.

"My sister was caring for her," Anita said. "Before learning of her death, I saw my mom walking through the room. She said, 'It's all right now.'"

Anita had studied piano as a child and eventually eked out a living on her own by giving piano lessons. Much later, carpal tunnel in her wrists put an end to that.

More recently, Anita became

acquainted with Dr. Lissa Rankin's books, *Mind Over Medicine* and *The Writer's Calling*, in which Dr. Rankin encourages communities to connect with their inner voices to heal and find their spiritual calling. Anita began to meet more people who shared those ideals.

"I started meeting with them online

CONTINUED ON PAGE FIVE



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# Anita Manuel

CONTINUED FROM PAGE FOUR

every week,” she said. “I hope to be writing instead of thinking about it. That’s what the intentions are right now. I’m calling it Creative Memoir, pulling stuff out of boxes from a long time ago, and there is feedback in the group.”

Anita has also been reading about American history, especially the history of the Constitution of the United States, and in particular, the book *We the People: A History of the U.S. Constitution* by Jill Lepore.

“These things are coming up now,” she said.

Anita believes that living in various places during her childhood taught her that it was important not just to show up but actually to live there.

“When I was 27, I counted how many houses and apartments I had lived in,” she said. “It was a total of 25 in 11 cities and areas in four different countries,” she said. “I found Americans were being kind of blind, missing a whole lot. I really appreciated learn-

ing and doing things in different ways. People like to stay with the familiar to block out other things, but they need to pay attention to what’s going on spiritually. I have been exposed to this very idea of spiritual reality: finding the core of human experience that’s in every faith or spirituality. It is very eye-opening to ask how I can become part of that and have that awareness in what I do. It has to be community-based rather than having the emphasis on the individual.”

There's always something to enjoy!

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## 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](http://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 are forced to make that change in the future. 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](mailto:kevin@seniormonthly.net).

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## HEALTH & WELLNESS

# More than exercise: Parkinson's Wellness Classes build strength, skill and community

By Gabe Carter

LMH Health

“Hey batter, batter, swing!” may not be a surprising chant to hear at Sports Pavilion Lawrence, but hearing it echo off the walls of a Parkinson's Wellness class might be less expected. It's a taunt Chris Long cheered out as her fellow group member, and Parkinson's patient, readied their bat to swing.

and available support options to those battling and treating Parkinson's is especially pertinent right now, as April was Parkinson's Awareness Month.

Aside from the physical benefits, member Roy James said he appreciates the group's camaraderie, calling it a “quasi-family.” He said it can feel isolating after being diagnosed with Parkinson's, but being around other people who can relate to each other's experiences with the disease has made him feel less alone.

Craig echoed the importance of emotional impact and makes a point to start every class by asking each person how they're feeling. Parkinson's reduces the brain's production of dopamine, creating emotional effects both separate from and in tandem with the physical ones. Because of how heavily dopamine can alter their perception, Craig expressed that those with the disease can struggle to gauge how they actually feel.

Parkinson's Wellness Recovery! (PWR!), a research-based exercise program designed to specifically treat those with Parkinson's offers training in using exercise to support patients living with the disease. She is passionate about educating others about these

COURTESY PHOTO



Chris Long punches forward with the rest of the exercise class during their workout.

specialized approaches and is hosting a two-and-a-half-hour workshop this month designed for physical therapists.

Each class begins with an emotional check-in, followed by a mix of stretches and exercises. One of LMH Health's four PWR!-certified trainers—Craig, physical therapists Renee Rettele and Carol Steele, and exercise physiologist Susie Wilson—leads the group in a way somewhat reminiscent of an 80s

aerobics instructor, while others step in to assist participants in their individual needs. The moves performed focus on strategies to improve the main impairments of Parkinson's by moving with high amplitude and intensity, whole making it salient and functional. Some classes include a sports activity, with boxing being a favorite among participants.

**The Lawrence Parkinson's Support Group provides support, information and socialization for people living with Parkinson's and their families. The group meets from 2 to 3 p.m. on the third Tuesday of every month at First Presbyterian Church, 2415 Clinton Pkwy. Learn more at [lawrenceparkinsonssupportgroup.com](http://lawrenceparkinsonssupportgroup.com).**

CONTINUED ON PAGE NINE

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## Wellness classes

CONTINUED FROM PAGE EIGHT

“If I were just by myself at home, I wouldn’t exercise anywhere near as well as I do here,” said James and adding with a chuckle, “not that I do it very well.”

Michael J. Fox has used his platform to support Parkinson’s research and representation. Long explained that the swaying, or dyskinesia, that’s become associated with Fox, is a result of a medication combination of carbidopa/levodopa, not Parkinson’s itself. James agreed and emphasized the individuality of the disease.

“It’s a strange disease. Some days you wake up and feel pretty normal, other days you wake up and feel like somebody’s hit you with a truck,” he said.

Since its creation in 2017, LMH Health’s Parkinson’s Fitness and Wellness Classes have grown and are now offered meet the needs and capabilities of those at different stages of the disease. Classes are offered in eight-

week sessions and held on Mondays, Wednesdays and Fridays.

For more information about Parkinson’s and Parkinson’s Awareness Month, please visit the Parkinson’s Foundation website at [www.parkinson.org](http://www.parkinson.org). Questions about Parkinson’s classes at LMH Health may be sent to [wellness4parkinsons@lmh.org](mailto:wellness4parkinsons@lmh.org).

- Gabe Carter is a junior at the University of Kansas and an intern with LMH Health Marketing & Communications.

There's always something to enjoy!

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## HEALTH & WELLNESS

# The benefits of meditation

**M**editation, a practice that has been around for centuries and is rooted in various spiritual traditions, has developed into a modern and effective tool for improving mental, emotional, and physical



*Dr.  
Deena  
Beneda*

beyond mere relaxation—meditation can alter brain function, boost emotional well-being, and support overall health.

One of the most recognized benefits of meditation is its ability to help lower stress and anxiety. In today's fast-paced society, where people are constantly exposed to stimulants and pressure, this benefit is particularly valuable. Studies from numerous institutions show that mindfulness meditation lowers cortisol levels, which is the body's primary stress hormone. With consistent practice, meditation activates the parasympathetic nervous system, resulting in a state of calmness and decreasing the fight-or-flight response. Many practitioners report feeling less anxious and better equipped to handle stressful situations, demonstrating how the mind

health. Originally linked to Eastern philosophies, meditation is now recognized worldwide as a scientifically supported method for reducing stress, enhancing focus, fostering a sense of personal balance, and offering other health benefits. Its advantages extend

and body can work together to build resilience.

In addition to reducing stress, meditation can improve cognitive function. Techniques like focused attention and mindful breathing train the mind to stay present, which enhances concentration and memory. This can lead to better academic performance, increased productivity at work, and a greater ability to remember information and maintain focus. By developing awareness and letting go of distractions, individuals under stress often become more patient and less reactive in difficult circumstances.

Meditation also supports emotional health by promoting self-awareness and compassion. Many forms of meditation help practitioners develop empathy for themselves and others. This reflective awareness enables individuals to respond to emotions thoughtfully rather than impulsively, fostering mental stability and emotional growth. On the physical level, meditation contributes to improved health outcomes by influencing the

body's physiological systems. Regular practice has been linked to lower blood pressure, a stronger immune response, reduced chronic pain symptoms, and a calmer fight-or-flight response.

The connection between the mind and body is vital: when the mind relaxes, the body follows, restoring balance to biological functions. In conclusion, meditation is not merely a coping mechanism but a comprehensive practice that enhances human well-being on many levels. It cultivates mental clarity, emotional resilience, and physical health benefits, providing an essential means to maintain balance in a busy world. As awareness of meditation increases, it becomes an indispensable practice—not only for personal physical and mental health but also for fostering a more mindful and compassionate society.

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

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## A History of Lawrence, Kansas

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Edited by Katie Greenhouse

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# MAYO CLINIC

## How breast cancer screening can save lives

By Elizabeth Cathcart-Rake, M.D.

Mayo Foundation for Medical Education and Research

**DEAR MAYO CLINIC:** I'm about to turn 40, and I'm nervous about getting my first mammogram. I hear they can be uncomfortable or even painful. Is breast cancer screening really that important?

**ANSWER:** It can be a bit daunting at first, but breast cancer screening helps people live longer. Screening can catch cancer early, either in the precancerous stage or when it's localized to a very small part of the body. When we can catch it early and decrease the risk of it coming back in the future, patients not only live longer, but they also may live with fewer symptoms and breast cancer or cancer treatment-related concerns.

A common misconception around screening is, "I don't have a family history of breast cancer, so I don't know that I need a mammogram." That's concerning because we know 1 in 8 women get breast cancer, which is common. It's critical that, no matter what your history is, you still consider breast cancer screening for the future.

We recommend that breast cancer screenings start at age 40, although

these decisions should be individualized. Some patients may need screening earlier based on family history, personal history or genetic predisposition. It's not one-size-fits-all, and it's good to decide with a primary care clinician, depending on your specific risk. For example, if there are any hints of a strong breast cancer history in the family, we may consider genetic testing.

Traditionally, breast cancer screening is with a 3D mammogram. With breast self-exams, we recommend patients get to know their breasts — or, if they've had a mastectomy, their chest wall — and notice if there are any changes, such as any new lumps or bumps, and then bring that to their healthcare team's attention. It's not uncommon to have breast changes over time. This can happen due to menstrual cycles or hormonal changes. But if you feel a lump that does not go away or worsens over a matter of weeks, that's a reason to get examined. Other things to look out for include flattening of the nipple, nipple discharge or a hard lump in the underarm.

We eliminate many early-stage breast cancers with a combination of surgery, radiation and medications. Most breast

cancers are very treatable and curable. With breast cancers that are detected at a later stage, there are still ways that we can suppress these cancers to help people live longer with fewer symptoms.

The question of how frequently someone needs to be screened comes up a lot. Our general guidance is annual screening with mammograms or 3D mammograms. For patients with a very high risk for breast cancer, extremely dense breasts or another reason that makes it harder to detect breast cancer in a screening 3D mammogram, we might recommend additional or supplemental screening, often with an MRI or an MBI (molecular breast imaging). It really depends on risk.

We have patients who strongly prefer or request to have screening less often. Overall, the most important parts of this process are discussing screening

with your primary healthcare clinician and sharing decision-making. It's important for patients to know the general guidelines and to advocate for themselves if they're in a group that might fall outside our typical guidance, such as high-risk patients who might need to be screened earlier. Talk to your healthcare team about what's right for you. — Elizabeth Cathcart Rake, M.D., Medical Oncology, Mayo Clinic, Rochester, Minnesota

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

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842-3159 | [www.tihc.org](http://www.tihc.org)

## RYAN'S RETIREMENT TIPS

### The hidden tax trap in Trump Accounts

By Ryan Shumaker

Smarvestor Pro at Retirement Portfolios

Starting July 4, Trump Accounts will go live, and opening one for any child born between 2025 and 2028 is an absolute no-brainer. For many in Kansas, it may also make sense for children born between 2016 and 2025. Most people probably should not contribute anything additional themselves, however, due to tax complications and pitfalls.



Ryan  
Shumaker

Let's start with the free money. Trump Accounts can be funded by one of three groups: you, your employer, or an entity such as a charity or the government. Currently, the federal government will contribute \$1,000 to a Trump Account for any child born between January 1, 2025, and December 31, 2028. This process does not happen automatically, though. You must fill out Form 4547 and open an account through InvestAmerica.org to receive the money.

Additionally, billionaire Michael Dell, of Dell Computer fame, has pledged to give \$250 to the first 25 million children under age 10 who were born prior to 2025 and are not eligible for the \$1,000 from the federal government. You must also reside in a ZIP code where the average household income is under \$150,000, which would include most ZIP codes in Kansas. Because of an odd rule for Trump Accounts, your actual income does not matter for eligibility purposes. Nonprofits and charities can elect to donate to Trump Accounts by region or age, but they cannot discriminate based on a particular person's income. That is why Michael Dell stipulated his donation only go to accounts of children who reside in ZIP codes to try and

minimize the amount given to higher-income families.

If your child is eligible for either \$250 or \$1,000 of essentially free money, you should sign up for a Trump Account. The same goes if a different charity or local government decides to make contributions your child would be eligible for. Your employer may also contribute up to \$2,500 per employee, per year. So, if you and your spouse each work for the same employer and you have one child, that employer could contribute up to \$5,000 per year for that child. If only one person's employer is contributing and you have multiple children, that employer can contribute only \$2,500 in total, split among your children. If that sounds confusing, arbitrary, and counterintuitive, I certainly understand. Much of the tax code the government has created is exactly that.

One downside to this "free money" is that taxes eventually have to be paid not only on the contributions, but also on all of the growth. In addition, 100% of whatever the account is worth when the child turns 18 becomes fully controlled by that child, and they can do whatever they want with it. For some families, that could be a scary proposition.

Essentially, at age 18, Trump Accounts begin following the same rules and restrictions as any other pretax IRA-style investment account. If the money is withdrawn before age 59 1/2 and not used for some type of qualified exception, such as a first-time home purchase or higher education, there is an additional 10% tax penalty on top of whatever other tax is owed. Even if the money is used for a qualified reason, tax is still owed — just not the additional penalty. Also, as with an IRA, there are RMDs, or required minimum distributions, that will start at age 75 for anyone who has a Trump Account. Balances in a Trump Account could also potentially reduce or disqualify a child from receiving financial aid for college.

Even if some value is lost to taxes or a reduction in financial aid, it is still a good idea to sign up children who qual-

ify for free seed money, because they would still have what is left over rather than nothing. What is not a good idea for most families is contributing money to a Trump Account out of their own pockets.

One reason is the significant tax complication it creates — a complication that would not otherwise exist if the account only ever received pretax money from someone else. While contributions from the government, charities, and employers are considered pretax, any contributions a family makes themselves are considered after-tax, and there is no tax break for making those contributions. It also means that every year going forward — which for most families would span decades — it must be reported on a tax return how much was contributed by you on an after-tax basis and how much is pretax.

As an example, let's say you start a Trump Account today for a child born this year. They receive the free \$1,000 from the government, and then you decide to contribute \$2,000, bringing the total balance to \$3,000. Let's also say that, over time, that \$3,000 grows to \$10,000 and a withdrawal

then takes place. Because there was \$2,000 of after-tax money contributed to the account, and because \$2,000 represents 20% of the current account balance that would mean 80% of any withdrawal would be taxable and 20% would not be, since that 20% had already been taxed. So, if \$6,000 were withdrawn, \$4,800 would be taxable and \$1,200 would not.

This further complicates future withdrawals, because \$1,200 of the original \$2,000 in after-tax contributions is now gone, leaving only \$800 in after-tax money. So, if the remaining \$4,000 in the account were to grow to, say, \$12,000 in the future, then \$800 — or 6.67% of any withdrawal at that time — would be tax-free.

See how quickly this can get complicated? Because it becomes so complicated so quickly, what is likely to happen is that many people who decide to make additional contributions above and beyond the free money will not properly track how much of an account is pretax and how much is after-tax. As a result, they may end up paying tax

CONTINUED ON PAGE 13

Ryan Shumaker  
RetireFromTaxes.com



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## FINANCIAL FOCUS®

# Thriving after gray divorce

There's a growing trend of divorce among those ages 50 and older, often called "gray divorce." While finding yourself in this situation can feel overwhelming, it also can be an opportunity to reclaim your independence and create a life that reflects your dreams and values.



Derek  
Osborn

Today, one-third (36%) of divorcing adults are 50 or older (The Journals of Gerontology, 2022) and 77% of women who experienced gray divorce remain single 10 years after divorce ("Repartnering following gray divorce," 2019). While that might sound surprising, many women view this as a time to focus on goals, dreams and well-being without compromise.

Of course, there are financial realities to consider. Women older than 50 often experience a 45% drop in their standard of living after divorce (compared to 21% for men), and household income can fall by 23% to 40% in the first year ("The Economic Consequences of Gray Divorce for Women and Men," 2020). So, building financial confidence isn't just important; it's empowering.

If you are 50 or older and recently divorced, take the following steps with your financial advisor. You don't have to do it all at once; small steps can help lead to greater financial security over time.

**1. Find a financial advisor who truly listens.** If you've ever felt unheard or dismissed, don't settle. Your future deserves someone who respects your voice.

**2. Get clear on your finances.** List your assets, debts, income and expenses to understand your financial situation — the first step toward taking control.

**3. Create a flexible plan.** Include your current needs, short-term goals and retirement aspirations. Instead of feeling intimidated, you can let a financial advisor help make this simple and manageable.

**4. Learn about money.** Read, attend workshops and join online communities focused on women and finance. Every bit of knowledge adds confidence.

**5. Build an emergency fund.** Work toward having three to six months of living expenses in a low-risk, liquid account. This may take gradual, consistent contributions, but ultimately, this cushion can help provide a sense of security as you navigate your new circumstances.

**6. Review insurance and your employer benefits.** Make sure your medical insurance coverage is adequate. Consider long-term care insurance to

help preserve your retirement assets.

**7. Estate planning.** Work with an attorney to review beneficiary designations on bank and brokerage accounts while updating your will, powers of attorney and, as needed, a revocable living trust.

**8. Social Security.** If you were married 10 years or longer, understand your rights to Social Security benefits from your ex-spouse.

Rather than being the end, gray

divorce can represent a new chapter. The future is yours to shape, and it can be as bold, bright and fulfilling as you want it to be.

- 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.

## Shumaker

CONTINUED FROM PAGE 12

later on money they contributed themselves and accidentally pay tax on the same money twice. Even if meticulous tracking is done, any contributions a family makes will likely have a higher tax rate assessed on gains when the money is eventually withdrawn compared with other already available alternatives.

Next month, we'll detail the pros and cons of four different account options with more favorable tax treatment than a Trump Account that can be set up for the benefit of a child. If you do not want to wait until next month to learn more, you can set up a complimentary strategy

session with someone on our team at Retirement Portfolios in Lawrence by calling 785-330-9292 or by visiting our website at [www.RetireFromTaxes.com](http://www.RetireFromTaxes.com).

- Ryan Shumaker hosts a radio show Saturdays at 7:30 a.m. and Sundays at 8 a.m. on FM93.5/AM1440. Listen anytime at [RetireFromTaxes.com/Radio](http://RetireFromTaxes.com/Radio). Other great articles about retirement, investing, and tax reduction are available at [RetireFromTaxes.com/Blog](http://RetireFromTaxes.com/Blog). Material discussed is meant for general/informational purposes and is not intended to be used as the sole basis for any financial decisions, nor be construed as advice to meet your particular needs. Please consult a financial professional for further information. Investment advisory services offered through Retirement Portfolios, LLC.

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# SENIOR CALENDAR

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

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

## ARTS & CRAFTS

### FIRST FRIDAY OF THE MONTH

#### ARTSCONNECT FIRST FRIDAY ARTWALK

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

TOPEKA, [artstopeka.org/firstfriday](http://artstopeka.org/firstfriday)

### SECOND SATURDAY OF THE MONTH

#### OPEN AIR ART MARKET

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

LAWRENCE

### LAST FRIDAY OF THE MONTH

#### FINAL FRIDAYS

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

LAWRENCE, 785-842-3883

[unmistakablylawrence.com](http://unmistakablylawrence.com)

### MAY 18

#### STITCH & B\*TCH

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

Lawrence Public Library, 707 Vermont St., 2-3 p.m.

LAWRENCE

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

## EDUCATION

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

### MAY 5

#### COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 11 a.m.-1 p.m.

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

### MAY 5

#### HELP WANTED: LAWRENCE HUMANE SOCIETY

This month we will hear about helping opportunities at the Lawrence Humane Society. Volunteer coordinator Samaria Zambrana will share information about in-person volunteering at the shelter, and also talk about one-on-one fostering opportunities with animals who are sick, underage, injured, or under-socialized. She'll also talk about support volunteer work that can be done in your own home. One or two current volunteers will be on hand as well, to talk about their work. Lawrence Public Library online event, 4-5 p.m. Register online.

LAWRENCE

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

### MAY 6

#### THE OPERATIONAL PERSPECTIVE: AMERICAN OBSERVATIONS OF THE FRANCO-PRUSSIAN WAR

Ft. Leavenworth Series. Presented by Zachery A. Fry, an associate professor of military history at the U.S. Army Command & General Staff College, Fort Leavenworth, Kansas, and the author of *A Republic in the Ranks: Loyalty and Dissent in the Army of the Potomac* (University of North Carolina Press, 2020). This presentation examines the experiences of American military and political figures who were present in France for the Prussian victory in 1870-71 over Napoleon III, as well as the observations of newspaper editors and columnists in the United States opining on military events overseas. Some of these observers were veterans of the American Civil War. Their commentary offers a window into how warfare in Europe, including the innovations of Helmuth von Moltke and the Prussian army, compared with American understandings of large-scale military operations. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4 p.m. Hybrid event.

LAWRENCE, 785-864-4900

[youtube.com/watch?v=61pURZ-Er6s](http://youtube.com/watch?v=61pURZ-Er6s)

### MAY 7

#### AN INTRODUCTION TO ALGERIAN CULTURE + FILM SCREENING

Join us for an engaging introduction to Algerian

and North African culture with Dr. Asmaa Benbaba. Originally from Rabat, Morocco, Dr. Benbaba teaches Arabic at KU and is passionate about sharing language and culture both on campus and in the broader community. Whether you're excited about Lawrence hosting the Algerian National Team for the World Cup or simply curious to learn more about this vibrant region, this is a chance to authentically connect with another culture. Lawrence Public Library Auditorium, 2-4:30 p.m.

LAWRENCE

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

### MAY 13

#### INTRODUCTION TO FRENCH

Join us for an introductory lesson in the French language with Megan Hurt, retired Lawrence High School French teacher. This session will allow you to learn and practice some useful phrases to get started speaking. Whether your interest is sparked by the excitement of the World Cup (with Algeria's national team playing in Lawrence!) or simply a desire to learn a new language, you won't want to miss this opportunity. Lawrence Public Library, 1:30-2:30 p.m. Register online.

LAWRENCE

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

### MAY 10

#### COMPUTER AND GADGET HELP

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

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

### MAY 13

#### COMPUTER AND GADGET HELP

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

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

### MAY 14

#### SAVE YOUR FAMILY MEMORIES DROP IN

Don't lose moments you recorded on VHS or cassette tapes long ago! Drop in to learn about

the library equipment you can use to convert those tapes to digital files. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 2-3 p.m.

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

### MAY 14

#### GROWING AN URBAN WILDFLOWER MEADOW

Learn from SN Co Extension Master Gardeners. Have you thought of replacing your lawn with a wildflower meadow? This presentation shows step-by-step, from site preparation to maintenance, how to successfully grow your own wildflower meadow. Topeka and Shawnee County Public Library - Marvin Auditorium 101B, 7-8:30 p.m.

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

### MAY 16

#### COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 4:30-6 p.m.

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

### MAY 19

#### GRAY ANATOMY: TRAVELING ON MEDICARE

Just in time for summer vacation, Lori Phillips of the Senior Resource Center will discuss the ins and outs of travel when insured by Medicare. Travel outside the US is not usually covered by Medicare. Come learn about the exceptions and alternatives before you start your journey. Lawrence Public Library, 4-5 p.m. Register online.

LAWRENCE

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

### MAY 21

#### COMPUTER AND GADGET HELP

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

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

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## MISSION TOWERS

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# Calendar

CONTINUED FROM PAGE 14

MAY 24

## COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 12-1:30 p.m.  
TOPEKA, [events.tscpl.org/events](https://events.tscpl.org/events)

MAY 28

## SAVE YOUR FAMILY MEMORIES DROP IN

Don't lose moments you recorded on VHS or cassette tapes long ago! Drop in to learn about the library equipment you can use to convert those tapes to digital files. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 2-3 p.m.  
TOPEKA, [events.tscpl.org/events](https://events.tscpl.org/events)

MAY 30

## COMPUTER AND GADGET HELP

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

JUN 1

## NEW TO MEDICARE

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

JUN 1

## NEW TO MEDICARE

Get Medicare advice from Jayhawk Area Agency on Aging. Topeka and Shawnee County Public Library - Perkins Room 201, 6-7 p.m.  
TOPEKA, [events.tscpl.org/events](https://events.tscpl.org/events)

JUN 2

## COMPUTER AND GADGET HELP

Drop in for help with basic technology tasks like downloading documents, setting up apps, filling out online forms, online job searching, or setting up your new smart phone or eReader. Topeka and Shawnee County Public Library - Digital Arts Studio (2nd Floor), 11 a.m.-1:00 p.m.  
TOPEKA, [events.tscpl.org/events](https://events.tscpl.org/events)

JUN 3

## NAPOLEON: THE MAN AND THE METHOD

Ft. Leavenworth Series. Presented by Dr. Jonathan Abel, an Associate Professor of Military History at the US Army Command and General Staff College, where he teaches courses on French history as well as Greece and Rome and wargaming. Napoleon remains a character of endless fascination, even more than two centuries after his death. The God of War, as one biographer identified him, conquered much of Europe before his ultimate

downfall, and is often counted with Alexander the Great and Caesar as one of the greatest military minds in human history. This talk will discuss the personality behind the historical figure and examine the methods that enabled him to achieve what he did. Robert J. Dole Institute of Politics, 2350 Petefish Drive, 3-4 p.m. Hybrid event.

LAWRENCE, 785-864-4900

[youtube.com/live/LrivzWKezUE](https://youtube.com/live/LrivzWKezUE)

## ENTERTAINMENT

MAY 3

### TOPEKA CELLO COLLECTIVE - CELLOBRATION!

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](https://events.tscpl.org/events)

MAY 4

### 360 ALLSTARS

A non-stop energy packed urban circus complete with dancing, beat boxing, acrobatics, 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](https://lied.ku.edu/event)

MAY 5

### JAZZ ENSEMBLE CONCERT

Washburn's talented Jazz Ensemble will perform a concert in the Hurd Recital Hall. Washburn University, 1700 SW College Avenue 7:30-9 p.m. Free.

TOPEKA, 785-670-1520

MAY 8

### FREE STATE STORY SLAM | GRAND SLAM

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

MAY 9


### HANK THOMPSON'S BRAZOS VALLEY BOYS

Since the days of Hank Thompson, the Brazos Valley Boys have been an influential part of the musical roots of Western Swing and even the roots of Rock and Roll with their swing band sound that brings the older music to life again! Ottawa Memorial Auditorium, 301 S Hickory, 7-9 p.m. Fee. OTTAWA, 785-242-8810

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# Calendar

CONTINUED FROM PAGE 15

MAY 10

## MOM CONCERT

Lawrence Community Orchestra presents Music for MOM (Musicals, Operas, and Movies). Celebrate Mother's Day with a FREE concert featuring music by John Williams, ABBA, and Mozart. South Park, 4 p.m. LAWRENCE

MAY 12

## JAZZHAWKS IN CONCERT

Come see the JazzHawks in action! This Lawrence-based big band will knock your socks off with a lively mix of classic American jazz standards. Lawrence Public Library, 6:30-7:30 p.m. Register online. LAWRENCE

lawrence.bibliocommons.com/v2/events

MAY 21

## DESSERT AND A MOVIE: STILL MINE

Whip up your favorite dessert and join us to discuss a film which we have watched in advance on Kanopy, a free service accessible online using your Lawrence Library card number and pin. Do you care for someone? One in 4 Americans (roughly 63 - 65 million) are "family caregivers." Of these, 94% care for adults. Many caregivers are spouses. Some are adult children. And some are teenagers. Our film this month is Still Mine, the story of an elderly Canadian rural couple who must deal with the wife's increasing forgetfulness, the neighbors' remarks, the children's worry and criticism, and the county codes when the caregiving husband decides to build a smaller, safer house for them. Our guest speaker is John Koonce, a caregiver himself, who coordinates a "caring for the caregivers" group in Lawrence. Please join us for a helpful look at this important and timely issue. Lawrence Public Library online event, 7-8 p.m. Register online. LAWRENCE

lawrence.bibliocommons.com/v2/events

MAY 22

## 4TH FRIDAY FILM: CLASSIC MOVIES

The Taming of the Shrew (1967). Let's watch a classic film together. Step back in time and appreciate fine acting, directing and stories. Topeka and Shawnee County Public Library - Marvin Auditorium 101A 1:30-4 p.m. TOPEKA, events.tsctl.org/events

MAY 27

## STORY SLAM

Join us for our new library program, Story Slam! Our open mic night will feature different themes throughout the year. This time, our theme is the best and worst family vacation stories! Topeka and Shawnee County Public Library - Marvin Auditorium 101BC 7-8 p.m. TOPEKA, events.tsctl.org/events

## FAIRS & FESTIVALS

MAY 22-24

## LAWRENCE BUSKER FESTIVAL

Lawrence Busker Festival is a free, family-

friendly celebration of street performance that fills downtown Lawrence with jaw-dropping talent and playful surprises. For three days, performers from around the world turn the streets into a living stage—bringing a little of this, a little of that, and a whole lot of fun. DOWNTOWN LAWRENCE

## FARMERS' MARKETS

THURSDAYS

### COTTIN'S HARDWARE FARMERS' MARKET

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

LAWRENCE

cottinshardware.com/farmers-market

## HEALTH & WELLNESS

MAY 6, 13, 20, 27, JUN 3

### 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.tsctl.org/events

MAY 1, 8, 15, 22, 29, JUN 5

### 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.tsctl.org/events

## HISTORY & HERITAGE

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.tsctl.org/events

MAY 4

### BROWN VS BOARD: YOUR FAMILY AND SEGREGATION, TODAY FORWARD

KAAHGS 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.tsctl.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.tsctl.org/events

MAY 12

### FIND YOUR FAMILY IN IMMIGRATION AND NATURALIZATION RECORDS

In this program, we will explore how to navigate the extensive immigration and naturalization collections records both online and in the Passenger Lists. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02 5:30-6:30 p.m.

TOPEKA, events.tsctl.org/events

MAY 13

### GENEALOGY & LOCAL HISTORY: RESEARCH RESOURCES

Want to research your house's history, delve into genealogy, or explore Kansas's storied past? Join us to get acquainted with the library's digital resources for digging into local and family history, including NewspaperARCHIVE, Ancestry Library Edition, and Sanborn Maps. We'll wrap with a brief tour of our local history room. Lawrence Public Library, 3-4 p.m. Register online.

LAWRENCE

lawrence.bibliocommons.com/v2/events

MAY 17

### BROWN V BOARD - 72ND ANNUAL ANNIVERSARY

We're honored to welcome America's Social Justice Attorney Ben Crump and Grammy-winning performance poet J. Ivy for an unforgettable program centered on ensuring justice for all at our 72nd BvB Anniversary Commemoration. Brown v. Board of Education National Historical Park, 1515 SE Monroe St., 5 p.m. Fee. TOPEKA, brownvboardanniversary.org

JUN 1

### DOCUMENTING KANSAS AFRICAN AMERICAN HISTORY PROJECT

The Kansas Afro-American Historical & Genealogical Society discusses the project to document African American history in Kansas continued from February. Learn where and how to find the documentation. Topeka and Shawnee County Public Library - Menninger Room 206 5:30-7 p.m. TOPEKA, events.tsctl.org/events

JUN 5

### FINDING YOUR FAMILY IN ONLINE FAMILY TREES

Discover your family and learn how to add people, photos, stories and documents to build your online family tree. This workshop uses the FREE FamilySearch online family tree tool. Topeka and Shawnee County Public Library - Menninger Room 206, Virtual Room 02 5:30-7 p.m. TOPEKA, events.tsctl.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 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

# Calendar

CONTINUED FROM PAGE 16

## 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

## MAY 6 & JUN 1 MAHJONG CLUB

Do you already know how to play Chinese Mahjong? If so, join us for Mahjong Club at the Library. Yun Butler and Yilan Zhao, both experienced Mahjong players, are facilitating this community club. We'll have tables and tiles so all you need to do is show up and play. Please note: this is for players who already know how to play Chinese (not American) Mahjong. There won't be any formal instruction so this isn't the place for absolute beginners to learn the rules. But if you know the basics, any level of player is welcome to join. Lawrence Public Library, 6-8 p.m. Register online.

LAWRENCE  
lawrence.bibliocommons.com/v2/events

## MAY 7

### TECH CLUB: OUR FAVORITE APPS

Jim and Andrew will be back in May to share some of their favorite apps with us, as we close out Tech Club for the summer. Join us for an informative and entertaining ZOOM! Who doesn't need another App? Tune in to hear what's new, what's fun, and what's plain crazy in the ever-changing world of technology. Lawrence Public Library online event, 4-5 p.m. Register online.

LAWRENCE  
lawrence.bibliocommons.com/v2/events

## MAY 11

### 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

## MAY 21

### 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

## MAY 22

### MAHJONG CLUB

Do you already know how to play Chinese Mahjong? If so, join us for Mahjong Club at the Library. Yun Butler and Yilan Zhao, both experienced Mahjong players, are facilitating this community club. We'll have tables and tiles so all you need to do is show up and play. Please note: this is for players who already know how to play Chinese (not American) Mahjong. There won't be any formal instruction so this isn't the place for absolute beginners to learn the rules. But if you know the basics, any level of player is welcome to join. Lawrence Public Library, 2-4 p.m. Register online.

## LAWRENCE

lawrence.bibliocommons.com/v2/events

## JUN 1

### 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

## MISCELLANEOUS

### MOST SUNDAYS

#### EXPLORING LIFE'S BIG QUESTIONS

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

## LAWRENCE

## JUN 13

### GARAGE SALE & BAKE SALE

Fundraiser for Children/Youth ministry. Lots of good bargains. Kansas Avenue United Methodist Church, 1029 N Kansas Avenue (inside Fellowship Hall), 8 a.m.-4 p.m. TOPEKA--



## "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
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- 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
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- 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

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- Three warm meals a day
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- 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



# GOREN ON BRIDGE

WITH BOB JONES

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## SURPRISE EXTRA CHANCE

North-South vulnerable, North deals

### NORTH

♠ A 10 6  
♥ A Q 4  
♦ 10 6 3  
♣ Q J 3 2

### WEST

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

### EAST

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

### SOUTH

♠ K 9 8  
♥ K J 5  
♦ Q 8 7 4  
♣ K 6 5

### NORTH

♠ Void  
♥ Q  
♦ 10 6  
♣ J 3 2

### WEST

♠ Q  
♥ Void  
♦ A J  
♣ 10 9 8

### EAST

♠ Void  
♥ 10 8 6  
♦ 9 5  
♣ 7

The bidding:

NORTH	EAST	SOUTH	WEST
1♣	Pass	2NT	Pass
3NT	All pass		

Opening lead: Two of ♠

Moderately aggressive bidding saw North-South end up in a contract that had very little chance for success. Their chances improved when West innocently led a low spade and dummy's 10 won the trick.

South now had eight tricks and a 3-3 club split would get him up to nine. Before playing on clubs however, South led a diamond from

East played low. It was a slim chance, but East might have started with both high diamonds. West won with his king and led another spade. South won in hand with the king and led a club to dummy's queen. East won and continued spades to dummy's ace. Before testing the clubs, South tried cashing his three heart winners. This was the position after two hearts were cashed:

The king of hearts put West under great pressure. West couldn't part with a club and either a spade or a diamond discard would allow South to play on diamonds to build a ninth trick. The surprise extra chance paid



**NOW LEASING!**

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**Boggle**  
BrainBusters!

By David L. Hoyt and Jeff Knurek



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

#### BOGGLE POINT SCALE

- 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 SIX U.S. STATE CAPITALS in the grid of letters.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# PUZZLES & GAMES

## CROSSWORD

### Across

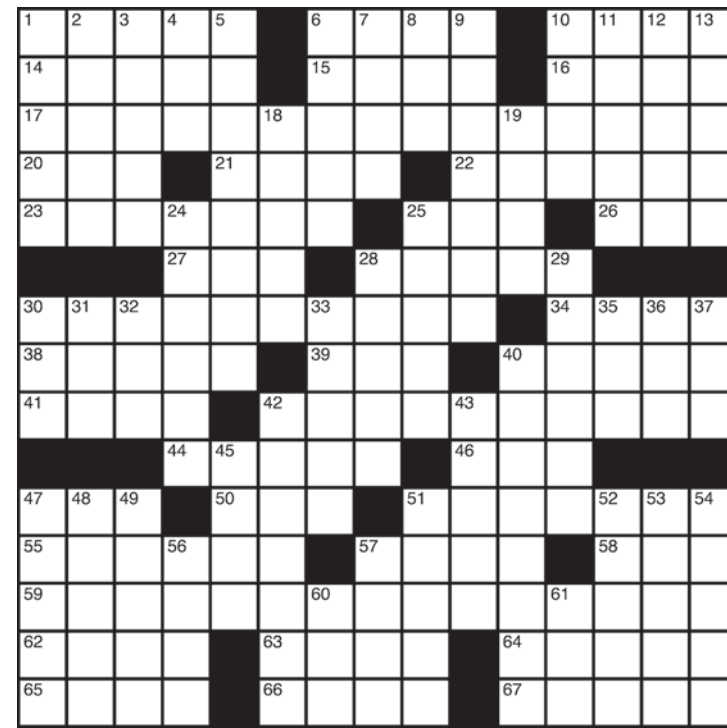
- 1 Change back to zero
- 6 Aid and \_\_\_
- 10 Elton John's "Bennie and the \_\_\_"
- 14 Playful furry swimmer
- 15 Source of torment
- 16 She loves, in Latin
- 17 Fondly remembered moment
- 20 Flesh and blood
- 21 The whole nine yards
- 22 Spirited person
- 23 "Nothing Compares 2 U" singer Sinéad
- 25 Mongrel
- 26 Summer in Saint-Étienne
- 27 Sense of self
- 28 More miffed
- 30 Netflix's "The Crown," for one
- 34 Noshes
- 38 "I'm well \_\_\_"
- 39 North Pole worker
- 40 Egyptian peninsula
- 41 Internet phenomenon
- 42 Pretend to be asleep

- 44 Sci-fi robot
- 46 Reuben bread
- 47 Aliens, briefly
- 50 Winter hrs. in Boston
- 51 Quiet place to get a loan
- 55 Arouses, as curiosity
- 57 Otherwise
- 58 Volcano opening?
- 59 Rice-filled appetizers with red shells, and a hint to the words that bookend 17-, 30-, and 42-Across
- 62 Hodgepodge
- 63 PlayStation maker
- 64 Unsophisticated
- 65 Rx orders
- 66 Whole bunch
- 67 Agrees (with)

### Down

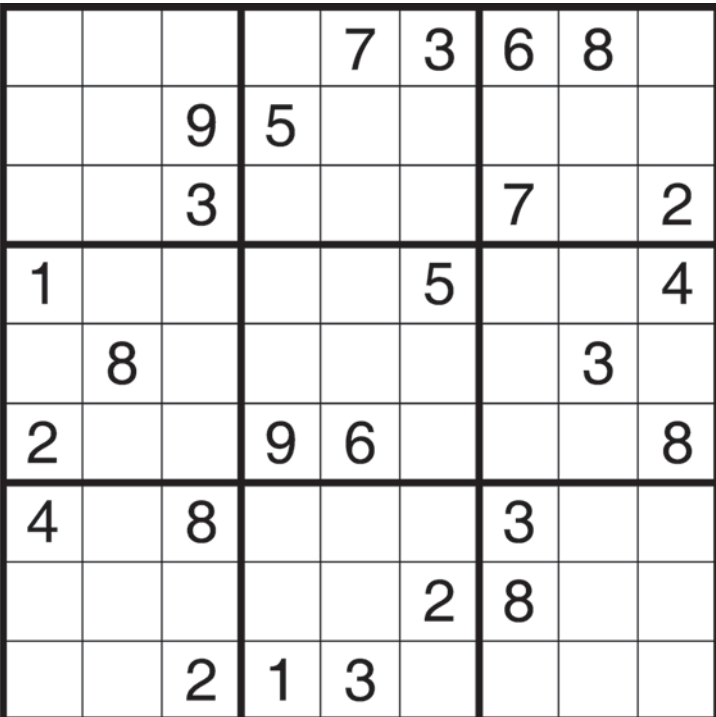
- 1 Young wallaby in a Nickelodeon animated series
- 2 Moral standard
- 3 Courtroom fig. with a keyboard

- 4 Always, poetically
- 5 Musical instrument named for its shape
- 6 Really hate
- 7 Legendary folk singer Joan
- 8 Wrap up
- 9 Deep-fried Japanese dish
- 10 Jazz sessions
- 11 Overact
- 12 Medium's medium
- 13 Fashion sense
- 18 Didn't ask for a card in blackjack
- 19 Limerick's land
- 24 Came close to
- 25 Warm and cozy
- 28 Waldorf \_\_\_
- 29 "Stranger Things" actor Paul
- 30 Los Angeles footballer
- 31 Need to pay
- 32 Sweet tuber
- 33 Kindled again
- 35 FAQ entry
- 36 Greek consonant that resembles a "T"
- 37 \_\_\_ card: smartphone insert
- 40 Protein-rich legumes
- 42 Have in one's hands
- 43 Light refractor



- 45 Snorkeling spot
- 47 English derby town
- 48 Sports championship
- 49 Underwater ink squirter
- 51 Fallingwater architect Frank \_\_\_ Wright
- 52 Steer clear of
- 53 "Superman" actor Christopher
- 54 Positive responses
- 56 Sci-fi saucers
- 57 Mediterranean volcano
- 60 "What's up, \_\_\_?"
- 61 \_\_\_ chi: martial art

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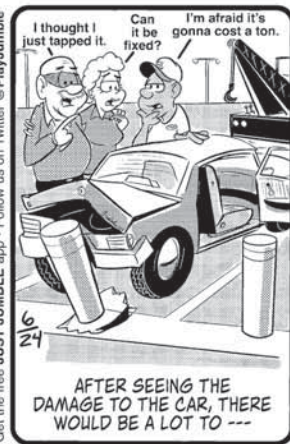
**SUDOKU:** Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

## JUMBLE

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

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

KAWEA  
 CHIRB  
 PINTAC  
 NSYAWK



AFTER SEEING THE DAMAGE TO THE CAR, THERE WOULD BE A LOT TO ---

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

"(Circled letters from KAWEA, CHIRB, PINTAC, NSYAWK) ---"

## SCRABBLE G.R.A.M.S.

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.

Grid of letter tiles for SCRABBLE G.R.A.M.S. with rack numbers 1-4 and scoring directions.

PAR SCORE 155-165  
BEST SCORE 226  
FOUR RACK TOTAL  
TIME LIMIT: 20 MIN

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

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

12-11

Answers to all puzzles on page 26

## MY PET WORLD

# Patience helps shy dogs learn to trust new people

By **Cathy M. Rosenthal**

Tribune Content Agency

**Dear Cathy:** We (my mom and I) recently adopted a small mixed seven-year-old (possibly min pin/dachshund). We hit the jackpot with her. She's sweet, adorable, and has no bad habits. We don't know her back story.

Her only "fault" is that she does not like anyone visiting us. She growls but never tries to bite. She allows my brother to pet her, but everyone else is too afraid to try. Maybe she wasn't socialized as a puppy? Any tips to help, or should we just be patient? - Cathy, Twin Falls, Idaho

**Dear Cathy:** It sounds like you really did hit the jackpot with this little dog, and the fact that her only challenge involves visitors suggests she feels very safe with you and your mom. When a dog growls at strangers but does not try to bite, that is usually a sign of fear or uncertainty, not aggression.

Growling is useful communication. She is telling you she is uncomfortable and asking for more distance, and it's important to respect that signal rather than punish it. When dogs are corrected for growling, they sometimes stop warning and move straight to snapping, which we never want.

You may be right that she was not well socialized as a puppy, or she may have had experiences that made her cautious around unfamiliar people. The good news is that dogs can learn to feel more comfortable over time if introductions happen slowly and in a controlled way. Instead of asking visitors to pet her right away, allow her to observe from a safe distance. Have guests ignore her at first; no reaching, no eye contact, and no leaning over her. Many shy dogs relax more quickly when they are not the center of attention.

You can also help her form positive

associations by giving her something she loves when people visit. A special treat, chew, or toy that only appears when guests come over can help her learn that visitors predict good things. Some families also find it helpful to let the dog stay on a leash, behind a baby gate, or in a nearby room at first so she feels secure and does not feel pressured to interact. As her confidence grows, she may choose to come closer on her own.

Patience really is the key here. Trust takes time, especially for a dog whose early history is unknown. The fact that she already accepts your brother shows that she is capable of building relationships, and with calm, positive experiences, she may gradually become more comfortable with others as well.

For now, let her set the pace, protect her from situations that feel overwhelming, and continue giving her the steady, loving home she clearly is lucky to have with you.

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

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### Peterson Acres II

Affordable Housing  
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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.lidcha.org](http://www.lidcha.org).



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.

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## SERIOUSLY SIMPLE

# This light dessert is the perfect afternoon treat

By Diane Rossen Worthington

Entrée

I developed this recipe when I wanted low-sugar desserts, and it's my new favorite treat! Dates have a low glycemic index although they are high in sugar. They also have sizable fiber content that slows digestion, preventing blood sugar spikes. Research suggests pairing with a protein like peanut butter helps prevent sugar spikes as well. (I'm not sure what it would say about the chocolate, but it is bitter-sweet.)

Look for Medjool pitted dates. They should be wrinkly but not totally dried. They should still be plump. Almond butter can separate, so it's important to mix the oil into the almond butter until it is smooth and refrigerate for a few minutes to firm it up. You can fill the date using a small teaspoon or a piping bag with a small round piping tip.

It's easy to cover the dates with the melted chocolate by using a fork to hold the date and then drizzle the melted chocolate all over the date placed over the chocolate Pyrex measuring cup. There is no waste that way,

and you'll have just enough chocolate to cover all the dates.

The finishing touch is a sprinkle of sea salt or smoked sea salt on the top. In the last month I have been testing these and offering tastes to family and friends, all who have given this recipe a resounding thumbs up. Serve this after dinner with espresso or pop one in your mouth when you feel low energy.

## Chocolate Almond Dates

Makes 12 dates

12 medium same sized pitted Medjool dates

3/4 cup almond butter, slightly chilled until firm

3 1/2 ounces 70% dark bittersweet chocolate, cut up into small pieces

Sea or smoked sea salt, optional

1. Place the soft dates on a parchment-lined sheet pan. Cut the top or bottom off each date. With your index finger open up the center so there is a small opening.

2. Place the firm almond butter in the well of the date just to the top either with a piping bag or a small teaspoon. Place dates on sheet pan.

DREAMSTIME/7CA



Here's a dessert that is Seriously Simple

3. Meanwhile, place the chocolate pieces in a Pyrex measuring cup and microwave for 1 minute. Stir the chocolate and microwave in 20 second increments until it is completely melted.

4. Place a date on a fork and hold it over the chocolate. Spoon the chocolate all over the date, letting excess chocolate drip back into the chocolate bowl. Transfer the date back to the sheet pan. Repeat with remaining dates. Sprinkle with sea salt or smoked sea salt, if desired. Refrigerate until chocolate is firm.

Arrange on a pretty plate or platter

and serve.

Recipe note: These can be made a week ahead, covered and refrigerated. Remove from refrigerator 30 minutes before serving.

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

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## Restaurant Guide

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*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.*

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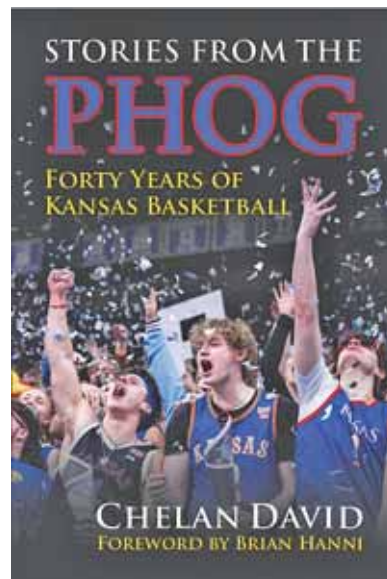
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## RICK STEVES' EUROPE

# Hill town-hopping in Andalucía

By Rick Steves

Tribune Content Agency

When my travel dreams drift off to Spain, they often include visions of Andalucía, the southern part of the country that feels so quintessentially Spanish. With a string of whitewashed hill towns, sunny skies, vibrant festivals, and tempting tapas, Andalucía is the soul of Spain — almost stereotypically so.



*Rick Steves*

Most tourists hit Andalucía's three great cities—Granada, Córdoba, and Sevilla—or the Costa del Sol. But for something more authentic, I like exploring the region's interior along the Route of the White Hill Towns (Ruta de los Pueblos Blancos). This is a charm bracelet of cute villages that are more accessible and friendlier than the big cities, but still pack a wallop of traditional Spanish culture. Whether crouching in a ravine or perched atop a hill, each town—painted white to stay cool in scorching summers—has a personality and a story of its own.

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

Exploring these hill towns is best by car, as only two are easily accessible by public transportation: Arcos de la Frontera (by bus) and Ronda (by train).

Arcos de la Frontera is a photographer's feast. It smothers its hilltop, tumbling down its back like the train of a wedding dress. The fairy-tale old center is a labyrinthine wonderland, where you can viewpoint-hop all the way through town and feel the wind funnel through the narrow streets as cars inch around tight corners. Around town, I like to peek discreetly into private patios. These wonderful, cool-tiled courtyards, filled with plants, pools, and happy family activities, are typical of the region.



DOMINIC ARIZONA BONIUCELLI, RICK STEVES' EUROPE

**Ronda's breathtaking perch above a deep gorge is visually dramatic today — but was practical and vital when it was built.**

Arcos' name—de la Frontera means “on the frontier”—and main church are reminders of the Reconquista, the centuries-long fight to take Spain back from the Muslim Moors. After Christian forces retook Arcos, the mosque was demolished, and a church was built on its ruins. Today, these hill towns—no longer strategic—are just passing

time peacefully.

From Arcos, a short drive takes you to Ronda. With nearly 35,000 people, it's the most substantial and entertaining home base on the route.

Ronda's main attractions are its gorge-spanning bridges, an intriguing old town, and one of the oldest

CONTINUED ON PAGE 25

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# Rick Steves

CONTINUED FROM PAGE 24

bullrings in Spain. Built in 1785, the bullring's columns corral the action, creating a kind of Neoclassical theater. But the real joy here lies in exploring Ronda's back streets and taking in its beautiful balconies, wispy gardens, and panoramic views. Walking the streets, you feel a strong local pride and a community where everyone seems to know everyone. During the day, the town gets crowded with tourists from the nearby Costa del Sol. But in the evening, locals reclaim their streets and squares, and a thriving tapas scene takes over.

Ronda's breathtaking perch above a deep gorge, while visually dramatic today, was practical and vital when it was built. For the Moors, it provided a tough bastion, one of the last to be conquered by the Spaniards in 1485. The ravine divides Ronda into its old Moorish town and the relatively modern new town, which was built after the Reconquista. The two towns

were connected by a bridge in the late 1700s.

The dramatic road linking Arcos and Ronda cuts through the Sierra de Grazalema Natural Park, famed throughout Spain for its lush and rugged mountain scenery. Within the park lie the towns of Zahara de la Sierra and Grazalema.

Of the two, Grazalema is the better overnight stop. It's another postcard-pretty town, offering a royal balcony for a memorable picnic, a square where you can watch old-timers playing cards, and plenty of quiet, white-washed streets to explore. Shops sell the town's beautiful handmade wool blankets and good-quality leather items from nearby Ubrique. While the Sierra de Grazalema Natural Park is known as the rainiest place in Spain, the clouds seem to wring themselves out before they reach the town—I've only ever had blue skies here.

Tiny Zahara is a delight for those who want to hear only the sounds of the wind, birds, and elderly footsteps on ancient cobbles. Perched in a tingly setting under a Moorish castle, it has

a spectacular view over a turquoise reservoir. The town had long been a strategic stronghold for the Moors, and Spanish Reconquista forces considered it the gateway to Granada. Today, the castle is little more than an evocative ruin with a commanding view.

In any of these towns, evening is prime time. The promenade begins as everyone gravitates to the central square. The spotless streets are polished nightly by the feet of families licking ice cream. The whole town strolls—it's

like "cruising" without cars. Buy an ice cream, join the parade, and soak up the essence of Spanish life.

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

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S <sub>1</sub>	H <sub>4</sub>	O <sub>1</sub>	G <sub>2</sub>	U <sub>1</sub>	N <sub>1</sub>		RACK 2 =	<u>18</u>
C <sub>3</sub>	O <sub>1</sub>	N <sub>1</sub>	C <sub>3</sub>	E <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 3 =	<u>61</u>
L <sub>1</sub>	E <sub>1</sub>	X <sub>8</sub>	I <sub>1</sub>	C <sub>3</sub>	O <sub>1</sub>	N <sub>1</sub>	RACK 4 =	<u>82</u>
PAR SCORE 155-165							TOTAL	<u>226</u>

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**MY ANSWER**

**God's Word teaches us and sharpens our conscience every day**

**From the writings of the Rev. Billy Graham**

Tribune Content Agency

**Q:** What does it mean to have a clear conscience? – C.C.

**A:** The Bible says that we should “strive to have a conscience without offense toward God and [others]” (Acts 24:16, NKJV). Conscience is a vigilant eye before which each imagination, thought, and act is held up for either censure or approval. God has given everyone a conscience to guide them. There is no greater proof of the existence of a moral law and Lawgiver in the universe than this little light of the soul. When our actions please Him, the conscience tells us that we are going in the right direction. It brings peace within ourselves and with others.

Without our conscience, we would be just a rudderless ship. A ship without a rudder will never get to its destination. In fact, without a rudder, a ship has no direction at all and is just tossed and blown about by the wind and waves of the sea.

When we accept Jesus as our Savior, He forgives our sin—and that gives us a clear conscience. But just like a rudder can break down, our conscience can break down. Over time, continuing in sin can dull our conscience so much that it cannot steer our ship—our lives—any longer.

God's Word teaches us and sharpens our conscience every day. The Bible says that “God's law is written in their hearts, for their own conscience and thoughts either accuse them or tell them they are doing right” (Romans

2:15, NLT).

God speaks to us through our conscience. This may be a “still small voice” that will not let us go until we do what we know is right. We must never silence that inner voice—but check our thoughts against the Scripture. God will lead us in the paths of righteousness for His name's sake (see Psalm 23:3).

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

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A woman with short grey hair, wearing a red headscarf, glasses, a blue denim jacket over a green floral shirt, dark pants, and black boots with blue accents, sits on wooden steps. She is smiling and looking towards the camera. To her left, a small brown goat with a black collar looks up at her. To her right, a black and white dog is partially visible. The background shows bare trees and a wooden structure under a clear blue sky.

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