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April 2009 *Serving Active Seniors in the Lawrence-Topeka Area since 2001* Vol. 8, No. 10

INSIDE

BREWSTER AT HOME

During the past 45 years, Brewster Place had served only those who came to them for assistance. With the launching of Brewster at Home last November, the Topeka retirement community now is able to assist those who prefer to stay in their own homes. - page 4



Wolfgang Puck's Spicy Steak Quesadillas are so easy to make, and they go great with soft drinks, ice-cold beer, and especially margaritas, for which he also shares a favorite recipe. - page 26

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Myrliss Hershey

KEVIN GROENHAGEN PHOTO

Author captures life in retirement community

By Billie David

When newly published author Myrliss Hershey was writing her book, *Age is Just a Number*, she had company.

"There is such a thing as a muse," she said. "I don't know what it is—but when I sit down at the computer and write, it just comes."

Perhaps her muse consists of the friends she made when she and her husband, Ralph, moved to Brandon Woods retirement community. After all, it was their stories that inspired her tale.

"I met so many people here in

their eighties and nineties who were doing so many wonderful things," she said. "The characters themselves are figments of my imagination and none of the stories are actually true accounts, but it is based to some extent on the people who live here."

The fictitious story begins when the main character of the book, 74-year-old Marvela Higglesford, moves to a retirement community and takes on a volunteer job as editor of a newsletter for the establishment, which gives her the opportunity to learn about the backgrounds of the other residents—including a Ziegfeld Follies dancer, a

World War II prisoner of war, and an Auschwitz survivor—as she interviews them for her articles.

And although the story contains some romance—"There is romance at Brandon Woods," she said—it is the remarkable stories that retirement residents have to tell about their lives that Hershey wanted to focus on.

"It was the most important part of the book," she said. "They may be on a walker or a cane, but they have amazing stories to tell."

She hopes that the stories will help other seniors who read the

■ CONTINUED ON PAGE THREE





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Hershey

■ CONTINUED FROM PAGE ONE

book say, "Hey, I can do that."
 "I think the book should inspire them to keep going, because they have things to offer—and to be open to romance. It can happen," she said.

And although older people may face physical limitations, "Don't give up," she admonished. "There is so much you can do."

Myrliss actually began the book as a means of self-therapy after she and her husband, who had begun to show symptoms of the earlier stages of dementia, moved to Lawrence two years ago. They stayed at Brandon Woods for six months and then bought a house with their son and daughter-in-law, where they now reside.

Although Myrliss had previously published two books of a more scholarly nature during her teaching career and had even published some non-fiction short stories, this was her first attempt at actual fiction.

But it was a story that needed to be told.

"I said, 'these stories have to be written down,'" she explained. "The life of a retirement community was new to me and I wanted to capture it."

Many of the ideas came to her through observing and conversing with other residents, and Myrliss found even more inspiration when she joined a writing group at Brandon Woods, led by Diane Lazzarino, a retired KU journalism professor.

"I still come to the writing group with the people who meet here," she said. "We have to write something once a week to share. The people in the group are in their seventies and eighties."

Myrliss spent about a year writing her book and when it was finished she found a publishing company that helped her with the copyediting and publishing process; she is now engaged in promoting the book, focusing especially on Wichita, where she spent many years of her teaching career.

She doesn't need to promote the book at Brandon Woods, however. The residents whose lives she drew inspiration from and who have read the book have told her that they enjoyed reading it, and she has donated a copy to the library there.

Myrliss grew up in Hillsboro, Kansas, and met her husband while serving as a volunteer social worker and Bible School teacher for the Menno-

nite Central Committee in Gulfport, Mississippi.

After obtaining a bachelor's degree at Tabor College in her hometown, Myrliss and her husband, who came to Kansas to go to Tabor College, embarked on their careers. He became an elementary school principal and was employed by school districts in the Kansas towns of Ingalls, Bison and Wichita.

Myrliss' interest in people and their stories has not only influenced her to write a book but also has had an impact on her career choice. She began as an elementary music teacher and, after discovering that she wanted to get to know each child better as an individual, she switched to classroom teaching and over time she taught nearly every grade level. When her sons were born she did substitute teaching so that she could stay home with them, but she returned to teaching again in 1960.

One of the Hershey's two sons is also an educator, and Myrliss has spent many summers in Colorado, which gave her time to get to know her granddaughter and watch her grow up. In addition, she found time to do some one-woman shows, one of which was called, "Growing Old

Disgracefully," based on a book by the same title, and she also directed a choir and taught private piano lessons.

At one point, Myrliss took courses focusing on minority children under a grant at the University of Nebraska,

after which she taught for one semester at an inner-city school in Wichita. The result was her nonfiction book, *Teacher was a White Witch*, which related her experience there.

After she finished her coursework for her PhD at Kansas State University in 1976, her career as an educator expanded over the next 20 years to include teaching at the college level, including positions at Kansas State, Emporia State and Friends University.



Myrliss retired in 1995 after she was diagnosed with lymphoma, although she continued supervising practicum students. She has been cancer-free for 14 years.

In the beginning, Myrliss found retirement to be a bit difficult.

"At first your identity is wrapped up in your career," she said, "but then I said, 'I'll do something else,' and I started writing."

Myrliss is currently writing her personal memoirs and plans to publish them with photos for family members. She is also enjoying gardening, cooking and continuing to indulge her lifelong interest in travel.

"I have a curiosity about people and places and I enjoy the adventure," she said.

More information about Hershey's new book can be found at www.ageisjustanumberhershey.com.

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Brewster at Home helps seniors age in place

By Kevin Groenhagen

During the past 45 years, Brewster Place had served only those who came to them for assistance. With the launching of Brewster at Home last November, the Topeka retirement community now is able to assist those who prefer to stay in their own homes.

"We have learned during the past five or six years that the way we used to serve people isn't going to work in the future," said Tom Akins, Brewster Place's vice president of development and planning. "Of those who are old enough and can afford to live in a retirement community in Topeka, only about 15 percent will move to a retirement community. The other 85 percent are going to stay right where they're at. And when they're having challenges and need a little more assistance, the last thing they want to do is uproot themselves from what they're comfortable with."

To help the 85 percent who wish to age in place in their own homes, Brewster Place decided to bring Brewster at Home to them.

"Brewster at Home is somewhat modeled after Beacon Hill Village in Boston, Massachusetts," said Tim McManus, marketing director for Brewster at Home. "A group of people there decided that no matter how good a retirement community was, they wanted to stay in their own homes. In 2001 they decided to put together a non-profit organization where they could get the types of services found in a retirement community and stay in their homes."

Beacon Hill Village's "virtual retirement community" has since become a model for many other programs throughout the country. While the program at Beacon Hill Village was started independent of a retirement community, Brewster at Home was launched by a retirement community.

"Rather than duplicating services already provided by others, we asked ourselves, 'What do we do well?'" Akins said. "Well, we provide activities, trips, and socialization opportunities. We're going to give them that. Then we're going to partner with folks who are already in the community doing a great job. So we're not taking business from them. We don't have to staff up internally for demand that is somewhat cyclical."

Brewster at Home members can visit Brewster Place to take advantage of, among other things, exercise programs, massage therapy, social-

ization events, the beauty salon, and even educational programs offered by the KU Osher Lifelong Learning Institute.

"One of our members turned 80 years old," McManus said. "She wanted to have a big party, but didn't know where to have it. She had her party with 83 guests at Brewster Place. Since she was a Brewster at Home member, she didn't have to pay for the room."

Among those that Brewster at Home has partnered with to provide services at members' homes are Comfort Keepers, Home Instead Senior Care, and Merry Maids. Another partner, a handyman service, can install grab bars and take care of lawn care, snow removal, minor plumbing, and electrical and other repairs. Members can receive discounts from these providers.

"It's like a one-stop shop," McManus said. "Members can make one phone call to me. We have established relationships with the providers in the community, so we can point people in the right direction."

Brewster at Home can also provide members with technology to allow them to stay in their own homes longer.

"For someone who wants to stay at home, the biggest challenges are managing their medications and having a sense of security and safety," Akins said. "If something goes wrong, they want someone to know about it."

For medication management, Brewster at Home can provide a member with an easy-to-use, automatic monitored pill dispenser.

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

"The dispenser holds 60 doses and is about the size of a bread box," McManus said. "It gives people an audio and visual reminder that it's time to take their medications. A cup comes out with the right medication at the right time. The dispenser

is hooked to the phone line. If they don't take a dose, the system makes a phone call to a daughter, friend, neighbor or anyone else on their call tree to let them know a dose was missed."

Brewster at Home can also provide members with "personal emergency response" systems (PERS) using small wireless sensors placed around the home. These sensors detect routine activities throughout the home during the day and night. The system adapts to the normal activity levels of the senior and will call for assistance if it detects any significant changes.

"If the sensors detect no motion in the house for a set period of time, a phone call is made to see if the member is okay," McManus explained. "If there is no answer, then those listed on the member's call tree are notified."

Contact sensors can also be in-

stalled to tell when a member opens a door, opens the refrigerator, or goes to bed. With the member's permission, an adult child, who may be out of state, can use an access code to log on to a Web portal to view a parent's event history.

"You could program the contact sensors to send you an alert if, for example, the refrigerator door does not open at least once during an eight-hour period," McManus explained. "The system can make a phone call or send a text message to a cell phone."

"The cost of this is a whole lot less expensive than assisted living, moving into a retirement community, or skilled nursing care," Akins added. "Plus you get to stay in your own home."

McManus said he got involved with Brewster at Home because he understands the concerns of adult children who have aging parents in another state.

"I grew up in New York on Long Island and had parents who aged there," McManus explained. "My brother lives in Arizona. We would go home once a year and things looked fine. But things weren't fine. They needed more help. So I can relate to adult children who live out of state. They're concerned, worried, and feel guilty that they're not home to help their parents. That's what motivates me to do this."

Brewster Place is located on 26 acres at 1205 SW 29th Street in Topeka. Its 375 residents, including Akins' parents, live in a variety of apartments, studios, cottages, and town homes. For more information about Brewster at Home, please call Tim McManus at (785) 274-3303 or visit www.brewsterplace.org.



A Brewster at Home member uses her "passport" to participate in a Tai Chi class on the Brewster Place campus.

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'Windows of the Soul' event to benefit Meals on Wheels

The 18th annual Sumptuous Settings event to benefit Meals on Wheels of Shawnee and Jefferson Counties, Inc. will be held May 1-3 at the Kansas Museum of History. This year's theme is "Windows of the Soul." The event will feature elegant displays created by talented local individuals and businesses; a comforting tearoom where tea is served alongside finger sandwiches and delicate sweets; and a boutique filled with unique items. The honorary chairs for this year's event are Andy and Robin Corbin.

Display hours are Friday, 11:00 a.m. to 4:30 p.m.; Saturday, 9:30 a.m. to 4:30 p.m., and Sunday, 11:30 a.m. to 4:00 p.m. Advance tickets to view the exhibit or dine in the tearoom may be purchased for \$6.00 each at all Alli-

ance Bank, Capital City Bank, Capitol Federal Savings, and CoreFirst Bank & Trust locations. Admission at the door is \$7.00 for either the exhibits or the tearoom. A \$5.00 youth combination ticket is also available, which allows admission to both the exhibits and the tearoom.

All proceeds from this event benefit Meals on Wheels of Shawnee and Jefferson Counties, Inc., which provides nutritionally balanced meals and related services to homebound, elderly, and handicapped individuals. More than 1,200 volunteers for Meals on Wheels currently deliver over 186,000 meals per year to more than 1,500 area residents, affording those individuals the opportunity to live independently.

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Penwell-Gabel joins Green Burial Council

Penwell-Gabel Funeral Homes, Crematory and Cemetery recognize their responsibility to the environment and to the community, and have taken steps to reduce their carbon footprint while providing the families they serve with eco-friendly funeral options.

As a result, Penwell-Gabel has charged themselves with the task of finding ways to introduce environmentally friendly products and practices to their four funeral homes. From recycling paper and plastics in the office to the offering of green products such as biodegradable caskets and urns, Penwell-Gabel is committed to offering eco-friendly solutions for families in Topeka.

They have also joined the Green Burial Council, which works with funeral homes and cemeteries to educate them on ways to embrace more environmentally sustainable practices/products.

"Penwell-Gabel is the first funeral home in Topeka to be affiliated with the Green Burial Council. The environment is a big concern for us and we know we share that concern with others and we are looking for ways in which we can be a part of the solution," said Ren Newcomer, owner, Penwell-Gabel Funeral Homes, Crematory & Cemetery. "We are very excited about the new line of biodegradable funeral products we were able to find for our funeral homes and we are proud to offer these as options to families in Topeka."

"We are pleased to have Penwell-Gabel join the Green Burial Council network of approved providers," said Joe Sehee, executive director, Green Burial Council. "We hope they inspire others to follow their lead in offering the option of eco-friendly funeral products."

Soon Penwell-Gabel will begin carrying a line of eco-friendly caskets and biodegradable urns in the four Topeka chapels. The products are made of biodegradable materials that break down naturally when buried. Some of the products are also made from recycled materials.

One of the products available is the Salt Urn, which is hand-crafted from solid blocks of Himalayan Rock Salt. The salt deposits in this region are more than 250 million years old and are believed to be the purest on earth. Each urn produced is unique in both color and finish

and will biodegrade in roughly four hours after being placed in water.

The EcoUrns are made from cornstarch and are durable as well as eco-friendly.

These biodegradable urns feature hand painted details and can be kept at home or placed in a cemetery niche or columbarium since they will not deteriorate until buried.

Part of the green product line is the hand-woven Willow and Seagrass Casket, which is suitable for both green burial and clean cremation. In addition, the willow and seagrass plants are fast growing, easy to harvest and require no fertilization.

Penwell-Gabel is a family-owned company with funeral homes, crematories and cemeteries throughout Kansas. Ren and Theresa Newcomer, owners, continue a four-generation Tradition of Caring® that has provided uncompromising personal service and highest-quality merchandise at a moderate price since 1893. For more information, call (785) 233-6655 or visit www.PenwellGabel.com.



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March 3	Your Legacy: It is Me to Me	Jean Humphrey, Johnson County Family Life
March 10	Estate & Legal Matters	Cheryl Treubholz, Barber-Greeman LLC
March 16	Managing Your Money	Dawn Hamilton, FSB Financial Services
March 23	Maintaining Your Home	Al Hayes, Hayes Remodeling
April 7	Coping w/ Special Occasions	Bonnie Flory, Social Worker with Hospice
April 14	Gardening	Jennifer Smith, Douglas County Extension Office
April 16	Computer Care & Keeping	Faron Forrest, long year questions
April 23	Home Security & Personal Safety	Suey Spicers, Douglas County Sheriff's Office
April 30	Car Care	Richard Haig, Westside KS
May 7	Searching for Peace	Linda Kestel, Ramsey-Neel Funeral Home
May 14	Healthy Eating for One	Susan Kravac, Douglas County Extension Office
May 21	Celebration Potluck	

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Although sessions are designed for widowed persons and caregivers, anyone is welcome. No pre-registration necessary. No charge. Refreshments provided.



This program has been funded by the Community Impact Grant through the United Way of Douglas County and is presented by Douglas County Visiting Nurses, Rehabilitation and Hospice Care, the Lawrence Public Library and Douglas County Senior Services (DCSS).

A special thank you to all of our presenters & their employers for volunteering their time & talent.

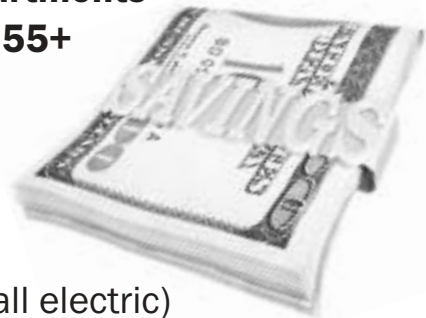
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Caregiver featured on Home Helpers Web site

Susan Gurrieri, a Senior Caregiver for Home Helpers of Douglas, Johnson, and Franklin Counties, is a featured caregiver on the national Home Helpers franchise Web site for the quarter.



Gurrieri

Gurrieri was nominated by Julie Mettenburg, owner and director of Home Helpers locally, as national caregiver of the quarter. Gurrieri was chosen as a finalist and is featured on the Web site, at www.homehelpers.cc, in the "Trustworthy Caregivers" section.

"Susie is a model caregiver and exemplifies the type of employee we seek," said Mettenburg. "She is dedicated to caregiving as a profession, and her first and last thoughts are always of the clients in her care."

As part of her nomination, Mettenburg described a time in which Gurrieri's car broke down, so her partner began riding his bike to work so she could use his car to get to a client's home in the country. For another client, she set up a recycling program. In another instance, a restaurant gift certificate of appreciation was given to Gurrieri. "She promptly went to the restaurant and purchased meals

for her other clients," Mettenburg said. "Few people would do that."

A Home Helpers client also submitted a letter in support of Gurrieri's nomination, describing her careful attention and gentle, attentive demeanor. "Susie always goes above and beyond, and she sets herself up for success by surrounding herself with people who support her in her mission. This was

just a small way we could express our appreciation for her," Mettenburg said.

Home Helpers provides nonmedical, in-home care for senior citizens, people with disabilities, those recuperating from illness, and new moms throughout Douglas, Johnson and Franklin counties. For more information, please call (785) 856-2292, or visit www.homehelpers.cc.

Advertising deadline for the May issue of Senior Monthly is April 20. Call 785-841-9417

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KU to hold summer 'Mini College' for adults

Kansas Senior Press Service

The University of Kansas is accepting registrations for its first-ever "Mini College," a weeklong learning retreat this summer. The \$175 registration fee includes courses, most meals, extra-curricular activities, and a graduation banquet. For an additional \$25, educators may be able to receive 2 CEUs.

Mini College is set for June 1-4 at KU's Lawrence campus and is open to any interested adult. Participants may commute or stay in a hotel or stay college dorm. They may enroll in up to nine classes chosen from almost 30 offerings, including Use It or Lose It: Can You Slow Down Aging?; KU at the Energy Frontier: Our Role in the Large Hadron Collider; Religion

and Basketball: Naismith's Game; and Balancing the Federal Budget: Could You Do Better?

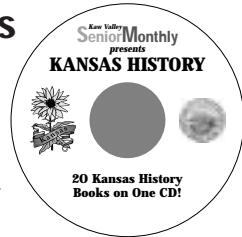
Participants may also enroll in one of four tracks that offer an opportunity to develop deep knowledge of a topic. Options are Independent Film: Outsiders' Voices; Meet the Authors: English Faculty Book Club; Ecology and Evolution of a Changing Planet; and The Art of Collecting: Curators Share How Museum Pieces Are Chosen.

Act quickly! Registration is open until April 1 for \$175; late registrations will be accepted until May 1 for \$200. Call (785) 864-1767 or visit www.minicollege.ku.edu.

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Estate tax uncertainty requires a flexible plan: An irrevocable life insurance trust may help

The current law phases out the federal estate tax between now and 2010, the year it is scheduled for a one-year repeal. However, as of January 1, 2011, unless Congress takes action to prevent it, the law "sunset" and estate taxes revert to 2001 levels, including a top tax rate of 55 percent.



Joe B. Jones

Estate tax uncertainty has many people wondering if it even makes sense to develop an estate strategy. If there's a chance estate taxes will one day be a thing of the past, why go through the expense of preparing for them now?

The answer is simple: unless you know exactly when you are going to die and what your circumstances and the estate tax laws will be on that particular day, it is critical to have a strategy that provides the level of flexibility, allowing you to adapt to any changes.

The federal estate tax exists now and, it is generally believed, will likely continue to exist in some form for many years. Additionally, many states impose state inheritance and estate taxes to restore revenue lost by the federal changes. Developing an estate strategy today can help you minimize the impact of estate taxes on your heirs and ensure your assets get distributed according to your wishes in the event of your untimely death. A flexible strategy will allow you to make appropriate adjustments to reflect any changes in estate tax laws, your goals and/or your circumstances.

Life insurance can be a powerful estate-analysis tool because it can replace income, provide immediate cash at the insured's death and serve as a vehicle for passing on assets to heirs. Choosing an owner for a life insurance policy should be done carefully so as not to increase an estate tax liability. In some situations, setting up a trust is the best solution to help remove assets from the taxable estate and minimize future estate taxes.

Trusts are frequently used to min-

imize estate tax liabilities. A special trust called an "Irrevocable Life Insurance Trust" or "ILIT" (pronounced "eye-lit") can provide much needed flexibility in light of estate tax uncertainty. A bank, trust company or other third party acts as the trustee controlling the property according to the trust terms. Often, the only asset in an ILIT is life insurance.

Because life insurance proceeds payable to a properly structured ILIT are not included in the grantor's estate, the trust beneficiaries receive the proceeds free of estate and income taxes.

Here are some possible provisions to provide the flexibility for an ILIT to accommodate possible changes in the future:

Trustee provisions:

- Authority to access policy cash values during the insured's lifetime.
- For single life policies, opportunity to name the spouse of the insured as trustee.
- Power to add new beneficiaries or terminate the trust.
- Option of appointing a corporate trustee to exercise broad discretion and provide long-term management.

Other provisions:

- Rights for the beneficiaries (and the insured with certain limitations) to replace the trustee.
- Control over whether loans may be made by the insured (or others) to the trust or vice versa assuming arm's-length terms.

Even if the estate tax is fully repealed, an ILIT can offer several other possible estate planning benefits:

- Spendthrift provision - protects beneficiaries from creditors.
- Professional management of assets.
- Distribution restrictions - may reduce the risk of unwise spending of assets.

A qualified insurance and financial representative and estate attorney can help you determine if an ILIT is an appropriate solution for your estate analysis needs. They can help estimate the value of your estate, determine tax liabilities and offer solutions for your particular situation.

There is little one can do about the future of estate tax legislation. Developing an estate strategy with enough flexibility to accommodate those future changes is one way to minimize the impact of taxes on

your estate today and possibly in years to come.

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How to invest during a recession

We are now finishing the 16th month of the recession, which began in December 2007, according to the National Bureau of Economic Research. Not only is this a long recession, but it's also a severe one, marked by painfully high levels of job losses, a sharply reduced credit flow and a drop in the value of many investments. Still, despite all the bad



Harley Catlin and Ryan Catlin

news, there are valid reasons to believe that brighter days lie ahead. But you don't have to wait for things to turn around before taking steps to help your own financial future.

Here are some actions to consider:

- *Don't cut back on your 401(k).* During difficult economic times, it's hard for many people to assume their jobs are safe. But if you are fairly confident your employment situation is secure, continue investing in your 401(k) or other employer-sponsored retirement plan. The tax advantages of these types of plans—not to mention the employer's match, if one is offered—make them ideal savings vehicles for retirement. Of course, your plan probably has taken a hit over the past year, but that's the case for many investments. If you've chosen a good mix of investments, your plan should recover at some point.

- *Diversify, diversify, diversify.* Generally speaking, it's not a good idea to tie up more than 5 percent of your portfolio in a single investment. Spread your investment dollars among a wide range of stocks, bonds, certificates of deposit and other securities. For a rough idea on how well you've diversified, ask

yourself: "If the value of a few of my stocks and bonds declined and didn't recover, would it be extremely painful for me financially?" If the answer is "yes," you probably need more diversification. Of course, diversification by itself cannot guarantee a profit or protect against loss, but it can give you more chances for success and reduce the effects of volatility on your portfolio.

- *Think long term.* Your investments may have lost 30 percent to 40 percent of their value from October 2007 to the present—which may seem like a long time. Yet quality investments often need much longer periods to show significant growth. So while it can be painful to endure short-term losses, you need to develop the discipline to hold your investments for many years.

- *Don't reach for high yields.* When the stock market is down, many investors turn to bonds that offer high yields, reasoning that bonds are always safer than stocks. Don't be fooled into this line of thinking; high-yield bonds mean high-risk bonds. If the issuer defaults, you could lose your principal. Stick with investment-grade bonds.

- *Look for opportunities.* Instead of avoiding the financial markets, look for good investment opportunities. Because investment prices have fallen so much, your dollars can now buy more shares. Historically, buying shares at lower prices has often led to higher returns over the long term. If you're receiving dividends, now is an especially good time to reinvest them.

You probably can't avoid all the negative effects of the recession. But by following the above suggestions, you can help avoid getting thrown off track on your journey toward your financial goals.

- Harley Catlin and Ryan Catlin are with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262.

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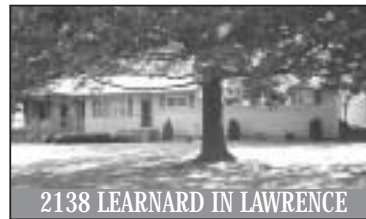
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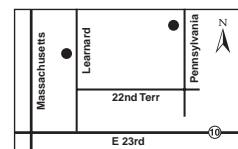


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Tips for preparing for sudden health problems

We often hear about coping with emergencies. You know the drill: warning sirens, bottled water, flashlights, weather radios. But what if you have a sudden health problem? Your health can change as quickly as Midwestern weather, and you need to be ready. Here are some tips about



Laura Bennetts

a few not-quite-crisis situations you can be prepared to handle.

Better safe than sorry

If you suddenly feel ill, you might want to call your doctor or an advice nurse to find out if you should make an appointment. There are a few things you can do first to have more information to report.

1. Check your temperature with a thermometer.

Be sure to tell the nurse whether you've taken any medication that might have lowered your temperature. If you have a temperature above the normal 98.6 degrees F, the nurse will determine if your fever is a significant concern.

2. Keep a list of your medications in your wallet or your purse.

You will need to give the nurse a complete list of all the medications you take. This list should include prescription medications and any over-the-counter medications you take. Be sure, each time you start a new medication, to update your list. This list should include both the names of your medications and your regular dosages.

3. Keep a blood pressure cuff handy to check your blood pressure.

You should take your blood pressure when you're feeling unwell. Write down the result so that you report it to the nurse or doctor. Your blood pressure can be elevated when you're in pain or feeling unwell.

4. Take your blood pressure daily.

You need to know what blood pressure is normal for you, so that you can report this, too, when you call your nurse or doctor. Keep a daily log so that you become familiar with your normal range of pressures. Then you will know if your blood pressure is suddenly above normal.

The right tool for the job

If you already have a good thermometer and a blood pressure cuff,

these steps will take you under five minutes. But if you don't yet have these items, you need to know what to buy. Here are some hints:

1. So long, Mercury!

If you still have a mercury thermometer, it is time to recycle it. Mercury thermometers are accurate but unsafe because you can easily break them when you shake them to reset the mercury level. Mercury is a toxic substance and old thermometers must be recycled safely through a hazardous waste recycling program in your city. Call your city information line to find out more about how you can recycle the thermometer safely.

2. Go digital, you'll like it.

Digital thermometers are battery powered, easy to use, and have a clear digital read out. You simply turn the thermometer on, place it in your mouth, and wait for the read-out to stop blinking to learn your temperature. Digital thermometers are also inexpensive, easy to handle, and they work quickly. You can buy one at any pharmacy.

3. Monitor your arm...or wrist.

You can monitor your blood pressure with an arm cuff or a wrist cuff. Both have digital readouts that accurately report your blood pressure and pulse. If you have any trouble with your hands (say, as a result of arthritis), you will find the wrist model easier to position correctly. You can buy either kind of blood pressure cuff at a pharmacy or a medical equipment supply store.

"Who you gonna call?"

For answers about medications, call your pharmacist. Even if you buy mail-order meds, you should still get to know a local pharmacist. If you're shopping, say, for an over-the-counter sinus medication, ask the pharmacist for a suggestion. Pharmacists also know about dangerous drug interactions, so have your list of medications ready to share.

You should also get to know your doctor well enough to comfortably ask questions about medications and medical problems. This advice can help you make knowledgeable decisions about your own health.

Others can help, too

Most people think of doctors and nurses—the usual suspects—when they seek medical help or advice. But other health professionals can help you as well.

1. If you have painful joints or back pain, start with physical or occupational therapy to avoid surgery and unnecessary drugs.

2. If you need a back brace or shoe

orthotics, you should see an expert in custom and non-custom braces—that is, an orthotist.

3. Your optometrist is your first line of defense against eye disease. Don't miss your annual checkups for early detection of eye problems.

4. Dentists offer routine checkups that help you catch tooth problems before they become painful and harmful to your health.

Act now

Don't hesitate to seek advice or an appointment if you suddenly feel

unwell. Call your doctor or nurse or another health professional, depending on your problem. And if you follow the tips outlined above, you'll have all the facts at your fingertips when you make those calls.

- Laura Bennetts, MS PT, is a physical therapist with 26 years experience. She co-owns Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).



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Agave nectar beats other sweeteners

A new sweetener is on the market and it may be just as sweet as many claim it is.

Agave nectar has a long history and has been used since ancient times. However, it is relatively new in the



Dr. Farhang Khosh

health food market. What is this new sweetener and why is it any better than other sweeteners out on the market?

Agave Nectar comes from the agave plant. The plant is in the same family as the Blue Agave, from which tequila is made. Four major parts of the agave plant have been used in food—flowers, leaves, stalks, and sap. The flowers can be tossed in salads. The leaves are rich in sap and are eaten. The stalks can be roasted for a sweet flavor. Sap that is used in tequila or as sweetener comes from the flower shoots.

History shows that early inhabitants of the Americas have been using this plant for thousands of years. The agave was used for many purposes, including food, drink, and clothing. The Aztecs used agave nectar and salt as dressing for wounds and a balm for many different types of skin infections. Modern medicine

has confirmed agave medical properties in showing that agave nectar applied to the skin has been an effective anti-microbial, as a treatment for GI disorders, and has immune system properties.

It has been only recently that agave nectar has been used as a sweetener. The importance is that agave has a low glycemic index. This means that when agave nectar is consumed, it won't cause a sharp rise or fall in blood sugar. When comparing agave to other sweeteners on the market, agave beats them in not only the lower glycemic index, but also in taste. Agave is a delicious and safe alternative to sugar and even honey. And unlike the crystalline form of fructose, which is refined primarily from corn, Agave Nectar is completely natural. Agave does not contain any processing chemicals, no sulfur dioxide, hydrochloric acid or other harmful toxins.

The American diet is loaded with refined sweeteners such as granulated sugar and corn syrup. This causes problems because these substances have a high glycemic index or glycemic load. Foods that cause the blood sugar to rise quickly trigger the release of the hormone insulin. Excessive releases of insulin and high insulin levels are linked to a variety of health disorders. Some of these disorders include type II diabetes, abdominal weight gain and obesity, and cardiovascular problems. Under medical supervision, agave nectar is

a viable option for Type II diabetes. It has also been used for constipation, lowering of high cholesterol, and to help the gall bladder function. It is safe for children and can be used for cooking, baking, or anywhere that you would normally need to use a sweetener.

On the market you may see agave nectar used to sweeten breads, cere-

als, ice cream, cookies, desserts, candies, sauces, syrups, or nutritional breakfast bars.

So the next time you need a sugar replacement, take a taste of agave nectar. You will be pleasantly surprised. - Dr. Farhang Khosh, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. He can be reached at 785-749-2255.

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Housing slump creates a problem for seniors who need to sell

For a growing number of older Americans, the housing slump has changed the concept of "aging in place" from a lifestyle choice to the only choice.

The nearly frozen residential real estate market in many parts of the country has made it very difficult for seniors to sell their homes when the time comes to move for health or lifestyle reasons.

After Social Security, real estate is the most important financial asset



Mark Miller

for most seniors. Many have built up substantial equity in their homes that they expected to use in the event they needed to move into a retirement community that offers health care services.

One type of community feeling the crunch right now is the continuing care retirement community (CCRC), which requires a large upfront payment. This allows seniors to stay in a single location that can meet their healthcare needs for the remainder of their lives; in this sense, CCRCs are a sort of insurance product funded by the single upfront payment.

"It's usually structured so that you can take equity from the house, make that your entrance fee and then pay monthly based on need," says Larry Minnix, CEO of the American Association of Homes and Services for the Aging (AAHSA), an association of non-profit organizations that offer a continuum of aging services ranging from adult day services to continuing care retirement communities.

Now, homes aren't selling and prices are falling. The S&P/Case-Shiller home-price index of top 20 cities was down 25 percent as of November last year compared with its peak in 2006. At the same time, many older Americans have been hit hard by sharp erosion in their retirement portfolios, another potential source of funding for a move.

CCRC applications are declining, and some communities are responding by providing assistance to would-be home sellers. "Some are suspending or postponing entry fees," Minnix says. "Others are providing bridge loans or retaining real estate specialists to help people pre-

pare and sell their homes. Everyone is trying to get creative in providing help." Some developers also are stressing development of more affordably priced housing units.

Reverse mortgages are another potential source of help. New federal rules that took effect in January make it possible to use these home equity conversion mortgages (HECM) to purchase a new home. While a HECM can't be used for moves into retirement communities where the residents don't own equity (such as CCRCs), the new rule can help facilitate sell-and-buy transactions by giving the seller the flexibility to accept a lower price and still afford a move.

With HECM loans, the percentage of equity you can borrow is roughly 10 percent less than your age. So a 75-year-old individual seeking to buy a \$300,000 home could get 65 percent of the equity as a loan—roughly \$200,000. The new rules don't permit any other mortgage loans on the new property, so the balance must be funded with cash from the seller's previous home.

Depending on how much cash is generated from the home sale, the HECM can generate cash above the

new home's purchase price, allowing the borrower to pocket the difference and add to cash reserves.

An additional positive development: The recently signed economic stimulus bill temporarily lifts the limit on the size of HECM loans from \$417,000 to \$625,500. The new loan limits are in force for 2009 only.

Of course, the other option is aging in place. Aging in place is the most attractive choice for many. A 2007 AARP survey found that 89 percent of Americans would like to live in their current homes as long as possible, and the number rose to 95 percent when people over age 75 were asked the question.

But the survey also showed that very few people have taken steps to modify their homes to accommodate aging. And aging in place also creates challenges for communities to provide the services aging residents will need, such as one-stop shopping locations, shuttle services, age-appropriate fitness and community centers, and even something as basic as sidewalks.

Minnix expects that retirement communities such as CCRCs will play a role in responding to these

challenges. Some already are expending their services to people living in homes in their surrounding areas. "In the next decade, we'll see a lot more products and services—and maybe even financing mechanisms—for people who want to stay where they are," he says.

(Millions of Americans are re-inventing retirement, and Mark Miller is helping write the playbook for new career and personal pursuits of a generation. Mark blogs at www.retirementrevised.com; contact him with questions and comments at mark@retirementrevised.com)

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Few good reasons to skip the flu shot

By **Anthony Komaroff, M.D.**
Tribune Media Services

QUESTION: I have recently been diagnosed with fibromyalgia. Would it be OK if I got a flu shot?

ANSWER: Because there is now an abundant supply of flu vaccine in the United States, I encourage all adults to consider getting flu shots. There are only two conditions that would make me avoid giving a flu shot to someone who otherwise would benefit from it: an egg allergy or previous Guillain-Barre syndrome after a flu shot.

An egg allergy. Since the flu vaccine is made in chicken eggs, we don't give flu shots to anyone who has had a severe allergic reaction (called anaphylaxis) after eating eggs.

Previous Guillain-Barre syndrome after a flu shot. This neurological condition can develop following a flu shot. Fortunately, it's very rare. However, if a person has gotten the condition after a flu shot in the past, it's probably more likely to happen again after another flu shot.

I would be reluctant to give a flu shot to someone who has developed Guillain-Barre within six weeks of a

flu shot in the past. Other doctors might disagree with me about this, particularly if the person is at greatly increased risk for complications from the flu-like someone who has serious heart or lung disease.

You say you've been diagnosed with fibromyalgia. In that condition, there is evidence that the immune system is in a state of chronic activation. The same is true for a similar illness called chronic fatigue syndrome.

It is theoretically possible that any kind of immunization could push this hyper-stimulated state into overdrive, at least temporarily increasing the symptoms of these two conditions. However, there is little proof in the scientific literature that this happens, so I don't think having a diagnosis of fibromyalgia should

cause you to avoid the flu shot-particularly if you are at increased risk of complications from getting the flu.

(Anthony L. Komaroff, M.D., is professor of medicine and editor-in-chief of Harvard Health Publications at Harvard Medical School. Dr. Komaroff also is senior physician and was formerly director of the Division of General Medicine at Brigham and Women's Hospital. Dr. Komaroff has served on various advisory committees to the federal government. He is an elected Fellow of the American Association for the Advancement of Science.)

(For additional consumer health information, please visit www.health.harvard.edu.)

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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 your group would like to be added to our monthly calendar, please call Kevin Groenhagen at (785) 841-9417.

ART/ENTERTAINMENT

APR 2 CALDER QUARTET

The Calder Quartet uses principles of equilibrium and stability, like their namesake, Alexander Calder, to balance the pairing of traditional chamber music with contemporary and avant-garde works. Lied Center. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

APR 4 AIN'T MISBEHAVIN'

Ain't Misbehavin', the "Fats" Waller musical review, is a tribute to the music and Black musicians of the Harlem Renaissance in the 1920s and 1930s. Starring American Idol 2003 winner Ruben Studdard and 2003 contestant Frenchie Davis. Lied Center. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

APR 7 PHILIP GLASS

An Evening of Chamber Music. Philip Glass' music is at once challenging and astounding, with different points of entry and departure for the listener to navigate. Lied Center. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

APR 17-MAY 2 DEATH OF A SALESMAN

Arthur Miller's classic drama. Willy Loman's life is not going well and he cannot understand how he failed to win success and happiness. Through a series of tragic soul-searching revelations of the life he has lived with his wife, his sons, and his business associates, we discover how his quest for the "American Dream" kept him blind to the people who truly loved him. Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

APR 17-MAY 3 MOONLIGHT AND MAGNOLIA

When the screenplay for his new epic, *Gone With the Wind*, doesn't work, legendary producer David Selznick sends for famed screenwriter Ben Hecht and pulls formidable director Victor Fleming from the set of *The Wizard of Oz*. Summoning both to his office, he locks the doors, closes the shades, and on a diet of bananas and peanuts, the three men labor over five days to fashion a screenplay for one of the most beloved films of all time. Frankly my dear, hilarious fun! Lawrence Community Theatre. LAWRENCE, (785) 843-7469 <http://www.theatrelawrence.com>

APR 18 KEYBOARD KALEIDOSCOPE

Topeka Symphony Orchestra Concert. "Keyboard Kaleidoscope" Saint-Saëns Symphony No. 3 and Puts Marimba Concerto featuring Linda Maxey, Marimba; performed in White Concert Hall at Washburn University. Single tickets available. White Concert Hall. TOPEKA, (785) 232-2032 <http://www.topekasympphony.org>

APR 24
APRIL 2009 DOWNTOWN GALLERY WALK
On selected Fridays participating galleries and the Lawrence Arts Center will stay open to the public, featuring special exhibitions, demonstrations and other festivities. Take advantage of this opportunity to see the arts alive in Lawrence. Maps available at participating venues.

Signs of Life Gallery.
LAWRENCE, (785) 830-8030

APR 24 & 25 940 DANCE NEW WORKS CONCERT

The annual concert of innovation and insight by the Lawrence Arts Center's resident professional touring dance company. Lawrence Arts Center. LAWRENCE, (785) 843-2787 <http://www.lawrenceartscenter.org>

APR 24 & 25 TREE OF LIFE

"Origins and Evolution" featuring Turtle Island String Quartet. Lied Center. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

APR 25 SENIOR CLASS

A great offshoot from TCIA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m.

TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

APR 26 JAMES AND JULIE RIVERS, DUO-PIANISTS

In concert, White Concert Hall, Washburn University, 3:00 p.m. Free admission. TOPEKA

APR 29 BRIGHAM YOUNG UNIVERSITY'S BALL- ROOM DANCE COMPANY BENEFIT PER- FORMANCE

This internationally-acclaimed dance troupe will give a colorful, electric, high-energy performance to benefit the Topeka Rescue Mission and Doorstep, two Topeka organizations that serve the homeless and other people in need. The program will showcase a wide variety of dances that will appeal to audiences of all ages. Georgia Neese Gray Performance Hall. TOPEKA, (785) 357-1437

MAY 1
JEFF DUNHAM "SPARK OF INSANITY"
Breathing life into an elderly curmudgeon or a purple humanlike creature, a self-effacing, talking jalapeno-on-a-stick or even a bumbling,

skeletal dead terrorist, ventriloquist Jeff Dunham is straight man to some of the funniest partners in show business. And also a genuine cultural phenomenon who amassed legions of loyal fans throughout North America and abroad with his thousands of sold-out arena, theatre and comedy club performances, countless television guest spots and three top-rated specials on Comedy Central. Landon Arena. TOPEKA, (785) 234-4545 <http://www.Ksexpo.com>

MAY 3 ART IN THE PARK

Artists display and sell their original artwork in a beautiful outdoor setting. Musical entertainment and children activities in a supervised Art Tent. South Park. LAWRENCE, (785) 979-7039 <http://www.visitlawrence.com/visitor/events/464/>

BINGO

SUNDAYS & TUESDAYS
AMERICAN LEGION POST NO. 1
3800 SE MICHIGAN AVE, TOPEKA,
6:30 PM, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS
CAPITOL BINGO HALL
Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Wednesdays and Fridays.
2050 SE 30TH ST, TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS
AMERICAN LEGION POST NO. 400
3029 NW US HIGHWAY 24, TOPEKA,
6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS
LEGIONACRES
3408 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 842-3415

WEDNESDAYS, THURSDAYS & SUNDAYS
MOOSE CLUB
Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,
Sundays, 6:00 p.m.
1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS
3110 SW HUNTOON, TOPEKA, 6:30 PM, (785) 235-9073

WEDNESDAYS
PINECREST APARTMENTS
924 WALNUT, EUODORA, 12:30-1:00 PM, (785) 542-1020

WEDNESDAYS & FRIDAYS
EDGEWOOD HOMES
1600 HASKELL, STE 188, LAWRENCE
10:30 AM-12 NOON, (785) 760-1504

THURSDAYS
BABCOCK PLACE
1700 MASSACHUSETTS, LAWRENCE
10:30 AM-12 NOON, (785) 842-6976

FRIDAYS
EAGLES LODGE
1803 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 843-9690

FRIDAYS
BALDWIN SENIOR CENTER
1221 INDIANA, BALDWIN CITY
12 NOON-1 PM, (785) 594-2409

FRIDAYS
ARAB SHRINE
1305 KANSAS AVE., TOPEKA
MINI BINGO 6:30 PM,
REGULAR BINGO 7:00 PM
(785) 234-5656

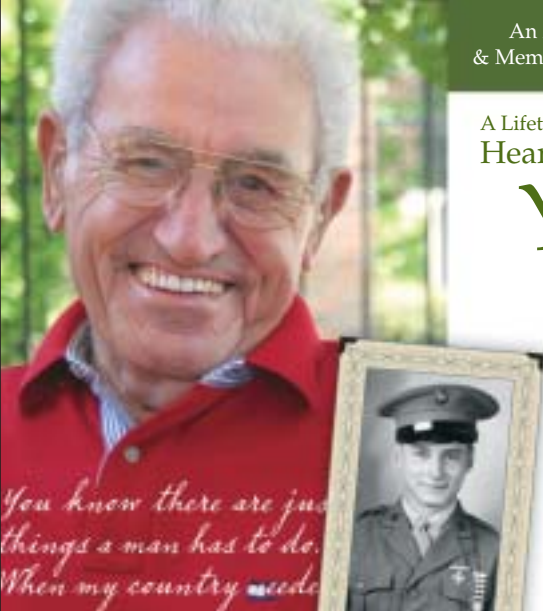
BOOKMOBILE

MONDAYS
Prairie Commons, 5121 Congressional Circle,
Lawrence, 9:00-10:00 a.m.
Babcock Place, 1700 Massachusetts St., Law-
rence, 10:30-11:30 a.m.

WEDNESDAYS
Brandon Woods, 1501 Inverness Dr.,
Lawrence, 9:00-10:00 a.m.
Presbyterian Manor, 1429 Kasold Dr., Lawrence,
1:30-2:30 p.m.
Drury Place, 1510 St. Andrews Dr.,
Lawrence, 1:00-2:00 p.m.

FRIDAYS
Vermont Towers, 1101 Vermont St.,
Peterson Acres, 2930 Peterson Rd.,
Lawrence, 11:15 a.m.-12:00 p.m.
Lawrence, 1:30-2:30 p.m.

■ CONTINUED ON PAGE 17



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■ CONTINUED FROM PAGE 16

BOOK TALKS

THIRD TUESDAY OF EACH MONTH
COTTONWOOD RETIREMENT CENTER, 1029 NEW HAMPSHIRE ST., LAWRENCE, 2:00 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST., LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH
BRANDON WOODS, 1500 INVERNESS DR., LAWRENCE, 10:30 AM
PRAIRIE COMMONS, 5121 CONGRESSIONAL CIRCLE, LAWRENCE, 1:00 PM
WINDSOR HOUSE, 3220 PETERSON RD., LAWRENCE, 2:15 PM

FOURTH WEDNESDAY OF EACH MONTH
PRESBYTERIAN MANOR, 1429 KASOLD RD., LAWRENCE, 9:45 AM
SENIOR CENTER, 745 VERMONT ST., LAWRENCE, 1:30 PM

CLASSES/LECTURES

ONCE A MONTH
AARP'S 55 ALIVE SAFE DRIVING COURSE
Monthly classes are held at Stormont-Vail. Call to make reservation.
TOPEKA, (785) 354-5225

APR 2
COPING WITH SPECIAL OCCASIONS
Skillbuilders Program. Presented by Donna Flory, Social Worker with Hospice. Skillbuilders is funded by the Community Impact Grant through the United Way of Douglas County and is presented by Dg.Co.Visiting Nurses, Rehabilitation & Hospice Care, Dg.Co.Senior Services and the Senior Outreach Services of the Lawrence Public Library. Free transportation is available by calling Douglas County Senior Services, 842-0453. Refreshments will be served. Lawrence Public Library, 10:00-11:45 a.m. LAWRENCE, (785) 843-3833, ext. 115

APR 3
BUILDING BLOCKS FOR CAREGIVING
Presented by Kansas Advocates for Better Care. Topics include "Understanding Older Adults and Medications" and "The Basics of Life: Food & Drink." Lawrence-Douglas County Health Department, 2nd floor auditorium, 1:00-4:00 p.m. Donation. LAWRENCE, (785) 842-3088

APR 9
OVARIAN AND CERVICAL CANCER SYMPOSIUM
Women of all ages can be at risk for both ovarian and cervical cancer. Unfortunately many of us have been touched by these all too common cancers. Women from the Douglas County area are invited to attend this free educational seminar. Topics will include signs and symptoms of these illnesses plus prevention strategies. Guest speakers are Raonak Ekram, MD of the Oncology Center at LMH and Kathy Gaumer, MD of Lawrence OB/GYN Specialists. Due to space limitations, please RSVP by April 2 to Melissa Hess (LMH Endowment Association) at (785) 505-3317 or e-mail to melissa.hess@lmh.org. Plan to attend to learn more about how we can join together and fight these deadly diseases. Co-sponsored by Intrust Bank and LMH Endowment Association. Eldridge Hotel, 4:30-6:30 p.m. (Refreshments at 4:30 p.m., program at 5:00 p.m.) LAWRENCE

APR 9
GARDENING
Skillbuilders Program. Presented by Jennifer Smith, Douglas County Extension Office. Skillbuilders is funded by the Community Impact Grant through the United Way of Douglas County and is presented by Dg.Co.Visiting Nurses, Rehabilitation & Hospice Care, Dg.Co.Senior Services and the Senior Outreach Services of the Lawrence Public Library. Free transportation is available by calling Douglas County Senior Services, 842-0453. Refreshments will be served. Lawrence Public Library, 10:00-11:45 a.m. LAWRENCE, (785) 843-3833, ext. 115

Lawrence Public Library, 10:00-11:45 a.m. LAWRENCE, (785) 843-3833, ext. 115

APR 16
" SINCE YOU GOTTA GO, HERE IS WHAT YOU HAD BETTER KNOW": HEALTHCARE DECISIONS SOME WOULD RATHER AVOID
In recognition of National Healthcare Decisions Day 2009, join Americans across the country to talk about your future healthcare decisions. Members of the Lawrence Memorial Hospital Palliative Care Team and the Lawrence Area Coalition to Honor End of Life Choices (CHEC) invite adults to attend this free interactive forum with a panel of area professionals who can help answer the questions we all may have about healthcare decisions. Discussion will focus on what healthcare interventions are available to you and how to control decision making about these, plus what you need to know to make informed healthcare choices. Light refreshments served. Advance enrollment requested by calling (785) 749-5800. If you have questions regarding program content, please call (785) 830-8130. LAWRENCE

APR 16 & 17
AARP DRIVING SAFETY
Class will be held in the Lawrence Public Library Gallery Room from 10:00 a.m.-3:00 p.m. on Thursday and Friday. There will be a lunch break. This class is a refresher course on driving skills, updates state and federal laws and gives tips for adjusting to natural changes of older drivers. No driving is required. After completion of the sessions, a certificate is issued for insurance discounts. A trained instructor is provided by AARP. A fee of \$12 for AARP members and \$14 for non-members covers the workbook and instruction. Registration is requested due to limited space. To reserve a spot in the class or for more information, contact Pattie at the Library. LAWRENCE, (785) 843-3833 extension 115.

APR 16
COMPUTER CARE & KEEPING
Skillbuilders Program. Forum format, bring your questions. Skillbuilders is funded by the Community Impact Grant through the United Way of Douglas County and is presented by Dg.Co.Visiting Nurses, Rehabilitation & Hospice Care, Dg.Co.Senior Services and the Senior Outreach Services of the Lawrence Public Library. Free transportation is available by calling Douglas County Senior Services, 842-0453. Refreshments will be served. Lawrence Public Library, 10:00-11:45 a.m. LAWRENCE, (785) 843-3833, ext. 115

APR 23
HOME SECURITY & PERSONAL SAFETY
Skillbuilders Program. Presented by Gary Squires, Douglas County Sheriff's Office. Skillbuilders is funded by the Community Impact Grant through the United Way of Douglas County and is presented by Dg. Co. Visiting Nurses, Rehabilitation & Hospice Care, Dg. Co. Senior Services and the Senior Outreach Services of the Lawrence Public Library. Free transportation is available by calling Douglas County Senior Services, 842-0453. Refreshments will be served. Lawrence Public Library, 10:00-11:45 a.m. LAWRENCE, (785) 843-3833, ext. 115

APR 23
10,000 STEPS A DAY CLASS
This program is designed to increase your daily steps to 10,000 and, thus, improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log daily steps. Only fee is \$10 for the pedometer. This program is also available to take out to groups of five or more. Enrollment required. 6:00-7:30 p.m. LAWRENCE, (785) 749-5800

■ CONTINUED ON PAGE 18

DEALING WITH ALZHEIMER'S
A TEXAS HOLD'EM BENEFIT TOURNAMENT
We're BETTIN' ON A CURE and DEALIN' YOU IN HOLD'EM
Friday, May 1, 2009 6:00 PM
Alvamar Country Club
alzheimer's association
For more information about Harbor House Memory Care Residence, or the Texas Hold ' em Tournament, call 760-5508

■ CONTINUED FROM PAGE 17

**APR 28
PRE-DIABETES CLASS**
This free class is for those at risk for developing diabetes or who have already been told that they have pre-diabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications, and avoiding potential complications. Call to enroll. LAWRENCE, (785) 749-5800

**APR 30
PROTECTING YOUR MOST VALUABLE ASSET—YOUR HEALTH**
To avoid needing a bailout for your health, be sure to attend this free class featuring essential tips for staying healthy. Charles Yockey, MD will be providing tips and insider information on numerous topics such as blood pressure, weight, exercise and sleep to help you keep your health portfolio at the top of the market. Refreshments will be provided. RSVP by April 28 to Tracy at (785) 505.3318. Sponsored by LMH Endowment Association. Lawrence Country Club, 4:30-6:00 p.m. LAWRENCE

**APR 30
CAR CARE**
Skillbuilders Program. Presented by Richard Haig, Westside 66. Skillbuilders is funded by the Community Impact Grant through the United Way of Douglas County and is presented by Dg.Co.Visiting Nurses, Rehabilitation & Hospice Care, Dg. Co. Senior Services and the Senior Outreach Services of the Lawrence Public Library. Free transportation is available by calling Douglas County Senior Services, 842-0453. Refreshments will be served. Lawrence Public Library, 10:00-11:45 a.m. LAWRENCE, (785) 843-3833, ext. 115

EXHIBITS/SHOWS

**MAR 7-MAY 24
BRANCHING SYSTEMS & OTHER TREES**
Trees will bring to light the Spencer's rich collection of images and tree-centered works. Spencer Museum of Art. LAWRENCE, (785) 864-4710 <http://www.spencerart.ku.edu>

**APR 3-30
TO ENJOY AND DEFEND OUR AMERICAN CITIZENSHIP: FIGHTING FOR CIVIL RIGHTS IN THE SHADOW OF THE CHINESE EXCLUSION ACT**
This important exhibit acknowledges the Chinese Exclusion Act of 1882 that had a dramatic effect on immigrant populations for decades afterwards. Brown v. Board of Education National Historic Site, 1515 SE Monroe. TOPEKA, (785) 354-4273 <http://www.nps.gov/brvb>

**APR 4-JUN 7
2009 WASHBURN ART STUDENTS EXHIBITION**
Exhibition featuring artwork by Washburn University art students. Mulvane Art Museum, 1700 SW Jewell. TOPEKA, (785) 670-1124

**APR 4-OCT 31
A CENTURY OF RAILROADING IN JACKSON COUNTY, KANSAS (1860 TO 1960)**
See model trains, train and depot pictures and fashions from 1860 to 1960! Hear railroad songs and stories of railroad life! Saturdays and Sundays. Roebke House Museum. HOLTON, (785) 364-4991 <http://www.hottonks.net/jchs>

**APR 18-JUN 21
2009 WASHBURN ART ALUMNI EXHIBITION**
Exhibition featuring artwork by Washburn University art alumni. Mulvane Art Museum. TOPEKA, (785) 670-1124

FAIRS/FESTIVALS

**APR 10-26
TULIP TIME**
Festival will feature nearly 100,000 tulips and daffodils at Lake Shawnee Ted Enslley Gardens. (Admission: Donations accepted); Old Prairie Town and Botanical Garden. (Admission charge); Doran Rock Garden and Reinisch Rose Garden; and Matrot Castle and Vineyard. (Admission is free). Lake Shawnee - Ted Enslley Gardens. TOPEKA, (785) 267-1156

**APR 18 & 19
WAMEGO TULIP FESTIVAL**
More than 150 handmade/handcrafted vendors, entertainment, rides, kids' activities and food. WAMEGO, (785) 456-7849 <http://www.wamegochamber.com>

**MAY 2
LANSING DAZE FESTIVAL**
This annual festival includes a variety of favorites: car show, craft show, art show, quilt show, carnival, games, children's entertainers, fireworks, live music, great food and much more. LANSING, (913) 727-5488 <http://www.lansing.ks.us>

FARMERS' MARKETS

**APR 15-NOV 17
DOWNTOWN TOPEKA FARMERS' MARKET**
Farm fresh vegetables, crafts, home baked goods, food, plants, herbs and wood products all handmade. Begins at 7:30 a.m. until noon. Every Saturday. TOPEKA, (785) 234-9336 <http://www.topekafarmersmarket.com>

**APR 25-NOV 7
LAWRENCE FARMERS MARKET**
Offering fresh fruits and vegetables, baked goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat and artisan crafts. Live music every Saturday morning. LAWRENCE, (785) 331-4445 <http://downtownlawrence.com/farmersmarket.html>

HEALTH

**MONDAYS THROUGH THURSDAYS
FIT FOR LIFE**
LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-on-one instruction on aerobic and cardiovascular equipment. Especially helpful for those with osteoporosis, balance problems, post CVA/stroke, knee/hip replacement, arthritis. Fee. Mondays through Thursdays, 9:00-11:00 a.m. or 2:00-5:20 p.m. at LMH. Tuesdays and Thursdays 8:00-11:00 a.m. At LMH South. LMH KREIDER REHABILITATION SERVICES (785) 840-2712

**TUESDAYS, WEDNESDAYS AND THURSDAYS
JAZZEXERCISE LITE**
Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aerobics with exercises designed to improve your strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St. LAWRENCE, (785) 331-4333

**TUESDAYS AND THURSDAYS
BLOOD PRESSURE CLINIC**
Conducted at Stormont-Vail's Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary. TOPEKA, (785) 354-6787

**TUESDAYS AND THURSDAYS
SENIORCISE PROGRAM**
Seniorcise is a specialized program for women over 60 years of age, in January. The focus of the program is on balance, movement, low impact cardio aerobics, and strength training for toning. In addition, there's a strong emphasis on flexibility and range of motion to improve and/or increase joint mobility and

quality of life. Senior classes are held at Body Boutique from 11:00 a.m. to noon. Fee. LAWRENCE, (785) 749-2424

**FIRST AND THIRD FRIDAYS OF EACH MONTH
HEALTH CHECKS**
Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m. TOPEKA, (785) 233-1750, EXT. 252

**SECOND THURSDAY OF EACH MONTH
BLOOD PRESSURE AND HEALTH INFORMATION**
Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary. WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

**THIRD THURSDAY OF EACH MONTH
MEDICATION CLINIC**
Bring questions about your medications (prescription or over-the-counter). 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

**FOURTH THURSDAY OF EACH MONTH
NUTRITION CLINIC**
Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

**APR 1
CHOLESTEROL SCREENINGS**
These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 3:00-4:30 p.m. LAWRENCE, (785) 749-5800

**APR 6
BONE DENSITY SCREENING**
Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: This is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**APR 10
BONE DENSITY SCREENING**
See April 6 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**APR 22
BONE DENSITY SCREENING**
See April 6 description. Lawrence Memorial Hospital, Meeting Room D, 4:00-6:00 p.m. LAWRENCE, (785) 749-5800

**APR 25
CHOLESTEROL SCREENINGS**
See April 1 description. Lawrence Memorial Hospital, Atrium, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

**MAY 2
BONE DENSITY SCREENING**
See April 6 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

**APR 25
RAILROAD DAY**
Railroad Day celebrates Osawatimie's and Kansas's rich railroad history. Osawatimie is a division point for the Missouri Pacific and the Union Pacific Railroads from 1879 to 1986, and the community has a vibrant railroad history and heritage. Railroad museums from across Kansas will have exhibits at the Osawatimie History Museum/Railroad Depot. OSAWATOMIE, (913) 755-4384

MEETINGS

**FIRST AND THIRD MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP**
LAWRENCE SENIOR CENTER
2:15-3:45 PM, (785) 842-0543

**FIRST AND THIRD MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP**
Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital. LAWRENCE, (785) 505-3140

**FIRST AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL
4:00-5:00 PM, (785) 840-3140

**FIRST AND THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, (785) 842-0543

**FIRST TUESDAY OF EACH MONTH
LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES**
Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3:00 p.m. in Conference E of LMH. LAWRENCE, (785) 830-8130

**FIRST TUESDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP**
Heart of America Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Heart of America Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2:00 p.m.

**TUESDAYS
GRIEF & LOSS SUPPORT GROUP**
Midland Hospice, 200 SW Frazier Circle. 3:00-4:00 p.m. TOPEKA, (785) 232-2044

**TUESDAYS
GRIEF & LOSS SUPPORT GROUP**
Midland Hospice, 200 SW Frazier Circle. 5:30-6:30 p.m. TOPEKA, (785) 232-2044

**FIRST AND THIRD TUESDAY OF EACH MONTH
HEALING AFTER LOSS BY SUICIDE (HEALS)**
For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 SW 8th St. TOPEKA, (785) 478-4947 or (785) 296-8349

**FIRST WEDNESDAY OF EACH MONTH
OLDER WOMEN'S LEAGUE**
Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2:00 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at (785) 832-1692.

**FIRST WEDNESDAY OF EACH MONTH
INVESTMENT UPDATES**
Sponsored by Brian Casebeer, an Edward Jones financial advisor. Guest speaker. 634 S. Kansas Ave., 7:30-9:00 a.m. TOPEKA, (785) 233-0366

■ CONTINUED ON PAGE 19

■ CONTINUED FROM PAGE 18

**FIRST WEDNESDAY OF EACH MONTH
GRIEF SUPPORT GROUP**

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain. LAWRENCE, (785) 843-3738

**FIRST WEDNESDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP**

Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. For more information, call Sarah. LAWRENCE, (785) 841-3738

**WEDNESDAYS AND SUNDAYS
OLDSTERS UNITED FOR RESPONSIBLE
SERVICE (O.U.R.S.)**

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge. LAWRENCE

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3:00-4:00 p.m. TOPEKA, (785) 232-2044

THURSDAYS

CANCER SUPPORT GROUP

This group is open to anyone living with cancer. If you are interested or have questions, please call for more information. LMH Oncology Center. LAWRENCE, (785) 505-2768

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch).

JADE MONGOLIAN BARBEQUE, LAWRENCE 11:30 AM-1:00 PM

**FIRST AND THIRD THURSDAY OF EACH MONTH
GRIEF SUPPORT GROUP**

3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.

FIRST FRIDAY OF EACH MONTH

STROKE SUPPORT AND RECOVERY GROUP

Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2:00 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library. TOPEKA, (785) 232-7765

**SECOND MONDAY, SEPT-MAY
LAWRENCE CLASSICS, GENERAL
FEDERATION OF WOMEN'S CLUBS**
Volunteer service club.
(785) 331-4575

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

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m. TOPEKA, (785) 235-1367, EXT. 130

**SECOND TUESDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP**

Heart of America Hospice in association with Pioneer Ridge Retirement Community invites individuals coping with the loss of loved ones to join us. For more information call (785) 841-5300 or 1-800-396-7778. Pioneer Ridge Assisted Living, 4851 Harvard Rd., Lawrence, 10:30 a.m.

**SECOND TUESDAY OF EACH MONTH
NATIONAL ASSOCIATION OF RAILROAD
AND VETERAN RAILROAD EMPLOYEES
(NARVRE)**
Meets at 9:30 a.m. at Coyote Canyon Buffet. TOPEKA, <http://www.narvre.com>

**SECOND AND FOURTH TUESDAY OF
EACH MONTH**

CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m. LAWRENCE, (785) 842-0543

**SECOND AND FOURTH WEDNESDAY OF
EACH MONTH**

**ALZHEIMER'S EARLY STAGE PATIENT
SUPPORT GROUP**

For patients with early stage Alzheimer's. SEABROOK UNITED CHURCH OF CHURCH (785) 234-2523

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

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer. LAWRENCE, (785) 832-9900

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

The Diabetes Education Center provides a free monthly program for those with diabetes and their support persons, at 6:00 p.m. Lawrence Memorial Hospital, Meeting Room A. LAWRENCE, (785) 505-3062

**SECOND THURSDAY OF EACH MONTH
NAACP MEETING - LAWRENCE CHAPTER**

Meets at the Lawrence public Library Gallery Room at 6:30 p.m. LAWRENCE, (785) 841-0030, (785) 979-4692

**SECOND SATURDAY OF EACH MONTH
HAPPY TIME SQUARES SQUARE DANCE
CLUB**

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander. LAWRENCE, (785) 843-2584 www.happytimesquares.com

**THIRD TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT
GROUP**

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

**THIRD TUESDAY OF EACH MONTH
GRANDPARENT AND CAREGIVER
SUPPORT GROUP**

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice. TOPEKA, (785) 286-2329 or (785) 231-0763

**THIRD WEDNESDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

**THIRD THURSDAY OF EACH MONTH
WIDOW'S LUNCHEON**

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. Dutch treat. Call Terry Frizzell at Heartland Hospice of

Topeka for reservations. TOPEKA, (785) 271-6500

**THIRD THURSDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m. BALDWIN CITY, (785) 842-0543

THIRD SATURDAY OF EACH MONTH

TOPEKA WIDOWED PERSONS BRUNCH

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11:00 a.m.-1:00 p.m. For more information about the Widowed Persons Service Program, please call Julie. TOPEKA, (785) 357-7290

**FOURTH TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT GROUP**

PIONEER RIDGE ASSISTED LIVING LIBRARY 4851 HARVARD, LAWRENCE, 6:30 PM (785) 344-1106

**FOURTH WEDNESDAY OF THE MONTH
CAREGIVER SUPPORT GROUP**

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m. TOPEKA, (785) 235-1367, EXT. 130

**FOURTH WEDNESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m. LAWRENCE, (785) 842-0543

**FOURTH WEDNESDAY OF THE MONTH
TOPEKA GENEALOGICAL SOCIETY**

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December. TOPEKA, (785) 233-5762 <http://www.tgstopeka.org>

**FOURTH FRIDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets

on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller. LAWRENCE, (785) 478-0651

APR 23

**I CAN COPE®: TAKING CHARGE OF
MONEY MATTERS**

Presented by Molly Wood, Elder Law attorney with Stevens and Brand, LLP. The American Cancer Society and Lawrence Memorial Hospital Oncology Center are co-sponsoring this free program for those with cancer and their family and friends. Meets the fourth Thursday of each month with a new topic each meeting. Participants will have an opportunity to share their concerns with others having similar experiences after a cancer diagnosis. Light refreshments served. Meeting Room A, 5:30-7:30 p.m. LAWRENCE, (785) 505-2768 <http://www.lmh.org>

APR 24

AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Patrick Knorr, former General Manager of Sunflower Broadband, now COO of The World Company, will give the program. New and interested members welcome. Please call Noreen for reservations. LAWRENCE, (785) 842-6765

MISCELLANEOUS

APR 11

EASTER HUNT SPECIAL

"Easter Hunt Special" on the Midland Railway. The trains will take passengers to the former town site of Norwood where the egg hunts will be held. The participants will be divided into two age groups: 0-6 and 7-12 for the hunts. Prizes will be awarded for the child finding the most eggs. The Easter Bunny will be aboard the trains anyone wishing to may have their pictures taken with the Bunny. Parents are also invited to bring along their own cameras and take pictures as well. After the hunt, the train will bring the participants back to the Santa Fe Depot in West Baldwin. BALDWIN CITY, (785) 594-3200 <http://www.baldwincitychamber.com>

APR 18

LAWRENCE GHOST TOUR

Locations include the brothel house, cemetery and hanging bridge! Age 12 and over. LAWRENCE, (785) 383-2925 <http://www.ghosttourkansascity.com>

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A reason to be alarmed

Kansas Senior Press Service

A recent report from the National Fire Protection Association says that almost two-thirds of home fire deaths occurred in homes without working smoke alarms—even though 96 percent of all homes have a least one smoke alarm. Fire safety professionals recommend checking the working status of your home's smoke alarm by pushing the test button every Tuesday.

Working smoke alarms provide an early warning and critical extra

seconds to escape during a fire. This is particularly important for those most at risk of dying in a home fire, such as children and older adults.

To save lives and prevent needless injuries, the Olathe, Kan., Fire Department urges everyone to adopt this simple lifesaving habit: Change smoke alarm batteries regularly, perhaps on a personal date such as a birthday or when you change your clocks to enter or exit daylight saving time.

Source: The Olathe, Kan., Fire Department

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Stories set in the American Southwest

By Margaret Baker

The American Southwest has an allure of its own for music, art, and literature. Its special ambience shows in writings by Michael Garrity and J.J. Jance. Both present nuanced, believable protagonists worthy of the setting.

Michael McGarrity: *Tularosa* and *Mexican Hat* (both published by W.W. Norton in trade paperback at \$13.95. ISBNs are 978-0-393-33399-2 and 978-0-383-33398-5.

McGarrity has been a deputy sheriff in Santa Fe and a psychotherapist, and uses both those backgrounds to create Kevin Kerney, a Vietnam vet who was seriously injured not in Nam but while on duty with the detective squad in Santa Fe. Forcibly retired, he's a loner working on a Tularosa region ranch, saving up to purchase the ranch his parents lost when the military took the land.

When Terry Yazzi, his Navajo former partner, asks for help finding his missing son, Kerney agrees. He was Sammy's godfather.

Sammy has gone missing from White Sands Missile Range, really high security. Also searching is Army Captain Sara Brannon. They team up to trace Yazzi though White Sands, Santa Fe, border gambling dens and the high desert, dealing with murder, treason, artifact smuggling.

The second outing (*Mexican Hat*) finds Kevin working as seasonal park ranger in the Gila Wilderness. Should be a relaxing job, keeping the few natives and vacationers safe from the wilderness—and each other.

Except he finds a dead man near a poached black bear, its head and feet removed. Hiding a bit away in a cave is the victim's elderly father, a Mexican doctor who had been returning to the land his family once owned to learn more about the "accident" which claimed his father's life.

Kerney's police training has prepared him for investigations certainly more than seasonal park rangers. He may step on a few toes, but there is much to investigate—poaching, smuggling animal parts as aphrodisiacs, six-decade-long family feuds, racism, political power struggles, even survivalists..

The dangers of the wilderness aren't the furry, feathered, or scaly

critters, it's the humans.

J. A. Jance: *Dead Wrong* (Wm. Morrow, ISBN 978-0-06-054090-6) Reviewed copy hard cover, other editions available.

Still in the southwest, Jance's long-running series of Sheriff Joanna Brady is set in Cochise County in southern Arizona, bordering Mexico.

Joanna's first husband was the sheriff, and when he died in the line of duty Joanna was voted in. She has remained in office, raising her daughter and now pregnant with her present husband's child. And due any moment.

So we readers have a fascinatingly complex suspense with several violent deaths, Huntington's disease cases, switched babies, puppy mills, dog fighting, and false confessions. If Jance wasn't such a good story-teller, it would be confusing. Instead, this is a well-plotted novel with complex characters.

Janet Evanovich: *The Grand Finale* (Harper, paperback, ISBN978-0-06-05875-6)

Before Evanovich bewitched us all with colorful bounty hunter Stephanie Plum, she wrote twelve romance novels, now out of print.

Harper has started reprinting them. The wry humor, the almost Buster-Keaton comic action, and the snappy dialogue will attest the early evidence of Evanovich's skills.

In this one, Berry Knudson is delivering pizzas. At the last one, no one comes to the door but she hears a plaintive meow. There's a cat up the tree. Berry puts down the pizza and climbs up the tree.

When she gets to a second-floor high limb she realizes she's seeing a real hunk inside, shall we say, not fully clothed. The limb breaks, she falls on the pizza, and when she comes to she finds the hunk thinking she had climbed the tree to do a bit of Peeping Thomasina.

Great fun!

John Grisham: *The Associate* (Random House Audio Books, read by Erik Singer on 9 discs, also available in regular (Doubleday) and large print (Random House) ISBN (audio) 978-0-7393-3304-4)

Kyle McAvoy earned good grades at college and at Yale Law School. But at incident during a frat party resulted in a scene he'd been trying to forget.

Now someone is holding a video tape of that event to force Kyle to ac-

cept a position most of his classmates would salivate for, working for a very large and prestigious New York law firm for \$250,000 a year, to be bumped to \$400,000 soon. He's supposed to steal vital information on a very complex intellectual-theft case.

Hugh Holton: *The Thin Black Line* (Forge, hc, ISBN 978—0-312-86820-8) Biographies.

Before his unexpected death, Holton had spent 30 years with the Chicago police and wrote police crime novels that leapt up the NY Times Bestseller lists. He never outgrew his admiration for his fellow officers, especially those of African-American ancestry to whom the path into law enforcement was not easy.

He interviewed all of the officers he tells about in this book.

In the final analysis it is his words that bring these stories alive, which tell about tackling a nation's bad guys and returning safety if not peace to our streets.

You'll never feel the same way about those who live their motto: To Serve and Protect.

Holton's last police procedural will be *Revenge*. Both are a fitting memorial to one of our greatest cops and crime writers.

Coming out this month:

Tony Hays: *The Killing Way* (Tom Doherty Books, hc, ISBN 978-0-7653-1945-6)

Let's go back in time—way back to King Arthur and the Knights of the Round Table. Actually just a bit before that, when young Arthur, a proud warrior, is favored to become

the Supreme King.

Britain's leaders have come together to elect the next king.

Arthur's mentor is Malgwyn ap Cuneglas, whom Arthur saved from a battlefield injury. Malgwyn's beloved wife died at Saxon hands, and he went on the warpath. He became known as killer of Saxons until a Saxon cut off his right hand and left him to die on the battlefield.

Arthur respected Malgwyn's knowledge of human nature as much as his military ability, and keeps the man from death, for which

Malgwyn can't forgive him.

Malgwyn becomes a scribe and a drunkard, but when a young woman is slain at the meeting and Merlin is blamed, Arthur persuades him to help solve the case, to lay the blame on the true culprits.

Recommended by Arthurian scholar Geoffrey Ashe!

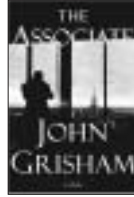
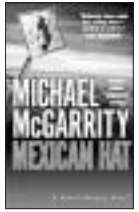
Bill Pronzini: *Schemers* (Tor, hc, ISBN 978-0-7653-1819-0)

Prozini's classic private investigator is referred to as the Nameless Detective not because his folks didn't give him one, but because the actual name never appears in the series. His partner, Jake, tells much of the story.

There are two plots for them to work on—the destruction of a man's tombstone after digging up the ashes and pouring acid on them. The second comes from an insurance company faced with paying up on the loss of some very valuable books. From a locked room in a very private residence.

If you're a fan on locked room mysteries, or of very tightly plots, this one's for you!

- Margaret Baker can be reached through Kaw Valley Senior Monthly or e-mailed at glencoe@knetconnect.net.



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Notorious

Sir Jeremiah Teancrumpets, the British multi-billionaire, is one of those imperious chaps over whom everyone fawns and simpers and fusses. Big shots like Teancrumpets are serviced by a discreet London firm called Insults, Ltd.

They book themselves incognito into humiliation "workshops" at remote luxury resorts. Once there they



Larry Day

allow themselves to be insulted, disparaged, and humiliated by especially trained actors who work for Insults, Ltd. After the humiliation workshops these magnificent mutts, rejuvenated and validated, crawl back on top of their velvet pillows and growl.

Jeremiah Teancrumpets paid huge sums over the years to be humiliated at Insults, Ltd. workshops. It drove him wild when rock singers, mega athletes, semi-literate rappers, hapless movie stars, and mediocre musicians got to be humiliated by the mass media without paying a dime.

Recently Teancrumpets complained to his trusted friend Angus McAngus: "It's not fair. I pay for a few measly insults, and these pipsqueaks get public abuse heaped on them for free.

"If a movie actor gets caught driving drunk, the mass media jump on it. Tabloids publish cheesy photos

with screaming headlines, and the silly goose gets hours of coverage on cable television.

"Meanwhile, this anonymous band of blighters who trashed the economy fly under the media radar undetected. The names and faces of crooked bankers, phony derivative stock traders, shifty housing market manipulators and incompetent financial consultants, should be more familiar to the public than entertainers."

"Jerry, me boy, ye outa do sompthin' about that!" said Angus McAngus.

"I'm going to," said Sir Jeremiah Teancrumpets.

It was amazing how quickly Teancrumpets was able to assemble a stable of tabloid newspapers, cable television networks and sleazy Web sites.

Within weeks Sir Jeremiah owned the tabloid newspapers *National Inquisitor*, *Planet*, and *Starz*. They had 90 million readers. He acquired the Facts News Network, the Sleazeball Channel, the Naked Starz Channel, and the Starz in Crisis Channel. They were watched by 300 million cable viewers a day. Jeremiah made it big on the Web. He acquired BoobTube.com, Facemask.com, Inyourspace.com, Twaddle.com, and Flatulence.com. Those cyber sites averaged 240 million hits an hour. Sir Jeremiah called his new holdings Teancrumpets Media, Inc.

At the same time he was buying up media properties, Teancrumpets had an army of accountants, tax experts, private detectives, investigative journalists and paparazzi out digging up dirt on fishy stock trad-

ers, twisted derivative gurus, crooked bank executives, and fatuous financiers.

Overnight Rihanna, Chris, Jen, Brad, the Octomom, Britney, Amy, A-rod, and Paris all disappeared from top billing in the sleaze media. They were replaced by people like Roger Algorithm, the shady derivative stock guru who was paid \$110 million in bonuses in 2008. Algorithm's arrogant ways and lavish life style were blared to the world in Teancrumpet, Inc's tabloids, cable networks and Web sites. Paparazzi dogged his every move.

The *Inquisitor* went after Petey Pappworthy, the Wall Street trader who specialized in packaging and selling toxic stock derivatives to middle income retired people. It turns out that it was Petey Pappworthy who taught the former governor of New York how to hire harlots.

Melinda Maplethorpe, the malignant CEO of F.A.T., the huge insurance and financial holding company, had kept her name and face out of the mass media for decades. F.A.T. and its subsidiaries had loaded up on toxic bonds and underwater real estate. Then, being "too big to fail," F.A.T. got bailed out by the government.

Maplethorpe stayed out of the media for months during the crisis.

Then Teancrumpets Media Inc. snuck hidden cameras, miniature recording devices and two undercover reporters into an exclusive Maplethorpe social event. They photographed and videotaped guests doing kinky things like eating hotdogs and drinking Coke. When the scandal hit, Maplethorpe fled to an isolated Greek island. Teancrumpets sent reporters and photographers after her and they got telephoto shots of her wearing jeans. That was it, socially, for Melinda Maplethorpe.

The media blitz went on week after week. Day after day previously invisible economic meltdown villains were outed by Teancrumpets' media campaign.

The ludicrous affair peaked when Britney Spears and Chris Brown sued Jeremiah Teancrumpets for alienation of media affection. They lost, and nobody covered the story.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

OFF THE WALL

It's a lot easier to form an opinion when you have only a few of the facts.

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Whenever an expert comments on an item, jot it down and save it

By Danielle Arnet
Tribune Media Services

QUESTION: Gary Sohmers of "Antiques Roadshow" recently evaluated a pair of beaded moccasins that my grandfather got from a Native American friend in Nebraska around 1911. Gary said they were



Danielle Arnet

probably worth \$1,000 to \$3,000. How do I find a person to ID the tribe and tell me how to archive the moccasins? Someone in the Southwest would be helpful. -Dawn, Tucson, Ariz.

ANSWER: The popular PBS series "Antiques Roadshow" visited Tucson in the summer of 2007. View highlights at www.pbs.org/antiques.

The reader's query has lessons for smart collectors, starting with the fact that there are several ways to access information.

Whenever an expert comments on an item, jot down the info given. Place it in or with the item. Or put it in a safe place where you or family members can access it later. That way, estimates and comments (always susceptible to exaggeration) remain intact. Then, if/when questions arise later, contact that expert. Ask if they do appraisals. If they do not, a specialist in your area, available through known appraisal organizations, is often qualified to

render a credentialed appraisal. See FYI below.

Info does not have to come from nearby. The best expert for your item may be across the country, and can take a look via images. If not, items can be mailed, with insurance. Happens all the time. The key is to find the best expert for your item.

Following our own advice, we contacted Sohmers. He remembered the show, commenting on the amount of Native American material brought. "We referred many people to the PBS Web site," he told us.

Accessing the Web site, we found "Resources" and linked to appraisers. Using a pull-down on the page to access "Tribal Arts," we found several specialists, complete with photos and contact info. All are vetted experts one can contact.

Local experts in tribal arts are often available, certainly in the southwest. Ask friends and family and other collectors you know. Find someone they have worked with and know to be reliable.

Be aware that identifying an exact tribe may be tricky. Native arts are often classified by region, not tribe. As for archiving, I assume you mean conservation. Tribal arts specialists know the how-to there as well.

FYI: To find a professional appraiser in your area, key: www.appraisersassoc.org, www.isa-appraisers.org or www.appraisers.org.

QUESTION: Any info on our scenic oil painting? My wife's father, a U.S. Army officer, brought it back from Munich. -Lee, Spencer-ville, Ohio

ANSWER: Many, many pieces of art and porcelain entered the U.S. with returning servicemen and

women.

In this case, the artist has no sales records. The painting was probably done by a studio artist to sell for export. On the plus side, it is large (31 inches by 23 inches) and attractive. Oil on board is a common medium and totally legitimate. Info on the back indicates the art dealer or framer.

The gilded frame is attractive and suits the painting well. If sold at auction, the piece will do well as decorative art. To sell, I'd shop it to well-known regional houses that handle good furniture and decorative arts.

QUESTION: I bought this statue of a boy and his dog secondhand, over 50 years ago for \$4. I can't find a name on it. Do you know the maker? -Marie, Belmont, Maine

ANSWER: The Classic style metal casting seen in a photo is a type of sculpture found in most "cultured" homes in the second half of the 19th century.

The rise of a middle class generated interest in travel and the arts. Classic style sculpture in the home indicated an owner with taste, or at least one who aspired to the same.

There may be a foundry name on the inside, where the metal statue is connected to the stone base. Most such pieces were unnamed, unless

produced by a known foundry. I suggest you enjoy your unnamed figure, knowing that you made a great buy.

QUESTION: I have ten photos of President Kennedy taken on the deck of an aircraft carrier and with his wife in a limo. How do I sell them? -Jackie, Orlando, Fla.

ANSWER: Celebrity snapshots sell depending on setting and how well they show the subject. Take the limo shot: Is it a close one? Were they headed to someplace important? Does the photo show them interacting, or staring out the window? Is there anything significant about any of the photos?

Depending on variables, some auction houses use candid photos in book and manuscript sales. Autograph and manuscript dealers often buy, but pay relatively little. If the snaps are interesting but not remarkable, try online auction such as eBay to reach a pool of motivated buyers.

(Danielle Arnet answers questions of general interest in her column. Send e-mail to smartcollector@comcast.net or write Danielle Arnet, c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Please include an address in your query. Photos cannot be returned.)

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Care for, but don't kidnap, neighbor's dog

QUESTION: The neighbors' dog keeps running to our house, like he's running away from home. We're OK with these neighbors, but we're not particularly friendly. Our two kids are older than their four and give the dog more attention than he gets at home. Tyler's owners feed him

don't care how much money you have in the bank," she adds.

QUESTION: It seems that in our community the (animal) shelters are bad-mouthing one another. I know this because I volunteer at both shelters. Each shelter didn't know that I volunteered for the other until recently. Now, at each place, even from the upper brass, I hear about why the 'other' shelter is really bad. Is this trash-talking common? Is it a detriment? - D.T., Cyberspace



Steve Dale

and give him vet care, but we have more resources and could do more for him, and he seems to prefer us. We realize we can't kidnap this dog, or could we? - S.C., Cyberspace

ANSWER: I invited syndicated advice columnist Amy Dickinson to chime in on this question.

"I assume the reader is kidding about kidnapping. If my neighbors' kids hung at out my house and they liked my house, and I liked them, I wouldn't attempt to kidnap them," she notes. "I guess it's OK to say (to the neighbors), 'We've totally fallen in love with your dog, and if you ever need help or go on vacation, we'd be happy to watch him.' That's one thing, but no, you can't say, 'Give us your dog.'"

What disturbs Dickinson the most is the implication that finances play a role in the neighbors' ability to care for their dog. That's in part because the point of her just-published memoir, "The Mighty Queens of Freeville: A Mother, a Daughter, and the Town That Raised Them" (Hyperion, New York, NY, 2009; \$22.99), is that people without impressive financial means can still be impressive people, showing love and compassion to family - even if a family member happens to have four legs.

"Besides, the truth is, dogs really

ANSWER: Sadly, what you're experiencing is common in many communities. Jim Borgelt, of Lakeshore Animal Shelter and president of the Chicago Animal Shelter Alliance, says, "Congratulations for volunteering. Volunteers are the backbone of shelter success in America. Historically, shelters in many cities view one another with distrust, suspicion and even outright dislike. There are various reasons for this, including competition for resources, differing philosophies, even envy - the list can be long. The problem is that the ones who suffer are volunteers like yourself, and more importantly, the animals."

"In Chicago, we had a similar situation until the Chicago Animal Shelter Alliance was formed," Borgelt notes. "By all of us getting together, this allows a forum for communication, and the results have been greater than we ever imagined. Today, we hold joint adoption events and share resources and ideas. The winners are the animals - Chicago's adoption statistics are ample evidence of the loving triumph of the cooperative strategy. The goal is to work together to reduce needless euthanasia. By talking with one another, you can begin the process leading to trust and mutual respect - at least, that's the goal."

(Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY, 14207. Send e-mail to PETWORLD@AOL.com. Include your name, city and state.)

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Spicy steak quesadillas easy to make

By Wolfgang Puck
Tribune Media Services

I never really encountered Mexican food until I moved to Los Angeles in the mid 1970s. But I loved it from the start. All those robust ingredients and flavors, especially the spices, and the way the cuisine so creatively combines the ingredients and cooking styles of both indigenous peoples and European settlers excited me so much, and still does today.

My Spicy Steak Quesadillas are so easy to make, and they go great with soft drinks, ice-cold beer or margaritas, for which I also share a favorite recipe.

I ate my first quesadilla (the word translates literally as "little cheesy") soon after coming to California, and it reminded me of a great pizza. That's because at its most basic, a quesadilla is just a big flour tortilla (like a thin pizza crust) cooked crisp with lots of cheese and some tomato salsa. Unlike pizza, the quesadilla is usually cooked with a little oil on a hot griddle or frying pan. But like its Italian cousin, it can be creatively embellished with all kinds of other ingredients.

One of my favorites is grilled or broiled steak. You can cook the meat any way you like and to any degree of doneness. For that matter, the recipe also works great with leftover steak or roast beef, or other cooked meat or poultry. Feel free to change the cheese according to your preferences, too. And, to make the recipe easier, use a good-quality fresh salsa from the market's refrigerated case but be sure to drain off excess liquid so the quesadilla won't turn soggy.

And speaking of liquid, don't forget the margaritas. I always start with a good-quality tequila, and then

elaborate it with whatever fresh, juicy fruit I like - such as mango puree, passion-fruit, strawberries, watermelon or raspberries. The salt that traditionally rims the glass is optional; but if you like it, just moisten the rim with a little tequila and roll it in salt crystals.



Wolfgang Puck's Spicy Steak Quesadillas

SPICY STEAK QUESADILLAS

Serves 4 to 8

- 4 flour tortillas, each 12 inches in diameter
- 3/4 cup shredded Cheddar cheese
- 8 ounces sirloin steak, grilled or broiled to desired doneness and thinly sliced
- 1 to 2 tablespoons minced fresh jalapeno chile
- 1/4 cup prepared tomato salsa, drained of excess liquid, plus more for serving
- Vegetable oil, for cooking
- Cilantro sprigs, for garnish

You'll assemble 2 separate quesadillas at the same time, then cook them individually one after the other.

To assemble the quesadillas, lay 2 of the flour tortillas flat and apart on a work surface. Evenly spread 1/4 cup of the cheese on top of each tortilla. Divide the steak evenly between the 2 tortillas and sprinkle with jalapeno to taste. Sprinkle the 1/4 cup of salsa over the steak on both tortillas and top with the remaining cheese. Place another torti-

lla on top of each quesadilla, and press down firmly with your hands to seal them both.

Heat a sauté pan large enough to hold one of the layered tortillas over high heat. Add just enough oil to coat the bottom of the pan and reduce the heat to medium. Carefully

transfer one of the quesadillas to the pan and cook until its underside is golden brown, about 3 minutes.

Carefully slide the quesadilla onto a dinner plate. Invert another plate over it, hold them securely together, and flip them to leave the quesadilla browned side up. Then slide it back into the hot pan to cook until its other side is golden brown, about 3 minutes more. Repeat the cooking process with the other quesadilla.

Let each of the 2 cooked quesadillas cool for about 5 minutes. Then, with a long, sharp knife, cut it crosswise repeatedly to form 8 or 10 wedges. Transfer to a serving platter

and garnish with more salsa and cilantro sprigs. Serve immediately.

MANGO MARGARITAS

Makes 2

- 2 ounces good-quality tequila
- 1 ounce orange-flavored liqueur
- 1 ounce pureed ripe mango
- 2 tablespoons quick-dissolving sugar
- 1 tablespoon lime juice
- 1 cup ice cubes

In a blender container, combine the tequila, orange liqueur, mango puree, sugar and lime juice. Add the ice, cover securely, and blend until smooth. Serve in chilled glasses, rimmed with salt if you like.

(Chef Wolfgang Puck's TV series, "Wolfgang Puck's Cooking Class," airs Sundays on the Food Network. Also, his latest cookbook, "Wolfgang Puck Makes It Easy," is now available in bookstores. Write Wolfgang Puck in care of Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, N.Y. 14207.)
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Kansas Senior Press Service

By choosing nutrient-rich foods that provide the most nutrients per calorie, we can build healthier diets and start down a path of health and wellness. The nutrient-rich-foods way of eating emphasizes choosing foods based on their total nutrient package, including vitamins and minerals, instead of choosing sugar and salt. It offers a positive foundation to help you build overall healthier eating habits and meet personal nutrition needs over a lifetime.

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first is a way to make better choices within your daily eating plan. Choose first among the basic food groups:

- Brightly colored fruits and 100 percent fruit juice
- Vibrantly colored vegetables and potatoes
- Whole, fortified, fiber-rich grain foods
- Low-fat and fat-free milk, cheese, and yogurt
- Lean meats, poultry, fish, eggs, beans, and nuts

For more information about healthful eating habits, contact your local health department or nutrition professional.

Source: The American Dietetic Association, www.eatright.org

SLAPSTIX

Give a politician some facts and he'll draw his own confusions.

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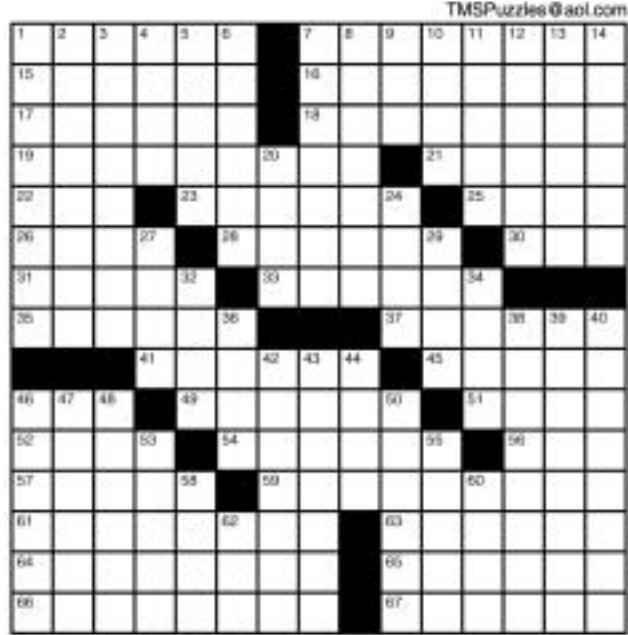
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- 1 Yuletide quaff
7 Ingredient in paper
15 Mexican shawl
16 Conferer of holy orders
17 Short-billed wading bird
18 Come forth again
19 Art critic Harold
21 Unbelievable buy
22 Double bend
23 Apelike
25 Elusive Himalayan
26 Leveling wedge
28 Debtor
30 Moon vehicle, briefly
31 Gaucho's address
33 Gardener's scoop
35 Kuralt's replacement
37 Thin slice
41 Spasmodic movement
45 Book's author and title location
46 Drink slowly
49 Amused observer
51 Couch
52 Granny for one
54 Rubs out
56 ___ Alamos
57 Dostoyevsky novel, with "The"
59 Those in agreement
61 Interprets wrongly
63 Betrothed

- 64 Woman with a patron
65 Draws out
66 Rational state
67 Discourages from acting

DOWN

- 1 Real strong Java
2 Overshoes
3 Earning before deductions
4 Principal church area
5 Some golf tournaments
6 Pet rodent
7 Anxious one
8 Cooking herb
9 Poem of praise
10 Aswan and Hoover
11 Devoutness
12 Remove from a spool
13 Pope's representative
14 Early round, briefly
20 Discharge
24 CNN word
27 Debatable
29 Conger and moray
32 Propels a shell
34 Rims
36 Roosevelt coin
38 Thuggery
39 Hatchet man
40 Evaluate anew
42 Outspoken denunciations
43 School groups



By Matthew Higgins
Concord, NH

Answers on page 31

- 44 Dame Myra
46 Restricts sparingly
47 P.M. Gandhi
48 Lethal substance
50 Shortened sail
53 Rich cake
55 Sneeringly derogatory
58 Adolescent
60 Emotionally strained
62 Develop to maturity

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MAGICWORD

HOW TO PLAY: Read the list of words. Look at the puzzle. You'll find these words in all directions...

NORTH DAKOTA (Goal: 11 letters)

A-Alison, Amidon, Ashley; B-Beach, Binfard, Bismarck, Buffalo, Buford, Butte; C-Carson, Center, Cooperstown, Crosby; D-Drayton, DeSoto; E-Edmore, Epping; F-Fargo, Finley, Fortuna; G-Grafton, Grand Forks; H-Hope; K-Kalm; L-LaMoure, Leeds, Lisbon; M-Minot; N-Napoleon; O-Oakes; P-Pago, Plaza; R-Rolla, Rugby, Ryder; S-Steink; T-Tioga; W-Warsaw

This Month's Answer:
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ABERCROMBIE

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

JUMBLE

Unscramble three four-letter words, one letter to each square, to form four ordinary words.

Word puzzle interface with boxes for DAJED, HAWRT, RENUNG, PANPHE and a 10-letter answer line.



WHY THE COWS ALWAYS CAME HOME FOR MILKING

Answers on page 31

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TRIVIALITIES

- 1. Who directed the 2005 remake of "King Kong"?
2. Who directed the 2004 film "The Village"?
3. Roman Polanski directed what 2002 film starring Adrien Brody?
4. Robert Downey Jr. starred as Dan Dark in what 2003 film directed by Keith Gordon?
5. Where was Aussie actress Naomi Watts born?
6. What actor supplied the voice of Lenny in the 2004 animated film "Shark Tale"?
7. Tony Scott directed what 1998 film starring Will Smith and Gene Hackman?

Answers on page 31

BRIDGE

An Entertaining Catastrophe

By Omar Sharif and Tannah Hirsch

Both vulnerable. South deals.

NORTH

- ♠ J 8 6
- ♥ 9 7 6 4
- ♦ J 8 2
- ♣ 8 7 2

WEST

- ♠ 10 9 7 5
- ♥ A 3
- ♦ 5 3
- ♣ A K 10 5 4

EAST

- ♠ A K 4 3
- ♥ K Q J 2
- ♦ 7 6
- ♣ J 9 6

SOUTH

- ♠ Q 2
- ♥ 10 8 5
- ♦ A K Q 10 9 4
- ♣ Q 3

The bidding:

SOUTH	WEST	NORTH	EAST
1NT	Pass	Pass	Dbl
Pass	Pass	Rdbl	Pass
Pass	Pass		

Opening lead: ♠

One might expect the level of bridge in the finals of the Life Master Pairs to be the highest. Once in a while, something occurs that qualifies a hand for one of the worst all-time disasters. This one is amongst the latest to challenge for the title.

It all started when South, rather than starting with a sensible bid of one diamond, elected to open with an off-kilter one no trump. East backed in with a balancing double, and prudence might suggest that South should run to two diamonds.

However, our South elected to pass and West was delighted to convert to penalties. Why North elected to redouble for rescue with a balanced hand and not even a five-card suit is a mystery that still has not been explained. And even if South thought it was because North was happy with the contract, there is no reason why South should be.

It might seem that, with the ace of hearts as a side entry to the clubs, West might have elected to lead a top club. With that lead, or indeed with any card other than a low club or a diamond, the defenders would have been able to take the first 11 tricks for a 1,400 penalty. Instead, declarer won the first trick with the queen of clubs and rattled off six diamond tricks for a score of plus-760. Looking at all four hands, who would have thought that North-South were going to rack up a vulnerable game?

(Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY, 14207. E-mail responses may be sent to gorenbridge@aol.com.)

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SUDOKU

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

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

HARD

Solution on page 31

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UPCOMING EVENTS

APRIL 26 - Western Swing Fling "Dance the Night Away" 5pm-9pm
MAY 3 - Children's Railroad Activity Day "Sundae Sunday" 1pm-3pm
MAY 24 - "At the Twilights Last Gleaming" Dinner & Dance to honor our military
MAY 25 - Memorial Day Celebrations by All Veterans Memorial Committee
JUNE 19 - "Kick Up Your Heels" 6th Annual Gala
AUGUST 22 - Topeka Railroad Festival
NOVEMBER 11 - Veterans Day Ceremony
DECEMBER 6 - Children's Railroad Activity Day - Santa arrives by U.P. train!



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NOSTALGIA NOTEBOOK

APRIL 1939

Births

APRIL 7: Francis Ford Coppola, American film director
APRIL 7: David Frost, English television personality
APRIL 13: Paul Sorvino, American actor
APRIL 23: Lee Majors, American actor
APRIL 25: Ted Kooser, U.S. Poet Laureate

Events

APRIL 1: The Spanish Civil War comes to an end when the last of the Republican forces surrender.
APRIL 3: Adolf Hitler orders the German military to start planning for Fall Weiss, the codename for the invasion of Poland.
APRIL 4: Faisal II becomes King of Iraq.
APRIL 14: John Steinbeck's novel *The Grapes of Wrath* is first published.
APRIL 20: Billie Holiday records "Strange Fruit," the first anti-lynching song.
APRIL 28: In a speech before the Reichstag, Adolf Hitler renounces the Anglo-German Naval Agreement and the German-Polish Non-Aggression Pact.
APRIL 30: The 1939 New York World's Fair opens.

APRIL 1949

Births

APRIL 3: Richard Thompson, English musician and songwriter
APRIL 7: John Oates, American rock singer and guitarist (Hall & Oates)
APRIL 18: Geoff Bodine, American race car driver
APRIL 21: Patti Lupone, American actress

Events

APRIL 1: Éire leaves the British Commonwealth and becomes the Republic of Ireland.
APRIL 1: The Tokyo Stock Exchange is founded.
APRIL 4: The North Atlantic Treaty is signed in Washington, D.C., creating the NATO defense alliance.
APRIL 7: Rodgers and Hammerstein's *South Pacific*, starring Mary Martin and Ezio Pinza, opens on Broadway.
APRIL 23: Chinese communist troops take Nanking.
APRIL 28: Former Philippine First Lady Aurora Quezon, 61, is assassinated while en route to dedicate a hospital in memory of her late husband.

APRIL 1959

Births

APRIL 3: David Hyde Pierce, American actor
APRIL 10: Brian Setzer, American rock guitarist (Stray Cats)
APRIL 20: Clint Howard, American actor and producer
APRIL 21: Robert Smith, British rock musician (The Cure)
APRIL 22: Ryan Stiles, American actor
APRIL 22: Terry Francona, American baseball player and manager
APRIL 27: Sheena Easton, Scottish singer
APRIL 30: Stephen Harper, Canadian politician and present Prime Minister (2006-)

Events

APRIL 6: The 31st Academy Awards ceremony is held.
APRIL 9: NASA announces its selection of seven military pilots to become the first U.S. astronauts.
APRIL 10: Japanese Prince Akihito marries Shoda Michiko.
APRIL 25: The St. Lawrence Seaway linking the North American Great Lakes and the Atlantic Ocean officially opens to shipping.

this **spring**
 don't just **see** the **colors**
 of the **rainbow...**
hear with them **too**



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SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: JADED WRATH GUNNER HAPPEN

Answer: Why the cows always came home for milking - THE HERD HEARD

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CROSSWORD SOLUTION

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

TRIVIALITIES ANSWERS

1. Peter Jackson 2. M. Night Shyamalan 3. "The Pianist" 4. "The Singing Detective" 5. Shoreham, Sussex, England 6. Jack Black 7. "Enemy of the State"

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