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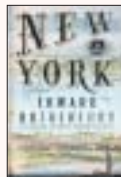
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Vol. 9, No. 10

## INSIDE



Neuvant House is set to open in Lawrence later this spring. The new facility, which is licensed for 16 people, promises to offer memory care in a homelike setting. - page 6



Margaret Baker reviews several outstanding books this month with settings that range from New Amsterdam to New Zealand. - page 22



It's spring time! Wolfgang Puck celebrates the season with a recipe for bow tie pasta with spring vegetables and roasted garlic. - page 26

KEVIN GROENHAGEN PHOTO



**SENIOR**  
profile

Dianne Lawson

## Astrology leads Lawson to 'recreate' her life

By Kevin Groenhagen

The first thing many people notice about Dianne Lawson is her smile.

"When I walk in the grocery store, people smile at me," Lawson said. "I realized that the reason they're doing that is because I'm walking around with a perpetual smile, and they think I'm smiling at them, so they're smiling back."

Of course, Lawson is smiling because she is happy. She credits her happiness to the fact that she "recreated" herself four years ago.

"I have created the exact life I want," Lawson said. "I used to be a social worker and I really liked that. But when I was 59 there was an outstanding astrological configuration coming up. I sat down and thought, 'What do I most want to do with my life?' I was very happy with the job

I had. I liked going to my work, but what I really got excited about when I woke up in the morning was doing astrology, Feng Shui, and writing. So I decided to quit my job, pursue my passions, and create the kind of life I want out of that."

Lawson describes herself as "insanely curious," and it was her curiosity that led her to astrology several decades ago.

■ CONTINUED ON PAGE THREE

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	<b>Bookshelf</b> ..... 22	<b>Pet World</b> ..... 25
	<b>Calendar</b> ..... 16	<b>Puzzles and Games</b> ..... 28, 29
	<b>Guest Column</b> ..... 27	<b>Restaurant Guide</b> ..... 26
	<b>Health &amp; Fitness</b> ..... 12, 13	<b>Retire Smart</b> ..... 14
	<b>Humor</b> ..... 23	<b>Travel Troubleshooter</b> ..... 24
	<b>Mayo Clinic</b> ..... 15	<b>Wolfgang Puck's Kitchen</b> ... 26





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# Lawson

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"A famous astrologer came to Topeka in 1970," Lawson explained. "I had never been especially interested in astrology prior to that. But I saw her and I was blown away by how accurate she was. I left her, went to the library, and came home with a huge pile of books on astrology."

Lawson became a professional astrologer three years later.

When many of us hear the word "astrology," we might think of the daily horoscope in the newspaper. That is quite different from what Lawson does.

"Horoscopes in the newspaper are a bit ridiculous," she said. "There are more than 12 people on the face of the Earth. Real astrology is very complicated. The birth chart is the most important aspect of astrology. Everyone—even twins—is unique and has a one-of-a-kind birth chart."

According to Lawson's brochure, "The birth chart is a computer-generated map of the heavens based upon your exact place, date and time of birth. It is more than just the Sun Sign and includes the Sun, Moon, planets and much more. You are the only person on earth with your exact birth chart."

The birth chart indicates potentials in all areas of life, including relationships, money matters, career choices, health, children, education, and abilities and talents.

Lawson also prepares yearly charts for her clients.

"The yearly chart has terrific information," she said. "The year starts from the day you do it. It gives information about the types of things that are likely to happen so you can avoid them or prepare for them. More importantly, it gives you ideas about opportunities to take advantage of. I compare the yearly chart to a weather forecast. If the weatherman says it's likely to rain, you don't have to get wet. You can stay inside or use an umbrella, raincoat, and galoshes. And, of course, the weatherman is not always right."

Lawson also practices the ancient art of horary astrology.

"Horary astrology is really exciting," she said. "It often gives me goose bumps even though I've done it thousands of times. If you ask me a question, I push a button on my computer, the computer draws a map of the heavens for that exact moment, and the answer is there. People have asked all kinds of questions. Probably the most frequent question is 'What does the universe say about my relationship with so

and so?'"

As mentioned above, astrology influenced Lawson's decision to recreate her life four years ago. However, that is not the only time she has used astrology for help. For example, when a social services organization went bankrupt several years ago, she lost her job as an adoption social worker. She had never had any problems finding a new job before, but this time was different.

"I applied for jobs for two months, but did not get hired," she said. "So I looked at my chart and found out that I would get a non-stressful job that I would like the next month."

She did indeed get the job the following month. And, given that Lawson spends a lot of time dealing with relationships as an astrologer, what she got several years before that new job may not be all that surprising.

"My husband initially came to me as an astrology client," Lawson said. "The second I saw his chart I knew I was going to marry him. I really struggled with the ethics about whether or not to tell him."

For the record, she didn't tell him right away.

Lawson notes that astrology opened up her worldview and allowed to her to consider other possibilities, including the ancient Chinese system of aesthetics known as Feng Shui.

"There's a strong similarity be-

tween astrology and Feng Shui," Lawson explained. "In astrology, the heavens mirror you. In Feng Shui, your living and working environments mirror you. There's a strong connection and correlation between the inner and the outer. As above, so below. As within, so without. The theory around Feng Shui is that people's surroundings mirror who they are. You can tell a lot about people by going into their homes or offices. People are affected by their surroundings. The theory is that if you change your surroundings you can change your life."

Lawson conducts Feng Shui consultations in people's homes and offices. In addition, she recently began consulting over the phone if someone first sends her a floor plan. While Feng Shui often entails the rearrangement of furniture within a space, changing your surroundings can be as easy as adding a lead crystal to a room.

"If someone has a ceiling fan in a room where people sleep or sit

a lot, that fan has negative energy that goes down over people," Lawson said. "If the fan is over a marital bed, people can have marriage problems, health problems, and may have problems sleeping at night. A Feng Shui crystal that hangs between the fan and people can dissipate the negative energy."

Lawson has also started selling Feng Shui cures such as the crystals and money frogs. A money frog is a popular Chinese symbol for prosperity.

"I see Feng Shui as a way of life," Lawson explained. "If you are congruent in your thoughts, words, and deeds towards a specific goal, I think you can achieve virtually anything in your life."

In addition to astrology and Feng Shui, Lawson has spent many years writing numerous articles on various topics as a freelance reporter for the *Topeka Capital-Journal*, astrology magazines and children's Christian magazines (she's an ordained

■ CONTINUED ON PAGE FIVE



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Editor and Publisher  
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# Lawson

■ CONTINUED FROM PAGE ONE

minister and also teaches Sunday school at Unity Church of Christianity, and has ghostwritten and edited books for others.

"I had all these connections already before I decided to leave my job and start a full-time business as an astrologer and Feng Shui consultant," Lawson said. "What I didn't have in place was a business background. My degrees are in psychology and social work. So I have been very conscious about gathering information. Last year I took five e-commerce workshops to learn how to promote myself on the Internet. From that I learned to have a Web site and join social networking sites such as Facebook and LinkedIn. I also

joined the Greater Topeka Chamber of Commerce and take advantage of the chamber's networking, educational, and other opportunities."

To learn more about Dianne Lawson's services, please call her at (785) 232-2836, e-mail her at Cappie0113@aol.com, or visit her Web site at www.DianneLawson.com. Those who are interested can join her free e-mail list and receive information about astrology and Feng Shui every month.

In addition, Lawson has shared information on astrology and Feng Shui during presentations in Topeka and the surrounding communities. Her next scheduled presentation, "Easily Solve Your Problems Through Astrology," is open to the public and will be held on Monday, April 12, from 6:00-7:00 p.m. at the Crestview Community Center in Topeka.

## Dianne Lawson's recommended reading

According to Dianne Lawson, You can tell a lot about people by going into their homes or offices. If you walk into Lawson's home, you can't help but notice the huge bookshelves full of books. Below we have listed a few of her favorite books on astrology and Feng Shui:

### Astrology

- *The Luminaries: The Psychology of the Sun and Moon in the Horoscope* by Liz Greene
  - *The Outer Planets and Their Cycle: The Astrology of the Collective* by Liz Greene
  - *Alan Oken's Complete Astrology: The Classic Guide to Modern Astrology* by Alan Oken
  - *The Compleat Astrologer* by Derek and Julia Parker
- A to Z Horoscope Maker and Delin-*

*ator* by Llewelyn George  
Any books by Robert Hand, Stephen Arroyo, Zipporah Pottenger Dobyns, Joan Quigley, Ivy Jacobson, Evangeline Adams, or Donna Cunningham.

### Feng Shui

- *Feng Shui for Beginners: Successful Living by Design* by Richard Webster
- *Interior Design with Feng Shui* by Sarah Rossbach
- *The Feng Shui Companion* by George Birdsall
- *Feng Shui: The Chinese Art of Placement* by Sarah Rossbach
- *Living Color: Master Lin Yun's Guide to Feng Shui and the Art of Color* with Liu Yun
- *The Feng Shui Handbook* by Derek Walters



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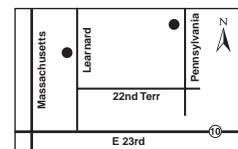


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# Neuvant House to offer memory care services

By Billie David

The idea for locating a new Alzheimer's and memory care facility in Lawrence came about when Lisa Nielsen, co-owner of Neuvant House and vice president of Ray Brown and Associates, passed through the city on her way home.

"We were looking for an area where there was a need," Nielsen said. "We had built memory care facilities in Nebraska and Arkansas and were traveling through Kansas on our way to Nebraska, and we saw this place."

The facility's name is actually a combination of the words "neu" and "avant."

"Neu" means 'new,' Nielsen said. "Avant" is a French word that is defined as 'ahead, to look ahead, go out in front, to forge ahead.' The two key terms are 'new' and 'forward-thinking.'

That new way has to do with providing memory care in a smaller, more homelike setting than a larger assisted living facility can impart.

"Through the past several years, I have seen more and more of a need for safe, secure, smaller places," Nielsen said. "Assisted living fa-

cilities are not really set up for that kind of challenge. It's very confusing for them in a big place. In a smaller environment, they just do better."

It's part of a trend, she added, where people are finding that it's easier to care for a person when they're not busy taking care of the environment, which comes with the territory for those who run larger facilities.

Neuvant House has 14 suites and is licensed for 16 people, making it possible to provide accommodations for a husband and wife together. The exterior design is Mediterranean, with stucco and a tile roof, and there's a canopy in the front for protection from rain. There is also a garage to house the facility's vehicle.

Past the front entrance are a dining room, living room and kitchen with wooden cabinets. All of the floors in the house are heated.

The suites themselves are 240 to 260 square feet, and each has its own private bathroom with handicap-accessible showers.

In addition, there's an interior courtyard with gardening space, a whirlpool tub, and a combination beauty parlor/barber shop that doubles as a tornado shelter. For safety,



Artist rendering of Neuvant House

the facility has video monitoring, secured entrances and exits, a fire sprinkler system and a nurse call system.

On a more personal level, Neuvant House offers individualized schedules and programs, meals, administration of medicine, help with personal hygiene, transportation, so-

cial activities and access to community events, gardening, and supervised cooking. Family and friends are also welcome to visit.

Nielsen's business partner and co-owner, Gene Uden, serves as Neuvant House president, and Kansas native

■ CONTINUED ON PAGE SEVEN

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# Neuvant House

■ CONTINUED FROM PAGE SIX

Julie Joslin, RN, BSN, will serve as administrator. Joslin has 18 years of experience in the healthcare field, including long-term care, rehabilitation, and acute dementia care. She obtained her healthcare experience at, among other places, Lawrence Memorial Hospital, Presbyterian Manor, and KU Medical Center.

Additional staff will include a program director, a dietary supervisor and dietary assistant, a part-time maintenance person, a housekeeper, and certified medication aides.

Together, through their company Ray Brown and Associates, Nielsen and Uden have built 15 assisted and independent living facilities in a four-state area, both for non-profit organizations and for-profit entities. They were introduced to each other by Ray Brown himself, who at the time owned the development company and had built over 300 nursing homes before Nielsen and Uden bought it in 1988.

Neuvant House, located on the west side of Lawrence at 1216 Biltmore Drive just off Wakarusa, is scheduled to open in early June. Plans originally involved a May opening, but the unusually wet autumn and abundance of winter snow de-

layed construction. The owners plan to have a grand opening the first weekend in June with festivities beginning Thursday evening. On Friday through Sunday the building will be open for tours.

More information is available on the Web site at [www.neuvanthouse.com](http://www.neuvanthouse.com) or by calling (785) 856-7900.

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During these difficult economic times, you may know of seniors who are having trouble making ends meet. The Commodity Supplemental Food Program (CSFP) may be able to help those who need assistance with meeting their food requirements.

The CSFP provides food and nutrition education to income eligible pregnant, postpartum, and breastfeeding women, infants, children, and seniors. The CSFP provides food to help them supplement their diets, and provides materials to help them learn how to plan meals using the food they receive. The program provides a food package of various dry products about five or six times per year.

The CSFP is open to seniors, age 60 and older, with a monthly income less than 130 percent of the federal poverty level. To qualify for the program, seniors must provide the following information:

- Proof of your identity and age. This may be done by showing your driver's license, birth certificate, medical card with birth date indicated,

or immunization card.

- Proof of your residency. This may be a utility bill or letter that has been mailed to you.

- Proof of your gross monthly income (before expenses). If you receive Social Security, please bring a copy of your Social Security statement.

According to Lori Allen, who manages the United States Department of Agriculture's commodity programs for Kansas, as of the first week of March there were nearly 500 participation slots available for the state of Kansas.

Harvesters Community Food Network of Kansas City, Mo., serves as the CSFP distributing organization in Douglas, Franklin, Jefferson, and Shawnee counties. For more information, call (877) 774-5413 or e-mail [customcare@harvesters.org](mailto:customcare@harvesters.org). In Leavenworth County, call Cross-Lines Cooperative Council, Inc. of Kansas City, Kan., at (913) 281-3388. If you live in a county other than those listed above, contact the nearest SRS office by calling (888) 369-4777 or visit [www.srskansas.org](http://www.srskansas.org).

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**Interacting with persons with Alzheimer's**

By Sharon Wyatt

Alzheimer's disease is the most common form of dementia. With its memory loss and personality changes, it robs families of the loved one they used to know. As the illness progresses, it becomes more difficult for family and friends to know how to relate to the person.

People tend to stay away from visiting a friend or relative with Alzheimer's because they do not know what to do or say. It is important to remember that being with someone with dementia is a new opportunity to that person. Say who you are—if the person with Alzheimer's thinks you are someone else, don't try to correct them. Be where they are—arguing will only cause upset.

Families often want to do something special when visiting such as taking them out to dinner or to a public function. Depending what stage the person is in the illness,

the experience can be confusing, distressing and even frightening. Instead, keep numbers of visitors small and stimulation to a minimum—it's all about that person. It's about the doing, about being present for someone. Being flexible is so important. Sometimes it's just your presence.

As a nurse, I have worked with dementia patients for 18 years and have seen families who struggle with knowing what to say or do. Activities to help loved ones stay involved which I have found or that families have shared include: listen to music; color pictures; bake cookies; wash windows; dust the furniture; fold clothes; sing or dance; sweep the floor; take a walk; look at family photographs.

Just be present—follow their lead!

- Sharon Wyatt is a nurse and currently clinical educator for Hospice Care of Kansas.

  
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# The ins and outs of annuities

Annuities can be a powerful retirement tool, providing a tax-efficient means to accumulate assets, secure a source of guaranteed income for life, or realize other financial goals. Yet many investors overlook these versatile investment vehicles simply for lack of understanding.



Joe B. Jones

An annuity is a contract between an individual and an insurance company. All guarantees in an annuity are backed solely by the claims-paying ability of the insurance company. You put money in (either as a lump sum or as a series of periodic payments) and your dollars accumulate on a tax-deferred basis. This means you don't pay taxes on any earnings until you start receiving income, usually in retirement. In exchange for your premium payment(s), the insurance company agrees to make guaranteed payments to you either for a specified period or for your lifetime.

While annuities come in a wide variety of choices, there are basi-

cally two types: *immediate* annuities, which start making payments as soon as you purchase the contract, and *deferred* annuities, which can grow your assets over time, and then start making income payments to you sometime in the future.

With both immediate and deferred annuities, you decide how you want your money to be invested by selecting either a variable or fixed variety. With a variable annuity (a registered investment product sold by Prospectus), you select from among variable investment options available within the contract, and you bear the investment risk. With a fixed annuity, the insurance company sets the fixed interest rate that will be paid to you, with a minimum guaranteed interest rate. All guarantees in annuities are backed solely by the claims-paying ability of the issuer.

No matter which type of annuity you select, when the time comes for income to begin, you'll have a choice of income options, which may include:

- A **period certain annuity**, which provides income for a certain number of years. If you die before the end of the period, those payments will continue to your beneficiary for the remainder of the period.
- A **lifetime income annuity**, which provides payments for your entire lifetime. When you die, those pay-

ments stop, regardless of how many (or few) payments you received.

- A **lifetime income with period certain annuity** provides payments that also last your entire lifetime. However, if you die before a "certain" number of years (usually between five and 20 years), payments are guaranteed to continue to your beneficiary for the remainder of that period. For this assurance, you receive a slightly lower payment than is typically offered by a lifetime income annuity.

- A **single life refund annuity** also provides somewhat lower payments than those offered by a lifetime income annuity, but those payments will total at least the amount of money you paid into the contract, regardless of when you die. Any "refund" is paid to your beneficiary in installments.

- A **joint and survivor annuity** provides an income for as long as either you or your joint annuitant lives. You can also add a period certain option with this income choice.

Before you buy an annuity, make sure you're comparing apples with apples. That's because a number of factors can vary from one annuity to

the next. For example, check to see if there are contractual or income tax penalties for early withdrawals. How long do these surrender charges last? And, how much can you withdraw at any time without a surrender charge? You'll want to carefully consider each option before purchasing a contract.

Annuities can provide an important source of retirement income for many Americans. Carefully consider your options when purchasing an annuity.

To learn more about annuities and how they can help you reach your financial goals contact the insurance company directly or ask a financial services professional.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (Northwestern Mutual)(NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, KS. To contact Joe, please call 785-856-2136, e-mail him at [joe.jones@nmfn.com](mailto:joe.jones@nmfn.com) or visit his Web site at [www.joe-jones.com](http://www.joe-jones.com).

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## Time to bring home some international investments?

As you go through each day, you probably come into contact with many products manufactured by foreign companies. In fact, from your German coffeemaker to your French yogurt to your Japanese car, you may be contributing, in some small way,



Harley Catlin and Ryan Catlin

to the bottom line of dozens of foreign businesses. So, why not invest directly in them?

By investing in international stocks, you can gain at least two key advantages:

- **Diversification** — You may already know how important it is to diversify your portfolio among an array of high-quality stocks, bonds, government securities and other vehicles. By spreading your dollars among a range of investments, you can help reduce the chances of being hurt by a downturn that primarily affects just one asset class. Inter-

national investments can add to that diversification, because foreign stocks may not always move in the same direction as U.S. stocks.

- **Growth potential** — The U.S. equity markets may well be the best-known in the world — but that doesn't mean they are the *best-performing*. In fact, the financial markets in other regions can frequently do better than ours. Of course, it's impossible to predict which specific area — Europe, Asia, South America, etc. — will be leading the way in any given year, but if you've got some international holdings in your portfolio, you can be prepared to take advantage of the foreign markets that happen to be doing well.

### Some Words of Caution

While you may be able to benefit from adding international equities to your portfolio, you need to be aware that these stocks also carry some unique risks. Here are a few to consider:

- **Political risk** — In the United States, political decisions can have some effect on the stock market. But in some foreign countries, the very *stability* of the government may occasionally be jeopardized — and that can certainly threaten the fortunes

of your investments.

- **Currency risk** — If you're going to profit from your foreign stocks, you need them to increase in value — but you also need a favorable currency exchange rate. For example, if you invest in an Italian stock and it goes up 10 percent, you might think you are doing pretty well. However, if the value of the Euro drops 20 percent against the American dollar, you will lose ground. (Conversely, though, if the dollar weakens against the Euro, you'll come out ahead.)

- **Market risk** — Corporate reporting by U.S. companies is strictly legislated — but this diligence does not always exist in international markets. As a result, some of the information you might get on foreign stocks may not always be as reliable as you'd like. Also, foreign accounting practices may differ from ours, making it somewhat difficult to compare for-

foreign stocks against American ones.

While you need to pay attention to these concerns, you shouldn't let them scare you away from foreign investments. But be prepared to hold your international stocks for the long term — given the added risks involved, foreign equities are *not* good short-term investment possibilities. And don't overload on international stocks — as a general rule, they should make up no more than 15 percent of your portfolio, if that.

Finally, don't go it alone. Just as you'll gain valuable insights into a foreign *country* if you have a guide, you'll learn more about the pitfalls and possibilities of foreign investments when you let an experienced financial professional show you the way.

- 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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## Regardless of age, strength training is for everyone

Sports fans marvel at the grace and strength of Olympic athletes as they fly down the slopes on skis or snowboards. World-class athletes like these hone their native gifts with countless hours of practice—daily regimens of training to enhance stamina and strength, to move with speed and control, and to avoid injuries. But you don't have to be



Laura Bennetts

an athlete to enjoy better balance, posture, and strength. An exercise professional like a physical therapist—with advanced education in exercise physiology—can help you to design your own strength training routine at home.

### Muscles and Bones, Oh My!

Women often need arm strengthening to improve their muscle mass and bone density. At all ages, women have about 30 percent less muscular strength than men due to women's lower levels of testosterone. Women are also likelier to face bone thinning over time, which puts them at heightened risk for fractures. Exercise builds bone strength, especially at the points where muscle tendons attach to bones.

Men also benefit from strength training, which slows the loss of muscle mass as they age. But aging men generally can't lift as much as they did when they were younger. The key to exercising effectively, for men and women alike, is to know your limits—and your options.

### Start Strong

People differ a lot in how much

weight they can handle when they begin their arm exercises. Some people can lift five pounds or more right off the bat, while others should start with much lighter weights. To avoid injury, you need to know your "beginning strength." A physical therapist can help you determine this by evaluating your overall musculoskeletal system to spot your weak muscles and at-risk joints.

### Take Your Time

If you find it hard or painful to lift your hand near your shoulder 10 times, you're not yet ready to lift weights. If you have shoulder pain, your therapist will treat your shoulder manually to resolve the pain and restore joint mobility. As you recover, the therapist will mix in exercise with your treatments. But there's no rush. You want to be truly ready before you begin lifting weights and working out with resistance bands.

The key to exercising safely is to use good posture and to move deliberately. Patience is also key, since it can take four to six weeks to see your strength improve noticeably. This is how long it can take for your body to convert new proteins to new and strengthened muscles.

### Active Exercise

Exercising while seated and or standing, but without weights or resistance bands, is a great way to begin an exercise program that uses all your muscles. Active exercise means that you move actively through each joint's range of movement. Here's a way to begin while sitting:

1. Sit up straight and position your head over your spine.
2. Sit tall, pull your shoulders back and take a deep breath.
3. Put your feet on the floor under your knees.
4. Inhale and exhale deeply as you do each of the following exer-

cises three times. Move slowly and never strain:

- Lower your chin to your chest, and then look up towards ceiling.
- Move your right ear toward your right shoulder, and then repeat, but on the other side (with your left ear and your left shoulder).
- Pull your shoulders back and lift your arms in front of you; then wiggle your fingers while move your arms to your sides, and then lower your arms again.
- Keep your shoulders back and raise your right hand as close as you can to your right shoulder; then repeat this with your left arm and left shoulder.
- With your elbows bent at your side, raise your arms like wings up and down.

This program can be done in five minutes with ease, once a day. Over the days and weeks, these exercises will become easy; your arms will feel lighter as you increase your strength. Then you can expand the program by holding a light object (say, a soup can) so that you ask your muscles to do more over time.

### Resistive Exercise

Once you start using weights, you've begun a "resistive" exercise program. There are three kinds of resistance you might want to explore:

1. Pool exercise. Moving against water resistance improves your trunk and limb strength. But be careful, because water resists movement quite strongly. Begin with a few repetitions of key arm and leg movements (say, five-to-eight each) and move slowly. If you take a water class, be sure to let the teacher know that you're a beginner and that you want to build up slowly to protect your joints.
2. Hand weights and weight machines. Remember that you're adding weight to achieve step-by-step

strength gains, not to test your current maximum lifting ability. Start with a small weight, correct your posture, move slowly and do just five-to-eight repetitions of each arm exercise the first week. Weight machines often begin with a minimum of ten pounds, so it's best to exercise with hand weights first. If you have any difficulty or joint problems, seek the advice of a physical therapist.

3. Elastic resistance bands. These bands are color-coded to indicate how much resistance they offer. When you tie one to a firmly anchored object and pull it towards you, you will find that the resistance increases as the band gets closer. This is opposite of the hand weight, which feels lighter as it gets closer to your body.

Using both hand weights and resistance bands for strengthening provides two different and complementary challenges for your muscles. But be very careful, especially with resistance bands, because you can easily strain yourself by using too much resistance or doing too many repetitions or exercising with poor posture. And if these exercises are new to you, or if you have joint problems, working with a physical therapist will help you ensure your safety.


### Exercise is Wise

Strength training is for everyone. No matter what your age and stage, you can improve your strength, balance, and mobility. All you need is a few minutes, in the comfort of your own home. Start soon!

- Laura Bennetts, MS PT, is a physical therapist with 27 years experience. She co-owns Laurence Therapy Services LLC (2200 Harvard Road, Suite 101, Laurence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).

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# Medicinal benefits of the elderberry

*Sambucus nigra* (Elderberry) has been used for centuries as a medicinal plant. The Elderberry also is a common ingredient in many foods. The flowers of *Sambucus nigra* are used to produce elderflower cordial. The elderberry syrup is used for many different purposes in Europe. The syrup is added to pancake mixes instead of blueberries and the syrup is also diluted with water to make a beverage. Wines, soda pop, cor-



Dr. Farhang Khosh

dials, sweet desserts, and marmalade have also been made from these delicious berries. These berries have been grown for their ornamental purposes and used in flowers, fruits and other foliage. However, one has to be careful do to the leaves, twigs, branches, seeds and roots of this plant are toxic and can cause a build up of cyanide in the body.

Historically in folklore, the Elderberry was used to ward off evil influences and give protection from witches. If an elder tree was cut down, a spirit known as the Elder Mother would be released and take her revenge on the person cutting down the tree. Elderberry gained popularity in the movie *Harry Potter*. Harry Potter's wand was made of sambucus and known as the "Elder Wand."

Medicinal uses of this berry are widespread. Hippocrates referred to this plant as the "medicine chest" and research has proven this to be true. Classical Greek healers considered the elderberry as one of the best healing plants on this earth. Elderberries were listed in the CRC Handbook of Medicinal Herbs as early as 1985, and listed in the 2000 Mosby's Nursing Drug reference for colds, flu, yeast infections, nasal and chest congestion, and hay fever. One of the major benefits of elderberry includes its immune-boosting properties. Its immune-boosting properties provide relief in common conditions such as colds, flu, coughs, nasal and chest congestion and tonsillitis. Elderberry juice was used to treat a flu epidemic in Panama in 1995. It is currently being used for a

host of variable conditions, including cancer, AIDS, asthma, diabetes, and cardiovascular disease. Elderberry juice has been used to improve vision, especially night vision.

Other uses of elderberry include it being used as a mild laxative, diuretic, and for weight loss. The Journal of Complementary and Alternative Medicine states that in a placebo-controlled, double-blind study, elderberry was shown to be effective for treating Influenza B and those using the elderberry extract recovered much faster from the flu than those receiving the placebo. Another study published in 2004 by Erling Thom of the University Oslo in Norway found that patients who were given elderberry extract (93 percent) completely recovered from the flu in two days. Those taking the placebo recovered in six days.

So the next time the flu season is upon us we should have our bottle of elderberry extract ready.

- 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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# Roth conversion can be a good move, but consider these caveats

2010 is the year of the Roth IRA conversion. But is a Roth right for you?

A change in federal law has eliminated income limits for eligibility to convert traditional tax-deferred retirement savings to Roths. As a result, mutual funds and financial advisers are marketing conversions this year with gusto.



Mark Miller

Unlike a tax-deferred retirement account, you contribute post-tax dollars to a Roth IRA-but your Roth grows tax-free thereafter. With a traditional IRA, you'll pay taxes upon withdrawal on both the original investment and any growth. So for many investors, long-term returns from the tax-free Roth will be substantially higher than with a traditional IRA.

Another major Roth benefit is flexibility. You must take an annual distribution from your traditional IRAs once you turn 70-1/2, but these aren't required with a Roth. If you don't need the funds to meet living expenses, you can let the invested funds keep growing. This feature also makes Roths a good vehicle for estate purposes, as you can bequeath holdings to heirs as tax-free income.

But Roth conversions do present some tricky issues. Here's the big one: Assets converted from tax-deferred to Roth accounts are taxed

as ordinary income. You have three ways to pay the tax bill: use separate taxable account, pay it from your traditional IRA or make a withdrawal from your new Roth IRA.

Using assets in a separate taxable account to pay the taxes due on the conversion amount allows you to maintain the largest amount in your tax-deferred accounts—namely, in your traditional IRA or Roth.

If you pay the taxes due by withdrawing additional assets from your traditional IRA, you will reduce the amount still held in your traditional IRA even further-but you'll be able to maintain whatever balance you have in taxable accounts for other purposes.

If you withdraw assets to pay the conversion taxes from the Roth IRA you just created, you'll protect more of the assets remaining in your traditional IRA and the assets in your taxable account. Using the Roth-converted funds doesn't generate additional tax-but the amount you withdraw would be subject to a 10 percent early withdrawal penalty if you're under age 59-1/2.

If you convert in 2010, your friends at the federal government have created a convenient option on tax payments. You can include the taxable portion of the conversion on your 2010 income tax return, or you can push the taxable amount out—in equal shares—to 2011 and 2012, respectively. If you take that option, you'd pay taxes on the conversion on your tax returns for 2011 and 2012.

Keep in mind that your tax rate may be approximately 10 percent higher when those bills come due, since the Bush-era tax cuts are set to expire

at the end of this year. The Obama Administration has pledged to increase tax rates for individuals earning more than \$200,000, and married couples earning \$250,000 or more, while keeping the current rates in place for people below those thresholds—at least for the time being. But the tax outlook is uncertain.

Should you do a Roth conversion now? That depends on whether you think tax rates are going to rise generally—and your personal tax outlook. "Even if you're in a 25 percent income tax bracket and it goes to 28 percent, it still doesn't make sense to convert now if you're about to retire and don't expect much taxable income at all afterwards," says Christine Fahlund, a senior financial planner at T. Rowe Price. In that situation, waiting until after retirement to convert will generate a smaller tax liability.

The best conversion candidates are investors who can fund the tax liability from their taxable assets, don't expect a significant drop in their effective tax rate in retirement and are converting at younger ages, according to an analysis by Bernstein Global Wealth Management. You'll also get the best kick from a Roth if you don't expect to draw heavily

from your IRA in retirement and aim to transfer your IRA at death to your beneficiaries.

A final point: The basics of Roth conversion aren't complicated but they can present some complex choices and tax implications. If you're going to convert, it's best to get some expert advice-based on your personal situation—from an accountant or financial adviser.

Resources: I've posted links to articles and resources on the pros and cons of Roth conversion with the on-line version of this column at <http://retirementrevised.com/roth>.

(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](http://www.retirementrevised.com); contact him with questions and comments at [mark@retirementrevised.com](mailto:mark@retirementrevised.com))

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### WORDS OF WISDOM

"As governments, we stumble from crisis to crash program, lurching into the future without plan, without hope, without vision." - Alvin Toffler, *The Third Wave*



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<ul style="list-style-type: none"> <li>Private Duty Care Services</li> <li>Nursing Home Care</li> <li>Hospital Care</li> <li>In-home Care</li> <li>Adult Care/Youth Care</li> <li>Hospice Companionship</li> <li>Assisted Living</li> <li>Medical Setup/RN</li> </ul>	<ul style="list-style-type: none"> <li>Doctor Appointments/Therapy</li> <li>Respite Diabetic Care</li> <li>Diabetic Blood Pressure</li> <li>Housekeeping/Organization</li> <li>Meal Preparation</li> <li>Recreational Activities/Crafts</li> <li>Errands</li> <li>Shopping/Laundry</li> </ul>

**Call 785-832-8260 for more information**  
Equal Opportunity Employer. Now accepting applications.



## MEDICALODGES, INC. Eudora



Medicalodges, Inc. is a 100% employee-owned and operated company with a 45-year history of providing quality care. We value the human dignity of our residents and base the foundation of our company on that principle. We invite you to visit our campus and see for yourself the quality we are proud to present.

**We serve and enhance the lives of others with caring hands**

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- Rehab-to-home therapy services
- 46% of our rehab residents returned home in the first half of 2009!
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**We are very proud of our dedicated staff with over 250 years combined longevity!**

**For more information, please call 785-542-2176 or e-mail [dkfox@medicalodges.com](mailto:dkfox@medicalodges.com) 1415 Maple Street, Eudora, KS 66025**

# Prostatitis is often challenging to diagnose

**DEAR MAYO CLINIC:** What can you tell me about prostatitis? What are the treatment options?

**ANSWER:** A lot of men are familiar with certain prostate-related problems, such as the risk of prostate enlargement and prostate cancer. But prostatitis is a painful syndrome that men seldom hear about.

Prostatitis is a general term for infection or inflammation of the prostate gland, which is located just below the bladder. There are several forms of prostatitis. Although these disorders generally aren't life-threatening, they're less understood than other prostate-related conditions and tend to be somewhat difficult to diagnose and treat.

The risk of prostatitis increases if you've had a recent infection of the bladder or urethra, recently had a catheter inserted through your urethra, or tend to not empty your bladder completely or frequently enough. In a small number of men, vigorous activities such as jogging, bicycling, horseback riding or heavy lifting may promote prostatitis.

Although prostatitis is more often seen in men between 18 and 50, it can affect older men, too. As many as 12 percent of men in the United States see a doctor sometime during their lives due to prostatitis.

Prostatitis can be challenging to diagnose. A digital rectal exam (DRE) helps your doctor to determine if the gland is inflamed or infected. The gland may be massaged after which you may be asked to void in order to collect fluid from the prostate to check for infection or inflammation. Massage—and even an exam—are not recommended if you have a very acute infection.

There are four forms of prostatitis, and the signs and symptoms vary:

- **Acute bacterial prostatitis** - The least common but most evident form of the disease is acute bacterial prostatitis. This is due to infection most often from bacteria normally found in the urinary tract or large intestine. It typically shows up with sudden signs and symptoms. These may include fever, chills, flulike symptoms, lower back and genital-area pain, urinary urgency, frequent urination, blood-tinged urine, painful ejaculation, difficulty urinating due to pain, a burning sensation, or diminished flow of urine. Immediate medical care is important, as serious problems may develop.

- **Chronic bacterial prostatitis** - This, too, is due to bacterial infection, although what causes it is

less certain. It sometimes develops after acute prostatitis, possibly due to bacteria in the urinary tract or from a bloodborne infection. Signs and symptoms are very similar to the acute form, although often less severe and with more gradual onset.

- **Chronic pelvic pain syndrome** (formerly called chronic prostatitis) - The most common type of prostatitis is also the most difficult to diagnose and treat because the cause isn't fully known. The spectrum of signs and symptoms is very similar to the chronic bacterial form except that no bacteria are detectable in urine or prostate fluid, and it's unlikely a fever will develop. Treatment focuses on breaking the cycle of recurrent and persistent signs and symptoms due to inflammation or pelvic floor pain.

- **Asymptomatic inflammatory prostatitis** - There are no symptoms with this type. It may be discovered while looking for the cause of elevated prostate-specific antigen (PSA).

Treatment is geared to the form of prostatitis. Antibiotics are used to treat all forms of symptomatic prostatitis. For the acute bacterial form, a few weeks of antibiotics may be all that's needed, depending on how well you respond.

The duration of antibiotic treatment for the chronic bacterial form usually takes longer—from weeks to months—and may need repeating if the infection returns.

When the prostate gland has been infected, calcium deposits also may occur, which can make it difficult to get effective levels of antibiotics in to the prostate tissue. In some men, a daily antibiotic therapy may be needed for an extended period to control infection and reduce recurrence.

Other medications that may provide symptom relief include:

- Alpha blockers, which can help improve urine flow.
- Nonprescription pain relievers, which may ease discomfort and possibly help break the pain cycle brought on by sensitized nerves.
- Muscle relaxants, which may help relieve pelvic muscle spasm that can accompany the pain.

In addition, a trained therapist can

teach you specific exercises and relaxation techniques to relieve lower pelvic muscle tension. Stress-reduction techniques, such as biofeedback, may help. Applying warm compresses or soaking in warm water also may help. - Lance Mynderse, M.D., Urology, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is

an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge@mayo.edu](mailto:medicaledge@mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).)

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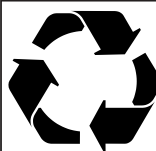
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Please recycle this copy of Kaw Valley Senior Monthly when you are through with it.



16 • April 2010

# SENIOR CALENDAR

KAW VALLEY SENIOR MONTHLY

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

If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at (785) 841-9417.

## ART/ENTERTAINMENT

MAR 5-APR 3  
**CURTAINS**

Boston's Colonial Theatre is host to the opening night performance of Robbin' Hood!, "a new musical of the Old West." But when the curtain falls, the show's star who can't act, can't sing, and can't dance suddenly drops dead! An impromptu funeral ceremony is interrupted by the arrival of a homicide Lieutenant, who locks the entire cast in the theatre until he can find the murderer.

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

APR 9-18

### THE COUNTRY OF THE BLIND

Eduardo, a poor farmer in a South American village, dreams of being in love. Frustrated by his poverty and disability of being blind in one eye, he turns his back on his own world and risks his life to find a mythical village high in the Andes Mountains where everyone is blind and the streets are paved in gold. Call for ticket prices and dates.

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

APR 9-19

### STARMITES

Starmites, a Tony nominated best musical, is about Eleanor, a girl who dreams her way into a comic book adventure in Innerspace to save the galaxy. Helen Hocker Performing Arts Theatre. TOPEKA, (785) 368-0191

<http://www.topeka.org/parksrec/hocker.shtml>

APR 13

### PRESIDIO BRASS

Bill Owens, trumpet; Sean Reusch, trombone; Mike McCoy, horn; Ray Nowak, trumpet; and Scott Sutherland, tuba, play a program that includes works by Aaron Copeland and Dave Brubeck, Leonard Bernstein and W.C.

Handy, Samuel Barber and Percy Grainger. Classically trained, the San Diego-based quintet has become a dynamic force in American brass chamber music. White Concert Hall - Washburn University. TOPEKA, (785) 357-8702

APR 15-25

### BLITHE SPIRIT

This classic comedy by Noel Coward offers us a cantankerous novelist haunted by the ghost of his first wife, a visiting "happy medium," and a current wife who is accidentally killed and joins the first to haunt the hapless author into perpetuity. Lawrence Community Theatre. LAWRENCE, (785) 843-7469

<http://www.theatrelawrence.com>

APR 23-MAY 2

### RENT

Jonathan Larson's rock musical was inspired by Giacomo Puccini's "La Boheme." "Rent" not only earned 10 Tony Award nominations, winning four, including Best Musical, but also won the 1996 Pulitzer Prize for Drama. Washburn's Andrew J. and Georgia Neese Gray Theatre. TOPEKA, (785) 368-0191

<http://www.topeka.org/parksrec/hocker.shtml>

APR 23-MAY 8

### TAMING OF THE SHREW

William Shakespeare's irascible comedy about the war between the sexes. Set in the city of Padua, a rich merchant named Baptista is entertaining suitors for his daughter Bianca's hand in marriage. Unfortunately for Bianca, her father refuses to let her marry until a suitable match is made for her elder sister, Kate. Can any man tame the most exasperating woman in the entire city?

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

APR 27

### FDR STARRING ED ASNER

This one-man show takes us through FDR's White House years including the Depression, the steps leading up to WWII and the war years. Ed Asner shows us why this president was known as "that man in the White House," scorned by many and admired by most. Ed Asner is magnificent as FDR and delivers a fearless performance of this dynamic and powerful world leader. Topeka Performing Arts Center. TOPEKA, (785) 234-2787

<http://www.tpactix.org>

■ CONTINUED ON PAGE 17



### Not typically what one thinks of when looking for a "dementia care facility"



Catering to the needs of family members who can no longer be cared for at home or live alone because of some type of dementia, Harbor House associates are specifically trained and skilled in the ever changing world of the individual of those with memory impairments and behavior challenges. Both of which are mainstream and "the norm" at Harbor House.

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We invite you to be our guest and would welcome a visit from You. We would love to show you our home.

**Call Kitty Shea 785-760-5508**

1126 Hilltop Drive, Lawrence, KS  
(1/2 block south of Hillcrest Elementary School)

**DEALING WITH ALZHEIMER'S**

**We're Bettin' on a Cure**

**Texas Hold'em Benefit Tournament!**

Saturday, April 17, 2010  
6:00 p.m.

Lawrence Country Club, 400 Country Club Terrace

\$75 per player and \$25 per guest  
(suggested donation)

For online registration and sponsorship opportunities log on to [www.alz.org/kansascity](http://www.alz.org/kansascity) or contact  
Trisha McCaskey at 785.821.3888 or [trisha.mccaskey@alz.org](mailto:trisha.mccaskey@alz.org)

**alzheimer's association**





■ CONTINUED FROM PAGE 16

**MA Y 1  
SENIOR CLASS**

A great offshoot from TCTA'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>

**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, EUDORA, 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  
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.

**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 1  
STRENGTHENING YOUR SPIRITUAL WELL-  
BEING**  
A Skillbuilders program presented by Paul  
Reed, VNA Hospice Chaplain. Skillbuilders  
offers education and support for widows, wid-  
owers, and caregivers. Lawrence Public Library  
Gallery Room, 10:00-11:45 a.m. For more infor-  
mation, call Sarah Randolph at VNA Hospice.  
LAWRENCE, (785) 843-3738

**APR 6  
PREDIABETES CLASS**  
This free class is for those at risk for develop-  
ing diabetes or have already been told that  
they have prediabetes. Topics include prevent-  
ing or delaying Type 2 diabetes, diet, exercise,  
weight loss, medications and avoiding poten-  
tial complications. Lawrence Memorial Hospi-  
tal, Meeting Room E, 12:00-1:30 p.m.  
LAWRENCE, (785) 749-5800

**APR 8  
MANAGING YOUR MONEY**  
A Skillbuilders program presented by Steve  
Hamilton, VSR Financial. Skillbuilders offers  
education and support for widows, widowers,  
and caregivers. Lawrence Public Library Gal-  
lery Room, 10:00-11:45 a.m. For more infor-  
mation, call Sarah Randolph at VNA Hospice.  
LAWRENCE, (785) 843-3738

**APR 11  
ANGELIC ENCOUNTERS**  
Topeka author Esther Luttrell will discuss  
angelic encounters at the Topeka-Shawnee  
County Public Library, 2:00 p.m.  
TOPEKA

**APR 12  
UNDERSTANDING HEART FAILURE**  
Roger Dreiling, MD, Cardiologist from Car-  
diovascular Specialists of Lawrence, will pre-  
sent this informative program about heart  
failure, also known as congestive heart failure.  
Heart failure occurs when the heart can no  
longer pump adequate blood to the rest of  
the body. Dr. Dreiling will discuss this con-  
dition, its diagnosis, and the recommended  
treatment strategies which may allow patients  
to live a productive life. This program is  
free but advance registration is requested,  
please. Lawrence Memorial Hospital audi-  
torium, 6:30-7:30 p.m.  
LAWRENCE, (785) 749-5800

**APR 15  
CAR CARE**  
A Skillbuilders program presented by Richard  
Haig, Westside 66 Auto. Skillbuilders offers  
education and support for widows, widowers,  
and caregivers. Lawrence Public Library Gal-  
lery Room, 10:00-11:45 a.m. For more infor-  
mation, call Sarah Randolph at VNA Hospice.  
LAWRENCE, (785) 843-3738

**APR 15 & 16  
AARP DRIVING SAFETY**  
This refresher course will cover basic driving  
techniques, tips for adjusting to physical  
changes plus in hearing and vision and updates  
on new federal and state driving laws. A fee  
of \$12 for AARP members or \$14 for non-  
members will cover the instruction and work-  
book. Due to space limitations, registration is  
required. If you are unable to attend this ses-  
sion, classes will be held at later dates as well  
as at other locations. To register for this class,  
contact Pattie at the library.  
LAWRENCE, (785) 843-3833 extension 115.

**APR 22  
PERSONAL SAFETY AND HOME SECURITY**  
A Skillbuilders program presented by Sgt.  
Gary Squires, Douglas County Sheriff's Office.  
Skillbuilders offers education and support for  
widows, widowers, and caregivers. Lawrence  
Public Library Gallery Room, 10:00-11:45 a.m.  
For more information, call Sarah Randolph at  
VNA Hospice.  
LAWRENCE, (785) 843-3738

**APR 29  
TALK WITH YOUR DOC LIKE A PRO**  
A Skillbuilders program presented by Lisa  
Mitchell, RN. Skillbuilders offers education  
and support for widows, widowers, and care-  
givers. Lawrence Public Library Gallery Room,  
10:00-11:45 a.m. For more information, call  
Sarah Randolph at VNA Hospice.  
LAWRENCE, (785) 843-3738

**MAY 6  
PUT IT ON PAPER: REFLECTIVE  
JOURNALING**  
A Skillbuilders program presented by Sarah  
Rooney, VNA Hospice Volunteer Coordinator.  
Skillbuilders offers education and support for  
widows, widowers, and caregivers. Lawrence  
Public Library Gallery Room, 10:00-11:45 a.m.  
For more information, call Sarah Randolph at  
VNA Hospice.  
LAWRENCE, (785) 843-3738

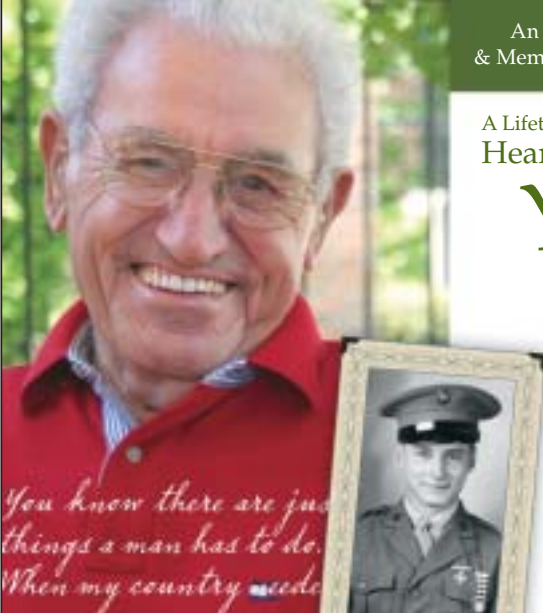
**MAY 13  
HEALTHY EATING FOR ONE**  
A Skillbuilders program presented by Susan  
Krumm, Douglas County Extension Office.  
Skillbuilders offers education and support for  
widows, widowers, and caregivers. Lawrence  
Public Library Gallery Room, 10:00-11:45 a.m.  
For more information, call Sarah Randolph at  
VNA Hospice.  
LAWRENCE, (785) 843-3738

**EXHIBITS/SHOWS**

**APR 1-30  
A CASE ABOUT DIVERSITY: THE  
AFFIRMATIVE ACTION LAWSUITS AT THE  
UNIVERSITY OF MICHIGAN**  
A traveling exhibit about two 2003 US  
Supreme Court decisions regarding race and  
admission policies. In 2003 the Supreme  
Court ruled on two admissions cases at the  
University of Michigan. Grutter v. Bollinger  
et al. concerned a woman who claimed she

■ CONTINUED ON PAGE 18

An Assisted Living  
& Memory Care Residence



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Lawrence, KS 66049

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Supporting Independence.*

■ CONTINUED FROM PAGE 17

was denied admission to the U-M Law school because she was white; the plaintiffs in Gratz et al v. Bollinger et al made similar charge against the University's College of Literature, Science, and the Arts. 1515 SE Monroe. TOPEKA, (785) 235-3939

**APR 24  
2ND ANNUAL AUTO SHOW**

Hosted by the Homestead of Auburn Assisted Living community from 11:00 a.m. to 2:00 p.m. In addition to cars, trucks and other vehicles, there will be a quilt sale, jewelry sale, and bake sale inside. Registration begins at 10:00 a.m. and ends at noon. Cash prizes and door prizes will be awarded throughout the show. Entry fee includes lunch for two, entry into a 50/50 pot and entry into the Poker Walk. 280 East Valley Springs Drive. For more information, call Kate or Dean. AUBURN, (785) 256-7100

**FARMERS' MARKET**

**APR 17-NOV 20  
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 from April until November. TOPEKA, (785) 234-9336  
<http://www.topekafarmersmarket.com>

**APR 10-NOV 20  
SATURDAY DOWNTOWN LAWRENCE FARMERS' MARKET**

The Saturday Downtown Lawrence Farmers' Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets. 7:00-11:00 a.m. LAWRENCE, (785) 331-4445  
<http://lawrencefarmersmarket.com>

**FAIRS/FESTIVALS**

**APR 10-26  
TULIP TIME FESTIVAL**  
Tulip Time Festival will feature nearly 100,000 tulips and daffodils at Lake Shawnee Ted Ensley 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). TOPEKA, (785) 234-1030

**APR 17 & 18  
TULIP FESTIVAL**  
Every spring the Wamego City Park, as well as other green areas and many home gardens throughout town, come alive with the vibrant colors of thousands of tulips. Many of the bulbs for these bright, early spring flowers came from Holland and are the backdrop for the festival. More than 150 craft vendors! Jewelry, purses, woodworking, floral, framed art, pottery, candles, soap, clothing, puzzles, stained glass, baskets, hand woven rugs, copper art, salsa, dips, yard art, and more. WAMEGO, (785) 456-7849  
<http://www.visitwamego.com>

**MAY 1 & 2  
KANSAS SAMPLER FESTIVAL**  
Sample what there is to see, do, hear, taste, buy and learn in Kansas all in the first city in Kansas. LEAVENWORTH, (913) 417-5757  
<http://www.kansassamplerfestival.com>

**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  
JAZZERCISE 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  
FREE BLOOD PRESSURE CLINIC**  
Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9:00 a.m.-1:00 p.m. and 3:00-6:00 p.m. No appointment necessary. LAWRENCE, (785) 856-6030

**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 7  
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. \$6/test. Lawrence Memorial Hospital, HealthSource Room, 3:00-4:30 p.m. LAWRENCE, (785) 749-5800

**APR 8  
BONE DENSITY SCREENING**  
Advance appointment required. Appointment

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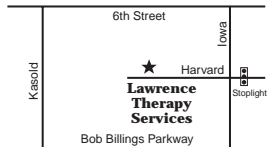
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■ CONTINUED FROM PAGE 18

takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Note: this is NOT the same as a DEXA scan which is ordered by a physician and scans the hips and the spine. That is done through Radiology. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**APR 10  
BONE DENSITY SCREENING**

See April 8 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**APR 17  
CHOLESTEROL SCREENINGS**

See April 7 description. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

**APR 26  
BONE DENSITY SCREENING**

See April 8 description. Lawrence Memorial Hospital, HealthSource Room, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

**APR 30  
BONE DENSITY SCREENING**

See April 8 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**HERITAGE/HISTORY**

**APR 24  
RAILROAD DAY**

Railroad Day celebrates Osawatomie's and Kansas's rich railroad history. Osawatomie was 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 Osawatomie History Museum/Railroad Depot. Railroad

Day also features Railroad technical exhibits and many other railroad related activities. OSAWATOMIE, (913) 755-4384

**MEETINGS**

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

Facilitated by Heartland Hospice and open to any who have lost loved ones. Call Terry Frizzell or just show up. Meets at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6:30 p.m.

TOPEKA, (785) 271-6500

**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. 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 THE MONTH  
SCRAPBOOK MEMORIES**

Heart of America Hospice, 3715 SW 29th St., Suite 100, 6:00 p.m. All supplies provided (except photos).  
TOPEKA, (785) 228-0400

**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.

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

Aldersgate Village, Manchester Lodge, 7220 Asbury Lane, 2:00 p.m. Sponsored by Heart of America Hospice.  
TOPEKA, (785) 228-0400

**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. Pozze 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.

**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

**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  
TRANSITIONS SUPPORT GROUP**

Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location. 3:00 p.m.

■ CONTINUED ON PAGE 20

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**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.  
LAWRENCE, (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 TUESDAY OF EACH MONTH  
GRIEF SUPPORT GROUP**  
Pioneer Ridge Assist Living, 4851 Harvard Rd., 10:30 a.m. Sponsored by Heart of America Hospice.  
LAWRENCE, (785) 841-5300

**SECOND TUESDAY OF EACH MONTH  
SCRAPBOOK MEMORIES**  
Heart of America Hospice, 1420 Wakarusa, 6:00 p.m. All supplies provided (except photos).  
LAWRENCE, (785) 841-5300

**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 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](http://www.happytimesquares.com)

**THIRD TUESDAY OF EACH MONTH  
SCRAPBOOK MEMORIES**  
Heart of America Hospice, 3715 SW 29th St., Suite 100, 6:00 p.m. All supplies provided (except photos).  
TOPEKA, (785) 228-0400

**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 TUESDAY OF EACH MONTH  
STROKE SUPPORT GROUP**  
For those recovering from a stroke, and/or their family and friends. Meets at 4:00-5:30 p.m. For more information call LMH Kreider Rehab Center.  
LAWRENCE, (785) 505-2712

**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  
LUNCH AFTER LOSS**  
11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. A social support group to re-engage life after the death of a loved one. 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 THURSDAY OF EACH MONTH  
CAREGIVER SUPPORT GROUP**  
Baldwin Healthcare Center, 1223 Orchard Lane, 1:00-2:00 p.m.  
BALDWIN CITY, (785) 594-6492

**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 MONDAY OF EACH MONTH  
GRIEF SUPPORT GROUP**  
Presbyterian Manor, 1429 Kasold., 4:00 p.m. Sponsored by Heart of America Hospice.  
LAWRENCE, (785) 841-5300

**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 EACH 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 EACH 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 THURSDAY OF EACH MONTH  
CHRISTIAN WIDOW/WIDOWERS  
ORGANIZATION**  
We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards. 5:30 p.m. at 17th and Stone. For additional information, e-mail

pdpatterson@juno.com.  
TOPEKA

**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

**FOURTH FRIDAY OF EACH MONTH  
AARP CHAPTER 1696**  
AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. New and interested members welcome. Please call Noreen for reservations.  
LAWRENCE, (785) 842-6765

**MISCELLANEOUS**

**FIRST WEDNESDAY OF EACH MONTH  
WINE TASTING**  
Come taste four different wines for only \$10. Please call for reservations. April 1-December 1. 4005 SW Gage, 4:30-6:00 p.m.  
TOPEKA, (785) 271-8646

**APR 17  
CABIN FEVER CHALLENGE**  
Come enjoy a bicycle ride in the Flint Hills with different mileage routes for all skill levels and ages to choose from. Great routes, food and people, this ride is just the ticket to kick off your spring bicycle riding. Description: Three routes available: 16, 37 and 54. WAMEGO, (785) 456-9776  
<http://www.wam-sag-man.org/cabinfeverchallenge.php>

**APR 24  
COMBAT AIR MUSEUM ANNUAL  
CELEBRITY PANCAKE FEED**  
Local and state celebrities will join us and flip pancakes. Also a silent auction will take place with this event. Cost: \$5 Event time: 7:00 a.m. to noon. Forbes Field Hanger #602.  
TOPEKA, (785) 862-3303

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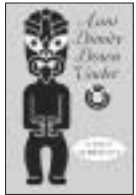
# From New Amsterdam to New Zealand

By Margaret Baker

**Nancy Atherton: *Aunt Dimity Down Under*** (Viking, hc, ISBN 978-0-670-02144-4)

15th in the Lori Shepherd/Aunt Dimity series.

Lori Shepherd's mum and Dimity were bosom buddies in England, and "Aunt" Dimity's stories about a magical pink flannel rabbit named Reginald sustained Lori throughout childhood. In the first of the series, Lori goes from rags to riches and learns about Aunt Dimity. She lives in Finch



with husband Bill and their ram-bunctious twins.

Finch (England) has many inhabitants the reader will recognize, the glue that makes a series whether in book or television a winner. Among these are the town's only other identical twins, the elderly Ruth and Louise Pym. They live together in a cottage and finish each other's sentences.

They're a bit over the century mark when they begin failing, and ask Lori to come. They ask her, since she's solved so many mysteries, to find their brother, Aubrey, and deliver a letter from them.

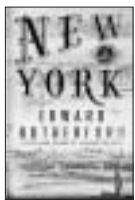
Aubrey was disowned, and for good reason. He was a rascal and a cheat. The family cut off all communications with him decades ago.

The search takes Lori to New Zealand. Aubrey, not surprisingly, has died. Lori then traces his son, who is near death from alcoholism. His wife had left him and their child years before. So Lori, ever true to her word, tries to find the child, Bree, now almost a woman.

The search takes Lori through much of New Zealand's two islands (including the setting for the *Lord of the Rings*) and the reader tags along for the ride, learning about the Kiwis and the Maoris.

**Edward Rutherford: *New York*** (Audio book by Random House Audio Books, read by Mark Bramhall on 8 cds, ISBN 978-0-7393-8287-5)

This is the history of New York City. If James Michener has written it, the opening scene would be stegosaurus (stegosaurus?) gazing up at a passing aster-



oid en route to creating the Yucatan Peninsula. And it would be several hundred pages longer!

Rutherford starts with the Dutch colony of New Amsterdam, and then follows family lines as they intersect and separate down through the years.

Covered are the British takeover, the French and Indian Wars, the surprising extent of slavery in this very Northern city, the Revolutionary War (one battle of which took place in what is now Brooklyn), the Draft/Race riots during the Civil War, the financial depression of 1907, both world wars, the Great Depression, the Twin Tower disaster, and the present economic recession.

**M. C. Beaton: *Death of a Valentine*** (Random House Audio, read by Graeme Malcolm on 5 cds, ISBN 978-1-60283-855-0. Also available in regular print by Grand Central)

Ah, to return to the crisp air of the Scottish highlands, the small hamlet of Lochdubh and its policeman, Hamish Macbeth. Hamish has been promoted to Sergeant, and assigned a constable, Josie McSween. Josie volunteered (begged, actually) for the assignment because she thinks she's in love with Hamish (whom she hasn't met).

The case that brings them together is a valentine letter bomb in nearby Brackie.

As Hamish investigates, the victim appears to be quite a manipulator. Many another lass would not cry at her death. Did one arrange such? What about the many lads teased and dumped?

Will Hamish solve the Valentine case? Of course. Will he and Josie end up in the church exchanging vows? I'm not telling—You'll have to read (or listen to) the book to find out.

**G. M. Malliet: *Death and the Lit Chick*** (Midnight Ink, trade paperback, ISBN 978-0-7387-1247-5) Second in the St. Just mystery series

Kimberlee Kalder is one of those literary wonders whose first novel has elevated her to stardom in the field. She's to be the Guest of Honor at an exclusive writer's conference at Dalmorton Castle, outside Edinburgh—a real castle now converted into a convention venue. It still has a bottle dungeon and a moat, and

a drawbridge drawn up each night. Only a select few are housed in the castle; the hoi polio are at a convention hotel. Detective Inspector St.

Just has been volunteered to give a demonstration of police forensics and is billeted in the castle, cheerfully imagining the auditor's comments on the expenses.

With apologies to all female dogs of nice disposition, Kimberlee is a bitch. When the power goes off it is some time before the standby generators come on. Kimberlee's body is found at the bottom of the bottle dungeon. An accidental fall in the dark?

Bright, snappy writing elevates this variant of the English manor mystery to a high level of literacy. Malliet's similes are fresh, vibrant, and spot-on for a satirical look at book conventions and authors. A real delight!

**Kate Emerson: *Between Two Queens*** (Pocket Books, hc, ISBN 978-1-4165-8327-1)

Author Emerson's historical series are set in the reign of Henry VIII, most remembered for his six wives and development of the Church of England. Her research is extensive, and she slides it into the plot gently—the reader feels like s/he's got a look at the Tudor period without having been forced a lot of details.

She also bases her plots around people who actually existed in the royal entourage. Anne "Nan" Bassett was 16 when she was accepted as a Maid in Waiting, not just to Jane Seymour, but remaining through Anne of Cleaves and Catherine Howard. She wasn't dismissed as most of the maids in waiting were when Howard's head rolled (literally), and Emerson uses that fact and the existing letters to give a possible reason why. Nan is hopeful—she has little dowry but is exceedingly beautiful. She should make a brilliant marriage, possibly even as Queen. (Anne Boleyn and Catherine Howard were Maids in Waiting.) And Henry VIII has always arranged significant marriages for his mistresses after he tires of them.

**Mary Jane Maffini: *The Devil's in***

**the Details** (pb, RendeVous Crime, ISBN 978-1-894017-12)

Camilla MacPhee, victim rights advocate, is planning a quiet weekend to get over an unsettling loss in the courtroom. Her snotty sisters demand she attend a family powwow and her assistant Alvin Ferguson and neighbor ancient but still sprightly Violet Parnell want her to come along on a hot air balloon ride during the annual balloon festival. Camilla does not willing get on a big safe commercial airplane.

Then the police come by, sorrowfully explaining that Laura Brown has died. And she is listed on all Laura's papers as "next of kin." She'd been a classmate of Camilla's in college and they had smiled at each other when they occasionally bumped into each other at restaurants, etc., but she wasn't a best friend.

Camilla now has access to Laura's apartment, which has no evidence of anyone else. Pristine and exceedingly well organized. No clues as to Laura's family, if any.

A truly exciting plot, probable but not overwritten. Maffini is a genius with characterizations and snappy dialogue. This is from a Canadian publisher, but will be well worth the trouble to locate it. The print font is easy on the eyes. Altogether, a delight to read.

**Luanne Rice: *The Deep Blue Sea for Beginners*** (Random House Audio Books, read by Blair Brown on 5 cds, ISBN 978-00-7393-4366-1)

Lyra Davis lives a quiet life among fellow expatriates on the Isle of Capri, having abandoned her previous life in the world of wealth and position. She left behind her daughter s Pell and Lucy in the belief that their beloved father would do a better job raising them.

Pell has come to visit her mother; she's about to have her senior year and go on to college. She wants to make sure that Lucy is secure (psychologically; financially is all set) now that their father has died.

In the beauty of Capri Pell finds her mother's quiet strengths and artistic creations soul-soothing. She begins to understand herself as well as her mother.

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



# One Man's Trash

If people in Letongaloosa were asked to identify Regis Bogg's occupation and were given these choices:

- A. secret agent
- B. trash picker
- C. entrepreneur
- D. all of the above

They would choose B, trash picker.



Larry Day

Everyone in Letongaloosa knows that Regis is a trash picker. He's also the town bum.

The Boggs brothers, Romulus and Regis, grew up in the home of their maiden aunt Sylvia. From the time the boys were small, folks in Letongaloosa knew that Romulus would succeed handsomely, and that Regis would end up on the dole.

Romulus was a math whiz who had excellent social skills—a great combination for success. Regis was an introverted, dreamy kid who spent his time walking up and down alleys behind downtown stores looking into dumpsters and trash cans.

Aunt Sylvia died the summer the boys graduated from high school. Her house was sold and the brothers shared the proceeds. Romulus, with scholarships in hand, went off to an Ivy League university. Regis dropped out of sight.

A dozen years later Romulus was a successful Wall Street financier and Regis was back in town looking like a hobo, eating at soup kitchens, sleeping in homeless shelters, and dumpster diving. Nobody in town cared

where Regis had been. He had fulfilled their expectations.

The story of how Regis became first a CIA "asset," then a full-fledged clandestine operative, would take too long to tell here. The short version is that Regis took his small inheritance and went abroad. Where Romulus had a talent for making money quickly, Regis had a talent for learning languages quickly. He also had a talent for showing up overseas in places where the CIA urgently needed a cunning polyglot. At first they hired Regis to do small jobs, then they took him on full time and trained him. Finally, the CIA came to depend on Regis as one of its top clandestine operatives. After a number of close calls Regis decided to quit being a spy and go into business for himself. He returned to Letongaloosa.

Nowadays Regis Boggs appears to be a scruffy loser who eats at local soup kitchens, sleeps at homeless shelters, and goes dumpster diving around town. In reality he is the founder and CEO of a multimillion dollar international business. Regis's company manufactures and sells the electronic bugs that municipal governments use to monitor their "pay as you throw" trash removal programs.

Cities install digital spy chips on residential trash containers. The chips measure household trash output. Trash abusers have to pay more for municipal trash removal than citizens who recycle, and toss less trash. There are some two million spy chips installed on trash bins in Great Britain alone.

When he is in town living as a homeless person, Regis does spy chip research using local trash cans and dumpsters. He goes overseas for weeks at a time taking orders from cities for trash bin spy chips. People

think he's just away on a hobo jaunt. When Regis travels he looks very different from the way he looks in Letongaloosa. He shaves and gets a hair cut. He dresses in Seville Row suits, wears handmade Italian shoes, and flies first class.

While Regis prospered, life was dealing harshly with Romulus. His firm acquired a passel of bond derivatives that became worthless, and a ton of mortgages that became toxic when the economy melted down. Romulus lost his job, his swank Manhattan apartment, his Ferrari. All his investments evaporated.

The brothers got back together by happenstance. Regis went to dinner at a New York restaurant where Romulus had just been hired on as

a waiter. Regis then hired Romulus to sell a newly-developed line of dumpster spy chips.

Nowadays when Romulus comes to Letongaloosa on business he searches out Regis, cleans him up, and takes him to dinner at a nice restaurant. People smile and nod and pat Romulus on the back. When he leaves town Regis goes back to dumpster diving and people shake their heads.

They don't know that the answer to the multiple choice question is D, "all of the above."

- 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.



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# Customer cancels room, but receives no refund

After a death in the family, Art Wallace tries to cancel his pre-paid reservation at a Days Inn. No can do, he's told. The rate is totally nonrefundable. Appeals to Days Inn are useless. Is Wallace going to lose the money?

**By Christopher Elliott**  
Tribune Media Services

**QUESTION:** I recently made a reservation on the Days Inn Web site for six nights at the Days Inn Barnwell, SC. My American Express card was charged \$415.

Because of a death in my family that required me to travel to Oklahoma to attend the funeral, I called Days Inn and requested that my reservation be canceled. I was informed that online reservations could not be canceled and that my credit card would be charged - the reason for the cancellation request notwithstanding.

I sent an e-mail to the corporate office using the Web site's "Contact Us" feature, requesting a review. My Amex card was charged a few days later, and I received a call from a Days Inn customer service agent shortly after that, who informed me that nothing could be done to re-

verse the charge. Can you help me get a refund? - Art Wallace, Miami Beach, Fla.

**ANSWER:** Days Inn should have given you a refund, or at least allowed you to apply your \$415 credit toward a future stay. But its "take-it-or-leave-it" attitude just doesn't work for me.

Days Inn should have clearly disclosed that the online rate you were quoted was nonrefundable. I'm sure if you went back to the booking screen, you would see the terms. But were they adequately disclosed? If you learned about them for the first time when you called Days Inn to cancel, then the answer is "no."

Even airlines, which have some of the most restrictive and customer-hostile policies in the travel industry, allow you to rebook another flight when you cancel. And air carriers frequently offer full refunds when there's a death in the family. Why is Days Inn being so difficult?

I believe the answer is that Days Inn franchisees don't want to give the money back. And why should they? From the hotel owners' perspective, they offered a lower rate in exchange for a commitment from you to show up on the day of your

reservation. If you don't check in, they get to keep the money. You're essentially stuck between Days Inn corporate and a group of independent owners. Not a very good place to be, if you ask me.

Maybe it's time to clarify some of Days Inn's refund rules. When a room is booked online, can it be canceled—and if so, under what circumstances? Can the hotel issue credit that can be reused later, like an airline?

You might have complained to someone higher up at Days Inn, which is owned by Wyndham Worldwide. But in this case, I think that applying steady pressure by way of the Better Business Bureau and South Carolina's attorney general (who you should have copied on your correspondence) you might have shaken something loose.

Contacting me wasn't a bad idea, either. I got in touch with the corporate Days Inn office and asked it to review your case. The company apologized for the difficulty you had in making a cancellation and agreed to a full refund. Days Inn is also working to modify some of its policies to make it easier for customers to deal with an unforeseen

cancellation.

(Christopher Elliott is the ombudsman for National Geographic Traveler magazine. You can read more travel tips on his blog, [elliott.org](http://elliott.org) or e-mail him at [elliott@ngs.org](mailto:elliott@ngs.org)).

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## POINT-COUNTERPOINT

**POINT:** "[W]e will honor the vows of our founders, who in the Declaration of Independence said that we are 'endowed by our Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness.' This legislation will lead to healthier lives, more liberty to pursue hopes and dreams and happiness for the American people." - Nancy Pelosi, on passage of the Senate version of health insurance reform legislation

**COUNTERPOINT:** "If we can prevent government from wasting the labors of the people under the pretense of taking care of them, they must become happy." - Thomas Jefferson, author of the Declaration of Independence



Nancy Fleshman, SRES

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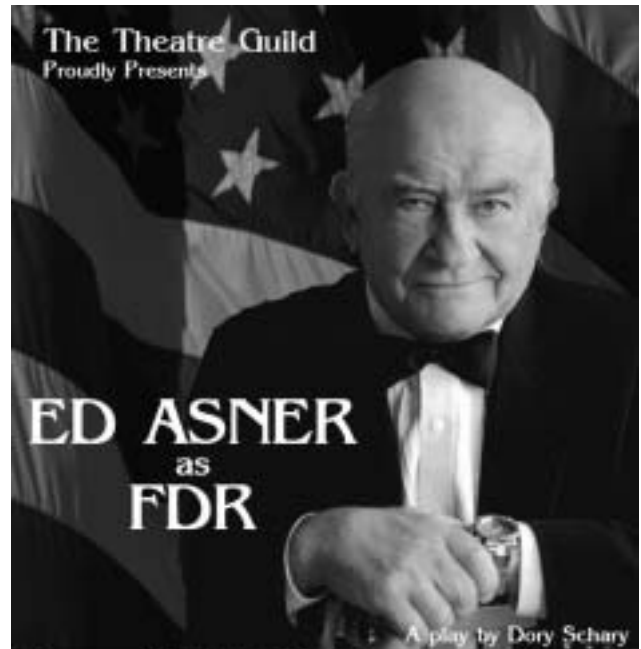
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# Diet could be causing dog's hair loss

**QUESTION:** My 4-year old cat has passed blood; I saw it three weeks ago in the litter box. I've kept and eye on the box didn't see blood again until yesterday. I'll have the cat checked out, but is there anything I need to know? Perhaps, if colonoscopies are given to cats, that might

urinary obstruction, this is very serious. Also, deliver a stool sample to your veterinarian.

The vet will help determine the source of the blood. Your vet will likely take a blood sample and X-rays. Colonoscopies are offered for cats, and your veterinarian will determine if that's necessary. Also discuss potential pain relief, depending on what the problem turns out to be.

**QUESTION:** My 10-month-old Golden Retriever is losing his curly hair. The vet said he's fine and put him on fish oil. The hair loss began when I switched dog foods; the (generic) food we were using created excessive water consumption and loose stools. The new (premium) diet has solved that problem, but now there's this hair loss. Any advice? - G.N., Mounds View, MN

**ANSWER:** Individual dogs respond differently to different diets. "Since you think the hair loss is diet-related, for starters, transition to another food," says veterinary dermatologist Dr. Lowell Ackerman, of Westborough, MA. "If the problem persists, ask your veterinarian about a true hypo-allergenic diet, and then offer that diet in an 8-week food trial."

Ackerman says also see your veterinarian to rule out other possible diagnoses, such as mange or ringworm.

If the hair continues to drop after both a full physical exam and a change in diet, consider a biopsy to determine if there's a problem with the hair follicles themselves, Ackerman says. Inhalant allergies,

though possible, are less likely unless the dog is scratching and/or licking, which you didn't indicate in your question.

(Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Send e-mail to petworld@steve.dale.tv. Include your name, city and state.)  
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Steve Dale

be in order. What do you think? - C.D., Las Vegas, NV

**ANSWER:** What you may not know, but need to find out, is whether the blood is coming from the cat's rectum, or do you see it after the cat urinates? Baltimore, MD-based feline specialist Dr. Jane Brunt, executive director of the Catalyst Council (a non profit dedicated to elevating the status of cats, encouraging adoptions and veterinary visits). urges you to see your vet immediately. If your cat has a

There is no rule that you have to do it all on your own.



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# A simple pasta to celebrate spring

By Wolfgang Puck  
Tribune Media Services

When I think of spring, which began on March 20, the first thing that comes to my mind is the season's tender fresh vegetables. Whether they're from your home garden or the farmers' market, springtime carrots, radishes, onions, peas, asparagus—the list just goes on and on—taste incredibly sweet and delicious at this time of year, especially after the cold months of winter.

These new seasonal vegetables are at their best when you prepare and eat them in the simplest of ways. Some, such as carrots and radishes, are wonderful just rinsed off and eaten raw right out of your hand, or sliced up and tossed with salads. Others benefit from just the quickest cooking, so they still have an edge of crispness to them and their bright colors and flavors are only enhanced by their brief exposure to heat.

Cooked in this way, spring vegetables really shine when they have a showcase, similar to the way colors come together on a canvas to become a beautiful painting. That's why I like to serve them tossed with pasta, as I do in my recipe for Bow Ties with Spring Vegetables and Roasted Garlic.

Not only does this dish taste delicious, but it also looks incredibly beautiful, with all the different shapes and color of the vegetables standing out against the creamy white pasta shapes. I like to use bow ties (also sometimes called farfalle, the Italian word for butterflies) because they're so attractive and so easy to toss together and eat along

with the pieces of vegetable. But you could also substitute other favorite bite-sized shapes such as penne (pen-shaped tubes), fusilli (squiggly fuse shapes), or ruote (wheel shapes). (I should also add that my two young sons think small shapes like these are fun to eat, so using these pastas could increase the chance that children will eat some of the vegetables, too!)

Another part of this dish that helps to highlight the vegetables is the roasted garlic, for which I also include a recipe here. Cooking garlic in the oven until its pulp is soft and golden brown caramelizes its natural sugars, transforming its flavor from sharp, strong, and pungent to surprisingly sweet and mellow, a perfect complement to springtime produce. It's easy to do, and the garlic keep for several days refrigerated in a tightly covered container, ready to season meat, poultry, or seafood; to spread on toasted slices of a good country loaf for incredible garlic bread; or to add to another batch of pasta with vegetables.

I guarantee you'll want to make this dish again and again. After all, now that spring is almost here, farmers' markets will be offering wonderful new surprises almost every day.

## BOW TIES WITH SPRING VEGETABLES AND ROASTED GARLIC

Serves 4

- 2 tablespoons flavored oil from oil-packed sun-dried tomatoes
- 1 tablespoon Roasted Garlic (recipe follows)
- 4 tablespoons unsalted butter, cut

into small pieces

- 2 tablespoons chopped sun-dried tomatoes
- 2 cups organic chicken broth
- 2 teaspoons each chopped fresh oregano and thyme leaves
- 4 tablespoons chopped fresh Italian (flat-leaf) parsley
- 1/2 teaspoon salt
- Freshly ground white pepper
- 2 ounces organic green beans, trimmed
- 1 medium organic carrot, trimmed and thinly sliced
- 12 pencil-thin spears asparagus, trimmed and cut into 2-inch slices
- 1 cup broccoli florets
- 1/2 cup shelled fresh peas
- 12 ounces dried bow-tie pasta
- 1/2 cup freshly grated Parmesan cheese

Bring a large stockpot of water to a boil and a medium saucepan of lightly salted water to a boil.

Meanwhile, in a large skillet or saute pan, heat the flavored oil over medium heat. Add the roasted garlic, butter, tomatoes, and broth. Season with the oregano, thyme, 2 tablespoons of parsley, and salt and pepper. Simmer until the liquid reduces and thickens slightly.

Meanwhile, in separate batches, boil each of the vegetables for 1 minute in the saucepan of salted water. As each vegetable is done, remove it with a wire skimmer, rinse under cold running water until cool, drain well, and transfer to a bowl to set aside.

When the sauce has reduced, add all the vegetables to it and stir well to heat them through. Keep the sauce warm.

Add salt to the stockpot and stir in the bow-tie pasta. Cook until al dente, tender but still slightly chewy, following the manufacturer's suggested cooking time.

Drain the pasta and stir it, still slightly dripping, into the sauce until coated well. Remove the skillet from the heat and sprinkle and stir in the Parmesan.

To serve, divide the pasta and vegetables among 4 large warmed plates or pasta bowls. Sprinkle each serving with some of the remaining parsley and serve immediately.

## ROASTED GARLIC

Makes about 1/2 cup

- 4 whole heads garlic
- 1/3 cup extra-virgin olive oil

Preheat the oven to 375 degrees F. Arrange the garlic heads in a small roasting pan and drizzle with the olive oil, turning them to coat them well.

Put the pan in the oven and roast until the garlic is very tender when gently squeezed with a hand protected with an oven glove, 45 minutes to 1 hour. Remove the pan from the oven and leave at room temperature until cool enough to handle.


When the garlic is cool, cut the heads crosswise in half with a serrated knife. Remove the softened garlic pulp, either by squeezing each half or by scooping out the garlic with a tiny teaspoon or knife.

Transfer the garlic to a container, cover, and refrigerate to use as needed.

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## GETTING MARRIED?



If you're planning your wedding, or helping someone else plan theirs, please check out the 2010 Northeast Kansas Wedding Guide. An online version is available at:

[www.seniormonthly.net/weddings](http://www.seniormonthly.net/weddings)



## Local coalition to host National Healthcare Decisions Day 2010

A professional panel will share experiences, information, tools and answer questions as Lawrence participates in a "National Healthcare Decisions Day 2010." This interactive session with area professionals who possess the knowledge to answer the questions we all have but don't know who to ask is hosted by the Coalition to Honor End-of-Life Choices (CHEC) and Lawrence Memorial Hospital's Palliative Care Consult Team. This program is free and open to all. The panel will be presenting and answering questions on Monday, April 19, from 6:30 to 8:30 p.m. in the Lawrence Public Library Auditorium, 707 Vermont.

Bring your questions about how you can control what health care interventions are available to you or what you need to know to make informed healthcare choices. Join Americans across the country in

learning how to talk to others about your future healthcare decisions.

There is a misperception in the U.S. that only older Americans need to address health care choices related to incapacity. Statistics show that a traumatic brain injury occurs every 23 seconds, most often to persons who are not older adults. Brain injuries, overwhelming infections, Parkinson's, heart failure are just a few of the healthcare events that might necessitate someone making healthcare decisions on your behalf. Each person's decision matters about the type and amount of healthcare intervention they would want others to authorize on their behalf. Those who are placed in the position of making healthcare decisions for someone close are immeasurably grateful to know that they are following the wishes of their loved one.



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CROSSWORD

TMSPuzzles@aol.com

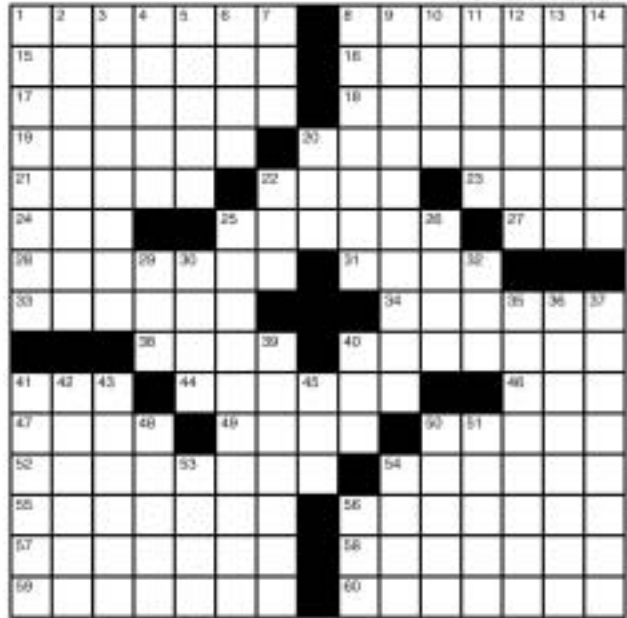
ACROSS

- 1 Shaw play, "Major \_\_\_"
- 8 Trelliswork passageway
- 15 Creamy whites
- 16 Brought to bear
- 17 Used purchases
- 18 Recipient of largesse
- 19 Hogwash
- 20 Shallows hazards
- 21 Didn't spare the rod
- 22 Scrabble piece
- 23 Thwack
- 24 Grow mellow
- 25 Arrives on stage
- 27 Put on the feed bag
- 28 Whole that is more than the sum of its parts
- 31 Calendar info
- 33 Test papers
- 34 Dusting powder
- 38 Pod group
- 40 \_\_\_ non grata
- 41 Salt Lake hrs.
- 44 Shifts out of place
- 46 TV interruptions
- 47 Touched down
- 49 Layer of ore
- 50 Grade over max
- 52 "Get Smart" star
- 54 Major commodity
- 55 Waterfall
- 56 Certain English schoolboy
- 57 Long golf club
- 58 Crescent-shaped opening

- 59 Turmoils
- 60 Israel's parliament

DOWN

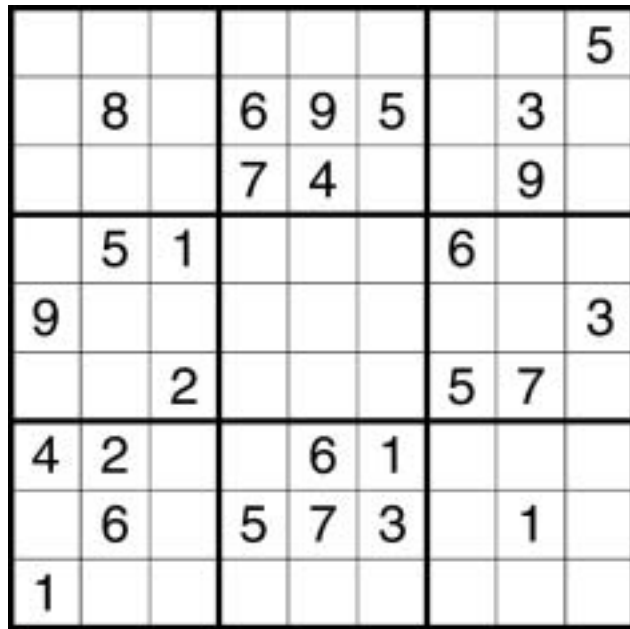
- 1 Robin Williams movie, with "The"
- 2 Some statistics
- 3 Flushed state
- 4 Courageous
- 5 Felt ill
- 6 Film spool
- 7 Nincompoop
- 8 Used a treadle
- 9 Frees from blame
- 10 Distress painfully
- 11 Clutches
- 12 Canadian capital
- 13 Ogle
- 14 "\_\_\_ Fideles"
- 20 Command to Fido
- 22 Blast letters
- 25 Neighbor of Guatemala
- 26 Marquee name
- 29 Light knock
- 30 Yeses on yawls
- 32 South African golfer Ernie
- 35 Anthracite mines
- 36 Move with a wavelike motion
- 37 "Thais" composer
- 39 Unit equal to one ampere per volt
- 40 Confine
- 41 Bovine disease
- 42 "Citizen Kane" co-star Everett



By Ed Voile  
Gillette, WY

- 43 December glitter
- 45 Pluto
- 48 Unspoken
- 50 Expiate
- 51 Window parts
- 53 Challenge

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

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**JUMBLE** THAT SCRAMBLED WORD GAME  
By Henri Arnold and Mike Argison

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

ILEEX  
ULARR  
FYLLAT  
LUDSON

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

Answer: "OOL" - "OOL" - "OOL"

Answers to all puzzles on page 30.



BRIDGE

# Read Them or Weep

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

NORTH  
 ♠ Q 3  
 ♥ 6 5  
 ♦ A Q 4  
 ♣ A K Q 10 8 6

WEST  
 ♠ 7 2  
 ♥ K J 9 4  
 ♦ 10 9 7 6 2  
 ♣ J 4

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

SOUTH  
 ♠ K 8 5 4  
 ♥ Q 10 8 3  
 ♦ K J 3  
 ♣ 9 5

The bidding:  
 NORTH EAST SOUTH WEST  
 1♣ 1♠ 1NT Pass  
 3NT Pass Pass Pass

Opening lead: Seven of ♠

Minors are the stepchildren of bridge,

and are only considered on distributional hands. With relatively balanced holdings, the favored contract is three no trump, where you need to make only nine tricks rather than the 11 needed in the minor suit to make game.

After South's one-no-trump overcall of East's one spade, North had a choice of three clubs or three no trump. Because of the situation discussed above, three no trump was the standout selection.

While a heart opening might have led to instant defeat of the contract, not leading partner's suit would be an almost sure way to disrupt partnership trust permanently. Declarer played low from dummy and East, delighted to be able to set up four tricks in the suit while still holding the ace of hearts as an entry, inserted the nine. Unfortunately, declarer won with the king and ran nine tricks in the minor suits to make the contract with an overtrick.

East should have tempered his joy with a touch of reality. As soon as dummy hit the table, he should have

realized that the contract was cold unless the defense could take a fast five tricks—declarer would take one spade, six clubs and, if he did not hold the king of diamonds, two diamond tricks via a finesse.

To defeat the contract, the defense needed to take four heart tricks fast. That could be accomplished, as the cards lie, by East rising with the ace of spades and shifting to a low heart.

West wins as cheaply as possible, returns a heart to East's ace and a heart back through South's queen nets two more heart tricks for a one-trick set.

(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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## Kansas History Book Reprints



Richard Cordley's **A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion** (1895)



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# Youth books a treat for older adults, too

By Gayla Williams  
Kansas Senior Press Service

"Krista!" I called out to my colleague.

When she turned her attention from her computer screen to me, I said, "John Grisham has a new book series out — a middle-school book about a legal whiz kid."

Krista was as interested as I, because Grisham's adult books weigh a bit too heavy for our more light-hearted interests. I quoted what I saw on the Publishers Weekly Web site:

"In this first book, *Theodore Boone: Kid Lawyer*, Theo gets caught up in a high-profile murder trial in his town. It's scheduled to be released by Dutton Children's Books on May 25, and on June 10 by Hodder in the U.K. The second book, as yet untitled, is scheduled for release in 2011."

This news was so fresh that when I opened my library's Web site to reserve the book, it was not yet listed. I'll be checking for it daily.

I have been reading books from the youth section of bookstores and libraries for many years, for many purposes. After setting up my first computer, I was totally baffled as I contemplated the thick manual in my hands. I hurried to the library to look for children's books about computers and found plenty of books with lots of pictures and easy words, giving me a clear understanding of how computers work. That started me on my way to a happy computer experience, to the

point that now I teach computer classes for community education programs.

After those books, I spent hours scanning children's book shelves for quick-and-easy reading in the categories of history, science, biography, and fiction. When I read Louis Sachar's book *Holes*, I knew youth novels were for me. Sachar's creative plot kept me reading with an interest that I'd not felt about a book in a long time. When the movie came out, I was able to enjoy the story all

over again.

Books and movies like *Harry Potter* and the recent *Twilight* series are further proof that adults can enjoy exciting entertainment designed for young people. Don't be surprised to see more adults standing next to the youngsters at the book shelves, picking out their next exciting bedtime read.

- Gayla Williams, of Kansas City, Mo., works with the Park Hill School District Technology Department and facilitates a writer's group.

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## JUMBLE ANSWERS

Jumbles: EXILE RURAL FLATLY UNSOLD

Answer: The boss kept rejecting their proposals because he was a "NO"-IT-ALL

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**SkillBuilders-Spring2010**  
Education and Support for Caregivers, Widows and Widowers

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March 4—Surviving and Thriving—Donna Flory, MSW  
March 11—Estate and Legal Matters—Cheryl Trenholm, Attorney  
Barber Emerson, LC  
March 18—Gardening for All Seasons— Jennifer Smith,  
Dg Co Extension Office  
March 25—Don't Fear Your Electronics—Pattie Johnston, Library  
& Mary Gauthier, retired Business Teacher  
April 1—Strengthening Your Spiritual Well-being—  
Paul Reed, VNA Hospice Chaplain  
April 8—Managing Your Money—Steve Hamilton, VSR Financial  
April 15—Car Care—Richard Haig, Westside 66 Auto  
April 22—Personal Safety and Home Security— Sgt. Gary Squires,  
Dg Co Sheriffs Office  
April 29—Talk with Your Doc like a Pro—Lisa Mitchell, RN  
May 6—Put it on Paper: Reflective Journaling—Sarah Rooney,  
VNA Hospice Volunteer Coordinator  
May 13—Healthy Eating for One—Susan Krumm,  
Dg Co Extension Office  
May 20—Searching for Peace—Linda Upstill,  
Rumsey Yost Funeral Home  
May 27—Celebration and Remembrance  
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**Indications for Use:** The X-STOP<sup>®</sup> Interspinous Process Decompression (IPD<sup>®</sup>) System is indicated for treatment of patients aged 50 or older suffering from neurogenic intermittent claudication secondary to a confirmed diagnosis of lumbar spinal stenosis (with X-Ray, MRI and/or CT evidence of thickened ligamentum flavum, narrowed lateral recess and/or central canal narrowing). The X-STOP is indicated for those patients with moderately impaired physical function who experience relief in flexion from their symptoms of leg/buttock/groin pain, with or without back pain, and have undergone a regimen of at least 6 months of non-operative treatment. The X-STOP may be implanted at one or two lumbar levels in patients in whom operative treatment is indicated at no more than two levels.

**Contraindications:** The device is contraindicated in patients with: an allergy to titanium or titanium alloy; spinal anatomy or disease that would prevent implantation of the device or cause the device to be unstable in situ, such as: significant instability of the lumbar spine, e.g. isthmic spondylolisthesis or degenerative spondylolisthesis greater than grade 1.0 (on a scale of 1 to 4), an ankylosed segment at the affected level(s), acute fracture of the spinous process or pars interarticularis and significant scoliosis (Cobb angle greater than 25 degrees); cauda equina syndrome defined as neural compression systems; infection or infection localized to the site of implantation.

**Warnings:** The X-STOP implant must be placed in the concavity between the spinous processes. Posterior positioning of the implant may result in dislodgement. If correct placement of the implant cannot be achieved due to variant anatomy, the surgeon should consider aborting the procedure because incorrect placement may result in device dislodgement, particularly if the patient experiences a traumatic event.

**Precautions:** Radiological evidence of stenosis must be correlated with the patient's symptoms before the diagnosis can be confirmed; if the spinous processes at the affected level are not distracted in flexion, the X-STOP system may not be indicated; the safety and effectiveness of the X-STOP device has not been studied in patients with the following conditions: axial back pain without leg, buttock or groin pain, symptomatic lumbar spinal stenosis at more than 2 levels, prior lumbar spine surgery, significant peripheral neuropathy, acute denervation secondary to radiculopathy, Paget's disease, vertebral metastases, morbid obesity, pregnancy, a fixed motor deficit, angina, active rheumatoid arthritis, peripheral vascular disease and advanced diabetes or any other systemic disease that may affect the patient's ability to walk; surgeons should not implant the X-STOP implant until receiving adequate training regarding surgical technique because inadequate training may result in poor patient outcomes and/or increased rates of adverse events; and a stress fracture of the spinous process may occur if strenuous physical activity is resumed too soon postoperatively.

**Potential Adverse Events:** The following potential adverse events may occur as a result of interspinous process decompression with the X-STOP system: some of these adverse events were reported in the Pivotal Clinical Trial. X-STOP system related: implant dislodgement/migration; implant not positioned correctly; fracture of the spinous process; additional surgery, which could include removal of the X-STOP implant; foreign body reaction; mechanical failure of the device; failure of the device/procedure to improve symptoms and/or function. Surgery Related: reactions to anesthesia, myocardial infarction; infection; blood vessel damage/bleeding; deep vein thrombosis; hematoma; pneumonia; neurological system compromise; stroke; nerve injury or spinal cord damage; paralysis; thrombus formation; wound dehiscence or delayed healing; pain/discomfort at the operative site; and death.

**Note:** Medication or additional surgery may be necessary to correct some of these potential adverse events.

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**Tapas Ghose, M.D.**, is board certified in internal medicine and board eligible in interventional cardiology, cardiovascular disease, vascular medicine and endovascular medicine. He graduated from the University of Kansas School of Medicine and completed his fellowship training in cardiovascular disease at the University of Missouri-Kansas City and interventional cardiology at Mid-America Heart Institute. When he's not saving lives, Dr. Ghose enjoys a hearty pick-up game of soccer.

