

Kaw Valley **Senior Monthly** **FREE!**

April 2011

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

INSIDE

KEVIN GROENHAGEN PHOTO



*For Loyd
McBurney,
prevention
is key in
keeping
trees
healthy.*

See story on page 3



One word that comes to mind when describing a Lawrence-based business called A Helping Hand Home Care is “supportive,” a term that reflects the manner in which it provides numerous solutions to a wide variety of clients with a wide range of needs. - page 6



Kansas150 events are being held throughout Kansas during 2011 to commemorate the state’s sesquicentennial year. Check out our calendar section for events taking place in April. - page 18

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McBurney: Spring is time to 'jump start' trees

By Kevin Groenhagen

A few years ago, a book titled *Don't Sweat the Small Stuff* spent over one hundred consecutive weeks on the *New York Times* bestseller list. Loyd McBurney probably would take issue with the author's advice. In fact, during this time of year he spends most of his time combating small things.

"We have microscopic mites that we didn't have before," said McBurney, who, along with his son, Greg, operates McBurney Tree & Shrub. "The mites hatch out in the ground and then they suck the sap right out of the trees."

The damage that occurs as mites suck the sap from a tree includes flecking, discoloration, and scorching of leaves. Injury can eventually lead to leaf loss and, in some cases, the death of the tree. Unfortunately, a tree owner might not be aware of mite infestation until the damage has already been done.

"Anyone who has planted a new tree during the past two years has a good chance that they've got mites underground," McBurney said. "The tree is going to leaf out and look good. They are going to say, 'Man, that tree didn't look good last year, but it has it made this year.' During the last of March and in April, those bugs are going to hatch out and have lunch. During the last part of May or first part of June, the trees will start showing damage. My focus is preventative, so I target hatches. I want to get the bugs before they hatch."

As part of his bug treatment during early spring, McBurney drills implant holes into the base of a tree.

"We implant directly into the sap layer," he said. "The implant contains either pesticide or fertilizer or both. Our implants give 100 percent coverage. A large tree could have 15 to 20 implants."

McBurney notes that the pesticide and fertilizer can be implanted anywhere on the tree, but he can do a better job from the ground.

"My tree-climbing saddle hasn't been used for five years, and I don't intend to use it again," the 79-year-old McBurney said with a laugh.

The holes for the implants are small

enough that they cause no harm to the tree, which, if healthy, quickly heals. The health of the mites is a different matter.

"When I have the tree saturated and the bugs hatch out, they're history," McBurney said. "That costs the customer less than treating a damaged tree. With the number of bugs we have today, you're better off being preventative. You can replace a tree, but that is expensive. Most trees are \$100 to \$300 apiece and the bugs will still be there to eat them"

Since McBurney implants the pesticide and fertilizer directly into the tree, this application technique does not endanger non-target organisms, such as people, wildlife, pets, and other plants. However, McBurney does not use this application technique with fruit trees since the product can get into the fruit.

McBurney also notes that what he uses on the mites tends to take care of other pests as well. Those



Loyd McBurney

pests include aphids, bagworms, borers, budworms, cankerworms, caterpillars, elm leaf beetles, gypsy moths,

leaf miners, mapleworms, oakworms, pine tip moths, and webworms.

■ CONTINUED ON PAGE FIVE

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Senior housing fair to be held April 30

The Douglas County Coalition on Aging is sponsoring a senior housing fair on Saturday, April 30, from 10:00 a.m.-12:30 p.m. at Douglas County Senior Services, 745 Vermont. The event will feature education sessions for people planning to age in their current home and for those planning to relocate. Vendors will include senior housing providers, realtors, financial advisors and other services. The event is free and open to all ages.

Moving a household is a big decision and a lot of work, yet many people choose to relocate when their children move away or following retirement. The process can be stressful and exhausting, and may result in "moving remorse." It can also lead to a satisfying situation that feels more secure and more social. The key is to make any move an informed decision made by you and not by circumstances. Speakers and vendors at the housing fair have been selected to provide the information needed for successful choices.

10:00-10:30: Should I Stay or Should I Go

The decision of where to live after your children leave or following re-

tirement is a balancing act of push and pull. Research shows that people who voluntarily move toward a new living situation have much more satisfaction than those who feel they have been pushed out of their current home. This session will look at the factors that precipitate a move and the pros and cons of each.

10:45-11:15: Staying in Your Home

Deciding to stay in your home is not the last decision you have to make. The session looks at affordably maintaining your home, making adaptations and taking in boarders or caregivers.

11:30-12:00: Relocating

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There are many reasons to move and even more destinations. Planning can reduce the number of times you relocate and your level of contentment in the home.

The Douglas County Coalition on Aging is a group of local service providers and county residents taking an active role in the advocacy of the

aging in order to educate and coordinate resources in City and County government with the goal of keeping Douglas County a premiere retirement destination. Anyone with an interest in the needs and contributions of the aging population in Douglas County may join the coalition. For further information call (785) 842-0543.

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McBurney

■ CONTINUED FROM PAGE THREE

McBurney says he keeps busy during most of the year.

"The first time I go out I'll put in bug treatment and fertilizer," he said. "The next year I'll go out and put the fertilizer in during the wintertime. In the fall I put down 10-10-10 fertilizer and pesticide."

What's McBurney's favorite type of plant to work on?

"Any ailing tree, shrub or bush," he answered. "I want to keep things as green as possible."

McBurney moved to Topeka with his family when he was 12. His original hometown, Shroyer, Kan., no longer exists.

"It's gone," he said. "Shroyer was just south of Marysville. Tuttle Creek Lake took it. It was dead even before that."

McBurney later served two years in the U.S. Army, and worked for independent contractors for 20 years through the union halls. He got into the tree and shrub business through his son.

"Greg was working with the power line clearance boys," McBurney explained. "He came to me one day in 1991 and asked me if I would run a tree-cutting service for one year. He just bought the company and said, 'Run it, dad.' He hired a trimmer, so I didn't have to do any trimming. I had to be around to do the ground work, though. We have progressed from there."

McBurney continues to do a little estimating for his son on the trimming and removal side of the business, but he spends most of his time on the treatment side, which the business started 15 years ago.

"We were only doing the tree cutting, but our customers had the need for fertilization and insect control," he said. "We investigated a product and decided if it did what the company said it would do, it would be good. I brought the product in and it has proven itself many times over."

McBurney has no plans to stop working.

"The only thing I have done regarding retirement is collect Social Security," he said. "I don't believe people should ever figure on totally retiring. Always have something to keep busy with. If they have to carry me out of a

yard dead, then I will have completed my life successfully."

McBurney Tree & Shrub offers free written estimates and is usually

available for jobs up to 30 miles from Topeka. For more information about pesticide and fertilizer treatments, please call Loyd McBurney at

(785) 271-4443 or (785) 224-9143. For information about tree cutting and removal, please call Greg McBurney at (785) 224-7623.

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 March 17~Talk with Your Doc like a Pro
 March 24~Strengthening Your Spiritual Well-being- Paul Reed, VNA Hospice Chaplain
 March 31~Healthy Eating for One-in auditorium- Susan Krumm, Douglas County Extension Office
 April 7~Gardening for Well-being- Douglas County Extension Office
 April 14~Personal Safety and Home Security- Gary Squires, Douglas County Sheriff's Office
 April 21~Managing Your Money-Barbara Braa, VP, CornerBank Asset Management
 April 28~Taking Care of Your Car-Richard Haig, Westside 66
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A Helping Hand plays supportive role in home care

By Billie David

One word that comes to mind when describing a Lawrence-based business called A Helping Hand Home Care is “supportive,” a term that reflects the manner in which it provides numerous solutions to a wide variety of clients with a wide range of needs.

“Our services can be for individuals of all ages and all levels of care ranging from light housekeeping to care for the terminally ill,” said Lori Yocum, who co-owns the business with her husband, Travis.

“We offer one- to 24-hour care based on the needs of the person,” she added. As for its clientele, A Helping Hand can assist a person in many different situations; for example, a 30-year-old who breaks an arm and needs help for a couple of days with meals, a new mom who wants somebody to come once a month to help with housekeeping, an Alzheimer’s patient who needs medication reminders or personal care, or even a hospitalized patient who wants a personal caregiver to stay with them.

A Helping Hand Home Care was established by Lori and Travis to provide a better quality of life for individuals and their families within the community. Lori and Travis each have a skill set that helps make A

Helping Hand truly unique.

“Travis works with the day-to-day operations,” Lori said of Travis who, as a business manager, does the accounting, scheduling, hiring, and works with the caregivers and clients.

As for Lori, who is a registered nurse, she is able to draw from her previous experiences as the director of nursing for a home health agency based in St. Louis.

“I’ve always had a passion for home care,” she said. “I enjoy working closely with people and helping them to have a better quality of life. I enjoy the one-on-one aspect that homecare provides, you really get to learn more about individuals and their needs.”

The fact that A Helping Hand is

■ CONTINUED ON PAGE SEVEN

COURTESY PHOTO



Lori Yocum

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Medicalodges Eudora enjoys national, state, and local attention

Medicalodges Eudora was recognized in March by *U.S. News and World Report* as among America's Best Nursing Homes in 2011. The skilled nursing facility received an overall five-star rating to make the list. The *U.S. News* accolade was the latest in a number of awards.

In late 2010, Medicalodges Eudora's dietary manager, Mary Arnett, was recognized by the Kansas Health Care Association as the 2010 Dietary Services Employee of the Year, and her

colleague, Debbie Peterson, was recognized as 2010 Environmental Services Employee of the Year. Both women were celebrated for their extraordinary service to the individuals who make Medicalodges Eudora their home. Arnett's key contributions include cook-to-order breakfasts, which are available all day, and improvements to the dining experience. Peterson's contributions included development and maintenance of a facility water feature and attention to safety.

In January 2011, the Eudora Chamber of Commerce honored Medicalodges Eudora as the 2010 Eudora Business of the Year. The Chamber noted the facility's contributions to the community, including support for local schools, sponsorship of local holiday-related events, maintenance of downtown green space, and adop-

tion of a county road. The facility is currently working with the City of Eudora to develop a senior center.

According to Community Relations Director Susie Pryor, the provision of high quality care and quality of life in a home-like setting is the foundational principle on which everything else is

■ CONTINUED ON PAGE EIGHT



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Medicalodges

■ CONTINUED FROM PAGE EIGHT

built. "We believe strongly in protecting the rights and dignity of those who reside here, offering the same choices and setting they would expect at home, and in caring for the community in which many of them grew up," Pryor said. "It's a privilege, a responsibility, and an honor."

Both Dr. Pryor and administrator, Donna Fox, are members of the Kansas Culture Change Coalition, which is dedicated to transforming facilities into homes, emphasizing individual choice, and supporting a culture of aging that is life affirming, satisfying, humane, and meaningful.

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National Healthcare Decisions Day: *Highlighting the importance of advance healthcare decision-making*

National Healthcare Decisions Day is April 16, and was established in an effort to bring to light the importance of having an advance directive, which allows for documentation of end-of-life wishes in the event a terminal illness or critical injury leaves you unable to talk or communicate. Many national, state and community healthcare organizations come together on this day to reinforce the importance of advance healthcare decision-making.

There are two main forms of advance directives. A healthcare power of attorney documents a person you have selected to speak for you regarding your healthcare decisions if you cannot speak for yourself. Another option, a living will, documents what kinds of medical treatments you would or would not want at the end of life.

Hospice and palliative care providers serve as a source of information regarding these decisions, and must,

as Medicare-participating healthcare facilities, abide by certain rules. The Federal Patient Self-Determination Act requires that these healthcare facilities provide information about healthcare decision-making rights, ask all patients if they have an advance directive, educate staff and the community about advance directives, and not discriminate against patients based on advance directive status.

In a 2003 article, the U.S. Agency for Healthcare Research and Quality found that less than 50 percent of severely or terminally ill patients studied had an advance directive in their medical record.

Use National Healthcare Decisions Day as a time to learn more about advance directives, and start thinking about care treatment preferences. Everyone, even those who are healthy, can benefit from documenting these decisions.

Information compiled by Hospice Care of Kansas

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NATURALLY SAVVY

Fasting can benefit the body

By Rachel Hynd

Naturallysavvy.com

What is fasting and can it be beneficial? Many of us know fasting as a protocol the doctor prescribes before blood tests. For others, it may mean giving up a favorite food for a period of time, or not eating food at certain times of the day or year out of respect for various religious holidays. Strictly speaking, fasting is the voluntary absence of food. Although the idea of missing a meal may make most of us miserable, fasting does have many benefits for the body.

Give your body a rest

We take vacations, we have weekends off from work, we rest our tired bodies through sleep, and we “take a break” to rejuvenate from stress. One thing that we hardly ever do, however, is take a break from food for any length of time. Our digestive system is a very hard-working and busy system which requires high amounts of energy; in fact, the digestive system can even drain energy needed for healing, repair and general maintenance of the body. Therefore, it makes sense to give our digestive system a vacation occasionally.

An ancient tradition

The art of fasting is an ancient one, practiced for thousands of years for curing many types of illness, rejuvenation, clarity and decision making, cleansing and strengthening. Have you noticed that when we’re sick, our appetite diminishes? Similarly, when animals are ill, they lie down and don’t

eat or drink. Our innate wisdom does this so we can fight off germs and heal quickly. Energy goes toward healing our bodies instead of digesting food.

Fasting also allows for our bodies’ enzyme systems to focus on detoxifying and breaking down toxins in the body quickly and efficiently without the job of heavy food digestion. During fasts, toxins are being circulated in the body in order for our organs to de-arm them. Therefore, it’s not always wise to detoxify quickly because a flood of toxins being released at once can cause serious distress to the body that can do more harm than good.

Effective ways to fast

If you’ve never fasted before and would like to experience a fast, have no fear. Fasting should be gentle and nurturing and can range from a one

day fast to as long as a week. More rigorous fasts, such as a water-only fasts, should only be done by those with experience in fasting and detoxification. A gentle fast is great way to start, without even having to go hungry.

Here are some ideas to get you started:

1. Eating a raw food diet of fruits, vegetables, seeds and nuts
2. Eating a “mono” diet of one food (for example a fruit or rice gruel)
3. Consuming mineral-rich bone and vegetable broths
4. Drinking green smoothies
5. Drinking only fresh pressed vegetables/fruit juices
6. Eating salads exclusively
7. Eating kichadi (a traditional Indian rice/vegetable dish full of healing herbs and spices)
8. Having an early dinner and refraining from food for a 16-hour period before eating breakfast

Fasting may seem overwhelming or daunting, but if you simply choose

one day per week and practice any of the above tips, you’ll get used to this healing practice. When fasting, always remember to listen to your body, letting it decide when and how long fasting should last. If you still have doubts, seeing a naturopathic doctor or holistic nutritionist, may help ease your hesitation and motivate you to get started.

Fasting is a message to your body that you’re making a new beginning, flushing out the old and bringing in the new. Fasting is the perfect way to introduce new healthy habits and foods into your life.

- Rachel Hynd is a Registered Holistic Nutritionist and a Certified Raw Food Instructor. NaturallySavvy.com is a website that educates people on the benefits of living a natural, organic and green lifestyle. For more information and to sign up for their newsletter, visit www.NaturallySavvy.com (<http://www.NaturallySavvy.com>).

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Demystifying variable annuities: Questions to ask when shopping for a variable annuity

As millions of Americans face retirement, many are starting to recognize the real possibility of outliving their retirement savings. That's because, unlike their parents and grandparents, today's 65-year olds can expect to live an additional 20, 30 or more years.



Joe B.
Jones

Nonetheless, a recent survey found that only slightly more than half of workers feel confident that they'll have enough money to live comfortably in retirement. Fortunately, many are taking steps to improve their situation, including saving more money and changing the way they invest.

One investment that makes it easy to create a reliable stream of income in retirement is the variable annuity. A variable annuity is a long-term investment vehicle purchased from an insurance company. It's well suited to be part of a retirement savings plan as it allows you to accumulate assets on a tax-deferred basis by investing in a variety of investment portfolios. Variable annuities guarantee a payment, usually at retirement, which will vary based on the amount invested as well as the performance of the underlying investment portfolios you choose. At retirement, you determine how you will receive payments by selecting from a range of payout plan options, including a lifetime income option.

With the ability to guarantee an income you can't outlive, variable annuities are growing in popularity as a retirement investment option. The key to selecting the right one for your specific objectives is asking the right questions. Here are five to get you started.

1. How do the expenses of one variable annuity compare with other variable annuities offering the same types of funds and benefits?

One of the most basic elements of evaluating a sound investment choice is its net performance after expenses. Begin by looking for annuities that rank among the low cost leaders, then compare contracts, paying particular attention to expenses. Some of the charges to look for include:

- A management fee for costs associated with running the separate account investment portfolios.
- A charge, called the mortality and expense fee, which is used to cover the costs of distribution, administration and insurance risks.
- A contract fee that is typically waived when the contract attains a minimum size, and
- An upfront, back-load or no-load sales charge, depending on the type of variable annuity.

It's important to compare the expenses associated with each variable annuity you're considering. That's because lower expenses mean more money in your contract. For example, if you pay a sales charge at the time of purchase, the mortality and expense fee will probably be lower than if there were no sales charge.

Some companies charge a front-load fee; others offer a back-load purchase option. And still others have a no-load design, which charges a relatively higher asset-based fee every year instead of deducting up-front sales charges. Advantages of a front-load design (where you pay the sales charge up front) include lower annual expenses and access to your funds without withdrawal charges. A back-load design allows you to put all of your money to work immediately with no front-load charge, although withdrawals may be limited and could be subject to charges.

2. What options are available that allow you to access your money without having to pay contractual surrender charges or IRS tax penalties?

An annuity with a front-load design allows you access to your funds without surrender charges (minimum investments are often required) while a back-load design contract has surrender charges associated with withdrawals that usually decrease each year

until they eventually expire. Most contracts allow for a surrender charge-free corridor that allows you to take out a portion of your contract value without a charge. And many variable annuity contracts sold today are issued with a provision that allows you to take money from your contract without a surrender charge in the event of terminal illness or confinement to a nursing home.

Withdrawals from deferred annuities may be subject to ordinary income tax. If taken prior to age 59 ½, they may also be subject to a possible 10% IRS early withdrawal penalty.

3. Does the tax-deferral of a variable annuity end when the annuitant dies?

Many non-tax qualified variable annuity contracts issued today offer a contingent annuitant or contract continuation feature. This enables your beneficiary to become the annuitant in the event you die before the contract is put into an income plan. Although the tax deferral cannot continue indefinitely, and IRS rules apply, this feature can allow the tax deferral of your annuity to continue beyond your lifetime to your beneficiaries.

4. Why should an individual put a tax-deferred investment into a tax-qualified account such as an annuity in an IRA?

Investing in a variable annuity through an IRA or 401(k) plan provides no additional tax advantages. However, the real reason to use a variable annuity inside a qualified plan is to access certain benefits only annuities provide. These include:

- Automatic portfolio rebalancing
- Options for guaranteed stream of lifetime income
- A guaranteed death benefit which

applies before the contract is put into an income plan, typically up to age 75, which pays the beneficiary the greater of the current market value or the amount paid onto the contract (minus withdrawals) when the annuitant dies.

- The ability to transfer among investment choices *without* triggering a taxable event

5. What are the issuing company's financial strength ratings from the four major rating agencies?

The ratings an insurance company receives from third-party rating agencies are an important indicator of its financial strength. That's because all guarantees in an annuity are solely backed by the issuer.

There are four major rating agencies: Moody's Investor Services, Standard & Poor's, Fitch and A.M. Best Company. Look for companies that earn top ratings from each. Keep in mind that third-party ratings are subject to change, and that the ratings have no impact on investment return or principal value of the separate account.

The combined benefits of tax-deferred growth, guaranteed death benefit, and guaranteed lifetime income options offered by a variable annuity provide unique advantages. An important source of retirement income for many Americans, variable annuities may play an important role in helping you reach your retirement goals.

- Joe B. Jones is a Financial Representative with the Northwestern Mutual Financial Network based in Lawrence, KS for The Northwestern Mutual Life Insurance Company, Milwaukee, Wisconsin. To contact Joe, please call (785) 856-2136 or email him at joe.jones@nmfn.com.

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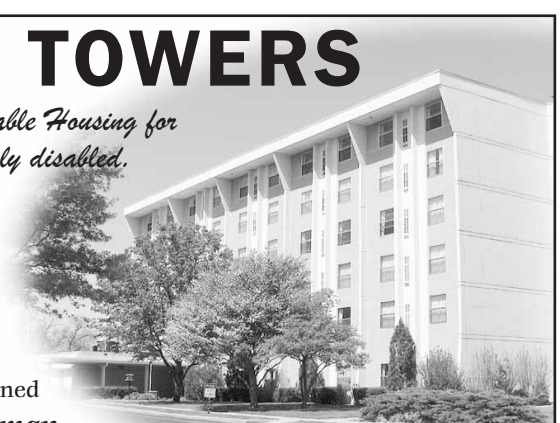
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PERSONAL FINANCE

401(k) review and rollover can be rewarding

Your 401(k) offers tax-deductible contributions, tax-deferred growth of earnings potential and a variety of investment options — so it's a great tool for building retirement savings. Yet like all tools, your 401(k) must be used properly to get the best re-

sults. That's why you should review your 401(k) at least annually and make whatever adjustments are needed. Depending on where you work, you may get some 401(k) review help from your plan provider. But if that assistance isn't available, you might want to consult with a financial professional to make sure you're getting the maximum benefit from your plan. As you begin to review your 401(k), your first question should probably be this:

you put into your 401(k) that determines its success — it's also how you choose to allocate your investment dollars. (Keep in mind that asset allocation does not guarantee a profit or protect against loss.) Your 401(k) may have a dozen or more investment choices, such as stock funds, bond funds and money market funds. To choose the right investment mix, you'll need to consider a variety of factors, including these:

- **Your age** — Generally speaking, the younger you are, the more aggressive you can afford to be with your 401(k) investments, because you'll have decades in which to potentially overcome the inevitable down periods of the market. As you get older, you may wish to invest somewhat more conservatively, but you'll still need some growth potential in your 401(k) portfolio.

- **Your goals** — Everyone has different goals for retirement. You might want to retire early and travel the world, while your co-worker desires

to work as long as possible and then, upon retirement, stay close to home and pursue hobbies. Because you each have different goals, with different income needs, you also may need to follow different investment strategies within your 401(k).

- **Your other retirement income sources** — If you have a variety of retirement income sources — a pension from another job, an IRA, a spouse with generous retirement benefits — you may need to invest differently, perhaps less aggressively, than if you had fewer options for retirement income.

Apart from putting away as much as you can into your 401(k) and choosing the right investment mix, what else can you do to get the most

out of your plan? Here's a suggestion: If you have worked at various jobs and acquired multiple 401(k)s, consider rolling them over into one account. You might save money on fees and reduce paperwork, but more importantly, you'll be able to concentrate your resources and pursue a unified investment approach, with your investment dollars working together toward your ultimate retirement goals.

As you can see, a 401(k) review and rollover can reward you in many ways — so do whatever it takes to maximize your 401(k)'s performance.

- 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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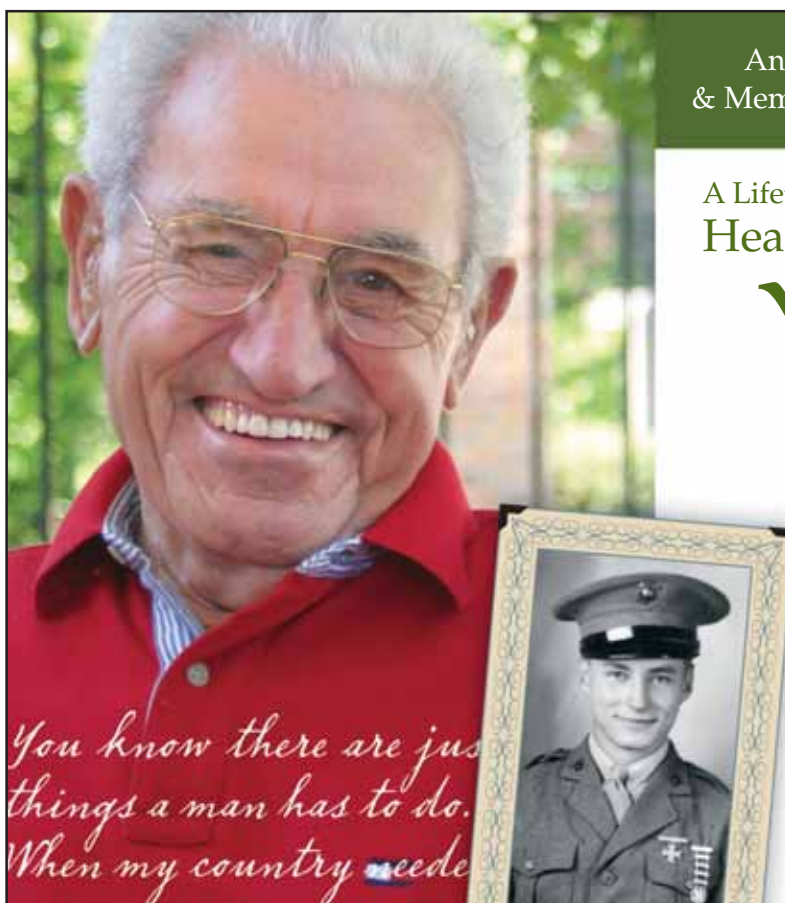


Of course, it's not only how much

“How much should I contribute?” At the very least, try to put in enough to receive your employer's matching contribution, if one is offered. If you don't earn this match, you are essentially walking away from “free money.” Beyond this, though, the amount you put into your 401(k) might depend on what other retirement savings vehicles you have available. For instance, if you're eligible, you may also want to contribute to a Roth IRA, which offers tax-free growth potential, provided you've had your account for five years and don't start taking withdrawals until you're 59½.

Of course, it's not only how much

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HEALTH & FITNESS

Tips for staying fit

I'm lucky enough to meet many people who remain active in their eighties and nineties...and even past the magic age of 100. I've found that one thing these paragons of good health share is that they continue to exercise, in ways that suit their changing bodies. They find safe and enjoyable alternatives to the ice skating, football, and basketball of their youth.



Laura
Bennetts

The secret is to stay active every single day...and to exercise three days a week. Good exercise options include aerobics, walking, biking, weight training, crunches, leg lifts, and dancing. If you exercise sensibly—following the advice I give here—you'll feel stronger and better. But exercise can be risky. If you don't know how to exercise safely, you put yourself at risk for aches and pains from joint pressure and repetitive movements.

You can ask a physical therapist how to avoid or reduce joint pain, how to strengthen your joints, and how to set up an exercise program that's safe for you. And here are some hints to help you exercise safely and healthfully.

Posture, Posture, Posture....

Good posture reduces your risk of

chronic neck, back, shoulder, hip and leg pain. If you slouch when you sit, you stress the joints of your whole spine. So, sit up straight! And whatever you do, remember to stand tall and keep your shoulders back. Have you noticed how dancers move, with their chest and hips forward? That's a good example to follow.

No More Sit-ups

Once upon a time, most of us did sit-ups in school. But sit-ups are a thing of the past. When you do a sit-up, you use your hips to pull your trunk towards your legs. This pulls on your lower back vertebrae and puts pressure on the discs—never a good idea. Obviously, exercise should help your back, not injure it. So, what can you do to strengthen your stomach instead of sit-ups?

The easiest thing is to simply tighten your stomach muscles before you roll over in bed or get up from a chair. And simply walking with good posture also strengthens your trunk and stomach muscles. But if you decide that you want a more demanding stomach exercise, you can easily and safely do the following exercise, which is called a crunch.

Do the Crunch

1. Lie comfortably on your back on a flat surface (like a bed or the floor).
2. Bend your knees and plant your feet flat.
3. Cross your arms across your chest.
4. Slowly lift your head and shoulders.

5. Stop when your shoulder blades are elevated.

6. Relax and slowly lie down again.

7. Repeat this exercise (say, two to five times at first).

You should feel this exercise in your stomach muscles, not in your low back. Don't be surprised if this feels difficult—doing five to 10 crunches is actually a more effective exercise (and safer) than 100 sit-ups.

When you do this exercise, remember:

1. Keep your head and neck aligned,
2. Don't tuck your chin down,
3. Don't pull on your neck with your hands, and
4. Breathe while you exercise, don't hold your breath!

When you first start doing the crunch, it's fine if you can only begin to lift your head or shoulders. But if you do this exercise several times a week for a month, you will become strong enough to lift your shoulder blades off the floor or bed.

More Isn't Always Better

When you do repetitive exercises, you should do just enough to work the muscles without overstressing yourself. For example, if you do a leg-lift exercise 10 times, you want to feel a sense of effort on the ninth and 10th repetitions, not joint pain. In this case, the old maxim "No pain, no gain" is just wrong. There's plenty to be gained from exercise without pain.

Variety is Still Spicy

It's also a good idea to alternate different kinds of exercises, to allow your muscles to relax and recover. This is called circuit training. You can create your own exercise circuit: say, walk for 10 minutes, bike for 10 minutes and do arm exercises for 10 min-

utes. Be creative and change the order of exercises to keep it interesting. Just as you need to avoid repetitive stress at work by taking breaks, you also need to adapt your exercise program to minimize repetitive stress.

Lift With Your Legs

Whenever you lift or reach down to the floor, use your legs. Bend your knees and use the strong muscles of your legs to lift a box or a chair. Remember, there are two ways to reach that newspaper on the ground. You can either bend from your waist or bend your knees and reach down. Bending your knees is the better solution because bending forward from your waist puts many pounds of pressure on the discs and vertebral bones of your back causing strain and damage.

No More Toe Touches, Either

Also, avoid exercises where you repeatedly reach down to your toes. Protect your back at all times. If you cannot bend your knees to reach down, think about using a reacher with a long handle...it's a back saver.

So, dear reader, thanks for listening. These are just a few of the common hints that I review with my patients to help them take better care of their bodies. Staying active and protecting your joints is one way to be sure you will always be able to exercise, dance and have fun...even when you're 96.

- Laura Bennetts, PT, has practiced physical therapy professionally since 1982, when she earned a master's degree in physical therapy from the University of Southern California. She founded and owns Lawrence Therapy Services LLC (842-0656) & Baldwin Therapy Services (594-3162), which opened for business in 2000. If you have questions, please write to laurabennetts@hotmail.com.

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HEALTH & FITNESS

Water and dehydration

Water is an essential part of life. Whether it is the animal kingdom or the plant kingdom, all of us rely on water. The earth itself needs and is surrounded by water. Water is an essential part of the tiniest molecule existence. However, it is

Prevention of dehydration is the key. The average person can lose around two to three liters of water a day through breathing, sweating and urination. That number can increase depending on the daily activities of the person and if they consume caffeinated beverages. To prevent de-

hydration, a person should simply replenish the liquids that are lost throughout the day. Experts say at least eight glasses of water a day and this may need to be increased depending on the person. By the time you feel thirsty, you are probably already dehydrated. Pay special attention to infants, children and the elderly because they are more apt to lose water and not replace it.

Other benefits of drinking water, besides avoiding dehydration, include increasing the ability to lose weight,

preventing headaches and fatigue, improving skin texture and tone, improving stamina, relieving fatigue, improving ability to concentrate, aiding in digestion and constipation, and overall improving a person's mood.

As the winter moves behind us and the weather improves with warm sunny days, don't forget to drink water when you are outside enjoying the spring.

- Dr. Farhang Khosh, N.D., is a Naturopathic Doctor practicing at Natural Medical Care in Lawrence. He can be reached at 785-749-2255.



Dr.
Farhang
Khosh

easily overlooked. Drinking a healthy amount of water every day is vital to your health. What exactly does water do in our bodies? Why is it an essential part of our health? How much water should a person drink?

Two-thirds of the human body is water, which makes it the main component of our systems. Some of the functions of water in the human body include regulating body temperature, detoxifying the bodies systems, providing moisture to the organ and joints, and helping to maintain the body's metabolism. Every cell in your body needs water.

When the body does not get an adequate amount of water, you can show signs of dehydration, which can include being tired, constipation, muscle pain and cramping, dry skin, headaches, blood pressure problems, dark strong smelling urine, weakness, chills, head rushes, hunger, and being thirsty. If loss of water continues, you can see severe signs of dehydration, including increased heart rate and respiration, decreased sweating and urine output, increased body temperature as the body tries to cool itself down, nausea, headaches, muscle cramps, and tingling in the extremities. If dehydration continues after these symptoms, it can result in shock and death. Older individuals have been shown to have a higher risk of developing dehydration than younger adults regardless of which part of the world we refer to. This is simply because the thirst mechanism decreases with aging.

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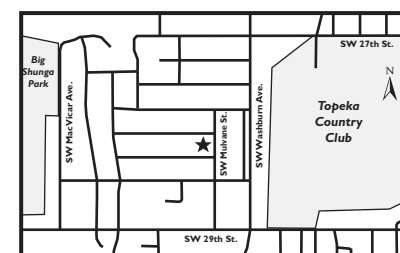


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RETIRE SMART

Rising number of reverse mortgage borrowers facing foreclosure

Reverse mortgages were created to help seniors stay in their homes by tapping the equity built up over the years. Now, a small but growing number of reverse mortgage borrowers find themselves at risk of losing their homes anyway.

That's because the number of reverse mortgages in default is growing,



Mark
Miller

But there's been an increase in the number of borrowers using reverse mortgages to retire their traditional "forward" mortgages or other debt obligations. As a result, these reverse borrowers remains cash-poor, leaving them without a cushion to deal with something unexpected that might come along, like a health care emergency.

Non-performing loans represent a small share of overall reverse mortgages, but their number has grown quickly in the past two years. Approximately five percent of the 550,000 loans outstanding are non-performing, according to the National Council on Aging (NCOA.)

Reverse mortgages are available only to homeowners over age 62. The most popular loan type is the Home Equity Conversion Mortgage (HECM), which is administered by the U.S. Department of Housing and Urban Development (HUD); the current loan limit on a standard HECM is \$625,500, although a new "saver" HECM was introduced last fall with lower loan limits and fees.

Reverse mortgage lenders typically advance tax or insurance bill payments in cases where borrowers haven't tapped their maximum loan amounts, adding those costs to the loan balances. But in cases where loan amounts are exhausted, borrowers have been falling into a limbo of sorts, due to a lack of clear guidance from federal regulators on how lenders should handle defaulted loans. The number of

creating the possibility of a real nightmare: foreclosures, and even evictions of elderly homeowners.

At first blush, the problem makes no sense. Unlike a traditional "forward" mortgage or equity line of credit, repayment of a reverse mortgage typically isn't due until the homeowner sells the property or dies. So how can a reverse mortgage be in default?

The answer is that, while reverse mortgage borrowers aren't required to make monthly loan payments, they are required to keep up with property tax and insurance payments, and maintenance of the home.

A reverse delivers a large lump sum of cash that should—in theory—give strapped homeowners sufficient funds to cover those costs.

loans in limbo rose 173 percent between May 2009 and March 2010, according to an audit by the Inspector General's office of the U.S. Department of Housing and Urban Development (HUD).

The prospect of foreclosure and possible evictions of seniors has made HECM default a political hot potato for the federal agencies involved, which include HUD, the Federal Housing Administration (FHA) and Fannie Mae. Until last year, Fannie purchased most HECM loans from issuers, but it has exited the market for reasons unrelated to defaults.

Early this month, HUD issued instructions to lenders on how it wants delinquent loans to be handled. Lenders will be contacting all delinquent borrowers by the end of April to lay out options including establishing repayment schedules, restructuring of loans or to offer assistance from a HUD-approved consumer counseling service.

HUD is stressing to lenders the importance of avoiding eviction of HECM borrowers who default. The agency has taken steps to beef up counseling that is required before con-

sumers take out reverse mortgages. And earlier this month, HUD announced \$3 million in new funding to housing counseling agencies to help them provide guidance to borrowers facing default.

HECM borrowers who are in default should expect to be contacted by their lenders soon by mail. The letters will offer options, including setting a re-payment plan, refinancing the loan, or entering a HUD-approved loan counseling program.

There are five HUD-accredited counseling services for assistance: The National Council on Aging, (800) 510-0301; CredAbility, (888) 395-2664; Money Management International, (866) 765-3328; National Foundation for Credit Counseling, (866) 363-2227; and NeighborWorks America, (888) 990-4326.

- Mark Miller is the author of "The Hard Times Guide to Retirement Security." He publishes <http://retirementrevised.com>, recently named the best retirement planning site on the web by Money Magazine. Contact him with questions and comments at mark@retirementrevised.com.

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MAYO CLINIC

Difficulties with memory and thinking may develop in some people with Parkinson's

DEAR MAYO CLINIC: Does Parkinson's disease affect memory and thinking? My 70-year-old husband has this condition and is showing signs of cognitive impairment.

ANSWER: Unfortunately, Parkinson's disease is not simply a problem of tremor, walking and movement. With advancing age, and the longer a person has the disease, difficulties with memory and thinking may surface. Typically, these problems are subtle at first, but may become progressively worse in some people with Parkinson's disease.

Parkinson's disease is a disorder of the nervous system that develops gradually over time. The development of cognitive problems reflects the progressive nature of the disease process. Early in the course of the disease, most symptoms - such as tremor, muscle rigidity and difficulty with movement - are usually mild and can often be effectively managed with

medications.

After many years of Parkinson's disease, though, symptoms may become less responsive to medication, and new problems can develop. New symptoms can include additional movement problems and cognitive difficulties, as well as bladder and bowel issues and, in some people, low blood pressure.

The underlying cause of the advancing Parkinson's disease process cannot be seen on brain imaging studies, such as magnetic resonance imaging (MRI). However, we know from postmortem studies that, as Parkinson's progresses, microscopic changes increasingly develop in broad regions throughout the brain, including areas responsible for cognition that govern functions like thinking and memory.

At this time, we have no drugs that slow the progression of Parkinson's disease. Many symptoms, however, can be effectively treated with medications, as well as other forms of

treatment, such as physical therapy and surgery. Medications are available that improve memory, including those used to treat Alzheimer's disease, but they usually provide only modest benefit.

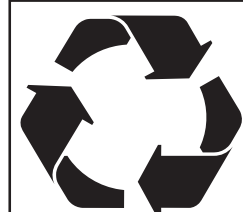
People with Parkinson's disease, such as your husband, who have recently developed cognitive problems should be evaluated by their physician to make certain that some other factor is not responsible for these symptoms. Often, the evaluation includes a head scan to exclude hydrocephalus (increase in the size of the ventricles within the brain), a stroke or a tumor that could affect thinking. In addition, blood tests are also appropriate because general medical problems, such as thyroid dysfunction, nutritional deficiencies and other medical conditions, might affect thinking and memory.

Physicians should also review patients' drug lists, as medications for other health problems may sometimes compromise mental clarity. Finally, adequate sleep is important to sound thinking, and occasionally treating sleep disorders, such as sleep apnea, can improve cognition.

If factors such as these are ruled out, then it's very likely that progression of Parkinson's disease is the cause of impaired memory and thinking. If this is the case for your husband, talk to his physician about possible treatment options, as well as techniques your husband and you can use to help cope with advancing Parkinson's disease. - J. Eric Ahlskog, M.D., Ph.D., Neurology, Mayo Clinic, Rochester, Minn.

- *Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. Email a question to 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.*

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SENIOR CALENDAR

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

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

ART/ENTERTAINMENT

APR 6-JUL 11 SUMMER BAND CONCERTS

Annual Summer Wednesday evening band concert. Pack up the family and bring your lawn chairs or blankets. Join the Lawrence City Band for a free concert in South Park. LAWRENCE, (785) 832-7930

APR 8 ALPIN HONG - PIANO CONCERT

Exciting young pianist Alpin Hong is a gifted recital and orchestral musician who has developed a reputation for eclectic concerts, diverse programs and an interpretive, improvisational style. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

APR 8-17 CINDERELLA

At the ball, she and Freddy dance and fall in love, but when the clock strikes midnight, Cinderella loses...her red sneaker! Freddy and his trusted friend, Gaston, tour the countryside to find the rightful owner. Please call for ticket prices. Helen Hocker Theatre - Gage Park. TOPEKA, (785) 368-0191 <http://www.topeka.org/parksrec/hocker>

APR 8-23 TO KILL A MOCKINGBIRD

A drama adapted by Christopher Sergel from the Pulitzer Prize winning novel by Harper Lee. Hailed as one of the most widely read books dealing with race in America, its protagonist, Atticus Finch, is an enduring fictional image of racial heroism. Lawrence Community Theatre. Lawrence, (785) 843-7469 <http://www.theatrelawrence.com>

APR 13 JAY UNGAR & MOLLY MASON FAMILY BAND

Recognizing 2011 as the sesquicentennial of the Civil War, Grammy Award-winners Jay Ungar & Molly Mason Family Band present a timeless program of American folk and traditional music. The ensemble is best known for Ungar's deeply moving composition Ashokan Farewell, selected as the theme song for Ken Burns' momentous 1990 PBS documentary series, The Civil War. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

APR 14 PRESERVATION HALL JAZZ BAND & DEL MCCOURY BAND

These two legendary groups of musicians, from two distinctly American musical lineages come together in concert. The two bands create a seamless blend of soul-lifting traditional harmonies as hot and lively New Orleans jazz from the Preservation Hall Jazz Band to the high and

lonesome sound of the Appalachians from the Del McCoury Band. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

APR 15-30 A STRETCAR NAMED DESIRE

Widely considered a landmark play. A Streetcar Named Desire tells the story of Blanche Dubois, a woman whose life has been undermined by her romantic illusions, which lead her to reject—so far as possible—the realities of life with which she is faced and which she consistently ignores. Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

APR 22 WTCT PLAYERS

WTCT Reader's theatre company celebrates the radio plays of the 30s, 40s, and 50s! Show time: 8 p.m. Admission fee. Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

APR 23 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 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 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 PM,
(785) 842-3415

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 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 PM,
(785) 843-9690

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

SUNDAYS & TUESDAYS
MOOSE CLUB
6 p.m.
1901 N KANSAS AVE, TOPEKA
(785) 235-5050

BOOKMOBILE

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

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

FRIDAYS
Vermont Towers, 1101 Vermont St.,
Peterson Acres, 2930 Peterson Rd.,
Lawrence, 11:15 a.m.-12 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 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST.,
LAWRENCE, 3 PM

THIRD WEDNESDAY OF EACH MONTH
BRANDON WOODS, 1500 INVERNESS DR.,
LAWRENCE, 10:30 AM
PRAIRIE COMMONS, 5121 CONGRESSIONAL
CIRCLE, LAWRENCE, 1 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 7
GARDENING FOR WELL-BEING
A Skillbuilders program presented by Jennifer

Smith, Douglas County Extension Office. Skill-
builders provides education and support for
caregivers, widows and widowers. Lawrence
Public Library auditorium, 10-11:45 a.m. For
more information, call Sarah Randolph at
Douglas County Visiting Nurses, Rehabilitation
& Hospice at (785) 843-3788 or Pattie John-
ston, Senior Outreach Services of the Library,
(785) 843-3833 ext. 115.
LAWRENCE

APR 7
PREDIABETES CLASS
This free class is for those at risk for developing
diabetes or have already been told that they
have prediabetes. Topics include preventing or
delaying Type 2 diabetes, diet, exercise, weight
loss, medications and avoiding potential com-
plications. Lawrence Memorial Hospital, Meet-
ing Room A, 12-1:30 p.m.
LAWRENCE, (785) 749-5800

APR 14
PERSONAL SAFETY AND HOME SECURITY
A Skillbuilders program presented by Gary
Squires, Douglas County Sheriff's Office. Skill-
builders provides education and support for
caregivers, widows and widowers. Lawrence
Public Library auditorium, 10-11:45 a.m. For
more information, call Sarah Randolph at
Douglas County Visiting Nurses, Rehabilitation
& Hospice at (785) 843-3788 or Pattie John-
ston, Senior Outreach Services of the Library,
(785) 843-3833 ext. 115.
LAWRENCE

APR 14 & 15
AARP DRIVER SAFETY CLASS
Will be held from 10 a.m.-3 p.m. each day
at the Lawrence Public Library. Cost for this
refresher course is \$12 for AARP members, \$14
for non-members. Space is limited so registra-
tion is required. To reserve a spot in this course,
contact Pattie Johnston, Senior Outreach at the
Library, (785) 843-3833 ext. 115.
LAWRENCE

APR 19
ADVANCED DIRECTIVES: A NECESSITY
IN OUR HEALTHCARE JOURNEY?
Presented by Carolyn Harrison, MN, education
director, Kansas Health Ethics. We'll look at
the benefit of the Patient Self Determination
Act, advanced directives, and dispel the myths
about "death panels." Free advance directive
documents available. Sponsored by Coalition to
Honor End-of-Life Choices. Lawrence Public
Library, 707 Vermont, 6:30-8:30 p.m.
LAWRENCE, (785) 830-8130
<http://www.lawrenceareaCHEC.org>

APR 21
NUTRITION ROUNDTABLE: FOOD LABELS
Learning to read and fully understand food
labeling is one of the keys to a nutritious diet.
Come and learn more about how to accomplish
this often challenging task. This seminar is
free and part of our monthly Nutrition Round-
table Series. LMH Registered Dietitian Patty Met-
zler will present. Advance registration requested
please due to space limitations. Lawrence
Memorial Hospital, Meeting Room D- South
(Main hospital), 6:30-7:30 p.m.
LAWRENCE, (785) 749-5800

APR 21
MANAGING YOUR MONEY
A Skillbuilders program presented by Barbara
Braa, VP, CornerBank Asset Management.
Skillbuilders provides education and support for
caregivers, widows and widowers. Lawrence

■ CONTINUED FROM PAGE 18

Public Library auditorium, 10-11:45 a.m. For more information, call Sarah Randolph at Douglas County Visiting Nurses, Rehabilitation & Hospice at (785) 843-3788 or Pattie Johnston, Senior Outreach Services of the Library, (785) 843-3833 ext. 115.
LAWRENCE

APR 28

TAKING CARE OF YOUR CAR

A Skillbuilders program presented by Richard Haig, Westside 66. Skillbuilders provides education and support for caregivers, widows and widowers. Lawrence Public Library auditorium, 10-11:45 a.m. For more information, call Sarah Randolph at Douglas County Visiting Nurses, Rehabilitation & Hospice at (785) 843-3788 or Pattie Johnston, Senior Outreach Services of the Library, (785) 843-3833 ext. 115.
LAWRENCE

APR 28

CANCER SCREENINGS: WHAT YOU KNOW CAN SAVE YOUR LIFE

How do you know which cancer screenings are recommended for you or a family member? Join Darren Klish, MD from Lawrence Cancer Center as he discusses the facts and controversies surrounding cancer screenings. Dr. Klish will be joined by Kansas City author Karen McWhirt. She will share the story of her son's battle with testicular cancer and how early detection and treatment could have saved his life. McWhirt is the author of "Together We Will Win, What Happens When We Don't Talk About Testicular Cancer; A Young Man's Story." This program is free but advance registration is requested. Lawrence Memorial Hospital, Meeting Room A, 6:30-8 p.m.
LAWRENCE, (785) 749-5800

MAY 5

HOME MAINTENANCE 101

A Skillbuilders program presented by Neil Gaskin, owner, Natural Breeze Remodeling. Skillbuilders provides education and support for caregivers, widows and widowers. Lawrence Public Library auditorium, 10-11:45 a.m. For more information, call Sarah Randolph at Douglas County Visiting Nurses, Rehabilitation & Hospice at (785) 843-3788 or Pattie Johnston, Senior Outreach Services of the Library, (785) 843-3833 ext. 115.
LAWRENCE

EXHIBITS/SHOWS

JAN 21-APR 10

THE RAIL SPLITTER AND THE RAILROADS

Before there was President Lincoln, there was A. Lincoln, Attorney. This exhibit traces Lincoln's lifelong commitment to transportation as a means of developing the frontier—a stance that was to have significant implications for Kansas and the nation. The exhibit is curated by Peter A. Hansen, editor of Railroad History and correspondent for Trains magazine. 701 N Kansas Avenue.

TOPEKA, (785) 232-5533

<http://www.greatoverlandstation.com>

JAN 21-DEC 31

150 THINGS I LOVE ABOUT KANSAS

This special exhibit will commemorate the 150th anniversary of Kansas statehood. 6425 SW 6th Avenue.

TOPEKA, (785) 272-8681

<http://kshs.org>

APR 1-29

THE BATTLE OF BLACK JACK

The Battle of Black Jack is considered by many as the first fight of the Civil War. It most certainly contributed to the name of Bleeding Kansas. Explore the territory surrounding the battlefield and its use of the Santa Fe Trail. Admission is free. Hours: 9 a.m.-5 p.m. 1515 SE Monroe Street.
TOPEKA, (785) 354-4273

APR 30-MAY 1

KAW VALLEY QUILTER'S GUILD QUILT SHOW 150

Children's Workshops, Mini Quilt Auction, Historical through Contemporary Quilts, KVQG Boutique and Vendors, etc. Douglas County Fairgrounds, 10 a.m.-5 p.m. Admission fee. Adults \$5, Children 12 Free
LAWRENCE, (785) 979-1761
<http://www.kawvalleyquiltersguild.org>

MAY 3-30

THE LAWYERS OF BROWN V. BOARD OF EDUCATION

This new exhibit will present the story of the trial attorneys who fought the Brown case and who, in the process, ultimately reshaped a nation. Hours: 9 a.m.-5 p.m. Admission is free. 1515 SE Monroe Street.
TOPEKA, (785) 354-4273

FAIRS/FESTIVALS

APR 16 & 17

WAMEGO TULIP FESTIVAL

Come and enjoy more than 150 handmade/handcrafted vendors, live entertainment, children's inflatables, miniature train, and petting zoo.

and your favorite festival food. Visit the historic Dutch Mill and Museum Complex and see all the tulips blooming in that area and downtown.
WAMEGO, (785) 456-7849

FARMERS MARKETS

APR 12-NOV 3

LAWRENCE TUESDAY FARMERS MARKET

The market offers fresh fruits, vegetables, baked goods, flowers and herbs, along with musical entertainment. 1000 block of Vermont.
LAWRENCE, (785) 331-4445

APR 23-NOV 5

LAWRENCE FARMERS MARKET SATURDAY

Offering fresh fruits and vegetables, baked goods, flowers and herbs. More than 80 growers, bakers and fine craftspeople. Live music every Saturday morning. 800 block of New Hampshire. Lawrence, (785) 331-4445
<http://downtownlawrence.com/farmersmarket.html>

HEALTH

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE



Wendy Linton Blackwell M.A., CCC-A, F-AAA, Audiologist, is a KU Med graduate with more than 20 years experience.
Call 785-841-4327 today to schedule your FREE hearing test.

BLACKWELL HEARING CENTER

3200 Mesa Way Suite D • Lawrence

■ CONTINUED ON PAGE 20

Quality care you can trust Rates you can afford

Non-medical home help for elders, new & working parents, recovery, disability and other life transitions.

Our services include:

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- ♥ Child Care ♥ Pet Care ♥ Respite Services
- ♥ Free Advocacy & Referrals ♥ And More!

At Home advocates for our clients like family. We share information and offer direction when asked to do so — at no additional cost. We are willing to share with you what we have learned about optimizing the health care system, Social Security, the insurance industry, Medicare, and the inevitable challenges everyone must face when making changes in their homes and lifestyles.

If we can't serve you with confidence, we will refer you, also at no charge, to a specialist we know you can trust.



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■ CONTINUED FROM PAGE 19

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 a.m.-1 p.m. and 3-6 p.m. No appointment necessary.

LAWRENCE, (785) 856-6030

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free.

TOPEKA, (785) 354-6787

FIRST & 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 a.m.-1 p.m.

TOPEKA, (785) 233-1750, EXT. 252

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free.

TOPEKA, (785) 354-6787

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free.

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

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free.

TOPEKA, (785) 354-6787

APR 6

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, 3-4:30 p.m.

LAWRENCE, (785) 749-5800

APR 7

BONE DENSITY SCREENING

Advance appointment required. Appointment 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, 9-11 a.m.

LAWRENCE, (785) 749-5800

APR 9

BONE DENSITY SCREENING

See April 7 description. Lawrence Memorial Hospital, HealthSource Room, 9-11 a.m.

LAWRENCE, (785) 749-5800

APR 19

BONE DENSITY SCREENING

See April 7 description. Lawrence Memorial Hospital, HealthSource Room, 1-3 p.m.

LAWRENCE, (785) 749-5800

APR 28

BONE DENSITY SCREENING

See April 7 description. Lawrence Memorial Hospital, HealthSource Room, 9-11 a.m.

LAWRENCE, (785) 749-5800

MAY 4

CHOLESTEROL SCREENINGS

See April 6 description. Lawrence Memorial Hospital, HealthSource Room, 8:30-10 a.m.

LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

APR 2

HURRAH, FREI KANSAS! GERMANS STRUGGLE AGAINST SLAVERY IN KANSAS TERRITORY, 1854-1861 WITH WILLIAM D. KEEL

In 1854, the New England Emigrant Aid Society recruited German settlers to Kansas in support of the Free Staters. Nearly 80 German settlements in the northeastern counties were established. Learn about how Germans participated in the "Bleeding Kansas" period in the summer of 1856, including their involvement in the territorial constitutional debates, and eventually joining the Union Army in greater numbers.

2812 N 155th St., 10 a.m.

BASEHOR, (913) 724-4022

APR 4

BEYOND THE YELLOW BRICK ROAD - KANSAS ON THE SILVER SCREEN WITH THOMAS PRASCH

Any Kansan traveling outside the state's borders knows that sooner or later, he or she will be asked "Where's Dorothy?" or told "You're not in Kansas anymore." The iconic film adaptation of L. Frank Baum's "The Wizard of Oz" has influenced popular conceptions of the state. But Kansas history and themes also figured significantly in other fictional films produced in Hollywood. What does "Kansas" mean to American popular culture? Ottawa Library, 6:30 p.m.

OTTAWA, (785) 242-3080

APR 11

HARVEY GIRLS - IT ALL STARTED IN TOPEKA WITH MICHAELINE CHANCE-REAY

Preferring the term Harvey Girls to waitresses, Fred Harvey recruited singer women to work at Harvey Houses along the Santa Fe Railroad line from Kansas to California. Between the 1880s and the 1950s more than 100,000 women, many Kansans, proudly wore the black-and-white uni-

form of the Harvey Company. Sponsored by the University Women's Club. Robert J. Dole Institute of Politics, 2 p.m.

LAWRENCE, (785) 864-4900

<http://www.kansashumanities.org>

APR 18-DEC 31

FREEDOM'S FRONTIER & KANSAS-NEBRASKA ACT

Documents and exhibits providing insight into the Bleeding Kansas and pre-statehood era star in Lawrence newly refurbished 1904 Carnegie Library.

Lawrence, (785) 856-5300

<http://www.freedomsfrontier.org>

APR 19

WATER AND KANSAS HISTORY WITH REX BUCHANAN

Join us as we discuss the role of water in the settlement of the state, both historically and in the present day. Basehor Historical Museum Society, 2812 N 155th St., 7 p.m.

BASEHOR, (913) 724-4022

APR 21

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. 628 Main St.

OSAWATOMIE, (913) 755-4384

APR 26

KANSAS THROUGH THE LENS OF F. M. STEELE WITH JIM HOY

In 1890, frontier photographer Francis Marion Steele set out from Dodge City to record cowboys, American Indians, wildlife, wheat harvesting, grain farming, sugar-beet factories, railroad building, community celebrations and festivals, small-town life, and studio portraits. Tonganoxie Community Historical Society, 201 W Washington, 7 p.m.

TONGANOXIE, (913) 845-2852

APR 29

THE GERMAN HERITAGE OF KANSAS WITH WILLIAM D. KEEL

More than a third of Kansas residents are of German ancestry. This presentation explores the major German immigrant groups and their impact on Kansas agriculture, education, and Midwestern culture. Sponsored by Friends of the Olathe Public Library. Indian Creek Community Church, 12480 S Blackbob Rd., 6:30 p.m.

OLATHE, (913) 971-6850

MAY 2

KANSANS REMEMBER WORLD WAR II

Rachel Goossen will lead the discussion. World War II altered many lives, sending a generation of men and women across the state and overseas. The stories of nurses, pilots, chaplains, welders, and musicians provide a window into Kansans' journey to pacifist communities, factories, hospitals, and military service. This presentation focuses on oral histories of 1940s-era Kansans, as well as the present-day students who collected these stories. Ottawa Library

Room 104, 6:30-7:30 p.m.

OTTAWA, (785) 242-3080

<http://www.ottawalibrary.org>

MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special

features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124.

LAWRENCE, (785) 838-7885

www.OrthoKansasPA.com

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 & THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

LAWRENCE SENIOR CENTER
2:15-3:45 PM, (785) 842-0543

FIRST & 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 & 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

4-5 PM, (785) 840-3140

FIRST & 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 p.m. in Conference E of LMH.

LAWRENCE, (785) 830-8130

FIRST & THIRD TUESDAYS OF THE MONTH

SCRAPBOOK MEMORIES

Grace Hospice, 3715 SW 29th St., Suite 100, 6 p.m. All supplies provided (except photos).

TOPEKA, (785) 228-0400

FIRST & THIRD TUESDAYS OF THE MONTH

GRIEF SUPPORT GROUP

Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2 p.m.

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3-4 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

■ CONTINUED FROM PAGE 20

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124.
LAWRENCE, (785) 838-7885
www.OrthoKansasPA.com

FIRST & 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 New-comer at for more information. Pozez Education Center, 1505 SW 8th St.
TOPEKA, (785) 478-4947 or (785) 296-8349

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2 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 6-9 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3-4 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).
11:30 AM-1 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 p.m.

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 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 GRIEF AND ENCOURAGEMENT GROUP

For those who have lost loved ones. Sponsored

by Hospice Care of Kansas. Meets at Brook-wood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Nancy Cook.

TOPEKA, (913) 599-1125

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 a.m.
TOPEKA, (785) 235-1367, EXT. 130

SECOND & FOURTH MONDAY OF THE MONTH ALZHEIMER'S/CAREGIVER SUPPORT GROUP

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 7:30 p.m.
LAWRENCE, (913) 831-3888

SECOND & FOURTH TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

Grace Hospice in association with Pioneer Ridge Assisted Living 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

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.
TOPEKA, <http://www.narvre.com>

SECOND & FOURTH TUESDAY OF EACH MONTH

SCRAPBOOK MEMORIES

Grace Hospice, 1420 Wakarusa, 6 p.m. All supplies provided (except photos).
LAWRENCE, (785) 841-5300

SECOND & 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 p.m.
LAWRENCE, (785) 842-0543

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2 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 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 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alexander.
LAWRENCE, (785) 843-2584
www.happytimesquares.com

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8 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 4-5:30 p.m. For more information call LMH Kreider Rehab Center.
LAWRENCE, (785) 505-2712

THIRD WEDNESDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL 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. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free! NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman.
LAWRENCE, (785) 843-7481

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

11 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., 2-3:30 p.m.
BALDWIN CITY, (785) 842-0543

THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Baldwin Healthcare Center, 1223 Orchard Lane, 1-2 p.m.
BALDWIN CITY, (785) 594-6492

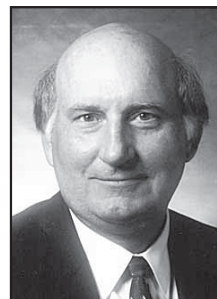
■ CONTINUED ON PAGE 22

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■ CONTINUED FROM PAGE 21

**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 a.m.-1 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 p.m. Sponsored by Grace 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 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, 1-2:30 p.m.
LAWRENCE, (785) 842-0543

**FOURTH THURSDAY 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 the Topeka-Shawnee County Public Library, 7 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, email pdpatterson@juno.com.
TOPEKA

**FOURTH FRIDAY OF EACH MONTH
AARP CHAPTER 1696**
AARP Chapter 1696 will meet at 11 a.m. at the Lawrence Country Club. Lunch served at 11:30. New and interested members welcome. Please call Mary for reservations.
LAWRENCE, (785) 331-4247

**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 gov-

ernment employment are welcome, and encouraged to attend. For information, call Jim Miller.
LAWRENCE, (785) 478-0651

**MAY 5
THE WOMEN'S CONNECTION**
"Up, Up, and Away!" Lunch will be held at The Capitol Plaza Manor Conference Center, 1717 S. Topeka Blvd. Former flight attendant Kathy Coleman will relate her experiences of "Surviving Life's Crash Landings." Her books will be available to purchase. The music will be provided by the Topeka West Choralaiers. Also featured in this program will be Susan Morrell, who delivers weight loss strategies and recipes every month on KSNT-TV's morning show. Reservations must be made by April 29.
TOPEKA, (785) 266-4062

MISCELLANEOUS

**APR 1-24
TULIP TIME FESTIVAL**
The Tulip Time Festival will feature nearly 100,000 tulips and daffodils at Lake Shawnee Ted Ensley Gardens, (Admission: Donations accepted). Other locations: Old Prairie Town and Botanical Garden, (Admission charge);
TOPEKA, (785) 266-4062

■ CONTINUED ON PAGE 23

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■ CONTINUED FROM PAGE 22

Doran Rock Garden and Reinisch Rose Garden; and Matrot Castle and Vineyard (Admission is free).
TOPEKA, (785) 267-1156

APR 1-29
ELEPHANT TRAINING AT THE ZOO
Every Monday, Wednesday and Friday, Topeka Zoo visitors can watch Tembo and Sunda, the zoo's resident elephants go through their training program with their keepers! Event time: 1:30 p.m.
TOPEKA, (785) 368-9162
<http://www.topekazoo.com>

APR 6-DEC 7
SENIOR WEDNESDAY AT THE ZOO!
You're never too old to visit the Topeka Zoo and we have just the event for Senior Citizens. All seniors are invited to join us the first Wednesday of each month and enjoy coffee and an educational chat. Program is free with zoo admission. Event time: 9:30 a.m.
TOPEKA, (785) 368-9134
<http://www.topekazoo.com>

APR 8-16
2011 SPRING BOOK SALE
Lawrence Public Library Spring Book Sale 2011.

LAWRENCE, (785) 843-3833
<http://www.lawrence.lib.ks.us/>

APR 15
HEALTH CARE PROVIDER OPEN HOUSE
This event is an opportunity for you to visit Drury Place at Alvamar, Lawrence's #1 retirement community designed for active adults, while you learn more about the many agencies in our community that provide services to seniors striving to maintain their independence and security. 1510 St. Andrews Dr., 3-7 p.m.
LAWRENCE, (785) 841-6845

APR 16
1ST ANNUAL GARY CLARKE RUN FOR THE WILD
Walk, Run, or Crawl for the 1st Annual Gary Clarke Run for the Wild...a benefit for your Topeka Zoo. Join us, form a team or walk with a friend. Event time: 9 a.m. Call for more information on how to sign-up. Gage Park.
TOPEKA, (785) 368-9162
<http://www.topekazoo.com>

APR 16
FLEA MARKET AT LAKE SHAWNEE
If you have the items to sell, we have the spot for you. You can bring antiques, collectibles, and garage sale items. You must pre-register to get

your spot. Beach Parking Lot.
TOPEKA, (785) 267-1156

APR 16
GREEN FAIR: GET YOUR GREEN ON 150 WAYS
The annual library Green Fair uses Kansas' 150th birthday as a time to challenge Kansas to learn 150 ways to go green. Marvin Auditorium. Event time: 2-5 p.m.
TOPEKA, (785) 580-4400
<http://www.tscpl.org>

APR 16
PARTY FOR THE PLANET
Join us to celebrate Party for the Planet, learn more about the environment and what you can do to help. Event time: 9 a.m. Admission fee. Topeka Zoo.
TOPEKA, (785) 368-9162
<http://www.topekazoo.com>

APR 30
HOOKEE ON FISHING GRANDPARENTS & KIDS FISHING DERBY
Prizes, refreshments, giveaways and plenty of fish for everyone to try and land the big one! Youth 14 and under are encouraged to bring grandparents or parents to assist them. Thanks to our sponsors, no one goes home empty handed.

Event time: 8-10:30 a.m. Free of charge. Lake Shawnee Junior.
TOPEKA, (785) 267-1156

APR 30
SENIOR HOUSING FAIR
Sponsored by the Douglas County Coalition on Aging. The event will feature education sessions for people planning to age in their current home and for those planning to relocate. Vendors will include senior housing providers, realtors, financial advisors and other services. The event is free and open to all ages. Douglas County Senior Services, 745 Vermont, 10 a.m.-12:30 p.m.
LAWRENCE, (785) 842-0543

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

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BOOKSHELF

Springtime reading

By Margaret Baker

Laura Hillenbrand: *Unbroken*
(Reviewed edition Random House Audio Books, ISBN 978-0-7393-1969-7) Read by Edward Hermann on 11 cds.

Laura Hillenbrand follows the life of Louis Zamperini through the stages of his life. And a tumultuous life it was!

Although raised in a loving family, Louis early on was more of a prankster at best or a juvenile delinquent at worst. Then he discovered his gift for running (a successful thief must often outrun others!). Under good coaches Louie became a top-notch miler, getting a scholarship to University of California and placing seventh in the Berlin Olympics of 1936.

Pearl Harbor changed everything. Louie became a bombardier in the Navy Air Force (it wasn't a separate branch of the military until after the war). He and his crew flew several missions over Japanese-held islands.

His plane lost the two left engines while on a search and crashed into the Pacific. Louis and two others survived and lived on two inflatable rafts lashed together. They spent weeks on those rafts living by their wits when water and food ran out and sharks encircled them. One died.

Over two thousand miles later, the two remaining soldiers floated into Japanese-held islands and were captured. The lives of Pacific prisoners of war remain a horrendous atrocity.

Repatriated when the atomic bombs ended the war, Louis became the poster child for Pacific prisoners of war. This, too, brought difficulties which tested Louis' very core.

Author Hillebrand brings each segment of Louis' life vividly into the reader's consciousness. This book is the story of the resilience of the human mind, body, and spirit.

Laura Hillenbrand's first book *Seabiscuit, an American Legend* won the

Book Sense Book of the Year, and *Unbroken* is every bit as good. Highly recommended to all and especially to historians, amateur and academic, of World War II.

Brad Parks: *Eyes of the Innocent*
(St. Martin's Minotaur, ISBN 978-0-312-57478-9)

Carter Ross, investigative reporter for a Newark newspaper, looks into a house fire that killed two young boys (their school pictures are the source of the title). He's mentoring a bubbly journalism intern as they dig into the story.

The fire is not accidental; it erupted in all rooms simultaneously. The mother was working a second job, but rumors on the street say she worked the streets night. Who is telling the truth?

The city's unfortunate reputation for corruption plays an important part as well.

Councilman Windy Byer's abduction takes the arson story off the front page. Byers is the owner of the house the boys died in.

Carter Ross is a wonderfully human protagonist, middle-aged but still attractive (and he doesn't seem to know it), highly intelligent and empathetic. All of the secondary characters are well-drawn, and both the plot and the characters are believable.

A welcome addition to the mystery scene!

Linda Mason: *Makeup for Ageless Beauty*
(Watson-Guptill Publications, ISBN 978-0-8230-2379-7)



After age 40, skin often loses elasticity and develops mild coloration changes. This short aid gives copious suggestions for caring for your skin and makeup ideas to enhance it.

Really good basic information and advanced cosmetology, with easy-to-follow illustrations.

Mindy Starns Clark: *Secrets of*

Harmony Grove (Harvest House, ISBN 978-0-7369-2625-6)

Sienna Collins, a rising advertising executive, is suddenly let go by her company, because she is being investigated by an agency of the federal government. She has no idea what is going on.

Upon reflection, she wonders if it has anything to do with her investments, including Harmony Grove bed-and-breakfast, which her ex-boyfriend had run. She grew up in the Amish area, and returns to sort things out to clear her name. Since she owns it, she stays in the inn, and is barely settled when the ex-boyfriend dies and the manager is severely beaten.

Sienna's family came to the area after the death camps of WWII in Germany were liberated. The local story is that the family's wealth was converted into diamonds to provide for them in a new country, but the diamonds have never been found.

Is this the reason for the deaths? Why would the federal government be involved?

Multi-layered plotting, a look at a gentler way of life, and even a touch of romance lift this crime novel above the average.

Ted Bell: *Warlord* (Wm. Morrow, ISBN 978-0-06-185929-8)

If you are in the mood for international thrillers using real people in fictional rolls, Ted Bell's sixth action thriller.

Alex Hawke, an American counter-intelligence officer with M16, has found solace in the bottom of a bottle since the death a year ago of his beloved wife. He might still be there except for a middle-of-the-night phone call from his friend, Britain's Prince Charles. He has discovered a threat to the royal family, presumably from the same terrorist who arranged the assassination of Charles' godfather, Lord Montbatton, 30 years before.

So starts a complicated tale that

makes a roller coaster feel like a stroll in the park with a baby pram.

Alex Hawke makes James Bond seem like an old fogey!

Maeve Binchy: *Minding Frankie*
(reviewed in audio by Random House Audio Books. Read by Silé Bermingham on 5 cds, ISBN 978-0-3077-1360-5)

Ready for something cheerful with nary a corpse? Maeve Binchy sets this tale in Ireland, with the Lynch family. Their only child, Noel, is approaching 30 with no goals, a dead-end job, and a fondness for vodka and beer. A cousin, Emily, is visiting from America.

Noel discovers that Stella, red-headed lass he met on a booze-fogged vacation, is pregnant. He barely remembers Stella, let alone the rest. Now Stella has terminal cancer, and she wants Noel to raise the child as she would have. Stella was sent to many foster care facilities where she was abused and does not want little Frankie to endure that.

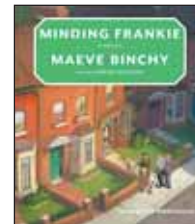
Emily, 30ish barrel of cheerful energy, convinces him that it is his duty. She rounds up help from family and friends, helps Noel join AA and sign up for an evening business course to improve his work skills.

Everyone happy? Not quite. Moira, the social worker, feels Frankie would be much better off in foster care.

Emily, Moira, and Stella have all lived in loveless families with alcoholic parents, but their response to this background differs widely.

A charming, gentle story of a community helping a single dad raise a child—you'll remember this long after you've finished the last disc, or page.

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



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HUMOR

Cash Flo

From the time she was a little girl, Florence Thurber delighted in raising money. She didn't care much about money itself. What jingled the cash registers of Florence's soul were creative ways to raise money for good causes.



Larry
Day

Florence was a very successful hometown fund raiser by the time she finished high school. When the Sisters of Sophie, the Brothers of Boris, needed to raise money for some good cause, they got in touch with Florence. Her friends nicknamed her "Cash Flo."

Soon after she graduated from the University of the Prairies, Florence founded a local fund raising company. In a few years she had the biggest, fastest growing fund raising firm in the Midwest.

As Cash Flo, LLC prospered, it caught the attention of Big Bucks, Inc., a large national fund raising outfit.

The thing that raised hackles at Big Bucks, Inc., was that when Cash Flo, LLC took on a fund raising project, Florence insisted on total honesty. She was all for creative fund raising plans—even stunts—if they were genuine and transparent. But Cash Flo, LLC refused to raise money for organizations that weren't upfront about their fund raising events and mailers. And the fund raising organizations had to tell people what the money would be used for.

In a face-to-face meeting with Florence, a Big Bucks, Inc. executive laid out Cash Flo, LLC's two options: sell out to Big Bucks, Inc., or be squashed like a bug.

Florence looked the woman in the eye and said "I like option number three. That's the one where Cash Flo, LLC kicks Big Buck's big butt."

The next months were rough, but

Florence's company survived. Big Bucks, Inc. was huge and powerful, but it was top heavy and ponderous. Cash Flo, LCC, was small and nimble. Not too long after Florence walked out on the meeting with the Big Bucks executive, she found herself in a very different face-to-face meeting. This one was with the CEO of a giant national nonprofit organization. The CEO had contacted Florence discreetly and asked to meet with her in confidence.

"Ms. Thurber it's time for us to begin work on our annual fund raising effort, but we have a serious problem. Last year a very large fundraising organization sent out—and I'm being very candid here—a funding appeal **disguised** as a questionnaire. The questionnaire and related materials were made to appear as a legitimate information-seeking survey. However, the questions were really designed to excite partisan feelings in our potential contributors.

"Did the fund campaign fail?" asked Florence.

"No. We met our fund raising goal. But then a very serious problem arose. One of our most loyal and generous contributors contacted us. He is the founder of a survey research firm. He denounced the survey questionnaire that was the center of our campaign. He said such tactics compromise legitimate survey efforts. He said, and I quote him here, 'If you people don't clean up your act I'll see that your next fund raising effort will be picking up pennies out of the gutter.'

"Ms. Thurber, Cash Flo, LLC has a reputation as the most honest fund raising firm in the country. We need you to design a simple, clean campaign for us."

A few weeks later Florence met with the big non profit organization's CEO and board of directors. Here is the fund raising letter that they approved:

Logo

date

Dear Friend:

Last year I sent you a phony survey. It asked you a bunch of bogus

questions and then asked you for money.

That fundraising approach was a serious mistake.

I apologize.

Ours is a good organization, and we do need money to operate.

This letter is the only fund appeal you'll receive from us this year.

Please forgive me and give what you can.

Thank you.

President and CEO.

That simple letter brought in record contributions for Cash Flo LCC's non profit client. The organization got a huge donation from the survey research founder who had lodged the complaint. Eventually Cash Flo, LCC became Cash Flo, Inc., and it acquired Big Bucks, Inc. which had fallen on hard times.

- 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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TRAVEL TROUBLESHOOTER

Hotels charging for wireless Internet

By Christopher Elliott
Tribune Media Services

What could be more absurd than paying a surcharge for a wireless Internet connection at your hotel? Paying even more for a wireless Internet connection at your hotel.

But that's exactly what more travelers are being asked to do when they open their laptops after checking in. A "regular" Wi-Fi connection typically costs about \$10 a day, but if they want to upgrade to a higher speed, they have to pay a premium of between \$5 and \$10 over and above that rate.

Philip Guarino was faced with that choice on a recent visit to Zurich, Switzerland. A basic wireless connection at his hotel ran at 500 kilobits per second (the average dial-up connection is 56 kilobits per second). The "premium" connection speed was about 20 times faster, which would have allowed him to easily stream videos, make Internet-phone calls and

download large files - all the things a reliable high-speed connection ought to do in 2011.

"I pay for the upgrade every time because the difference is so extreme," says Guarino, a business consultant.

Let's take a little time-out, here. In the 21st century, wireless Internet access is a basic utility, like electricity or indoor plumbing. Charging extra for a connection that ought to be included with the price of your room reminds me of the avaricious motels in the 1970s that added a 25-cent fee for having color TVs in the room.

Come on.

But the hotel industry is serious about this. I saw it just last week when I checked into a Hilton family property in California. As a frequent guest, my wireless is "free"—but if I want fast wireless access, the hotel charges more. So much for loyalty.

The hotel industry begs to differ with me. Back in 2004, properties needed to upgrade their wireless sys-

tems, so they turned to guests to pay for the needed routers and modems. The idea caught on, says David Wieland, president of InnFlux, which provides hotel wireless systems.

"Today, as bandwidth needs are exponentially outpacing bandwidth availability in many areas, the tiered approach is becoming more widely accepted and endorsed," he says. "We have serviced more than 700 hotels and more than 80 percent of them have employed the speed upgrade option."

Wieland makes a valid point. Internet bandwidth is a limited resource for a hotel. It might only have 50 megabits per second of bandwidth available that must be shared among guests. Doesn't it make sense that guests who are willing to pay more should also get more?

Under such a scenario, the premium guests would get a fast 5 megabits per second connection, while the garden-variety travelers would be throttled to 1 megabit per second, which is still considerably faster than a dial-up connection.

Still, the notion that you should pay for a basic utility is ridiculous. Paying even more for it is a little like paying extra to make sure there's water

24 hours a day, or that the electricity doesn't get turned off in your hotel room. It's not exactly the same thing, but close enough.

I didn't go for the upgraded connection on my last hotel stay. I don't want to encourage them. Current "take" rates—an industry term for people who buy the faster connection—are about 3 percent for "free" wireless networks and 15 percent for paid ones, according to Wieland.

It could be a losing fight. Although some forward-looking, guest-friendly hotel chains never charge for wireless access, many more do. And many more will, if we start paying the speed premium, according to frequent traveler and travel blogger John DiScala.

"I think it's going to be the way of the future," he says.

- Christopher Elliott is the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a non-profit organization that advocates for travelers. You can read more travel tips on his blog, elliott.org or email him at celliott@ngs.org.

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PET WORLD

What is Cushing's disease?

QUESTION: I found a cat in the street that had been declawed and I took her in. She's very playful and adoring with me, but when anyone comes to visit, she hides. If I'm holding her before she realizes someone has come in, she allows the person to pet her, then hides under the sofa. Is there anything I can do to help her overcome her shyness toward strangers? - A.D., Las Vegas, NV

Also, Delgado adds, consider managing your expectations, "This cat sounds perfectly affectionate and wonderful with you," says Delgado. "It's possible the cat may gain more confidence with strangers, but she may never be really outgoing." Congratulations, also, on adopting this cat.

QUESTION: We had to put our 13-year-old dog to sleep due to Cushing's Disease. We were not aware of the signs of Cushing's, and our vet didn't catch it during the dog's yearly visit. Could you offer a brief discussion to help others? - T.B., Cyber-space

ANSWER: I'm sorry for your loss, and impressed with your intent to help others. Dr. Jeff Werber, a Los Angeles-based veterinarian and contributor to www.mypetcaretv.com, says, "Cushing's is not an uncommon problem; its an over-secretion of cortisol. The body naturally secretes its own steroids, and in Cushing's disease too much cortisol is being secreted by the adrenal glands. Often this happens because the adrenal gland is overstimulated by the pituitary (located in the brain), but sometimes an adrenal gland tumor can be the cause.

Symptoms include increased thirst and appetite, the appearance of a bloated belly, and/or hair loss. Cushing's is definitely a disease of older dogs (though not necessarily elderly).

Werber says veterinarians will typically question pet owners about their pets' behavior, such as increased thirst, etc. Also, this example is another reason why I advocate for twice-annual veterinary visits, offering the opportunity to detect illness early. There are also specific blood tests to confirm Cushing's.

Drug choices include Lysodren and a new, safer but more expensive choice

called Vetoryl (trilostane). Malignancy in the case of tumor is rare, but possible.

"Once under control, most dogs continue to do well with continued medication," says Werber. "Of course, all dogs are individuals and some

don't read the same books we do."

- Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Send email to PETWORLD@STEVE DALE.TV. Include your name, city and state.

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Steve Dale

ANSWER: Cat behavior consultant Mikel Delgado, of Berkeley, CA, believes this cat may have had a rough start in life. Genetics, though, also could play a role in a cat's behavior. Some people seem predisposed to be more outgoing, and the same is true for pets.

"Never force a cat who is afraid to interact with people. Parading her around for company doesn't allow the cat to make choices," says Delgado. Of course, a little motivation never hurts. Begin with a visitor who the cat may be somewhat familiar with, and ask your guest to toss a few small pieces of cheese or another valuable treat just beyond the cat's reach from under the sofa. Another idea is to lure the cat into play with a fishing pole-type toy with feathers. Also, place an empty box in the room the cat is hiding in. Believe it or not, some cats will jump in an open box and "hide" there instead hunkering under the sofa.



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WOLFGANG PUCK'S KITCHEN

A new spin on chicken

By Wolfgang Puck

Tribune Media Services

Whenever I go into supermarkets today, I'm fascinated to see how many sell cooked, ready-to-eat rotisserie chickens. A properly cooked, spit-roasted chicken is delicious. As it slowly turns over, under, or next to its heat source, it continuously bastes itself with its own juices. The ideal result is juicy, flavorful meat and delicious, crispy brown skin.

The problem, however, is that by the time you buy it, a rotisserie chicken may be past its ideal doneness. The meat may be a little dry, its temperature closer to lukewarm than hot. And, sealed in plastic or wrapped in a foil-lined bag, the beautiful golden skin may have gone from crisp to soggy.

And that doesn't even begin to deal with the fact that, however convenient the chicken might be, the best way to enjoy it is to serve it the moment you return home—which may not be when you actually want to eat it!

So, let me offer you a better solution: Make your own rotisserie chicken. It's so easy. After all, how do you think supermarkets make so many of them? Do you ever see a chef there carefully tending to each chicken? Of course not! Once you get it going, the rotisserie does all the work.

You do, however, need a rotisserie. Fortunately, many home ovens today come with built-in rotisseries. And you can buy a good, compact countertop electric rotisserie so inexpensively, too. The recipe I share with you here will work very well in either a home oven rotisserie or a countertop model.

All you need is a good whole chicken, preferably organic. Take care not to get one so big that it won't fit in your rotisserie; a chicken that weighs about 4 pounds is fine. Be sure to rub the chicken's skin all over with some olive oil and to season the bird inside and out with salt and pepper,

along with any herbs or spices you like. Then, simply truss it with kitchen string to give it a compact shape that will cook evenly, secure it on the spit following the manufacturer's instructions, and let the cooking begin.

Another advantage of cooking a chicken this way is that, at the same time, you can roast vegetables in a baking pan on a shelf below. Juices from the chicken will drip into the pan, adding wonderful flavor to the ready-to-serve side dish.

The only jobs you have left to do are to test for doneness when the timer goes off, let the chicken rest briefly so its juices settle, carve, and serve. And there you have it: a perfect dinner for weeknights or weekends, family or company alike, in little more effort than a trip to the supermarket.

ROTISSERIE GARLIC ROSEMARY CHICKEN WITH ROASTED VEGETABLES

Serves 4

4-pound whole organic chicken, wing end joints cut off

8 garlic cloves

4 sprigs fresh rosemary

4 sweet potatoes, scrubbed and quartered

1 organic red bell pepper, stemmed, seeded, deveined, and cut into large chunks

1 organic orange or yellow bell pepper, stemmed, seeded, deveined, and cut into large chunks

1 organic green bell pepper, stemmed, seeded, deveined, and cut into large chunks

2 large yellow onions, peeled and cut into large wedges

3 tablespoons extra-virgin olive oil

Coarse sea salt or kosher salt

Freshly ground black pepper

Crushed red pepper flakes

2 lemons, halved

Preheat the oven or countertop rotisserie to 400 degrees F. Set a shelf on the lowest level.

Meanwhile, rinse the chicken inside and out with cold running water and pat dry thoroughly with paper towels. Set aside.

Put the garlic, rosemary, sweet potatoes, bell peppers, and onions in a large mixing bowl. Add 2 tablespoons of the olive oil and salt, black pepper, and red pepper flakes to taste. Toss well.

Fill the chicken's cavity with a small handful of the vegetables and 2 of the lemon halves. Measure and cut a piece of kitchen string twice the length of your forearm. With the chicken breast up, pass the middle of the string under its tail and bring the string up, cross it, and loop each end snugly around the end of one of the drumsticks; then, pass the strings up both sides of the chicken between the thighs and breast, turn the chicken over, and knot them snugly across the wings and over the neck opening.

Following manufacturer's instructions, insert the rotisserie spit through the center of the chicken from the neck end to the tail end. Slide on the spit clamps snugly against both ends of the chicken and tighten the screws securely.

Rub the skin of the chicken all over with the remaining oil and season all over with a little more salt and pepper. Transfer the remaining vegetables to a baking dish and put them on the bottom shelf of the oven. Load the rotisserie spit into the oven. Close the oven door and set the oven to its rotisserie function. Set a timer for 1 hour.

After 1 hour, open the oven and, with a large spoon or spatula, turn the vegetables over in the baking dish. An instant-read thermometer should be inserted into the thickest part of the chicken's thigh, not touching bone; when the chicken is done, the temperature should register 165 degrees F. If the temperature is lower than that, close the oven and continue to cook on the rotisserie setting for 10 to 15 minutes more before testing again.

When the chicken is done, carefully loosen the screws on the spit and slide the chicken off onto a carving board. Cover with aluminum foil and let rest for about 10 minutes. Uncover and squeeze the remaining lemon halves all over the chicken. Carve and serve with the roasted vegetables.

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What do these two men have in common?



Well, in addition to serving as leaders of the free world, Presidents Bill Clinton and George W. Bush are baby boomers who will turn 65 this year and be eligible for Medicare. In fact, since January 1, 10,000 boomers a day began turning 65. This will continue for the next 19 years.

Of course, the former presidents probably spend little time worrying about their future Medicare benefits. Most boomers will not have that luxury.

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GUEST COLUMN

Become a hospice volunteer

Volunteers do a great service in this country, and those doing volunteer work consistently find the experience extremely rewarding. But why would anyone want to volunteer for Hospice? Wouldn't that be depressing; working with dying people?



*Jerry
Old, MD*

Ironically, that is not the case! Individuals who step out of their "comfort-zone" and volunteer for hospice organizations find it personally gratifying, intellectually stimulating, and emotionally meaningful. Hospice is not about death—it is about life! Priorities change, but Hospice is about living the best quality of life, for as

long as one can live it.

There is now global awareness that hospice and palliative medicine must be a reliable part of every health care system. We have left behind the era where hospice was timidly advanced as a 'choice' or an 'alternative' to standard care. More and more people are choosing the option to stay home, to forego expensive (and often painful) medical therapies that don't help much, to maintain control of their decisions, and have quality of life at home when reaching the end of their physical lives.

What can volunteers bring to hospice? Perhaps merely helping with simple administrative duties, such as filing or addressing envelopes for thank-you letters in the office. Maybe it's child care assistance. Volunteers have made invaluable contributions with family pet care. Perhaps it is support or respite for family members. Simple things such as allowing a caregiver an opportunity to run errands, buy groceries, or to get a little time

away from the house may be invaluable in preventing burnout. Even assisting with household maintenance or yard work can be a precious gift for those who can't perform those tasks.

For persons brave enough, or comfortable enough, Hospice volunteering may mean actually visiting with patients—reading, talking, helping them reminisce, playing music or supervising visits with pets. All volunteers are trained and will feel comfortable and confident in whatever Hospice setting they choose. All you really need is a desire to help your friends and neighbors while serving the community.

The importance of volunteers is reflected in the fact that one of the requirements of a Medicare certified hospice is that at least 5 percent of the total patient care hours be provided by volunteers. They are valuable members of the multi-disciplinary team that sup-

ports the patient and the family, along with the physicians, nurses, aides, social workers, chaplains and others.

The hospice philosophy recognizes that dying is not merely a medical event, but a profoundly personal journey. What could be more exciting and fulfilling than to help someone facing that journey?

National Volunteer Week is April 10-16. Volunteering for Hospice is something to consider. The most common comment I hear from Hospice volunteers is, "I went there to help someone else, and I received far more than I gave." Call the hospice in your area to get involved.

- Jerry Old MD is Chief Medical Officer for Hospice Care of Kansas and associate professor at the University of Kansas School of Medicine-Wichita. He is a nationally recognized author, educator and speaker on end-of-life care.

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PUZZLES & GAMES

BRIDGE

The Perils of Duplicate

By Tannah Hirsch

Tribune Media Services

North-South vulnerable. South deals.

NORTH

♠-2

♥-10 5

♦-10 8 7 5 2

♣-9 7 6 5 3

WEST EAST

♠-J 9 8 3

♠-K Q 10 5

♥-8 7

♥-J 9 6 4

♦-K 6 4 3

♦-A Q 9

♣-K 10 4

♣-Q 8

SOUTH

♠-A 7 6 4

♥-A K Q 3 2

♦-J

♣-A J 2

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Pass	Pass	1NT
Dbl	Pass	2♣	Pass
Pass	Dbl	2♦	Dbl
2♥	Pass	Pass	Dbl
Pass	Pass	Pass	

Opening lead: Three of ♦

For the next few weeks, we will be featuring hands from the Summer North American Championships, held in Chicago in July, including "Thinking Bridge" hands composed by Eddie Kantar. This deal is from the von Zedtwitz Life Masters Pairs. Sitting East was Alan Schwartz of Fairfax, Va. A double in the balancing seat would

have located the 4-4 spade fit, but we must confess we would have taken the same action—what if partner responds to the double with two clubs? That led to East-West getting caught in a doubling syndrome, and two hearts doubled became the final contract.

West led a low diamond and East won with the ace. The danger of spade ruffs loomed, so shifting to a trump was critical. However, leading a low trump would not be good enough. Declarer would run it to the ten, come to hand with a spade to the ace and ruff a spade. A diamond ruff would give declarer four heart tricks, two ruffs and two aces—two hearts doubled and made.

Schwartz solved the problem by re turning the jack of hearts! Declarer won in hand, cashed the ace of spades and ruffed a spade with the high ten of hearts. Declarer returned to hand with a diamond ruff and exited with a spade. East won the spade, cashed a spade trick and still had one more trap to avoid—allowing declarer to score his low trump. That was overcome when East exited with the queen of clubs. No matter what South did he had to surrender a trump trick for down one and a near bottom score—the magic -200!

- 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. Email responses may be sent to gorenbridge@aol.com.

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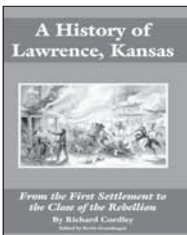
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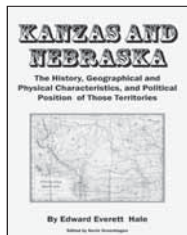
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What you can do to speed up your disability application

By Norm Franker

Social Security District Manager in Lawrence

If your disabling condition is preventing you from continuing to work, you may want to apply for disability benefits through Social Security. In most cases, doing so involves a thorough process of determining your eligibility, medical condition, and ability to work. Because we look so carefully at so many cases — more than three million each year — it can take us three to five months to determine whether you are eligible.

Processing times on that initial claim can vary depending on several factors, but primarily on:

- the nature of your disability;
- how quickly we obtain medical evidence from your doctor or other medical sources; and

• whether we need to send you for a medical examination in order to obtain evidence to support your claim.

There are things you can do to help speed up the process. The more information you provide up front, the less time it will take us to obtain the evidence we need — and the faster your claim can be processed.

What type of information do we need?

- Any medical records or documentation you have is helpful. We can make copies of the records you have and return your originals;
- The names, addresses, and phone numbers for any doctors, medical facilities, treatment centers, or providers related to your disabling condition;
- The names, addresses, and phone numbers for previous employers and the dates worked for each employer;

Workers' compensation information, including the settlement agreement, date of injury, claim number, and proof of other disability benefits awarded;

- Names and dates of birth of your minor children and your spouse;
- Dates of marriages and divorces (if any);
- Checking or savings account number, and the bank's 9-digit routing number, so we can deposit your payment electronically;
- Name, address, and phone number of a person we can contact if we are unable to get in touch with you.

If this disability application is for a child, we need the name, address, phone number of the schools attended and any school records you can provide.

We also ask you to sign release forms that give us permission to ob-

tain the information needed from third parties to make a decision on your claim.

The best place to start is online at www.socialsecurity.gov/disability. Select "Disability Starter Kit" in the left column. There, you'll find more information and starter kits for both adults and children.

You can apply online for disability benefits (the easiest method), or you can make an appointment by phone or in a Social Security office. The choice is yours. (For Supplemental Security Income (SSI) disability benefits, you cannot apply online, but you still can complete the Disability Starter Kit to prepare for the interview and speed-up the processing time.)

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Point-Counterpoint: Does 'intellectual' have a positive connotation?

POINT: "Even words which once had positive connotations, like intellectual and elite, are now little more than epithets hurled at those who champion the notion that an educated populace is essential to America's future. Thomas Jefferson, himself, perhaps, the greatest intellectual in our national history, would have been appalled at the rising tide of anti-teacher and anti-public school sentiment." - Mike Hoeflich, a distinguished profes-

or in the Kansas University School of Law, *Lawrence Journal-World*, March 9, 2011

COUNTERPOINT: "In the seventeenth century, [intellectual] was indeed employed as a noun, chiefly to describe a person who holds that all knowledge is derived from pure reason. It had even then, and earlier, a denigratory implication.... As a noun descriptive of persons, 'intellectual' scarcely appeared at all in

nineteenth-century dictionaries. So far as the term was employed, it meant the 'sophisters and calculators' whom Burke had scorned, the abstract *philosophes*; it was a category despised equally, though for different reasons, by Romantics and Utilitarians. It was closely linked with an unimaginative secularism: Newman attacked Sir Robert Peel for

giving way to it. All in all, 'intellectual' meant what Bacon had suggested, a person who overrates the understanding. By implication, an intellectual neglected the imagination, the powers of insight and wonder, and the whole realm of being that is beyond private rational perception." - Russell Kirk, *The Conservative Mind* (1953)




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- Rent is based on resident's income
- Lounge & recreation room



- 24-hour security
- Staff on call 24 hours
- Water & trash paid
- Lawn care
- Weekly shopping transportation
- In house laundry facilities

Call Tony Jaramillo at (785) 354-4225 for more information
331 NE Golden (Oakland Community) • Topeka




Affordable Senior Living



Clinton Place Apartments



2125 Clinton Parkway in Lawrence
Completely Renovated
Rent Subsidized Apartments for
Qualified Seniors
Applications being accepted
Call 841-1000 for information or visit our
web site at www.ldcha.org



MEDICALODGES, INC.
Eudora

in conjunction with Grace Hospice
is pleased to offer a very special
Family Council Event

"Living with Alzheimer's"

presented by
Sarah Llanque, MSN, RN
LEARN Coordinator
Alzheimer's Association - Heart of America Chapter

Monday, April 11th
6:30 pm – 8:00 pm

Everyone welcome. Light refreshments provided.

Medicalodges Eudora
1415 Maple Street
Eudora, KS 66025

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging.
If you or someone you know is experiencing memory loss or behavioral changes, take this opportunity to learn the facts.
Early detection gives you a chance to plan for the future.



Hospice Volunteers Make a Difference!

Whether a patient care or staff support volunteer, hospice volunteers bring their unique talents and skills to enhance the lives of terminally ill patients and their families. They are extraordinary people who do ordinary things to change lives.

**To become a volunteer, or for more information
Call 1-800-HOSPICE (467-7423)**

Volunteer Week is April 10-16.

**Thank you
to our volunteers!**

Hospice Care

O F K A N S A S

Topeka (785)273-4357 • Toll Free 1-800-HOSPICE

Today's seniors have lived through significant historic events and change—from the Great Depression and World War II to rapid-fire advances in technology and medical science. And along the way, through times both challenging and prosperous, they have collected a treasure



Sarah Cox

trove of experiences and wisdom that could guide us today and in the future. That is, if we do not let time get away. We need to create opportunities now, while we can, for seniors to share their life stories with younger generations.

Over time, many seniors do share their experiences, one by one, with family and friends. That is good, but often they are only spoken and not written down or recorded. And many times they are passed along only to immediate family members and not others who may lack strong family ties of their own, thus missing out on chances to swap stories with older adults. Intergenerational conversations—in a variety of settings—can enrich younger people's lives while giving seniors precious opportunities to relive their vivid tapestry of experience. As a result, one generation gains new understanding and respect for the other.

"To enhance the quality of life of the seniors in their care, in-home care providers can encourage seniors to reminisce and recall important times in their lives," said Sarah Cox, manager of Comfort Keepers in Topeka. "They can also help them or encourage them to write narratives about these experiences to share with family. This fits nicely with Comfort Keepers

unique approach to care called Interactive Caregiving™, which engages seniors in activities that promote their physical, mental and emotional well-being."

More and more, religious institutions are arranging special opportunities for young and old to share with one another. If you do not have something like this planned at your church or synagogue, take the lead. How about a congregation-wide birthday party where members of all generations sit together by birth month, share cake and ice cream, and get to know one another as they compare notes about what it was like to grow up in their respective time periods?

Seniors can also add an important dimension to history lessons, from elementary school to college classrooms. They can provide first-person accounts and breathe life into the dry pages of history books. Some teachers assign students to interview seniors and write down their impressions and memories or videotape seniors' recollections.

Senior centers also plan occasions

that bring generations together, for instance, to recognize seniors for their service as veterans or community leaders. Senior centers often host writing classes and programs to teach seniors how to write their life stories to share with family and friends.

Family gatherings may also provide opportunities to help keep alive the memories of our elders. There may not be time during a reunion, between eating and lawn games, to write your family elders' life stories. But a family reunion can be a good place to get started, as the storytelling and reminiscing unfold. At this opportune time you could suggest putting these stories in writing. Maybe there is a budding young author or two in the family along with a gifted writer who could coordinate the project. And by the next reunion, they could have a volume of life stories to give everyone.

Life story writing has become a growing enterprise. Many entrepreneurs have launched businesses to help people who want to preserve

their or a loved one's experiences. There also are plenty of websites that offer do it yourself advice. Just Google "writing your life story." The reality is that intergenerational conversations can take place anytime there is a group willing to share their stories and keep the memories going.

- Sarah Cox is the Comfort Keepers® Franchise Owner in Topeka. She can be reached at (785) 267-8200.

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

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P	L	O	T	H	I	T	T	H	E	R	O	A	D		
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Preserve Your Memories!



As editor and publisher of Kaw Valley Senior Monthly, Kevin Groenhagen has interviewed over 100 seniors during the past decade for "Senior Profiles." Now he can interview you (or a loved one) and save your memories so they can be shared with your family and friends.

Your memories can be preserved as a video recording on a DVD, an audio recording on a CD, or in book form. You decide which format you're most comfortable with. Kevin will provide you with a list of questions prior to the interview. You can delete the questions you do not wish to answer or add a few questions of your own.



For more information, call Kevin at 785-841-9417 or send him an e-mail at kevin@seniormonthly.net.

Note: If you have already recorded your memories on audiocassettes or videocassettes, Kevin can transfer them to CDs and DVDs for you.

SCRABBLE BRAND GRAMS SOLUTION

B ₃	E ₁	D ₂	F ₄	A ₁	S ₁	T ₁	RACK 1 =	89	
R ₁	U ₁	N ₁	A ₁	W ₄	A ₁	Y ₄	RACK 2 =	63	
Q ₁₀	W ₄	E ₁	R ₁	T ₁	Y ₄		RACK 3 =	21	
E ₁	Q ₁₀	U ₁	A ₁	T ₁	O ₁	R ₁	RACK 4 =	67	
G ₂	U ₁	I ₁	L ₁	D ₂	E ₁	R ₁	RACK 5 =	59	
PAR SCORE 220-230								TOTAL	299

JUMBLE ANSWERS

Jumbles: MANLY GUIDE
VOLUME POTENT

Answer: The cowboy missed the dinner bell because he was - ALL "TIED UP"



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

If you're over 50 or have osteoporosis, it's important that you don't ignore your back pain. It may signal a spinal fracture. See your doctor right away if you think you may have one.

Spinal fractures can be repaired if diagnosed.

KYPHON® Balloon Kyphoplasty is a minimally invasive treatment for spinal fractures that can correct vertebral body deformity, reduce pain and improve patient quality of life.



before



balloon kyphoplasty



after

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Medtronic maintains a list of physicians who have been trained to use, and are believed to be both active and proficient users of, Medtronic's products and who are willing to accept patient referrals. Physician participation on this list is voluntary and free. All referrals are identified based upon geographic criteria only. Medtronic does not guarantee the accuracy of the listings or the capabilities of the physicians listed. The physicians referenced may be paid consultants of, and research cited may have been funded partially or in whole by, Medtronic.

Although the complication rate with KYPHON® Balloon Kyphoplasty has been demonstrated to be low, as with most surgical procedures, there are risks associated with the procedure, including serious complications. This procedure is not for everyone. A prescription is required. Please consult your physician for a full discussion of risks and whether this procedure is right for you.

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My heart's in the right place. Is yours?

I love the outdoors. Cycling, hiking – even walking every day is good for the heart. I think it's important that I "practice what I preach" to my patients. When I take my own advice, everyone benefits.

When you choose Cardiovascular Specialists of Lawrence and the Heart Center at Lawrence Memorial Hospital, your heart is in the right place.

According to the American College of Cardiology, the LMH Heart Center ranks first in heart attack care* among 949 hospitals of similar size. We provide around-the-clock, rapid-response emergency heart care with excellent clinical outcomes. **Together, our cardiologists have performed thousands of life-saving procedures.**

Michael Hajdu, M.D. is board-certified in internal medicine, echocardiography and cardiovascular disease. He graduated from the University of Iowa and completed his residency at the University of Vermont. He is an avid outdoorsman and a strong advocate for living an active, heart-healthy lifestyle.

*Ranking based on average door-to-balloon (D2B) time for treatment of patients with ST-elevation myocardial infarction (STEMI).

