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August 2009 *Serving Active Seniors in the Lawrence-Topeka Area since 2001* Vol. 9, No. 2

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Wouldn't dream of eating beets? Wolfgang Puck's recipe for Baby Beet Salad with Argula, Goat Cheese and Hazelnuts might just make you reconsider. - page 26

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KEVIN GROENHAGEN PHOTO

Donna Herman with the Tinman from *The Wizard of Oz*. Herman, a Wamego resident since she was in high school, volunteers at the Oz Museum in downtown Wamego on most Wednesdays.

# For Herman, there is no place like Oz Museum

By Kevin Groenhagen

Seventy years ago on August 12, *The Wizard of Oz* premiered at the old Strand Theatre in downtown Oconomowoc, Wis. Donna Herman, then a young girl who, like Oz's Dorothy Gale, lived on a Kansas farm, doesn't really have any childhood memories of watching the movie. However, as a volunteer at the Oz Museum in Wamego, Kan., she now knows far more about *The Wizard of Oz* than the average person.

Herman became a volunteer at the museum shortly after it opened

in 2003. "I worked at Central Elementary School in Wamego for 32 years," Herman said. "I really enjoy being around people, especially children, so I thought I would enjoy volunteering at the museum. I help unpack freight for the gift shop, talk with visitors, and take their pictures. I do whatever needs to be done." The Columbian Theatre Foundation Inc. created the museum with a grant from the state and contributions from the community. The museum originally featured more than 2,000 items from Wamego native

Tod Machin's collection, which was on display during the museum's first five years. "Last year, the collection that was here went out," Herman said. "It took a lot of work to get the first collection ready to go and then set up the new collection." The new collection, belonging to the Cafiero family, arrived at the museum in more than 400 boxes. The collection, estimated to include more than 20,000 pieces of Oz memorabilia, is so large that it would be impossible to display it in its en-

■ CONTINUED ON PAGE THREE

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# Donna Herman

■ CONTINUED FROM PAGE ONE

tirety. Among the items is an autographed, first-edition copy of L. Frank Baum's *The Wonderful Wizard of Oz*, the book that Johnpaul Cafiero's mother read to him when he was a child. Cafiero is now a Franciscan friar in Chicago. The museum returns a percentage of ticket sales to Chicago to help support a school for underprivileged children that he and other friars operate.

"There's an alcove for every character in *Oz*," Herman explained as we walked through the museum. Each alcove includes books, toys, photographs, posters, clothing, and other items related to each character. Herman made special note of the handprints in the cement in a section of the museum. Most of the handprints were made by Herman's favorite visitors to the museum—some of the actors who played the Munchkins in *The Wizard of Oz*.

Several of the surviving Munchkins visit Wamego every year for OZtoberFest. A joint project of the OZ Museum, The Columbian Theatre, and the Wamego Chamber of Commerce/VisitWamego.com, this year's OZtoberFest will be held on October 3 and 4. The outdoor festival will include vendor booths, the Emerald City Carnival, *The Wizard of Oz* stage production at the Columbia Theatre (including cameo appearances by the Munchkins during all three performances), the Scarecrow Cook-off, the Yellow Brick Road Ride for bicyclists, the Tin Man Antique truck and tractor show, book signings by authors Robert and Roger Baum, Michael Siewert, and John Fricke, and a Munchkin autograph session at The Columbian Theatre.

Munchkins Margaret Pellegrini, Karl Slover, and Ruth Duccini are scheduled to attend this year's OZtoberFest. Jerry and Elizabeth Maren will also attend the festival. Jerry Maren was the Lollipop Guild member who handed a lollipop to Dorothy. He and author Steve Cox will be signing copies of *Short and Sweet*, a memoir of Maren's 60-plus-year career in Hollywood.

"We get to spend time with the Munchkins when they are here," Herman said. "I have pictures of the Munchkins with my great-granddaughters. I even made Dorothy dresses for all three of my great-granddaughters."

Herman's great-granddaughters also enjoy touring the museum, although the youngest refuses to enter the haunted forest.

In addition to volunteering at the

Oz Museum, Herman regularly volunteers as an usher at The Columbian Theatre. The first floor of the theater currently features a large collection of Patti Page memorabilia. Tim Akers, the theater's artistic director, is Page's great-nephew.

Interestingly, the theater itself has an indirect connection to Oz. J.C. Rogers, a Wamego banker, visited the Columbian Exposition and World's Fair in 1893. The "White City," as the fair was known, consisted of over 200 buildings and pavilions on 633 acres in Chicago's Jackson Park. The White City became the inspiration for the Emerald City in Baum's *The Wonderful Wizard of Oz* several years later.

Rogers traveled back to Chicago after the fair and purchased two of the temporary buildings, the Wisconsin and Victoria, along with decorative parts and artifacts from other buildings. He then had all the items loaded on a boxcar and transported back to Wamego to be used for a theater he was building. Among the items were six 11' x 16' paintings that are on display on the theater's second floor. The U.S. Treasury Department commissioned the paintings, which were originally hung in the rotunda of The Government Building at the Columbian Exposition.

Other businesses in Wamego have also adopted the Oz theme. For example, you'll also find the Oz Win-

ery and Toto's Tacoz downtown near the museum.

Herman, who moved to Wamego during her freshman year in high school, is big on promoting her hometown.

"I like to tell people about Wamego," she said. "You should see our park. At the city park we have a Prairie Village and Museum with a log cabin that was moved in from the country, an old jail, a country store, and an old Dutch mill. In addition, there's the Walter P. Chrysler home out on the highway by McDonald's. Chrysler was born in Wamego and was the founder of Chrysler Corporation. His childhood home will become the new Pottawatomie County Visitor's Center. You could definitely spend a whole day in Wamego."

Herman currently volunteers at the Oz Museum every Wednesday and when needed for other events.

For her, volunteering is an ideal way to spend her spare time.

"I don't want a paying job," she said. "I have a big yard and five great-grandchildren, so if I'm too busy on a Wednesday, I don't need to come to the museum. I also like to go on trips sponsored by my bank, so I don't want to be committed to a job. I want to be free. I'm going to Washington, D.C., later this year, and I went on an Alaskan cruise last August. I usually go on all the bank's trips."

The Oz Museum is located at 511 Lincoln Ave. in Wamego and is opened Monday through Saturday from 10:00 a.m. to 5:00 p.m., and on Sunday from noon to 5:00 p.m. For more information, please call (785) 458-8686 or visit [www.OzMuseum.com](http://www.OzMuseum.com). For more information on OZtoberFest, please call (866) 458-TOTO (8686), or visit [www.oztoberfest.com](http://www.oztoberfest.com).



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**Kaw Valley Senior Monthly**

**Editor and Publisher**  
Kevin L. Groenhagen

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.

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# Food Share America helps keep food prices down

By Billie David

If you drive past Cornerstone Baptist Church on a certain morning each month, you can see people loading boxes of food into waiting cars. What you are seeing are members of the Lawrence community working together through a program called Food Share America to help keep food prices down.

"We are the only host site in Lawrence," said Marsha Haught, Cornerstone Baptist Church secretary, adding that there are Food Share America distribution points in 10 other states as well.

"Food Share America is a large buying cooperative. It's a nonprofit organization that buys in bulk and stores their goods in warehouses," she continued. "You can get better prices because there's no overhead like a grocery store, and they rely on volunteers for distribution and on word of mouth for advertising."

In fact, the Food Share America local distribution is part of a much larger community of over 3,500 volunteers and 12 warehouses serving over 11,000 customers per month.

In Kansas, it includes approximately 35 sites, counting 12 in Topeka and including sites as spread out as Pittsburg, El Dorado, Arkansas City and Sedan.

The idea of community was the driving force behind founder Carl Shelton's efforts to make affordable food more accessible to the general public. After making his fortune in computers and retiring, he went into the ministry, working with Mother Teresa in India for awhile and eventually establishing his idea of a non-charity food program that didn't include government involvement and was self-sustaining.

The program isn't restricted to low-income members, and it doesn't require people to fulfill volunteer preconditions to participate.

"There are no guidelines," Haught said. "If you eat, you qualify. And you can purchase as much or as little as you want."

Food pickup is scheduled for one morning each month at the church, located at 802 West 22<sup>nd</sup> Terrace in Lawrence. Volunteers are available to take orders and distribute food, and local Boy Scouts are on hand to



COURTESY PHOTO

A volunteer prepares to distribute food items.

carry the food out to the cars. For those with special needs, volunteers will do deliveries, although there is a charge for that service.

"The food comes boxed," Haught said. "It makes it very easy to come and pick it up."

Many people choose to pre-order their food package for the next month when they come to pick up their food. There are a variety of food packages to select from. For example, the July Classic Package,

which cost \$25, included 1.25 lbs. of sirloin steaks, 1.5 lbs. of chicken breasts, 1 lb. of hamburger, 28 oz. of meat lasagna, 1 lb of smoked sausage, 24 oz. of mashed potatoes, 1 lb. of shredded cheese and 1 lb of frozen strawberries. There are also mini packages available for one-person households.

"There's always a produce package. In the summer it's the best deal you can get," Haught said. "There's

■ CONTINUED ON PAGE FIVE

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## Food Share America

■ CONTINUED FROM PAGE FOUR

also a list of à la carte each month—what they have purchased and have in the warehouse at any given time.”

Another selection is the pantry box, made up of non-perishable items, which people often buy to give to others or to donate to a food pantry. People can donate money to support the program or volunteer to distribute the food as well.

In addition to ordering during food pickup, people can also order online at [www.sharecolorado.com](http://www.sharecolorado.com) or [www.foodshareamerica.com](http://www.foodshareamerica.com).

“If you want to order online, it’s a really basic step-by-step, walk-you-through-it program,” Haught said, adding that big red letters spell out “cancel” so you don’t get stuck with something you don’t want.

One can also find coupons online. For July, there was a coupon worth \$5 for a purchase of \$50 or more.

Ordering online requires a credit,

debit or vision card, but cash, checks and Food Stamp/EBT cards can also be used to pay when filling out the paper form.

The numbers of people participating in the Lawrence program varies widely over time.

“Last month we had 50 orders, but it has been up to 250 or down to 25,” Haught said. “Some people try it out and don’t like it, and they have to pay early in the month to good food later in the month. That can be hard for people whose needs are immediate.”

More information is available by calling Haught at (785) 843-0442 or Yvonne Weems, director of the Lawrence program, at (785) 856-2236.

“If anybody is interested, I would be happy to mail an order form or talk to them,” Haught said. “If I’m not here, they can leave a message on the answering machine.”

“I think it’s a great program,” she continued. “I wish more people knew about it. It’s a pretty good way to stretch your food dollars so you can eat better.”

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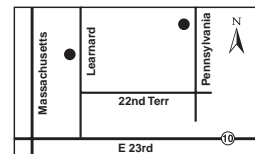
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# Check your benefits application status online

By Norm Franker

There's a lot you can do at Social Security's Web site, and it's easy to locate — just go to [www.socialsecurity.gov](http://www.socialsecurity.gov). You can estimate your retirement benefits, find out what kinds of government benefits you might qualify for and even apply for benefits online.

But did you know that you can check the status of your benefit application online — even if you applied the "old fashioned" way, in person at a Social Security office or over the phone?

That's right — you can check the status of your pending Social Security application on our Web

site, [www.socialsecurity.gov](http://www.socialsecurity.gov), from the convenience of your home or office. It doesn't matter whether you applied for benefits online, in person, or on the phone. And it doesn't matter whether the application is for retirement, disability, survivors or spouse's benefits. You can get instant status on your claim at any computer with Internet access. It's quick, easy, and secure.

Just visit [www.socialsecurity.gov](http://www.socialsecurity.gov) and select the "Check the status of your application" link on the upper, left-hand side. Then enter the Social Security number and the confirmation number, given to you when you applied. It's that easy — instant status.

While you're online, there are

other things you can do. Learn how Social Security works, research Social Security's history and visit the "Questions" link for answers to hundreds of the most frequently asked Social Security questions. You also can read our online publications about benefits, which may come in

handy as the processing of your application comes near. Wherever you are, you can find us online at [www.socialsecurity.gov](http://www.socialsecurity.gov).

- Norm Franker is the Social Security District Manager in Lawrence. He can be reached at (785) 843-2346 or [KS.FO.Lawrence@ssa.gov](mailto:KS.FO.Lawrence@ssa.gov).

## ARTSConnect announces new community art project

Kathy Smith, executive director of ARTSConnect, announced the opening of the exhibit, "Art in Transit," on July 11 at the Topeka Metropolitan Transit Authority's Quincy Street Station, 820 SE Quincy. The evening included entertainment by Cowboy Indian Bear.

The exhibit, which is a part of the new Metropolitan Murals project, features panels painted by Chords & Oil artists. These panels have been installed in the waiting areas of the central bus loading zone.

Participating artists include Ashley Laird, Stephanie Woodman, Sam Hupp, Michelle Tichenor, Timothy Volpert, Elizabeth Carson, Emery Compton, Cheyenne

Manspeaker, Phill Hall, Zach Snethen, Gretchen Snethen, and Karl Fundenberger

Metropolitan Murals is a community based public art project that will allow volunteer groups to design and paint panels to replace the glass in bus shelters all around Topeka. By enhancing the shelters with art, the community helps to transform neighborhoods, reducing vandalism, and, most of all, capturing the creative spirit.

This project represents a collaboration between ARTSConnect, Chords & Oil, oh!mr., Topeka Metropolitan Transit Authority, Heartland Visioning, and the Heartland Healthy Neighborhoods group.

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# If Facebook can't help, maybe Social Security can

By Norm Franker

People who use social networking Web sites know that it can be exciting to reconnect with long lost friends and relatives over the Internet. Such surprise connections can be fun and conjure up memories of times forgotten. But what if you have a more serious situation and you need to locate a particular person? Perhaps Social Security can help.

Social Security is in the business of paying benefits, not reconnecting people. But, in some cases, we will do what we can to help.

We will attempt to forward a letter to a missing person under circumstances involving a matter of great importance, such as a death or serious illness in the missing person's immediate family, or a sizeable amount of money that is due the missing person. Also, the circumstances must concern a matter about which the missing person is unaware and would undoubtedly want to be informed.

In less dire cases, such as when a son, daughter, brother or sister want to establish contact, we will write to the missing person, rather than forwarding a letter.

Because this service is not related in any way to a Social Security program, its use must be limited so that it does not interfere with our regular program activities.

There is no charge for forwarding letters that have a humanitarian purpose. However, we must charge a \$25 fee to cover our costs when the letter is to inform the missing person of money or property due. This fee is not refundable. The fee should be paid by a check made payable to the Social Security Administration.

We must read each letter we forward to ensure that it contains nothing that could prove embarrassing to the missing person if read by a third party. Letters should be in plain, unstamped, unsealed envelopes showing only the missing person's name. Nothing of value should be enclosed.

To try to locate an address in our records, we'll need the missing person's Social Security number or identifying information such as date and place of birth, father's name,

and the mother's full birth name.

Unless a missing person is receiving benefits under a program Social Security administers, we would not have a home address for them. Usually, we forward a letter in care of the employer who most recently reported earnings for the person.

Requests for letter forwarding should be sent to:

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Learn more about this service at [www.socialsecurity.gov/foia/html/ltrfwding.htm](http://www.socialsecurity.gov/foia/html/ltrfwding.htm).

- Norm Franker is the Social Security District Manager in Lawrence. He can be reached at (785) 843-2346 or [KS.FO.Lawrence@ssa.gov](mailto:KS.FO.Lawrence@ssa.gov).

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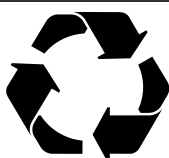
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# Retired with children? Check on possible benefits

By Norm Franker

The idea of someone being “retired with children” may seem like the seed of another television sitcom or reality show. But the fact is that it’s becoming more and more common for older people to have minor children in their care — whether by bringing new children into the world, taking over the care of grandchildren or adopting children who need nurturing parents.

So it’s important to know that if you receive Social Security benefits and have minor children who depend on you, you might be able to receive benefits for them, too. This is true whether you receive benefits as a retiree or you receive Social Security disability or survivor’s benefits.

To get benefits, a child must have a parent (or in some cases a grandparent) who:

- is disabled or retired and entitled to Social Security benefits; or
  - died after having worked long enough in a job where he or she paid Social Security taxes.
- The child also must be:
- Unmarried; and

- Younger than age 18; or
- 18-19 years old and a full-time student (no higher than grade 12); or
- 18 or older and disabled. (The disability must have started before age 22.)

Within a family, a child may receive up to one-half of the parent’s full retirement or disability benefit, or 75 percent of the deceased parent’s basic Social Security benefit. However, there is a limit to the amount of money that can be paid to a family. The maximum family payment can be from 150 to 180 percent of the parent’s full benefit amount. If the total amount payable to all family members exceeds this limit, each

child’s benefit is reduced proportionately until the total equals the maximum allowable amount.

For example, if you are retired with a minor child and your benefit payment is \$1,000 a month, your minor child could get up to half of that each month, or \$500. However, if you had two minor children in your care, the maximum your entire family could receive would be between \$1,500 and \$1,800 — that’s \$1,000 for you and between \$250 and \$400 per child.

Whether you receive Social Security benefits because you have a disabling condition, due to the death of a spouse or because you’ve reached retirement, if you have minor children, you’ll want to read Social Security’s online publication, Benefits for Children at [www.socialsecurity.gov/pubs/10085.html](http://www.socialsecurity.gov/pubs/10085.html).

- Norm Franker is the Social Security District Manager in Lawrence. He can be reached at (785) 843-2346 or [KS.FO.Lawrence@ssa.gov](mailto:KS.FO.Lawrence@ssa.gov).

## WORDS OF WISDOM

“It’s ridiculous for grown men and women to say: I want to be able to choose from hundreds of cereals at the supermarket, thousands of movies from Netflix, millions of songs to play on my iPod—but I want the government to choose for me when it comes to my health care.” - Mark Steyn, columnist

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# Retirement estimator celebrates first anniversary

By Norm Franker

It's been only a year since Social Security's Retirement Estimator went online, but you'd never know it based on the praise it continues to receive from users. It was rated the best online service in government by the University of Michigan's American Customer Satisfaction Index (ACSI) for Federal Websites in February 2009. In the most recent ACSI report, the Retirement Estimator tied for first place with Social Security's online application.

The Retirement Estimator is so popular, in fact, that people have visited the Web site more than three million times in the past year. You can visit it yourself online at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

The online Retirement Estimator is a convenient, secure and quick financial planning tool that lets workers calculate how much they might expect to receive in Social Security benefits when they retire. The attractive feature of this calculator is that it uses your earnings information on file at Social Security, without dis-

playing your personal information. So you get an instant estimate of your future retirement benefits. And, it's so easy to use.

The Estimator even gives you the opportunity to run personalized scenarios and "what if" situations. For example, you can change the date you expect to retire or change expected future earnings to create and compare different retirement options. This can help you as you plan ahead.

To use the Retirement Estimator, you must have enough Social Security credits to qualify for benefits and you must not be receiving benefits currently.

Experience the best online service in government now by visiting Social Security's Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator). Then, once you've sketched out your retirement plans, you'll know where to go when the time comes to apply for benefits: [www.socialsecurity.gov](http://www.socialsecurity.gov).

- Norm Franker is the Social Security District Manager in Lawrence. He can be reached at (785) 843-2346 or [KS.FO.Lawrence@ssa.gov](mailto:KS.FO.Lawrence@ssa.gov).




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## Baby boomers should plan ahead for late-in-life care

(ARA) – Baby boomers rocked Woodstock, protested wars, rallied for civil rights and today have a solid reputation as professionals who work hard and play harder. But as record numbers of boomers continue to age, their health problems rise in direct proportion. If you're a member of this generation and haven't yet made decisions about your late-in-life health care, someone else could make them for you.

Without explicit, documented directions about how you want your health care and end-of-life issues handled, decisions about your care will fall to someone else if you become ill and are unable to make your wishes known. Having an advance care plan will give you peace of mind, secure in the knowledge that your health care choices will be respected, even if you can't communicate them.

An advance care plan ensures your care is customized to reflect your personal preferences and health needs, as well as any social, cultural or religious requirements. The Heart Failure Society of America has compiled information to explain the benefits of advance care planning that is helpful not only for those with a chronic condition, such as heart failure, but for anyone planning ahead for the future.

Important terms to know when beginning advance care planning include:

### Advance care directive:

This document provides clear evidence of your wishes regarding treatment and can include a living will, a durable health care power of attorney and a statement about organ donation.

### Do-not-resuscitate order:

This directive made by you (or your family, in consultation with the doctor) tells doctors, nurses and rescue personnel what they should or should not do when a person stops

breathing or when their heart stops. A DNR order can also include instructions on whether or not to use different methods to revive a person.

### Living will:

This legal document allows a person who is unable to participate in decisions about their medical care to express their wishes about life-sustaining treatment. A living will is typically used during a terminal illness when a person is unable to communicate. Through it, you can set limits on what medical treatments—such as CPR, blood transfusions, surgery, kidney dialysis or other invasive measures—you will allow.

### Health care power of attorney:

This document allows someone you designate to make all health care decisions for you in the event you're unable to make them for yourself. This includes the decision to refuse life-sustaining treatment. You can give someone a general power of attorney or limit their decision making to certain issues by including instructions about your care.

### Financial plan:

If you and your family have concerns about paying for medical care

or hospital bills, a financial plan can help you work out the issues and provide for your family in the event of your death.

Talk to a health care professional about where to find further information about advance care planning as well as to discuss various health care options. You may also wish to consult a lawyer to help ensure your plan meets state legal requirements and your individual wishes. While it may be a difficult discussion, be sure your family knows and under-

stands your wishes for care. Discussing the issues in advance will make implementing them easier should it become necessary. This advice is even more important if your have parents or older relatives who have not yet taken these steps. Please share these ideas with those you love.

For more information on advance care planning, visit the Heart Failure Society of America's patient education Web site at [www.AboutHF.org](http://www.AboutHF.org).

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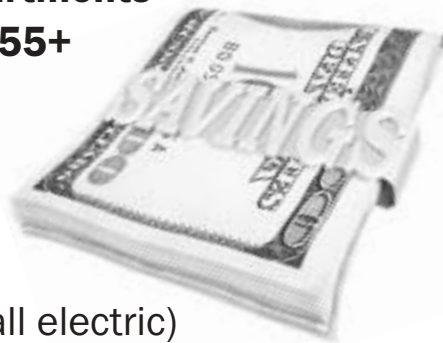
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### POINT-COUNTERPOINT

**Point:** "He admits he still doesn't know how to use a computer, can't send an e-mail...." - Obama campaign ad mocking John McCain as a computer illiterate (McCain's severe war injuries prevent him from combing his hair, typing on a keyboard, or tying his shoes)

**Counterpoint:** "You know, I'm embarrassed. Do you know the Web site number?" - Vice President Joe Biden asking an aide for a Web site address during a February 25 CBS "Early Show" interview

## Can you benefit from current opportunity in municipal bonds?

As the year winds down, you may find yourself reviewing your investment strategy to determine if you made the right moves in 2008 to help you achieve your financial goals. And one topic you may well focus on is tax-advantaged investing. Did you do all you could in this area? If not, you might want to



Harley Catlin and Ryan Catlin

consider a popular, but often misunderstood, investment: municipal bonds. And right now, these types of bonds may be more appealing than they've been in many years.

Essentially, a municipal bond is a debt security issued by a state, municipality or county to finance its capital expenditures, such as bridges, highways or schools. The interest you receive from municipal bonds is exempt from federal taxes and from most state and local taxes, especially if you live in the state in which the bond is issued. Nonetheless, if you're like many people, you might dismiss municipal bonds as conservative investments that usually offer lower yields than taxable Treasury or corporate bonds. (The yield is the return you will receive on your bond if you hold it until maturity.) But what you may not realize is that if you are in one of the upper tax brackets, the tax savings you receive from your municipal bonds may be enough to provide you with a higher yield than you'd get from a comparable Treasury or corporate bond.

Furthermore, in recent months, we've seen something that rarely occurs: municipal bonds yielding as much as, or more than, Treasury bonds — even without taking the tax benefits into account. Why has this happened? For a variety of circumstances, the market has become somewhat "glutted" with municipal bonds; this oversupply has led to lower prices. And bond prices are inversely related to yields, so the drop in municipal bond prices has led to the higher yields.

Thus far, we've seen that today's municipal bonds feature tax advantages, low prices and relatively high yields. Yet like all investments, municipal bonds do carry some types of risk, including the following:

- **Credit risk** — During difficult economic times, municipalities may be strapped for cash and have trouble meeting their financial obligations

— such as scheduled interest payments on their bonds. It's a good idea to invest in a municipal bond whose issuer is considered highly creditworthy, as determined by the ratings it receives from an independent rating agency, such as Moody's or Standard & Poor's.

- **Call risk** — When market interest rates are falling, a municipality may want to buy back — or "call" — its bonds so that it can reissue new ones at the lower rates. Obviously, if your bond is called, your income stream will be disrupted. That's why you may want to look for municipal bonds that offer call protection — a period of time during which the issuer cannot call the bond.

One final note of caution: Some municipal bonds are subject to the alternative minimum tax (AMT), so, before investing in a muni, consult with your tax advisor.

Once you understand these risks and take the steps we've suggested to address them, you may find that municipal bonds can play a valuable role in your portfolio, so give

them some consideration.

- 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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# Nice help if you can get it

Self-reliance is a virtue, but we risk losing our independence if we don't know how to seek and accept help. We all depend on each other in big disasters, or when we need rides to the airport. But many people treat infirmities differently. They



Laura  
Bennetts

don't want to be a bother or to admit weakness. Instead of suffering the small indignities of dependency, they prefer to suffer in silence. And many people grow so accustomed to their infirmities that they barely even notice them.

Either way—whether we resist help or fail to realize that we even need help—the usual consequence is that we grow weaker, putting our very ability to remain independent at risk. This is unnecessary. The key to living independently is not to avoid getting help but knowing when to get help.

#### Independence Declared

You might think, "Not me, I've always done my own driving, gardening, and housecleaning." But think again. Reduced vision, joint pain, and unsteadiness can make even routine tasks risky. And getting help is not a loss of independence. Taking the initiative is a form of independence. You seek out and guide the person who is best able to provide the help you need.

Step 1 is to plan ahead so that you'll be ready when you need help. Many personal care tasks become difficult as we age, and navigating around the house is also important to handle well. Basically, you need to keep tabs on your strengths and weaknesses and take action when a task becomes difficult or dangerous.

#### Stay on Your Toes

For those who remain wonderfully limber, it can be hard to imagine that something as simple as trimming your toenails can be a hazard to your health; that someday you may need help to reach your feet safely. But the fact is that stretching to reach your feet can strain your back or cause you to fall. Standing with your foot on a chair and leaning forward to cut your nails, for example, may cause you to lose your balance. You are also at risk of injur-

ing your spine when you bend forward trying to see your toes.

If you can't reach your toes easily while sitting, you have these options:

1. Get someone else to cut your toenails—say, a family member who cuts your softened nails after you shower.

2. See a podiatrist (that is, a doctor who handles foot problems). Medicare covers podiatric care to ensure foot safety.

3. If you have diabetes or a medical condition that limits your circulation, you will also want to see a podiatrist. Diabetes can reduce blood flow and numb your toes. A podiatrist will help you prevent accidental toe injuries, care for your nails, and monitor skin problems.

#### On the Go

If you find that you're walking less and sitting more and more, you may need help to stay on the go. One sign of leg weakness is when you have trouble getting up from your chair or from your bed. This is when you need help from a physical therapist to improve your strength and treat any joint or back pain that made you stop walking.

You need to ask for help when:

1. You have to try more than once to stand up from your favorite chair.

2. You find that you're holding onto the walls and furniture as you walk.

3. You limp when you walk because you have back or leg pain.

4. You have trouble getting in or out of the car safely.

5. You have trouble getting in or out of the shower safely.

6. You have trouble getting on or off the toilet easily.

7. You find it hard to move around in your bed.

8. You avoid walking for a full day or more.

Tell your doctor that you want to work with a physical therapist, who will help you get back on your feet, safely and comfortably.

#### Your House, Your Home

Anything you use regularly should be stored in easily reached cabinets. If you're unsteady on your feet, you won't want to climb on a chair to reach a wine glass. And if you have a back problem, you don't want to store the laundry soap under the sink. A therapist can reorganize your home to be safe and accessible. Occupational therapists specialize in improving home safety and convenience.

You need help when:

1. You store often-used items on the floor (say, in your closet or bedroom).

2. You store items on your stove-top.

3. You counters are covered with medications.

4. You have trouble walking with a walker through your cluttered home.

5. You don't have a well-cleared pathway from your bed to your bathroom.

6. You spend a lot of time searching for things you can't easily find.

You will be much safer, and better able to remain independent, if you reorganize your kitchen and bathroom to be able to easily reach the

items you rely on most. And you'll be able to safely walk and stay organized—without help—if you decrease the clutter in your home.

#### Always Ask

Your friends know you don't want to bother them. But helping is what friends are for! Taking care of yourself is a big job as you age...and it works best when you treat it as teamwork. You should ask for, and accept, the help YOUR team offers.

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

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# Use natural insecticides to avoid toxins, chemicals

Summer is a wonderful time of the year. Barbecuing, swimming, and baseball are among the many activities that take place outside during the summer. Unfortunately, the downside is that it is also the time for bug bites. Summer brings all kinds of bug bites from mosquitoes



Dr. Farhang Khosh

to ticks. And with the bug bites come diseases, including Lyme's and West Nile virus. With this threat, a person wants to bath their kids and themselves with bug repellent. However, many bug sprays have toxins and chemicals.

The American Academy of Pediatrics recommends using repellents with no more than a 30-percent concentration of DEET for kids over two months. Don't apply insect repellent to kids younger than two months. If you're not going to be outdoors for a long time, you may want to choose a repellent with a lower concentration of DEET. A 10-percent concentration of DEET protects for about two hours. If possible, it is recommended to put DEET on your clothing instead of your skin. Never apply DEET to your children's hands or skin directly.

Even though the EPA has deemed DEET as safe, many people prefer not to use repellents with DEET. Are there any natural repellents available? The good news is, yes, there are natural bug repellents for your kids, pets, garden, and for you. A 2002 study of mosquito repellents found that a soy-based repellent was the most effective natural alternative to DEET. It repelled bugs for more than 90 minutes.

Oil of lemon eucalyptus is natural oil, which comes from the lemon eucalyptus tree, is recommended by the CDC as an alternative to DEET. Several studies have found this natural bug repellent as effective as DEET in repelling mosquitoes. It may also work well against ticks. Oil of lemon eucalyptus may be poisonous if ingested in high quantities. CDC recommends it should not be used on kids under three.

Other notable mentions include citronella, peppermint oil, catnip, lemongrass, cedar wood, tea tree oil, pennyroyal, eucalyptus oil, and geranium. Another worthy mention is isolongifolenone; a natural compound found in the Tauroniro tree of South America. It has been found to be an effective repellent of both mosquitoes and ticks (Science Daily Feb 9, 2009). Other measures to repel the unwanted bugs are as follows:

1. Wear long sleeves and pants. A good form of natural insect control is to cover your arms and legs. While a mosquito might be able to get through very thin clothing, moderately thick fabric will stop them.
2. Mosquitoes have trouble maneuvering in wind. So when you're sitting out on your porch, think about using a window fan or overhead fan. The mosquitoes will have trouble getting near you.
3. Eliminate standing water in your yard, which will prevent mosquitoes from breeding. Empty bird baths, wading pools, and your pet's water dish. Fill puddles with dirt.
4. Citronella candles. However, it is debatable whether or not these are effective.
5. Bug zappers and ultrasonic devices have proven ineffective.
6. Ultrasonic traps are still new to the scene. One must decide which is better—the bug or the device which may run on a gas-powered engine.
7. Permethrin-treated products, which are chemical repellents that are added to some clothing, shoes, and camping gear. However, like DEET, permethrin is a neurotoxin that can affect the nervous system.
8. Planting marigolds in the yard works as a bug repellent because bugs do not like the fragrance of marigolds

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

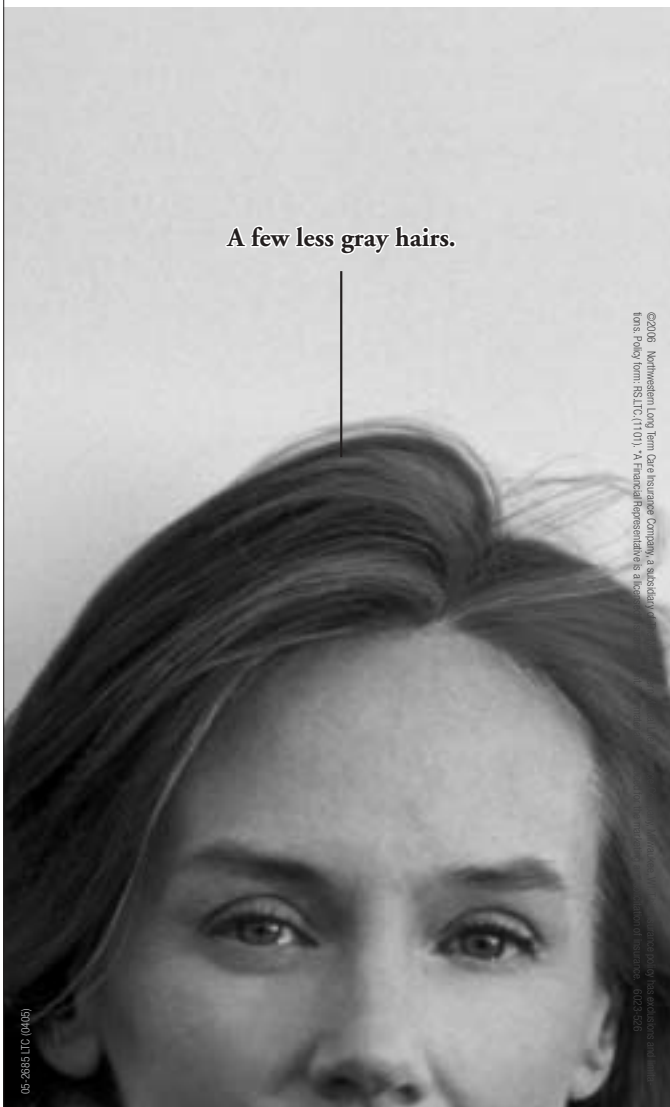
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## Investors near retirement age face big challenges recouping from the crash

New data show just how steep a climb older investors face in attempting to recover from the market crash.

It appears that younger retirement investors are faring much better than those near retirement age in bouncing back from last year's market crash. According to Mercer, the ben-



Mark  
Miller

efits consulting firm, investors under the age of 30 participating in defined contribution plans—mainly 401(k) accounts—are seeing their portfolios bounce back at a much faster rate than over-55 investors who are near retirement.

Mercer, which manages many employer plans, analyzed its defined contribution data for participants under 30, and those over 55 from the end of 2007 through April 30, 2009. Participants under age 30 saw their accounts gain 24 percent during that time, while those 55 and over lost an average of 16 percent.

"This generally can be attributed to the fact that younger participants with smaller balances can more quickly recover their losses through new contributions and potentially a more aggressive investment strategy," Mercer stated. "In contrast, near retirees face a huge challenge in accumulating adequate savings for retirement in the midst of recent economic volatility."

Mercer's data show that older investors pulled back from the market in a couple of ways that contributed to the performance gap. They cut back on pre-tax contribution rates from 9.2 percent in September 2008 to 8.8 percent in April 2009. And, they turned much more conservative with their holdings. The percentage of portfolios held in capital preservation assets by older investors rose from 30 to 39 percent during the period Mercer studied—much higher than the percentages generally held in target fund allocations

for this group.

Mercer also calculated the additional amounts older investors would have to contribute to catch up—assuming the market cooperates. But the big picture here—acknowledged by Mercer and many others—is that there are no easy answers, and that decimated retirement portfolios will be a major factor driving people to consider working longer in the years ahead.

The threads of the retirement safety net—savings, pensions, health benefits, housing—are fraying badly just at the time when we need it to support a population experiencing growing longevity.

Defined benefit plans have been a major disappointment. The market collapse has erased 30 to 40 percent of most savers' portfolios—but the rate of employee participation is just as big a problem. Only about half of American workers contribute to defined contribution plans. For some, it's inertia, while others work for employers who don't offer plans.

As a result, 401(k) accounts simply aren't getting the job done for too many Americans. The Employee Benefits Research Institute reports that more than half of Americans have saved less than \$25,000 for retirement, excluding the value of their primary home; and 20 percent have saved less than \$1,000.

How big a boost can you get from working longer? Financial planners at T. Rowe Price have used Monte Carlo simulations to run some illustrations that make the point convincingly—that this can be a very important way to improve your chances for long-term retirement security.

Staying on the job just an additional four years beyond your planned retirement age can boost income by about 7 percent annually, if you contribute 15 percent of pre-tax income to your portfolio during those years. At the end of those years, annual retirement income would be improved 22 percent, the T. Rowe Price analysis shows.

Waiting longer to take Social Security benefits can yield a similar boost to retirement income, since the government's payout formulas

offer a significant increase in payouts for every year you wait to file past age 62, when you first become eligible. That really starts to add up in the out years.

"Delaying three years, from age 62 to 65, results in a 27 percent increase in the purchasing power of a retiree's Social Security benefits," says Christine Fahlund, a senior financial planner at T. Rowe Price. "At

age 70, it would almost double that purchasing power."

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

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## Energy drinks can have a variety of adverse effects on the body

**DEAR MAYO CLINIC:** My grandson has several energy drinks a day. Is this bad for his health?

**ANSWER:** It certainly could be. Energy drinks come in a variety of formulations but most contain lots of caffeine and sugar—and possibly herbal stimulants and a supplementary amino acid known as taurine. However, it can be difficult to determine what's in them or how much.

Having an occasional energy drink isn't necessarily bad, especially those that contain about the same amount of caffeine as a cup or two of coffee and a similar amount of sugar as a can of soda. But many energy drinks contain much higher amounts of caffeine and other substances.

High amounts of caffeine and sugar—and whatever herbal stimulants may be added—can have a variety of adverse effects. They may cause a markedly faster heartbeat, irritability, nervousness, impaired sleep and nausea. In addition, the acids and sugars in these drinks promote tooth decay, and the sugar contains a lot of extra calories and little other nutritional value.

By itself, massive amounts of caffeine can increase your blood pres-

sure and sometimes impair blood flow to your heart. It may trigger abnormal heart rhythms, which can be life-threatening in some people. Increased risk of a potential heart problem rises when energy drinks are consumed along with alcohol, when you're dehydrated, or when consumed quickly before a sporting event. Serious medical problems, including fainting or even a heart attack can occur due to consumption of energy drinks in these situations.

It's important to educate your grandson about the potential hazards of energy drinks. Perhaps you can encourage him to read the labels to determine the contents and amounts of caffeine and other ingredients. It may be helpful to remind your grandson that the best route to a healthy, energetic life is to get adequate sleep, exercise regularly and to eat a healthy diet. - Martha Grogan, M.D., Cardiovascular Diseases, Mayo Clinic, Rochester, Minn.

**READERS:** Have you heard the term "hospitalist" but are not sure what it means? A hospitalist is a physician whose primary professional focus is the care of hospi-

talized patients. Most hospitalists are board-certified internal medicine physicians, although some are pediatricians and family practice physicians. What brings them under the same umbrella is that they work exclusively in the hospital and have dedicated their careers to the care of hospitalized patients.

Hospitalists are an important part of the care team because the hospital (inpatient) setting often creates different patient-care situations than those in the clinic (outpatient) setting. Working day in and day out within the fast-paced, often intense, hospital environment, hospitalists gain unique expertise and experience that benefits patients when they are in the hospital.

Hospitalists partner with primary care physicians to care for patients when they require hospitalization and work to ensure smooth transfer of care between inpatient and outpatient settings. Hospitalists meet with some patients before surgery for pre-operative evaluations and follow up with them afterward for postoperative care.

Hospitalists work closely with surgeons and other specialty and

sub-specialty physicians. They also coordinate communication with referring physicians to assure continuity of care before, during and after a patient's hospital stay. In some cases, hospitalists may work with patients preparing to move from the hospital to a nursing home or an assisted-care facility, to help smooth the transition from one care environment to another.

Hospitalists are well positioned to be leaders in quality improvement and patient safety initiatives. The overall goal of a hospitalist is to work collaboratively as part of the health care team to ensure that patients receive high-quality care in the hospital. - Alina Popa, M.D., Hospital Internal Medicine, Mayo Clinic, Rochester, Minn.

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

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If you're not getting the benefit you once did from your hearing aid, maybe it needs cleaning, repair or service. If your hearing has changed since you bought your hearing aids, they may need to be reprogrammed to match your current hearing status. Marston Hearing Center has been providing hearing services in Lawrence since 1975 and would welcome the opportunity to work with you to meet your hearing goals. We can perform minor service and cleaning on all makes of hearing aids and can repair most brands.

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

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

## ART/ENTERTAINMENT

SEP 19

### SENIOR CLASS

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m.  
TOPEKA, (785) 357-5211  
<http://www.topekacivictheatre.com>

## BINGO

SUNDAYS & TUESDAYS

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

SUNDAYS, WEDNESDAYS & FRIDAYS

### CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

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

MONDAYS & SATURDAYS

### LEGIONACRES

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

WEDNESDAYS, THURSDAYS & SUNDAYS

### MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,  
Sundays, 6:00 p.m.  
1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

3110 SW HUNTOON, TOPEKA, 6:30 PM,  
(785) 235-9073

WEDNESDAYS

### PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1:00 PM,  
(785) 542-1020

WEDNESDAYS & FRIDAYS

### EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE  
10:30 AM-12 NOON, (785) 760-1504

THURSDAYS

### BABCOCK PLACE

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

FRIDAYS

### EAGLES LODGE

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

FRIDAYS

### BALDWIN SENIOR CENTER

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

FRIDAYS

### ARAB SHRINE

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

## BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

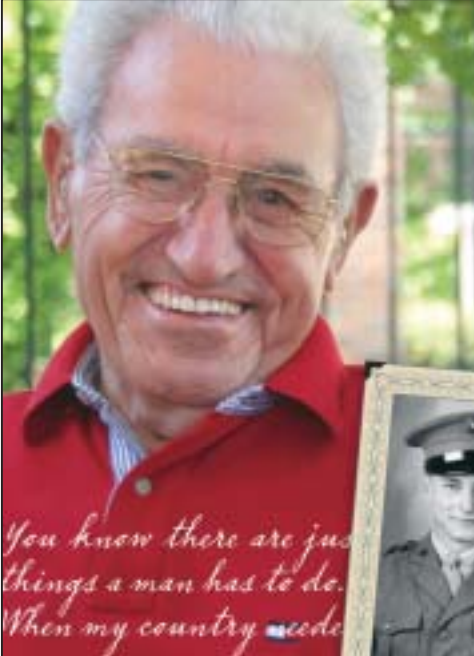
Vermont Towers, 1101 Vermont St.,  
Peterson Acres, 2930 Peterson Rd.,  
Lawrence, 11:15 a.m.-12:00 p.m.  
Lawrence, 1:30-2:30 p.m.

## BOOK TALKS

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

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

■ CONTINUED ON PAGE 17



You know there are just things a man has to do. When my country needs...

An Assisted Living & Memory Care Residence

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A Lifetime in Every Face, A story in Every Smile.  
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- Built in sewing guide
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- Fully computerized sewing machine
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*...Dress, Quilt, Sewer*

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The Memory Craft 300E is a specialized Embroidery-only machine for the serious embellishment enthusiast. Embroider can take an everyday item and turn it into something uniquely yours, and the 300E contains everything you need to get you started - right out of the box! And because the 300E is so dependable, it makes a great companion machine. Embroider projects as you construct other! With Janome quality and ingenuity, your creative possibilities are endless!

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■ CONTINUED FROM PAGE 16

**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**

AUG 20 & 21

**AARP DRIVING SAFETY**

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

SEP 3

**SURVIVING AND THRIVING**

A Skillbuilders program presented by Donna Flory, MSW. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice. **LAWRENCE, (785) 843-3738**

SEP 7 & 8

**AARP DEFENSIVE DRIVING**

The AARP Driver Safety Program is the

nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. AARP has offered the course in the classroom for 25 years. You can expect to learn about current rules of the road, how to operate your vehicle more safely in today's increasingly challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time. No testing. There will be a 1 hour break for lunch (on your own). Fee. Lawrence Memorial Hospital, Meeting Room D, 10:00 a.m.-3:00 p.m. **LAWRENCE, (749) 749-5800**

SEP 10

**10,000 STEPS A DAY CLASS**

This program is designed to increase your daily steps to 10,000 and, thus, improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log daily steps. Only fee is \$10 for the pedometer. This program is also available to take out to groups of five or more. Enrollment required. 6:30-8:00 p.m. **LAWRENCE, (785) 749-5800**

SEP 10

**PERSONAL SECURITY AND HOME SAFETY**

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

SEP 21

**SQUARE DANCING LESSONS**

Offered by Happy Time Squares of Lawrence. Lessons will be held from 7:00 to 9:00 p.m. at Centenary United Methodist Church, 245 North 4th Street beginning on September 21. For more information, contact Lynn or Sherry Brun. **LAWRENCE, (785) 312-7105**

**EXHIBITS/SHOWS**

APR 4-OCT 31

**A CENTURY OF RAILROADING IN JACKSON COUNTY, KANSAS (1860 TO 1960)**

See model trains, train and depot pictures and fashions from 1860 to 1960! Hear railroad songs and stories of railroad life! Saturdays and Sundays. Roebke House Museum. **HOLTON, (785) 364-4991**  
<http://www.holtonks.net/jchs>

JUN 19-SEP 13

**THE ART OF MARC BROWN: A RETROSPECTIVE**

The exhibit showcases many of Brown's delightful pencil, pen and ink water color illustration featuring Arthur the aardvark. Museum is open: 10:00 a.m.-7:00 p.m., Tues.; 10:00 a.m.-5:00 p.m., Wed.-Fri.; 1:00-5:00 p.m., Sat. and Sun. Free. Mulvane Art Museum. **TOPEKA, (785) 670-1124**

AUG 1-NOV 1

**THE WIZARD OF OZ: THE EXHIBIT**

Oz is coming to the Great Overland Station! Celebrating 70 years since the debut of the movie The Wizard of Oz, the exhibit will feature a great variety of artifacts and collectibles from the collection of native Topekan, Jane Albright. **TOPEKA, (785) 232-5533**  
<http://www.greatoverlandstation.com>

AUG 14-SEP 30

**A KANSAS COLLECTION**

A group landscape show featuring a wide selection of artworks by the region's best known painters. **TOPEKA, (785) 233-0300**

AUG 28

**WELLSVILLE CAR SHOW 2009**

Come and cruise the bricks on Main Street. **WELLSVILLE, (785) 883-2559**  
<http://www.wellsvillechamber.com>

**FAIRS/FESTIVALS**

AUG 1-9

**DOUGLAS COUNTY FREE FAIR 2009**

Live music, carnival, 4-H exhibits, demolition derby, antique tractor pull and a variety of races and contests. **LAWRENCE, (785) 843-7058**

AUG 3-8

**JOHNSON COUNTY FAIR**

Carnival, demolition derby, parade, animals, contests and other activities. Free admission and parking. **GARDNER, (913) 856-8860**  
<http://www.jocokansasfair.com>

AUG 7 & 8

**LANE AGRICULTURAL FAIR**

Don't miss the oldest continuous fair in Kansas! The City of Lane leaves no one out by providing activities for the whole family. The Lane Fair Association will have concessions. **LANE, (785) 867-3298**

AUG 11-15

**ATCHISON COUNTY FAIR**

4-H, domestic living and agricultural exhibits, food booths, parade, carnival and live music. **EFFINGHAM, (913) 833-5450**

AUG 11-15

**LEAVENWORTH COUNTY FAIR**

Parade, rodeo, 4H/FFA and open class exhibits, games, food, livestock auction and entertainment. Free shuttle rides to/from parking lots. **TONGANOXIE, (913) 680-2403**

AUG 22

**TOPEKA RAILROAD FESTIVAL**

Great family fun with something for everyone: railroad memorabilia, rides on a "trackless train, arts and crafts, children's tent, pony rides, historic re-enactors, street entertain-

■ CONTINUED ON PAGE 18

**Harbor House...where we celebrate life in the moment...at the moment...one simple, joy-filled moment at a time...**

*Harbor House caters to the needs of family members that can no longer be cared for at home due to Alzheimer's or dementia. We meet our residents right in their own world; right where they are—wherever that may be. We accomplish this with a team that is specifically trained in the most cutting edge methods of working with memory impaired individuals. With only 8 residents and always a minimum of 2 professional staff on duty, our residents (and families too) enjoy the individualized care and attention that can only be found in the small intimate home environment. Residents are quick to find Harbor House easy to call "home."*



**HARBOR HOUSE**  
*Memory Care Residence*

For more information or appointment and tour call Kitty at **(785) 760-5508**

Enjoy more information and pictures at our web location at [lawrencemarketplace.com/harborhouse](http://lawrencemarketplace.com/harborhouse)



## ■ CONTINUED FROM PAGE 17

ment, beer garden, food vendors, moon walk, slide, obstacle course, dunk tank and more! Tickets go on sale August 1.  
TOPEKA, (785) 232-5533

AUG 27-29

**TIBLOW DAYS**

Festivities include a parade, food, carnival, live entertainment, crafts and car show.  
BONNER SPRINGS, (913) 422-5044  
<http://www.lifeisbetter.org/tiblow.aspx>

AUG 28 &amp; 29

**20TH ANNUAL ROOTS FESTIVAL**

Two-day music festival and BBQ contest. The barbecue contest is sanctioned by the Kansas City Barbecue Society. The festival hosts arts and crafts, games and foods along with the big band names that frequent the event. The festival features national musical performers, regional and local performers.  
PAOLA, (913) 294-6427  
<http://www.rootsfestival.org>

SEP 4-7

**INTER-TRIBAL POW WOW**

Celebrating Native American culture with dancing in full costume, food and crafts by Native American artisans. Traditional Native American Indian Pow Wow with Grounding dancing, regular dancing, educational seminars (Saturday and Sunday). Princess contest. Buttons can be purchased in advance at Dillons Stores, Wolf's Camera, Mike's IGA or at the gate. Children 11 or younger are free when accompanied by an adult. Friday 5:00-10:00 p.m.; Saturday and Sunday Noon-10:00 p.m.  
TOPEKA, (785) 272-5489  
<http://www.shawneeconomyalliedtribes.org>

SEP 5-OCT 11

**KANSAS CITY RENAISSANCE FESTIVAL**

Festival features live entertainment, mouth-watering food, fun and activities for the entire family. Has been ranked as one of the top 100 events in North America. Weekends; Labor Day, and Columbus Day. Rain or shine.  
BONNER SPRINGS, (913) 721-2110  
<http://www.kcrenfest.com>

**FARMERS' MARKETS**

APR 15-NOV 17

**DOWNTOWN TOPEKA FARMERS' MARKET**

Farm fresh vegetables, crafts, home baked goods, food, plants, herbs and wood products all handmade. Begins at 7:30 a.m. until noon. Every Saturday.  
TOPEKA, (785) 234-9336  
<http://www.TopekaFarmersMarket.com>

APR 25-NOV 7

**LAWRENCE FARMERS' MARKET**

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

MAY 22-MID OCTOBER

**PERRY-LECOMPTON FARMERS' MARKET**

Held from 5:00-7:00 p.m. every Tuesday and Friday in the Fast Trax parking lot, 2115 Ferguson Rd.  
PERRY, (785) 597-2307

**HEALTH****MONDAYS THROUGH THURSDAYS  
FIT FOR LIFE**

LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-on-one instruction on aerobic and cardiovascular equipment. Especially helpful for those with osteoporosis, balance problems, post CVA/stroke, knee/hip replacement, arthritis. Fee. Mondays through Thursdays, 9:00-11:00 a.m. or 2:00-5:20 p.m. at LMH. Tuesdays and

Thursdays 8:00-11:00 a.m. At LMH South. LMH KREIDER REHABILITATION SERVICES  
(785) 840-2712

**TUESDAYS, WEDNESDAYS AND THURSDAYS  
JAZZercise LITE**

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

TUESDAYS AND THURSDAYS

**BLOOD PRESSURE CLINIC**

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

TUESDAYS AND THURSDAYS

**FREE BLOOD PRESSURE CLINIC**

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

TUESDAYS AND THURSDAYS

**SENIORISE PROGRAM**

Seniorise is a specialized program for women over 60 years of age, in January. The focus of the program is on balance, movement, low impact cardio aerobics, and strength training for toning. In addition, there's a strong emphasis on flexibility and range of motion to improve and/or increase joint mobility and quality of life. Senior classes are held at Body Boutique from 11:00 a.m. to noon. Fee.  
LAWRENCE, (785) 749-2424

**FIRST AND THIRD FRIDAYS OF EACH MONTH  
HEALTH CHECKS**

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

SECOND THURSDAY OF EACH MONTH

**BLOOD PRESSURE AND HEALTH  
INFORMATION**

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.  
WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

THIRD THURSDAY OF EACH MONTH

**ALLEGATION CLINIC**

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

FOURTH THURSDAY OF EACH MONTH

**NUTRITION CLINIC**

Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.  
TOPEKA, (785) 354-6787

AUG 5

**CHOLESTEROL SCREENINGS**

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

AUG 6

**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, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

AUG 8

**BONE DENSITY SCREENING**

See August 6 description. Lawrence Memorial Hospital, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

AUG 26

**BONE DENSITY SCREENING**

See August 6 description. Lawrence Memorial Hospital, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

SEP 2

**CHOLESTEROL SCREENINGS**

See August 5 description. Lawrence Memorial Hospital, Atrium, 8:30-10:00 a.m.  
LAWRENCE, (785) 749-5800

**HISTORY/HERITAGE**

AUG 7-21

**CIVIL WAR ON THE WESTERN FRONTIER**

Lawrence commemorates its early history each August around the anniversary of Quantrill's Raid. The series of events include dramatic performances, scholarly lectures, living history and hands-on workshops. Step back in time and revisit Lawrence from 1854-1865 when events in Kansas set the stage for it to become known as Bleeding Kansas.  
LAWRENCE, (785) 865-4499  
[http://www.visitlawrence.com/visitor/history/civilwarhistory/civil\\_war\\_western\\_fr/](http://www.visitlawrence.com/visitor/history/civilwarhistory/civil_war_western_fr/)

**MEETINGS**

FIRST AND THIRD MONDAY OF EACH MONTH

**BEREAVEMENT SUPPORT GROUP**

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

FIRST AND THIRD MONDAY OF EACH MONTH

**BEREAVEMENT SUPPORT GROUP**

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.  
LAWRENCE, (785) 505-3140

FIRST AND THIRD MONDAY OF EACH MONTH

**CAREGIVER SUPPORT GROUP**

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.  
LAWRENCE MEMORIAL HOSPITAL  
4:00-5:00 PM, (785) 840-3140

FIRST AND THIRD MONDAY OF EACH MONTH

**CAREGIVER SUPPORT GROUP**

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

FIRST TUESDAY OF EACH MONTH

**LAWRENCE AREA COALITION TO HONOR  
END-OF-LIFE CHOICES**

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

FIRST TUESDAY OF THE MONTH

**SCRAPBOOK MEMORIES**

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

FIRST TUESDAY OF EACH MONTH

**LOSS AND GRIEF SUPPORT GROUP**

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

FIRST TUESDAY OF EACH MONTH

**GRIEF SUPPORT GROUP**

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

TUESDAYS

**GRIEF & LOSS SUPPORT GROUP**

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

TUESDAYS

**GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle. 5:30-6:30 p.m.  
TOPEKA, (785) 232-2044

FIRST AND THIRD TUESDAY OF EACH MONTH

**HEALING AFTER LOSS BY SUICIDE  
(HEALS)**

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozee Education Center, 1505 SW 8th St.  
TOPEKA, (785) 478-4947 or (785) 296-8349

FIRST WEDNESDAY OF EACH MONTH

**OLDER WOMEN'S LEAGUE**

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

FIRST WEDNESDAY OF EACH MONTH

**INVESTMENT UPDATES**

Sponsored by Brian Casebeer, an Edward Jones financial advisor. Guest speaker. 634 S. Kansas Ave., 7:30-9:00 a.m.  
TOPEKA, (785) 233-0366

WEDNESDAYS AND SUNDAYS

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

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

THURSDAYS

**GRIEF & LOSS SUPPORT GROUP**

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

THURSDAYS

**CANCER SUPPORT GROUP**

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

FIRST THURSDAY OF EACH MONTH

**LAWRENCE AREA PARTNERS IN AGING**

Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch).  
JADE MONGOLIAN BARBEQUE, LAWRENCE  
11:30 AM-1:00 PM

FIRST AND THIRD THURSDAY OF EACH MONTH

**GRIEF SUPPORT GROUP**

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

FIRST FRIDAY OF EACH MONTH

**STROKE SUPPORT AND RECOVERY GROUP**

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

■ CONTINUED FROM PAGE 18

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

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

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

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

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

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

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

**SECOND AND FOURTH WEDNESDAY OF  
EACH MONTH  
ALZHEIMER'S EARLY STAGE PATIENT  
SUPPORT GROUP**  
For patients with early stage Alzheimer's.  
SEABROOK UNITED CHURCH OF CHURCH  
(785) 234-2523

**SECOND WEDNESDAY OF EACH MONTH  
MEMORY SUPPORT GROUP**  
Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer.  
LAWRENCE, (785) 832-9900

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

**SECOND THURSDAY OF EACH MONTH  
NAACP MEETING - LAWRENCE CHAPTER**  
Meets at the Lawrence public Library Gallery Room at 6:30 p.m.  
LAWRENCE, (785) 841-0030, (785) 979-4692

**SECOND SATURDAY OF EACH MONTH  
HAPPY TIME SQUARES SQUARE DANCE  
CLUB**  
Meets at First United Methodist Church-West

Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander.  
LAWRENCE, (785) 843-2584  
[www.happytimesquares.com](http://www.happytimesquares.com)

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

**THIRD TUESDAY OF EACH MONTH  
LAWRENCE PARKINSON'S SUPPORT  
GROUP**  
FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

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

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

**THIRD THURSDAY OF EACH MONTH  
WIDOW'S LUNCHEON**  
11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations.  
TOPEKA, (785) 271-6500

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

**THIRD SATURDAY OF EACH MONTH  
TOPEKA WIDOWED PERSONS BRUNCH**  
For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of

the campus. Please bring a covered dish to share. Beverages and table service provided. 11:00 a.m.-1:00 p.m. For more information about the Widowed Persons Service Program, please call Julie.  
TOPEKA, (785) 357-7290

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

**FOURTH TUESDAY OF EACH MONTH  
LAWRENCE PARKINSON'S SUPPORT  
GROUP**  
PIONEER RIDGE ASSISTED LIVING LIBRARY 4851 HARVARD, LAWRENCE, 6:30 PM  
(785) 344-1106

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

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

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

**FOURTH FRIDAY OF EACH MONTH  
RETIRED GOVERNMENT EMPLOYEES**  
The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent government employees, active and

retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller.  
LAWRENCE, (785) 478-0651

**AUG 28  
AARP CHAPTER 1696 ANNUAL PICNIC**  
Douglas County Fairgrounds, Bldg. 21. Doors open at 11:00 a.m. A catered buffet lunch will be served at 11:30 a.m. followed by entertainment. Everyone welcome. Please call Noreen for reservations.  
LAWRENCE, (785) 842-6765

**MISCELLANEOUS**

**AUG 7  
CRUISIN HOLTON AND STORES**  
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HOLTON, (785) 364-3963  
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**AUG 7  
LAWRENCE GHOST TOUR**  
Locations include the brothel house, cemetery and hanging bridge! Age 12 and over.  
LAWRENCE, (785) 383-2925

**AUG 14  
GHOST TOUR**  
Ghost investigation of the most haunted building in Kansas, guided by professional investigators. Bring equipment and something to sit on. This is an active location; participants have been touched, noises and voices heard. Age 18 and over. Fee.  
TOPEKA, (785) 383-2925  
<http://www.ghosttourkansas.com>

**AUG 22  
GHOST TOUR**  
Visit a haunted hotel, cemetery and other mysterious places on this ghost tour of Holton! Due to the tour's sensitive nature, age is limited to 12 and over. Fee.  
HOLTON, (785) 383-2925  
<http://www.ghosttourkansas.com>

**AUG 23  
KANSAS STATE FIDDLING & PICKING  
CHAMPIONSHIPS**  
Open competition in fiddle, banjo, guitar, mandolin, dulcimer, miscellaneous acoustic instruments and ensemble folk singing. Concerts and children's activities. 1140 Massachusetts.  
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# Making Medicare Make Sense

## Answers to some of the most commonly asked Medicare questions

**QUESTION:** Medicare recently announced new information on their Hospital Compare Web site that includes how frequently patients return to the hospital after being discharged and additional data on mortality rates. What is this resourceful information, and why should I compare hospitals?

**ANSWER:** On July 9, 2009, the Centers for Medicare & Medicaid Services (CMS) unveiled important new information on their Hospital Compare consumer Web site, [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov) offering consumers more insight about the hospitals in their communities. For the first time consumers will be able to see how frequently patients return to a hospital after being discharged, a possible indicator of how well the facility did the first time around.

Today, on average, 1 in 5 Medicare beneficiaries who are discharged from a hospital will re-enter the hospital within a month. Reducing the rate of hospital readmissions to improve quality and achieve savings are key

components of the current administration's health care reform agenda.

Research has shown that hospital readmissions are reducing the quality of health care while increasing hospital costs. Hospital Compare data show that for patients admitted to a hospital for heart attack treatment, 19.9 percent of them will return to the hospital within 30 days, 24.5 percent of patients admitted for heart failure will return to the hospital within 30 days and 18.2 percent of patients admitted for pneumonia will return to the hospital within 30 days.

Also, since 2007, CMS has been displaying on Hospital Compare, one year of claims data on mortality rates for heart attack and heart failure. In 2008 pneumonia mortality rates were added to the web site.

On July 9, besides adding the re-admission rate data, CMS added 3 full years of claims data on mortality rates for heart attack, heart failure and pneumonia. More data gives a clearer picture of the quality of care delivered at different hospitals over time, which ultimately increases the

value of CMS' mortality information to hospital patients, health care payers, employers, policymakers, and other health care stakeholders.

Hospital Compare also includes ten measures that capture patient satisfaction with hospital care through actual surveys of patients after discharge. As well, Hospital Compare shows what Medicare pays for selected hospital procedures.

Public reporting of these and other measures is intended to empower patients and their families with information they need to engage their local hospitals and physicians in active discussions about quality of care. CMS believes that all hospitals, regardless of their readmission and mortality rates should use the data available in these free, detailed reports to find ways to continually improve the care they deliver.

The information contained on Hospital Compare is available for consumers to use in making health

care decisions; although, consumers should gather information from multiple sources when choosing a hospital and not view any one process or outcome measure on Hospital Compare as a tool to "shop" for a hospital. For example, patients and caregivers could use the Web site to help them discuss plans of care with their trusted health care providers. In an emergency situation, patients should always go to the nearest, most easily accessible facility.

Consumers have been able to rely on Hospital Compare since 2005 to provide information about the quality of care provided in over 4,700 of America's acute-care hospitals. In 2008 alone, the Hospital Compare Web site had over 18 million page views, and has received about 1 million page views each month of 2009 so far.

For questions, call 1-800-Medicare, which is 1-800-633-4227 or log onto [www.cms.hhs.gov](http://www.cms.hhs.gov), or [www.medicare.gov](http://www.medicare.gov).

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# The high cost of saving money by delaying health treatment

(ARA) – You may be delaying medical treatment while keeping yourself and your family afloat through the recession. But if you delay medical treatment for a problem that you feel isn't bad enough to justify the cost and time lost from work right now, you could be doing more to sink yourself financially than anything the economy may throw at you.

One in four Americans put off necessary medical treatment because of cost, according to a Kaiser Family Foundation poll of more than 1,200 adults earlier this year. Yet health experts agree that delaying needed treatment will end up costing individuals and the country far more in the long run.

Allowing minor health problems to go untreated in order to save money now, could mean a much more serious problem and higher costs to treat it later.

Carpal tunnel syndrome (CTS) is a good example of an ailment you might think you can live with rather than pay the cost of treating it. It's surprisingly common, with up to 5 percent of the workforce affected, according to the journal Plastic and Reconstructive Surgery. The National Center for Health Statistics reports CTS results in the most number of days lost of all work-related injuries, with nearly half of all sufferers losing 31 days or more of work.

With people spending more time on their computer or online, more people are likely to be exposed to the repetitive motions that can lead to CTS.

While severe cases may require surgical treatment, studies have shown that early treatment with splinting and massage can help alleviate this painful condition. Appropriate splinting (or bracing) helps keep the affected wrist in a neutral position, minimizing pressure on the irritated nerve, according to the Mayo Clinic.

Massage can also be effective, researchers have found. A report in the Journal of Bodywork and Movement Therapies indicates massage can reduce CTS symptoms. While only your doctor can make an actual diagnosis, once you know you have carpal tunnel syndrome there are simple, low-cost steps you can take to supplement your own treatment, including:

- Adjust your posture to minimize strain. Sit up straight and don't rest your wrists on the edge of your keyboard tray while typing; try to maintain a straight wrist position.
- Stay hydrated. Proper hydration

is essential to the healthy functioning of all our tissues.

- Ask your doctor to recommend appropriate exercises to keep the wrist flexible.
- Wear a wrist brace, even when you sleep. A special night brace is best.

While you can purchase a low-cost brace in most drugstores, a better option might be one that combines bracing and massage benefits, such as the IMAK SmartGlove. The glove delivers the benefits of two therapies proven effective in the treatment of CTS – bracing and massage. Made of washable, breathable cotton Lycra, the SmartGlove encourages proper hand and wrist position to help

alleviate carpal tunnel symptoms, and an ergoBeads pad cushions your wrist and improves circulation with a massaging effect.

It makes sense to save yourself long-term pain and money by ad-

ressing the problem early. Consult your doctor if you experience wrist pain that might be carpal tunnel syndrome. To learn more about CTS relief, visit [www.lmakproducts.com](http://www.lmakproducts.com).

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# Mister Godiva

Manchester Durrell and Amy G. McBride are the acknowledged "go to" couple when Letongaloosa civic leaders need muscle.

The reason Manny and Amy are so successful as citizen motivators is that 75 percent of Letongaloosans identify with one or the other socially, culturally or politically. That's why the city parents were concerned recently when the couple had an



Larry  
Day

acrimonious disagreement over the Annual 5K Charity Run.

Manchester Westchester Durrell is a descendent of pioneer founders of Letongaloosa. The Westchesters and the Durrells came West in the 1850s from New England and from the Deep South respectively. Both families were wealthy, but they were polar opposites culturally, socially and politically. That reality might have produced a multi-generational family rivalry, but life on the Kansas frontier forced the Westchesters and the Durrells to join or die.

For 150 years the Winchesters and the Durrells produced dominant figures in the colorfully prosaic history of Letongaloosa. Manny looks like Adonis and he's a genius. Counterbalancing those qualities is an overpowering shyness.

The McBrides and the Gonzalezes were latecomers to Letongaloosa. Both families came to town in the middle 1950s. As far back as anyone had bothered to look in their genealogy, the Gonzalezes and the McBrides have been hewers of wood and carriers of water.

Based on her looks Hollywood would cast Amy in the role of a motel maid, but her intellect and her drive would make her a very successful executive assistant to filmmaker Steven Spielberg.

Amy and Manny met because of Manny's one act of rebellion. He adamantly refused to be shipped off to an East Coast boarding school. Manny and Amy met near the end of their senior year at Letongaloosa High. There were no sparks. Manny went off to Yale on a heritage admission and Amy went to Harvard on a full ride merit scholarship. They met again four years later.

This time sparks flew. After both completed graduate school and after a series of difficult encounters with their families, Manny and Amy got married. Amy kept her maiden name and joined a local law firm. Manny became head of a local Durrell family enterprise.

Manny's latent rebelliousness surfaced again recently in the matter of the Fifth Annual Letongaloosa 5K Charity Run. As the event's founders and major contributors, it fell to Amy and Manny to choose which organization would receive the competition's proceeds. They had always agreed. This year they didn't.

Amy wanted the money to go to a program that trains young entrepreneurs. Manny wanted the money for youth art programs.

Amy assumed that Manny would, as he always did, defer to her wishes. He refused. She pushed him. He wouldn't budge. The stalemate became acrimonious.

Finally in desperation Manny asked, "What can I do to make you give in?"

The crafty Amy had a ready answer: "Run the Charity 5K dressed as a clown," she said.

Manny blushed and his hands grew clammy at the very thought of such a thing.

"I thought so," said Amy seeing Manny's crimson face. "So the money goes to train young entrepreneurs, right?"

"No," said Manny. "I'll do it, and the money will go for youth art programs."

Amy and Manny shook hands and said no more about it to each other. Manny mentioned the agreement only once—to a resourceful young artist friend of his. Amy told everyone about the agreement. She even made bets with her close friends, giving them five to one odds, that Manny would never don a clown suit and run the race.

On the morning of the race Manny stole out of the house before Amy woke up.

"I knew it," she said. "He bugged out."

Amy had breakfast and then drove downtown to where the 5K event was scheduled to start. When she got there Amy's eyes bugged out. She swore in Spanish under her breath.

There stood Manny at the starting line. He wore a garish clown costume. Manny smiled and waved at Amy. Behind him were 150 runners stretching and jumping and waiting eagerly for the command "get set,"



Pluggger multi-tasking.

and the sound of the starter's pistol. The runners all wore clown costumes.

- 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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# Treetop dreams: Top places to sleep among the trees

By Lisa Rogak

If you're not afraid of heights and want to spend the night in a place where it's a good bet that few of your friends have stayed, try a tree house hotel for your next vacation. They're located all over the world and offer travelers a chance to enjoy a stay high up in the air, often with all the comfort of modern amenities.

Why tree house lodging? Steve Dobson, author of the book *Unusual Hotels of the World*, suggests that for many adults, sleeping in a tree house taps into a vein of happy childhood memories.

"A tree house caters to people with a rustic, romantic streak," he says, adding that he's stayed in tree houses big and small, rustic and luxurious. "Anyone who can climb a ladder can enjoy a tree house. You need to be confident about heights, although most that I've stayed in are incredibly sturdy. And they still give me a 'Wow' when I wake up."

## PARROT NEST LODGE, BELIZE

At Parrot Nest Lodge in Belize, you'll spend the night in a thatched tree house under the sprawling canopy of a native guanacaste tree. The Mopan River surrounds the lodge, and it's perfect for bird watching, both parrots and other avian varieties as well. Children under 12 stay free. Rates from \$40 per night for double occupancy, \$5 for each additional adult. E-mail: [parrotnestlodge@yahoo.com](mailto:parrotnestlodge@yahoo.com). [www.parrot-nest.com](http://www.parrot-nest.com).

## WINVIAN, CONNECTICUT

Winvian, located in Connecticut's Litchfield Hills, undoubtedly has the largest selection of oddball individual hotel accommodations in one place, including a helicopter suite, a beaver lodge and a King Arthur castle. And yes, there's a tree house—a double-decker model with a king-sized bed, a fireplace and a whirlpool tub. At almost \$2,000 per night, it doesn't come cheap, but all meals, alcohol and other amenities are included. 860-567-9600, [www.winvian.com](http://www.winvian.com).

## LODGE KURA HULANDA & BEACH CLUB, CURAÇAO

On this island in the Netherlands Antilles, you reach the Tree House Mansion, a two-bedroom luxury suite at the Lodge Kura Hulanda & Beach Club, via a spiral staircase from the outside. Once inside, there's an open-air living room, an authentic Bali bridal bed, a flat-screen TV

and wireless Internet. Rates from \$1,200 per night. 877-264-3106, [www.kurahulanda.com](http://www.kurahulanda.com).

## TREE HOUSES OF HANA, MAUI

The Tree Houses of Hana in Maui are pretty rustic—they lack electricity and running water inside each unit - but those who do brave one of the tree houses are rewarded with an unforgettable experience. Treetops, House of the August Moon and Pavilion all provide guests with ocean views and camp-style kitchens. Tiki torches and candles light the way both up in the trees and along the paths. Rates from \$120 per night. 808-248-7241, [www.maui.net/~hanalani](http://www.maui.net/~hanalani).

## NGONG HOUSE, KENYA

Ngong House in Nairobi, Kenya offers guests five luxurious tree houses to choose from, at 15 feet off the ground. No matter which you choose,

you'll be in Out of Africa territory, as the 10-acre retreat is near the coffee farm of writer Karen Blixen. Owned and operated by a former Belgian diplomat, each tree house offers stellar views of the bush and Ngong Hills. Rates from \$440. +254-0-20-891856, or e-mail: [reservations@ngonghouse.co.ke](mailto:reservations@ngonghouse.co.ke). [www.ngonghouse.com](http://www.ngonghouse.com).

## HAPUKU LODGE & TREE HOUSES, NEW ZEALAND

Bostonians Craig and Katie Nicholson spent several days of their 2007 honeymoon at the Hapuku Lodge & Tree Houses in Kaikoura, New Zealand, and what sticks with them most are the views. "Our tree house had amazing views of the Pacific Ocean on one side—including great views from both the shower and tub - and views of the mountains surrounding Kaikoura on the other side," says Craig Nicholson. "The colorful and stunning sunrises and sunsets viewed from our tree house were the highlight of our stay." Rates from \$390. +64-0-3-319-6559, [www.hapukulodge.com](http://www.hapukulodge.com).

## KHAO SOK TREE HOUSE RESORT, THAILAND

Located in the middle of Thailand's Khao Sok National Park, the 10 tree-house rooms at the Khao Sok Tree House Resort range from 20 to 36 feet off the ground with names like the Tarzan Family Room to the Barbarian Honeymoon Tree House. Most rooms are air-conditioned and have wireless Internet and satellite TV. Rates from \$26 per night. +66-089-970-3353,

The exterior of one of Hapuku Lodge's tree houses.

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

## HANG NGA'S TREE HOUSE, VIETNAM

Da Lat locals refer to Hang Nga's Tree House in Vietnam as the Crazy House or the Spider Web Chalet. The guesthouse defies description and is owned by architect Hang Nga,

whose father served as president of Vietnam in the 1980s. Guests have described their stays as spending the night in a maze, and it's a bona fide tourist attraction in the country. Rates from \$30 to \$85 per night. (+84-63-822-070.)

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# Tick numbers climbing, even in urban areas

Here's a scary fact. No matter where you live in America, there are ticks. Ticks, and the diseases they transmit, are now in all 50 states. And experts concur that their numbers are rising.

Dr. Dwight Bowman, a veterinary parasitologist at Cornell University College of Veterinary Medicine, Ithaca, N.Y., says that a general increase in wildlife numbers - including deer,

city yards, where they lay their eggs, and the cycle begins.

That's not to mention the tick-friendly weather conditions (longer and wetter springs and/or falls, and warmer winters). As a result, the range of where various species of ticks occur has expanded in recent years.

All this should be enough to, if nothing else, scare owners into protecting their pets from ticks. In addition to the familiar Lyme disease, other insidious agents are transmitted to dogs by the blood-sucking relatives of the spider, including Rocky Mountain Spotted Fever, Hepatozoon, Babesiosis, Ehrlichiosis and Anaplasmosis. At least there's treatment for these nasty-sounding diseases. Cats are susceptible to one known tick-borne disease called cytauxzoonosis, which is fatal.

The good news is, protection is available. You can purchase various tick-control products through your veterinarian for dogs, plus one for cats (Frontline Plus).

For dogs at least, there's a vaccine for Lyme disease. Depending on the prevalence of Lyme disease where you live and your dog's lifestyle, your vet may suggest the vaccine. Regardless, Bowman says all dogs should have tick protection because one tick may transmit several disease agents at once, in addition to Lyme.

"Your veterinarian can help you make the right choices for your dog," says Bowman, president elect of the Companion Animal Parasite Council. "For any cat that spends any time outdoors where cytauxzoonosis occurs, I can't imagine why you wouldn't give your cat protection."

The news gets worse. Bowman believes ticks transmit diseases not yet identified by veterinary science. Under the best of circumstances, even if a tick is not transmitting disease, it's still secreting toxins which make some pets sick.

What's more, brown dog ticks like our homes. This species can actually drop off a pet, lay eggs inside homes, and very successfully continue their life cycles. It doesn't matter to them if they bite pets or put the bite on people.

"Tick protection is so important," says Bowman. "Listen, the protection against ticks isn't perfect and some products are more quick-kill than others. Ticks are tough. But to do nothing for your pet is asking for trouble. Or to use unapproved (over-the-counter) products that claim to be 'all natural,' or make some other (unsubstantiated) claims."

"You can play a role in your pet's protection," adds Dr. Susan Little, veterinary parasitologist, Department of Veterinary Pathobiology Center for Veterinary Health Sciences, Oklahoma State University College, Stillwater. "Clear brush in front of your home. Check your pet frequently

for ticks; quick removal is best. And don't bathe your dog immediately after application of a (tick) product; wait at least two or three days."

Aside from tick numbers being on the rise, it seems they are lasting year-round in many places around the country where they once disappeared in winter. While ticks aren't a problem in January in North Dakota, they are hanging out year-round in Kansas, Oklahoma, Kentucky and many other states. That's one reason Little says the Companion Animal Parasite Council is now suggesting year-round control.

Learn more about tick disease and prevention at [www.petsandparasites.org](http://www.petsandparasites.org).

(Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Send e-mail to [PETWORLD@STEVE DALE.TV](mailto:PETWORLD@STEVE DALE.TV). Include your name, city and state.)

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Steve Dale

wild turkey, raccoon and other animals—intersecting with suburbia likely has the most impact.

"We once had manicured lawns with little habitat for ticks; we also sprayed our lawns with chemical pesticides," he notes. "Today, we have shrubs and gardens, which ticks like, and which can encourage the presence of wildlife. And we (no longer) use those pesticides. I'm not arguing against having gardens and encouraging streams in our yards with (attract animals). And I'm not endorsing use of those horrible pesticides. But all this is a price we pay - and the result is ticks in our yards."

Though they can't live on concrete, ticks are lurking in the big city. Dogs who spend a weekend in woody upstate New York or Wisconsin, then return to New York City or Chicago, may come home with ticks. The ticks drop off in parks or



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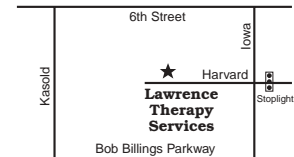
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# Wolfgang wants you to eat your baby beets!

By Wolfgang Puck  
Tribune Media Services

I've found it fascinating to watch how people's tastes have changed regarding certain ingredients during my four and a half decades in the restaurant business. Some things they wouldn't have dreamed of ordering 30 years ago, they now leap at the chance to enjoy.

Beets are a perfect example. In the 1980s, I would have had a hard time getting anyone in America to order those sweet red roots. The reason could be found in the fact that, back then, beets as most folks knew them were mainly harvested in early winter when they were overgrown almost to the point of being as big as softballs, then stored in a root cellar. So their flavor was not be as sweet or refined as it could be, and their texture could be coarse. Add the fact that beets were usually boiled to death, and you had a recipe for everyone's least favorite vegetable. And that doesn't even begin to touch on canned beets!

No wonder the parental order to "Eat your beets!" was synonymous with childhood torture at the dinner table.

So, what changed?

I give credit to California cuisine's romance with baby vegetables back in the 1980s. Grown by local farmers, such young specimens brought wonderful shapes and colors and pure flavors to the dinner table, allowing people to experience fresh produce at its finest.

For beets, that meant harvesting them in summer, when they were tiny, tender, and ultra-sweet. And the same growers who made baby beets available also led the revival of so-called heirloom vegetables, varieties that, although unusually beautiful

and delicious, weren't well-suited to mass commercial cultivation. So not only did we begin to see familiar red beets in their immature form but also golden baby beets and even some striped red and white like candy canes.

You can imagine how excited guests in my restaurants were to see such tiny beauties on a plate. And just think of the surprise that came with the first taste, especially when the beets had been not boiled but slowly roasted, a cooking process that helps concentrate and caramelize their sugars.

It wasn't long before beets starred in some of my most popular dishes. To this day, my layered "Napoleon" of beets and goat cheese is a signature menu item at Spago. And at my Wolfgang Puck Bar and Grill restaurants, we serve a very popular baby beet salad that is very similar to the home version I share with you here.

Give it a try as baby beets start appearing in your local farmers' market or food store. I guarantee you that soon no one will have to tell you, or anyone at your table, to "Eat your beets!"

## BABY BEET SALAD WITH ARUGULA, GOAT CHEESE AND HAZELNUTS

Serves 4 to 6

1-1/2 pounds mixed baby beets (yellow, red, and candy-striped), washed and trimmed

Citrus Vinaigrette (recipe follows)  
1 tablespoon extra-virgin olive oil  
Salt

Freshly ground black pepper  
2 cups organic baby arugula leaves or mixed baby lettuces

4 ounces fresh organic creamy goat cheese

2 ounces toasted hazelnuts, coarsely chopped

Preheat the oven to 350 degrees F. Place the beets in a small roasting pan and pour in enough cold water to reach about one-quarter of the way up the sides of the beets. Cover the pan with foil, place it in the oven, and roast until the beets are tender, about 2 hours. To check for doneness, carefully remove the foil from one side of the pan, opening it away from you to avoid the steam, and gently insert a bamboo skewer into a beet: The skewer should slide in easily. With a large spoon, transfer the beets to a heatproof dish and leave them at room temperature until cool enough to handle.

While the beets are cooking, prepare the Citrus Vinaigrette (recipe follows).

With the help of a small, sharp knife, carefully peel the beets; their skins should slip off easily. Cut larger beets into bite-sized wedges. Put the peeled beets into a mixing bowl and lightly drizzle them with the olive oil and season to taste with salt and pepper. Arrange the beets attractively around the edges of individual serving plates.

Put the arugula leaves in another mixing bowl, drizzle with about half of the Citrus Vinaigrette, and toss well. Mound the leaves in the center of each plate.

Crumble the goat cheese over the leaves and beets and sprinkle with hazelnuts. Drizzle some of the remaining vinaigrette over the beets.

Serve immediately.

## CITRUS VINAIGRETTE

Makes about 1-1/8 cups

1-1/2 cups fresh orange juice  
2 tablespoons balsamic vinegar  
1 teaspoons minced fresh thyme leaves  
1 shallot, minced  
2/3 cup extra-virgin olive oil  
Salt  
Freshly ground black pepper

In a medium-sized saucepan, bring the orange juice to a boil over medium heat, then reduce the heat and simmer briskly until the juice has reduced to about 1/3 cup. Pour the juice into a medium-sized heat-proof nonreactive bowl. Let the juice cool to room temperature.

Whisk in the vinegar, thyme, and shallot. Whisking continuously, slowly pour in the olive oil. Season to taste with salt and pepper. Cover the bowl with plastic wrap and refrigerate until serving time.

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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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**Healthy Living**

## Cooking to boost healthy foods

These cooking tricks improve food's health-enhancing chemicals:

**Apples, tomatoes: Cook them in iron**

- Cook acidic foods in a cast iron pan; they will provide 20 times more iron that way

\*Canned tomato products are treated in processing

**Tomato: Heat it well**

- It is easier for the body to absorb beneficial lycopene from tomatoes that have been roasted or grilled\*



**Garlic: Crush it early**

- Let chopped garlic sit 10-15 minutes before heating to protect allinase, its immunity-promoting enzyme

Source: Prevention, Pennsylvania State University, Texas Tech University  
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# Content update

By Kevin Groenhagen

Regular *Senior Monthly* readers might notice that there have been some content changes in this month's issue.

Shortly after launching *Senior Monthly* in 2001, I decided that I wanted to add a crossword puzzle to the regular content. I searched online and found that I could get a crossword puzzle, other puzzles, columns, and cartoons from Tribune Media Services (TMS) for a very reasonable rate. Recently, TMS made several changes that affect our content. Of the regular features we included every month, TMS no longer offers Magicword, The Medicine Cabinet, and Smart Collector. It also appears that this will be the last issue that includes the Pluggers cartoon.

I am looking at other puzzles, including Scrabble, to replace Magicword. I also replaced the Pappocom Sudoku with the new TMS version. TMS is offering the Mayo Clinic column as a replacement for The Medicine Cabinet. However, TMS offered no replacement for Danielle Arnet's Smart Collector column. Therefore, this month I have replaced her col-

umn with Travel Muse, a column that "educates, enlightens and entertains with outstanding stories and images about top destinations and other travel areas."

Hopefully, this will be the last of TMS's changes for awhile.

I have also received sad news from the Kansas Senior Press Service (KSPS), which is a partnership between the Kansas Department on Aging and Johnson County Human Services & Aging. Due to budget constraints, KSPS will no longer be able to share articles with Kansas publications. I continue to have a few KSPS articles on file and will try to use them in the future as long as they are not time sensitive.

You also may have noticed that Margaret Baker's Bookshelf column is not in this issue. I always hear from Margaret's fans during those rare months in which her column is not included in *Senior Monthly*. Don't worry, Margaret is merely taking a break this month.

If you have any comments or suggestions concerning the content in *Senior Monthly*, please feel free to contact me at (785) 841-9417 or kevin@seniormonthly.net.

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CROSSWORD

TMSPuzzles@aol.com

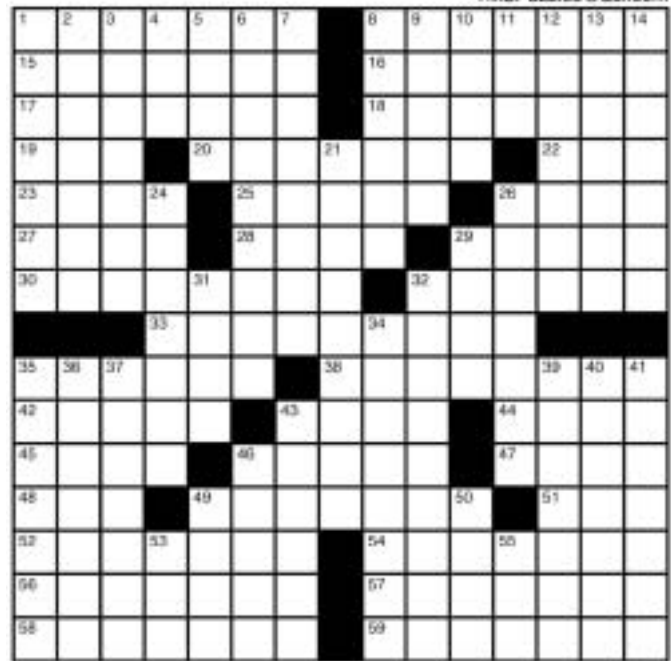
ACROSS

- 1 Ennui
- 8 Most courageous
- 15 Arthur Godfrey's instrument
- 16 Go on for too long
- 17 Shuffler
- 18 Twist together
- 19 Antelope of the African plains
- 20 Lassos
- 22 DiMaggio brother
- 23 Lock with a pin
- 25 Shaving mishaps
- 26 Part of speech
- 27 Bedstand pitcher
- 28 Barely passing grades
- 29 Trite
- 30 Infrequency
- 32 Respectful knee-bend
- 33 Soil aerator
- 35 Pinches into folds
- 38 Wages
- 42 Ropemaking fibers
- 43 Nuisance
- 44 Rex Stout's Wolfe
- 45 Leave out
- 46 Page of song
- 47 Cat's-paw
- 48 Nonsense!
- 49 Most concise
- 51 Dec. preceder
- 52 Greed
- 54 Pardoned

- 56 Vatican palace
- 57 Left on the plate
- 58 Component
- 59 Most to one side

DOWN

- 1 Citizen of a medieval city
- 2 Largest of the Ryukyu Islands
- 3 Spurner
- 4 One of Santa's helpers
- 5 Compaq competition
- 6 Poisonous evergreen shrubs
- 7 Most jolly
- 8 Pool openers
- 9 Litters' littlest
- 10 Miniature hill dwellers
- 11 Solemn promise
- 12 Obvious
- 13 Married women in Barcelona
- 14 Characterized by shivering
- 21 Polar landscapes
- 24 Prevent by anticipatory action
- 26 Troublesome predator
- 29 Give off light
- 31 Snoozes
- 32 Arthritis palliative
- 34 Unwisely extravagant
- 35 Harmonized hymn
- 36 Dismissal
- 37 Ape



By Matthew Higgins  
Concord, NH

- 39 Newborn child
- 40 Long, narrow furrows
- 41 Able to pay one's bills
- 43 Mother or father
- 46 Nutty pie
- 49 Make weary
- 50 Not kosher
- 53 Dreamer's giveaway
- 55 Gangster's heater

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

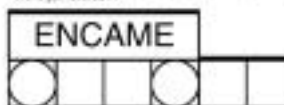
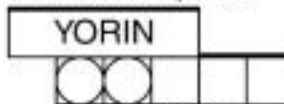
**SUDOKU:** Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

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JUMBLE

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Argirion

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



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

Answer here: "○○○○○○○○○○○○"

Note to our readers: Tribune Media Services has discontinued Magic Word and Trivialities. Answers to all puzzles on page 31.

**BRIDGE**

**Trapped and Trapped Again**

By Omar Sharif and Tannah Hirsch

Both vulnerable. South deals.

NORTH

- ♠ 8 6
- ♥ Q 7 5 2
- ♦ Q J 10 9 7
- ♣ J 3

WEST

- ♠ A Q 4 3
- ♥ K 8
- ♦ A 6
- ♣ K Q 10 6 2

EAST

- ♠ 10 9 7
- ♥ J 4
- ♦ 5 3 2
- ♣ 9 8 7 5 4

SOUTH

- ♠ K J 5 2
- ♥ A 10 9 6 3
- ♦ K 8 4
- ♣ A

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Dbl	3♥	Pass
4♥	Pass	Pass	Pass

Opening lead: King of ♣

Sometimes, one endplay is not enough to land your contract. However, on occasion a player can be trapped a second time. Here's a case in point.

North's jump raise in hearts over the takeout double is pre-emptive. However, with the auction placing West with almost all the missing

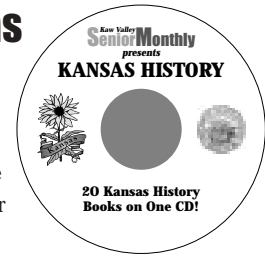
high cards, South elected to gamble on the game in hearts.

West led the king of clubs, won perforce with the ace. One line that might land the contract was to play East for the queen of spades but, with a dearth of entries to the table and no guarantee that a successful finesse would land the game, South opted for another line.

At trick two, declarer led a low diamond from hand. Since rising with the ace would simplify declarer's problems, West elected to play low. Dummy's nine won and the jack of clubs was ruffed in the closed hand. Declarer exited with the king of diamonds to West's ace, and West defended well by exiting with a low heart. Declarer countered by playing low from the table, giving himself two chances for the contract. The jack of hearts was captured with the ace and a heart to the king trapped West one more time. In with the king and having nothing left but black cards, West had to either concede a ruff-sluff, permitting declarer to discard one spade from hand and two more on long diamonds, or else cash the ace of spades. Either way, declarer lost only one trick in each suit except clubs.

Send e-mail to gorenbridge@aol.com.  
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# NOSTALGIA NOTEBOOK

## AUGUST 1939

### Births

**AUGUST 2:** John Snow, 73rd United States Secretary of the Treasury  
**AUGUST 12:** George Hamilton, American actor  
**AUGUST 19:** Ginger Baker, English drummer (Cream)  
**AUGUST 21:** Clarence Williams III, American actor (*Mod Squad*)  
**AUGUST 29:** Joel Schumacher, American film producer and director  
**AUGUST 31:** Cleveland Eaton, American jazz musician

### Events

**AUGUST 2:** Albert Einstein writes to President Franklin Roosevelt about developing the atomic bomb using uranium.  
**AUGUST 15:** MGM's classic musical film *The Wizard of Oz* premieres at Grauman's Chinese Theatre in Hollywood.  
**AUGUST 23:** Molotov-Ribbentrop Pact: Hitler and Stalin agree to divide Europe between themselves.

## AUGUST 1949

### Births

**AUGUST 4:** John Riggins, American football player (Born in Seneca, Kan.)  
**AUGUST 12:** Mark Knopfler, British rock guitarist (Dire Straits)  
**AUGUST 15:** Beverly Lynn Burns, American pilot, first woman in the world to captain the Boeing 747  
**AUGUST 23:** Shelley Long, American actress  
**AUGUST 23:** Rick Springfield, Australian rock singer and actor  
**AUGUST 25:** Gene Simmons, American rock musician (Kiss)  
**AUGUST 31:** Richard Gere, American actor  
**AUGUST 31:** H. David Politzer, American physicist, Nobel Prize laureate

### Events

**AUGUST 5:** A 6.75 Richter scale earthquake in Ecuador kills 6,000 and destroys 50 towns.  
**AUGUST 29:** The Soviet Union tests its first atomic bomb, code named "Joe 1." Its design imitates the American plutonium bomb that was dropped on Nagasaki, Japan in 1945.

## AUGUST 1959

### Births

**AUGUST 2:** Apollonia Kotero, American actress and singer  
**AUGUST 10:** Rosanna Arquette, American actress  
**AUGUST 13:** Danny Bonaduce, American actor and disc jockey  
**AUGUST 14:** Magic Johnson, American basketball player  
**AUGUST 15:** Scott Altman, American astronaut  
**AUGUST 17:** Brad Wellman, American baseball player  
**AUGUST 21:** Jim McMahon, American football player  
**AUGUST 29:** Rebecca De Mornay, American actress

### Events

**AUGUST 14:** Explorer 6 sends the first picture of Earth from space.  
**AUGUST 17:** Columbia Records releases Miles Davis' groundbreaking album, *Kind of Blue*.  
**AUGUST 21:** Hawaii is admitted as the 50th U.S. state.

**The Democrats say they want a "truth" commission. However, they want to limit their "investigation" to the Bush years.**



Of course, if one really wants to examine the truth about Iraq and the war against terrorism, you also have to look at the Clinton administration's record. Download a free copy of *What Really Happened: The Story of Clinton Inc.'s Efforts to Rewrite Bill Clinton's Record on Iraq and Terrorism* at [www.sinsofthehusband.com/wrh.pdf](http://www.sinsofthehusband.com/wrh.pdf)



Kaw Valley Senior Monthly readers can now follow us at [twitter.com/seniormonthly](http://twitter.com/seniormonthly). Instead of boring you with minute happenings in our lives, we'll instead let you know when a new issue of Senior Monthly has been distributed, when each new issue is available online, and inform you about events in the Lawrence and Topeka area of particular interest to seniors. Know of such an event? Send us a brief description and we'll send a "tweet" to our readers.

## Placing flyers in Kaw Valley Senior Monthly couldn't be easier!

We'll design your flyer, have it printed in full color on 80# gloss text paper, and insert it in Senior Monthly for one low price.

3,000 flyers (one side)  
 (Lawrence **or** Topeka areas)  
 8.5" x 5.5"

**\$275.00**

3,000 flyers (one side)  
 (Lawrence **or** Topeka areas)  
 8.5" x 11"

**\$350.00**

6,000 flyers (one side)  
 (Lawrence **and** Topeka areas)  
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**\$475.00**

6,000 flyers (one side)  
 (Lawrence **and** Topeka areas)  
 8.5" x 11"

**\$600.00**

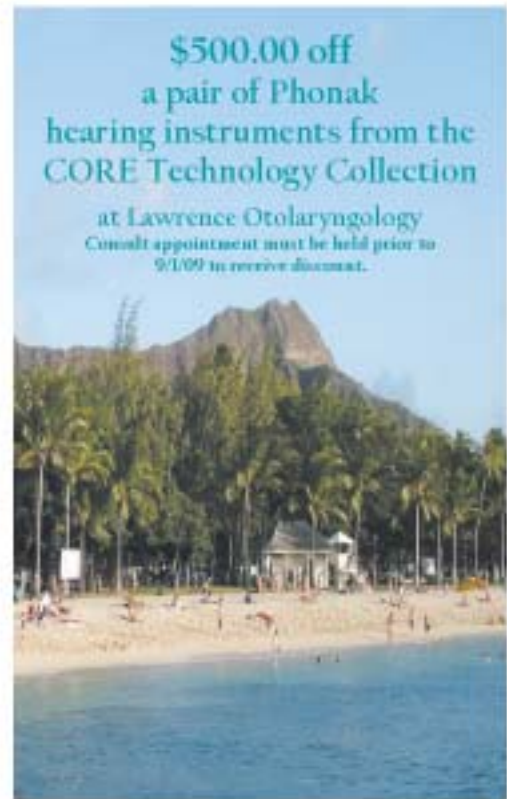
We can also insert advertiser-provided flyers for \$50.00 per 1,000 flyers. Call Kevin at 785-841-9417 for more information.

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Lawrence 785.841.1107  
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R	I	F	F	L	E	R		E	N	T	W	I	N	E		
G	N		L	A	R	I	A	T	S		D	O	M			
H	A	S	P		N	I	C	K	S		V	E	R	B		
E	W	E	R		D	E	E	S		B	A	N	A	L		
R	A	R	E	N	E	S		C	U	R	T	S	Y			
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A	V	A	R	I	C	E		F	O	R	G	A	V	E		
L	A	T	E	R	A	N		U	N	E	A	T	E	N		
E	L	E	M	E	N	T		L	E	F	T	E	S	T		

SUDOKU SOLUTION

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

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JUMBLE ANSWERS

Jumbles: IRONY KNEEL OUTLAW MENACE

Answer: When the computer got a virus, the technician said it was "TERMINAL"

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VOLUNTEER NEEDED

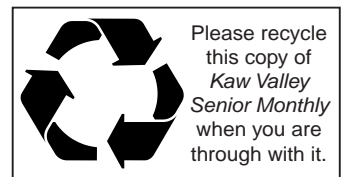
VOLUNTEER NEEDED for reading mail, disseminating it, reading legal documents, running errands etc stat please. 1.785.841.0067.

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# Circulation News

A Lawrence Memorial Hospital Update

## Tired of sitting on the bench?

Nearly 43,000 people in our region may be at risk for vascular disease. That's why Scott Gard, M.D., a double board-certified vascular and general surgeon from Lawrence Vascular Surgery, is committed to providing the highest quality of care for patients with or at risk for vascular disease.

Because the symptoms of most vascular conditions are not obvious until the disease reaches an advanced stage, it's important to talk to your doctor if you have any of the following risk factors:

- Diabetes
- High blood pressure
- Smoking
- High blood cholesterol
- Family history of atherosclerotic problems and circulatory problems

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