

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

August 2010

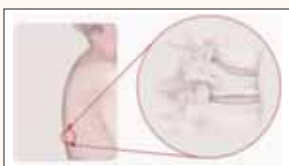
Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 10, No. 2

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KEVIN GROENHAGEN PHOTO



SENIOR profile

Charles Hill

Hill, AARP prepare for annual picnic

By Kevin Groenhagen

Charles Hill is hoping that he'll see a lot of new faces at a picnic later this month.

According to Hill, who serves as president of Douglas County AARP Chapter 1696, the local chapter wants to boost its membership at its

annual membership picnic on August 27.

"We need some new and/or younger leaders to replace some of us who are now in our 70s," said Hill. He added that the chapter's membership had been much larger in the past.

"The records for the local AARP

chapter go back to 1974," Hill said. "Back in those days there were 200-300 members. We have about 80 members now. Many, many people join the national AARP. I'll talk to people who say, 'I belong to the AARP.' I'll say, 'You don't come to our meetings.' Then they'll respond,

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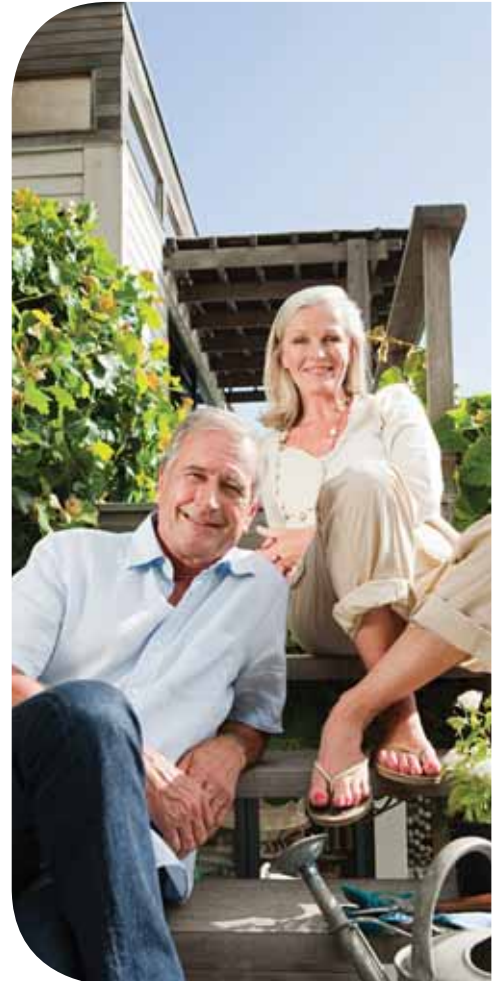
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Charles Hill

■ CONTINUED FROM PAGE ONE

'Oh, you have a local group?' A lot of people don't know there's a local chapter."

In fact, as Robert Putnam noted in *Bowling Alone: The Collapse and Revival of American Community* (2000), "Less than 10 percent of the AARP's members belong to local chapters, and according to AARP staff, the organization's grassroots activities were on life support even during the period of maximum membership growth." About a decade ago, AARP, which claims over 40 million members, began taking steps to pump new life into those grassroots activities.

"The whole AARP has undergone a reorganization to try to move down to the state level rather than retaining the rather large national/regional structure," Ernest Pogge, former AARP Chapter 1696 president, told *Senior Monthly* in July 2001. At the end of that month 32 states, including Kansas, had staffed state offices. AARP now has offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands.

In addition to its annual membership picnic, AARP Chapter 1696 holds regular meetings.

"For those who join the local AARP chapter, we have a lunch program every month at the Lawrence Country Club," Hill said. "We kind of alternate between entertainment and informative programs. We have a nice fellowship amongst our members."

AARP Chapter 1696 members meet for a buffet lunch at the country club every fourth Friday of the month except in July and December, and November, when the meeting is held on the third Friday.

In September and October, AARP Chapter 1696 members will also be gathering toiletries, clothing, and other items for veterans.

"The VA hospital in Topeka gives us a list of items the veterans there could use, and then we'll ask our members to either buy or bring those items to us so we can box them up and take them to Topeka," Hill said.

Hill began his one-year tenure as president of AARP Chapter 1696 in March. A retired school administrator, he compares his tenure to a school year.

"As a school person, I say that the second semester is coming up," he explained. "We have had the first semester, we had our summer break in July, and now the second

semester is starting."

It was probably Hill's background as a school administrator that ultimately led to his leadership role with AARP.

"Someone had heard that I was retiring and moving to Lawrence," Hill said. "A woman called and asked if I'd like to be president of AARP in Lawrence. I wasn't that familiar with AARP, so I said I'd like to be vice president."

That was in 1993. Hill was elected vice president, and then was elected president for the first time a couple of years later.

Hill was born at Lawrence Memorial Hospital just a few years after the original 50-bed building was constructed. He grew up in Baldwin City, where he stayed to earn his degree at Baker University. While in Baldwin City, Hill also met his wife, Mary Ann, a fellow student at Baker University.

Mary Ann graduated from Baker University and accepted a teaching position in Pomona a year before Hill joined her in that school district.

"They wanted to find a job for me in Pomona, but the only job open was elementary school principal," Hill said. "So I became a principal at age 21 after a year of teaching."

Four years later, Hill, who by then had completed his master's degree at the University of Kansas, became

a school superintendent in Lane, Kan. In addition to Pomona and Lane, Hill was an administrator for schools in Gardner, Garden City, Eudora, and Howard. He served a total of 10 years as a principal and 25 years as a superintendent before retiring from Howard in 1991.

"Retired" may not be the best word to use when talking about Hill. After all, the dictionary definition for the word includes "having finished one's active working life." Hill, who says he has had 20-30 different jobs—including working in a rock quarry, with a concrete paving crew, and with a roof paving company—during his life, says he doesn't like to sit around and continues to work. In fact, he estimates that he has painted 50 houses in the last four years or so.

"But I'm not looking for more work," Hill quickly added. "I paint my rental properties as well as friends' homes."

How did a retired school administrator get into painting houses?

"Mary Ann and I built several houses when we were young teachers," Hill explained. "I worked with a construction company in my spare time and, in addition to building houses, did shingling and painting."

Of course, retirement has not been all work for the Hills.

"My wife and I travel a lot," Hill

said. "We've been to a lot of unique places, and we're still traveling."

One of those places is Barrow, Alaska, which is the northernmost city in the United States. More recently, the Hills spent 13 days in California, where they visited one of their three children, attended the Red, White and Blue Parade in San Jose on July 4, and went to see the San Francisco Symphony perform.

In July, the Hills also traveled to the Old Sailors and Soldiers Reunion in Erie, Kan., drove to Oklahoma, where, among other things, they visited one of their granddaughters (they have six grandchildren), and attended the 2010 Kansas Shrine Bowl in Pittsburg, Kan., where a granddaughter from Baldwin City participated in the All-Star Cross Country Race.

"We try to plan our trips around AARP activities," Hill said. "In fact, I have missed only eight or 10 meetings since 1993."

With AARP functions resuming in August, more of the Hills' activities will be closer to home, including their regular trips to a local coffee shop to visit with friends.

For more information about AARP Chapter 1696's annual membership picnic, or about the chapter in general, please call Charles Hill at (785) 749-4136 or Russell Bailey, the chapter's treasurer, at (785) 843-9423.

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Kevin L. Groenhagen

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Comfort Keepers moves to new location

By Billie David

When Comfort Keepers' owners commemorated their eighth year in business with the opening of their new location at 2016 SW 37th Street in Topeka, they were in for a surprise.

"In the six months since we put the sign out, we grew from 1,000 hours of service to 1,700 hours," said Sarah Cox, manager/owner of Comfort Keepers.

That's because it used to be tucked away into a building without any signage, she explained.

Business has also increased because of word of mouth, which Sarah calls, "our best advertising."

"If someone has a good experience, they will tell someone else, and it just sort of starts snowballing," she said.

In addition, the senior care industry is growing because the population of senior citizens is increasing through the aging of the nation's baby boomers.

"People want to stay home longer," Cox said, "and they want to be as independent as possible."

Sometimes, all they need in order to do this is someone to help them do their grocery shopping, or to help them with their grooming and remind them to take their medicines.

That's where Comfort Keepers comes in. They provide homemaker and personal care services such as meal preparation, light housekeep-

ing, grocery shopping, laundry, and grooming and bathing guidance.

Comfort Keepers offers its services anywhere from two hours a week to 24 hours a day because the needs of its clients vary widely. One client may only need help with grocery shopping and laundry while another client who is frail or has cognitive problems may need more comprehensive help. And still another client with mental health issues may need companion help so they can go on outings.

Comfort Keepers is an 11-year-old franchise business with headquarters in Dayton, Ohio. Sarah Cox and her husband, Randy, opened their franchise eight years ago.

It all started with a trip to a Barnes and Noble bookstore. Sarah and Randy decided to look at a book on franchise opportunities together, and when they opened the book, it opened to the page on Comfort Keepers

The fit was perfect.

Sarah had been a social worker for seven years and a hospice worker for another seven years.

"We not only have a passion for elders, but also about quality care," she said. "We're very picky about who we hire. We ask ourselves, would we want this person taking care of our own parents?"

Comfort Keepers employees are bonded and insured and go through a long hiring process, including interviews and work history and back-



Randy and Sarah Cox, along with their son, Nicholas Bernal, cut the ribbon at Comfort Keepers' new location on June 22.

ground checks. They also receive extensive training, Sarah said.

More information can be found on the Web site www.comfortkeepers.com. From there, people can select information on the Topeka area.

People can also call (785) 267-8200 to schedule an informational visit or in-home assessment.

267-8200 to schedule an informational visit or in-home assessment.

"Sometimes people don't know what they need," Sarah said, "and we have three social workers who you can visit with and talk about your needs and goals."



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Six Kansas nursing homes receive PEAK awards

Three repeat honorees and three newcomers comprise the list of 2010 PEAK Nursing Home Award winners announced by Martin Kennedy, Secretary of the Kansas Department on Aging. PEAK stands for Promoting Excellent Alternatives in Kansas nursing homes.

The three first-time winners are:

- Bethesda Home, Goessel, Linda Peters, administrator

- Lone Tree Retirement Center, Meade, Sheila Anne Brown

- Kansas Masonic Home, Wichita, Matthew Bogner, administrator

Repeat winners, with previous years they were honored in parenthesis, are:

- Brewster Health Center, Topeka (2008, 2007), Linda Farrar, administrator

- Evergreen Community of Johnson County, Olathe (2008, as Johnson County Nursing Center), Kimberle Doty, administrator

- Parkside Homes, Hillsboro (2008), Gretchen Wagner, admin-

istrator

"The list of new and repeat winners underscores the fact that Kansas nursing homes are truly dedicated to the ideals of culture change," Kennedy said. "The emphasis on person-centered care results in a happier, healthier environment not only for residents but staff as well. I commend the administrators and staffs of these homes for their vision and commitment to this revolutionary change."

The PEAK awards program began in 2002 to recognize and encourage nursing homes to move away from the institutional model of care to a person-centered model with residents having more control over their activities and schedules. Since then, more than 40 homes have been honored, some more than once.

Facilities must submit an application for consideration for the honor. The Secretary will make on-site presentations of the awards this summer.



Douglas County AARP Chapter 1696

Notice of New Membership Annual Picnic

August 27, 11:00 a.m.

Local unit organized in 1974, meets monthly for lunch, program and business.

National Dues, \$16 (includes spouse)	Local Dues, \$5 Annual Picnic Lunch, \$8
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Kyphoplasty can help patients with fractured vertebrae

By Billie David

For people who experience back pain caused by a compression fracture, there's a procedure newly available in Lawrence called Balloon Kyphoplasty, which can help not only with the pain, but also with restoring the fractured vertebra to its correct position.

Some people with back pain wait to see if the pain will go away on its own, but that's not a good idea because, while kyphoplasty can be done on both new and old fractures, it is more effective and patients get relief sooner when it's a recent fracture, said Dr. Michael Lange, anesthesiologist and director of the pain clinic at Lawrence Memorial Hospital South.

It's important to recognize the symptoms of compression fractures, because an estimated 750,000 such fractures occur in the United States per year and two-thirds of them go undiagnosed.



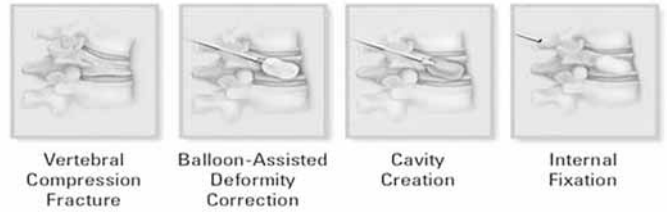
Dr. Michael Lange

Such fractures are often the result of osteoporosis, cancer, chronic steroid use or accidents. Symptoms include sudden, severe back pain. And although it can be caused by a fall, some people just wake up with it, Lange said. The pain is usually located in the mid or lower back and can radiate to the sides. It is fairly specific, though, and can be reproduced by pressing on the bone. People who experience such pain should see their primary care physicians promptly.

"Lots of things can cause pain, and you need a diagnosis," Lange said.

"You can confirm a compression fracture by getting an X-ray, and an MRI can help determine if the fracture is acute, which means more recent, or if it is chronic, meaning it is older," he explained, adding that he is willing to consult with the patient to determine which course of treatment is best for them.

"In the past, people treated compression fractures with comfort



methods—ice and heat," Lange said, adding that if the pain didn't go away they could try epidural steroid injections.

Then in the late 1990s, vertebroplasty was introduced. "It was done fairly routinely here," Lange said. "It pretty much took care of the pain fairly quickly."

Vertebroplasty involved stabilizing the fracture with cement to fix it in place. But when a compression fracture occurs, the vertebra can collapse and lose its height, and although it may take care of the pain, it does not address the height issue.

That's important because when a person experiences several compression fractures, it can result in a hunchback posture. This affects not only appearance, but also health.

"It affects lung capacity," Lange

explained, "and it puts more stress on other bones, increasing the risk of other fractures." The pain can be debilitating, resulting in the inability to breathe deeply, which can lead to pneumonia, he added. The consequences of not treating these patients can be devastating.

"Then some smart person decided to try to expand the vertebra into its pre-fracture position, and called it Kyphoplasty" Lange said. It is just like when someone breaks their ankle or wrist, its important to make sure the bones are in their proper place when fixing it. We know the body works best when we do this. The same principle applies to the spine.

This is done by making a small incision and inserting a hollow needle

■ CONTINUED ON PAGE SEVEN



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Kyphoplasty

■ CONTINUED FROM PAGE SIX

through which a balloon is guided into place in the collapsed vertebra. The balloon is then inflated, pushing the vertebra back to its original height. The balloon is then deflated and withdrawn, but the cavity it has created remains. This cavity is filled with cement, which makes a sort of internal cast, holding the vertebra in place and eliminating the pain.

The advantage of kyphoplasty is that it not only takes care of the pain but it also corrects the deformity created by the collapsed bone. Plus it's a minimally invasive procedure, often done on an outpatient basis, and recovery can be almost immediate. Most patients are simply given sedation and are some-what conscious during the procedure.

"It's a same-day outpatient procedure, and a lot of times the pain relief is immediate and gets better over the next day," Lange said. It dramatically reduces the patients need for medication and allows them to start enjoying life again.

Lange, a native of Ellsworth who studied at the University of Kansas School of Medicine and did his residency at the University of Missouri

in Columbia, said there have been approximately 460,000 procedures performed worldwide.

"If you compare it to old treatments—comfort meds and epidurals—it is revolutionary," Lange said.

Lange was drawn to study the procedure because of his interest in any operation that relieves pain, he said. And because he is an anesthesiologist familiar with placing needles around the spine, it was a good fit, requiring a trip to Memphis, Tennessee, for training.

For more information about balloon kyphoplasty, please visit www.spinalfracture.com or www.kyphon.com.

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Registration to begin for Senior Olympics

The 2010 Kansas Senior Olympics is open to anyone who will be 50 years (or older) by December 31, 2010. Competition will take place September 22-26 for individual and doubles competition; September 30-October 3 for team sports competition; and October 1 for the golf competition.

The event will be headquartered at the Big Gage Shelterhouse, Gage Park, 10th and Gage, in Topeka

with venues throughout the city. It is anticipated that up to 750 senior athletes from across Kansas and the nation will take part in these games.

Save money by registering early. Early Bird Entry is Friday, August 6, with a fee of \$40. Final entry deadline is Friday, August 20, with a fee of \$50. An entry form can be downloaded at www.topeka.org/parksrec/kso_main.shtml.

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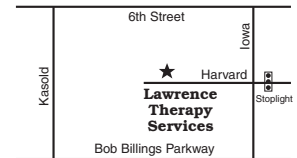
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Seeds of life: Chia, flax, hemp and pumpkin

By Andrea Donsky and Randy Boyer
Naturally Savvy

Seeds are a crucial food source for birds, squirrels, livestock and other animals, especially during winter. For humans, edible seeds provide a delicious, nutrient-packed punch to meals and snacks, and are the source of most of our cooking oils, as well as some spices and beverages.

Seeds are quite high in calories because of their natural oils but don't let that dissuade you from enjoying them. Their nutritional value is worth every calorie. A few interesting edible seeds that top the nutrient charts are chia, flax, hemp and pumpkin seeds.

CHIA SEEDS

While most of us remember the "Ch-ch-ch-chia Pet" as an '80s gimmick, the ancient plant is actually regarded as a superfood, with many clinically proven health benefits.

Chia, *Salvia hispanica*, a plant belonging to the mint family, was so highly recognized by the Aztecs that it was often used as currency. The powerful seeds, referred to as "running food," sustained Aztec runners, hunters, traders and warriors on long expeditions, often as their only source of nourishment.

Today, experts suggest that chia is one of the most nutritionally complete foods found in nature. In addition to being an excellent fiber source (mostly insoluble, which creates bulk for stool), chia is a rich plant-based source of Omega-3 fatty acids, consists of about 20 percent protein, and contains high levels of antioxidants, calcium, magnesium and iron.

Research has shown that chia has enormous potential to prevent and treat cardiovascular disease and Type 2 Diabetes. It can lower blood sugar (glucose) after a meal, reduce inflammation (C-Reactive Protein) and blood pressure, and is a natural blood thinner.

Since chia can absorb several times its weight in water, it helps the body maintain hydration, an important advantage to athletes and to those living in hot climates.

Gluten-free chia seed can be added—whole or ground—to a wide range of foods, including cereals, breads and bakery products, yogurt, desserts, pasta, and even soups and mayonnaise.

FLAX SEEDS

Flax has been cultivated for centuries and has been celebrated for its usefulness all over the world. Hip-

ocrates wrote about using flax for the relief of abdominal pains, and the French Emperor Charlemagne favored flax seed so much that he passed laws requiring its consumption!

The main health benefits of flax seed are due to its rich content of Alpha-Linolenic Acid (ALA), dietary fiber, and lignans.

The essential fatty acid ALA is a powerful anti-inflammatory, decreasing the production of agents that promote inflammation and lowering blood levels of C-Reactive Protein (CRP), a biomarker of inflammation. Through the actions of the ALA and lignans, flax has been shown to block tumor growth in animals and may help reduce cancer risk in humans.

Lignans are phytoestrogens, plant compounds that have estrogen-like effects and antioxidant properties. Phytoestrogens help to stabilize hormonal levels, reducing the symptoms of PMS and menopause, and potentially reducing the risk of developing breast and prostate cancer.

The fiber in flax seed promotes healthy bowel function. One tablespoon of whole flax seed contains as much fiber as half a cup of cooked oat bran. Flax's soluble fibers can lower blood cholesterol levels, helping reduce the risk of heart attack and stroke.

Ground flax seed provides more nutritional benefits than does the whole seed. Grind the seeds at home using a coffee grinder or blender, and add them to cereals, baked goods, smoothies, and yogurt.

Store dry, whole flax seed in an airtight container at room temperature for up to a year. Ground flax seed should be refrigerated, also in an airtight container. Properly stored, it will keep for up to three months.

HEMP SEEDS

Hemp has been an important resource and source of nutrition for thousands of years. While *Cannabis sativa L.* and other non-drug varieties of *Cannabis*, commonly known as hemp, have not been cultivated for use much in recent years, interest in the versatile plant has been restored worldwide.

Studies have identified hemp seed as a functional food and important food resource. Technically a nut, hemp seed contains over 30 percent fat and about 25 percent protein, with considerable amounts of dietary fiber and other nutrients. Nutritionally, hemp seed—or hemp heart—is best known for its polyunsaturated fatty acids (PUFAs). It's

an exceptionally rich source of the essential fatty acids linoleic acid (omega-6) and alpha-linolenic acid (ALA), and a rare source of gamma-linolenic acid (GLA) and stearidonic acid.

The two main proteins in hemp seed are edestin and albumin. Both of these high-quality proteins are easily digested and contain nutritionally-significant amounts of all essential amino acids, arginine in particular.

Some of the known health benefits of hemp include increased energy, improved metabolism and immunity, reduced food cravings, and it can help lower blood pressure. Hemp hearts also contain plant sterols that have been shown to reduce cholesterol.

In the U.S., hemp seeds are used to produce food, nutraceuticals, and body care products. Natural Product stores and supermarkets sell a variety of hemp-based foods, including hemp hearts, hemp bars, hemp protein shakes, hemp milk (non-dairy beverage), and cereal made with hemp.

PUMPKIN SEEDS

Pumpkin seeds have 373 calories per half cup. They are a good source of minerals, including zinc, iron, magnesium, phosphorus, potassium, copper, and manganese, as well as protein and fiber. Only one ounce provides about 7 grams of protein.

Pumpkin seed oil is rich in es-

sential fatty acids (EFAs). EFAs have many benefits, among them the maintenance of healthy blood vessels and nerves, and all tissues, including the skin.

The oil is also rich in phytosterols, plant-based fatty acids that are similar enough to cholesterol that they can replace it in the human body, contributing to the reduction of blood cholesterol levels.

Pumpkin seeds have long been associated with a healthy prostate. The protective compounds present within the seed of the pumpkin, which include zinc and phytosterols, may help to shrink an enlarged prostate. For prevention, eat a handful (about 1 ounce) of raw pumpkin seeds three times a week.

Eating seeds raw is always preferred as roasting them deteriorates or destroys many of the nutrients. Add whole seeds to hot or cold cereals, baked goods (breads and cookies), salads, steamed vegetables, or grind them up to add to burgers, chili and casseroles.

(Andrea Donsky and Randy Boyer are the co-founders of NaturallySavvy.com, a Web site that educates people on the benefits of living a natural, organic and green lifestyle. For more information and to sign up for their newsletter, visit www.NaturallySavvy.com (<http://www.NaturallySavvy.com>).

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How to financially prepare for living too long

If you ask people, many of them will tell you that they are not afraid of dying so much as they may be afraid of living too long. No one looks forward to the time when you are very much alive, but cannot care for yourself. When that time comes, your ability to live as good a life as physically possible will depend on

eat a meal or go to the bathroom alone, you need to be prepared for the costs of paying professional caregivers for the help you need.

As health care costs escalate, an increasing number of people are protecting themselves by purchasing long-term care insurance, which typically covers some or all of the costs of care associated with a chronic illness such as Alzheimer's disease. And today, those costs can be overwhelming. Though Medicare does cover skilled care for acute conditions such as heart attacks and broken bones, in general, it does not cover the custodial care required for chronic medical conditions.

When making your plans for a secure retirement, it's important to consider long-term care insurance as a way of protecting your assets so they won't be exhausted by possible care costs.

Premiums will be lower if you buy long-term care insurance while in your 40s or 50s, instead of waiting until after you retire and face the health problems that often accompany aging.

There are quite a few factors to consider when choosing a long-term care insurance policy.

You will need to ask when will

benefits begin? How much money will I receive? What types of services will the policy pay for and for how long? How much does this type of insurance cost?

For this reason, it's important to work with a financial professional who understands your needs, and who can design a plan that fits your needs. It's also important to look at the track record of the company providing the insurance. To ensure that coverage will be there when you need it most, make sure the company is well established with a solid history of treating its policyholders well, and choose a company that has been given the highest possible ratings for financial security from insurance rating agencies.

Long-term care insurance can give you options on how you receive the care you need and where. It gives you choices about how your final years are lived and where. Maybe, such an insurance policy can even reduce the fear of living too long.

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



Joe B. Jones

what preparations you make today. Exercise, eat right, stay mentally fit and financially prepared.

People are living longer, which dramatically increases the odds of developing a chronic illness that could require on-going care. The U.S. Department of Health and Human Services reports that people who reach age 65 will have a 70 percent chance of needing nursing home level of care. When the day comes that you are unable to do such basic things as dress yourself, get in and out of bed,

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TOD agreement can reduce hassles for heirs

All among the reasons you work hard your life may be so you can leave something to your children, grandchildren or other family members. So, naturally, you'd like to make it as easy as possible for your heirs to take possession of those assets you want them to have. And

for your heirs, the inventory of assets and other documents filed as part of the probate proceeding.

As you can see, you've got some good reasons to avoid probate — and a TOD agreement can help. Of course, a TOD agreement can't meet all your estate-planning needs. While it may be particularly useful in helping you bequeath specific financial assets, such as stocks, bonds and other assets held in your brokerage accounts, it can't help you deal with estate taxes or address other complex estate-planning issues.

And that's why you also may want to consider creating other estate-planning tools, such as a revocable living trust. Similar to a TOD agreement, a revocable living trust allows you to leave assets to your

heirs without going through probate. Furthermore, when you set up a revocable living trust, you can control your assets during your lifetime and determine how they will eventually be distributed to your heirs. You could, for example, have money distributed to your children or grandchildren in installments, over a period of years. Many people like having this ability, especially if they are unsure of the money management skills or maturity level of their heirs. Plus, a properly established revocable living trust will carry out your wishes if you become incapacitated. Be sure to consult with your legal advisor to see if a revocable living trust is appropriate for you.

While a TOD agreement can't take the place of all estate-planning tools,

it can complement them. And a TOD agreement offers another feature that can prove valuable: flexibility. Specifically, you can revoke or modify your TOD agreement at any time in response to changes in your life or family circumstances.

To determine if a TOD agreement is appropriate for your needs, contact your tax advisor or legal professional. Your local Edward Jones Financial Advisor can assist you with applying a TOD agreement to your account. It's taken you many years to accumulate your assets, so take some time to help ensure they end up where you want them to go.

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



Harley Catlin and Ryan Catlin

that's why you may want to consider establishing a Transfer on Death (TOD) agreement on certain accounts.

Once you've established a TOD agreement for your account, ownership of the assets held in that account pass directly to the designated beneficiaries, bypassing probate. Why is this important? Because probate has three major drawbacks:

- **It's time-consuming.** If your estate has to go through the probate process, it could easily take a year or more for your assets to be distributed to your heirs.
- **It's expensive.** Attorney and court fees could devour up to 5 percent of your estate's value — which means fewer assets going to your loved ones.
- **It's public.** The probate process is open to everyone. This means anyone can obtain a copy of your will, the names and contact information

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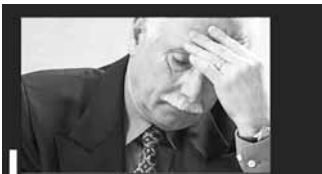
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Physical therapy can keep your back healthy

For most Americans, summer is a very busy time—a chance to work in the yard, clean the garage and toss out old clothes. But if you suffer from low back pain, you may be unable to embark on summer chores without increasing your pain. Physical therapists see this all the time. Not everyone knows that physical



Laura Bennetts

therapists treat patients with back pain. But that's one of our main specialties. We see patients with all kinds of back pain—from mild and transient pains to severe sciaticas requiring surgery. And we offer unique solutions designed, not merely to treat pain, but to help you recover so completely that you'll be pain free. You can get symptomatic relief from many sources. But physical therapists, working with your doctor, aim to solve the underlying structural problems so that you will no longer need symptomatic relief. Our goal is to stop back pain at its source.

Back Bone's Connected to the Leg Bone

Why do so many people suffer from back pain in the first place? Let me count the reasons. Back problems stem from falls, accidents, sedentary jobs, sports injuries, arthritis, spinal curvature, and poor posture (sitting, walking or sleeping). Pregnant women are especially prone to

back pain because, in the second trimester of their pregnancies, their joints loosen a bit. Joint pain above or below your back can also cause back pain. For instance, pain in your foot, hip or knee can cause you to walk with a limp, which stresses your back. Or you might neglect to bend your aching knees when you lift, which also stresses your back. The goal of physical therapy is to treat all these ailments together, holistically.

High-Impact Sports

A recent newspaper story claimed that aging baby boomers—some of whom are now entering their sixties—have begun to pursue joint surgery to resolve joint damage and help them continue to play tennis, golf, and run. During the 1970s and 1980s many Americans took up jogging to increase their heart health. We all learned about the benefits of aerobic exercise, bought the latest running shoes and bounded down the road. Then exercise clubs began offering aerobics and step classes. Soon people began to feel the painful effects of such high-impact exercises. Running on hard surfaces, in particular, often causes back pain from compressed discs and vertebrae. Many people now consider this normal, and even inevitable. But back pain is not a natural part of aging. If your lower back hurts, you may need to re-evaluate your activities—and your priorities. That's where physical therapy enters the picture.

Avoiding Injury

The first thing is to figure out why you hurt. Back pain is at the center of your body. So physical therapists evaluate you from your feet up and from your head down to see how

your joints align. We know biomechanics and anatomy. We know how your bones, joints, muscles, and senses work together to allow you to walk, run, jump and dance. So we begin by evaluating your strength, flexibility and joint alignment to find the problem areas that may be connected to your back pain.

For example, when I evaluate someone with back pain I watch her walk to see if her arch flattens as she rolls from heel to toe. This is called ankle pronation—an excessive rolling of the ankle that stresses every joint from with the big toe to the arch, the interior of the ankle and knee, the knee cap, the hip, and the spine. I also test for muscle strength and joint flexibility throughout the body. Tight hamstrings are often a source of lower back pain because, if your hamstrings are tight, they will limit your ability to lean your trunk forward.

More Than Abs

"Core strengthening" is a buzz phrase that refers to strengthening of your trunk muscles—that is, your back and stomach. Lumbar stabilization exercises are an important part of physical therapy. Before the exercise program is started, therapists use varied techniques to reduce pain including massage, electrical stimulation, manual therapy, ultrasound, and infrared light therapy. When your body is in pain, it will shut off the muscles surrounding the painful area to prevent further injury. As your pain recedes, exercises to improve flexibility and strengthening are gradually introduced over a number of treatments. Lumbar stabilization exercises are one key to strengthening your back, stomach

and pelvic muscles so that you can move without straining your back.

For example, to lift your leg without straining your back your lower trunk has to be strong enough to keep your spine joints steady. If your core strength is not sufficient, the weight of your leg will cause movement and stress on your spine with increased pain.

Physical Therapists Do It Better

I may be biased, but I believe that physical therapy offers some of the very best options for people with back pain. Any good therapist will teach you to take care of your own back—without needing years and years of continuing weekly treatments.

If you want to stop the pain, learn to keep your back healthy, and gain the strength you need to prevent future bouts of pain—choose physical therapy.

- Laura Bennetts, MS PT, has been a physical therapist for 28 years. She owns Lawrence Therapy Services LLC (785-842-0656, 2200 Harvard Road, Suite 101, Lawrence 66049) and Baldwin Therapy Services (785-594-3162, 814 High Street, Suite A, Baldwin City, 66006). If you have questions, please e-mail Laura (laurabennetts@hotmail.com) or write to her c/o Senior Monthly.

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Milk thistle is much more than a weed

Milk Thistle, or its Latin name *Silybum marianum*, is a common plant in Kansas. Milk Thistle may also be called Marian Thistle, Mediterranean Thistle, Mary Thistle, and Holy Thistle. The Milk Thistle plant can be seen in pastures



Dr. Farhang Khosh

or along roadsides. This plant is often looked upon as a weed and can often take over the Kansas pastures, interfering with the grazing livestock. Much effort is made to eliminate this plant from our landscapes. However, Milk Thistle has been used as a medicinal plant for more than 2,000 years and was originally consumed as a food.

Around the 16th century, Milk Thistle became popular and most of the parts of the plant were consumed. The roots were eaten raw, boiled or roasted. The young shoots of this plant were cut down to the root and boiled and buttered. The spiny bracts on the flower head were eaten and the stems (after peeling) can be soaked overnight to remove bitterness and then stewed. The leaves were trimmed and boiled to make a good spinach substitute and added raw to salads.

Milk Thistle products, supplements, capsules, and teas are popular in Europe and the United States for the management of various types of liver disease. The flavonoid complex called silymarin that is extract-

ed from the seeds of the Milk Thistle is believed to be the biological active agent. For many centuries extracts of Milk Thistle have been recognized as liver tonics. Milk Thistle has been reported to have protective effects on the liver and helps to improve liver function. It is typically used to treat liver cirrhosis, chronic hepatitis and other forms of liver damage including those caused by toxic chemicals and medications. In a 2009 study published in the journal *Cancer*, milk thistle showed promise in reducing the liver damaging effects of chemotherapy.

Other medical uses for Milk Thistle include lowering cholesterol levels, manage insulin levels in patients with type 2 diabetes, in breast, cervical and prostates cancers, addictions and disorders, reducing the effects of a hangover, migraine headaches, manage hormonal imbalances, autoimmune disorders, as a detoxifying agent, cancer prevention, and in gallbladder disorders.

There are potential side effects associated with using Milk Thistle, including interfering with certain medications. It is always best to tell your health care providers about any complementary and alternative practices you use. Give them a full picture of what you do to manage your health. This will help ensure coordinated and safe care.

As this summer goes on and we continue to pull the weeds, including Milk Thistle, out of our gardens or fields, one should also stop and think of all the medicinal aspects that milk thistle possesses.

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

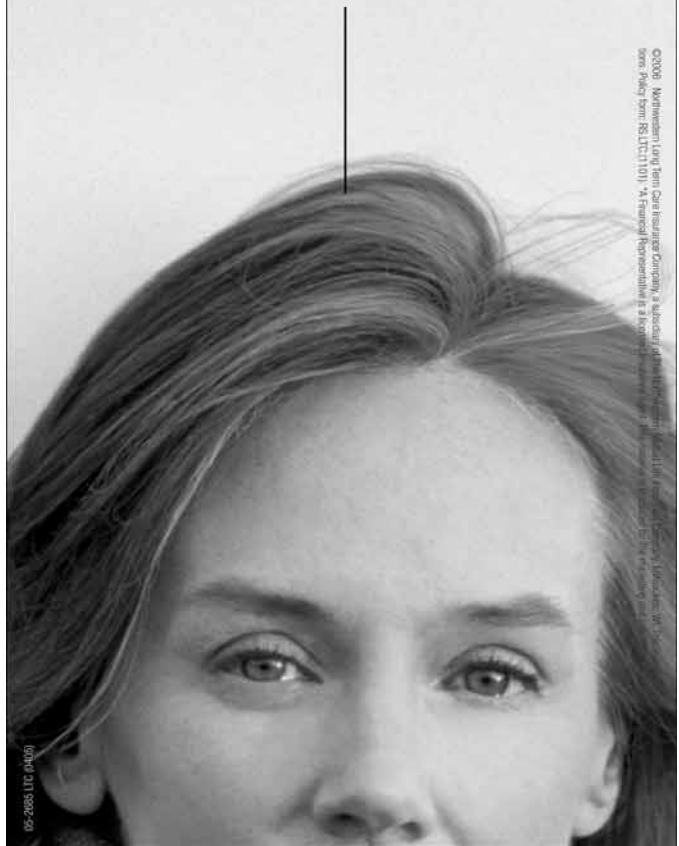


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How to maximize your Social Security benefits

No matter what changes are made, it's a sure bet Social Security isn't going away anytime soon—and it's 100 percent certain that the program will be one of your most important sources of security in retirement. But the amount you'll receive over the course of your retirement isn't assured or automatic.



Mark Miller

Maximizing your Social Security benefits will require some good planning and decision making. The most important decision you'll make is when to enroll. Dozens of news stories appeared in January 2007 when the country's oldest baby boomer turned 62 and promptly signed up for Social Security.

But it probably wasn't a very smart financial move. About half of all Americans do file at 62—the first year of eligibility for benefits. But for most people, it's a costly mistake that will mean forgoing thousands of dollars in lifetime benefits—in some cases, hundreds of thousands.

Although you can file for benefits at 62, most Americans will receive larger lifetime payouts by waiting, if at all possible, until they reach age 66—or even 70. But it's a bit of a gamble, because the math all depends on how long you live.

Remember that Social Security is a public insurance program. It's built around actuarial principles—essentially, the mathematics of risk. And a central actuarial idea behind Social Security is the NRA (normal retirement age), a rule used by the Social Security Administration (SSA) not only to ensure the system pays out fairly among all beneficiaries but also to ensure that funding is adequate as the longevity of the average American increases.

The NRA has been rising gradually over the years; currently, it is age 66 for anyone born from 1943 to 1954, and slightly older for people born thereafter.

If you file for benefits early—that is, before the typical NRA of 66—the government reduces your benefit accordingly to avoid paying higher lifetime benefits to you than it does to someone who waits until their NRA.

Under the rules, your lifetime benefits will be reduced based on an actuarial projection of your longevity. Let's say your NRA is 66 but you retired and started taking Social Security at 62. That means you retired four years early. The net effect: Your annual benefits will be reduced permanently by a total of 25 percent.

On the other hand, SSA's rules offer incentives for you to wait past your NRA. The SSA will bump up your payment an additional amount for every year you delay filing for benefits. The net effect is that if you wait until age 70, your annual benefit will be 32 percent higher than it would be if you started at age 66—and you also get all the cost-of-living adjustments (COLAs) from the intervening years. You'll come out ahead so long as you—or your spouse—live past what's called the break-even age. That's the age where the total benefits paid to those who are patient begin to exceed total payouts to those who take early benefits. That age is around 80—and in the case of more than 80 percent of American couples, the husband or wife

will live past that age.

This can mean hundreds of thousands of dollars in additional lifetime benefits, assuming you or your spouse lives many years beyond the break-even age. An individual who takes benefits at age 62 instead of 70 would receive \$140,000 less in total lifetime benefits if that person or his spouse lived to age 90. And if the man or woman lives to age 95, then the loss is even higher—about \$275,000. (The calculations assume

an average Social Security benefit of \$1,000 per month.)

(Millions of Americans are reinventing retirement, and Mark Miller is helping write the playbook for new career and personal pursuits of a generation. Mark publishes <http://retirementrevised.com>, featured recently in Money Magazine as one of the best retirement planning sites on the web. Contact: mark@retirementrevised.com)

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■ CONTINUED FROM PAGE 16

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

JUL 16-AUG 14

FIDDLER ON THE ROOF

One of the best musicals ever written returns to the Topeka Civic Theatre. In the village of Anatevka, Tevye, a poor dairyman, tries to instill in his five daughters the traditions of his tight-knit Jewish community face of changing social mores and the growing anti-Semitism of Czarist Russia. Rich in historical and ethnic details, Fiddler on the Roof has touched audiences around the world. Call for more information ticket prices and times.

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AUG 20

AUGUST ART WALK

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BALDWIN CITY, (785) 594-3200
http://baldwincitychamber.com

AUG 20

RON WHITE'S BEHAVIORAL PROBLEMS TOUR

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TOPEKA, (785) 234-2787
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AUG 20 & 21

LAUGHING MATTERS

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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 & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

SUNDAYS

MOOSE CLUB

Sundays, 6:00 p.m.
1901 N KANSAS AVE, TOPEKA, (785) 235-5050

BOOKMOBILE

MONDAYS

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

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9:00-10:00 a.m.
Presbyterian Manor, 1429 Kasold Dr., Lawrence,

1:30-2:30 p.m.
Drury Place, 1510 St. Andrews Dr., Lawrence, 1:00-2:00 p.m.

FRIDAYS

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

BOOK TALKS

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

THIRD WEDNESDAY OF EACH MONTH
BRANDON WOODS, 1500 INVERNESS DR., LAWRENCE, 10:30 AM

PRAIRIE COMMONS, 5121 CONGRESSIONAL CIRCLE, LAWRENCE, 1:00 PM
WINDSOR HOUSE, 3220 PETERSON RD., LAWRENCE, 2:15 PM

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

CLASSES/LECTURES

ONCE A MONTH

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

AUG 19 & 20

AARP DRIVING SAFETY CLASS

Classes will be held each day from 10:00 a.m.-3:00 p.m. in the Gallery Room of the Lawrence Public Library. This driving refresher course is available to anyone over the age of 18. The class is taught by a trained AARP instructor. Information on driving techniques, new state and Federal laws and making adjustments to changes as one grows older are given. No driving is involved. No test is required. Insurance discounts will be available to those completing the class. A fee of \$12 for AARP members/\$14 for non-members will be collected at the first class. Registration is required due to space limitations. To enroll in the driving class or for more information, please con-

tact Pattie at the library.
LAWRENCE, (785) 843-3833, ext. 115.

EXHIBITS/SHOWS

JUL 20-OCT 20

STAR WARS EXHIBIT

Star Wars has come to the Great Overland "Space" Station! Star Wars toys, artifacts, costumes, posters and more are on display in the Fink Exhibit Gallery at the Great Overland Station courtesy of the 501st Legion, 70th Explorer's Garrison. It's an exciting and fun exhibit for "kids" of all ages. Great Overland Station, 701 N. Kansas Ave.
TOPEKA, (785) 232-5533
http://www.greatoverlandstation.com

SEP 3

WELLSVILLE CAR SHOW

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

SEP 13

SQUARE DANCE LESSONS

Happy Time Squares of Lawrence will be offering square dance lessons for anyone interested. Lessons will be held from 7:00 p.m. to 9:00 p.m. at Centenary United Methodist Church, 245 North 4th Street, beginning on Monday, September 13. For more information, contact Toni and Vernon Nelson, (785) 266-7048 or Bob and Rosalee Rainbolt, (785) 842-9799.
LAWRENCE

FARMERS' MARKETS

APR 17-NOV 20

DOWNTOWN TOPEKA FARMERS' MARKET

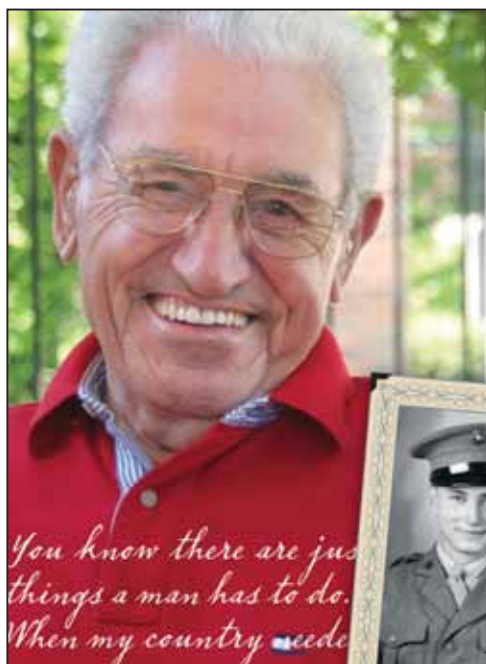
Farm fresh vegetables, crafts, home baked goods, food, plants, herbs and wood products all handmade. Begins at 7:30 a.m. until noon. Every Saturday from April until November.
TOPEKA, (785) 234-9336
http://www.Topekafarmersmarket.com

APR 10-NOV 20

SATURDAY DOWNTOWN LAWRENCE FARMERS' MARKET

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

■ CONTINUED ON PAGE 18



An Assisted Living & Memory Care Residence

the Windsor
OF LAWRENCE

A Lifetime in Every Face, A story in Every Smile.
Hear the Story, Share a Lifetime.

You will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living & Memory Care combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing needs.

Call (785) 832-9900
or visit us at
3220 Peterson Rd.
Lawrence, KS 66049

*Respecting Values, Protecting Dignity,
Supporting Independence.*

■ CONTINUED FROM PAGE 17

MAY 4-OCT 26

TUESDAY LAWRENCE FARMERS' MARKET

The Tuesday Market is located in the public parking lot between 10th and 11th streets on the east side of Vermont Street. 4:00-6:00 p.m. LAWRENCE, (785) 331-4445
http://lawrencefarmersmarket.com

MAY 6-OCT 28

THURSDAY LAWRENCE FARMERS' MARKET

The Thursday Market is located at southwest corner of Sixth & Wakarusa, in the parking lot of the shopping center where you can find the Salty Iguana. 4:00-6:00 p.m. LAWRENCE, (785) 331-4445
http://lawrencefarmersmarket.com

FAIRS/FESTIVALS

JUL 31-AUG 7

DOUGLAS COUNTY FREE FAIR 2008

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

AUG 5-7

2010 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 all three days. Lane Fairgrounds. LANE, (785) 867-3298

AUG 6

SUNDOWN FILM FESTIVAL - BACK TO THE FUTURE

Michael J. Fox, Christopher Lloyd, Lea Thompson, and Crispin Glover, star in this movie about Marty McFly, a typical American teenager who is accidentally transported from 1985 to 1955 in a "time machine" invented by slightly mad scientist. 6425 SW 6th Avenue. TOPEKA, (785) 272-8681

AUG 10-14

LEAVENWORTH COUNTY FAIR

Parade, rodeo, 4H/FFA and open class exhibits, games, food, livestock auction and entertainment. Free shuttle rides to/from parking lots. Leavenworth County Fairgrounds. TONGANOXIE, (913) 680-2403
http://www.leavenworthcountyfair.com

AUG 27

GRAPE ESCAPE: A TOAST TO THE ARTS

Grape Escape is Topeka's premier wine and food festival with silent and live auctions to benefit the Topeka Performing Arts Center. TOPEKA, (785) 234-2787
http://www.tpactix.org

SEP 3-5

20TH ANNUAL TRADITIONAL 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. Reynolds Lodge, 3315 Tinman Circle. TOPEKA, (785) 272-5489
http://www.shawneecountyalliedtribes.org

HEALTH

MONDAYS THROUGH THURSDAYS

FIT FOR LIFE

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

TUESDAYS, WEDNESDAYS AND THURSDAYS

JAZZERCISE LITE

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

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

TUESDAYS AND THURSDAYS

SENIORCISE PROGRAM

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

FIRST AND THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

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

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH INFORMATION

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

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

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

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

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

AUG 4

CHOLESTEROL SCREENINGS

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$6/test. Lawrence Memorial Hospital, HealthSource Room, 3:00-4:30 p.m. LAWRENCE, (785) 749-5800

AUG 4

BONE DENSITY SCREENING

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

■ CONTINUED ON PAGE 19

Peace of Mind



As soon as you walk through the front door at Vintage Park Assisted Living you feel the warmth and friendly environment that residents here have come to expect. Living at Vintage Park provides them peace of mind so they can enjoy this time pursuing other hobbies and time with family and friends.

With Vintage Park's all-inclusive pricing and services tailored to each residents needs, the residents are always top priority. Vintage Park Assisted Living has a location in Baldwin City and one in Ottawa, KS.

Call Us Today So We Can Tell You More!



Vintage Park at Baldwin City
321 Crimson Ave.
785-594-4255

Vintage Park at Ottawa
2250 S. Elm St.
785-242-3715

www.skilledhealthcare.com

Luther Place
APARTMENT ♦ HOMES

Topeka's Premier Retirement Community

We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff • On City Bus Route
Ample Laundry Facilities • Weekly Grocery Transportation

Stop by or call today to schedule an appointment to reserve your new apartment home!

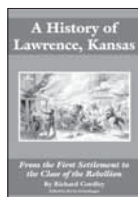


5000 & 4900 SW Huntoon • 785-273-2944

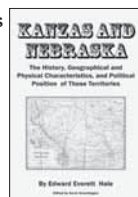
Some restrictions apply. Age 62 & older. Mobility Impaired.



Kansas History Book Reprints



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



Edward Everett Hale's **Kansas and Nebraska: the History, Geographical, and Physical Characteristics, and Political Position of those Territories; an account of the Emigrant Aid Companies and Directions to Emigrants** (1854)



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Open Monday-Wednesday & Saturday 10-6,
Thursday & Friday 10-8, and Sunday 1-5

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AUG 7
BONE DENSITY SCREENING
 See August 4 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m.
 LAWRENCE, (785) 749-5800

AUG 24
BONE DENSITY SCREENING
 See August 4 description. Lawrence Memorial Hospital, HealthSource Room, 1:00-3:00 p.m.
 LAWRENCE, (785) 749-5800

AUG 27
BONE DENSITY SCREENING
 See August 4 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m.
 LAWRENCE, (785) 749-5800

SEP 1
CHOLESTEROL SCREENINGS
 See August 4 description. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m.
 LAWRENCE, (785) 749-5800

HERITAGE/HISTORY

AUG 1-SEP 30
CLAIMING CITIZENSHIP: AFRICAN AMERICANS & WORK PROGRESS ADMINISTRATION
 The photographs in this exhibition illustrate the lives of African American people at work, at home, and in various public venues. Topics include: claiming/entacting; expertise and authority; public dignity; community bonds; rights to associate/organize; financial; sovereignty; legal personhood. Free and open to the public from 9:00 a.m.-5:00 p.m. Daily. 1515 SE Monroe.
 TOPEKA, (785) 235-3939

AUG 14-22
CIVIL WAR ON THE WESTERN FRONTIER
 Lawrence commemorates its early history each August around the anniversary of Quantrell'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

MEETINGS

FIRST MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP
 Facilitated by Heartland Hospice and open to any who have lost loved ones. Call Terry Frizzell or just show up. Meets at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6:30 p.m.
 TOPEKA, (785) 271-6500

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

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

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

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

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

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

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

FIRST TUESDAY OF EACH MONTH
GRIEF SUPPORT GROUP
 Aldersgate Village, Manchester Lodge, 7220 Asbury Lane, 2:00 p.m. Sponsored by Heart of America Hospice.
 TOPEKA, (785) 228-0400

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

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

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

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

WEDNESDAYS AND SUNDAYS
OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)
 Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge.
 LAWRENCE

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

FIRST THURSDAY OF EACH MONTH
LAWRENCE AREA PARTNERS IN AGING
 Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch).
 11:30 AM-1:00 PM

FIRST AND THIRD THURSDAY OF EACH MONTH
TRANSITIONS SUPPORT GROUP
 Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location. 3:00 p.m.

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

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

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

SECOND AND FOURTH MONDAY OF THE MONTH
ALZHEIMER'S/CAREGIVER SUPPORT GROUP
 Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 7:30 p.m.
 LAWRENCE, (913) 831-3888

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

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

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

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

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

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

■ CONTINUED ON PAGE 20

Are you overweight, or diabetic, or have medical conditions worsened by weight. You CAN help yourself. Despite advances in treating diseases, life expectancy is going down. Overweight, obesity and diabetes are increasing at alarming rates. **Diet pills, shakes and outrageous promises are not the answer.**

We help you help yourself. Our unique plan **guides you** in what actually works. Succeed at a program for life. Bring down your weight, reduce medication, and lower your risks. You will be backed by medical supervision and by the support of your peers.

What is different about our plan?

1. We are led by a **physician** who is residency-trained and **Board-Certified in Preventive Medicine.**
2. You remain in the care of **Irving Cohen, MD, MPH, Fellow, American College of Preventive Medicine,** who can coordinate your needs.
3. You are **NOT** prescribed diet pills and we **DO NOT** sell food, supplements or similar products.

Have you read **Dr. Cohen's New Hippocratic[™] Diet Guide** How to Really Lose Weight and Beat the Obesity Epidemic? Buy it at www.HippocraticDiet.com or your favorite bookstore.

Call now to get information, schedule an appointment or to reserve a seat at a **Free Seminar in Topeka either Saturday, July 31, or August 21 from 10 AM to noon**

Preventive Medicine Associates
 1919 SW 10th Ave., Topeka
www.PreventiveMedicineAssociates.com
 (785) 783-7779 or 888-933-9833



■ CONTINUED FROM PAGE 19

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

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

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

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

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

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

www.happytimesquares.com

**THIRD TUESDAY OF EACH MONTH
SCRAPBOOK MEMORIES**

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

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

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

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

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

**THIRD TUESDAY OF EACH MONTH
STROKE SUPPORT GROUP**

For those recovering from a stroke, and/or their family and friends. Meets at 4:00-5:30 p.m. For more information call LMH Kreider

Rehab Center. LAWRENCE, (785) 505-2712

**THIRD WEDNESDAY OF EACH MONTH
ACTIVE AND RETIRED FEDERAL EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a short business meeting. First time lunch is free! NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman. LAWRENCE, (785) 843-7481

**THIRD THURSDAY OF EACH MONTH
LUNCH AFTER LOSS**

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. A social support group to re-engage life after the death of a loved one. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations. TOPEKA, (785) 271-6500

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

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

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

Baldwin Healthcare Center, 1223 Orchard Lane, 1:00-2:00 p.m. BALDWIN CITY, (785) 594-6492

**THIRD SATURDAY OF EACH MONTH
TOPEKA WIDOWED PERSONS BRUNCH**

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of

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

**FOURTH MONDAY OF EACH MONTH
GRIEF SUPPORT GROUP**

Presbyterian Manor, 1429 Kasold., 4:00 p.m. Sponsored by Heart of America Hospice. LAWRENCE, (785) 841-5300

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

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

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

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

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

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

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

**FOURTH THURSDAY OF EACH MONTH
CHRISTIAN WIDOW/WIDOWERS ORGANIZATION**

We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards. 5:30 p.m. at 17th and Stone. For additional information, e-mail pdpatterson@juno.com. TOPEKA

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

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

AUG 27

AARP CHAPTER 1696 PICNIC

AARP Chapter 1696 will hold its annual membership picnic on Friday, August 27, at 11:00 a.m. New and interested members are welcome. Please call Charles Hill at (785) 749-4136 or Russell Bailey at (785) 843-9423 for reservations. LAWRENCE

MISCELLANEOUS

**FIRST WEDNESDAY OF EACH MONTH
WINE TASTING**

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AUG 28

11TH ANNUAL HARLEY PARTY

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Mysteries for summertime reading

By Margaret Baker

Ah, summer! Time to relax with a good book, outdoors if the weather permits, or inside with air conditioning. This is an especially good time for paperbacks and audio books, which can be enjoyed at the beach or someplace air-conditioned. Audio books are good on car trips, and can be portable with earbuds and cd "purses." Folks who exercise on walking and cycling machines find large print books easier to read. So primarily that's the stuff we'll concentrate on this time.

Amy Greene: *Bloodroot* (Random House Audio Books, read by full cast of six on 11 cds, ISBN 978-0-3077-1323-0)

Do you admit to remembering when radio had mysteries, romances, westerns, musicals, game shows, variety shows? If so, you'll especially appreciate this saga of a Smokey Mountain family down several generations. Instead of a reader for the entire book, each character is portrayed by an actor as each tells their story. Some find true love, others find misery, as they live out their lives on the mountain.

Spoken in the soft cadence of Appalachia, the stories unfold as though sung in the ballads the area is so well known for.

A lengthy epilogue ties all the strings together, and is necessary because the individual characters' tales are not completely linear.

Kathryn Casey: *Shattered* (Harpur, pb, ISBN 978-0-06-158202-8)

Casey is a leading author of American true crime books. This one deals with the death by shotgun of a young teacher-mother, within weeks of delivering her second child, a girl.

Soon the investigators zoomed in on her husband, a former high school and college football hero with some dark episodes in his past. He was having an affair with another teacher, whom he married a few years later. His family rallied around him.

It took eight years to bring David Temple to justice.

Janet Evanovich: *Sizzling Sixteen* (St. Martin's, Doubleday, and Random House for regular print, large

print, and audio, respectively. ISBN for audio (reviewer edition) 987-1-4272-2)

Stephanie Plum returns! More cars are destroyed, two buildings fire-bombed, Grandma Mazur brings chaos to Stiva's Funeral Home—the standards of this series are met.

The basic plot involves Stephanie's cousin and employer, Vinnie, a slimy bail bondsman in Trenton. He's been gambling heavily and his bookie wants the money NOW. Unfortunately, Vinnie's also been cooking the books. Unbeknownst to him, the firm is top-owned by a very unpleasant gangster. Vinnie is snatched off the street by the bookie, and because he was caught "in a compromising situation" his father-in-law won't bail him out. His wife throws him out.

It falls to Stephanie, Lula, and Connie (with a smidgeon of assistance by Ranger) to save Vinnie. Not that they love him, but they all need to keep their jobs in this economy.

As always, a comedic romp!

Sam Eastland: *Eye of the Red Tsar* (Random House Audio Books, read by Paul Michael on 8 cds, ISBN 978-0-3077-3596-6)

The possibility that someone of Tsar Nicolas Romanov's family escaped death has triggered many a tale. This one concerns the only son, Alexa, a hemophiliac.

Pekkala, formerly the Tsar's head investigator, now labors in a Siberian forest, just Prisoner 4745-P, expected to die years ago but just too tough to do so.

Stalin's Soviet Union needs Pekkala for one last job—find the bodies of the Romanovs. Pekkala may be the last man alive who actually was with the Romanovs and could identify them. As the son of a Finnish mortician, he could even identify bones. Stalin wants to find them, find the executioner, and bring him to justice for international acceptance.

Pekkala is an incorruptible investigator. He finds the well the bodies were thrown into, and also notes that Alexa's body is not with the others.

A spine-tingling look at a decent man in an indecent age, with WWII rumbling on the horizon.

E. J. Copperman: *Night of the Liv-*

ing Deed (Berkley Prime Crime, pb, ISBN 978-0-425-23523-2)

Recently-divorced Alison Kirby has returned to her hometown on the Jersey shore, hoping to make a new life for her nine-year-old daughter Melissa and herself.

She purchases an old Victorian in bad shape. It's close to the ocean, and she hopes to make it into a Guest House catering to tourists. It is definitely a fixer-upper, but that put it into her price range.

Her attempts to repair it keep failing. Tools change places, plaster comes down, cabinets carefully sanded in the evening

turn up painted pink. Finally, she sees the culprits—two ghosts. Maxey was the self-centered previous owner and Paul, the private investor Maxey hired as bodyguard. They were presumed to have committed double suicide in the home. Their spirits can't leave the house or grounds. Ghost rules, apparently.

Amidst the confusion of renovation (ask anyone who remodeled their kitchen, let alone a whole house) the ghosts want to know who murdered them and why. Alison wants to get the house into working condition so she can start taking in paying guests. Melissa just wants her mom happy.

A delightful combination of ghosts and mystery with a touch of romance—hope this series continues!

Mary Jane Maffini: *Closet Confidential*, pb (Berkley Prime Crime, ISBN 978-0-425-23564-5)

Charlotte Adams' closet organization firm is doing well, and she has just gotten what could be a tremendous job at Lorelei Beauchamp's mansion. Lorelei is the model of Face It cosmetics and is depressed. Harry, her doting husband, thought that the idea of organizing SEVEN high-fashion clothes closets might get Lorelei out of her depression. Their only child, Annabel, had just died from a fall onto a construction site, and Lorelei is convinced Annabel was murdered.

Charlotte's mom and Lorelei had a love/hate relationship dating back to high school days when both were candidates for Homecoming Queen, so she does feel a bit of a tug to investigate. What she finds is a troubling mix of police, babies, and

biker store owner, and quite possibly a potential love interest. Yes, her two frisky mini-dachshunds are still present, failing their training for therapy dogs (they just enjoy barking so much).

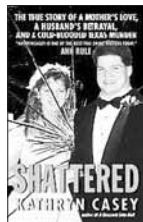
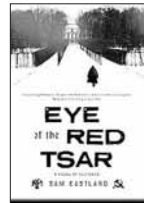
Organizational tips before each chapter give this well-plotted mystery an extra zip.

F. M. Meredith: *An Axe to Grind* (Oak Tree Press, trade paperback, ISBN 978-1-892343789)

This small town police procedural is set in Rocky Bluff, a coastal California town. Homicide is not common here, but Kenneth Buchelo is most assuredly dead. Most people whose heads have been removed are.

No CSI tricks here, just the investigations good cops everywhere employ to solve crimes from vandalism to murder. Meredith's police come to life off the pages, especially how the job affects the family (and vice versa). She's also very good at scattering the clues, real and red herrings, into a twisty plot.

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



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Face to Face

After Linda Jones launched her "In Your Face" blog, thousands of people got involved in what is now referred to as The Face-to-Face Movement.

Letongaloosa Community Junior College cyber historian Malowey Derkshowmakosie documented Lin-



Larry Day

da's role in the movement in his book, *Introduction to Famous Cyber Dudes and Dudes*, Far Out Press, Teasdale, Okla., 2010, 247 pages

It all started when Linda Jones drove from Eudora to Kansas City and bought an electric appliance at a nationwide department store. Back home, having successfully removed the appliance from its virtually impregnable plastic encasement, and having read the English portion of the quadra-lingual instruction booklet, Linda found that she couldn't get the appliance to work. She called the department store and spent half an hour being prompted by an electronic voice to press buttons on her phone.

Eventually she was told to call the company's 800 number. She called the 800 number and worked her way through another interminable digital voice menu. Eventually Linda was connected across several time zones to Adjери in Bangladesh. Ad-

teri, reading from his prompt screen, walked Linda through the appliance start-up process. The appliance still didn't work. Adjери, ever polite, ever helpful, finally intoned the "end call" protocol statement and hung up.

Executives of many corporations, government entities, and other large organizations refuse to talk to people face to face. They encourage everyone to make contact through the Internet, and they make it virtually impossible for anyone to speak to them by telephone.

Linda was a high school business math teacher who was frugal and who invested her meager salary wisely. She retired with a pile of money; she also had a schoolmarm's urge to suppress nonsense. That's why she spent six months on the road with her misbegotten appliance. Linda launched a mission to confront corporate America face to face on behalf of a long suffering public.

Starting at the Kansas City store, Linda worked her way up from the "customer service" department to the store manager's top floor suite, refusing at each level to accept a refund. Sometimes she spent a few minutes in the outer office, sometimes half a day. But in the end she always talked face to face with the person in charge at that level.

It was while she was at a motel in St. Louis on her way to the department store's headquarters in New Jersey that Linda decided to launch a blog to document her adventures. She called the blog "In Your Face."

Linda drove to New Jersey to the department store's headquar-

ters and worked her way, patiently, courteously, undeterred, up the corporate pecking order to the executive suite. It took three weeks with Linda waiting in this office or that office until closing time, and then coming back the next day, to finally meet with the department store's corporate CEO face to face. Courteously, but explicitly, she told him what she thought of the appliance.

Next Linda set out to talk face to face at the headquarters of the manufacturer of the appliance in Atlanta. She repeated the process that she had used in New Jersey. This time it took two weeks to make it to the executive suite and talk with the CEO. She told Linda that the problem lay with the overseas factories which had sent the company a batch of faulty appliances, Linda, with increasing flair and vigor, wrote on her blog about her adventures. Like millions of bloggers she would have spoken into a vast cyber void had it not been for a blog called

"Wow Dudes.com." That blog's audience numbered in the millions. "Wow Dudes.com's" irascible founder, Hoyt Tenderloin, maintained the integrity of his blog by thoroughly investigating his signature presentation called the "Dude-blogger of the Week."

After Linda and her "In Your Face," blog was featured on "Wow Dudes.com," the mainstream mass media grabbed her story and put it on the front burner. Soon thousands of people were doing the "face-to-face thing." Marigold Bolton won her 15 minutes of fame in the Face-to-Face Movement when she hitchhiked from Seattle to Miami. Marigold videotaped her face-to-face with the people who had sold her a faulty gadget on a television infomercial, and posted it on the Internet.

- 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.

MISSION TOWERS

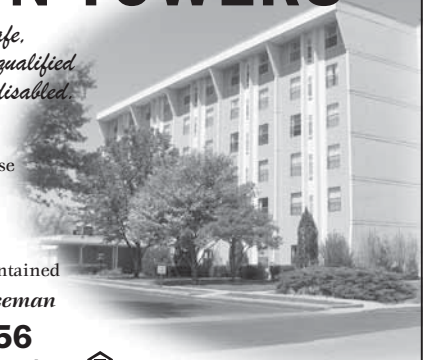
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Should driver pay full fare for two flat tires?

Luz Marquez's rental van gets a flat tire, and so does the spare. The family's Southern California trip is ruined when their van spends the entire vacation in a repair shop. Now their car rental company wants to charge them for the rental, plus the damage. Can it do that?

By Christopher Elliott
Tribune Media Services

QUESTION: My family and I rented a van from Enterprise to drive to California. We were looking forward to the trip of our lives. We had planned to visit Disneyland, Universal Studios and, of course, the beach.

Our trip to California went as planned. But as we were getting ready to board our van to Disneyland the next morning, we noticed the back tire was flat. Instead of wasting time calling for help we decided to take the shuttle service to Disneyland and get help when we returned to the motel.

That afternoon, we phoned AAA roadside assistance. Someone arrived within a couple of hours, and when he looked for the spare tire, he discovered it was flat, too.

Eventually, the van had to be

towed. We took a shuttle from our motel to Disneyland for the rest of our vacation, but we didn't have the convenience of a van. We missed Universal Studios and the beach. The van wasn't ready until the afternoon of our last day in California.

When I returned the van I was informed that I owed \$865. I had to explain to the Enterprise representative on duty that I had paid \$657 for repairs while in California and that they were supposed to be reimbursing me. Our vacation was ruined, and now instead of Enterprise paying us for the repairs, they're asking us to pay them. Any assistance would be greatly appreciated. - Luz Marquez, Albuquerque, NM

ANSWER: Flat tires happen. But yours spiraled out of control, taking part of your vacation with it. That shouldn't have happened.

As soon as you noticed a problem with a rental vehicle, you should have called Enterprise immediately. You waited several hours and then phoned AAA roadside assistance. That would be the right move if it had been your van. But it belonged to Enterprise, and it should have made the decision about how to repair the vehicle.

In fact, Enterprise probably would have furnished you with a new van, which might have saved your vacation.

Of course, Enterprise shouldn't have rented anyone a van with a flat spare. But even if you could have avoided a trip to the garage, you would have still needed to bring the vehicle back to an Enterprise location to have the tire fixed. You can't drive around on a spare tire indefinitely.

The \$865 bill appears to be legit. I wouldn't assume to be able to deduct your repair bill from the final invoice. Those are two separate issues.

In reviewing the details of your grievance (which, for space reasons, were edited) I notice that you spent most of your time on the phone trying to resolve this. You had numerous phone conversations with the Enterprise location from which you rented. Picking up the phone is a good idea when you have a flat tire, but a problem like this is better resolved in person, when you return the car, or in writing (preferably by e-mail) when you're back home.

I contacted Enterprise, and it reimbursed you the \$657 you paid to repair its van.

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

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Cushing's Disease amongst older dogs

QUESTION: We recently had to have our beloved dog, Brutus, put to sleep because of Cushing's Disease at age 12. I understand what happens; the adrenal glands produce too much cortisol. How could this change our wonderful dog so much in only 9 months? - P.F., Tacoma, WA



Steve Dale

ANSWER: Cushing's Disease (hyperadrenocorticism) is a common condition, mostly in older dogs, often mistaken for the aging process itself. Dogs gain weight (with a pot-bellied appearance), lose hair, experience unexplained panting, and urinate in the house, Yet Cushing's is treatable and that treatment can result in a longer, more comfortable life for the dog and its owner. Some breeds are more predisposed than others.

"Cushing's typically very treatable," says small animal internal medicine specialist Dr. Keven Gulik-

ers, of Dallas, TX. He adds that one of two medications is used:

Lysodren: Stops the adrenal gland from over-producing cortisol.

Tirilostane: Blocks the enzyme that produces cortisol.

Veterinarians are aware that high cortisol levels may also mask other diseases, which may complicate diagnosis some, but generally Cushing's is very diagnosable.

"Early intervention is helpful," adds Gulikers. "People sometimes explain away the symptoms, not realizing what's happening, particularly since they come on gradually. Also, there new forms of Cushing's Disease (classified as) Atypical Cushing's which can be more challenging to detect unless specific testing is done."

Of course, Gulikers has no way to determine what happened to your beloved Brutie. Perhaps there was an underlying illness, or Cushing's was detected too late to significantly help your dog. We're sorry for your loss.

QUESTION: Sunshine, our 13-year-old Collie, is suffering from open sores on her back feet that won't go away. She can't walk more than 10 steps without being overcome by the pain. Calluses have formed on her paws. My veterinar-

ian has been unable to help. He did say Cushing's Disease would explain the open sores. Sunshine is now taking medications for the pain. What do you think is wrong? - A.G., Las Vegas, NV

ANSWER: Pain relief is necessary but doesn't address whatever is going on with Sunshine, which could be a combination of causes. Small animal internal medicine specialist Dr. Keven Gulikers, of Dallas, TX, notes that Cushing's (caused by overproduction of cortisol) indeed may cause immunological and/or dermatological issues, which might relate to problems with wound healing. Also, Cushing's may cause weight gain, and already there may be a concurrent issue with arthritis (given your dog's breed and age), which

may cause a change in gait.

This might be the right time for a referral to an internal medicine specialist. Indeed, if your vet diagnosed Cushing's, that's likely correct. But Gulikers says receiving confirmation of the diagnosis isn't a bad idea (simultaneously ruling out an autoimmune illness, such as lupus), as well getting as a treatment plan. You might also need a referral to a veterinary dermatologist. Ask your vet for a referral or check www.acvim.org for a listing of board certified internal medicine specialists.

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

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The simple pleasures of cherry tomatoes

By Wolfgang Puck

Tribune Media Services

One of my mottos as a chef has always been "Keep it simple." I think that today, too many cooks—both in restaurant kitchens and at home—try too hard to complicate things. But when you have great ingredients to start with, simple is best.

In fact, you could make an argument that truly complicated cuisine was developed in part to cover up bad ingredients back in the days before mass transportation and good refrigeration.

A perfect example of the pleasures of good, simple ingredients can be found in abundance right now in supermarkets and farmers' markets: cherry tomatoes. And you'll probably have a choice not just of the typical spherical red cherry tomatoes, but also golden ones; miniature pear-shaped tomatoes; and even grape tomatoes, whose name perfectly describes their shape. Besides how attractive they are, I like the way tiny tomatoes have such big flavor, with a perfect balance of sweetness and acidity.

In fact, peak-of-season cherry tomatoes are so flavorful that you don't even have to cook them to turn them into a fantastic sauce for seafood (or for poultry or meat, for that matter). Just cut each little tomato into 4 pieces and toss it with a little oil, vinegar, fresh herbs, and salt and pepper to taste and you have a room-temperature, vinaigrette-style sauce that's perfect with pan-seared (or grilled) food.

I love to pan-sear fish fillets be-

cause the fish cooks so quickly and easily this way, turning out moist and tender on the inside and brown and crispy on the outside—especially if you leave the skin on, as I like to do with varieties like sea bass and salmon. The skin looks beautiful, tastes delicious, and adds a wonderful bit of crunch to every bite, and it also helps shield the fish from the heat, preventing the fillet from drying out.

To pan-sear successfully, start by preheating your oven. Then, heat an ovenproof sauté pan well and add just enough oil to coat it lightly. You'll be ready to cook when the oil swirls freely in the pan, turns fragrant, and even shimmers slightly with the first hints of smoke. At that point, very carefully add the fillets to the hot pan, skin down, and cook until the skin is crisply browned. Finish the cooking in the preheated oven, and just minutes later you'll be ready to eat.

You'll be surprised by how simple contact with the hot seafood makes the room-temperature cherry tomato sauce come alive with flavor. Every bite will seem like a revelation to you of just how delicious absolutely simple cooking can be when you start with the best in-season ingredients.

PAN-SEARED SEA BASS WITH CHERRY TOMATO VINAIGRETTE

Serves 4

CHERRY TOMATO VINAIGRETTE:

1 pint cherry tomatoes, stemmed and quartered
6 basil leaves, stacked, rolled

lengthwise, and cut crosswise into thin strips

- 1/2 cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/2 lemon, juiced
- 1 tablespoon salt
- 1 teaspoon freshly ground black pepper

PAN-SEARED SEA BASS:

- 4 sea bass fillets, each about 1/2 pound, skin on, scaled
- 2 tablespoons extra-virgin olive oil
- Salt
- White Pepper

First, prepare the Cherry Tomato Vinaigrette. In a bowl, combine the cherry tomatoes, basil, olive oil, vinegar, and lemon juice. Season to taste with salt and pepper. Toss gently and set aside.

Preheat the oven to 400 degrees F.

For the Pan-Seared Sea Bass, brush the fish fillets all over with 1 ta-

blespoon of the olive oil. Pat the fillets thoroughly dry all over with paper towels and season with salt and pepper to taste. Place a medium-sized ovenproof sauté pan large enough to hold all the fillets over high heat. Add the remaining 1 tablespoon of olive oil and, when it swirls easily in the pan, carefully place the fillets in the pan skin side down. Sauté for 2 minutes, and then transfer the pan to the oven and bake until the fish is cooked through but still moist, 5 to 6 minutes longer, without turning the fillets.

To serve, spoon some of the Cherry Tomato Vinaigrette in the center of each of 4 heated serving plates. Use a spatula to carefully transfer a sea bass fillet, skin side up, to each of the plates. Spoon the remaining vinaigrette over the fish and serve immediately.

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<h1>Restaurant Guide</h1>	
<p>McFARLAND'S <i>Restaurant</i></p> <p>Casual Dining, Private Parties Over 70 years of serving fine food 4133 Gage Center Dr. • Topeka • 785-272-6909</p>	<p>Chic-A-Dee <i>CAFÉ</i></p> <p>"Good Home Cooked Food" Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216</p>
<p>Serving Topeka Since 1969</p> <p>HANOVER PANCAKE HOUSE</p> <p>Open 7 Days A Week 6:00 a.m.-3:00 p.m. 1034 S. Kansas Ave. 785-232-1111</p>	<p>GOAN PIZZA CO.</p> <p>Pizza, Sandwiches, Pasta, Salad Bar Family Dining Carryout 500 E Front St. • Perry • 785-597-5133</p>
<p>Old 56 Family Restaurant</p> <p>2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p>	<p>Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.</p> <p>912 S. Chestnut Olathe, KS 66061 913-390-9905</p>

GETTING MARRIED?



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

www.seniormonthly.net/weddings

Can buildings help keep you healthy?

(ARA) - We spend 90 percent of our lives indoors, according to the Environmental Protection Agency (EPA). A typical day can include traveling from home to work and back home again with a few periodic trips to schools, the grocery store, the bank, malls and entertainment venues. We depend on our homes, offices, retail stores and other structures to keep us safe; but can buildings also help keep us healthy?

Recent EPA studies indicate that exposure to air pollutants may be two to five times higher indoors than outside. Air pollutants can affect all buildings equally and have many sources, including pets, tobacco products, gas cooking stoves, building materials, paints, cleaning products and pesticides. Exposure to air pollutants can lead to negative health effects like asthma, irritation of the eyes and throat, headaches, dizziness, fatigue and allergic reactions.

Although these circumstances are concerning, you can do many simple things to improve the indoor air quality you and your family are exposed to.

Also consider this: "More and more retail businesses are assimilating 'greener' operations in order to satisfy rising consumer demands to go green," says Scott Hite, chief architect at TD Bank. "As a result, consumers can choose to do business with retailers that build stores that provide good indoor air quality, make an investment in renewable energy and build sustainability to minimize their environmental footprint."

Here are a few important things to consider:

- **Keep it smoke-free.** At home, banish smoking indoors and if it hasn't already been done, ask your

boss to do the same at work. Consider doing business with retailers that don't allow smoking inside or near their businesses in order to keep their customers safe from tobacco smoke, a harmful air pollutant.

- **Consider LEED certification.** Do your research to find businesses that have pledged to be carbon neutral and are building LEED certified stores. LEED, which stands for Leadership in Energy and Environmental Design, evaluates buildings for their overall performance in indoor environmental quality and four other environmental areas.

"There a number of retail businesses that have made commitments to building LEED certified structures," says Hite. "At TD Bank, for example, we made a commitment to be carbon neutral and to build LEED certified green stores that will benefit our customers' and employees' overall health."

- **Avoid products with VOCs.** Paints, sealers, adhesives and many other building products emit VOCs, volatile organic chemicals. Exposure to these chemicals can cause numerous health effects.

For your home and at work, choose products that have no or low VOCs. Retail businesses that are carbon neutral with green stores also use building materials with no or low VOCs in order to achieve LEED certification.


- **Choose green cleaning.** Harsh cleaning chemicals contribute to poor indoor air quality and can cause adverse health reactions. Instead, choose from a large variety of cleaning products with low toxicity levels. Wherever possible, also store chemicals and cleaning supplies in well ventilated areas.

Buildings can be healthy through

a combination of good technology, the right products, and a healthy dose of good old common sense. Knowing which rules to enforce at home, which products to purchase and choosing retail businesses

es that are making strides to provide healthier indoor air quality for their customers, can prevent many potential health problems in the future.

Courtesy of ARAcontent



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Business owners and managers: You're looking for more customers. Seniors are looking for bargains. We can help bring you together through Kaw Valley Senior Monthly's online "Kawpons." Sign up now for this new program and pay just \$25.00 for six months! Just e-mail your special offer and logo to kevin@seniormonthly.net, and we'll put together a "Kawpon" for you. There is no need to pay in advance—we'll send you an invoice after you have approved your "Kawpon" and it has been posted online. The "Kawpon" program will be promoted every month in Senior Monthly, which is distributed throughout the Lawrence and Topeka area.

CROSSWORD

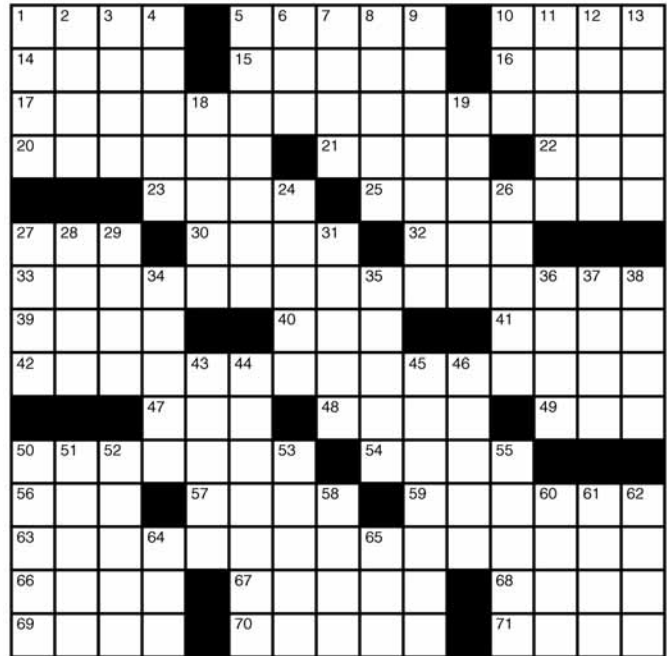
ACROSS

- 1 Miss Cinders of comics
- 5 Funny Imogene and others
- 10 Get lost!
- 14 Bank offering
- 15 Sidestep
- 16 Cup on a green
- 17 What's up?
- 20 Comfortable
- 21 Hubbub
- 22 On the contrary
- 23 Collars, as a perp
- 25 Lower ranks
- 27 Word in sequels
- 30 Gershwin and Remsen
- 32 Itty-bitty
- 33 What's up?
- 39 One of Central Park's 840
- 40 Thor Heyerdahl's ___-Tiki
- 41 European eagle
- 42 What's up?
- 47 Three-way junction
- 48 Oahu feast
- 49 Booming jet
- 50 Guy at the plate
- 54 Turkish money
- 56 Numerical ending
- 57 Bard grad, e.g.
- 59 Goddess of wisdom
- 63 What's up?
- 66 Narrated
- 67 Bind anew
- 68 Nothing but
- 69 Iditarod vehicle

- 70 Loses one's cool
- 71 Winter weather

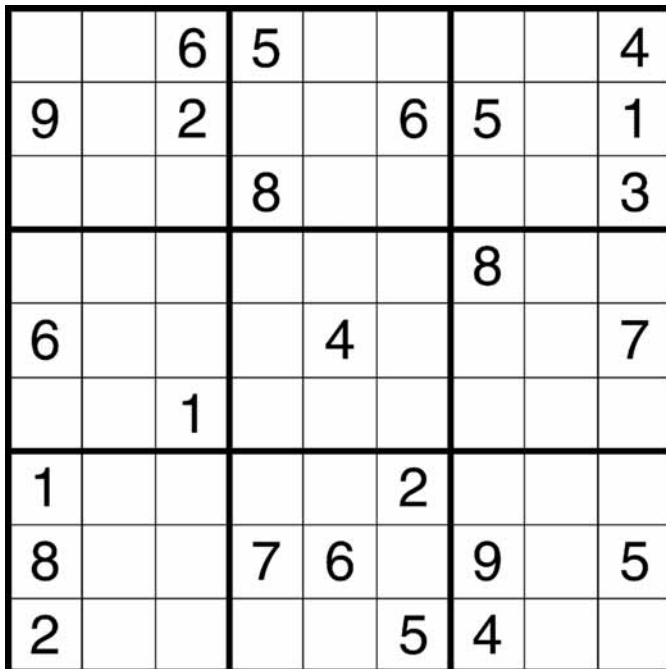
DOWN

- 1 Island near Corsica
- 2 LummoX
- 3 Plaster support
- 4 Entertainer Susan
- 5 Seats of consciousness
- 6 Caesar's eggs
- 7 Quitter's word
- 8 Supplement
- 9 Land
- 10 Egyptian deity
- 11 Jazz group
- 12 "Revolver" or "Thriller"
- 13 Experiments
- 18 Computer communique
- 19 Perfected
- 24 Defensive-team stats
- 26 Companies of badgers
- 27 Even exchange
- 28 Killer whale
- 29 ___ a one (none)
- 31 Site of the 1988 Olympics
- 34 Fuels from bogs
- 35 Invalidate
- 36 Goddess of discord
- 37 Additional conjunctions
- 38 Encounter
- 43 Thread: pref.
- 44 Blackjack staff
- 45 Water nymphs
- 46 Mongolian tents
- 50 Surpasses



By Edgar Fontaine
Dighton, MA

- 51 Playwright Fugard
 - 52 Oar holder
 - 53 Guiding spirit in Roman myth
 - 55 Interruptions
 - 58 ___ Hari
 - 60 Fifty-fifty
 - 61 Roman tyrant
 - 62 Once more
 - 64 Uneven?
 - 65 Pull from a jug
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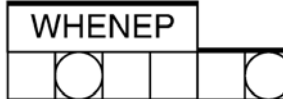
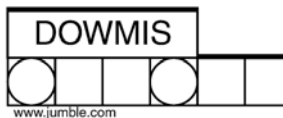
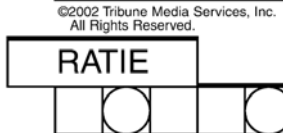
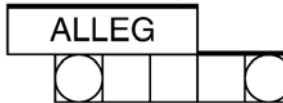


SUDOKU: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

JUMBLE

THAT SCRAMBLED WORD GAME
by 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.

Print answer: " ○ ○ ○ ○ " ○ ○ ○ ○

BRIDGE

Counsel for the defense

By Omar Sharif and Tannah Hirsch

Both vulnerable. South deals.

NORTH	
♠ J 10 9	
♥ K 8 3	
♦ A 10 4	
♣ K Q 10 5	
WEST	EAST
♠ K 8	♥ 7 3
♥ 10 7 5 4	♦ A Q 6 2
♦ Q 9 7 5	♦ K J 8 2
♣ 8 7 6	♣ 9 4 2
SOUTH	
♠ A Q 6 5 4 2	
♥ J 9	
♦ 6 3	
♣ A J 3	

The bidding:
 SOUTH WEST NORTH EAST
 1♠ Pass 2NT Pass
 3♣ Pass 4♠ Pass
 Pass Pass

Opening lead: Five of ♦

"Your honor:
 "This matter should never have come before the court. East and West have been friends and bridge partners for years, but this deal almost caused them to come to blows.
 "The opponents reached four spades on the auction given. Two no trump was natural and, when South showed a six-card suit, North elected to play in the spade game, surely the better contract.
 "West led the five of diamonds and declarer rose with the ace in dummy. My client signaled with the eight. Declarer ran the jack of spades to West's king, and a diamond came back. East won but, since the king of hearts was safe from attack, declarer could win any return, draw trumps and score five spades, four clubs and the ace of diamonds for 10 tricks.
 "My client was understandably incensed by West's failure to shift to a heart at trick three and called West's parentage into question among other incendiary remarks. West claims there was no way he could know that a heart shift was required. As a result, West is suing for libel but is prepared to accept a written apology

posted on the club bulletin board in full settlement. My client's response was: "Only when hell freezes over."
 "We are in complete agreement with West. Not only could he not know that a heart shift was required, East failed to tell him so!
 "At trick one East can tell that, for the contract to be defeated, a heart shift was required and West had to have an entry in a black suit for the heart shift. At trick one, therefore, East should have 'discouraged' a diamond return by following with the deuce. When West gains the lead with king of spades, the heart shift is obvious and the defenders collect three more tricks in the red suits for down one.
 "Besides the apology requested by West, we sentence East to attend a series of lessons on defense at the local bridge club."
 (Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.)
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Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.

Diabetic? How to protect your vision

(ARA) - For people with diabetes, proper nutrition can have a far-reaching effect on their health and wellness. It is important to note that problems with blood glucose and blood pressure from diabetes can damage the eye. Two national health associations, the American Dietetic Association (ADA) and the American Optometric Association (AOA), are collaborating to increase the public's awareness about the importance of optometrists and registered dietitians as part of the health care team.

"The eye offers a unique opportunity to view blood vessels without doing surgery," says Leo Semes, O.D., an AOA spokesperson. "From this vantage point, optometrists as primary eye care providers are able to screen as well as follow patients with diabetes. Through a dilated eye examination, an important aspect of diabetic care, optometrists can assess for diabetic changes in those diagnosed as well as observe for alterations of blood vessels in patients at risk or undiagnosed with diabetes."

Diabetes is a condition that af-

fects how the body uses energy, in the form of glucose, from food. People with diabetes need to keep their blood sugar levels within a healthy range. Blood sugar levels are controlled through food choices, physical activity and, for some people, oral medication or insulin injections.

According to the AOA, people with diabetes may be at greater risk of:

- Glaucoma
- Cataracts
- Diabetic retinopathy

"By following a healthy eating plan that you have worked out with your dietitian, you can avoid these issues," says registered dietitian and ADA spokesperson Angela Ginn-Meadow. "Your dietitian will work with you and your health care team to strike the right balance between your meal plan and any medications

you take."

If you have been diagnosed with diabetes, seek the expert advice of a registered dietitian to help you manage the disease while ensuring you get the nutrients your body needs. Many health plans, including the government's Medicare Part B program, cover medical nutrition therapy provided by a registered dietitian. Use the "Find a Registered Dietitian" tool at www.eatright.org to locate a registered dietitian in your area.

Early detection of eye problems is critical in maintaining healthy vision. Be sure to see an optometrist if your vision becomes blurry; you have trouble reading signs or books; experience double vision; feel pressure in your eyes; encounter straight lines appearing indistinct; or your side vision is limited.

Individuals who are at high risk for diabetes need to have regular, dilated eye exams and all individuals with known diabetes need to have dilated eye exams each year. Use the "Find an Optometrist" tool at www.aoa.org to locate an optometrist in your area.

Courtesy of ARAcontent

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: LEGAL IRATE WISDOM NEPHEW

Answer: The artist enjoyed the poker game because he - "DREW" WELL

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NOSTALGIA NOTEBOOK

August 1940

Births

August 3: Martin Sheen, American actor
August 19: Jill St. John, American actress
August 19: Johnny Nash, American singer ("I Can See Clearly Now")
August 22: Valerie Harper, American actress
August 29: James Brady, press secretary, Reagan administration

Events

August 3: The Lithuanian SSR, Latvian SSR (August 5) and Estonian SSR (August 6) are incorporated into the Soviet Union.
August 4: Gen. John J. Pershing, in a nationwide radio broadcast, urges all-out aid to Britain in order to defend the Americas, while Charles Lindbergh speaks to an isolationist rally at Soldier Field in Chicago.
August 20: Leon Trotsky is attacked with an ice axe in his Mexico home by NKVD agent Ramón Mercader. Dies the following day.
August 26: Chad is the first French colony to proclaim its support for the Allies.

August 1950

Births

August 2: Lance Ito, judge
August 3: John Landis, American film director, screenwriter, actor, and producer
August 11: Steve Wozniak, co-founder of Apple Computers
August 14: Gary Larson, cartoonist (Far Side)
August 11: Steve Wozniak, co-founder of Apple Computers
August 14: Gary Larson, cartoonist (Far Side)

Events

August 1: American Bowling Congress ends all-white-males rule.
August 12: Pope Pius XII publishes encyclical Humani generis.
August 13: Babe Didrikson-Zaharias wins LPGA World Golf Championship.
August 13: President Truman gives military aid to the Vietnamese regime of Bao-Dai
August 19: ABC begins Saturday morning kid shows (*Animal Clinic* and *Acrobat Ranch*)

August 1960

Births

August 7: David Duchovny, American actor
August 10: Antonio Banderas, Spanish actor
August 10: Kenny Perry, American golfer
August 17: Sean Penn, American actor
August 19: Morten Andersen, American football player
August 24: Cal Ripken, Jr., American baseball player
August 26: Branford Marsalis, American musician

Events

August 6: In response to a United States embargo against Cuba, Fidel Castro nationalizes American and foreign-owned property in the nation.
August 17: The newly named Beatles begin a 48-night residency at the Indra Club in Hamburg, West Germany.
August 19: In Moscow, downed American U-2 pilot Francis Gary Powers is sentenced to 10 years imprisonment by the Soviet Union for espionage.

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

Spinal fractures can be repaired if diagnosed.

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



before



balloon kyphoplasty



after

TAKE CHARGE

Don't turn your back on back pain.



Spine specialists actively offering KYPHON® Balloon Kyphoplasty in your local area:

Topeka

Ken Gimple, MD
785-233-7491

Michael Smith, MD
785-357-0301

Tim Allen, MD
785-234-3454

Manhattan

Jamie McAtee, MD
785-537-4200

Lawrence

Michael Lange, MD
785-505-3719

For more information on balloon kyphoplasty call 800-652-2221 visit www.kyphon.com

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

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