

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

August 2011

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 11, No. 2

INSIDE

Amazing Aging!
For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocates, Services and Activities for Seniors, Intentional and Emergent Caregivers

SUMMER 2011



CHAMSS comes to Topeka!

After several years of planning, the Jayhawk Area Agency on Aging is pleased to announce that, under the leadership of Michael Brown, director of the Kansas Department on Aging, the Kansas Department on Aging has approved a study agreement to conduct a CHAMSS (Community Health Assessment and Monitoring System) study in Topeka.

CHAMSS is a national program to generate and analyze data on the health and well-being of communities. It is a multi-disciplinary approach to health and well-being that involves the community, health care providers, and public health officials. The study will help identify health and well-being issues in the community and develop strategies to address them.

For more information, visit www.chamss.org

The Summer 2011 issue of *Amazing Aging!*, the Jayhawk Area Agency on Aging's newsletter, is included in this month's *Senior Monthly*. See inside.



Meadowlark Estates, Lawrence's newest option for active and independent living, opens this month. - page 6

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GOING to the DOGS WATER CO.

SENIOR profile

Leuenberger launches business to aid pets in need.

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Leuenberger launches non-profit to help pets

By Kevin Groenhagen

Jan Leuenberger used to pound a gavel. Today he is, among other things, trying to help pets at the dog pound.

Last August, Leuenberger, 74, retired from his position as a district court judge in Shawnee County after serving in that position for 15 years. He had been in the private practice of law 35 years before becoming a judge. Instead of kicking back and relaxing, he immediately began to work on launching a non-profit business.

"I had this idea about selling bottled water with the net proceeds going to humane societies," Leuenberger said. "I have always had a fondness for animals. I also understood that during hard times there wouldn't be much city, county, or state proceeds for animals. In addition, I thought that in some isolat-

ed cases—for example if an elderly woman's dog gets hit by a car—we could help her if she doesn't have the resources to care for the pet."

Leuenberger incorporated Going To The Dogs, Inc. on October 5, 2010, which also happens to be his birthday. He then had a logo designed by Debby Adams, owner of dArt and Money Pack.

"One of my friends from law school, Dan Chase in Kansas City, proceeded with getting the trademark," Leuenberger said. "My neighbor, Doug Fincher, proceeded with a lot of the legal work. He was very helpful in getting the 501(c)3 des-

ignation.

Leuenberger notes everything seemed to fall into place during the process of incorporating, getting a trademark, and getting a phone number for Going To The Dogs.

"When I went to incorporate, the

lawyer wasn't sure if the business name would be available," he said. "'Going To The Dogs' is kind of a common name. He called back and said, 'You've got it!' And then when I called Dan Chase in Kansas City about the trademark for Going To The Dogs, he said, 'Well, I don't know if that's available.' He called back and said, 'Well, I think it is available.' There was a Going To The Dogs Collars and Leashes, but no Going To The Dogs Water Company. And then I called AT&T and said that I want this number, 232-DOGS. Thirty minutes later they called back and said,

'You've got it!' It was amazing and totally inspirational."

While things were off to a good start with Going To The Dogs, Leuenberger experienced a health issue that required him to stay in the hospital for awhile. That delayed his plans for a few weeks.

"We've really been in business just since April 1," Leuenberger said.

What that business does is best summed up by the company's mission statement:

"Sell pure bottled water for human consumption, under the brand name

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KEVIN GROENHAGEN PHOTO



Jan Leuenberger

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Editor and Publisher
Kevin L. Groenhagen

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Leuenberger

■ CONTINUED FROM PAGE THREE

'Going To The Dogs Water Co.'

"Net proceeds of monies raised will benefit animal shelters, rescues, support adoption and foster care programs, information to reduced animal overpopulation, provide educational programs to the public, and promote proper care of animals."

Leuenberger serves as president/CEO of the business. Other officers and board members include Forrest Thurber, vice president, Michele Mainey, secretary, William H. Tregemba, treasurer, Michael Cassidy, DDS, John D. Pinegar, Kent Cornish, Judy Soule, Charlie Lord, and Joyce Waida.

"The board members have each taken on various roles," Leuenberger said. "They have done a considerable amount of work."

The company is housed at 506 W. 10th Street in Topeka in the Gem Building, which is owned by Leuenberger and his sister, Marla. The three-story building, which is on the National Register of Historic Places

and the Kansas Historic Register, is where Leuenberger first experienced the business world. Fritz Leuenberger, Jan's grandfather, Bud Leuenberger, Jan's father, and their partner, H. L. Klopfer, built the building in 1928 because they needed a larger place to house their grocery, the Gem Market. Leuenberger, who grew up in an apartment above the Gem Market, began working in the grocery during his junior high school years.

The Gem Building also housed a deli. Performers at the Kansas Free Fair often visited the deli for takeout food.

"We saw lots of personalities," Leuenberger said, numbering among them Fred Astaire, Ginger Rogers, Guy Lombardo, Duke Ellington, Glen Miller, Clarke Gale, and Gypsy Rose Lee. Leuenberger even got Gypsy Rose Lee's autograph.

The grocery closed in 1956, shortly before Leuenberger earned a bache-

lor's degree in business administration from Washburn University. He completed his law degree at the same university.

Leuenberger believes his business background will serve him well as he sells bottled water. He also believes he is on the cutting edge of a new paradigm for non-profits, i.e., a

product connected to a particular charitable or social cause.

Both the product and the cause are reasons to buy.

The water is bottled by Lindyspring Drinking Water of Topeka.

The Going To The Dogs label is then affixed to the 20-ounce bottles, which are made of hard plastic and have squirt caps. This makes the bottles ideal for cyclists, runners, hikers, and other people on the go.

Currently, the Hy-Vee supermarket at 2951 SW Wanamaker Road in Topeka sells individual bottles of Going To The Dogs. Leuenberger and his

team of volunteers are working to get the product in other retail outlets in Topeka, Lawrence, and other Kansas communities. Cases of the bottles are available at the Going To The Dogs office. The cases would be great for birthday parties, family reunions, and other events. Groups can also buy cases of water to sell as part of their own fundraising efforts. For those wanting to buy a case or more, Leuenberger requests that you call first so he or an office volunteer can make arrangements for pick up. T-shirts, caps, tote bags, and coozies for the bottles are also for sale at the office. As with the water sales, Going To The Dogs will use the net proceeds from these items to fulfill its mission. Donations are also welcome.

Leuenberger stresses that, notwithstanding the name, Going To The Dogs caters to both dogs *and* cats. In addition, Going To The Dogs is not associated with any particular shelter. This will allow the business to be flexible regarding its mission to support animal welfare. He points to the case of a black Labrador that fell 20 feet into a concrete tank at the Derby (Kan.) Wastewater Treatment Plant last month. The dog had no tags and had a broken leg, which resulted in a \$1,000 veterinarian bill.

■ CONTINUED ON PAGE FIVE



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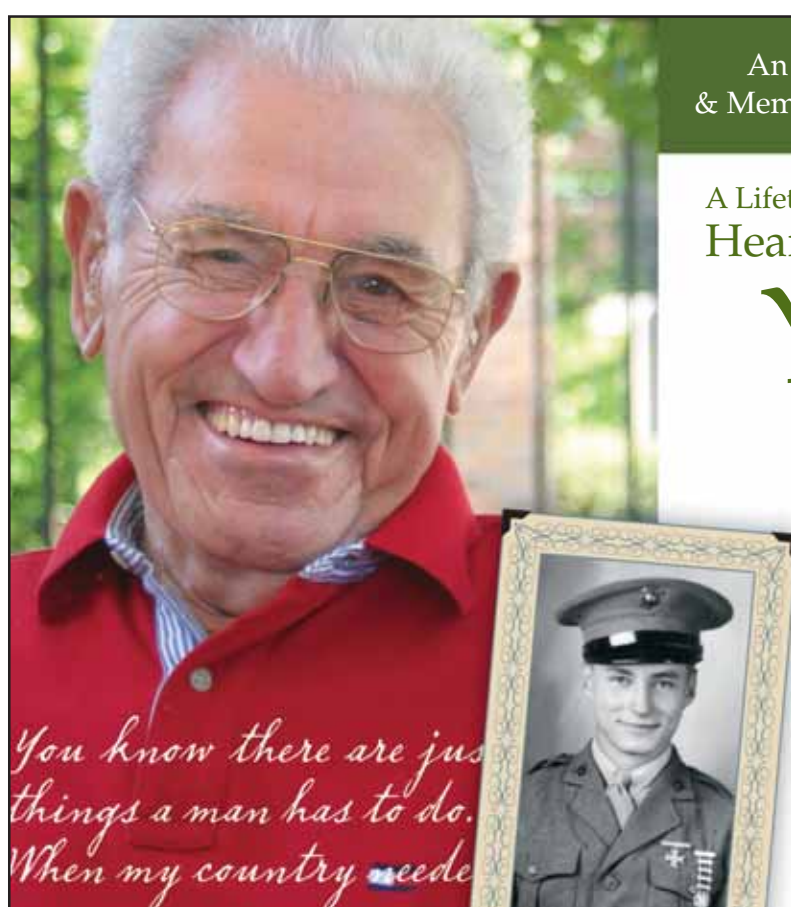
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Leuenberger

■ CONTINUED FROM PAGE FOUR

"I hope that this is the type of thing we can respond to in a limited way," he said.

Since April, Leuenberger has been busy making Going To The Dogs as visible as possible. In addition to a website and a Facebook page, Going To The Dogs has partnered several Saturdays with animal refuge centers outside of Hy-Vee in Topeka.

"They'll bring some of their animals, and we'll bring some of our water and other products to sell," Leuenberger explained. "That benefits the shelters because one of them had adoptions as a result of that."

In addition, Leuenberger plans to have Going To The Dogs present during events such as Paws in the Park in September. Paws in the Park is the largest annual fundraiser for the Helping Hands Humane Society.

"We'd like to have a stand there," he said. "We'd like to have our mascot there as well. Its name is Splash. Debby Adams came up with that name because we didn't want to imply whether

our mascot was male or female."

Leuenberger also has an idea for Going To The Dogs' own bicycle event, which he calls Peddle for the Puppies.

According to Leuenberger, running Going To The Dogs is the best non-paying job he has ever had since it allows him to work in an area that he is passionate about. Of course, that passion includes having two Shih Tzus at home, one being adopted. A portrait of Lilly, a Dalmatian, hangs on the wall of his office.

"Lilly used to run alongside with me as I trained for triathlons," he said. "She would also go backpacking and

canoeing with me. She died of pancreatic cancer several years ago."

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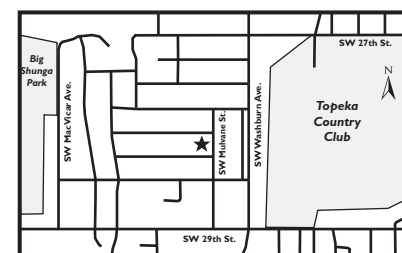


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Meadowlark Estates to open in August

By Kevin Groenhagen

In January 2010, John Glassman, the former executive director of Douglas County Senior Services, presented the findings of a study that was conducted by researchers with the Office of Aging and Long Term Care (OALTC) in Kansas University's School of Social Welfare. The OALTC researchers reviewed data compiled through a contract with Vantage Pointe Foundation to "understand the issues of promoting Lawrence as a premier retirement community." According to Dr. Rosemary Chapin, director and creator of OALTC, the amenities available in Lawrence match up very well with the amenities retirees desire.

Officials with The Hawthorn Retirement Group, based in Vancouver, Wash., took a close look at those amenities and conducted their own feasibility and demographic study. In the end, they also concluded that Lawrence would be an ideal location for one of their newest retirement communities.

"Mary and I talked a lot with John Glassman," said John Kavanaugh. Kavanaugh and his wife, Mary, are handling the marketing and rental management of Meadowlark Estates, Lawrence's newest option for active and independent living. The retirement community will open later this month at 4430 Bauer Farm Drive.

"Glassman's strong belief is that the baby boomers are coming, and we have to get ready," Kavanaugh continued. "Without the university being here, we probably wouldn't be here. It's such a magnet for families, parents who want to be close to their families, and alumni who have retired and want to return to Lawrence to live."

Kavanaugh likens the new retirement community to a city within a city. There are 124 units—including studios and one- and two-bedroom apartments—divided into two wings connected to a central "city." That city includes a sky-lit atrium, a TV room, a card room a billiards room, a library, a computer room, a state-of-the-art fitness center, a beauty

COURTESY PHOTO



Meadowlark Estates

shop, and a barbershop. There's also a bistro that is open 10-12 hours a day for residents to enjoy snacks. There's even a 30-person theater with surround sound

where residents can enjoy fresh popcorn and one or two movies every day.

"We have just about everything res-

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Meadowlark Estates

■ CONTINUED FROM PAGE SIX

idents need right here,” Kavanagh said. “If it’s wintertime and you don’t want to go outside, you really don’t need to.”

Meadow Estates has three stories, and residents use eight-foot-wide, well-lit, and carpeted corridors to walk to and from their apartments. Each community displays over 400 pieces of artwork in the corridors and common areas. An elevator is available in each wing of the building.

Of course, there are times when residents will want to leave Meadowlark Estates for exercise, shopping, and other activities. If they prefer not to drive their own vehicles, they can take advantage of Meadowlark Estates’ shuttle system.

“We have scheduled transportation,” Kavanagh said. “For example, we can take residents to do their shopping or drive them to their medical visits Monday through Friday. The residents just need to sign up and we can take them to places essentially within a 10-mile radius. The shuttle can also take them to the indoor aquatic center, which is just a few blocks away.”

For those who prefer to exercise outside, the Bauer Farms community has well-maintained sidewalks that line both sides of the street.

“It’s all about being a fun and active community,” Kavanagh said. “We don’t want residents to stay in their apartments, come out for dinner, and then go back to their apartments. We have a full-time activity director who will coordinate activities here, as well as plan trips, such as to the Lied Center or to the Plaza in Kansas City. Meadowlark Estates is also sponsoring life-long learning seminars through KU’s Osher Center.”

Kavanagh also stresses the importance of mealtime at Meadowlark Estates. Meadowlark Estates hired an executive chef in July to oversee the preparation of three chef-prepared meals each day.

“Eating is a social part of the day,” Kavanagh said. “It’s a big part of a senior’s day. The food has to be good. It’s like a cruise ship. If you go on a cruise and the food is good but it’s raining, the cruise is still good. We do the main meal with dinner at noon, and then have a little lighter fare at supper. All meals are presented by a server.”

Thus far, more than half of Meadowlark Estates’ new residents will move in from outside the Lawrence area.

“We even have somebody moving in from Asheville, North Carolina,” Kavanagh said. “There are some reports that place Asheville as the number one retirement location in the country.”

If that resident wanted to return to Asheville for a visit, he can take advantage of a travel program offered by The Hawthorn Retirement Group to visit other communities.

“Once you’re a resident of our community, let’s say you have family in Boston, Massachusetts, where we are currently building a retirement community, or in California, where we have seven communities,” Kavanagh said. “If you travel to those locations, there is no charge to stay at one of our communities there for up to seven days. We have a guest suite in each of the communities for traveling residents or for families to use when they visit mom or dad. The residents’ meals are also included.”

The travel program is available at every one of nearly 40 retirement communities owned by The Hawthorn Retirement Group in Canada, the United Kingdom, and the United States, including Bella Vista in Asheville.

Other amenities offered by Meadowlark Estates include:

- Weekly housekeeping and linen service
- All utilities, except phone
- Free laundry facilities
- Cable television
- Internet access
- Pets allowed
- No buy-in fees or leases

According to Kavanagh, The Hawthorn Retirement Group’s roots go back to the late 1960s, when Bill Colson’s mother went out to look for a retirement community.

“She came home discouraged when all she could find in the Portland, Oregon, area were nursing homes,” Kavanagh said. “There wasn’t even assisted living back then. Her son was a builder, so he said, ‘Don’t worry, I’ll just build you a retirement community.’”

Colson and his father went on to build more than 300 retirement communities in the United States, the United Kingdom, and Canada. After his death later that year, David Schless, president of the American Seniors Housing Association, was quoted in the *Portland Business Journal* as

KEVIN GROENHAGEN PHOTO



Randy and Ann Swinson and Mary and John Kavanagh

saying, “Without question Bill Colson will be remembered as the founding father of the senior housing business.”

Today, Colson’s son, Bart, serves as the president and CEO of The Hawthorn Retirement Group. Kavanagh says that Colson is excited about the opportunity to provide gracious retirement living to the Lawrence area.

In addition to the Kavanaghs, Randy and Ann Swinson are at Meadowlark Estates to manage the building as it fills up and to take care of the residents. The Kavanaghs and Swensons invite individuals considering senior housing to visit Meadowlark Estates for a tour and, after the retirement community opens, to have dinner with them, talk with the residents to see how they like Meadowlark Estates, and to evaluate

all of the amenities they have to offer. They also plan to hold a grand opening in mid-October so members of the community can watch the ribbon cutting, take tours, and sample the chef-prepared food. If you tour Meadowlark Estates and decide that it’s not for you, you can still benefit from one of their programs

“We have a referral program,” Kavanagh explained. “If you know someone you think Meadowlark Estates would be perfect for, they can come in and take a tour. If they move in, after their third month as a resident you’ll receive a \$1,000 check.”

For more information about Meadowlark Estates, call the Kavanaghs at (785) 842-2400, or visit www.seniorlivinginstyle.com.

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“We never forget the person within.”

Houk becomes administrator for Adult Day Health Center

By Billie David

When Lucas Houk, the new administrator and operator of Midland Care's Adult Day Health Center in Lawrence, first joined the organization four years ago as the community liaison, he brought with him an understanding of the challenges that caregivers and their charges face, having just gone through a couple of years of intensive caregiving himself.

"To even have one day a week when they can do shopping and know mom's being well cared for—that's a big relief," he said of the adult day health services that Midland provides at its newly-remodeled facility at 319 Perry in Lawrence. "It's a great option for the sandwich generation."

Midland Care's adult day health center serves adults 18 or older who aren't able to stay home alone safely. It enables clients to continue living at home while allowing their caregivers to keep their jobs and meet other obligations or just get away for a little while. It also allows clients to have access to social activities, mental stimulation and healthy meals in a safe and caring environment with certified staff members.

"I was a full-time caregiver for two and a half years for a loved one in our family," Houk said. "If we had

something like that then, we would have utilized it. It provides good care for the client, appropriate meals, social participation...it's really good for people who are not ready to put their loved ones in a nursing home."

The North Lawrence facility has been up and running since September of 2010 after extensive remodeling that turned the former Woodlawn Elementary School building into a colorful and spacious facility. The building provides room for a physical and occupational therapy area; plenty of room for arts and crafts tables and storage for supplies; a laundry room; a kitchen that manages to turn out great-smelling cookies as well as nutritious meals; a dining and general-use area; a locked and key-coded medication room; a place to lie down; a reading area; a large activity room complete with a Wii area that will soon boast a pool table; roomy bathing facilities; and a small library. There's also a garden outside with raised boxes so that clients can grow tomatoes or tend flowers without having to bend. And the facility is secured so that it is safe for clients with dementia.

"It's not at all institutional. It's very homey," Houk said.

One of the newer attractions for clients is a computer with a touch-screen monitor and oversized keyboard. The



Lucas Houk (standing), the new administrator and operator of Midland Care's Adult Day Health Center in Lawrence, plays ball with clients.

multi-purpose computer can do anything from generating hymns to simulating driving and airplane flying. It even comes with pedals so one can simulate biking through the countryside, and it can also be used for the more conventional tasks of keeping up with email and sending and receiving photos of the kids and grandkids.

The facility is open from 8 a.m. until 5 p.m. Monday through Friday, and its services are flexible to meet client needs. It has a capacity of 50, but that number is also flexible because not everybody is there at the same time.

"Some people come one day a week

■ CONTINUED ON PAGE NINE



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Midland Care

■ CONTINUED FROM PAGE EIGHT

and some come Monday, Wednesday and Friday,” Houk said, adding that Midland is the only adult day service provider in Douglas County and not only provides social activities but also helps people with their medical needs.

The facility has access to a physician and there is an RN, a CNA, and a home health aide on staff. Physical therapy is offered one day a week for those who need it.

“Because it is a medical model, we are able to take on clientele who need wound care, continence issues, diabetic tracking and medications,” Houk said.

Midland staff can also do bathing and laundry service and provide transportation for an extra fee, all of which is added to the regular \$60-per-day charge, which includes meals.

Midland will accept Medicare and

Medicaid, and some private insurance policies also pay for respite care. There are also community grants available, such as the Jayhawk Area Agency on Aging’s Care for the Caregiver Grant. And although they do medical histories for new clients, a physician’s orders are not required in order to use Midland’s services.

Additionally, Midland has a contract with the Veterans Administration, which will pay for adult day services, including transportation, bathing and meals.

Houk began serving as Midland’s administrator and operator three

months ago. Although the work comes naturally for someone who grew up in a family with a medical background and who did plenty of volunteer work in nursing homes, Houk actually started out in his career path wanting to make his mark in the business world.

“Once I got involved in caregiving, it all changed,” he said of the time he

spent as a caregiver and the resulting impact it had on his own life view and goals.

“I thought, ‘I need to take these skills I have in business and put them into health care,’” he explained.

Midland Care is part of Midland Care Connection, Inc., a not-for-profit organization that began 33 years ago when four women who were caregivers got together for lunches and eventually started a hospice for Shawnee

County. It has since grown to serve northeast Kansas.

Midland Care Connection, Inc. offers a variety of services, including hospice, PACE (Program of All-inclusive Care for the Elderly), adult day health, grief and loss services, home health, home support, palliative care, and respite.

To learn more about Midland, call (785) 232-2044 or check out the website at www.midlandcareconnection.org.



Lucas Houk

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If you have Medicare, the yearly wellness visit is your opportunity to talk with your doctor to make sure you're getting the care you need, including a review of any prescriptions you are taking. At this visit, you and your doctor can do the following:

- Review your medical and family history
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- Take height, weight, blood pressure, and other routine measurements
- Create a screening schedule for appropriate preventive services for you

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Keep you, and your friends and family healthy

The best way to stay well is to live a healthy lifestyle. You can be healthier and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Getting preventive services you need is just another way of taking good care of your health. Tell your friends and family with Medicare about them, too. Because when you share the news, you share the health.

Need more information?

- Visit www.MyMedicare.gov to see descriptions of covered preventive services and track the services

you get.

- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.



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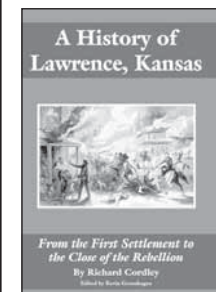
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LETTER TO THE EDITOR

Reconsider SRS decision

Dear Editor:

With the proposed closing of nine local SRS offices, Gov. Brownback's administration is trying to sell us the notion that restricting access to basic life-sustaining programs is sound public policy. As advocates for high-quality long-term care for all older adults, Kansas Advocates for Better Care isn't buying their claim and joins Kansas communities and organizations across the state in opposing the closing of those offices.

The bitter pill prescribed by Secretary Siedlecki and Gov. Brownback claims the closures are the only cure to "saving" \$1 million in Medicaid spending. While the medicine may be hard to swallow, they claim that Medicaid is too large, serves too many people and is unaffordable. But what is the "right size" for Medicaid? KABC believes that by restricting access, the needs of elderly, disabled and uninsured Kansans are not factored into the administration's diagnosis.

Too large? Kansas has fewer Medicaid recipients as a proportion of population than most other states. Too many people? For the uninsured – the part-time worker with cancer, the retired farmer with Alzheimer's, those with developmental disabilities – Medicaid is the only assistance that meets their desperate needs. Closing offices does not alleviate our neighbors' needs; it simply ignores them.

Unaffordable? It's only unaffordable if our leaders are too inert to lead in the true rebalancing of our Medicaid program by expanding the availability of home and community-based services and supports to serve elderly and persons with disabilities. The Brownback administration has made no mention of rebalancing Medicaid funding from institutional to community care.

By shifting the emphasis to home-based services, Kansas could be efficient AND compassionate with its Medicaid dollars. More than half of Kansas Medicaid dollars pay for institutional care. But in-home care is almost always less expensive and almost always more desirable to the recipient than institutional care.

Cutting Medicaid spending only pours salt on the wound. About 60 cents of every Medicaid dollar come from federal funds, and only 40 cents

come from our state general fund. When we cut State Medicaid dollars, we lose important federal dollars which results in fewer Kansans being served.

Closing SRS offices does nothing to reduce the need for Medicaid assistance absent the cynical assumption that the most impaired won't be able to access Medicaid services. Gov. Brownback and Secretary Siedlecki expect us to blindly accept the premise that a reduction of \$1 million in

Medicaid spending is critical to the economic survival of the state. We are to believe that the only way to save money on this front is to enroll fewer Kansans, regardless of their needs. It has to hurt if it's to heal.

These closures produce little savings in terms of dollars compared to the services they provide to our friends and neighbors. Those who are bearing the brunt of this cure-all are entirely blameless and very, very poor. The Brownback administration is trying to convince us that there are too many of "them" and that they are unworthy of our consideration and support. Otherwise, who'd agree to swallow such an expensive poison pill?

In the meantime, we're told that the closing of the nine offices will shave \$1 million off the SRS budget and all the employees will be reassigned. Setting aside the fact that these reassigned workers must absorb the cost of commuting, relocating, or finding another job, logic tells us this is not the panacea to balancing the budget.

KABC respectfully calls for Secretary Siedlecki and Gov. Brownback to reconsider this decision. Restricting access to our state's most vulnerable and marginalized is bad medicine.

Molly Wood
Board Member, Kansas
Advocates for Better Care

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PERSONAL FINANCE

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



Joe B.
Jones

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

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PERSONAL FINANCE

Grandparents may need to balance gifts and goals

Grandparents Day falls on Sept. 11 this year. While not as widely observed as Mother's Day or Father's Day, Grandparents Day nonetheless serves a valuable purpose in reminding us of the importance of grandparents in the lives of their grandchildren. If you're a grandparent yourself, you already know the joy your grand-

- **Maintain permanent life insurance.** Once your children are grown, you may feel less compelled to carry life insurance. But the right type of life insurance can benefit you throughout your life. Permanent life insurance offers you the chance to build cash value, which you may be able to access, depending upon the specifics of your policy. And you can name your grandchildren as beneficiaries of your policy.

- **Open a 529 plan.** Use the money you're already gifting to fund a 529 plan to help your grandchildren pay for college. These plans have generous contribution guidelines, and withdrawals are tax-free, provided the money is used for qualified expenses. There may be state tax incentives available to in-state residents who invest in their home state's 529 plan. And a 529 plan offers you a degree of flexibility; if the beneficiary grandchild decides to forgo college, you can transfer the unused funds to another grandchild, tax and penalty free. However, withdrawals used for expenses other than qualified education expenses may be subject to federal and state taxes, plus a 10% penalty.

- **Contribute to a Roth Individual Retirement Account (IRA).** The Roth IRA is a powerful retirement savings vehicle. You can fund your IRA with virtually any type of investment, such as stocks, bonds and government securities, and your earnings grow tax free, provided you don't take withdrawals until you're at least age 59½ and you've held your account at least five years.

Your grandchildren may appreciate your generosity, but they'll also no doubt want you to enjoy a comfortable retirement. As always, you need to do what makes sense for your situation. You may find there are ways to help both your grandchildren and yourself.

- *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

children bring you, and through the years, you have probably been generous with them in many ways. At the same time, though, you probably need to strike a balance between your heartfelt gifts and your financial goals.

It can be challenging to achieve that balance. For one thing, you and your fellow grandparents have not been stingy in your giving over the past several years. America's grandparents provided an estimated \$370 billion in financial support to their grandchildren between 2004 and 2009, according to a survey by the MetLife Mature Market Institute. This averages out to \$8,661 per grandparent household over that same period. However, many of these same grandparents may not be accumulating sufficient financial resources to enjoy the retirement lifestyle they've envisioned. In fact, the median balance of retirement accounts for 55- to 64-year-olds is only about \$100,000, according to the Center for Retirement Research. That's not a lot of money for an age group that could spend two or even three decades in retirement.

So, as a grandparent, what steps might you take to bolster your retirement savings while simultaneously helping your grandchildren? Here are a few ideas:

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HEALTH & FITNESS

Lose Weight, Not Muscle

Many people discover, as they grow older, that they have diminished appetite—and that losing weight is suddenly surprisingly easy. This isn't true for everyone, but many factors can make you less hungry: loss of the sense of taste, slowed digestion, some medications, the difficulty of grocery shopping, and eating alone. Shedding unwanted pounds may seem like a blessing. But protein-rich foods are essential to maintain-



Laura
Bennetts

ing and gaining strength as we age. Skipping meals is risky because you may lose muscle cells, not fat cells. Your first thought—"this is great, I'm finally losing weight!"—might not be your ultimate conclusion.

It's wonderful to be svelte—but you can have too much of a good thing. (Or, in this case, less.) Good health is a happy medium. You want to be fit and trim, but if you lose muscle mass in your leg and trunk muscles, you will feel unsteady and off balance when you walk. Your fitness will actually decrease, and you risk injury from falls.

So what should you do? Balance the two E's: Eating & Exercise. **"Eat Right"**

Health pundits sound trite when they earnestly counsel us to "eat right" and "exercise for life." Well, at the risk of sounding trite, I'll echo that advice—but with a twist. "Eating right" is different for seniors than for the young.

Do you ever skip meals when your slacks feel tight? Many dieting habits, like skipping lunch, become riskier as you age. Eating three meals a day is important to getting enough energy, strength, and disease-fighting vitamins. It isn't good to be overweight, but it is even less healthy to be undernourished. This is especially true for seniors, who risk growing perilously

thin and weak. And the single best option, when you prepare meals, is to focus on protein.

"But I'm Not Hungry"

I often discuss diet with my patients as they recover from illness or injury. Often a patient will tell me that he lost his appetite after surgery three weeks ago and that, since then, he has lost six pounds—and that he's glad to be able to cinch his belt another notch. I reply that, actually, recovery is the most critical time to eat well, and that the key is protein, which enables us to build new muscle cells. Protein is muscle food.

The best way to get enough protein is to enjoy meat, fish, cheese, eggs, beans, nuts, peanut butter and soy products like edamame or tofu. (Some of us love tofu!) Other foods, like grains, are also protein-rich. (You can learn a lot about high-protein foods by reading labels on cans and products.) We usually think of meat as having the most protein, but lentils and beans have just as much or more. Read the label on a lentil soup can and you will see why, in many cultures, lentils are the primary daily protein.

Where There's a Whey...

Another good source of protein is whey protein powder, which can be added to any food to enhance its protein content. Oatmeal with milk has some protein to start with—from the milk—but if you add protein powder, you can make it a high protein meal. Adding powder allows you to eat regular meals instead of turning to protein-boosting drinks—though such supplements are also fine. You can also add whey powder to a fruit smoothie, juice, or a milk shake to raise its protein level.

How Much is Enough?

How much protein you need depends on your health and body weight. Pregnant women, children, aging adults, and anyone recovering from illness or pursuing intensive physical training should eat particularly protein-rich diets. The advice below is intended for aging adults, who might also be recovering from illnesses or pursuing physical therapy to regain strength.

Protein Tips

Dairy products are a good source of protein (and calcium) on any budget. You need the equivalent of three cups of milk per day to get enough calcium. This means that you should eat three servings of dairy products per day, which will boost your protein intake and give you the calcium you need.

For example, if we focus only on protein: One cup of milk provides eight grams of protein, and one serving of low-fat mozzarella cheese provides seven grams. Soymilk is also good source of protein and calcium. (My favorite is low-calorie chocolate soymilk, which has a nutty taste and is a great snack food.)

Menu Tips

It's a good idea to include at least one high-protein item with each meal. Here are examples of good protein options for each of your daily meals:

Breakfast: 1 egg, ½ cup yogurt, 1 cup milk (or soymilk), or 1 bowl of cereal (perhaps with 1 teaspoon of whey powder).

Lunch: Meat sandwich, bean or lentil soup, cheese slices, smoothie with protein powder, vegetable soup with tofu.

Dinner: Meat, cheese, chicken soup, cheese with fruit, fish, tofu.

Diet for a Small Belt-Size

Of course, you do want to avoid being overweight as well. If that's a concern, you can avoid the empty calories in chips, crackers, candy, soft drinks, and alcoholic drinks. Substitute healthy snacks like fruit, hard-boiled eggs, and peanut butter. When you snack, eat small portions: one egg,

one slice of toast with peanut butter, or 6 to 8 almonds. If you eat nutritious foods in smaller portions, your hunger will be satisfied and you'll be less likely to overeat.

Get with the Program

Our bodies are smart and, with just a little help, will make good use of the protein you eat. The best way you can help is to condition your muscles. If you want to lift your 10 lb. dog but, right now, you can barely lift 5 pounds, you need to exercise to build up your arm muscles over several weeks.

The best solution is to strengthen all parts of your body. One program that builds heart, leg, and arm strength is a walking program. This can be done anywhere, without equipment. Just begin walking on a level surface, swing your arms, and walk at a quick pace without getting out of breath. Begin with 10 minutes and add five minutes each week. Again, use your breath as a guide. And if you feel very sore, slow down. "Slow and steady wins the race"—if you exercise daily, you'll grow ever stronger. But muscles need fuel to work properly. That fuel, of course, is protein.

- Laura Bennetts (PT, MS) earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services LLC (785-594-3162). For details about these clinics, see <http://lawrencetherapyservices.com/> For answers to your therapy questions, you can write to Laura c/o laurabennetts@hotmail.com.

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HEALTH & FITNESS

Adrenal Fatigue: Myth or reality

Have you ever experienced a major stress in your life, for instance a loss of a job, emotional trauma, or a major illness? After this major stress, have you felt as though you cannot seem to get yourself together or get yourself back to where you were be-



Dr.
Farhang
Khosh

fore the major event? Do you have symptoms of anxiety, depression, irritability, allergies, insomnia, food cravings for salt or sugar, decreased sex drive, decreased ability to handle stress, fatigue, weakness, inability to lose weight, cold intolerance, premenstrual syndrome, inability to remember things, or difficulty concentration? If you answer "yes" to one or more of these questions, then you may have adrenal fatigue.

What are your adrenal glands? Where are they located in your body? Why are your adrenal glands so important? Your adrenal glands are two small, triangular-shaped glands that are located on the top of each kidney. Each adrenal gland is approximately three inches wide, and a half inch high. The adrenal glands are involved in a number of functions in the body, including pulmonary and cardiovascular function, blood sugar metabolism, hormone production, and gastrointestinal function. Your adrenal glands produce a variety of hormones that play an essential role in the human body. The adrenal glands are responsible for secreting over 50 different hormones including the very important ones epinephrine and cortisol.

One of the most important roles of the adrenal glands is helping the body respond to stress. Healthy adrenal glands secrete appropriate amounts of cortisol, a hormone fundamental to optimal health. When released in normal levels, cortisol is essential to helping our bodies respond in healthy

ways to stress and supporting a healthy immune response. Without cortisol, the body cannot sustain life! Cortisol levels affect every tissue, organ and gland in the body. Remember that Balance is crucial.

Adrenal fatigue is not a new condition, and it has existed for many years. One of the main theories behind adrenal fatigue is that your adrenals are unable to keep up with the demands of the constant fight-or-flight state that it is in. A person is constantly being chased by that tiger. As a result, the adrenals cannot produce enough hormones that the body needs and this leads to adrenal fatigue.

Some of the things that negatively affect the adrenals include: poor diet, lack of sleep, infections, alcohol, vitamin and mineral deficiencies, caffeine, emotional and physical trauma, nicotine, anxiety and depression, stress, and drugs.

Treatment for adrenal fatigue involves many things, including lifestyle modifications. These lifestyle modifications may involve ways of dealing with the stressors in your environment, dietary management, nutritional supplementation, medicinal plants, and acupuncture. In some cases, individuals require hormonal supplementation to treat the adrenal fatigue.

As one pushes their body over the years to cope with stress by living on caffeine, sugar, alcohol or nicotine, and getting very little sleep, his adrenals eventually wear out or become exhausted. In this state, the adrenals will not produce the hormones that the body needs so the key is stopping this trend and replenishing the adrenals.

- 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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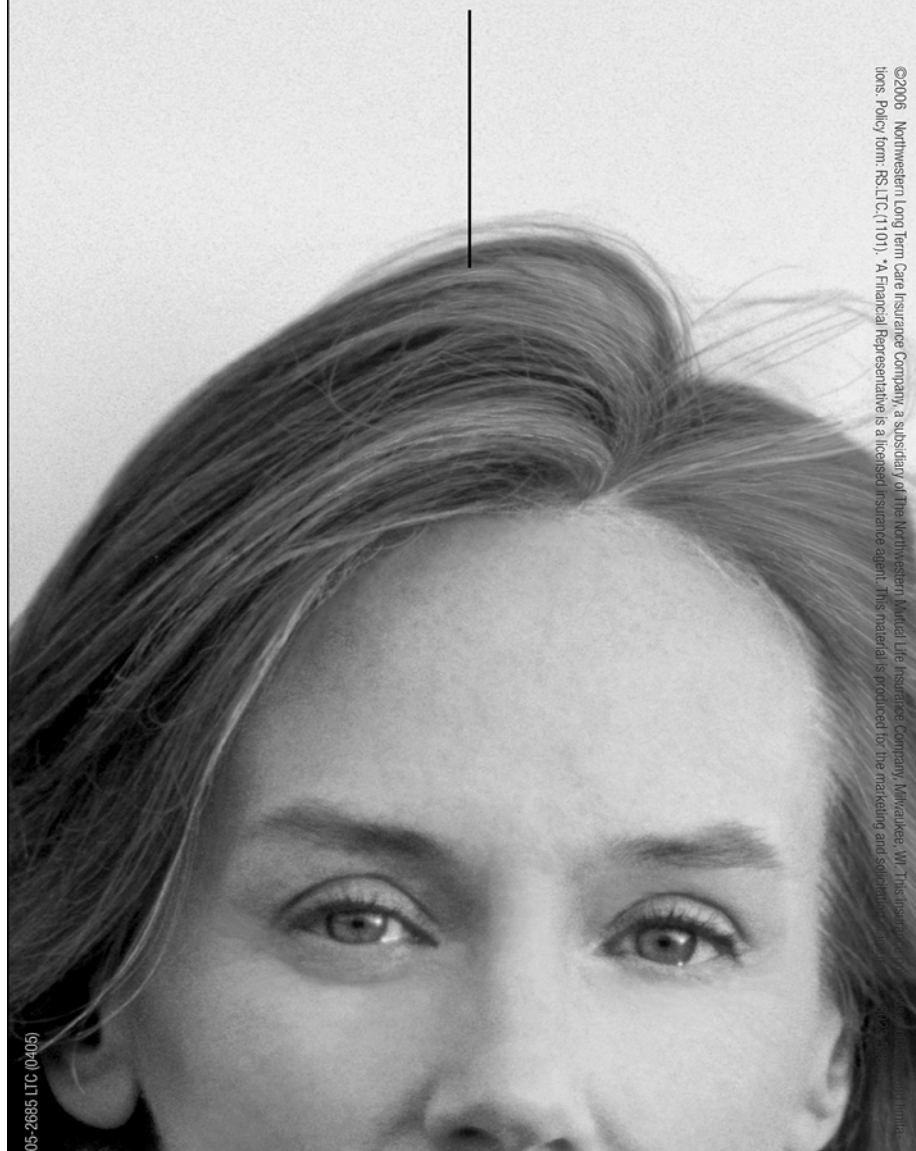


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RETIRE SMART

New online marketplace for financial advisors stirs up the market

The financial planning field is entering a phase of major growth in response to rising demand for help securing retirement in hard times. Several recent surveys show that financial planning firms are gearing up to boost their staffs by as much as 30 percent in the coming year.



Mark
Miller

But from the client perspective, finding the right financial planner continues to be a bewildering task. Almost anyone can hang out a shingle and dispense advice, and compensation models range from commission-only planners to those who are paid an hourly fee for their services. Planners come with an array of certifications or titles attached to their names, but none are required. Perhaps most important, it can be difficult to assess a planner's track record or whether there's been any history of ethical lapses.

And there hasn't been a central online marketplace where consumers can view ratings and recommendations-until now.

Brightscope, a young company that made a splash two years ago with its online performance measurement tools for 401(k) plans, recently rolled out a new site, Brightscope Advisor Pages (<http://bit.ly/i1OM6L>), which aims to help people research and shop for financial advisors.

Brightscope's new service could

give a needed jolt of transparency to the financial advisory field, where finding an advisor is often a hit-and-miss process driven by word-of-mouth and referrals.

Meanwhile, the advisory marketplace is on the cusp of dramatic change as Washington works to write new rules on the fiduciary responsibilities of advisors, spurred by the Dodd-Frank financial reform act.

With Advisor Pages, Brightscope hopes replicate the success it already enjoys in the 401(k) market. Brightscope's 401(k) database goes deeper than most other sources by leveraging the actual audit reports that all plans file with the U.S. Department of Labor on criteria including matching contributions, expense ratios and performance. Brightscope then assigns a simple numerical rating to all the plans and makes the scores available to investors for free.

Advisor Pages aims to bring that kind of transparency to the advisor shopping process. The site pulls into a single view a variety of public data that most consumers would have trouble finding, and allows users to search and compare advisors using criteria such as location, qualifications, amount and types of assets under management, area of specialty, legal disputes and formal complaints.

All of this information is publicly available from sources such as the Securities and Exchange Commission or FINRA BrokerCheck, but the information can be difficult to dig up. And some of the data is buried in PDF documents that search engines can't crawl.

Advisor Pages could have its biggest impact by simply making a

wealth of data on advisors visible to major search engines, says Mike Alfred, who co-founded the company with his brother Ryan. "One of our big objectives is to change the business by adding search visibility. Our data will be better and more prominent than what's on an advisory firm's websites or on a LinkedIn profile," Alfred notes.

Advisor Pages has generated some criticism and controversy since its launch, with some advisors complaining that the information Brightscope is displaying is either inaccurate or out-of-date. Brightscope acknowledges that there's work to do to improve the site's quality, since the site launched strictly with publicly-available data.

But its intent all along has been to work with advisory firms to get them to add more information to their company and individual profiles on the site and make corrections where appropriate. The guess here is that after the grumbling settles down, advisory firms will work with Brightscope to assure the accuracy of firm profiles.

Working with advisory firms will be a key part of the business model. "We need to get much more information direct from the firms if we want this to be the source in the industry," Ryan Alfred says. "We have a verification method for letting a firm claim its profile and add some of their own information. We think most of them will be interested, especially when they see that our pages go higher in search engine rankings than their own pages."

The company also has longer-range plans to add information on fees and actual performance - the latter through cleansed, aggregated data on individual client portfolios.

Like Brightscope's 401(k) business,

the Advisor Pages business model likely will call for providing a good deal of free information to consumers. "We'll monetize it through sales of enterprise software to the firms that they can use to help with sales, retention and recruiting," Ryan Alfred says.

Brightscope has an opportunity here to accelerate the pace of change in the advisory marketplace. Today the business is divided into two camps - one made up of Registered Investment advisors (RIAs), who have legal fiduciary duty to put the client's interests above all else, and the other composed of broker-dealers who work under a weaker client "suitability" standard.

Currently, RIAs are overseen by the Securities and Exchange Commission, while Wall Street brokers are overseen by FINRA. But the extension of fiduciary responsibility poses big challenges to the traditional broker-dealer model.

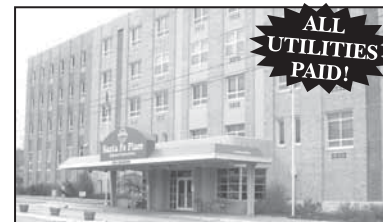
And the introduction of greater transparency and consumer access can only add momentum to the shift towards RIAs, who face far fewer restrictions on communications and marketing. "This inevitably will spur broker-dealers to change their approach more quickly than they would otherwise," says Mike Alfred. "If they don't, they're going to lose out to RIAs."

- Mark Miller is the author of "The Hard Times Guide to Retirement Security: Practical Strategies for Money, Work and Living" (John Wiley & Sons/Bloomberg Press, June 2010). Subscribe to Mark's free weekly eNewsletter at <http://retirementrevised.com/enews>. Contact: mark@retirementrevised.com. Twitter: @retirerevised.

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MAYO CLINIC

Elevated heart rate most likely caused by medical condition

DEAR MAYO CLINIC: What is sinus tachycardia? What causes it? How is it treated?

ANSWER: Sinus tachycardia is the term used to describe a faster-than-normal heartbeat—a rate of more than 100 beats per minute vs. the typical normal of 60 to 70 beats per minute. Well over 99 percent of the time, sinus tachycardia is perfectly normal. The increased heart rate doesn't harm the heart and doesn't require medical treatment.

The term sinus tachycardia has nothing to do with sinuses around the nose and cheeks. Rather, it comes from the sinus node, a thumbnail-sized structure in the upper right chamber of the heart. This structure controls the heart rate and is called the heart's natural pacemaker.

The sinus node signals the heart to speed up during exercise or in situations that are stressful, frightening

or exciting. For example, a 10- to 15-minute brisk walk typically elevates the heart rate to 110 to 120 beats per minute. Also, the sinus node increases the heart rate when the body is stressed because of illness. In all of these circumstances, the heart rate increase is a normal response.

Likewise, the sinus node signals the heart to slow down during rest or relaxation.

We see patients who are concerned because their heart rate stays elevated in the range of 100 to 130 beats per minute. Almost always, there's a medical reason that the sinus node keeps signaling for the faster rate. Possibilities include anemia, an underlying infection, elevated thyroid hormone, or reaction to medication. Addressing those conditions would likely bring the heart rate back to a normal rate. Other factors may be involved, too, such as overdoing caffeine. For exam-

ple, I saw one patient who was eating several chocolate bars a day. The caffeine in the chocolate was elevating her heart rate.

Rarely, the sinus node can jumpstart the heart rate with no apparent cause—no stress, illness or high activity level. This is termed inappropriate sinus tachycardia. About half of the time, this phenomenon occurs after recovery from a serious illness, usually a viral illness. And most often, those affected are women in their 20s and 30s.

Inappropriate sinus tachycardia doesn't cause heart damage, though patients may feel uncomfortable with the elevated heart rate. Some patients may have other associated symptoms, such as fatigue, headache, chest discomfort, shortness of breath or light-headedness. When symptoms are problematic, treatment can include beta blockers that block the action of adrenaline and help slow the heart rate. Very rarely, the heart may maintain very high rates of 160 to 180 beats per minute. More involved treatment options are available to control this condition.

For some patients, the elevated heart rate is the only symptom. Some have a lifelong history of sinus tachycardia

in the 110 beats per minute range, and they lead a normal, healthy life. And often the inappropriate sinus tachycardia will improve in time without treatment.

We encourage patients with prolonged sinus tachycardia to improve their overall fitness level. The more fit you are, the lower your resting heart rate. The elevated heart rate could slow with improved conditioning.

Patients who have concerns about an elevated heart rate should check with their physician. Other conditions, such as atrial fibrillation, can cause a racing heart. Atrial fibrillation should be treated, as it increases the risk of stroke and can damage the heart. - Stephen Hammill, M.D., Cardiology, Mayo Clinic, Rochester, Minn.

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

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SENIOR CALENDAR

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

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

ART/ENTERTAINMENT

JUN 17-SEP 23

ART WALK

Art Walk, sponsored by the Baldwin Community Arts Council, takes place on the 3rd Friday of the months of June through September. The art walk on September 16 is our Annual Cuppa Java event where you have an opportunity to purchase a hand-crafted mug and dessert. 718 High St. BALDWIN CITY, (785) 594-3200
<http://www.baldwincitychamber.com>

JUL 15-AUG 13

PETER PAN

Peter, Wendy, John, Michael, Tiger Lily, Captain Hook, and of course, Tinkerbell take flight once again as Topeka Community Theatre audiences share in the thrilling exploits of the boy who won't grow up! 3028 SW 8th Ave. TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

AUG 20 & 21

STATE FIDDLING & PICKING CHAMPIONSHIPS

Enjoy the annual acoustical competition and concerts. Open competition in fiddle, banjo, guitar, mandolin, dulcimer, miscellaneous acoustic instruments and ensemble folk singing. Free concerts, children's activities. South Park. LAWRENCE, (785) 841-7817

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE MICHIGAN AVE, TOPEKA,
6:30 PM, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays.

2050 SE 30TH ST, TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA,
6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

LEGIONACRES

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

SUNDAYS & TUESDAYS

MOOSE CLUB

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

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH

COTTONWOOD RETIREMENT CENTER, 1029 NEW HAMPSHIRE ST., LAWRENCE, 2 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST., LAWRENCE, 3 PM

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

CLASSES/LECTURES

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AUG 17

"JOHN BROWN'S RAID" LUNCHPAIL LECTURE

As part of Lawrence's proud annual tradition of commemorating Civil War on the Western Frontier, Lawrence Public Library presents Dr. Jonathan Earle and "John Brown's Raid." This presentation explores how Abraham Lincoln was able to navigate a tricky course of political moderation to win his party's nomination and, finally, the presidency. Lawrence Library Gallery. LAWRENCE, (785) 843-3833

AUG 18 & 19

AARP DRIVING SAFETY CLASS

Registration is being taken now. This two-day class will be held 10 a.m.-3 p.m. on both days. A refresher course that covers traffic laws, driving tips and techniques is taught by a trainer AARP instructor. Class is \$12 for AARP members/\$14 for non-members. Space is limited. Registration is required. To reserve a spot for this session, call Pattie at the Library. LAWRENCE, (785) 843-3833, EXT. 115

AUG 20

LECTURE & BOOK SIGNING OF "THOMAS EWING, JR." BY AUTHOR RONALD SMITH

A frontier lawyer and Kansas Supreme Court justice who became a Union brigadier general, Thomas Ewing Jr. is best known for issuing the controversial General Order No. 11 on August 25, 1863, which forcibly removed Confederate sympathizers in rural western Missouri after Quantrill's raid of Lawrence. Smith is an attorney and veteran of the U.S. Navy who began writing Thomas Ewing Jr.: Frontier Lawyer and Civil War General after 10 years of research. Lawrence Library Auditorium
LAWRENCE, (785) 843-3833

AUG 23

UNDERSTANDING AND CONTROLLING HYPERTENSION

Hypertension or high blood pressure affects an estimated 1/3 of Americans with many of these unaware they have it. Left uncontrolled, high blood pressure can lead to heart attack, stroke, kidney damage plus more. Elizabeth Beal, MD of Family Medicine of Tonganoxie will present helpful information to assist in understanding the problem of hypertension as well as the current recommended treatment strategies. John Drees, RN of LMH Community Education will discuss monitoring of blood pressure at home and will offer free screening at the conclusion of the presentation. Free; advance registration recommended. Family Medicine of Tonganoxie, 410 Woodfield.
TONGANOXIE, (785) 749-5800

EXHIBITS/SHOWS

JAN 21-DEC 31

150 THINGS I LOVE ABOUT KANSAS

This special exhibit will commemorate the 150th anniversary of Kansas statehood. 6425 SW 6th Avenue.
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<http://kshs.org>



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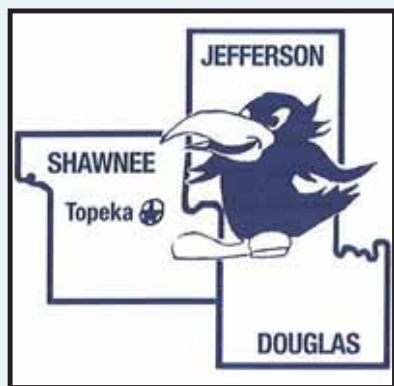
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For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

SUMMER 2011



Our Mission

Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- Is a 501(c)3 non-profit organization
- Is funded by tax-deductible contributions, federal funds, under state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability



JAAA Executive Director Jocelyn Lyons explains the CHAMPSS program to interested seniors at the first orientation session at Hy-Vee.

CHAMPSS comes to Topeka!

After several years of planning, Executive Director Jocelyn Lyons is pleased to announce that, under the leadership of Secretary Shawn Sullivan, the Kansas Department on Aging has approved JAAA's application to initiate a CHAMPSS (Choosing Healthy Appetizing

Meal Plan Solutions for Seniors) program in partnership with Topeka's Hy-Vee store at 29th and Wanamaker. "I am eager to see providers find innovative, cost-effective solutions to better serve Kansas seniors. Jayhawk Area Agency on Aging has done just this with

their CHAMPSS program," said Secretary Sullivan.

The flexibility of the meal program which allows seniors the choice of what and when to eat is undeniably appealing. A CHAMPSS credit card is loaded with up to 12 meals

A Message from Jocelyn Lyons, JAAA Executive Director

Jayhawk Area Agency on Aging is moving forward in our quest to change the delivery of services to older consumers.

During my tenure, I have experienced many successes in the role that Jayhawk Area Agency on Aging has played in our planning service area of Douglas, Jefferson and Shawnee counties. None has provided me with more joy and fulfillment than the planning of new programs to meet the needs and the desires of our aging population.

I have observed and been part of an evolving change, whether it be at the forefront or after much advocacy. I am continually proud of the hard work put forth by the JAAA Advisory Council, Board of Directors, staff and the community members at large who serve on

committees, research and assist in planning programs.

JAAA recently reached another milestone with the opening of the Topeka CHAMPSS (Choosing Healthy Appetizing Meal Plan Solutions for Seniors) program. This program offers an alternative to the traditional dining centers (formally known as mealsites) implemented 30 plus years ago in communities nationwide.

The congregate dining centers were established as an avenue to provide nutritious meals to seniors and a place to socialize to avoid isolation. Typical host sites for the meals are churches, community buildings, senior centers, etc. However, from the inception of mealsites, the program was a hard sell to the population



Lyons

for which it was created. And during the last several years, JAAA has observed the participation levels dramatically decrease. That decrease is partly due to the change in our generations and how we see our-

selves age.

So what is the change we see today from past generations? The determination to live within a community that offers options to be active and live with a purpose for staying healthy.

CHAMPSS

CONTINUED FROM PAGE ONE

(\$2.50 a meal is the suggested donation, but — because the value of the meal is \$5.00 — participants are invited to be as generous as their budgets allow). While funded in part by the Older Americans Act and the Kansas Department on Aging, it is the participants' donations that will enable the CHAMPSS program to grow and allow more seniors to take advantage of it.

Participants may visit Hy-Vee's in-store restaurant for one meal per day — either breakfast, lunch or dinner — where they may choose an entrée, fruit and vegetable along with bread and low fat milk. Swiping the card removes one meal. Cards may be refilled with donations accepted by credit card by calling JAAA or mailing or dropping by a check to the office at 2910 Topeka Boulevard, 66611-2660.

CHAMPSS is proving to be wildly popular. In the first orientation session at Hy-Vee on June 29th, 34 seniors enrolled; within four days the number had grown to 67. "These strong early numbers show that we are on the right track in giving seniors the meal choices they want with regard to what and

when to eat," commented an enthusiastic Lyons.

Shawn Brown, Director of the Topeka Hy-Vee store, is equally enthusiastic about the program: "Topeka Hy-Vee is honored to have been chosen to provide the CHAMPSS program here in Topeka. This program fits very well with Hy-Vee's health initiative and our goal to provide nutritious food options for our shoppers. The program will work great for those joining as we will have choices from most of our fresh departments — including our Italian, Chinese and Fresh Kitchens — all providing nutritious meals that allow for personal taste preferences on a daily basis. The menu was put together by our in-house dietitian Amber Groeling to meet all requirements and ensure that all participating will be getting a nutrient-rich meal. Amber is available on a daily basis to answer any dietary questions that our customers may have."

Future orientation sessions where seniors may learn about and enroll in the CHAMPSS program are being scheduled. For more information, please call JAAA at 235-1367.

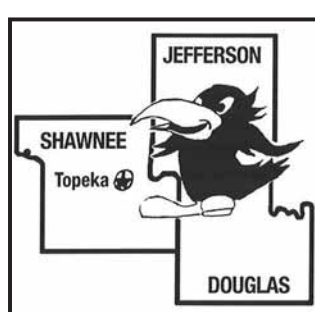
JAAA also operates a successful CHAMPSS program in Oskaloosa in partnership with Rosie's Downtown Café.

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Marsha Henry Goff, editor



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Jayhawk Area Agency on Aging does not discriminate on the basis of race, color, national origin, sex, age, or handicap. If you feel you have been discriminated against, you have a right to file a complaint with the Agency. In accordance with ADA regulations, every effort will be made to accommodate people with disabilities. If you need special assistance, please call **Jocelyn Lyons** at Jayhawk Area Agency on Aging, Inc.

Heroes of the Greatest Generation: Bill Munoz

"I'm not a hero!" emphatically states 85-year-old Bill Munoz. But those who know the 5th Ranger Battalion World War II veteran disagree.

Of the 16 million American men and women who served in the military during WW II, only 7,000 were Rangers. Known as "spearheaders" for leading invasions, Rangers also infiltrated through enemy lines and tackled dangerous missions. Today, Rangers are best remembered through movies like *Saving Private Ryan*, *The Great Raid* and *The Longest Day*. The latter movie tells the story of the Normandy D-Day invasion, led by 2nd and 5th Battalion Rangers, but Americans often forget the hard, bloody invasions and fighting that occurred both before and after D-Day on June 6, 1944.

As a skinny, 17-year-old Topeka youth, Munoz pleaded with his mother to sign papers allowing him to join the military. Afraid for his safety, she refused, but he managed to enlist in the army shortly before

he turned 18. He was shipped to England where the Rangers were recruiting. Munoz quickly volunteered, only to be asked by the recruiting officer why he thought he could be a Ranger. Munoz cited his proficiency with a knife. Testing him, the officer pasted up a target and, before he could turn around, Munoz threw the knife, missing the officer by inches while hitting the bullseye. He was in!

Munoz's best war stories are not for publication. He took an oath of secrecy for many of his missions and he keeps it. He says that Rangers were told not to expect glory, medals or promotions and that when they were not in combat, they were training. Although he never jumped in combat, training included parachuting from airplanes. He tells of carrying a

wounded soldier around his shoulders for a long time only to discover that he was carrying a dead man. "I wouldn't have left him anyway," he asserts.

Munoz served as a radioman and was wounded in action, but refused a Purple Heart, saying he did not want his mother to know he had been hurt. His favorite story is of a poker game at war's end where he, a novice player, was deliberately allowed by his friends to win their money — "Well, your two pair beats my three of

a kind!" — so he could accompany them to Paris. His buddies knew that he kept only \$11.32 of his monthly pay and sent the rest to his parents.

After the war ended in Europe, he volunteered to join the 6th Ranger Battalion, still fighting in the Pacific. He made it as far as California where he was hospitalized for two years for debilitating headaches, the result of his head wound in Europe.

Munoz returned to Topeka, went to college on the GI Bill and spent his working life in club management. He and his wife, Lupe, have four sons and recently celebrated their 60th anniversary.

He says he is not a hero. You be the judge.



Bill Munoz

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'Green' power for an orange tractor

John Pendleton is a rural Lawrence farmer whose tractors need to work as hard as he does. Thirty years ago he purchased a 1949 Allis-Chalmers "G" tractor from a neighbor. Five years ago, the tractor's engine developed a crack in the block making it useless. Because it was an antique, parts were unavailable or cost-prohibitive, so the tractor was stored until an Internet search found a farmer who had converted his "G" tractor from gasoline to electric power and helpfully posted "how to" directions on the Web.

John's son, Will, a mechanical engineering student at K-State, made it his summer project to convert the tractor. John charges the 48-volt system

each night by plugging it into an electric socket and the next morning the tractor is ready to work in the fields. He says it has as much power as when it had a gasoline engine and adds, "It can last in the field longer than I can!"

Although the photo of John with his tractor is not in color, many of you likely know that Allis-Chalmers tractors are painted a vivid orange. But, while John's tractor retains its traditional orange outside, it is powered by "green" energy.

John and his wife, Karen, operate Pendleton's Country Market and Greenhouse east of Lawrence where they sell fresh vegetables, flowers and an eclectic mix of locally produced products.



John Pendleton with his 1949 Allis-Chalmers "G" tractor



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Governor to hold centenarian conference

Calling all Kansas centenarians! Governor Sam Brownback will be holding a reception for all Kansas centenarians Thursday, September 15, 2011, at the Kansas State Fair.

Come join the Governor and Secretary of Aging, Shawn Sullivan, for a reception celebrating Kansas seniors' lives.

"I am thrilled to meet and hear the stories of our Kansas centenarians, especially

this year, as we celebrate our state's sesquicentennial anniversary," said Governor Brownback.

"I look forward to getting to meet more Kansas centenarians and hearing about their

lives in Kansas," said Secretary Sullivan.

For more information and to RSVP please contact Sara Arif at the Kansas Department on Aging, 785.296.6154 or sara.arif@aging.ks.gov.



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Canada Drug has been in business in Topeka since October of 2003. As a company, our goal is to help people by saving them huge amounts of money on their prescription drug costs. We have a widespread client base across the U.S. The three pharmacies we work with are actual dispensing, licensed and insured facilities. They only dispense from valid prescriptions. Our Overseas Pharmacy spends extra money to insure the safety of the medications they sell by having the medications batch tested at independent labs; and blister pack almost all products to insure no counterfeit enters the system. Our job at Canada Drug is to offer the safest products with substantial savings and the best customer service we can provide. Our many repeat customers and longevity in this business attest to our efforts. We have saved our clients hundreds to several thousand dollars yearly. Let us do a free cost analysis on the list of drugs you take and then you can compare. We would love to help you and have you share our vision.

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Frequently Asked Questions:

What is the difference between a Mail order pharmacy and an online pharmacy?

A mail order pharmacy is an actual licensed pharmacy with a physical location and licensed pharmacists who fill the prescriptions with due diligence that is required of a licensed pharmacist. An online pharmacy can simply be a call center set up anywhere that farms out prescriptions to any wholesaler or pharmacy in the world that offers the best price. The online pharmacy is usually NOT a licensed pharmacy. Therefore they do not have all of the safety standards in place. They offer some incredible low prices to get people to order, but they can have some very dangerous products. If a price "sounds too good to be true" – it is.

Are all drugs sold in the US made in the US?

No. While a good deal of research and development is done in the US, most of the drugs are manufactured elsewhere and sent into the US and to other countries. Most of the generic drugs sold at well known large pharmacy retailers are purchased from the same suppliers that our pharmacies use.

Why do some drugs have different names or appearances?

The pharmaceutical industry will change the names of a drug for different countries so they can track where it is being sold. They will also change the color and shape of pills for different medications. For example, Nexium, "The purple pill" is only purple in the US.

How do generics compare to Brand and why are they available overseas and not in the US at the same time?

All of the generics we get are from manufacturing facilities that provide generics at the present time to the US market. Generics are available in other countries sooner than the US because the same patent protections do not apply to other countries. Generics must be made of exactly the same formulary that the brand is made from. It can have a different binder, but must be the same medication. All drugs being manufactured go through the same stringent requirements as the brands.

What about all the counterfeit drugs that are becoming prevalent?

The pharmacies that we work with have strict quality control and operate to the highest standards. All medicines that enter into their pharmacy system are obtained by licensed wholesalers, not brokers. These are wholesalers licensed by the drug manufacturers to ensure product safety. The drugs are all manufactured in FDA or its equivalent agency inspected plants. Drugs are randomly sent to independent labs for further testing to ensure the quality and safety by each of our pharmacies.

SAMPLE DRUG PRICES

MEDICATION	U.S. PRICE	OUR PRICE	YOU SAVE
Abilify 30mg, 100 pills	\$2932	\$530	81%
Actos 45mg, 90 pills	\$ 924	\$240	74%
Aricept 10mg, 90 pills	\$ 973	\$244	74%
Boniva 150mg, 3 pills	\$ 429	\$129	69%
Celebrex 200mg, 90 pills	\$ 450	\$ 99	78%
Cymbalta 60mg, 90 pills	\$ 597	\$171	71%
Domperidone 10mg, 100 pills	\$ 128	\$ 19	85%
Latisse 0.03%, 3ml bottle	\$ 128	\$ 30	76%
Namenda 10mg, 100 pills	\$ 415	\$150	63%
Nexium 40mg, 90 pills	\$ 640	\$147	77%
Plavix 75mg, 90 pills	\$ 613	\$155	74%
Premarin 0.625mg, 84 pills	\$ 233	\$ 42	81%
Propecia 1mg, 90 pills	\$ 219	\$ 93	57%
Singulair 10mg, 90 pills	\$ 532	\$144	72%
Spiriva 18mcg, 90 pills	\$ 724	\$162	77%
Viagra 100mg, 16 pills	\$ 358	\$ 91	74%
Xalatan 0.01%, 1 bottle	\$ 120	\$ 33	72%
Zetia 10mg, 100 pills	\$ 437	\$142	67%
Zyprexa 20mg, 100 pills	\$3964	\$389	90%

**5938 SW 17th St
Suite 400
866-804-6100**

Fundraising Event a Big Success

JAAA's "There's No Place Like Home" annual fundraiser on May 18th at Great Overland Station provided fun, great food by Aboud's Catering and dancing to the music of The Kings of Swing band. The event benefits JAAA's Guardian Angel Fund.

Honorary Chairs Susan and Dr. Jerry Farley, president of Washburn University, led off the dancing with a spotlight dance. Soon, dancers of all ages were swirling under the massive chandeliers.

Marge Heeney, in a characteristically distinctive hat, was belle of the ball with an unending choice of partners. Another



Marge Heeney

dancing pair — a grandmother, Mildred Humphries, and her grandson, David Reed, whom she taught to dance when he was a young boy — never sat out a dance. JAAA employee Sharon Sturgeon and her father proved it is possible to twirl on a crowded floor. Some attendees chose not to dance but appeared to have just as much fun tapping their toes to the rhythm of the music while watching dancers spin around the floor.

A sealed-bid auction for a University of Kansas basketball signed by the 2010-11 men's team brought attention from as far as California where the suc-



LEFT: Honorary Chairs Susan and Dr. Jerry Farley, President of Washburn University, lead off the dancing with their spotlight dance. **RIGHT:** Mildred Humphries dances with her grandson, David Reed, a dental student at UMKC. - Photos courtesy of Beverly Thompson and Vanessa Merillat.

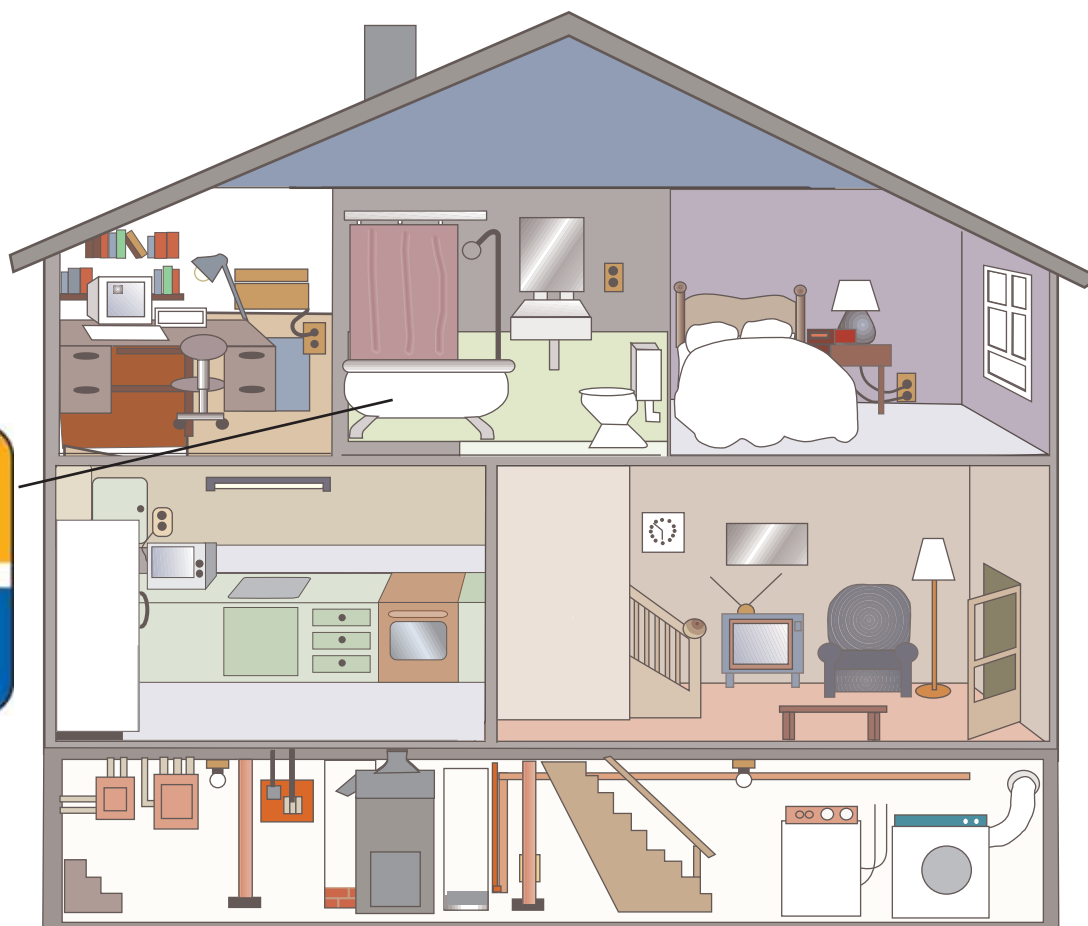


cessful bidder resides. Drawings for 22 extravagantly-filled themed baskets, donated by friends of JAAA, proved such a hit with the crowd that it will

be repeated next year.

JAAA's "There's No Place Like Home" gets better every year. Planning for 2012 is already underway. Hope to see you then.

Make Your House A Home!



Call Kevin at 785-841-9417 for information about adding your ad to "Make You House A Home!"

Why St. Francis? The Best Care.



- Recipient of the HealthGrades Orthopedic Surgery Excellence Award™
- Ranked Among the Top 10 in Kansas for Joint Replacement
- Ranked Among the Top 5 in Kansas for Spine Surgery
- 5-Star Rated for: Spine Surgery
Back and Neck Surgery (except spinal fusion)
Hip Fracture Repair (2009-2011)
Total Hip Replacement (2009-2011)



SeniorSpirit St. Francis Health Center

St. Francis Health Center SeniorSpirit

If you're 65 years old or better join our SeniorSpirit health and wellness program. Membership allows you to obtain services and discounts at St. Francis Health Center, including the 7th Street Bistro and our Gift Shop. It also includes free exercise classes at the St. Francis Sports Medicine Center, free monthly educational programs for older adults and free blood pressure checks. Call 1-785-295-5439 for more information.

St. Francis Sports Medicine Continued Care Program at the St. Francis Sports Medicine Center

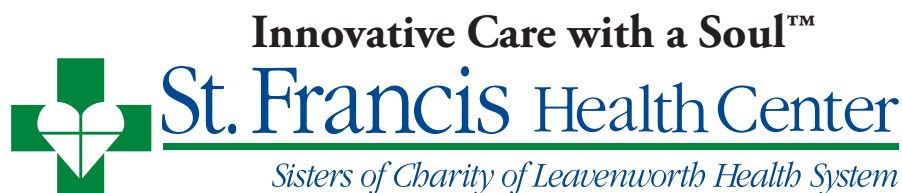
801 S.W. Fairlawn Road, Topeka, KS

- An independent, self-directed exercise program
- Single-level building, with easy access and adjacent parking lot
- Experienced, licensed medical professionals
- Use of state-of-the-art exercise and rehabilitation equipment
- Indoor walking track

Program cost: \$30 a month for individuals (+\$15 for spouse) or \$5 per class

Additional exercise classes offered: Basic Yoga, Big Moves, Individual Exercise Orientation, On the Move, Restorative Yoga, Sit and Strengthen and Therapeutic Yoga

Call 785-228-1700 or visit www.stfrancistopeka.org for more information.



1700 S.W. 17th Street | Topeka, KS | www.stfrancistopeka.org

Living each day to the fullest for 90 years

By Marsha Henry Goff

Paul Kincaid has a woodworking shop that rivals television's New Yankee Workshop in hand tools, power tools and organization. At 90, he has crafted cabinets, shelves and a mantle for his home in Lawrence as well as a beautiful hope chest for Mary Bess, his late wife to whom he was married for 67 years. He says working with wood relaxes him.

However, time to spend relaxing in his woodworking shop is limited because Dr. Paul Kincaid is the longest actively practicing dentist in Kansas. He began his practice in Lawrence in 1945 when he and Mary Bess arrived in town on a Greyhound bus to set up a second-floor office with used equipment purchased with \$3,000 in borrowed money. He worked two hours each day as a contract dentist at Haskell Institute (now Haskell Indian Nations University) to pay rent on his downtown office.

Dr. Kincaid served in the US Army during the Korean War while a dental school classmate took care of his patients for him. When he returned, he moved his practice to its current location at 23rd and Barker. He says one of the most wonderful things in his life occurred when his son, Dr.

Charles Kincaid, joined the practice in 1976. For 35 years, father and son have appreciated each other's skills while enjoying the time they spend working together. Another son, Dr. Paul Kincaid, is a chiropractor in Oskaloosa.

Father and son have taken three medical missionary trips to Haiti where they once extracted 800 teeth in five days. On their third trip, in 1987, to Ile de la Gonave, a small Haitian island, Mary Bess accompanied them and served as their scrub nurse.

Dr. Kincaid also believes in helping people nearer to home. He once phoned a local shelter and asked if they had a client whose self-esteem might be helped by dental work. Several thousand dollars in work donated by Dr. Kincaid and a dental lab gave the young man teeth of which he could be proud. The man, presently employed, keeps in touch with the dentist whose generosity gave him a confident smile.

The Kincaid practice, Associates in Dentistry, has 15 loyal employees which includes three dentists and five hygienists. One hygienist has been with the practice for 35 years, while a dental assistant has logged an impressive 45 years. Patients, too, are loyal. Some have been his patients since 1945, and a longtime patient



Dr. Paul Kincaid is pictured in his well-equipped woodworking shop where he enjoys relaxing.

who recently visited the office for a checkup was in kindergarten when Dr. Kincaid set up his practice. It is not then surprising that Dr. Kincaid regards both employees and patients as family and friends.

This busy nonagenarian has no intention of retiring any-

time soon. He tried it once for a full 24 hours and did not like it. He meditates daily and says he is blessed with steady hands, balance and good eyesight. Although he does not say it, he obviously is also blessed with a happy spirit and a kind heart.

Call Kevin at (785) 841-9417 for information about advertising in the next issue of Amazing Aging!

NEW!!!

from KABC

Kansas Go-To Guide

When you need resources for:

- ◆ Older Adults
- ◆ Veterans
- ◆ Caregivers
- ◆ Persons with physical, developmental, or mental disabilities

To get this free guide,
call 1-800-525-1782
email: info@kabc.org
online: www.kabc.org in Spanish & HTML

*Kansas Advocates for Better Care
Advocating for Quality Long-Term Care Since 1975*

The importance of having a medical alert system

By Marsha Henry Goff

"Help! I've fallen and I can't get up!"

Are there any of us who do not remember the commercial where that desperate plea for help was shouted by an elderly woman lying on the floor?

I well remember two similar calls from my late mother. The first time she crawled to the phone and called me, she had fallen and broken her hip. A couple of years later, she fell and broke her femur and again crawled to her phone to call me for help.

After she was widowed at age 56, it was Mom's choice to live alone in the home where she and Dad had reared their four daughters. She gardened, baby-sat for grandchildren, visited with friends, continued to prepare income taxes for her clients and worked with census and voter registration.

Although we worried about her living alone, my sisters and I recognized it was her right to choose where she lived. After the second injury, however, she agreed to the installation of a life-line which included a necklace with a button she pushed if she suffered an accident. The button allowed her to speak directly to a person who would call me or dispatch an ambulance if Mom required immediate medical care.

In her later years, Mom used an electric wheel chair. Once I frantically drove to her home after receiving a call that she

needed assistance, only to find that her wheelchair battery had run out of charge and she was trapped in a corner. Following that incident, I suggested she give the person she spoke with the details of her situation and say if she required and ambulance. "I'll get here just as fast, Mom," I promised, "but I won't be in such a panic worrying about what is wrong if I know you aren't injured."

One does not have to be elderly to fall. I proved that once by hurrying down the steps to open our back door. However, if an elderly or disabled person who lives alone falls, it is much more difficult for them to obtain the help they need.

Statistics show that nearly 10.9 million older individuals — 7.9 million women and 2.9 million men — live alone. Nearly half of women age 75+ live alone. Studies by medical organizations and the Consumer Safety Product Council show that falls in and around the home are responsible for the majority of injuries and hospitalizations for people 65 years and older. Those studies indicate that 1 in 3 people over the age of 65 will suffer a major fall each year.

The medical-alert system can be a lifesaver in the event of a fall, fire or home invasion. Costs of monitoring such a life-line usually range from \$30 to \$50 a month, although an Internet search reveals one that costs only \$15.95 per month. Over 200 of JAAA's clients have

medical alert systems. More seniors could benefit by having one. If you have questions about

medical alert systems, please call JAAA at 235-1367 (in Topeka) or 1-800-798-1366.

Getting kids 'Outside for a Better Inside'

As a boy growing up on the south banks of the Kaw River in Lawrence, John McGrew, now a retired realtor/developer, imagined himself as Huckleberry Finn. He did not need his parents' encouragement to "go outside and play" because enjoying the outdoors was second nature to him. At one time, he even aspired to be a park ranger, but life, as it often does, took him in a different direction.

Fast forward to fatherhood and grandfatherhood. McGrew noticed that children in generations following his own appeared to be disconnecting from nature. Television and computer games were keeping children indoors. Indeed, it is estimated by the Kaiser Family Foundation that seven and a half hours each day are spent with electronic devices by kids ages 8 to 18. One little boy in San Diego told Richard Louv, author of *Last Child in the Woods*, that he preferred to play indoors because that is where the electric outlets were located. Such a lifestyle is believed to contribute to childhood obesity, depression and even nearsightedness.

Louv, a University of Kansas journalism graduate, originated the term "nature deficit disorder" to describe children's disconnect from nature. When McGrew discovered *Last Child in the Woods*, he recognized that he and Louv were kindred spirits and purchased boxes of the book, giving away over a hundred copies. McGrew also formed an organization — Outside for a Better Inside — and persuaded musician Kelley Hunt to write and perform "Let's Go Outside."

If you are as passionate as McGrew for unplugging your grandchildren and getting them outdoors, there are things you can do that will be fun for both generations. McGrew advises you to start early. Fishing, he says, is a great way to reconnect with nature and show children where their food comes from. You can visit a park or a zoo. Show them how to recognize poison ivy. Fly a kite. Look for shapes in clouds. Take a walk and listen for bird songs. Plant a garden. Watch fireflies at dusk.

Engaging in outdoor activities with grandchildren benefits them . . . and you, too!

Help with your Medicare questions and costs

By Pamela Brown
JAAA SHICK/Volunteer
Coordinator

Do you need help paying your medical costs?

Medicare, Social Security and the State of Kansas have 2 programs that help Medicare beneficiaries with their Medicare premiums, co-pays, deductibles and co-insurances.

The first program, **Medicare Savings Program**, is administered by the State of Kansas and requires a short application. These applications can be obtained by calling Jayhawk Area Agency on Aging, 785-235-1367 and asking for a SHICK Counselor (**Senior Health Insurance Counseling for Kansas**).

How does the Medicare Savings Program work? There are 3 levels of assistance based on income and assets.

1. QMB or Qualified Medicare Beneficiary

Monthly Income & Total Assets
(Assets do not include your house, car, home furnishings or life insurance policy)

Single: \$907.50
Assets: \$6,680.00
Married: \$1,225.83
Assets: \$10,020.00

QMB pays premiums for Medicare Part B (and Medicare Part A premium if that applies), Part A and Part B co-pays, deductibles and coinsurance.

2. LMB or Low Income Medicare Beneficiary

Monthly Income & Total Assets
Single: \$1,089.00
Assets: \$6,680.00
Married: \$1,471.00
Assets: \$10,020.00

LMB pays Part B premium.

3. Expanded LMB or Qualifying Individual (QI)

Monthly Income & Total Assets
Single: \$1,225.13
Assets: \$6,680.00
Married: \$1,654.88
Assets: \$10,020.00

Expanded LMB or QI pays Part B Premium.

The second program, **LIS (Low Income Subsidy) or EXTRA HELP**, applies to Medicare D only and is administered by Social Security. The level of income and assets are different for this program. If your income is anywhere close to the level listed you should apply online at www.ssa.gov/extrahelp. You may also call Jayhawk Area Agency on Aging 785-235-1367 (Topeka) or 1-800-798-1366 (outside Topeka) and ask to speak to a SHICK Counselor who can assist you in completing the form online or you may call the Social Security hotline, 1-800-772-1213, and tell them you want to apply for EXTRA HELP.

LIS/EXTRA HELP Guidelines:

Income and Assets:
Monthly Income & Total Assets
Single: \$1,361.25
Assets: \$12,640.00
Married: \$1,838.75
Assets: \$22,065.00

Please call Jayhawk Area Agency on Aging, 785-235-1367 (Topeka) or 1-800-798-1366 (outside Topeka), and ask for a SHICK (**Senior Health Insurance Counseling for Kansas**) Counselor if you have any questions or would like to apply for the Medicare Savings Program or Extra Help.

JAAA extends Heartfelt Thanks to those who Generously Contributed to our "There's No Place Like Home" Fundraiser benefiting our

Guardian Angel Fund

Tinman with a Heart (\$1,000 to \$4,999)

Aboud's Catering (in kind) Capitol Federal Foundation
The Barn Bed and Breakfast (in kind) Belinda Schuman
MHG Ink Communications (in kind)

Intelligent Scarecrow (\$500 to \$999)

Hallmark Cards PRN Home Health and Hospice Strathman Sales Co., Inc.

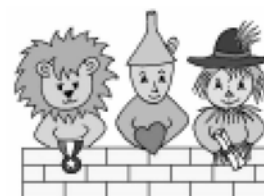
Courageous Lion (\$100 to \$499)

Mr. and Mrs. E. C. Anderson	Lesta Henry Kline
The Barn Bed and Breakfast	In Memory of Lew & June Henry
Blue Cross & Blue Shield of Kansas	Jocelyn Lyons
CoreFirst Bank and Trust	MC Industries/Sunflower Sales
Cumulus Radio (in kind)	Medical Lodges, Inc., Eudora
Stu & Elinor Entz	Paul Monhollan
Garold J. Fowler	Jerry & Ann Palmer
Nancy L. Helmstadter	Marsha Ridinger
Marsha Henry Goff & Ray Goff	Martha Skeet
In Memory of June S. & L. Lew Henry	Jay & Nina Skidmore
Ray Goff (in kind)	Ron & Annette Thornburgh
Horton National Bank	Kathryn & Gerald Wietharn

Friendly Munchkin (Up to \$99)

Atria Hearthstone (in kind)	Hallmark Cards (in kind)
Shirley Biller	Susan Harris
In Memory of Lois Long	Beth Kinnan
CBIZMHM, LLC	John Studdard & Audrey
Cox Communications (in kind)	Kamb-Studdard
Michele Dillon	Vanessa Merillat
Jo Cross	Karen Peterson
Richard G. & Shirley Ann Fuller	Cathy Parsons
Nyree Green-Brooks	Jean Stueve
Gary & Kay Hale	Barbara Swinney

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The summer heat can be deadly

According to the National Oceanic and Atmospheric Administration (NOAA), each year, on average, 1,500 people in the U.S. die from excessive heat, a number that is more than the average annual death toll from tornadoes, floods, hurricanes and lightning combined. Senior citizens are especially vulnerable to heat because their bodies do not adjust to sudden changes in temperature as effectively as when they were younger. Chronic medical conditions and/or prescription medicines often can inhibit perspiration and impair the body's ability to regulate its temperature.

Ways to beat summer heat:

- Hydration is vital. Drink fluids even when you do not feel thirsty. Keeping a glass of water in every room is a good idea. Instead of drinking hot tea or coffee, substitute iced tea or lemonade.

- Stay inside during the hottest part of the day. Do necessary chores like watering the lawn or filling birdfeeders in the morning or evening. Wear a hat and light-colored clothing.

- Watch your diet. Proteins increase metabolic heat production and water loss. Fruit and vegetable salads are a good replacement for meatloaf or roasted meats and your house stays cooler if you are not using your oven or cooktop.

- If you do not have air conditioning, keep windows and blinds closed during the day. Use fans to circulate air. On blistering days, visit the mall

or spend the afternoon at the library where it is cool and you can read newspapers or a good book in comfort.

- If your high electric bills due to central air conditioning threaten to bust your budget, consider buying a small window unit and cool a couple of rooms instead of the entire house. A whole-house fan installed in a hallway is a great idea to pull in cool night air through open windows and, because they use about one-tenth of the electricity of comparably sized air conditioners, can greatly reduce air conditioning bills. Whole-house fans are relatively inexpensive to install.

Keep elderly family members and friends safe

It is important to check on elderly loved ones and neighbors to be sure the summer heat is not endangering them. Heat stroke is the most serious heat related problem and occurs when the body cannot control its temperature. Within 10 to 15 minutes, body temperature may rise to 106°F or higher and may cause death or permanent disability without emergency treatment. Warning symptoms of a heat stroke are:

- Body temperature above 103°F
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Dizziness
- Throbbing headache
- Nausea

Heat exhaustion can develop after several days of exposure to high temperatures

and lack of hydration. Warning symptoms of heat exhaustion may include:

- Fast, weak pulse
- Fast, shallow breathing
- Cool, moist skin
- Heavy sweating
- Muscle cramps
- Tiredness
- Dizziness
- Weakness
- Paleness
- Fainting
- Headache
- Nausea or vomiting

How to help someone suffering from heat stress

If an elderly person (or any person) exhibits symptoms of severe heat stress, get medical assistance as soon as possible.

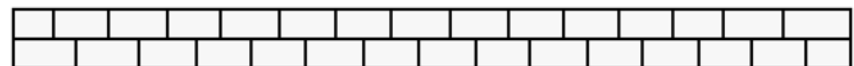
While you are waiting for help to arrive, try to rapidly cool the person by immersing him or her in a tub of cool water, sponging with cool water or spraying with a hose if out doors. Monitor body temperature and continue cooling efforts until the body temperature drops to 101°- 102°F. Do not give the person alcohol to drink.

Some communities have programs to provide air conditioners or fans to people in need of them. If you have questions about relief from the heat that may be available in your community, please call JAAA at 235-1367 (Topeka) or 1-800-798-1366 (outside Topeka).

Thanks to our Friends who Donated Extravagantly-filled Themed Baskets and Gift Certificates for our "There's No Place Like Home" Drawing

Aldersgate Village
 Caregivers Home Health
 Curves - Roberta Fazel and Joy White
 Kendra Glass
 Lexington Park Skilled Nursing
 McCrite Plaza Retirement Community
 Papa Murphy's Pizza
 Karen Peterson
 Stillpoint Massage
 21 Belle hAir

Baldwin Health Care & Rehabilitation
 billy vanilly
 Comfort Keepers
 Hallmark
 Homestead Assisted Living
 JAAA staff
 Kansas Rehabilitation Hospital
 McFarland's Restaurant
 Rockstar Detailing
 Tutus for You - Lisa Schaedler and Nyree Green-Brooks
 Westwood Manor



Jayhawk Area Agency on Aging There's No Place Like Home Committee

Susan and Dr. Jerry Farley, Honorary Chairs

Shirley Biller
 Connie Michaelis
 Martha Skeet
 Marsha Henry Goff, Chair
 Jocelyn Lyons
 Karen Peterson
 Beverly Thompson



The First Apartments

Independent Community--Seniors and Individuals with Disabilities



Studio, One Bedroom & Expanded One Bedroom Apartments providing:

- emergency call button w/24 hr. staff
- 24 hr. emergency maintenance
- Individually controlled heat & air
- balconies on each floor
- covered patio by pond
- small pets welcome

Unique Service Coordinator Staff on site providing:

- general case management
- referral services to community agencies & service providers
- resident advocate
- community presentations
- assistance with Medicare Part D plans

We also offer:

- Secure entry with doorbell intercom system
- Meals on Wheels site
- Laundry Room
- Coffee Room
- Recreation Room w/pool table and exercise equipment
- Library, computer w/internet
- Beauty/Barber Shop
- Weekly transportation for grocery shopping
- Red Carpet Library Service
- Health Department Clinics
- Healthwise 55 Presentations
- Storage locker for each apartment

We charge no entry fees. Our reasonable monthly rent includes utilities and maintenance costs. Applicants are encouraged to inquire about the availability of rent subsidy if their annual incomes meet HUD requirements.

Our doors are open to visitors and prospective residents. Call for a tour of the facility.

Residents are the principal priority to our staff. We provide an environment of independent living that encourages use of community resources.

Great location nestled in the Seabrook neighborhood and surrounded by area churches, banks and shopping center.

3805 SW 18th St., Topeka • (785) 272-6700

www.thefirstapartments.org



■ CONTINUED FROM PAGE 18

FAIRS/FESTIVALS

AUG 2-6

ATCHISON COUNTY FAIR

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

AUG 3-6

DOUGLAS COUNTY FAIR

County fair with live music, carnival, 4-H exhibits, demolition derby, antique tractor pull and a variety of races and contests. Douglas County Fairgrounds, 21st & Harper, 9 a.m.-11 p.m. LAWRENCE, (785) 843-7058

AUG 4-6

2011 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 9-13

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) 683-4483
http://www.leavenworthcountyfair.com

AUG 19-21

ANNUAL DOWNTOWN LAWRENCE BUSKER FEST

Professional buskers from around the country will flock to Lawrence for the 2nd Annual Busker Fest. These talented street performers will bring their unique form of public entertainment to the sidewalks and streets of Downtown Lawrence for a three-day festival. LAWRENCE, (785) 749-2226
http://www.lawrencebuskerfest.com

AUG 20

4TH ANNUAL TOPEKA RAILROAD FESTIVAL

Come out and enjoy a day of fun and kid's activities. Trackless Train Rides for adults and children, Train Robberies, Children's activity tent with lots of carnival activities, and more.

Great Overland Station, 701 N Kansas Avenue, 9:30 a.m.-4:30 p.m.. Fee. TOPEKA, (785) 232-5533
http://www.greatoverlandstation.com

AUG 26 & 27

TIBLOW DAYS

Tiblow Days is a large festival featuring a parade, carnival, craft and vendor booths, food, live entertainment, sanctioned BBQ competition, and car show. Second & Oak St. BONNER SPRINGS, (913) 422-5044
http://www.lifeisbetter.org

SEP 2-4

20TH ANNUAL TRADITIONAL INTER-TRIBAL POW WOW

21st Annual Traditional Inter-tribal Pow Wow. Celebrate the Native American culture with a weekend full of tradition ritual Native American Indian Gourd Dancing, regular dancing, crafts and food booths. Reynolds Lodge East side of Lake Shawnee. TOPEKA, (785) 272-5489
http://www.shawneecountyalliedtribes.org

FARMERS MARKETS

APR 12-NOV 1

LAWRENCE TUESDAY FARMERS MARKET

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

APR 23-NOV 5

LAWRENCE FARMERS MARKET SATURDAY

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

HEALTH

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thurs-

days, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee. LMH KREIDER REHABILITATION SERVICES LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10 a.m.-1 p.m. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, (785) 354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERISE 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

FREE BLOOD PRESSURE CLINIC

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

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free. TOPEKA, (785) 354-6787

FIRST & THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

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

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (pre-

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free. TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

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

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free. TOPEKA, (785) 354-6787

AUG 3

CHOLESTEROL SCREENING

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

AUG 12

BONE DENSITY SCREENING

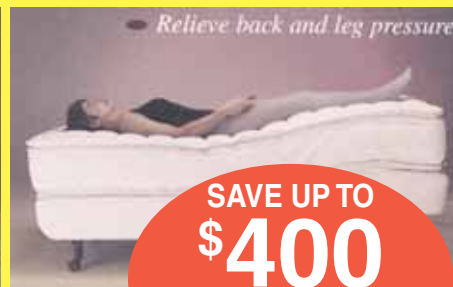
Advance appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Note: this is NOT the same as a DEXA scan which is ordered by a physician and scans the hips and the spine. That is done through Radiology. Healthsource Room,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

■ CONTINUED ON PAGE 20

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■ CONTINUED FROM PAGE 19

AUG 22

BONE DENSITY SCREENING

See August 12 description. Healthsource Room, 4-6 p.m.

LAWRENCE, (785) 749-5800

AUG 30

BONE DENSITY SCREENING

See August 12 description. Healthsource Room, 1-3 p.m.

LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

MAY 7-OCT 16

BLACK JACK BATTLEFIELD & NATURE PARK 2011 TOURS

Admission for seasonal guided tours is free.

Guided tours at 1 p.m. Saturdays and Sundays until the third Sunday of October. You may still visit us 365 days a year from dawn till dusk for self-guided tours. Black Jack Battlefield, 163 E 2000 Rd.

WELLSVILLE, (785) 883-2106

<http://www.blackjackbattlefield.org/>

AUG 1-SEP 29

COMMEMORATING OUR NATION'S STRUGGLE FOR FREEDOM

During the months of August and September 2011, Brown v. Board of Education is pleased to host a special locally produced art exhibition.

This exhibition will feature artwork that communicates the struggle for freedom and salutes the people who moved the nation forward the promise of equality for everyone. Admission is Free. Hours: 9 a.m. - 5 p.m. 1515 SE Monroe St. TOPEKA, (785) 235-3939

AUG 8-21

CIVIL WAR ON THE WESTERN FRONTIER

Lawrence commemorates its early history each August around the anniversary of Quantrill's Raid. Living history events that focus on historic Lawrence and Douglas County during the early Territorial days and the Civil War.

LAWRENCE, (785) 865-4499

<http://www.visitlawrence.com>

AUG 11

THE CIVIL WAR IN DOUGLAS COUNTY

Explore the ways the Civil War affected the lives of the people of Douglas County and learn more about county historic sites. A variety of local history organizations will be represented through displays and presentations. A schedule of the evening's activities will be available at the Watkins Museum, participating organizations, and on the Watkins website. The event is free and refreshments will be provided. 1047 Massachusetts, 6-8 p.m.

LAWRENCE, (785) 841-4109

<http://www.watkinsmuseum.org/>

AUG 12

CIVIL WAR DINNER AT THE HISTORIC ELDRIDGE HOTEL

Dine with Patriots, Traitors & Ruffians. Listen to stories, as you dine, of the people that changed history during the Civil War on the Western Frontier in the hotel that was one of the targets of Quantrill's Raiders. Reservations required. 701 Massachusetts.

LAWRENCE, (785) 830-3944

AUG 13 & 14

GUIDED TOUR OF BLACK JACK BATTLEFIELD BY JOHN BROWN

Old John Brown takes you on a guided tour of

the Black Jack Battlefield. Event is in conjunction with the Lawrence Civil War on the Western Frontier. Sat. and Sun., 1 p.m. 163 E 2000 Rd. WELLSVILLE, (785) 883-2106

AUG 13 & 14

TOUR HISTORIC LECOMPTON

See Constitution Hall, an National Landmark and Kansas State Historic Site. This two story building is the site of the writing of the famous Lecompton Constitution. The document sparked a chain of events that divided the nation and eventually climaxed in Civil War. Also tour the Territorial Capital Museum. This three story native stone building was started as the capitol building and was later completed as Lane University. 1-3 p.m., Sat. and Sun.

LECOMPTON, (785) 887-6148

AUG 19

QUANTRILL'S RAID GRAVEYARD WALK

Join a local historian as you visit the graves of the victims of the Raid and meet the people who rest there as they come alive to tell their stories. 8-9:30 p.m. Reservations required. 1141 Massachusetts.

LAWRENCE, (785) 832-7930

AUG 20

QUANTRILL'S RAID: A WALKING TOUR

Participants will walk the area destroyed by William Clarke Quantrill on August 21, 1863. Discussion will include events that lead to the raid, first hand accounts of the survivors and what occurred after. Reservations required. Two tours will be given - 8:30-10 a.m., and 11 a.m.-12:15 p.m. Fee. Watkins Museum.

LAWRENCE, (785) 841-4109

<http://www.watkinsmuseum.org/>

AUG 20

SHARED STORIES OF THE CIVIL WAR READER'S THEATER

First-hand accounts of the devastating events of 1863 during the Civil War. Reader's Theater was created using excerpts from historical letters, witness accounts, and newspapers. This free Reader's Theater presentation explores Quantrill's Raid on Lawrence and corresponding events in Missouri resulting from Order Number 11, which took place four days later. Watkins Museum.

LAWRENCE, (785) 841-4109

<http://www.watkinsmuseum.org/>

AUG 21

REVEREND CORDLEY'S RECOLLECTIONS

Re-enactor, Harold Riehm, portrays Reverend Richard Cordley, survivor of Quantrill's Raid. Rev. Cordley chronicled the development of Lawrence and the events of the raid in his book, A History of Lawrence, Kansas. He officiated at the funerals of many of those killed during the raid. Mr. Riehm's presentation will provide an eyewitness account of Quantrill's raid and its aftermath. 7-8 p.m. Watkins Museum.

LAWRENCE, (785) 841-4109

<http://www.watkinsmuseum.org/>

AUG 21

ROLL CALL OF VICTIMS NAMES FROM QUANTRILL'S RAID

Nearly 200 men and boys were killed during Quantrill's Raid, August 21, 1863. Join us as the names of the victims are read in memorial of their deaths, by historical re-enactors.

8:15 p.m. on the steps of Watkins Museum.

LAWRENCE, (785) 865-4499

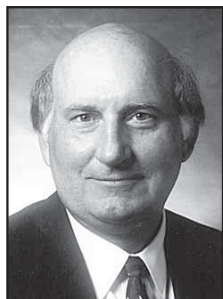
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MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124. LAWRENCE, (785) 838-7885
www.OrthoKansasPA.com

FIRST MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

Facilitated by Heartland Hospice and open to those who have lost loved ones. Held at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6 p.m. Call Terry Frizzell for more information. TOPEKA, (785) 271-6500

FIRST & THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP

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

FIRST TUESDAY OF EACH MONTH

LAWRENCE AREA COALITION TO HONOR
END-OF-LIFE CHOICES

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

LAWRENCE, (785) 830-8130

FIRST & THIRD TUESDAYS OF EACH MONTH
SCRAPBOOK MEMORIES

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

FIRST & THIRD TUESDAYS OF EACH MONTH
GRIEF SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF EACH MONTH
HEALING AFTER LOSS BY SUICIDE (HEALS)

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve 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 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at (785) 832-1692.

WEDNESDAYS AND SUNDAYS

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

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

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

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

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST AND THIRD THURSDAY OF EACH MONTH

TRANSITIONS SUPPORT GROUP

Co-sponsored by Brewster Place and Heartland Hospice as a group to help people move from confusion to confidence no matter their loss or life changes and challenges. Meets at 3 p.m. in the main chapel at Brewster Place, 1209 SW 29th St. Call Terry Frizzell of Heartland Hospice of Topeka for more information. TOPEKA, (785) 271-6500

FIRST FRIDAY OF EACH MONTH

STROKE SUPPORT AND RECOVERY GROUP

Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2 p.m. for

■ CONTINUED ON PAGE 22

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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 EACH MONTH

GRIEF AND ENCOURAGEMENT GROUP

For those who have lost loved ones. Sponsored by Hospice Care of Kansas. Meets at Brookwood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Nancy Cook.

TOPEKA, (913) 599-1125

SECOND MONDAY OF 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. 11 a.m. TOPEKA, (785) 235-1367, EXT. 130

SECOND & FOURTH MONDAY OF EACH MONTH

ALZHEIMER'S/CAREGIVER SUPPORT GROUP

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

LAWRENCE, (913) 831-3888

SECOND & FOURTH TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

SECOND TUESDAY OF EACH MONTH

NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.

TOPEKA, <http://www.narvre.com>

SECOND TUESDAY OF EACH MONTH

HERBS STUDY GROUP

An informal group meeting monthly to study herbs. We will learn about the aspects of each herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page (search Good Earth Herbs)

LAWRENCE

SECOND & FOURTH TUESDAY OF EACH MONTH

SCRAPBOOK MEMORIES

Grace Hospice, 1420 Wakarusa, 6 p.m. All supplies provided (except photos).

LAWRENCE, (785) 841-5300

SECOND WEDNESDAY OF EACH MONTH

MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2 p.m. For more information, please call Amy Homer.

LAWRENCE, (785) 832-9900

SECOND WEDNESDAY OF EACH MONTH

DIABETES EDUCATION GROUP

The Diabetes Education Center provides a free monthly program for those with diabetes and their support persons, at 6 p.m. Lawrence Memorial Hospital, Meeting Room A.

LAWRENCE, (785) 505-3062

SECOND THURSDAY OF EACH MONTH

NAACP MEETING - LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.

LAWRENCE, (785) 841-0030, (785) 979-4692

SECOND SATURDAY OF EACH MONTH

HAPPY TIME SQUARES SQUARE DANCE CLUB

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

LAWRENCE, (785) 843-2584

www.happytimesquares.com

THIRD MONDAY OF EACH MONTH

ACTIVE PRIMETIMERS

For ages 50+. Seniors group for friendship fun and travel. Luncheon meeting every third Monday at the Holidome. Reservations needed Thursday prior to meeting. Call Elsie for more information.

LAWRENCE, (785) 224-5333.

THIRD TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH

GRANDPARENT AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.

TOPEKA, (785) 286-2329 or (785) 231-0763

THIRD TUESDAY OF EACH MONTH

STROKE SUPPORT GROUP

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

LAWRENCE, (785) 505-2712

THIRD WEDNESDAY OF EACH MONTH

ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

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tion, please call Betty Scribner, membership chairman.

LAWRENCE, (785) 843-7481

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

A social support group to re-engage life after the death of a loved one. Meets at 11 a.m. at Paisano's Ristorante, Fleming Place, SW 10th & Gage. Dutch treat. Requires a reservation. Call Terry Frizzell at Heartland Hospice of Topeka for your reservation.

TOPEKA, (785) 271-6500

THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Baldwin Healthcare Center, 1223 Orchard

Lane, 1-2 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 a.m.-1 p.m. For more information about the Widowed Persons Service Program, please call Julie.

TOPEKA, (785) 357-7290

FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

Presbyterian Manor, 1429 Kasold., 4 p.m.

Sponsored by Grace Hospice.

LAWRENCE, (785) 841-5300

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1 p.m.

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

FOURTH THURSDAY OF EACH MONTH TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December.

TOPEKA, (785) 233-5762

<http://www.tgstopeka.org>

FOURTH THURSDAY OF EACH MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

We have a covered dish dinner, a short meeting, and then play dime bingo with

■ CONTINUED ON PAGE 24

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Douglas County AARP Chapter 1696

Notice of New Membership Annual Picnic August 26, 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

For information and/or reservation(s), call:
Charles Hill, President, 749-4136 or
Russell Bailey, Treasurer, 843-9423

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playing cards. 5:30 p.m. at 17th and Stone. For additional information, email 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 26

AARP CHAPTER 1696 ANNUAL PICNIC
AARP Chapter 1696 will meet at 11 a.m. for its annual picnic. New and interested

members welcome. Please call for reservations.
LAWRENCE, (785) 749-4136, (785) 843-9423

SEP 8

THE TOPEKA WOMEN'S CONNECTION

"Put On A Happy Face Luncheon" will be held at the Topeka Shawnee County Public Library. Dillard's will demonstrate the newest facial tips, makeup, color and techniques that fit your life style. Soloist Laine Beal, gifted local singer will provide music. The speaker will be Kris Beckenbach from Lincoln, Neb. She will share her enthusiasm for life and joy

though the ups and downs of life. All reservations must be made by calling Jeanie at 785-233-1387 or Ann at 785-266-1522 before September 4.

TOPEKA

MISCELLANEOUS

APR 6-DEC 7

SENIOR WEDNESDAY AT THE ZOO!

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■ CONTINUED FROM PAGE 24

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Free screening of Dark Command, the 1940 classic featuring John Wayne and Roy Rogers! When transplanted Texan Bob Seton arrives in Lawrence, Kansas, he finds much to like about the place, especially Mary McCloud, daughter of the local banker. When Seton gets the oppor-

tunity to run for marshal, he finds himself running against the respected local schoolteacher, William "Cantrell." After losing the race for marshal, Cantrell forms a group of raiders who rob and terrorize settlers throughout the territory. It's left to Seton and the good citizens of Lawrence to face Cantrell and his raiders in one final clash. This event is co-sponsored by Black Jack Battlefield, with discussion to follow led

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BOOKSHELF

Summer reading selections

By Margaret Baker

Rhys Bowen: *Bless the Bride* (St. Martin's Minotaur, hc, ISBN 978-0-3112-62810-9)

Bowen's series began with Irish peasant Molly Murphy fleeing Ireland, landing in New York City at the turn of the century.

Through several books, Molly has become a private detective in an era when women were expected to do housework, bear and raise children, and obey husbands. Daniel Sullivan, a policeman rising rapidly through the ranks, assists her in the first days in the USA, and eventually they fall in love. Now they are engaged, and Daniel has demanded that she quit her detective work. She agrees reluctantly, but when an interesting case in Chinatown comes her way, she takes it, thinking it may be her last case and really, quite safe.

It's not at all safe.

A fascinating look not only at NYC's nascent police force but the inner, separate world of Chinese immigrants. Corruption runs rampant in both worlds, and human nature can be both heartwarming and horrendous.

Janet Evanovich: *Smokin' Seventeen* (Bantam, ISBN 978-1-61129-505-7. Available in regular print, large print, and audio editions. Reviewed: large print, Doubleday edition)

The entire gang of New Jerseyites returns—Stephanie Plum, accidental bounty hunter; her mother, who irons when she's worried; Grandma Mazur, who does not believe in closed caskets; her fellow bounty hunter Lula, who previously "walked the street"; her all-suffering father, who has seen it all; Ranger, the dangerous security boss; Joe Morelli, the sexy Trenton cop; and a new arrival in Dave, the new man her relatives want her to marry; even Joe's dog Bob, who eats, poops and sleeps; and her hamster, Rex, whose snoozes in his soup can and yearns for raisins.

Stephanie's cousin and boss, Vincent's bailbonding building has burned

to the ground. If he doesn't get a new building up, he'll not get any business. Stephanie and Lula only get paid if they bring in those who failed to appear in court (when Vincent would lose the bail money he advanced).

Evanovich's irreverent take on all this lends the piquancy we expect.

Lisa See: *Dreams of Joy* (Random House Audio Books, read by Janet Song on 13 cds, ISBN 989-0-7393-5935-8, also available in print edition)

Like Bowen's and Evanovich books, See has a series that can stand alone, but you may want to follow up with earlier books.



See follows the lives of Chinese women from medieval times ("Peony in Love") to the present time. May and Pearl, beautiful and cultured young sisters in Shanghai

in the late twenties, found their way through the Japanese invasion horrors into California and the internment camps. Fortunately, they were born too late to have bound feet! May had given birth to Joy, but everyone pretends Pearl is Joy's mom.

Joy discovers this and hastily goes off to China to help the fledgling communist country. Her father, an eminent artist, never knew of her, but takes her in as he goes to the countryside to instruct farmers in worker's art. Joy is in love with her "true" country and one of the young farmer-artists.

Problems within the agricultural commune bring hardship and hunger, and May and Pearl have to solve their own sibling rivalry to help bring Joy and her infant daughter to safety.

Intergenerational mother/daughter love brings the characters, and history, to life.

Matt Richtel: *Devil's Plaything* (Harper, original paperback, ISBN 978-0-06-199969-7)

The opening lines lay out a terrifying scenario: The numbers of people suffering acute memory loss is doubling every 20 years. Shipments of computer memory are doubling every two years. Are these two statistics related?

Nathaniel Idle is a journalist who writes for a major science blog center. He finished medical school but prefers science blogging, for which he earns an adequate salary that leaves a lot of time for research. He's also Lane Idle's only grandson, and so he visits her at Magnolia Manor, a retirement facility in the San Francisco area. Her memory seems to be slipping precipitously.

Magnolia Manor has a lot of new computers, a result of grant from Biotech, a computer company. The computers are programmed to help residents save their memories for coming generations.

Are the computer programs involved in Lane's memory loss?

Biotech is involved in experiments with overriding memories, perhaps to replace bad trauma memories. It would be a major help treating PTSD in soldiers. Could it have other uses? Does it accelerate dementia?

Fans of Michael Creighton's science-backed fiction should enjoy this!

Erik Larson: *In the Garden of*

Beasts (Random House Audio Books, read by Stephen Hoyer on 11 cds, ISBN 978-0-307-91457-6. Other editions available.)

True account of a momentous year in the William Dodd family, and in Europe's heart.

Ambassadors to major countries are usually people who have contributed to incoming Presidents. However, in 1933, Roosevelt chose William E. Dodd, professor of history at the University of Chicago.

Dodd recognized the true nature of Adolph Hitler and his political philosophy, but is unable to convince the State Department of the coming disaster.

How this affects his wife, son, and especially his high-spirited and rather thoughtless daughter makes this lively reading.

The Garden of Beasts (an actual Berlin park) is the term for early zoos, which often displayed dangerous animals, especially bears.

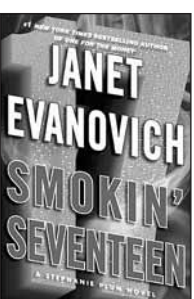
Don Gabor: *How to Start a Conversation and Make Friends* (Random House Audio Books, Read by author on 1 cd, ISBN 978-0-307-87886-1)

Are you shy? Does the thought of going to a party where you barely know any of the other guests terrify you? Do you wish your local grocery stocked Lake Woebegone Powdermilk Biscuits?

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



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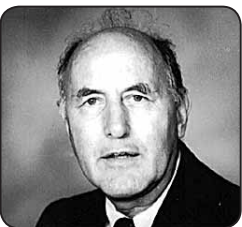
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HUMOR

The Best Medicine

To call Jeremiah Teancrumpets, the British billionaire, irritable, short tempered and demanding would be like calling the Sahara a dry, sandy desert in North Africa. His Excellency was known to a select few as "Jerry." Everyone else called him "Sir Jeremiah," or "M'Lord."



Larry
Day

At least to his face. But whether Jeremiah Teancrumpets was Jerry, or M'Lord to his face, many folks called him "that blankety-blank old blankety-blank," behind his back.

Sir Jeremiah acquired his fortune the old fashioned way—he inherited it. His father, Lord Regis Teancrumpets, acquired his piles of money in the same way. It's difficult, but if you look deep enough into the roots of the aristocratic Teancrumpet family tree, you will find a gaggle of sharp-eared **working-class** ancestors.

These ancestors owned a dingy eatery where foreign entrepreneurs met clandestinely with the wealthy landed gentry to work out the details of very profitable overseas transactions. The clandestine proceedings were designed to keep the monarchy from demanding its cut of lucrative overseas deals. The Teancrumpet ancestors listened in on these business conversations. They opted for the low road with the information they garnered. They didn't inform the crown as was their bounden duty. Instead the Teancrumpet ancestors took a cut of the action from the conspiring businessmen.

It was cheaper for the entrepreneurs to cut the eatery extortionists in on a small part of the profits than to risk losing their heads in the Tower of London. A couple of generations later, the lowly Teancrumpets were kissing the rest of the working class goodbye and moving on up to the British aristocracy.

Sir Jeremiah Teancrumpets inherited wealth, and, genetically speaking, he also inherited an irritable, short tempered, demanding personality that almost cost him his life.

One of Sir J's tirades precipitated a physical crisis that led to a transformation in his behavior. One morning in his dressing room Sir J's trouser zipper stuck. He flew into a rage, and was going through his repertoire of obscenities and expletives at the top of his lungs when he suddenly coughed, gagged, and fell on the floor unconscious.

Tebbs, the butler, who was laying out Sir Jeremiah's clothes, shouted to the upstairs maid and told her to phone for medical help. Then he began emergency CPR. Fortunately for Sir J, one of Britain's leading research cardiologists owned the adjoining estate. Dr. Hanover came at once. He stabilized Sir Jeremiah, and then accompanied him in the ambulance to the hospital.

It was Dr. Hanover who directed Sir J's recovery and recuperation.

When it was clear that Sir Jeremiah was going to make a full recovery, Dr. Hanover told him: "Jerry if you fly into another one of those rages, you won't survive it. If you want to live, you're going to have to change your behavior. I can help you. In my research I have developed a simple, effective way for you to deal with your angry outbursts."

An uncharacteristically subdued Sir Jeremiah Teancrumpets inquired:

"What do I have to do?"

"Laugh," said the doctor.

"LAUGH!" shouted Sir J.

"Out loud," said Dr. Hanover quietly.

Sir Jeremiah's left eye began twitching. Blood rose to his cheeks and his bald pate. Obscenities began to form. Sir Jeremiah was about to launch in to one of his classic anger fits.

"LAUGH, YOU MISERABLE BLIGHTER," bellowed Dr. Hanover. "LAUGH OR YOU'LL BE DEAD IN TWO MINUTES!"

Rage and fear competed on the face of Sir Jeremiah Teancrumpets. Fear won. The obscenities died in on his

lips, and out of his mouth came a strangled gurgle, then a weak, lugubrious giggle.

"Good," said the doctor. "Again. Laugh again, you old blister!"

For the next half hour Dr. Hanover insulted and cajoled Sir Jeremiah Teancrumpets, and for the next half hour Sir J responded with increasingly fluent laughter.

There followed weeks of laughter therapy in Dr. Hanover's clinic.

Thus it was that Sir Jeremiah Teancrumpets learned to laugh his way back to good health—and increasing wealth. Soon Sir Jeremiah's laugh was striking greater fear in the hearts of his adversaries than his rage ever had.

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

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TRAVEL TROUBLESHOOTER

The needle may be on 'F' but I'm not done paying

By Christopher Elliott

Tribune Media Services

QUESTION: I recently rented a car from Alamo, and I encountered a questionable practice that I wanted to let you know about.

I've used Alamo many times in the past, always returning the car with a full tank. Last month, after bringing back my rental in Tucson, Ariz., an Alamo attendant verified the full tank and gave us a receipt.

After we left, apparently Alamo felt the need to try and squeeze more gas in the tank, even after their employee confirmed a full tank, and charged us the inflated rental-gas price for two gallons.

They didn't even try to notify us by phone, email or letter. This seems very sneaky and underhanded. I wrote them two emails, but never got any reply or explanation.

It's not a huge amount of money, but rather the principle and the deceitful tactics to make a few extra dollars. I thought you'd be interested in this episode, if you haven't heard of this practice, and perhaps could warn others in your column. - Stephen Farr, Sacramento, Calif.

ANSWER: When the car rental agent checked your tank and offered you a receipt, you shouldn't have been charged extra. But if Alamo decided you owed it money, the least it could have done was to let you know—not find out when you checked your credit card bill.

Alamo's failure to notify you only deepened your suspicion that the company was trying to pull a fast one. And mine, too.

Alamo's terms and conditions at the time describe your fuel purchase option. First, there's a "prepaid gas op-

tion" that allows you to buy an entire tank of gas before your trip. And second, there's an option to return the car with a full tank.

"If you return it with less than a full tank, you must pay Alamo for all fuel that you used but did not replace," Alamo warns. "The price for fuel will be substantially higher than the local retail pump prices, plus applicable taxes."

Stories about fuel-purchase requirements are the stuff of legends (just do an Internet search on "Alamo" and "gas tank." I wrote about one unhappy Alamo customer on my blog a while back, who was asked to show a receipt for gas after he returned his vehicle with a full tank. He refused.

I understand a car rental company's reasons for wanting to ensure the tank is full, but I think it's going about it in the wrong way. First, Alamo should have been more specific about its "full tank" requirement.

How do you determine if the tank is full? Is it a needle on "F," a receipt from a gas station, the color of your attendant's mood ring?

None of this was spelled out on Alamo's site before you rented your car,

or in your contract, and so the company apparently reserved the right to retroactively charge you for two extra gallons. That doesn't seem fair.

If Alamo didn't respond to your emails, I would have appealed to an executive at Enterprise, which owns Alamo. Failing that, try disputing the additional charges on your credit card, since you never approved them.

Good thing none of that was necessary. I contacted Alamo on your behalf. You received a call from a manager shortly after that, apologizing for the overcharge and offering you a full refund, plus a voucher for a two-day rental.

- Christopher Elliott is the author of the upcoming book "Scammed: How to Save Your Money and Find Better Service in a World of Schemes, Swindles, and Shady Deals" (Wiley). He's also the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a nonprofit organization that advocates for travelers. You can read more tips on his blog, elliott.org or e-mail him at chris@elliott.org.

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WOLFGANG PUCK'S KITCHEN

Summertime chicken salads

By Wolfgang Puck

Tribune Media Services

"I miss your curried chicken salad."

You'd be surprised how often I've heard that from guests at my Chinois on Main restaurant in Santa Monica, Calif. - and how much an unusual compliment like that can mean to a chef. (Or maybe you, too, love to hear such comments from friends and family.)

My Chinois Curried Chicken Salad, which still sometimes appears on the menu, won the hearts and stomachs of so many people for a very simple reason: It presents bold yet well-balanced flavors along with an appealing variety of colors and textures.

But there is an even more important reason why the salad is so successful, a reason I will be brave enough to reveal here now: Chicken can be bland. There, I said it.

One of the reasons so many people like chicken, however, is that when it's cooked properly, that blank canvas can turn into a beautiful culinary composition. Season the chicken well and imaginatively, and it becomes sensational.

Unfortunately, most traditional chicken salads aren't well seasoned, consisting of just cooked chicken, mayonnaise, and - if the cook is feeling really creative - some lemon juice, parsley, and salt. No wonder the mention of chicken salad can make some

spirits sag.

My version puts a fresh and lively spin on that old concept. Diced red onion and yellow and red bell peppers, plus chopped cilantro, really brighten the color and flavor, and freshly squeezed lime juice adds tangy zest to the mayonnaise dressing.

But the real magic comes from curry powder, the traditional Indian spice blend you can find in the seasonings aisle of any market. My secret for coaxing the maximum flavor out of it is to toast the powder briefly in a dry skillet over low heat, which helps to release its full aromatic power. In concert with the other ingredients, the spices will make a noticeable yet surprisingly subtle impact on each bite.

For the chicken, precooked rotisserie birds from the supermarket work well. So does leftover roasted, sauteed, or grilled chicken.

Feel free to vary the salad by adding other favorite vegetables. Use milder or stronger curry powders to your taste. And add fruit, such as diced apple, mango, whole seedless grapes, or raisins; or toasted nuts. Or stir a big spoonful of sweet mango chutney into the mixture.

There are also many ways to serve the salad. Mound it on mixed greens, or eat it taco-style inside leaves of radicchio or iceberg or romaine lettuce. Spoon onto bite-sized rice crackers or into Belgian endive spears for an appetizer. Or prepare the best chicken-

salad sandwiches ever.

Once you've made the recipe your own, you'll never have to miss curried chicken salad again!

CHINOIS CURRIED CHICKEN SALAD

Serves 6

1 pound boneless, organic skinless cooked chicken, dark meat, white meat, or a mixture

1/2 medium-sized red onion

1/2 medium-sized organic red bell pepper

1/2 medium-sized organic yellow bell pepper

1/4 cup chopped fresh cilantro leaves

1/2 cup mayonnaise

2-1/2 tablespoons water

1 lime, juiced

1 tablespoon curry powder

Salt

Mixed baby salad greens or Asian-style rice crackers, for serving

With a sharp knife, cut the chicken into cubes measuring about 1/2 inch on a side. Transfer to a nonreactive mixing bowl, taking care to remove any traces of bone, skin, or connective tissue.

Cut the red onion into 1/4-inch dice and add them to the bowl.

Cut out the stems and remove the seeds and veins from the red and yellow bell peppers. Add them to the bowl along with the chopped cilantro, mayonnaise, water, and lime juice.

Put the curry powder in a small, dry, nonstick skillet. Stir over low heat just until the spice turns aromatic and darkens in color just slightly, watching carefully to make sure it doesn't burn.

Immediately transfer the curry powder to the bowl with the other ingredients. Stir well, until the ingredients are well mixed and evenly coated. Adjust the seasonings to taste with a little salt, stirring it in thoroughly.

Serve immediately, or cover with plastic wrap and refrigerate for up to several hours. If serving chilled from the refrigerator, taste and adjust the seasonings again, if necessary, just before serving.

To serve as individual salad portions, arrange mixed baby salad greens on chilled plates and mound the curried chicken salad on top. To serve as an appetizer, spoon onto bite-sized Asian rice crackers.

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PET WORLD

Too many cats in a small space is asking for trouble

QUESTION: Our cat Levi poops in the kitchen sink. He previously pooped on the stove. We do know of one contributing factor: There are other pets in the home. We have nine dogs, 15 cats and five birds (macaws and African Gray parrots). All the cats



Steve Dale

are indoor only. Six live in one bedroom with their own litter boxes. The birds are in another room, which is gated to prevent the dogs from entering. The litter boxes for the other cats are also in the birds' room. We clean all the boxes daily. We'd keep a litter box on the other side of the house, but worry the dogs would eat the droppings. Besides, our house isn't that big. Our vet says the problem is behavioral. Any advice? - J.T.H., Goochland, VA

ANSWER: Clearly, you love your pets. However, you're not following the general rule for litter boxes (one box per cat, plus an extra box). You actually need 16 boxes!

Dog and cat behavior consultant Darlene Arden, of Framingham, MA, says, "I would try a litter box with a hood and a flap for Levi to go in on the other side of the house. A dog might not be able to easily break inside this box. Or an uncovered box, which is elevated on a sturdy table above dog level."

The stark reality is, you may have too many cats in too small a place for Levi to deal with. You might consider re-locating Levi to a home where he's the only cat.

Arden, author of "The Complete Cat's Meow" (Wiley Publishing, New York, NY, 2011; \$19.99) adds, "I must be honest. I'm concerned about the welfare of all these animals. I don't doubt your heart is in the right place. I'm astounded you only have one cat

missing the box. Many of us wish we could save all the animals we encounter, but realistically you can't, at least without their quality of life suffering, and yours. There aren't enough hours in a day to care for that many pets and truly provide what they need."

QUESTION: I know you get many questions about dogs who fear fireworks. I've owned a few of those over the years, but my Malamute isn't bothered at all. In our community, there's an all-day picnic followed by fireworks in the park on the Fourth. My neighbor thinks it's wrong to take our dog, but Snowshoe does just fine. And if I didn't bring her I'd have to drive back home to take her out since this is an all-day affair. What do you think? - B.H., Cyberspace

ANSWER: Hire a dog walker. If this picnic was in a park some distance from the fireworks, my advice might be different. However, since you mention elsewhere in your letter that this is one of those parks where you can smell the fireworks and feel them, to a dog (who's hearing exceeds our own) the sound must seem like an explosion in her head.

So far, Snowshoe may be fine, and might continue to be an exception, but under such circumstances, most dogs eventually become overwhelmed. If you insist on taking your dog to this event, ask your veterinarian about ear-plugs for Snowshoe.

I'm all for well-socialized, well-behaved dogs being a part of the action at large gatherings. We recently took our dog, Ethel, to a crowded urban rib festival, complete with a rock band. However, it seems like your asking for trouble to allow your dog so close to fireworks. If Snowshoe becomes terrified, you'll have little luck explaining to her that the 4th of July is a wonderful, patriotic holiday. Instead, you could be instilling a lifetime fear of fireworks.

QUESTION: Does microchipping have any negative health impact on pets? - P.P., Southfield, MI

ANSWER: About the size of a grain of rice, a microchip is inserted by a veterinarian under the skin between the shoulder blades of a pet.

I'm not sure why you ask the question. Reports on the Internet that microchips emit dangerous radio waves are simply untrue. Other Internet claims that microchips can cause cancer in pets are also false. With millions of pets microchipped, the verified instances of cancer at or near a microchip site can be counted on one hand, and in each case there may be another explanation for the cancer.

The timing of your question is on target, since more pets are lost around the 4th of July than at any other time of the year. Fireworks terrify many pets. They may bolt out an open door. Dogs may jump over fences or dig under them trying to escape the big booms. Pets contained by electric fencing may break through. Dogs on chains may break them off (or even choke themselves).

Of course, prevention is key. Not allowing pets outside without supervision makes sense, as well as never chaining dogs and being vigilant about closing the door.

While collars and ID tags are important, microchips are permanent. The fact is, microchips save lives daily, as long as owners register (and

update) their contact information with the chip provider. That way, when pets are scanned for a microchip by an animal shelter or veterinarian, you can be contacted.

QUESTION: Can you tell me about using brewer's yeast to get rid of the fleas? - C.P., Charlotte, NC

ANSWER: Dr. Michael Dryden, a veterinary parasitologist at Kansas State University College of Veterinary Medicine, Manhattan, says, "This is totally illogical because brewer's yeast is used in labs to grow fleas. Instead, ask your veterinarian to create a plan that will be safe and will effectively kill fleas."

- 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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Douglas County Senior Services names new executive director

On July 5, Carleen A. Roberts joined Douglas County Senior Services, Inc. (DCSS) in Lawrence, as the Executive Director, replacing John Glassman. The University of Kansas graduate and former Peace Corps leader will oversee senior services and business elements, including finance, operations and administration, reporting to the Board of Directors. Roberts will work with the Board and staff to continue serving seniors through the meals, transportation and community service programs, and to strengthen relationships with funding sources.

Roberts holds the degree of Masters of Social Work with an emphasis in Gerontology; MA in Geography and BA in Graphic Design from the University of Kansas. During her studies at KU, Roberts held leadership roles as a student and was honored as a KU Woman of Distinction in 2005.

Most recently, Roberts served as an Associate Peace Corps Director with the United States Peace Corps in Jamaica. The Peace Corps is a volunteer program run by the Federal Govern-

ment, which assists interested countries with their development needs and builds cross-cultural understanding. Roberts was responsible for negotiating and partnering with government officials, host country agencies, community members and family units. This forged an effective support in providing safe, secure placement and retention of volunteers in work sites and communities throughout Jamaica.

Roberts first came to Douglas County in 1994 as a student athlete with the KU Track and Field Team. She spent her non-student hours integrating into the community as an avid human services volunteer. Returning to serve four years in Jamaica, she continued as a long-distance Friendly Visitor Volunteer for the frail elderly in Douglas County. Roberts currently delivers meals to home bound seniors served by DCSS.

Roberts brings to the DCSS her strategic understanding of the needs of the Baby Boomer Generation; dignity, reverence, and respect desired

by older seniors and caregivers; and her perspective for a multigeneration-

al community integration to strengthen the growth of Douglas County.

Braa elected KBA Trust Division Board Secretary

Barbara J. Braa, CornerBank Vice President and Trust Officer, was elected Secretary of the Kansas Banker's Association (KBA) Trust Division Board during the annual MoKan Trust & Financial Services Conference at the Hyatt Regency in Kansas City, MO. Braa has served on the board as a Term Director since 2008.

The KBA Trust Division Board is co-host for the MoKan Trust and Financial Services Conference, serving trust officers from a multi-state region, and is host to the Kansas Trust Conference held in October. Members of the Trust Division Board serve all KBA Trust Division members and strive to keep the membership abreast of current developments facing the trust industry, such as legislation,

regulation, investment strategies and technology. By keeping up with recent industry developments, the Trust Division Board assists Kansas trust officers in providing competent advice to their customers.

Braa has more than 20 years of investment experience and has lived in the Lawrence community for 30 years.

CornerBank is a \$250 million full-service community bank that is comprised of facilities and staff located in Lawrence, Winfield, Arkansas City, Wellington, Douglass, Oxford and Wichita.

Braa can be reached at CornerBank, 1201 Wakarusa, Suite B2, in Lawrence, at barbarab@cornerbanks.com or at (785) 865-1533.



APPROACHING
65?

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PUZZLES & GAMES

CROSSWORD

ACROSS

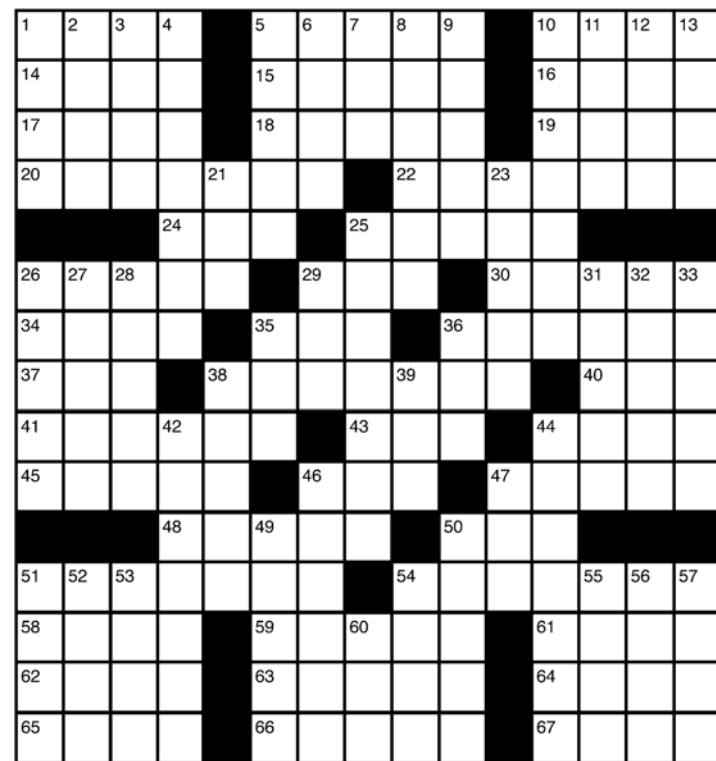
- 1 Recedes
- 5 Leftover fragment
- 10 Ensnare
- 14 Tilt
- 15 Barton or Bow
- 16 Money in Italy
- 17 Gender
- 18 Boring tool
- 19 Poor box contribution
- 20 Spire
- 22 Closest
- 24 Heat in the microwave
- 25 Deep-voiced singer
- 26 Valleys
- 29 Owns
- 30 Australian tree-climbing animal
- 34 Is in debt
- 35 Sack
- 36 Belittle
- 37 Is able to
- 38 Youthful period
- 40 Moral misdeed

- 41 Young cat
- 43 Payment demand
- 44 Bull: Sp.
- 45 Bar seat
- 46 ___ King Cole
- 47 Schnoekered
- 48 Used a stopwatch
- 50 Retriever, for short
- 51 Tableland
- 54 First responder, often
- 58 Take to
- 59 From the city
- 61 Dial ___; initial phone sound
- 62 Mideast ruler
- 63 ___ box; larynx
- 64 Gorillas
- 65 Scout groups
- 66 Stopped
- 67 Mr. Gingrich

DOWN

- 1 Lawn trees
- 2 Mixer speed
- 3 Bundle of hay
- 4 Cold symptoms

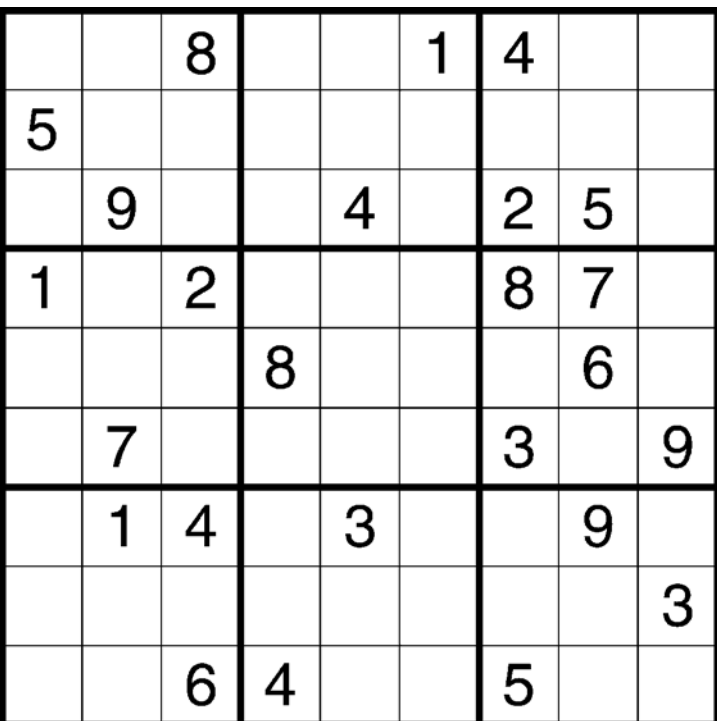
- 5 Dandruff's spot
- 6 Classic board game
- 7 Dustcloth
- 8 Game sites
- 9 Prepares apples for a pie
- 10 Small cafe
- 11 Reign
- 12 Sergeant-at-___
- 13 Pillar
- 21 Faux ___; boner
- 23 Posed a question
- 25 Capital of Iraq
- 26 Landing places
- 27 Expect
- 28 Slowly, in music
- 29 Alfalfa
- 31 Fable creator
- 32 Animal dens
- 33 Pester
- 35 "___ voyage!"
- 36 Knotts or Adams
- 38 Misrepresent
- 39 Umpire's call
- 42 Wobbles
- 44 Lhasa resident
- 46 Nervous tissue cell
- 47 ___ Heel; North Carolinian
- 49 Purple shade
- 50 Like school paper



7/28/10

- 51 Begged
- 52 Green citrus fruit
- 53 Similar
- 54 In the ___ of; despite
- 55 Pout
- 56 Once more
- 57 Tree house?
- 60 eBay offer

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

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

YUNNF
YIPTE
THAYCC
GLABEM

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

Answer: [] ON [] " [] "

THAT SCRAMBLED WORD GAME by Henri Arnold and Mike Argiron

SCRABBLE BRAND [G] [R] [A] [M] [S]

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RACK 1: [] [] [] [] [] [] [] []
A₁ E₁ Y₄ R₁ L₁ L₁ C₃

RACK 2: [] [] [] [] [] [] [] []
A₁ O₁ O₁ D₂ F₄ L₁ F₄ Triple Word Score

RACK 3: [] [] [] [] [] [] [] []
A₁ O₁ O₁ T₁ R₁ M₃ D₂

RACK 4: [] [] [] [] [] [] [] []
A₁ I₁ U₁ D₂ N₁ L₁ M₃ 1st Letter Double

RACK 5: [] [] [] [] [] [] [] []
U₁ U₁ N₁ N₁ T₁ R₁ B₃

PAR SCORE 255-265
BEST SCORE 336

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

For more information on books, clubs, tournaments and the school program go to www.scrabble-assoc.com or call the National SCRABBLE® Association (831) 477-0033.

Answers to all puzzles on page 34.

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PUZZLES & GAMES

BRIDGE

Do Your Own Work

By Tannah Hirsch
Tribune Media Services

Both vulnerable. South deals.

NORTH

♠-K Q
♥-5
♦-A K 7 6 4 3
♣-K Q 10 5

WEST

♠-8 6
♥-K Q J 10 8 2
♦-J 2
♣-9 8 3

EAST

♠-J 7 5
♥-A 9 6 3
♦-Q 10 9 8
♣-J 7

SOUTH

♠-A 10 9 4 3 2
♥-7 4
♦-5
♣-A 6 4 2

The bidding:

SOUTH	WEST	NORTH	EAST
Pass	2♥	Dbl	3♥
3♠	4♥	5♦	Pass
5♠	Pass	6♠	Pass
Pass	Pass		

Opening lead: King of ♥

Don't rely on partner to find the correct defense, obvious as it might seem, when you know what must be done. Accidents happen, so take charge and avoid it.

The auction was wild and wooly after West opened with a weak two-bid in hearts. The final contract was only a whisker away from perfect - give South the jack of spades instead of the ten, and 12 tricks are easy.

West led the king of hearts and East elected to signal for a heart continuation by following with the nine. West thought his partner, for some reason best known only to West, was giving count and elected to hope East held the ace of clubs. Declarer won the club in dummy, cashed the king and queen of spades, came to hand with the ace of clubs to draw the last trump and claim the rest of the tricks.

If East held the ace of clubs, he would surely have played his lowest heart at trick one. Still, East must bear the brunt of the blame for failing to defeat the slam. East can see that a second heart will promote his jack of spades, so he should overtake the king of hearts with the ace and return a heart. That forces dummy to ruff and the jack of spades is promoted to the setting trick.

- 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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Werner wins silver medal at National Senior Games

Diane Werner, Topeka, returned from the 2011 Summer National Senior Games in Houston, Texas, after winning the silver medal in women's tennis singles and placing in the top eight in six different swimming events. Over 10,000 athletes participated at the games, which were held June 16-30.



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

SUDOKU SOLUTION

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

SCRIBBLE BRAND GRAMS SOLUTION

C ₃	L ₁	E ₁	A ₁	R ₁	L ₁	Y ₄	RACK 1 =	<u>62</u>
O ₁	F ₄	F ₄	L ₁	O ₁	A ₁	D ₂	RACK 2 =	<u>92</u>
D ₂	O ₁	O ₂	R ₁	M ₃	A ₁	T ₁	RACK 3 =	<u>60</u>
M ₃	A ₁	U ₁	D ₂	L ₁	I ₁	N ₁	RACK 4 =	<u>63</u>
U ₁	N ₁	B ₃	U ₁	R ₁	N ₁	T ₁	RACK 5 =	<u>59</u>
PAR SCORE 255-265							TOTAL	<u>336</u>

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CROSSWORD SOLUTION

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

JUMBLE ANSWERS

Jumbles: FUNNY PIETY CATCHY GAMBLE

Answer: What the hungry pilot did when he was running late - ATE ON THE "FLY"

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NOSTALGIA NOTEBOOK

August 1941

Births

August 3: Martha Stewart, American television and magazine personality
August 14: Connie Smith, American singer
August 14: David Crosby, American singer (Crosby, Stills, Nash and Young)
August 22: Bill Parcells, American football coach

Events

August 1: The first Jeep is produced.
August 9: Franklin D. Roosevelt and Winston Churchill meet at Argentia, Newfoundland and Labrador. The Atlantic Charter is created as a result.
August 18: Adolf Hitler orders a temporary halt to Nazi Germany's systematic euthanasia of the mentally ill and handicapped due to protests. However, graduates of the T-4 Euthanasia Program are then transferred to concentration camps, where they continue in their trade.
August 31: *The Great Gildersleeve* debuts on NBC Radio.

August 1951

Births

August 6: Catherine Hicks, American actress (*7th Heaven*)
August 12: Willie Horton, American criminal
August 19: John Deacon, English rock bassist (Queen)
August 23: Mark Hudson, American musician
August 23: Queen Noor of Jordan
August 25: Rob Halford, English rock singer (Judas Priest)
August 28: Wayne Osmond, American pop singer

Events

August: Paramount Pictures releases George Pal science fiction film *When Worlds Collide*.
August 11: René Pleven becomes Prime Minister of France.
August 12: *The Catcher in the Rye* is first published by J.D. Salinger.

August 1961

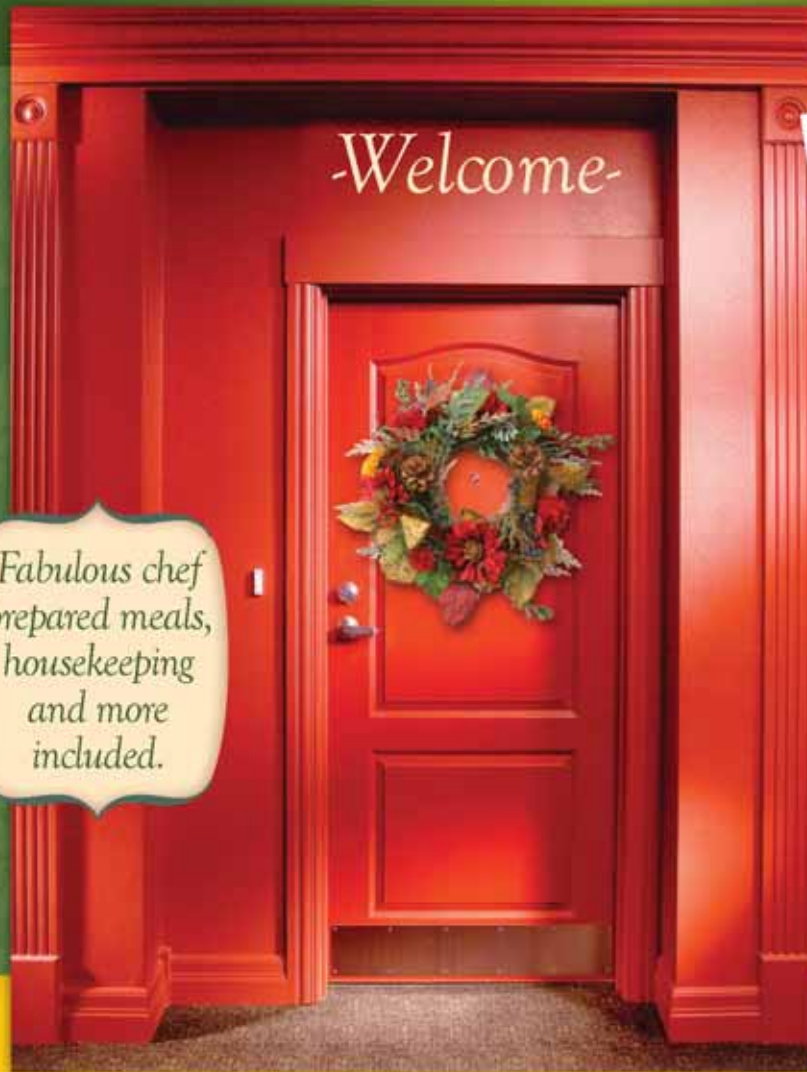
Births

August 4: Barack Obama, 44th President of the United States
August 8: Rikki Rockett, American rock drummer (Poison)
August 8: The Edge (David Howell Evans), Irish rock guitarist (U2)
August 14: Susan Olsen, American actress (*The Brady Bunch*)
August 18: Bob Woodruff, American television journalist
August 25: Billy Ray Cyrus, American singer and actor

Events

August: USA founds Alliance for Progress.
August 6: Vostok 2: Soviet cosmonaut Gherman Titov becomes the second human in space for more than one day.
August 13: Construction of the Berlin Wall begins, restricting movement between East Berlin and West Berlin and forming a clear boundary between West Germany and East Germany, Western Europe and Eastern Europe.

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John Hiebert, M.D. has been specializing in clinical cardiology since 1988. He graduated from the University of Kansas School of Medicine and completed his residency at St. Luke's Hospital in Kansas City. A medical "Sherlock Holmes," Dr. Hiebert likes to investigate and solve the mysteries of the human heart. His passion for preventive cardiology is matched only by his 23-year commitment to his patients and the Lawrence community.

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

