

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

August 2012

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 12, No. 2

INSIDE



DAVE MATHIAS PHOTOS

Dave Mathias shares photography experience with senior 'students.'

See story on page three



The Summer 2012 issue of *Amazing Aging!*, the Jayhawk Area Agency on Aging's newsletter, is included in this month's *Senior Monthly*. See inside.



After being a police officer for more than a decade, Matthew Brown went back to school and became a doctor of audiology. He now co-owns Kaw Valley Hearing. - page 6

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Find Out What They Have To Say

We asked families how they felt about the living experience of their loved ones living at Legend at Capital Ridge. Nothing is more comforting than hearing it straight from the source. These are just some of the heartfelt thanks our families had to share.

"At this time of year, we reflect on things we are thankful for and have made an impact on our lives. Legend Assisted Living at Capital Ridge is one of those things that I am so grateful for and has been a lifesaver for our family. This is the third assisted living facility that my parents have lived at - but it is the only one that I can call their home. Legend is beautiful, comfortable and the activities available help keep them engaged in life. They are happy and most important have their dignity. It is not easy to be dependent on others when you have been responsible for yourself all of your adult life. Legend staff and residents have forged a community that has given my parents purpose and a place they call home, hopefully for the rest of their lives. Thank you so much,"

~Cynthia Shepard, daughter of Charles and Donna Eissler



Resident at Legend at Capital Ridge

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~Marva Early, Power of Attorney and Executor for Aunt

"If anyone I know is considering assisted living for themselves, or a loved one I make sure I tell them about Legend at Capital Ridge. I let them know how happy we are and how much better physically and mentally my mother is. Yes, she is happy to be here too!"

~Lynn McKinsey daughter of current resident



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Mathias volunteers with photography activity groups

By Kevin Groenhagen

At 75, Dave Mathias, a professional photographer, is semi-retired. However, several months ago he started thinking about how he could use his experience as a photographer to help others when he wasn't working. While he and his wife, Leila, were visiting a friend at Thornton Place, a Topeka retirement community, he got an idea.

"I thought that a good activity would be talking with people about any interest they have in photography or related to photos they may have taken that I can help them with," Dave said. "A couple of weeks later, I stopped in to talk to the activities director at Thornton Place."

The activities director agreed, and, soon thereafter, Dave began meeting with small groups. He now has two retirement communities where he meets with groups about every other week.

"I try to draw in people who have some interest in photography," he said. "It's not necessarily from the standpoint of taking photographs. I've had several people come up and show me pictures that they had taken. They just want to talk about photography in general. I have had a few people show me their pictures and, for one reason or another, they

want copies of them. One woman had some photos that were getting pretty messed up from being handled all the time. So I took them, made copies of them, did some things to make them look better, and reproduced them on new paper. That made her extremely happy. It's kind of evolved to where I'm teaching them less and helping them more."

However, some of the seniors are eager to learn more about photography.

"My best 'student' is a pretty good photographer," Dave said. "He's only 65 and is in a wheelchair, but that has not stopped him from getting around and taking some great photos. We have spent some interesting times together and he is eager to learn more about a hobby he has pursued for a long time. He has some very good camera equipment and, along with his computer skills with Photoshop programs, has produced some very creative images."

As a teacher, few are more qualified than Dave is the area of photography. He has been a professional photographer for almost six decades.

"My father gave me my first camera when I was about 12," he said. "I don't have that camera anymore, which I wish I did, but I have



Davis Mathias (center) meets with the photography activity group at Thornton Place on July 16.

a couple of photographs that I took with it. When I graduated from high school, my father bought me an Argus C3."

The Argus C3 was the best-selling 35mm camera in the world for nearly three decades, and helped popularize the 35mm format. Because of its shape, size, and weight, photographers commonly referred to it as "The Brick."

After high school, Dave joined the Air Force and left his home in Read-

ing, Penn. After completing photography school in Denver, Colo., in 1956, the Air Force sent him to Forbes Air Force Base in Topeka.

"I cried when they told me I was going to Kansas," he said with a laugh. "I was hoping for California, Florida, or even my home state of Pennsylvania. But Kansas? What was there?"

Well, it turned out that Leila Benton, who was from Osage City,

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Kevin L. Groenhagen
Editor and Publisher

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Dave Mathias

■ CONTINUED FROM PAGE THREE

Kan., was there. After meeting on a blind date on January 1, 1958, and an engagement of several months, the couple married on June 1 of that year.

Dave spent the remainder of his five-year stint with the Air Force at Forbes and left active duty in 1960. He stayed in Topeka and went to work for Wolfe's Camera Shops for about a year.

"That's when General Dynamics was putting in the Atlas missiles in silos," he said. "I wrote them a letter to tell them about my experience."

General Dynamics initially hired Dave to take photos related to the nine Atlas missile sites operated by the 548th Strategic Missile Squadron, which was based at Forbes. The Atlas was the first intercontinental ballistic missile developed and deployed by the United States. NASA also used the missile as a first stage for satellite launch vehicles for half a century. In addition, an Atlas missile launched *Friendship 7*, which made three earth orbits carrying John Glenn, the first United States astronaut to orbit the planet.

General Dynamics later moved Dave to Salina, where the 550th Strategic Missile Squadron at Schilling Air Force Base operated 12 missile sites.

After the completion of the Salina project, General Dynamics, which liked Dave's work, sent him to San Diego, which is where the Astronautics Division of General Dynamics built the Atlas missiles.

"When I was working in San Diego, they had 10 other photographers on staff," he said. "I was working with a lot of really great photographers, so that was a terrific learning situation."

By 1965, the Atlas intercontinen-

tal ballistic missiles were no longer in service. With fewer government contracts for General Dynamics, the company laid off Dave. The Mathias family, which now included son Bret, who now works as a video photographer for the Kansas Department of Transportation (KDOT), and daughter Mindy, who is an English teacher at Rossville High School, returned to Topeka.

Back in Topeka, Dave got a job as a photographer with KDOT. About a year later, a fellow photographer he served with at Forbes had bought out Wolfe's Commercial Photos, the commercial photography part of Wolfe's camera shop. He set it up as a separate business, and later asked Dave to join him in the business as a partner. After two years in the Wolfe's building, they moved the business to 4th and Taylor, where the business was located for 32 years.

The partners changed the name of their business to Photo-1 Inc. in 1979. Dave still owns Photo-1.

"When I sold my building in 2002, I had 40 years of negatives," Dave said. "I donated all of them to the Kansas State Historical Society.

There was a lot of historical photos of the city in those negatives."

Dave has continued to work as a commercial photographer, but out of his home office. He especially enjoys aerial photography, which, ironically, he never did when he was in the Air Force. He has done aerial photography for almost every major building project in Topeka during the past few decades. For the past three years, he has done aerial photography for the contractor doing the upgrades at Westar Energy Inc.'s plant in Lawrence. Dave flies over the plant about every six months to take photos of the new construction. The Greater Topeka Chamber of Commerce also hired Dave to do aerial photography of the new Mars Chocolate manufacturing facility in Topeka. He'll be doing that about every two months until the completion of the project.

"They all want aerial photography to see the progress that's being made," Dave said. "That way they have records to show what was completed at certain time intervals. For many years I have used the Kansas Air Center out of Billard Airport to

fly me around."

While the process of taking aerial shots has remained very much the same over the decades, the equipment has changed quite a bit. The biggest change has been digital cameras and computer programs that allow the photographer to produce the best image quality.

"When you're doing a lot of aerial photography, you want to make sure that the images are sharp," Dave said. "The earlier digital cameras couldn't produce sharp enough images. How-

ever, everything I do now is digital and has been for about seven years. It wasn't like one day I was a photographer who used film, and the next day I started shooting digital. It was an evolution. The first digital camera I used belonged to a client. They decided that it would be simpler for them to have a digital camera for food photography. I didn't buy my first digital camera until 2004. Now I'm on my fourth or fifth one. Of course, they're always improving. My first digital camera was three or four megapixels. I now have a 16-megapixel camera and I just heard someone is coming to make a listing even more attractive

Dave Mathias

■ CONTINUED FROM PAGE THREE

out with a 36-megapixel camera."

According to wisegeek.com, "When it comes to digital cameras, the picture quality capability is measured in megapixels. For example, a 3.1 megapixel camera can take pictures with a resolution of 2048 x 1536, which equals 3,145,728 pixels. That is, the resulting image will be made up of 3.1 megapixels, or over three million dots."

Dave has also embraced computers to help him with his photography. "The computer allows you to be so much more creative," he explained. "One of the things I am doing now is working with Realtors. If you look at most realty listings, the photos are not great. One I looked at the other day even had a shot of the toilet for crying out loud. I have been working with a few Realtors in town for the last three years or so, and I have done quite a few listings for them. I use a program called Smilebox, which allows me to use my photography in a presentation to make a listing even more attractive

■ CONTINUED ON PAGE FIVE

to a prospective buyer. I did a presentation just last week, and the agent said she already has a buyer."

Dave also believes computers can help him teach seniors about photography.

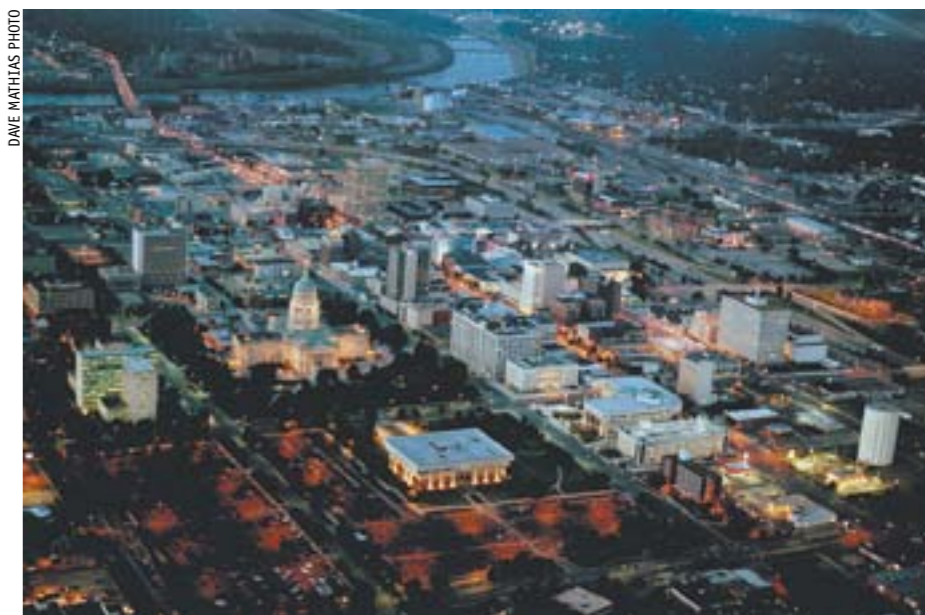
"I usually take my computer along to the retirement communities," he said. "If I'm trying to explain something to someone, it's a lot easier to show them on a computer. I really don't try to get technical with anybody, as I'm trying to keep things simple enough so that they don't tune out and lose interest."

Dave does not see himself retiring any time soon.

"My retirement will be based on my physical ability to do what I do," he said. "I keep telling my pilots that it's getting tougher to climb into the airplane. I used to hop right in there. There's not so much hopping anymore, but once I'm in the cockpit, I'm fine."

Dave also stays active by playing racquetball with a physical therapist friend. They started playing together 40 years ago when the YMCA's downtown branch opened in 1972.

"We don't play as fast as we used



An aerial photo of Topeka taken by Dave Mathias.

to, and I don't go for those floor shots like I used to," Dave said with a laugh.

If you are an activity director at a retirement community or other organization and would like more information about starting a photography activity, please call Dave Mathias at (785) 862-3223 or email him at davemathias@sbcglobal.net.

"I don't go into any of these retire-

ment communities with the perspective that I'll be hired for any jobs," Dave said. "I'm not looking to make money. What I am looking for is something to fill the time gaps I have between jobs. It gives me something to do and also gives the residents something to do. I also think that at age 75 it is easier to relate to the people I'm working with."

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Browns open Kaw Valley Hearing in Lawrence

By Billie David

It may seem like a big leap from being a police officer to becoming an audiologist, but for Matthew Brown, Doctor of Audiology and part-owner of Kaw Valley Hearing, the change was quite natural.

"I was a police officer for about 12 years, and I decided to go back to school," Brown said. "I took a class in communication disorders, and I loved it."

So Brown continued his studies in that direction for the next five years, earning his doctor's degree from KU in 2010.

"There was also a personal tie because my son was having a lot of communication problems due to the number of ear infections he was having," Brown said of his decision to study audiology.

After his graduation, Brown spent the next two years working with an ear, nose and throat group before opening his own clinic with his wife, Kathy Brown, as co-owner.

"We are very patient-driven here," Brown said. "The patient comes first."

This translates into an emphasis on what the patient actually needs in his or her own specific situation to help them communicate better rather than someone just trying to sell them a hearing aid.

"I will definitely suggest to the patient what I feel is best for them," Brown said. "I will provide them with options, but ultimately it is their decision."

The emphasis on the individual's experience with hearing loss and their day-to-day needs is also evidenced in the large examination room, which has plenty of space to include chairs for family members, who are encouraged accompany the patient to the appointment and to be involved.

"We encourage family members to come in because it affects not only the person with hearing loss,

but also the people they interact with," Brown explained, adding that one of the reasons it is so important to treat hearing loss is because it isolates people.

"They have a hard time hearing what's being said, so they remove themselves from the situation," he said.

This idea is captured in the words of Helen Keller, who said, "Blindness separates us from things, but deafness separates us from people."

Indeed, research has shown that there is a direct correlation between hearing loss and dementia, which brings up the question of whether the social isolation associated with hearing loss contributes to the dementia, or whether there is some other connection between the two. Either way, it is a good idea to check out the hearing loss and see what can be done to address it, Brown said.

Kaw Valley Hearing, which opened in June of 2012, takes advantage of recent technology, as evidenced in its being on a paperless system and in the audiologist's desk computer being connected to a larger screen on the wall.

"Whatever is on the computer screen can pop up on the TV screen on the wall," Brown said. "We can show the patient what's going on because we can bring up an audiogram that shows where they have hearing loss. It is really nicer for the patient."

Brown selected the clinic's location at 1520 Wakarusa Drive, Suite B, because, being near several doctor's offices and retirement centers, it is easily accessible to many of the individuals who need audiology services. In addition to treating seniors, however, Kaw Valley Hearing also treats anybody age five and up and there are plans to treat children age six months and up in the future.

The clinic has a sound-proof booth where patients receive comprehensive hearing tests.

Sufferers of tinnitus, who hear noises even though there is no external sound present, can find help at Kaw Valley Hearing through a new treatment called Neuromonics. This method takes advantage of the brain's plasticity, or its ability to reorganize damaged areas and create new connections to healthy neurons. This is achieved through a device that is customized to the patient's indi-

vidual tinnitus profile. The device delivers auditory simulation, which is embedded in spectrally modified music, adjusted to the patient's specific need.

"We're one of the few practices that offer Neuromonics," Brown said.

Kaw Valley Hearing also offers its patients the latest technology in hearing aids.

Kaw Valley Hearing

■ CONTINUED FROM PAGE SIX

"There is a hearing aid out now that is waterproof," Brown said. "You can shower and swim with it."

There's also a kind that fits very deeply into the ear canal so that it is nearly "invisible."

With digital technology, the problems patients used to have with hearing aids are no longer applicable, Brown said. Instead of amplifying all sounds, the new hearing aids are able to distinguish between speech and other sounds and amplify only the speech sounds. And the squealing noise produced by feedback is almost

■ CONTINUED ON PAGE SEVEN

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nonexistent, he added.

In addition to hearing aids, the clinic offers other types of hearing devices, some of which are for protection for people exposed to loud noises such as construction workers and motorcyclists, as well as ear plugs

for swimmers.

People in other professions that require them to hear sounds not available to others can also obtain customized earmold devices from the clinic, such as musicians, police officers who need to hear information over the

radio that others around them can't hear, or anesthesiologists who need to monitor a patient's breathing and heartbeat during surgery.

Brown can be reached at (785) 856-4200, and the web address for his clinic is kawvalleyhearing.com.

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State cuts ribbons on new agencies focused on protecting Kansans **New agencies**

Kansans from across the state joined Gov. Sam Brownback and Lt. Gov. Jeff Colyer, M.D. to cut the ribbon on two new state agencies focused on protecting the state's children, families and most vulnerable. Created by Executive Reorganization Order No. 41, the Kansas Department for Children and Families (DCF) and the Kansas Department for Aging and Disability Services (KDADS) are part of the Brownback administration's ongoing reorganization efforts to increase efficiency among state agencies and improve services and programs.

"This is a momentous day in the history of Kansas government," Gov. Brownback said. "This historic reorganization will ensure we serve the children and families of Kansas as well as older adults and persons with disabilities in ways suited to the unique needs of our state and the unique needs of those who depend upon state services and programs."

Lt. Gov. Colyer said the reorganization is key to the administration's reform of the state's Medicaid system. "When we took office, the state's Medicaid system was in serious trouble from a lack of coordinated care and exploding costs," Dr. Colyer said. "As we worked to improve services and health outcomes, we realized that the state agencies and programs involved needed to be streamlined to better facilitate their functions and communications."

Department for Children and Families

The DCF replaced the Department of Social and Rehabilitation Services on July 2 as the Kansas agency responsible for the protection of children and the promotion of healthy families.

The responsibilities of DCF include children and adult protection services, adoption services, foster care support, child support services, welfare and food assistance pro-

grams, as well as services dedicated to vocational rehabilitation, among others. The agency has a budget of \$600 million.

"DCF is a completely focused on serving our clients and on the well-being of children and families in the state of Kansas," DCF Secretary Phyllis Gilmore said. "We have a vitally important mission—to protect children, promote healthy families, and encourage personal responsibility."

Gilmore said the goals of the new agency are to strengthen families, safely reduce the number of children in care, promote employment, responsible stewardship of taxpayer funds and to build public and private partnerships. She noted services to the more than 500,000 Kansans the agency works with in various capacities have gone uninterrupted during the transition.

The new Department for Children and Families website launched on July 1. The completely redesigned site is more intuitive and easy to use. The website, www.dcf.ks.gov, was designed and coded entirely by DCF employees.

The four major programs that serve clients have been renamed. Children and Family Services is now Prevention and Protection Services; Child Support Enforcement is now Child Support Services; Economic and Employment Support is now Economic and Employment Services; Rehabilitation Services is now Vocational Rehabilitation Services.

DCF Central Office will remain at the same address in Docking State Office Building, 915 SW Harrison, Topeka, KS 66612. All 39 service centers across Kansas will remain at the same locations. Customer service

■ CONTINUED FROM PAGE EIGHT

can still be reached at 1-888-369-4777.

Kansas Department for Aging and Disability Services

The KDADS merges the former Department on Aging, the Disability and Behavioral Health Services Division at SRS and parts of the Health Occupations Credentialing Division.

The new agency will administer services to older adults; Mental Health, Addiction and Prevention Programs; State Hospitals and Institutions; Home and Community-based Services Waiver Programs and some health occupations credentialing. It will be the second largest in state government, with a budget of \$1.7 billion for fiscal year 2013. The total includes \$154.9 million for state hospitals.

"There are differences between the older adults and persons with disabilities whom we will serve under the new agency, but they also represent many common challenges: helping people to stay independent

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and healthy as long as possible, the need for quality housing and competent caregivers and the necessity of navigating a fragmented health care system," KDADS Secretary Shawn Sullivan said.

Sullivan said KDADS' goals are to keep older adults and persons with disabilities at home and independent as long as possible. He said the agency will work towards providing an integrated and coordinated Medicaid system to help them achieve this goal.

"The quality Older Americans Act services that KDOA has focused on since its inception will continue to help us fulfill our new agency's mis-

sion," Sullivan said. "If older adults or persons with disabilities live in one of our state's adult care homes, state hospitals or other supportive living environments, our agency will continue its efforts to ensure that quality care and services are provided in a place as much like home as possible."

Additional information can be

found on the department's new website, www.kdads.ks.gov.

All aging programs will continue to be housed at the New England building, 503 S. Kansas Ave., in downtown Topeka. Disability services will remain housed for the time being in the Docking Building at 915 SW Harrison in downtown Topeka.

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Trouble remembering to take your medications? Text message reminders may help

(ARA) - Americans are busy people, and with everything that goes on in our daily lives, remembering to take a prescribed medication can be a challenge. But studies show that forgetting your medications has consequences, including creating a more serious and even dangerous health issue. According to The New England Journal of Medicine, nearly 70 percent of medication-related hospital admissions in the United States are the result of not taking a prescription medication as directed by a doctor.

The good news is that there are new technologies that are helping remind patients to take their medicines, such as text messages that arrive at a precise day and time. In fact, a recent study of 580 patients with chronic diseases such as diabetes or hypertension showed that text messaging could help patients stick to their medication schedules.

The study, by OptumRx, a leading pharmacy benefits management company, found that patients receiving text message reminders had higher rates of taking their medication as instructed (known as "medication adherence") than those who did not—85 percent vs. 77 percent. The adherence rates for those taking medication for diabetes were even

higher—91 percent vs. 82 percent. Even patients older than 60 showed significant improvement in their adherence with the use of text messages.

"Many of us are using our phones to do more—check the weather, read a news article, research information on a medical condition. It makes sense that reaching patients through technology could improve their adherence, and now we have the evidence to prove that it can, even among older patients," says Dr. Brian K. Solow, chief medical officer of OptumRx.

The study's findings on diabetes adherence also are important, Solow says. According to the Centers for Disease Control and Prevention, nearly 26 million people in the U.S. had diabetes as of 2010.

"Diabetes continues to be a growing, global health issue with devastating complications, including heart attack, stroke, blindness, kidney failure and amputations. Ensuring that people with diabetes stay on their medication as directed can go a long way in helping them maintain and improve their health," Solow says.

To find out if text message reminders are available to you, contact your pharmacy benefits manager or visit OptumRx.com.



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Kansas adult care homes recognized for perfect scores

The Kansas Department for Aging and Disability Services (KDADS) announced Thursday that 22 facilities throughout the state received zero deficiencies following surveys conducted primarily throughout the month of June.

"It's wonderful to see so many of our facilities meeting the standards we have set," KDADS Secretary Shawn Sullivan said. "We look forward in the future to helping other adult care homes reach that same goal."

The facilities that recently received zero deficiencies include the following:

- Cheney Golden Age Home, Cheney
- Sterling House of Junction City, Junction City
- Atria Hearthstone West, Topeka
- Peggy Kelly House II, Topeka
- Homestead of Halstead, Halstead
- Glenn Moore Meadows, Holton
- Reflection Living Maize Ct 1, Wichita

- Comfort Care Homes, Inc. #509, Wichita
- Gracious Senior Living LLC II, Wichita
- Vintage Place of El Dorado, El Dorado
- Vintage Park at Paola LLC, Paola
- Anderson County Hospital LTCU, Garnett
- Sunrise Assisted Living of Overland Park, Overland Park
- Southview Adult Day Services, Kansas City, Kansas
- Midland Care Lawrence Adult Day Health, Lawrence
- Lawrence Memorial Hospital, Skilled Nursing Facility, Lawrence
- Asbury Village, Coffeyville Assisted Living at Windsor Place, Coffeyville
- Country Living Inc., Anthony
- Fairview Estates Retirement Community, Colby
- Pleasant View Home, Inman
- The Homestead of Garden City, Garden City
- The Survey, Certification and

Credentialing Commission promotes excellence in the health care and living conditions of more than 18,000 individuals residing in adult care homes.

Through ongoing annual evaluations, state surveyors ensure that residents receive care that meets acceptable standards and state regulations. "The survey process protects residents from abuse, neglect and

exploitation," said Secretary Sullivan. The Commission is required to survey all adult care homes within an overall 12 month average, with no individual facility exceeding 15 months. Licensed adult care homes include skilled nursing facilities, assisted living facilities, residential care facilities, home plus, adult day care and intermediate care facilities for individuals with intellectual disabilities.

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One million people go online to access their Social Security Statement **Esther Luttrell**

Michael J. Astrue, Commissioner of Social Security, on June 29 announced that in less than two months' time, one million people have gone online, created a My Social Security account and viewed their Social Security *Statement*.

"The online Social Security *Statement* is a huge success," Commissioner Astrue said. "The online *Statement* meets our commitment to provide Americans with an easy, efficient process to obtain an estimate of their potential Social Security benefits. I recommend that everyone get in the habit of checking their online *Statement* each year, around their birthday, for example."

The online *Statement* provides estimates for retirement, disability

and survivors benefits. It also provides workers as young as 18 a convenient year-round way to determine whether their earnings are accurately posted to their Social Security records, which was not possible when the agency mailed paper *Statements* only to those 25 and older.

On May 1, Social Security unveiled this new addition to its popular suite of electronic services at [www.socialsecurity.gov/mystate-](http://www.socialsecurity.gov/mystate-ment)

ment, which allows people to access their Social Security earnings and benefit information securely and conveniently.

According to the American Customer Satisfaction Index (ASCI), users are giving the online *Statement* a score of 89—making it competitive with Social Security's other top-rated, best-in-government online services, such as the Retirement Estimator and online retirement application. The

ASCI tracks trends in customer's satisfaction and provides valuable benchmarking insights for companies and government agencies.

To access your online *Statement*, you must be at least 18 years old, have a Social Security number, have a valid email address and have a U.S. mailing address.

To learn more or to create your own account, please go to [www.socialsecurity.gov/mystate-](http://www.socialsecurity.gov/mystate-ment)

Esther Luttrell to discuss new book at events

Author Esther Luttrell will be the guest artist August 4 at a Peter K jazz event and Luttrell book signing in Juli's Coffee & Bistro, 4010 SW Huntoon, Topeka's Gage Village Shopping Center, from 10 a.m. until noon. *Invitation to a Murder*, the author's latest novel, centers around Topeka. Like several other businesses and individuals, Juli's Coffee & Bistro is introduced in Luttrell's first of this new State of the Murder series, and will become a regular feature in future novels. Potwin, Jerry Boyle's Joyland, The Kevin Brennan Family Funeral Home, and the entire town of Paxico are among those who figure prominently in the storyline. The second in the series, *Murder on Burnett's Mound*, will be released in the spring of 2013.

Luttrell will also be the featured speaker at American Business Women's Association luncheon on August 21 at the Washburn Tech Conference Center, 5724 SW Huntoon, in Topeka. She will discuss her journey from a career at MGM to her recovery from divorce, the death of her children, and a period of homelessness before becoming the published author of eight books and a national public speaker. For more information on the luncheon, contact Michelle Kaberline at mkaberline@hotmail.com.

On August 24, Luttrell will discuss how she came to select Topeka as the setting for her latest mystery, *Invitation to a Murder*, when she addresses the Thornton Place Book Club, 2901 SW Armstrong, Topeka, at 2 p.m. For information contact Holly Skow, Enrichment Coordinator, Thornton Place, at holly.skow@holidaytouch.com.

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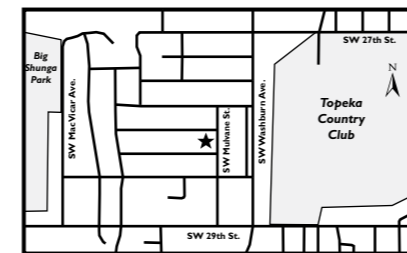


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Hearing Loss Now Linked to Dementia

Over the last decade I have seen many studies concerning hearing loss or the use of hearing aids. None, in my opinion, have been as eye opening as the study released by Johns Hopkins on Feb. 14, 2011, which stated that "seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing."

I have seen family members often believe a loved one had dementia only to find that a hearing loss was preventing the loved one from understanding a conversation. I often tell my patients that hearing loss is "mean." It not only takes our ability to hear certain noises like birds, turn signals, or alarms, but it also takes our ability to understand speech away if left unattended. Our hearing isn't reliant on just our ears. It is also dependent on how our brain interprets the sounds.

We in the hearing industry have been counseling individuals in the importance of hearing exams and seeking treatment for an existing hearing loss for years. This Johns Hopkins study linking hearing loss to dementia should be a calling card to everyone to have their hearing checked but especially to those who are noticing any warning signs.

The study went on to say, "Although the reason for the link between the two conditions is unknown, the investigators suggest that a common pathology may underlie both or that the strain of decoding sounds over the years may overwhelm the brains of people with hearing loss, leaving them more vulnerable to dementia. They also speculate that hearing loss could lead to dementia by making individuals more socially isolated, a known risk factor for dementia and other cognitive disorders."

"Whatever the cause, the scientists report, their finding may offer a starting point for interventions — even as simple as hearing aids — that could delay or prevent dementia by improving patients' hearing."

The assistant professor in the Division of Otolaryngology at Johns Hopkins went on to say, "A lot of people ignore hearing loss because it's such a slow and insidious process as we age. Even if people feel as if they are not affected, we're showing that it may well be a more serious problem."

I think the answer is simple. Have your hearing tested. The American Speech Language Hearing Association recommends that adults have their hearing screened every ten years through age 50 and then at three year intervals thereafter. At NuSound Hearing Center we believe that once a hearing loss is detected an annual exam is warranted. The yearly evaluation becomes more vital once hearing aids are dispensed. Wearing the correct "prescription" in your hearing aids is what keeps the speech portion of your brain exercised and active.

At NuSound Hearing Center we are committed to providing the very best in hearing health care. Not only do we provide annual exams and quarterly wellness check-ups, but we partner with our patients primary care physician. As the John Hopkins study showed, hearing loss can be an indicator of other health concerns. NuSound Hearing Center provides copies of all audiograms to each of our patient's physicians. The doctors are encouraged to call with questions and/or suggestions.

When was the last time you or your loved one was tested? Call NuSound Hearing Center today! We will provide you a complimentary hearing evaluation and tour of our facility. Let us give you a new sound experience.



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Protecting vulnerable Kansans from extreme heat

Triple digit temperatures can spell danger for the elderly and those with disabilities, that's why the Kansas Department for Aging and Disability Services (KDADS) is urging residents to use caution and keep a close eye on their loved ones and neighbors.

The National Weather Service continues to issue excessive heat warnings across Kansas as high temperatures and humidity plague the state. An excessive heat warning means that a prolonged period of dangerously hot temperatures will occur. The combination of hot temperatures and high humidity creates a dangerous situation in which heat illness is likely and can be life threatening.

"Many of us take our air conditioned offices and homes for granted," said KDADS Secretary Shawn Sullivan. "There are plenty of people in our community who are suffering

from the heat without air conditioning and they need our help."

According to the Centers for Disease Control and Prevention, the elderly are more prone to heat stress than younger people for several reasons: Elderly people do not adjust as well as young people to sudden changes in temperature. They are more likely to have a chronic medical condition that changes normal body responses to heat. They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Those with disabilities are also at risk for heat related illnesses and require regular supervision.

How to Help Protect Vulnerable Residents

- Visit older adults and those with disabilities at least twice a day and watch them for signs of heat exhaustion or heat stroke (heavy

sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting, a fast and weak pulse rate and fast and shallow breathing).

- Encourage them to increase their fluid intake.
- Take them to air-conditioned locations.

What You Can Do for Someone with Heat Stress

- Seek shade for the person.
- Cool the person rapidly.
- Monitor the person's temperature until the body temperature drops to 101-102 degrees.
- Get medical assistance as soon as possible.



Sometimes, the toughest subjects are the most important.



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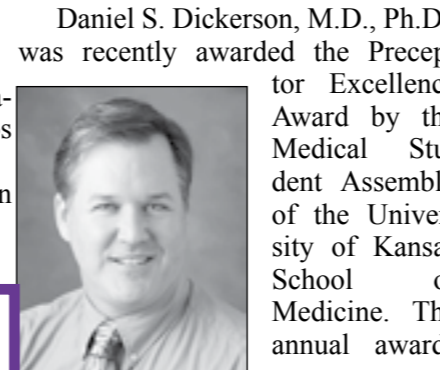


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Eudora Family Care physician wins teaching award



Dr. Dickerson was recently awarded the Preceptor Excellence Award by the Medical Student Assembly of the University of Kansas School of Medicine. The annual awards ceremony recognizes educators, courses and clinical rotations in outstanding medical education.

For the third year running, the Preceptor Excellence Award has been awarded to volunteer physicians from

all across the state who have welcomed medical students into their practices and communities, providing them with experiences that will shape their careers.

Dr. Dickerson has practiced family medicine at Eudora Family Care since 2002. He earned a doctorate degree in biochemistry from the University of Missouri and his medical degree from the University of Kansas Medical Center. Dr. Dickerson has received numerous awards including the Health-Grades Honor Roll; American Academy of Family Physicians Foundation Teaching Award, 2005; Rainbow Award for Excellence in Mentoring, 2006; and the Novartis-Outstanding Commitment to Cardiovascular Disease, 2007.

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the performance of proficiency testing and pass a rigorous on-site laboratory survey. The Laboratory Excellence Award is achieved by those COLA laboratories that are found to be compliant with all COLA essential and required criteria at the time of their on-site survey. In addition, award recipients must have demonstrated successful proficiency testing for the prior three testing events and have no valid complaints against the laboratory.

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HEALTH & FITNESS

After-Effects of Polio: Symptoms and Solutions

As many as a million American polio survivors, even those who had only mild childhood cases, are likely to experience after-effects decades later: muscle weakness, cold sensitivity, and general fatigue. If you have these symptoms, you might have post-polio syndrome (PPS). You



Laura Bennetts

As they age, people with PPS have an elevated risk for several chronic illnesses, including heart disease, chronic obstructive pulmonary disease, high blood pressure, diabetes, osteoporosis, and obesity. Not everyone with these symptoms has PPS – in fact, the average 75-year-old American has more than one of these conditions – but anyone with these symptoms needs to take self-protective action. Here's what I advise:

Seven Health Tips

1. Avoid alcohol. Alcohol can disturb your breathing at night and prompt sleep apnea, especially if you had polio with respiratory involvement.
2. Stay warm. When the mercury falls from 86 to 68 degrees, people with PPS feel as if it had fallen to 50 degrees. Wearing long underwear in winter, and keeping a sweater with you at other times, can help.

should consult your doctor to find out. If so, there are ways to reduce your symptoms and help you feel better. But first, I will explain how PPS effects the nervous and muscle systems.

The Syndrome

Polio is caused by a virus which reduces the number of nerve connections to muscle fibers. During recovery from polio the remaining nerves may expand to compensate for the lost nerve cells. Such "giant" nerve cells appear to weaken over time, yielding post-polio syndrome decades later. Classic PPS symptoms include troubles with swallowing and breathing, muscle weakness, muscle and joint pain, intolerance of cold, and fatigue.

We don't yet know why these symptoms appear so long after the initial illness. But 60% of those who have had childhood polio may suffer new symptoms 10 to 60 years later, even if their original episode was too mild to cause paralysis. Since these symptoms can also be signs of many other minor and major health issues, you should definitely ask your doctor about them.

You might first notice trouble muscle weakness in your arm, reflecting a deficit of the nerve connections you need to contract your muscles. Or you might suffer muscle fatigue, caused by a weakened signal sent from your brain to your muscles, or aching joints after exercise.

3. Eat well. Consult a nutritionist or dietician to work out a plan. The latest guidelines emphasize whole grains, fruits, vegetables, and vitamins.

4. Pace yourself. A physical therapist can help you conserve your energy. This prevents fatigue and protects your joints. If, say, working in your garden exhausts you, you can rotate tasks to give your muscles a break—perhaps by spending time watering. Or you can decrease the stress on your body with labor-saving tools like reachers, canes, or raised chairs. Consult with a therapist to analyze your daily routine to find ways to better conserve energy so you aren't exhausted by the end of the day.

5. Understand your meds. People with PPS can react badly to muscle relaxants and hypertension drugs. Ask your doctor and pharmacist about possible side effects of your medications to improve how you feel and function.

6. Protect your joints. Joint stress can be caused by the overuse of muscles, tendons, and ligaments near your joints. A physical therapist will apply massage and heat and help you develop a healing exercise program. Your therapist can also suggest equip-

ment and changes in your home and work settings to help your joints. Avoid spending precious energy on exercise bikes or aerobics classes that may actually hurt you more than they help.

7. Exercise wisely. Exercise rapidly fatigues people with PPS, but you need exercise to stay strong and mobile. A physical therapist has the medical training needed to help you exercise wisely. Others who teach exercise seldom have medical expertise.

Since exercise is important for people with PPS, I'll finish up with a few pointers.

Shape Up Safely!

Breathe Deeply. Therapists can teach you diaphragmatic breathing. Yoga and Tai Chi are also excellent for deep-breathing, which enhances your oxygen intake and strengthens the muscles that help you breathe.

Get Stronger. Strengthening yourself will reduce muscle and joint pain. But remember: Vigorous exercise is not advisable because you may injure your joints and cause severe fatigue. Your therapist can help you individualize your exercise program to prevent joint stress and reduce muscle fatigue.

Improve Stamina. Better conditioning improves stamina and reduces fatigue. A therapist can help you learn to pace yourself. Water therapy is often suggested for people with PPS,

but you should try this only after your therapist advises you about this. Water exerts continuous resistance as your limbs move through the water and is therefore harder and more tiring than moving on land. If your therapist does advise water therapy, the pool should be heated to around 91 degrees, so that you avoid the cold sensitivity commonly associated with PPS.

Polio Be Gone!

Thanks to the oral polio vaccine, new cases rarely occur in the United States, and a major effort is being made to eliminate the disease globally. Rotary International, together with world health organizations, has worked since 1974 to halt the spread of the polio virus. With any luck, future generations won't have to worry about polio or PPS. But if you're still coping with polio after-effects, now is the time to take action on your own behalf.

- *Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see www.LawrenceTherapyServices.com.*

HEALTH & FITNESS

Benefits of coconut oil

Consumers are becoming aware of the coconut, or the scientific name *Cocos nucifera*, because of its numerous benefits to the human body. The early Spanish explorers called the nut coco, which means "monkey face," because the three indentations (eyes) and the hairy nut resem-



Dr. Farhang Khosh

bled the head and face of a monkey. *Nucifera* means "nut-bearing." The coconut provides a nutritious source of meat, juice, milk, and oil that has fed and nourished populations around the world for generations. On many Pacific islands coconut is a large part of the diet. Nearly one third of the world's population depends on coconut to some degree for their food and their economy.

For many cultures the coconut has a long and respected history. Coconut oil is of special interest because it possesses healing properties far beyond that of any other dietary oil and is extensively used in traditional medicine in the Pacific populations. Pacific Islanders consider coconut oil to be the cure for many illnesses. The coconut palm is so highly valued by the Pacific Islanders that some consider it "The Tree of Life." Only recently has western medical science looked into the coconut oil medical benefits.

Coconut was once thought to be unhealthy because of its high saturated fat content. It is now known that the fat in coconut oil is different from most all other fats and possesses many health benefits.

There are many health benefits of coconut oil, including for skin and hair care, stress relief, cardiovascular health, weight loss, increased immunity, upper respiratory infections, urinary tract infections, influenza, aids in stomach digestion, diabetes, cancer,

IBS, dental care, bruises, constipation, stomach ulcers, Cohn's disease, chronic fatigue syndrome, and bone strength. Coconut oil is also effective on fungi and yeast that cause candidiasis, ringworm, athlete's foot, thrush, and diaper rash.

The benefits of coconut oil can be attributed to the presence of lauric acid, capric acid and caprylic acid, and its properties, such as antimicrobial, antioxidant, antifungal and antibacterial. The human body converts lauric acid into monolaurin, which is claimed to help kill viruses and bacteria that cause diseases.

Finally, coconut oil is often preferred by athletes and body builders and by those who are dieting. The reason behind this is that coconut oil contains lesser calories than other oils and it provides a nutritional source of quick energy. Coconut oil content is easily converted into energy and it does not lead to accumulation of fat in the heart and arteries.

Unlike other vegetable oils, coconut oil does not form harmful by-products when heated in normal cooking temperatures. The oil is completely non-toxic to humans. However, even though there are many health benefits to using coconut oil some people are allergic to coconuts. It is always advisable to check with your health care professional before consuming any supplement.

- *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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RETIRE SMART

Your mid-year check-up

The European Union is once again on the brink of economic collapse; global economic growth is slowing; job creation has stagnated; and on top of it all, we're once again in the uncomfortable position of relying on lawmakers to address expiring tax cuts and reductions in spending across-the-board as part of the debt ceiling deal.



Jill Schlesinger

Since you can't do much about these big-picture issues now, it seems to be a perfect time, halfway through 2012, to revisit the financial issues over which you actually have control: your investments, retirement savings and some of those other New Year's resolutions that are already gathering dust.

Investments: Quit complaining about the markets and DO SOMETHING. Remember that if you are a long-term investor, periodic market pull-backs are great opportunities to rebalance your accounts so that your allocation remains in check. This requires that you override your emotional urge to keep winning funds and dump those that are lagging. But that's the point of asset allocation—various funds are supposed to move in different directions at different points in the economic cycle.

Also consider:

- If you have never done so, take a risk assessment questionnaire, like this one from Vanguard: <https://personal.vanguard.com/us/FundsInv-Questionnaire>.

- Replenish cash reserves for any bills that are coming up over the next year.

- Replace actively managed funds with index or exchange-traded funds.

- Book an appointment with your adviser/broker to review your progress.

Retirement: Many people say they are worried about retirement, but

most of them haven't done any planning to help themselves. As I noted in my article "What's Your Retirement Number?" any conversation about retirement must start with an easy step: calculating retirement numbers. EBRI's "Choose to Save Ballpark E\$timate" (www.choosetosave.org/ballpark/) is easy to use, or check out your retirement plan/401(k) website for more retirement tools.

Real Estate: Nationally, home prices have tumbled an average of 34 percent from their peak in 2006. Housing economists are predicting that home prices could stabilize this year, which means that now is a great time to shop for a house. If you aren't sure about taking the real estate plunge, check out this rent vs. buy calculator (www.nytimes.com/interactive/business/buy-rent-calculator.html) for guidance.

If you already own a home, consider refinancing now! Mortgage

rates are at historically low rates (for borrowers with good credit, 30-year fixed-rate mortgages are now an amazing 3.75 percent!) Use this re-fi calculator (www.hsh.com/refinance-calculator) to determine how much you may be able to save or how many years you could potentially shave off the term of your mortgage.

One more item for homeowners: Make sure your property insurance is up to date. Summer often brings scary weather from tornados to hurricanes. Before an event occurs, make sure that your current coverage is adequate. According to insurance agent Stephen Testa of Testa Brothers, the three biggest mistakes that people make when they're buying/owning a home are: 1) under-insuring, 2) shopping for price only and not comparing apples to apples and 3) not reading policy details before a loss occurs.

Estate Planning: PLEASE DRAFT A WILL, IF YOU HAVEN'T DONE SO ALREADY! I advise hiring a lawyer to prepare a will, power of attorney and health care proxy/living will. If you insist on doing it yourself, you can use a software program like Quicken WillMaker. Other estate tips

include:

- **Revocable trust:** If your total estate is greater than \$5 million (at least for the rest of this year), a revocable or changeable trust will shelter your unified tax credit against federal estate and gift taxes. Many states impose a state death tax at lower levels, so check the rules. Even if your estate is unlikely to incur estate taxes, you may want a trust to better control the disposition of your assets. Revocable trust assets are not subject to probate.

- **Documents:** All of your estate documents and final instructions should be stored in a safe place—don't forget to provide copies to your executor/trustee.

With these bases covered, you'll be in much better shape as we move into the second half of the year!

- Jill Schlesinger, CFP, is the Editor-at-Large for www.CBSMoney-Watch.com. She covers the economy, markets, investing or anything else with a dollar sign on her podcast and blog, *Jill on Money*, as well as on television and radio. She welcomes comments and questions at askjill@moneywatch.com.

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MAYO CLINIC

Weaving activity into your work day important to maintain good health

DEAR MAYO CLINIC: If sitting for six hours a day is unhealthy, as recent studies suggest, what are some quick, easy ways to keep healthy if your job requires sitting for hours on end?

ANSWER: Sitting for long stretches without any activity day after day can lead to health problems. So weaving activity into your day is important to maintain good health.

Some creativity may be necessary, but there are many ways you can get moving, even with a job that keeps you in your seat much of the time.

Make activity part of your routine. For example, if you spend a lot of time in meetings, consider making some of them walk-and-talk meetings. Before the meeting, ask the others who are planning to attend if they would be willing to walk while discussing agenda items. If someone needs to take notes, walk for the first part of the meeting to bounce ideas off one other, then sit down to record what you need to.

If walking and talking isn't an option, ask your meeting facilitator for permission to stand or pace during the meeting. Not only does this provide some activity in your day, it will often keep you more alert and focused on the task at hand than if you are stuck in a chair for an hour or two during the discussion.

Another possibility is pacing while you're on the phone—simply walking back and forth as you talk. If you're not on a wireless device, you may need to ask for a longer telephone cord. If you spend considerable time on the phone, pacing can be an easy way to infuse quite a bit of movement into your day.

If you must sit to do your job, identify times in your day where you can move. For example, if you are a truck driver, walk around while your truck is being loaded and unloaded. If you're a telemarketer who has to sit in front of a computer, go for walks during breaks. Find a co-worker to join you. If someone accompanies you, it's often easier to stay motivated and continue being active.

Check into your company's programs, too. Many employers provide free or reduced-cost memberships to health clubs. Take advantage of them. More companies are also investing in equipment their employees can use to stay active during the workday, such as treadmill desks, portable stepping machines and company-owned bikes made available to employees.

Keep in mind that sedentariness isn't just an issue of not burning calories and increasing your risk of obesity. Inactivity also makes you prone to diabetes, high blood pressure, cholesterol problems, poor sleep and even premature death. Whether it's walk-and-talk meetings, parking at the far end of the lot and taking extra steps to and from your building, or using the stairs instead of the elevator, all activity is beneficial. The more you do, the fewer health problems you're likely to have.

Remember, too, that in addition to daily activity, you can take many other steps to stay healthy. For example, eating a well-balanced diet, getting enough sleep and not smoking can all go a long way to maintaining your overall health.

It's not always easy to work healthy activity into your day, especially when your job keeps you in a chair. But people frequently report that when they are active on a regular basis, they feel brighter, more energized, happier and more productive. Whatever you can do to get and stay active is sure to be well worth your efforts. - James Levine, M.D., Ph.D., Endocrinology, 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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Whatever the Season, Whatever the Reason!



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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

JUL 13-AUG 11

THE SOUND OF MUSIC

When a postulate proves too high-spirited for the religious life, she is dispatched to serve as governess for seven children of a widowed naval Captain. 6 p.m. Dinner & 8 p.m. Show Friday & Saturday 7 p.m. Show Wednesday & Thursday 12:30 p.m. Brunch & 2 p.m. Event fee. 3028 SW 8th Avenue. TOPEKA, (785) 357-5211 www.topekacivictheatre.com

AUG 10-19

PINKALICIOUS

A certain little girl can't stop eating pink cupcakes despite warnings from her parents. Her pink indulgence lands her at the doctor's office with Pinkitis, an affliction that turns her pink from head to toe—a dream come true for this pink loving enthusiast. But when her hue goes too far, only this little girl can figure out a way to get out of this predicament. Event times: 7

p.m. Thursday - Saturday, 2 p.m. Sunday. Fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue TOPEKA, (785) 357-5211 www.topekacivictheatre.com

AUG 17 & 18

LAUGHING MATTERS

Each show is a blend of outrageous comedy sketches and audience participation games. Show Time: 8 p.m. Fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. TOPEKA, (785) 357-5211 www.topekacivictheatre.com

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m. TOPEKA, (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, 6:30 p.m. TOPEKA, (785) 296-9400

WEDNESDAYS

PINECREST APARTMENTS

924 Walnut, 12:30-1 p.m. EUDORA, (785) 542-1020

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m. TOPEKA, (785) 235-9073

WEDNESDAYS & SATURDAYS

LEGIONACRES

3408 W. 6th St., 7 p.m. LAWRENCE, (785) 842-3415

FRIDAYS

EAGLES LODGE

1803 W. 6th St., 7 p.m. LAWRENCE, (785) 843-9690

FRIDAYS

ARAB SHRINE

Mini Bingo 6:30 p.m., Regular Bingo 7 p.m. TOPEKA, (785) 234-5656

SUNDAYS & TUESDAYS

MOOSE CLUB

1901 N Kansas Ave, 6 p.m. TOPEKA, (785) 235-5050

EDUCATION

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail. Call to make reservation. TOPEKA, (785) 354-5225

TUESDAYS & THURSDAYS, AUG 14-OCT 11

BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI

LMH Therapy Services now offers this one hour class that will focus on balance exercises with Tai Chi movements incorporated. Designed to be fun as well as improve functional strength and balance. Instructors are Registered Physical Therapists who will assist you with progression through the appropriate level of exercises for you. Fee. Advance enrollment required as class size is limited. LAWRENCE, (785) 749-5800 www.lmh.org

AUG 14

BROWN BAG LUNCH AND LEARN PROGRAM - "THE MAGIC OF EXERCISE"

Bring your lunch and learn more about the many health benefits of exercise. Also covers tips for having a safe and fun exercise experience. Free; no registration needed. Co-sponsored by LMH, The Center Place, Inc. and Jefferson County Health Department. To be held at The Center Place Inc. in The Little Red Barn, 410 Liberty St., Oskaloosa, 12-1 p.m. OSKALOOSA, (785) 749-5800 www.lmh.org

AUG 16 & 17

AARP DRIVING SAFETY CLASS

Class will be from 10 a.m.-3 p.m. each day. \$12 for AARP members; \$14 for non-members payable at the first class session. Space is limited so reservations are required. The class is a refresher course of driving skills and techniques with tips for older drivers in adjusting to

■ CONTINUED FROM PAGE 20

changes in vision, hearing and reactions. It also discusses updates in state and federal vehicular laws. No driving is involved. Those completing both days of the class will be eligible for insurance discounts. To reserve a space for this class, contact Pattie Johnston, LPL Outreach Services, Lawrence Public Library. LAWRENCE, (785) 843-3833 ext. 115

AUG 20

TMJ DISORDERS, SLEEP DISORDERED BREATHING AND YOUR HEALTH

New research shows clear links between the destructive and painful effects of TMJ disorders and varying stages of sleep apnea and restricted breathing. Oral health as well as general health can be significantly impacted by these conditions which affects as many as 30-40% of the population. LMH Medical Staff member and Lawrence Restorative Dentist, James Otten, DDS, will discuss links between TMJ problems, worn teeth, sleep disordered breathing and other related conditions such as GERD, in this interactive forum. Advance enrollment requested, please. Lawrence Memorial Hospital, 6:30-8 p.m. LAWRENCE, (785) 749-5800 www.lmh.org

AUG 20

BASIC PERSONAL FINANCE & INVESTING

An overview of financial planning considerations, including: financial goal setting; investment options such as stocks, bonds, mutual funds, and ETFs; risk tolerance and capacity; and diversification, asset allocation, and rebalancing of an investment portfolio. While the focus is on saving and investing for retirement, the principles apply to other long-term financial goals, such as providing for a child's college

education. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Douglas County Senior Center, 745 Vermont Street, 6:30-8 p.m. LAWRENCE, (785) 842-0543 or (785) 841-4554

AUG 30

FUNDAMENTALS OF ESTATE PLANNING

An overview of the options in arranging your affairs: what happens under intestate succession if you die without a plan; the uses of either a Will or Revocable Living Trust; an overview of probate administration; the impact of estate taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid eligibility might affect your assets. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Douglas County Senior Center, 745 Vermont Street, 6-7:30 p.m. LAWRENCE, (785) 842-0543 or (785) 841-4554

EXHIBITS/SHOWS

JAN 1-DEC 31

FREEDOM'S FRONTIER & KANSAS-NEBRASKA ACT EXHIBITS

Pre-statehood exhibit. Documents and exhibits providing insight into the Bleeding Kansas and pre-statehood era star in Lawrence newly refurbished 1904 Carnegie Library, 200 W. 9th St. LAWRENCE, (785) 865-4499 www.freedomsfrontier.org

JUN 16-SEP 16

INSIDE PEANUTS

Inside Peanuts works by Charles M Schulz, the creator of Peanuts, from the Charles M Schulz Museum in Santa Rosa, CA. Event Cost: Free Gallery Hours: Tuesday 10 a.m.-7 p.m. Wednesday - Friday 10 a.m.-5 p.m. Saturday & Sunday 1-4 p.m. Washburn Campus, 17th & Jewell Streets. TOPEKA, (785) 670-1124 www.washburn.edu/mulvane

FAIRS/FESTIVALS

JUL 29-AUG 5

DOUGLAS COUNTY FREE FAIR

Live music, carnival, 4-H exhibits, demolition derby, antique tractor pull and a variety of races and contests. Douglas County Fairgrounds, 2120 Harper St. LAWRENCE, (785) 843-7058 www.visitlawrence.com

JUL 30-AUG 3

2012 JACKSON COUNTY FAIR

Annual Jackson County 4-H Fair & carnival. Jackson County contains several of the most active 4-H groups in the state. Toby's Carnival provides all the thrills and the classic carnival rides. Hwy 75 & 5th St. HOLTON, (785) 364-4125

AUG 7-11

ATCHISON COUNTY FAIR

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

AUG 7-11

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, Hwy 24/40 and Hwy 16. TONGANOXIE, (913) 683-4483 www.leavenworthcountyfair.com

AUG 18

5TH 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, "The First Santa Fe Trail Plainsmen Muzzle-loading Club," Motorized Rail Car Display, Railroad Memorabilia, Clowns and Balloon Sculptures, and more. Fee. Event time: 9:30 a.m.-4:30 p.m. Great Overland Station, 701 N Kansas Avenue. TOPEKA, (785) 232-5533 www.greatoverlandstation.com

AUG 24 & 25

TIBLOW DAYS

Tiblow Days features entertainment, BBQ competition, vendor booths, car show, 5K run, parade. 126 Cedar Street. BONNER SPRINGS, (913) 422-5044 www.lifeisbetter.com

AUG 31-SEP 2

22ND ANNUAL LAKE SHAWNEE TRADITIONAL POW WOW

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■ CONTINUED ON PAGE 22

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FARMERS MARKETS

THURSDAYS THROUGH OCTOBER

COTTIN'S HARDWARE & RENTAL FARMERS MARKET

Vendors, live music, Free State beer, public chess tables. Located in the parking lot behind Cottin's Hardware & Rental, 1832 Massachusetts St. LAWRENCE

APR 14-NOV 17

SATURDAY MARKET - LAWRENCE

The first Saturday in May is the market's grand opening. On October 6, the regular Saturday Hours change from 7-11 a.m. to 8-11 a.m. The Saturday Downtown Lawrence Farmers Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets.

LAWRENCE, (785) 331-4445

www.lawrencefarmersmarket.com

APR 14-NOV 3

DOWNTOWN TOPEKA FARMERS MARKET

12th and Harrison, South of the Judicial Building. 7:30 a.m.-Noon.

TOPEKA, (785) 249-4704

www.topekafarmersmarket.com

MAY 1-END OF OCTOBER

TUESDAY MARKET - LAWRENCE

The Tuesday Market is located in the public

parking lot between 10th and 11th streets on the east side of Vermont Street. 4-6 p.m. LAWRENCE, (785) 331-4445 www.lawrencefarmersmarket.com

MAY 3-END OF OCTOBER

THURSDAY MARKET - LAWRENCE

The Thursday Market is located at southwest corner of Sixth & Wakarusa, in the parking lot of the Wakarusa Crossroads shopping center. 4-6 p.m. LAWRENCE, (785) 331-4445 www.lawrencefarmersmarket.com

MAY 5-OCTOBER 13

BALDWIN CITY FARMERS MARKET

Saturdays, 7:30-Noon. Downtown Baldwin City. BALDWIN CITY, (785) 594-3200 www.baldwincitychamber.com

HEALTH & FITNESS

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 Thursdays, 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

FRIDAYS

BLOOD PRESSURE CHECKS

Drury Place, 1510 St. Andrews, 8:30 a.m. Open to the public. LAWRENCE, (785) 841-6845

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

CONTINUED ON PAGE 23

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 1

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$6/test. Drop into the LMH Healthsource Room, main level. Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

AUG 2

MEET THE PRESIDENT AND FIRST LADY: DWIGHT AND MAMIE EISENHOWER

Re-enactors William and Sue Wills will introduce you to the Eisenhowers and talk about their life in the White House. The program is free but reservations are requested by calling Brandon Woods at 838-8000. Reservations are available for either presentation. Wine and hors d'oeuvres will be served afterwards in the lobby of Brandon Woods. This program is also an event in the Lawrence Public Library "Summer in the City" events and will count for the

summer reading program. For more information, contact Pattie at 843-3833. LAWRENCE

AUG 13-21

CIVIL WAR ON THE WESTERN FRONTIER

Lawrence commemorates its early history each August around the anniversary of Quantrill's Raid. The series of events include dramatic performances, scholarly lectures, living history and hands-on workshops. Step back in time and revisit Lawrence from 1854-1865 when events in Kansas set the stage for it to become known as Bleeding Kansas. LAWRENCE, (785) 856-3040 www.visitlawrence.com/visitor/history/civil-warhistory

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m. Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m. Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr., Lawrence, 9-10 a.m. Drury Place, 1510 St. Andrews Dr., Lawrence, 10:30-11:30 a.m. Babcock Place, 1700 Massachusetts St., Lawrence, 1-2 p.m.



The Windsor of Lawrence hosted a luau for residents, family members, and other guests on June 30. The menu included tropical-inspired dishes and desserts, such as those featured in this photo.

FRIDAYS

Clinton Place, 215 Clinton Parkway, Lawrence, 9-10 a.m. Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m. Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH
Midland Adult Day Care, 319 Perry St., Lawrence, 1-2 p.m.

CONTINUED ON PAGE 24

ADVANCED HOMECARE

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Visiting Nurses — TOPEKA —
Home Health - Rehabilitation
1800 SE 21st Street • Topeka, KS
785-234-2700

■ CONTINUED FROM PAGE 23

10 a.m.
Cottonwood Retirement 1029 New Hampshire,
2 p.m.
Babcock Place, 1700 Massachusetts St., 3 p.m.

THIRD WEDNESDAY OF EACH MONTH
Brandon Woods, 1501 Inverness Dr., 10:30 a.m.
Prairie Commons, 5121 Congressional Circle,
1 p.m.
The Windsor, 3220 Peterson Rd., 2:15 p.m.

FOURTH WEDNESDAY OF EACH MONTH
Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m.
Presbyterian Manor-Asst. Living, 1429 Kasold
Dr., 11 a.m.
Pioneer Ridge-Asst. Living, 4851 Harvard Rd.,
1 p.m.
Drury Place, 1510 St. Andrews Dr., 2:30 p.m.

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 healthcare,
pastoral care, senior citizens' services, funeral

home care, library and educational services.
Meets at 3 p.m. in Conference E of LMH.
LAWRENCE, (785) 830-8130

FIRST & THIRD TUESDAY 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 TUESDAY OF EACH MONTH
GRIEF & LOSS SUPPORT GROUP
Grace Hospice invites individuals coping with
the loss of loved ones to join us. For more infor-
mation, call Grace Hospice at (785) 228-0400 or
1-800-396-7778. Aldersgate Village, Manches-
ter Lodge, 7220 SW Asbury Dr., 2 p.m.
TOPEKA

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 under-
standing and emotional support by encouraging
families and individuals to share healthy ways
of coping and grieving. Contact Steve New-
comer at for more information. Pozez Education
Center, 1505 SW 8th St.
TOPEKA, (785) 478-4947 or (785) 296-8349

FIRST WEDNESDAY OF EACH MONTH
OLDER WOMEN'S LEAGUE
Meetings are held at the United Way building,
2518 Ridge Ct. 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.
LAWRENCE, (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 & THIRD THURSDAY OF EACH
MONTH
TRANSITIONS SUPPORT GROUP
Cosponsored 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 Hos-
pice 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 shar-
ing experience. Meetings begin at 1:30 p.m.
for blood pressure readings and at 2 p.m. for
program. For information, call Jan Dietrich in
the Adult Field Services Office. Health Agency
Main Library.
TOPEKA, (785) 232-7765

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

SECOND MONDAY OF EACH MONTH
GRIEF AND ENCOURAGEMENT GROUP
For those who have lost loved ones. Sponsored
by Hospice Care of Kansas. Meets at Brook-
wood Center, 2900-H Oakley. You are welcome
to attend on time or as often as you like. If you
have questions or need directions, call Chaplain
Nancy Cook.
TOPEKA, (913) 599-1125

SECOND MONDAY OF 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 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, 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 applica-
tions, 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 Law-
rence, 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 WEDNESDAY OF EACH MONTH
SOROPTIMIST INTERNATIONAL OF
TOPEKA
Soroptimist International's mission is to
improve the lives of women and girls in local
communities and throughout the world. Meets
at 6:30 p.m. at the Topeka-Shawnee County
Public Library. Guests welcome. Please email
info@soroptimisttopeka.org for more informa-
tion.
TOPEKA, (785) 221-0501
www.soroptimisttopeka.org

SECOND THURSDAY OF EACH MONTH
CAREGIVERS SUPPORT GROUP
Learn more about caregiving, share your care-
giving ideas and learn new ones. Find out about
living options for your loved one and share
comfort among others who are going through
the same things. Refreshments are provided
Meets at The Windsor of Lawrence, 3220 Peter-
son Rd. Call to RSVP.
LAWRENCE, (785) 272-9400

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

SECOND SATURDAY OF EACH MONTH
HAPPY TIME SQUARES SQUARE DANCE
CLUB
Meets at First United Methodist Church-
West Campus, 867 Hwy 40 (1 block west
Hwy 40/K10 Bypass). Plus: 7:30-8 p.m.,
Mainstream 8-10 p.m. Contact Frank & Betty
Alexander.
LAWRENCE, (785) 843-2584
www.happytimesquares.com

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

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

■ CONTINUED FROM PAGE 24

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

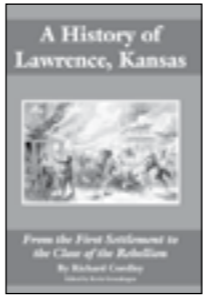
THIRD WEDNESDAY OF EACH MONTH
ACTIVE AND RETIRED FEDERAL
EMPLOYEES
The Lawrence chapter of the National Active
and Retired Federal Employees (NARFE)
meets the third Wednesday of each month
at Conroy's Pub, located at 3115 W. 6th in
Lawrence. A program begins at noon, fol-
lowed by lunch and a short business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

THIRD THURSDAY OF EACH MONTH
LUNCH AFTER LOSS
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



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■ CONTINUED ON PAGE 25

FOURTH TUESDAY OF EACH MONTH
LAWRENCE PARKINSON'S SUPPORT
GROUP
Pioneer Ridge Assisted Living Library, 4851
Harvard, 6:30 p.m.
LAWRENCE, (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
www.tgstopeka.org

FOURTH THURSDAY OF EACH MONTH
CHRISTIAN WIDOW/WIDOWERS
ORGANIZATION
We have a covered dish dinner, a short meeting,
and then play dime bingo with playing cards.
5:30 p.m. at 17th and Stone. For additional
information, email pdpatterson@juno.com.
TOPEKA

FOURTH FRIDAY OF EACH MONTH
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 busi-
ness meeting. NARFE's mission is to represent
government employees, active and retired,
before Congress. Employees from all branches
of federal government employment are wel-
come, and encouraged to attend. For informa-
tion, call Jim Miller.
LAWRENCE, (785) 478-0651

SECOND & FOURTH FRIDAY 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, 1-2:30 p.m.
LAWRENCE, (913) 831-3888

MISCELLANEOUS

SUNDAYS
VESPER SERVICES
Drury Place, 1510 St. Andrews, 4 p.m. Open to
the public.
LAWRENCE, (785) 841-6845

MONDAYS
CATHOLIC COMMUNION
Drury Place, 1510 St. Andrews, 2:30 p.m. Open
to the public.
LAWRENCE, (785) 841-6845

AUG 8
20TH ANNIVERSARY OF THE BUFFALO
SOLDIER MONUMENT
Commemoration of the placement of Buffalo
Soldier Monument at Ft Leavenworth. There
will also be a dedication of Brig. Gen. Benja-
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Emotions run high for today's pre-retirees AARP offers driver safety course to help those 50 and older

(ARA) - Has the economy soured Americans' views on retirement? A recent survey from TD Ameritrade may have revealed just that.

According to the survey, a wide range of emotions currently exist among different generations regarding retirement - spanning from positivity and contentment to anxiety and regret. The following highlights each generation's views on retirement:

Matures - Even with half making cutbacks or lifestyle changes, current retirees are relatively satisfied with their place in life and maintain a positive outlook.

Baby boomers - As the reality of retirement for boomers grows closer, this generation's outlook remains bleak, with many having feelings of anxiety or regret over their finances.

Generation X - This generation is the least confident in their approach to saving for retirement and meeting their retirement savings goals. They generally feel embarrassed, frustrated and envious regarding retirement.

Generation Y - With retirement so far away, Gen Y feels out of control and is somewhat disinterested in saving, yet they, more than any other generation, are optimistic that their financial state in retirement will be better than it is now.

So why are Americans reporting such a dismal outlook? The survey found that retirement saving has been anything but easy in recent years, with 73 percent of Americans reporting they have faced obstacles while saving for a comfortable retirement—such as lack of employment, debt and education or health care expenses.

“While these sentiments are understandable, it's important not to let emotions get the best of you,” says Lule Demmissie, managing director, investment products and retirement for TD Ameritrade, Inc., a brokerage subsidiary of TD Ameritrade Holding Corporation. “Pre-retirees should determine how much of their outlook is actually rooted in reality. For example, two-thirds of those already in retirement report they have not had to make dramatic changes to their lifestyles and are generally content. With a solid plan in place, younger generations may not be as doomed as they think.”

Despite these beliefs, pre-retirees are taking action and making an honest effort to save for the future. In fact, 53 percent of respondents report they save regularly through automatic withdrawals. Gen X and Gen Y are also learning from the experiences of previous generations, saving for retirement nearly a decade earlier than matures and baby boomers. Respondents who are married, particularly men, are also positioned well and report being optimistic about retirement, with many reporting they are saving regularly, have fewer savings obstacles and established a specific savings goal.

The following tips can help Americans get their retirement plans back on track in 2012:

1. Evaluate your current financial situation

Whether you are starting from scratch or have some plans in place, the first step is to take a closer look at where you stand financially. TD Ameritrade's WealthRuler can help

you assess your financial situation so you can initiate a solid plan for the future.

2. Establish your plan
Once you know your financial state, you can determine next steps for building your plan. Whether you are looking to formulate a plan independently or are seeking help from a financial professional, TD Ameritrade offers a number of free online retire-

ment resources that can help you get started.

3. Act!
Once your plan is in place, make sure you follow through. Consider setting up automatic withdrawals and funding all retirement savings and investing vehicles according to your overall plan. Once you get your plan in motion, you will have taken steps to pursue your retirement goals.

(ARA) - Whether you're heading to your beach house or visiting family in far-off locales, summer driving can be a fun, fulfilling experience. But while drivers of all ages can enjoy the pleasures of a long trip, changes in roads, road rules and driving conditions can make it more important for older drivers to make extra preparations to ensure a safe and enjoyable journey. AARP Driver Safety offers some advice for drivers age 50 and older who are planning to be on the road this summer:

Before you go

Some basic preparations can help ensure you and your vehicle are both in top form for your road trip. First, take care of yourself by making sure you're well rested, up-to-date on all medications, and have addressed any health concerns that could affect your driving ability.

It's also a good idea to brush up on your driving skills. AARP's Driver Safety course is specifically designed to help people 50 and older refresh their driving skills and adapt to age-related changes, such as those to vision, hearing and reaction time. You can find an in-person course near you by searching at www.aarp.org/findacourse or you can sign up for an online course. Taking a course may even score you a discount on your auto insurance rates, according to the website DMV.org.

Next, take a look at your vehicle. Perform routine maintenance like an oil change (if your car is due for one) and check all fluid levels. Check tire inflation and tread wear, make sure windshield wipers are in good condition, and clean all windows and headlights.

Finally, make sure you pack items that can make your long drive easier and safer. Your travel equipment

should include basic emergency tools like jumper cables, a jack and spare tire, and emergency flares. Also, be sure your trunk has a first-aid kit and your up-to-date GPS device is front and center—but not obstructing your vision—inside the car.

While on the road

Once you're on the road, take steps to ensure you stay rested and focused. Take frequent and regular rest stops that allow you enough time for a bathroom break and to walk around a bit. Walking and gentle stretching can help ease stiff joints and muscles that may tighten up from inactivity. Planning your trip to take in some sights along the way is a great way to break up the journey. Check out online resources like travel websites and mapping apps for suggestions of tourist attractions and roadside diners where you can stop along the way.

Avoid reviewing maps or your GPS directions while you're driving, as those things can become distracting and distracted driving is dangerous driving. Instead, designate a navigator who will monitor directions and read them aloud to you.

Minimize nighttime driving as more accidents happen when it's dark. If you must drive at night, use extra caution and remember to park in well-lit areas. Avoid driving during bad weather. Remember, you're on vacation, not on a schedule; you can spare the time to pull over rather than drive in torrential rain. A driver safety course specifically designed for people 50 and older can also help you learn coping techniques if you have age-related mobility or vision issues that affect your ability to drive at night or in bad weather.

While on your trip, be sure someone trusted knows your route and your approximate arrival time, and check in with that person during breaks to let them know your progress.

To learn more about driver safety, visit www.aarp.org/drive or call (888) 227-7669 (AARP-NOW) to learn more about taking the AARP Driver Safety course.



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Cool weather crops are hot this fall

(ARA) - The growing season isn't over with the arrival of cool weather. Until the first hard frost hits, you have plenty of time to plant, pick and plate cool-weather crops. You'll save yourself some money in the grocery's produce aisle too.

Fall is a great time for gardening thanks to cooler, milder temperatures, a decrease in garden pests, and moister, well-draining soil. These conditions make it ideal for crops that prefer cooler weather. Some vegetables taste even better when nipped by light frost.

July through August is the optimum time for planting cool crops, so don't delay. Planting in summer ensures crops will have time to mature before the first freeze in fall. Choose varieties that mature quickly; you can find the days to maturity on plant tags. Starting with transplants, rather than seed, will help make the growing process much easier.

If you've been diligent in your garden all summer, you won't have much work to do preparing it for cool crops. If your garden got a little ahead of your efforts, don't worry. It won't take long to get it into tip-top shape for a second season of planting. Just follow these simple steps:

Tidy up

Remove spent plants, like early planted beans, cucumbers or lettuce, since they're pretty much done for the season and can harbor pests. Clear away holes left from pulling plants, and get rid of weeds before they go to seed. Throw away anything distressed and compost the rest.

Discard any fallen fruits, rotting produce can attract pests. Take note of where everything was planted so you can be sure to rotate crops.

Set up the soil

Freshen garden soil by removing the existing layer of mulch and replace it. Straw makes an excellent cover because it's easily scattered, it's also a favorite home for spiders

that will help control insect pests in your garden. You can also use a layer of shredded leaves for mulch.

Loosen compacted soil and fluff it up with a garden fork. Major tilling isn't necessary; just move soil enough to allow new plant roots to settle in and let water get through. Test soil (you can buy a testing kit at most garden retailers) to see if it needs help. Add amendments, if needed. At the very least, work some compost in where your plants will be growing.

If you'll be using a cold frame or hoop, set it up early so that it'll be ready to go when you need it and you won't risk damaging plants and roots once they begin to grow.

Pick your plants

Starting with transplants will buy you lots of time. Since plants are six weeks or older when you put them in the ground, you'll harvest sooner than if you start from seed. Look for transplants from an established grower, like Bonnie Plants. Sold in biodegradable, environmentally friendly pots, you'll find fall varieties selected for your geographic region at most local garden retailers.

Here are some top crops for fall planting:

- Top bunch collards - This hybrid is heavy yielding, early maturing, and more uniform than traditional varieties. They grow best in full sun, tolerate partial shade, are rich in vitamins and sweetened by frost. Space transplants 36 inches apart.

- Spinach - A cool-weather vegetable related to beets and Swiss chard, Bonnie's Spinach is a fast-growing plant, yielding many leaves in a short time in fall. Although spinach prefers full sun, it's one of the few vegetables that produce a respectable harvest in partial shade.

- Winterbor kale - This nutritious leafy green is a vigorous producer that endures winter easily. Cut the outer leaves so that the center can continue

growing. Space transplants 12 inches apart.

- Early dividend broccoli - Popular, productive and easy to grow, this broccoli is high in fiber and calcium. Space transplants 18 inches apart.

- Mustard greens - Offering spicy hot leaves, this is a very fast-growing, nutritious vegetable, and always tastes sweeter when nipped by

frost. Space plants 12 inches apart.

- Bonnie hybrid cabbage - Grows large, round, blue-green heads. Cabbage is especially high in beta-carotene, vitamin C, K and fiber.

Get started now to ensure your fall harvest is healthy, hefty and fulfilling. With preparation, the right plants and some diligence, you can bet on fresh, low-cost produce well into fall.



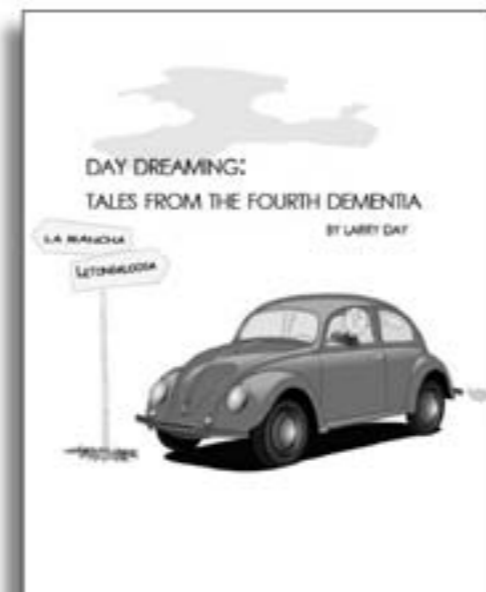
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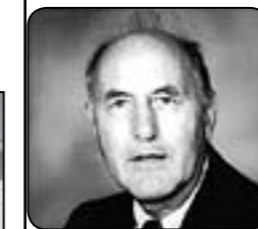
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HUMOR

Hunting for St. Joseph

My wife Emmaline is one no non-sense, "just give me the facts, please," kind of woman. You won't find Emmaline running on the gerbil wheel of fad or fashion, much less giving heed to folklore traditions. So it was with some consternation that I found myself in the car (with Emmaline at the wheel as usual) driving to the city to buy a statue of St. Joseph.



Larry Day

We had decided to put our house on the market with an eye to moving to something smaller, with fewer stairs. Before we signed a sales contract and way before the for sale signs went up, Emmaline got word from her good friend Rosalie that if we were serious about selling our house we had better seek the divine assistance of St. Joseph.

"You have to bury a small statue of St. Joseph upside down in the front yard," said Rosalie. "If you do that, your house will sell fast."

Rosalie had told Emmaline to try We Believe Books, a religious store on the outskirts of the city. We drove around awhile and then spotted "We Believe" in a strip mall.

The man behind the counter said, "It's a blessed day."

"Indeed it is," said Emmaline. "Especially if you have a figurine of St. Joseph."

"We don't carry figurines," he said. "Would a book mark do? We have some nice St. Joseph bookmarks."

"No. It has to be a figurine."

"Then I'm sorry, I can't help you."

"Is there another religious store close by?"

"You could try Light and Knowledge over on Linden Tree Road."

The man gave us directions. After driving around for half an hour we found ourselves in a in a rough neighborhood. Emmaline pulled up to a rundown convenience store.

"See if the clerk knows where to find Light and Knowledge," she said. The clerk had a silver nose ring and nickel-sized ivory plugs in his ear lobes.

"I'm looking for Light and Knowledge," I said.

The clerk moved his hand under the counter.

"I'm all out," he said.

"What?"

"I'm all out, man. Come back later."

My confusion became insight. I felt a chill.

"Oh, right. Okay, man," I said and backed toward the door.

"Did the clerk know anything?" asked Emmaline.

"No," I said. Twenty minutes later we saw a church. Several women and a pastor were chatting on the steps. Emmaline pulled to the curb.

"Hi, folks," I said. "We're looking for the Light and Knowledge Bookstore on Linden Tree Road." The pastor came to the car.

"I'm sorry," he said. "I have no idea. But Salvation Now Bookshop is up the street three blocks."

The woman behind the counter at Salvation Now was tall and angular.

"We'd like to buy a small figurine of St. Joseph," said Emmaline.

"Then you don't want Salvation Now, you want Light and Knowledge," said the woman.

"Right," I said, "on Linden Tree Road."

"Yes," she said.

"Is it far?"

"About twenty blocks. My sister Ginger owns it. My name is Sheila." Sheila handed me a sheet of paper with a map of how to get to Light and Knowledge.

"You must have lots of requests for St. Joseph figurines, why don't you stock them?" I asked.

"Ginger and I both wanted to stock St. Joseph figurines, but we decided to do 'rocks, scissors, paper' and let the winner sell St. Joseph," she said.

"Ginger won. I got exclusive rights to St. Redondo figurines."

"What does St. Redondo do for people?" I asked.

"He brings eager customers to garage sales," she said. "You hide St. Redondo in the most useless item you have to sell. I've heard of garage sales that used St. Redondo that have sold out an hour after they opened."

We thanked Sheila, and followed her map to the Light and Knowledge Book Store. Ginger sold us a St. Joseph figurine in a little box that had instructions on how and where to bury him..

We haven't sold our house yet, but Emmaline believes that St. Joseph is out there working on it every day. Meantime she's planning another trip to the city. Emmaline is going to buy a St. Redondo figurine to use in the garage sale we'll have before we move.

- 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

A burned-out clutch and a surprise repair bill

After only a few miles, her rental car stops running. Now Hertz is demanding 1,233 pounds for a replacement clutch. Doesn't insurance cover the damage? Apparently not.

Q: My wife and daughter recently rented a car through Hertz in London. They purchased the Super Coverage insurance so there would be no hassle with any potential damages.



Christopher Elliott

They did not get more than 10 miles from the airport when the clutch in the car malfunctioned, leaving them stranded in the middle of the road. She was pushed off the highway, and in doing so damaged the front tire and wheel going up onto the curb.

She immediately called the emergency number for Hertz but no one could help her. She finally called the hotel and they sent a car to get her and return her to the airport to get a new car.

We assumed an inoperable car due to a defective clutch was not our liability. We had no indication of any

problem until we received an invoice for 1,233 pounds (about \$1,900 USD) for replacement of a clutch in the car. They have supplied detailed information about how the clutch was inoperable but nothing that states my wife abused the car resulting in this problem. Hertz says the Super Coverage does not cover this type of damage.

I've spent countless hours on the phone, via fax, via email and by letter trying to get Hertz to explain to me why they feel I am liable for the replacement of a clutch in their car. My wife drives a car with a standard transmission all the time and there is no way she caused this damage. I successfully disputed the charge on my credit card, but now Hertz is sending me notices from a collection agency. I will not pay this bill. - David Banta, Dallas

A: True, the insurance your wife bought covers damage to the car. So the damaged wheel was taken care of by her coverage. But the policy doesn't apply to what the car rental company calls "gross negligence."

"Unfortunately, a damaged clutch is considered gross negligence and Mrs. Banta was billed for the clutch replacement," a Hertz spokeswoman told me.

This is a common problem for car rental customers in Europe. I've handled several damaged-clutch cases by Americans who allegedly didn't drive the cars correctly. Hertz's position is

that any damage to the clutch is considered gross negligence, which may be a little extreme. It assumes any damaged clutch is the renter's fault.

Making matters worse, Hertz didn't come to your wife's rescue when she phoned roadside assistance and it didn't respond to your follow-up requests for information. You were forced into a credit-card dispute. Hertz then referred the case to a collections agency, which will eventually threaten to ding your credit score if you don't fork over the money.

By the way, your wife is a brave woman to drive in England. I'm not sure if I would be able to handle a manual-transmission car on the wrong side of the road after a long transatlantic flight. I think I would have crashed the car.

How could you have avoided this? Skip the rental car or get one with an automatic transmission next time. Hertz shares my concern that no one responded to the call for help or

answered your subsequent questions. "This is not the level of service that Hertz strives to deliver and we sincerely apologize for their trouble," a spokeswoman said.

As a "gesture of goodwill," Hertz dropped its claim against you.

- Christopher Elliott is the author of "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. Read more tips on his blog, elliott.org or e-mail him at chris@elliott.org. Christopher Elliott receives a great deal of reader mail, and though he answers them as quickly as possible, your story may not be published for several months because of a backlog of cases.

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Louis-Louis

When summertime's heat begins to drag you down, no main course does a better job of making you feel refreshed and lightened than a main course salad. A plateful of fresh greens and other vegetables, combined with some chilled protein



Wolfgang Puck

and a flavorful dressing, can excite and satisfy you without sending you into a stupor. And, of course, it may also help you continue to look good in your bathing suit.

One of my favorite summer main course salads is a classic known as Crab Louie, which you'll also sometimes see spelled as Crab Louis. The difference in spellings is a tipoff to the fact that varying accounts exist of how this popular salad came to exist. Some trace it all the way back to the late-17th/early-18th-century court of French King Louis XIV, renowned

for his patronage of the arts and his opulent lifestyle at the Palace of Versailles. Others credit the origin to more recent times, variously placing its birth in the early 20th century to restaurants, hotels, or clubs in San Francisco, Seattle, Spokane, or Portland—all West Coast establishments with access to premium Pacific crabmeat.

As for the question of whether you call the salad "Louie" or "Louis," to tell you the truth I haven't come across any plausible explanation for the two competing spellings. I've just always spelled it the first way, but accept that others prefer the "s" to the "e."

After at least 100 and possibly more than 300 years, the salad's preparation has developed in many varied ways. There are constants, of course: the crabmeat, lettuce, tomato, and a so-called Louie dressing that's really a variation on mayonnaise-based Russian or Thousand Island dressing. Some versions may include hard-boiled egg, or asparagus, chopped cucumber, or other vegetables.

Over time, I've developed my own favorite version. In place of the usual Romaine or iceberg lettuce, I like to use spears of Belgian endive that

guests can use as scoops for the crabmeat mixture if you serve the salad as an appetizer; and mixed baby lettuces add more color and flavor to the presentation. I leave out the cooked egg, but add diced avocado for its own rich flavor and luxurious texture. In place of plain tomato, I make a relish-like chopped tomato salad. And rather than spooning prepared dressing from a bottle, I make my own simple version, which I also share with you here.

Try this salad for your own warm-weather lunch or, in smaller portions, as a starter for a casual summer party. Then, in the spirit of Crab Louie's ever-evolving nature, start coming up with your own variations—including other vegetables, for example, or adding different kinds of cold cooked seafood to the mix.

CRAB LOUIE WITH HOMEMADE THOUSAND ISLAND DRESSING AND FRESH TOMATO RELISH

Serves 4 as a main course, 8 as an appetizer

FRESH TOMATO RELISH:

- 2 medium-sized sun-ripened organic tomatoes, halved, stemmed, seeded, and cut into 1/4-inch dice
- 1/2 medium-sized red onion, finely diced
- 4 tablespoons extra-virgin olive oil
- 2 teaspoons finely chopped fresh Italian parsley
- 1/8 teaspoon sugar
- Salt

Freshly ground black pepper

CRAB LOUIE:

- 1 pound jumbo lump crabmeat
- 6 tablespoons Thousand Island Dressing (recipe follows)
- 4 tablespoons finely chopped fresh organic chives
- 32 Belgian endive leaves
- 6 cups mixed organic baby salad leaves, well chilled
- 2 ripe but firm Hass avocados, halved, pitted, peeled, and cut into 1/2-inch dice

First, make the Tomato Relish. In a mixing bowl, combine the tomato, onion, olive oil, parsley, sugar, and salt and pepper to taste. Stir thoroughly. Cover with plastic wrap and refrigerate until serving time.

Shortly before serving, thoroughly pick through the crabmeat, removing any traces of shell or cartilage. Put the crabmeat in a mixing bowl and gently fold in the Thousand Island Dressing and the chives, taking care to leave lumps of crab.

Arrange the individual endive leaves in flower patterns on chilled serving plates. Arrange a bed of baby salad leaves in the center of each plate. Distribute the crabmeat mixture evenly among the plates, mounding it on top of the salad leaves. Spoon the diced avocado and the Tomato Relish on top of the crabmeat. Serve immediately.

THOUSAND ISLAND DRESSING

- Makes about 1-1/4 cups
- 3/4 cup store-bought mayonnaise
- 1/4 cup tomato ketchup
- 2 tablespoons bottled tomato-based barbecue sauce
- 2 tablespoons finely chopped red onion
- 1 tablespoon finely chopped dill pickle or sweet pickle, or bottled cucumber relish
- 1/2 tablespoon finely chopped fresh Italian parsley
- 1/2 tablespoon finely chopped fresh organic chives

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PET WORLD

Chicken jerky treats from China remain controversial

Q: I appreciated your column regarding chicken jerky treats imported from China. Do you know which brands are the most implicated? Our two dogs really love jerky treats. - C.A., Miami, FL



Steve Dale

A: There have been over 800 complaints about these treats causing illness—and even death—in dogs in 2012, according to the FDA Center for Veterinary Medicine (CVM). However, so far the products have not been recalled. The FDA CVM concedes there is a problem with the treats, but they haven't been able to pinpoint why. By law, the FDA CVM isn't allowed to suggest a recall without a specific scientific explanation to justify the action.

I can understand that position. I also understand that while most pets have suffered no apparent deleterious effects from eating the treats, too many are getting sick. Why take a chance with your own dogs?

While your pets love these jerky treats, my guess is they might also love liver treats, or any of the myriad of other dog treats on the market. Mini-carrots might be another option.

Once you switch treats, I can assure you your dogs won't be sending me email, complaining they miss those jerky treats.

Several chicken jerky treat brands have been implicated, but the FDA CVM isn't sharing the list. My advice, at least for now, is to avoid all of them.

Q: What can I do about my dog, Chester's, fear of fireworks? He goes bonkers, running around, trembling, barking. I just can't calm him down. - R.L., Boston, MA

A: If your dog's anxiety is mild to moderate, one option is to simply close the windows, pump up some music and confine Chester to a hiding place or a room as far from the big bangs as possible, such as the basement. Try distracting him with food puzzles (a wide array are available at pet stores that dogs must "work" to extract food or treats), or a favorite game, such as tossing a squeaky toy.

Many dogs do need a little help from products such as ADAPTIL, a copy of a naturally-occurring appeasing pheromone, and/or a Thunder-shirt (a vest designed to soothe their frazzled nerves). ADAPTIL (sold as a collar or plug-in defuser) and the Thundershirt are available at some pet stores and online. Also, many veterinary offices carry ADAPTIL.

Veterinary behaviorist Dr. Karen Overall, of Philadelphia, PA, points out that a veterinary drug called acepromazine is frequently prescribed

for dogs' fear of fireworks, thunderstorms and car rides. However, acepromazine only "dopes up" dogs without addressing their anxiety, she notes. Instead, for dogs who appear downright panicked, it's a good idea to talk with your veterinarian about an anti-anxiety drug, Overall SAYS.

In severe cases, a drug may not be enough and a fearful dog will need to be kept as far away from fireworks as possible.

I hope you and Chester have a fun, but quiet Independence Day!

Q: As a pet expert, I'm sure you receive questions about cats or kittens who suck on things around the house, or even suck on themselves or their owners. What do you think of my invention, the "Catsifier"? Unfortunately, I can't afford to have any made at this time, so I'm looking for financial support. - C.E., Bennington, VT

A: I do think your invention may have merit. For a second opinion, I asked Joan Miller, a legend in the world of cats. She's been a cat show judge for over 40 years and a member of the Board of Directors of the Cat Fanciers' Association for 25 years.

"No one knows why some cats suck as if they are suckling," Miller says. "Certainly, there's a genetic component. The Siamese cat (and related Oriental breeds) seems predisposed. Also, sucking on pillows and other fabric, or on human fingers or clothing, is thought to be more common among kittens who were weaned too early, or who were hand-raised. Sometimes cats even suck on other cats."

Some owners appear annoyed

at this behavior, while others—like Miller—don't mind it. However, these cats sometimes ingest fabric, which is dangerous, or they can ruin objects like pillows. To curb this behavior, the reader invented the "Catsifier," which appears to be a decorative pillow with little nipples for suckling. Learn more at www.catsifier.com.

Q: My 8-month-old kitten has the odd habit of carrying around a "blanky." At night, she sleeps curled up with it. During the day, she carries it with her wherever she goes. I've never heard of a pet with a security blanket. Have you? - S.H., Montreal, Quebec, Canada

A: Your cat has Linus syndrome (actually, that's just a made-up name based on the Peanuts cartoon character famous for dragging around a security blanket). The "blanky" you describe does appear to function as a kind of security blanket for your pet. It's likely your cat also likes the feel of the blanket. She may or may not outgrow this attachment.

If the behavior bothers you, it might be possible to substitute something else (such as a soft dog toy) for the blanket. At least, as your cat drags her blanket around the house, she's helping you dust!

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at TribuneMediaServices, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.

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PUZZLES & GAMES

CROSSWORD

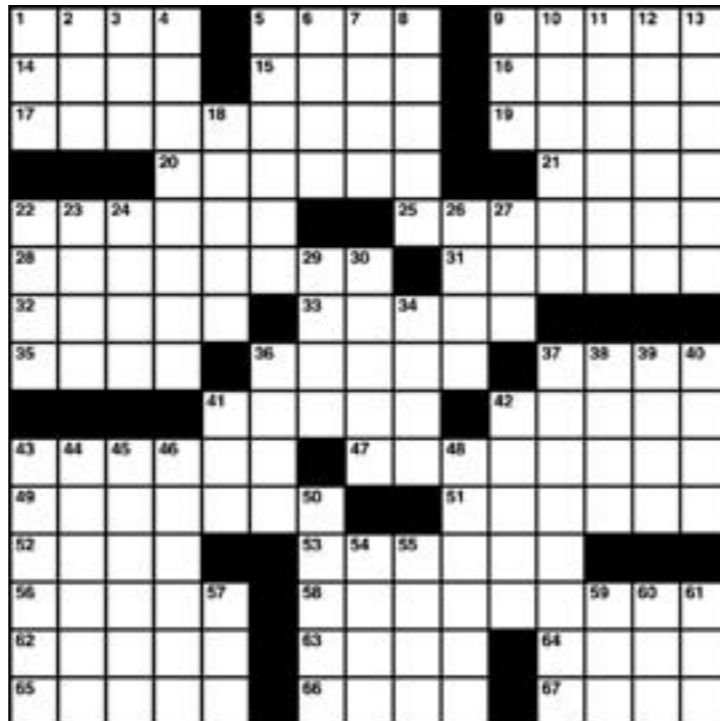
Across

- 1 Brother of Ham
- 5 Finishes (up) the gravy
- 9 Performance lead-in
- 14 Mystique
- 15 Aussie water hazard
- 16 Aired, as "Hogan's Heroes," say
- 17 Urban area set aside for pekoe purveyors?
- 19 Symphony section
- 20 Cross
- 21 Half of MXIV
- 22 "Julie & Julia" co-star
- 25 New Zealand lamb-exporting method?
- 28 End of the line?
- 31 Swimmer who channeled her energy?
- 32 Store, as ashes
- 33 Contests ending in draws?
- 35 Drifts off
- 36 Pinkish yellow
- 37 Hoax
- 41 Low lands

Down

- 1 Wasn't used
- 2 Shade
- 3 Stat for CC Sabathia

- 4 People who knead people
- 5 Work with clay, say
- 6 Lacking a paper trail
- 7 Skin feature
- 8 Dramatic division
- 9 Bargain basement abbr.
- 10 As required, after "if"
- 11 "Felicia's Journey" writer William
- 12 Like some saws and tires
- 13 Not remote
- 18 Versatile game piece
- 22 Magazine ad meas.
- 23 ___ melt
- 24 Do another stint
- 26 "Let me think ..."
- 27 Mad VIPs
- 29 Hot star
- 30 Turn to mush
- 34 "Calm down!"
- 36 Winery buy
- 37 Like expensive restaurants, hopefully
- 38 Meet assignment
- 39 Madison et al.: Abbr.
- 40 Cubs' spring training city
- 41 PC dial-up upgrade
- 42 Commemorative



- 43 pillar
- 44 Like some women's evening bags
- 45 Refused
- 46 Filled pastry
- 48 Unlimited, in verse
- 50 Almanac offerings
- 54 Sodium hydroxide, in
- 55 lab shorthand
- 56 Sandwich with tzatziki sauce
- 57 Family girl
- 59 Post-op stop
- 60 Unrefined metal
- 61 Quiet bid

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PUZZLES & GAMES

BRIDGE

Play the odds

By Tannah Hirsch

Tribune Media Services

Both vulnerable. East deals.

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

The bidding:

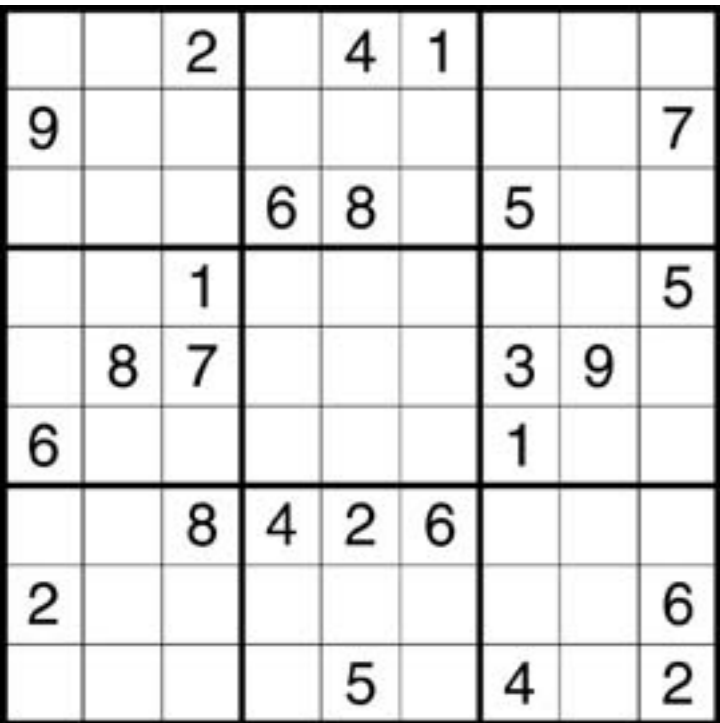
- | | | | |
|------|-------|------|-------|
| EAST | SOUTH | WEST | NORTH |
| 2♦ | 2NT | Pass | 3♣ |
| Pass | 3♥ | Pass | 6♥ |
| Pass | Pass | Pass | |

Opening lead: Nine of D

Unless you have some reason not to, follow the odds. It will bring success more often than not. South overcalled East's two diamonds with two no trump and North's three clubs was, by agreement, Stayman, looking for a major-suit fit. (Most players would use a cue-bid of three diamonds for that purpose.)

North closed the auction by raising South's heart response to slam. West led his singleton diamond and South could see there was a lot of work to do. Played normally, six hearts was near impossible to make. A dummy reversal, however, offered a good chance. Declarer won the opening lead with the diamond ace, led a club to the king and continued with the ace of clubs and a club ruffed high. The jack of trumps was overtaken with the king and the last club was ruffed with the ten. East was now marked with 10 cards in the minor suits and only three in the majors. South continued with his low heart and finessed the seven! When that won, declarer discarded his spade loser and one diamond on the king and nine of hearts. He then led toward his queen of diamonds, setting up the 12th trick.

Why did declarer finesse the seven of hearts? If trumps were 3-2, West was a 3-to-2 favorite to hold the eight, and 4-to-1 if East held a singleton spade. The combined odds are far, far better than playing trumps from the top, hoping for a 3-2 split. - Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2010 Westridge Drive, Irving, TX 75038. E-mail responses may be sent to gorenbridge@aol.com. © 2012 Tribune Media Services, Inc.



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

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JUMBLE THAT SCRAMBLED WORD GAME by Mike Anglin and Jeff Kinurek

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

KANOE

SWENY

GOTSDY

GOTTOR

WHY THEIR BOAT FLOATED AWAY.

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

Answer here: ○○○○○

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U, U, H, R, S, B, L

I, O, U, T, T, N, F

E, U, Y, D, R, S, T

E, I, I, D, D, R, B

A, I, L, M, S, L, W

PAR SCORE 205-215 BEST SCORE 280 FIVE RACK TOTAL TIME LIMIT: 25 MIN

DIRECTIONS: Make a 5- 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. "Blank" 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-america.com or call the National SCRABBLE® Association (801) 471-8822.

Answers to all puzzles on page 38

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