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August 2014

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Vol. 14, No. 2

INSIDE



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KEVIN GROENHAGEN PHOTO



**Tim Edwards:
Teaching
seniors to drive
more safely
since 1988.**

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Edwards has taught AARP Safe Driving Class since 1988

By Kevin Groenhagen

Earlier this year, Tim Edwards of Topeka stepped down as the lead instructor for the AARP Safe Driving Class, which he has taught since 1988. However, he'll continue to help teach the class whenever and wherever he is needed. There are few people more qualified to teach the AARP Safe Driving Class than Edwards. In fact, Edwards has been helping people safely reach their destinations since he was a Link trainer instructor in the U.S. Navy during World War II. In that role, Edwards taught pilots how to use a Link Flight Trainer, which was a flight simulator that taught pilots how to fly using only instruments, i.e., "blind flying."

After the war, Edwards and his wife, Marty, returned to Kansas, where he started working for the State Highway Commission, which is now the Kansas Department of Transportation (KDOT). He then joined the Kansas Highway Patrol in 1948. After being stationed in Colby and then in Phillipsburg, the Kansas Highway Patrol assigned him to Atwood in 1953.

"That was when the expansion of the interstate highway system began with

Eisenhower," Edwards said. "During the late 1950s, they began making patrol divisions for the interstate system. Part of the plan was to make WaKeeney, Kansas, one of the division headquarters. The Patrol did a little reorganizing and assigned a special safety officer for each division. I enjoyed the safety work with kids, so I applied and got the additional duty of doing safety work in the division. I had 19 counties in northwest Kansas. The superintendent, Colonel Hugh Edwards, no relation, insisted that I visit every one-room school in the division. There were still quite a few of them when I went to WaKeeney in 1960."

Teaching driving safety in the schools was in addition to his regular patrol duties in western Kansas. Those duties included being called to a murder scene in which a dispute between two farmers left one farmer and his son dead in June 1962. While Edwards and other troopers were investigating those murders, they learned that two hitchhikers had shot and killed Al Claycamp, deputy sheriff and city marshal of WaKeeney, and wounded Chet McAtee, sheriff of



Tim Edwards

Trego County. The hitchhikers fled on foot, and about 100 men and two airplanes took part in the ensuing manhunt. Because strong rains had made patrolling on roads difficult, Edwards organized a horse posse to hunt for the hitchhikers. Edwards arrested the pair

at a farm granary three days after the murders.

After being in WaKeeney for three years, the Patrol promoted Edwards to lieutenant and transferred him to Topeka. He and his family, which now

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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$7.50 for 12 monthly issues.

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Tim Edwards

■ CONTINUED FROM PAGE THREE

included five young boys, had been in Topeka for just a short while when the Patrol offered Edwards a new role that could have resulted in yet another move.

In 1965, the U.S. Air Force closed Schilling Air Force Base in Salina. The Patrol decided to use part of the former base as its training center.

"They needed someone to oversee the training center and asked if I wanted to do it," Edwards said. "I said I would be glad to do it, but I didn't want to move from Topeka. We had just moved there and that was our fifth move. At that time, we didn't have training 12 months out of the year. It was a full-time job, but I didn't have to move to Salina to manage the center. I commuted on weekends, so I didn't drive back and forth every day."

The first class at the new training center included 40 men. And they were all men at that time. The first female troopers didn't join the Patrol until 1981.

During his time at the training center, Edwards teamed up with his counterparts in Nebraska and Iowa to start a regional Safety Education Seminar for troopers. According to the Uniformed Safety Education Officers Inc. website, "Wyoming, Kansas, Missouri, Iowa and Minnesota were represented by thirteen officers" at the first seminar in 1968. Today, 22 states and the Canadian province of Ontario participate in the annual seminar. Uniformed Safety Education Officers Inc. honored Edwards, a founder, with a special plaque in 2006.

Edwards was in charge of the Patrol's training center until 1973, and then he retired as a major in 1975. He then went to work for KDOT again as a Traffic Safety Specialist.

"KDOT needed someone to help inspect school buses and instruct the drivers," Edwards said. "I thought I would help for a year or two, but that turned into 12 years. I was all over the state."

Edwards' involvement with the AARP Safe Driving Class started shortly after he retired from KDOT.

"When I was still doing safety training for the state, a fellow named Les Dittmore, who was a retired school principal in Topeka, was in AARP," Edwards said. "They wanted him to teach the driver safety program. All they had then was the National Safety Council's defensive driving course kit, which consisted of six safety films and some teaching aids for eight sessions. Les taught that course. He was the only one in the state teaching the course at that time. Les had borrowed one of the extra kits from KDOT and one time he went clear out to St. Francis to teach the course. The class had about 20 people. He came back and we talked about it. He said, 'Since you're retiring from KDOT, you're going to be footloose and fancy free. How about giving us some help by teaching the course.'"

Edwards agreed to help and took the driver safety course from Dittmore to become certified. Later, while at a safety workshop at Washburn University in 1993, Connie Wood, who was in charge of Stormont-Vail's HealthWise 55 program at that time, had a table near his.

"She suggested that Stormont-Vail could sponsor the AARP Safe Driving Class," Edwards said. "She said

she could furnish a room, a projector, and anything else I needed if I taught the course. Well, that was a godsend. So we started holding the course there and from that it continued to escalate. I went out as far as Kanorado to teach the course because the AARP wanted to get it out all over the state."

As a Stormont-Vail volunteer, Edwards has conducted the AARP Safe Driving Class once a month at Stormont-Vail for more than two decades. In addition, he has taught the class for numerous civic groups, senior centers, retirement communities, and churches.

In 1995, Edwards became state coordinator for the AARP Driver Safety Program. During the next six years he trained and certified instructors throughout Kansas.

"That's when I really started working in different parts of the state to get people to become instructors," he said. "At one time, we had about 50 instructors in Kansas."

Why should seniors consider taking the AARP Safe Driving Class? According to "Smart Driver," the guidebook used in the class, the "course offers

you an important opportunity to learn how to drive more efficiently and safely." The theme throughout the course is "things change." The course contains up-to-day information about changes over time in ourselves, our vehicles, and our roads. The changes in ourselves include our vision, hearing, and brain health. The changes in our vehicles include smart headlights, reverse monitoring systems, emergency response systems, assistive parking systems, voice-activated systems, drowsy driver alerts, and crash mitigation systems. And the changes on our roads include new safety countermeasures, of which many of us may not be aware. The class teaches drivers how to adapt to all of these changes.

The class also covers practices that make us safer while driving and fundamental driving strategies. Edwards also instructs drivers to remember "FIDO," or "forget it and drive on."

"If some other driver pulls a knot-headed stunt right in front of you, rather than get irate and try to tell him off, forget it and drive on," Edward

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Tim Edwards

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said. "If you lose your cool, then you might do things that aren't safe."

In addition to taking the class for safety reasons, Edwards noted that there is also a financial reason for doing so.

"Any insurance company doing business in the state of Kansas must give an appropriate discount to those who have completed the class," Edwards explained. "Insurance companies know that this retraining is a good reminder of things we need to be aware of as we are driving."

With Edwards stepping down as the lead instructor for the HealthWise 55-sponsored AARP Safe Driving Class, Dick Barta of Topeka now leads the classes. Barta retired from the Shawnee County Sheriff's office as a sheriff in 2012 after 12 years of service. In addition, like Edwards, Barta retired from the Kansas Highway Patrol as a major. In fact, Barta was one of the recruits at the Patrol's training center in Salina in 1968 when

then Captain Edwards was in charge of it. Neither Edwards nor Barta realized this at that time, but they "knew" each other years before then.

"Trooper Barta is from Lucas, Kansas," Edwards said. "That was one of the towns in the southeast corner of the division when I was stationed in WaKeeney. I went to the schools in Lucas as a safety officer when he was in the fifth grade. I also visited his high school when he was there."

Barta later joined Edwards as an instructor at the training center.

Edwards and Barta teach the eight-hour AARP Safe Driving Class over two days since Edwards learned during his earlier years as an instructor that eight hours of continuous instruction is too much for one day. However, by special request, they will teach the class in one eight-hour day to accommodate those who cannot attend a two-day course. After drivers complete the course, they receive certificates, which are valid for three years. According to Edwards, he has had some students who have completed the class as many as six times in order to maintain a valid



Dick Barta, left, recently replaced **Tim Edwards** as the lead instructor for the HealthWise 55-sponsored AARP Safe Driving Class. Like Edwards, Barta retired as a major from the Kansas Highway Patrol.

certificate.

The fee for the AARP Safe Driving Class is \$15 for AARP members and \$20 for non-members.

Individuals interested in registering for the HealthWise 55-sponsored AARP Safe Driving Class can contact

Health Connections at (785) 354-5225.

Groups interested in the AARP Safe Driving Class can contact Edwards at (785) 271-8508 or timmartyed@sbcglobal.net. In addition, more information about the class is available at

www.aarp.org/driversafety.



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Bridge Haven opens third home in Lawrence

By Billie David

Lawrence local business Bridge Haven recently opened its third home, Bridge Haven at Alvamar, in keeping with its concept of offering local seniors family-style assisted living in a home-like setting.

"It is mixed, for people who need memory care and people who need physical assistance," said executive director Sarah Randolph. "For people with memory challenges, a small, less confusing setting is really key. The residents assimilate and feel like it is their home."

Although Bridge Haven at Alvamar opened recently, on the first of June, six of the eight spots originally available are already taken.

"There is such a demand for that kind of setting," Randolph said of the growing awareness that people do better in a more personalized situation and, consequently, of the decision to open

the new facility. "The cost is about the same as for institutional care, but it is much more intimate and personal. I think you'll see a wave of these homes opening."

Located on the third women's tee of the Alvamar golf course, the facility is situated just north of the old Pachamama's building, at 2147 Quail Creek Drive. The home is a former duplex that has been remodeled with an added sunroom.

"It's made to look like a home but it meets all of the safety codes," Randolph said. "It is secure. It has a key pad, but the residents can go into the garden at any time."

The sunroom provides a view of the golf course as well as access to a courtyard with a garden and a walking path to encourage exercise. The natural lighting and fireplace add to the atmosphere of intimacy.

As with the other two Bridge Haven homes, the Alvamar location offers



Bridge Haven at Alvamar, located on the third women's tee of the Alvamar golf course, offers seniors family-style assisted living.

professional nursing care 24 hours a day, seven days a week and activities that encourage brain stimulation, such as puzzles, telling family stories, trivia games, music therapy and an

Bridge Haven

■ CONTINUED FROM PAGE SIX

exercise program.

The facility also provides personal care such as grooming and help with bathing, dressing and taking medications, as well as housekeeping and laundry services. In addition, the facility coordinates local transportation and provides on-site therapy, podiatry and dental care, and hairdressing. A therapy dog named Monkey visits every day.

To help them feel more at home, residents can furnish their own rooms with their personal belongings. And in keeping with the idea of personalized care in a more intimate setting, the residents have individualized plans for exercise and social activities. Plus the menus, which feature balanced, home-cooked meals, are flexible to accommodate individual preferences.

"Our residents can get up and go to bed when they want, and they can eat what they want when they want

it," Randolph said. "It's like home for people who need nursing care."

Randolph became involved with Bridge Haven as a result of her former position with Douglas County Visiting Nurses, where she worked for more than five years.

"We had purchased Bridge Haven near Holcom Park, and Douglas County Visiting Nurses was going to use it as a hospice but the state changed the regulations. When it didn't work, we looked for a buyer," she said.

Robert Wilson, Bridge Haven's CEO, bought the facility and Randolph switched from her position with Visiting Nurses to working for Bridge Haven.

"I'm the executive director and I work with the families and the residents," Randolph said. "I love it. This is really close to my heart. It's family. It's our residents' home, and our job is to help them live however they want to."

Bridge Haven got its start in 2006. The first home, Bridge Haven Memory Care, with room for 10 residents, is

located at 1126 Hilltop Drive and provides family-style care for people with Alzheimer's and other forms of dementia, and for people with Parkinson's.

The second facility, Bridge Haven Care Cottage, located at 3109 W. 26th Street, was the home originally bought by Douglas County Visiting Nurses for use as a hospice. It provides care for six residents who need assisted living and who thrive in a smaller, home-like setting rather than a big institution.

The Bridge Haven facilities are remodeled homes located in residential neighborhoods. The residents have more freedom in the smaller settings, and family members are encouraged to visit any time and to share meals with

the residents at no cost.

"Each home has its own culture because it is made up of the residents and their families," Randolph said. "It's a nice, quiet life. Families are a big part, and visiting hours are 24/7."

Bridge Haven takes private pay and long-term care insurance, as well as veteran's benefits. They are in the process of applying for Medicaid for people who have been living in the homes but are running out of funds.

"It's a lengthy process, and we are in the beginning stages of it," Randolph said.

For more information about Bridge Haven or to schedule a tour, people can call Randolph at 785-218-4083.

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Committing fraud is stupid and illegal

By Rob Boudreau

Social Security Management Support Specialist in Lawrence, Kansas

If you've ever watched funny videos showing thieves undoing themselves, or read weird news stories about criminals who do stupid things, you have an idea of how we feel at Social Security when we learn about some of the people who try (and fail) to defraud taxpayers. Social Security's employees and our Office of the Inspector General diligently work to uncover fraud and prosecute offenders to the full extent of the law. We take fraud seriously. Here are some real Social Security fraud stories.

Police rushed to the house of a Florida man who'd been shot in the face. The gunshot victim was in possession of about 250 stolen Social Security checks. He got batches of checks from a postal worker who was stealing them from the mail and had been selling the stolen checks on the street. The victim cooperated with authorities and received a sentence of two years in federal prison for theft of government funds and theft of mail.

A Maryland waterman falsely certified he was not working, even though he owned and operated two profitable fishing boats while collecting disability benefits. He racked up \$36,691 in disability benefits and \$35,610 in Medicare services. He has been indicted and faces up to 10 years in prison for theft of government property and five years in prison for making a false statement to Social Security and for improper receipt of benefits.

A Pennsylvania man pled guilty to pocketing more than \$304,000 of his deceased mother's Social Security benefits for 40 years after her death in 1973.

While Social Security employees are always on the lookout for fraud and have historically been one of our best weapons against it, we also rely on you to let us know when you suspect someone is committing fraud against Social Security. They are, in fact, stealing your tax dollars. Reporting fraud is a smart thing to do. It's easy to report fraud online by visiting the Fraud, Waste, and Abuse page at <http://oig.ssa.gov/report>.

Reporting fraud is the smart (and right) thing to do.



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Registrations now open for Kansas Senior Olympics

Registrations are now open for the 2014 Kansas Senior Olympics, sponsored by Shawnee County Parks and Recreation. Hundreds of athletes from Kansas and several other states are expected to compete this year at the games in Topeka from September 24 to October 5.

The 2014 Kansas Senior Olympics will offer competition in 18 different sports for individuals who will be 50 and over by December 31, 2014. These sports include Archery, Badminton, 3 on 3 Basketball (teams), Bowling, Cycling, Golf, Horseshoes, Pickleball, Racquetball, Road Races, Shuffleboard, Softball (teams), Swimming, Table Tennis, Tennis, Track and Field, and Volleyball (teams). Additionally, this year qualifying competitions are offered for non-ambulatory shuffleboard, bowling, and horseshoes. For the not-so-serious athlete, there are also 10 just-for-fun events.

The early deadline for registration is Friday, August 8, with a cost of \$40 per athlete or \$250 for softball teams. The final deadline will be Friday, August 22, with a cost of \$50 or \$300 for softball teams.

The 2014 Kansas Senior Olympics is

a qualifying year for the 2015 Summer National Senior Games in Minneapolis/St. Paul/Bloomington, Minn., which

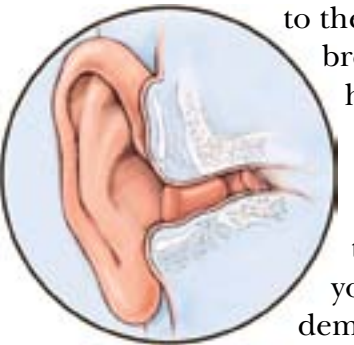
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Making health insurance make sense: Answers to some of the most commonly asked questions

Q: When is the next Open Enrollment Period for Medicare beneficiaries and also for consumers interested in getting health insurance through the new Health Insurance Marketplace?

A: Each year, Medicare beneficiaries have a chance to make changes to the way they get their Medicare and to their Medicare prescription drug coverage for the following year. Medicare open enrollment is every year from October 15–December 7 and any changes made will take effect on January 1. During this time, Medicare beneficiaries can change from Original Medicare to a Medicare Advantage Plan, change from a Medicare Advantage Plan to Original Medicare, switch from one Medicare Advantage Plan to another Medicare Advantage Plan, and join for the first time or switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan. Medicare beneficiaries can also drop their Medicare prescription drug coverage completely. Medicare beneficiaries can either call 1-800-633-4227, Medicare's national toll-free helpline which is available 24 hours a day, seven days a week, or visit www.medicare.gov during Open Enrollment to make these changes.

care beneficiaries, other consumers can apply for health insurance through the new Health Insurance Marketplace during the next open enrollment period. The next open enrollment period for the Marketplace is November 15, 2014 through February 15, 2015. The Health Insurance Marketplace, which is a part of the Affordable Care Act, ACA, is a new way for those without health insurance to find health coverage from private health insurance companies that fits their budgets and their needs. The ACA says that individuals of all ages, including children, have to have minimum essential health insurance coverage, as those without health insurance cause insurance premiums to rise for those who do have health insurance, when those without health insurance utilize the health care system. The only exceptions for not having health insurance after 2014 are for those who qualify for an exemption such as making too little to file income taxes. Consumers who do not have minimum essential health insurance or who do not qualify for an exemption from it, will have to pay a yearly tax penalty for not having insurance, when they pay their taxes for the year, which will start with the 2015 tax season. The penalty for the first year is

1% of a person's income for the year or \$95 per person, whichever is higher. It is half the amount for children and the penalty will increase every year up to 2.5% of a person's income or \$695 per person, whichever is higher. And the bottom line is paying the penalty does not give you health insurance coverage, so one still won't have peace of mind coverage if and when they need health care if they don't enroll in health insurance. The good news is that the majority of consumers who signed up for health insurance the first year through the Marketplace qualified for help with paying their monthly premium. The Health Insurance Marketplace can potentially save consumers thousands of dollars in hospital and/or doctor bills. More than 8 million consumers enrolled in the Health

Insurance Marketplace during the initial enrollment period that ended March 31. - Information provided by the Centers for Medicare & Medicaid Services.

Insurance Marketplace during the initial enrollment period that ended March 31. - Information provided by the Centers for Medicare & Medicaid Services.

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Social Security celebrates Women's Equality Day

By Rob Boudreau
Social Security Management Support Specialist in Lawrence, Kansas

Women's Equality Day is August 26, and this is the perfect time to remind you how much Social Security values and appreciates women. Even though men and women with identical earnings histories receive the same benefits, there are things women in particular should know about Social Security. There are trends and differences in lifestyle and patterns of earnings that can affect benefits.

For example, some women may be caregivers for many people: spouses, children, and parents. Taking time away from the workplace to care for a newborn child, ailing spouse, or aging parent can have an impact on your future Social Security benefits.

Also, despite significant strides through the years, women are more likely to earn less over a lifetime than men. In addition, women are less likely than men to be covered by pri-

vate retirement plans, so they are more dependent on Social Security in their retirement years.

Did you know that women tend to live on average about five years longer than men? This means more years depending on Social Security and whatever other retirement income or savings they accumulate.

If a woman's spouse earns significantly more than she does, it is very possible she will qualify for a larger benefit amount on the spouse's record than on her own. To learn more, visit our Women's page at [\[curity.gov/women\]\(http://www.socialsecurity.gov/women\) and read, print, or listen to our publication, What Every Woman Should Know.](http://www.socialse-</p></div>
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You may also be interested in listening to Carolyn Colvin, Acting Commissioner of Social Security, on National Public Radio as she talks about women and money. Just visit www.npr.org/2014/04/15/301782870/social-security-chief-women-live-longer-so-they-should-save-early.

To celebrate Women's Equality Day, learn how Social Security treats men and women equally by visiting www.socialsecurity.gov/women.

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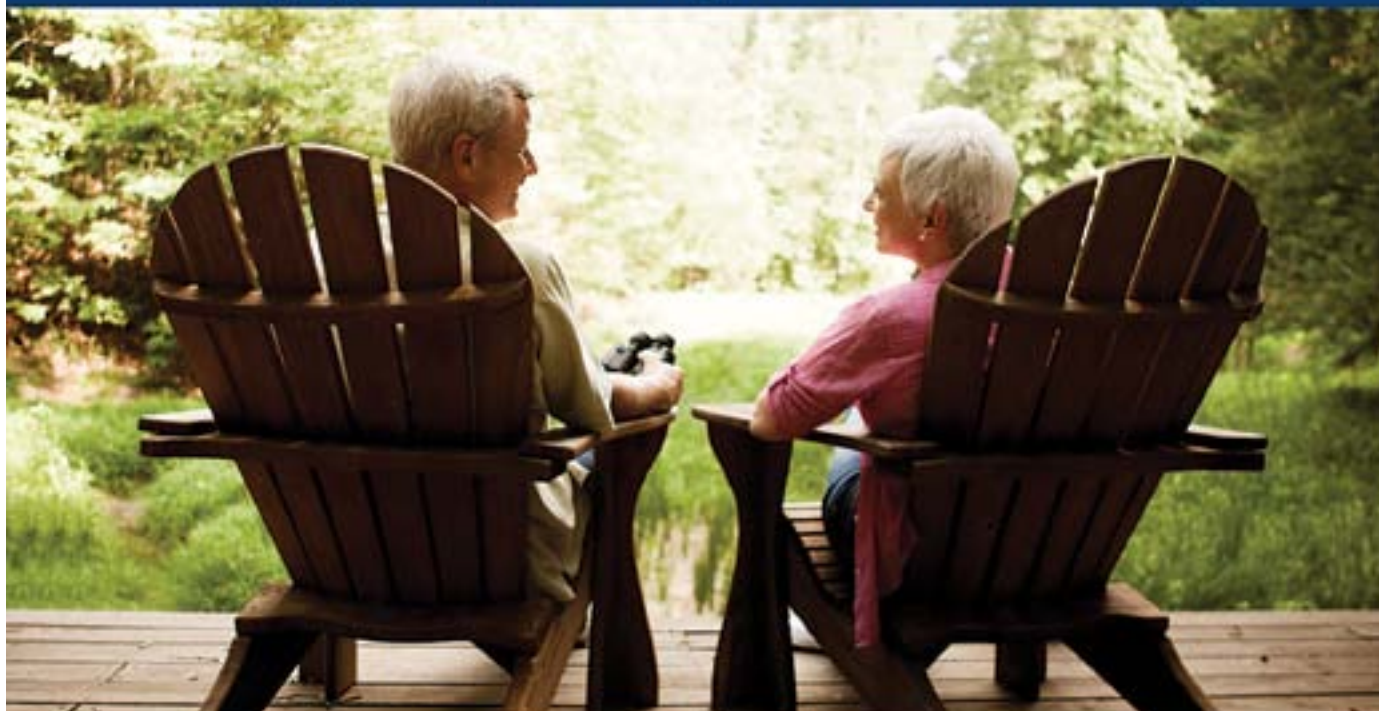
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ESTATE PLANNING

Estate Administration

Whether a person dies with a Will, Living Trust or intestate, certain actions are needed for the orderly handling of his or her affairs. These may include:



Bob
Ramsdell

- Identifying and safeguarding the decedent's assets.
- Determining the exact ownership of these assets—individually, in joint tenancy, as a co-tenant, or by a trust—and whether any pay- or transfer-on-death designations are in place.
- Notifying the Social Security Administration, Veteran's Administration, and other organizations of the death.
- Reporting the death to any former employer that was paying a pension to the decedent and initiating the claim for the survivor's benefit, if any.
- Initiating the claims for any assets controlled by beneficiary designations, such as life insurance, IRA's, 401(k)'s, annuities, 529 Plan accounts, etc.
- Determining whether the decedent, or a previously deceased spouse, was paid any form of medical assis-

tance (such as Medicaid) and notifying the appropriate agencies of the death, if required, so they can determine if there is a claim against the estate.

- Paying the expenses of the funeral and last sickness of the decedent.
- Providing actual notice to known creditors, published notice to potential creditors, and paying the legally enforceable debts.
- Filing the decedent's final individual federal and state income tax returns.
- Obtaining a tax identification number for the estate and filing its fiduciary federal and state income tax returns if the estate has income in excess of \$600.
- Determining whether the estate will be subject to federal estate tax and filing the return / paying the tax due if necessary.
- If the decedent left a surviving spouse, deciding whether to file a federal estate tax return to compute and elect taking the deceased spousal unused exclusion amount even if a return is otherwise not needed.
- If the decedent owned property in states other than Kansas (which no longer has an estate tax), determining if any of those states have an estate or inheritance tax and filing the return / paying the tax if necessary.
- Identifying the beneficiaries and ensuring the correct property goes to

the correct person or entity, including the funding of any trusts that will remain ongoing after the period of administration.

Depending upon the nature and value of the decedent's assets, Kansas law provides a variety of probate procedures should court oversight or approval be needed. These include supervised administration, simplified administration, informal administration, determination of descent, refusal to grant letters of administration, and an affidavit of small estate. The key is to identify the most efficient, least cost procedure that will accomplish what the estate requires.

Although a properly funded Living Trust will avoid probate, a complete distribution of property may still take time. K.S.A. § 58a-817 provides that a trustee "shall proceed expeditiously to distribute the trust property to the persons entitled to it, subject to the right of the trustee to retain a reasonable reserve for the payment of debts, expenses, and taxes." Thus, a diligent successor trustee will retain sufficient assets until the deadline for claims by creditors has passed and final tax

returns have been filed.

Note: The general rule is that a Will must be filed with the court no later than six months from the date of the decedent's death to be effective. The law also prescribes penalties upon anyone who knowingly withholds a Will. If there is a Will, then it should be filed within six months either to initiate its probate or to preserve it for possible use (such as in the event of the subsequent discovery of property requiring probate). For the latter purpose, K.S.A. § 59-618a provides a mechanism to file and preserve a Will without initiating administration.

Future columns will discuss a number of these probate procedures and when they might be used.

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell Qualseth & Warner, P.A., in Lawrence. He can be reached at 785-841-4554. The Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, can be reached at 1-888-353-5337. The information in this column is intended to provide general public information, not legal advice.

PERSONAL FINANCE

Should you be a 'hands-on' investor?

If you want to send your children or grandchildren to college, retire comfortably and achieve other important life goals, you will have to invest — it's that simple. But the process of investing can sometimes seem anything but simple. What can you do to gain confidence that you are making the right investment moves?



Harley
Catlin
and
Ryan
Catlin



The answer may depend on how involved you want to be with your investment decisions. Initially, you might think that you would like to be totally "hands on." After all, how you save and invest your money is unquestionably a highly personal matter. And once you start exploring the investment world, you may find it fascinating, as it entails virtually every human endeavor imaginable: business, politics, science, the environment, and so on. But if you want to completely run your own show, you will need to put in a lot of work — such as studying the financial markets, staying up-to-date on changing investment environments and monitoring your portfolio to make sure it is still appropriate for your financial needs and goals.

Most people find that they do not have the time or expertise to manage this investment process on their own, which is why they turn to professional financial advisors. The key advantage in working with an advisor is that he or she knows your risk tolerance, goals and family situation, and can help you create a personalized, long-term investment strategy. A good financial advisor will communicate with you regularly and make recommendations. A financial advisor can offer you a variety of

strategies and types of investments — such as stocks, bonds and mutual funds — to help you work toward your goals. Ultimately, though, you will be the one to make the "buy" or "sell" decisions.

Some investors prefer to leave even the buy-and-sell decisions to professionals. Most financial advisors offer advisory programs that take care of this for you. With these programs, you choose a professionally managed portfolio of investments. The programs typically offer a wide range of portfolios, so you can choose one that's appropriate based on your needs, goals and risk tolerance. Each portfolio contains a broad range of investments that are selected by professional analysts and represent a variety of asset classes. Advisory programs also offer a sophisticated rebalancing process designed to keep your assets allocated appropriately, which can help keep you on track toward your specific financial goals.

Whether you choose to make your own decisions in consultation with a financial advisor or to invest in an advisory program — or both — you really should learn as much as possible about your investments. Whichever method you decide is best for you, remember that investing involves risk, and investment performance is never guaranteed. So make sure you're asking the right questions, such as: What are the risk characteristics? How has a particular investment vehicle performed relative to others in its category? What are the tax implications of owning and selling a specific investment vehicle? What are the costs and fees associated with each choice?

As you may have heard many times, knowledge is power — and that's certainly true in the investment arena.

- Harley Catlin and Ryan Catlin are with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262. This article was written by Edward Jones for use by your local Edward Jones Financial Advisors.

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JILL ON MONEY

Ten home buying mistakes

After that nasty weather in the first quarter of the year, the much hoped for housing recovery never quite took hold during the normally vibrant spring buying/selling season. Despite the Polar Vortex, there were other factors that kept a lid on housing buyers,



Jill Schlesinger

including the fact that tentative buyers were spooked by rising prices, especially in certain hot housing markets.

But after a weaker than expected first half of the year, homebuyers may want to enter the market before the action heats up again. If you are ready to jump into the market, take care to avoid these common home buying mistakes:

1. Not running the numbers: It's important to understand how much home you can afford to buy and whether home ownership might preclude you from addressing other important financial issues in your life. Use this great rent vs. buy calculator from the New York Times—renting might still be the better deal in your area. And don't forget to add in a line item for ongoing upkeep. A good rule of thumb is to include one percent of your purchase

price as an annual budget amount for repair and maintenance.

2. Not correcting credit report mistakes: If you have not done so in a while, go to AnnualCreditReport.com and request your free copy. It's important to correct any errors on the report before you start the mortgage process.

3. Waiting too long to get pre-approved for a mortgage: The mortgage process requires plenty of time (up to 90 days in some cases), patience and follow-through. Start early, compare apples to apples and ask the broker to itemize the total costs that you should expect to pay.

4. Going it alone: As much as everyone complains about realtors, it's tough to go through the home buying process alone. In some markets, buyers' brokers are available, but the most important qualities in brokers are: honesty, experience, good connections with other agents; and good referrals from buyers like you. Remember that most agents represent the seller, not the buyer.

5. Getting too attached to a property: As my mother, a realtor, likes to say: "A house is like a man...there's more than one for you in the world!" Some buyers get so attached to a particular home, that they end up blowing their budget or becoming disheartened if they lose the property. Buck up—there are lots of properties out there!

6. Failing to include a contingency clause in the contract/having too

many contingencies. One of the most common contingency clauses is one that is related to securing a mortgage. The clause protects you if the loan falls through or the appraisal price comes in much higher than the purchase price. Should one of these events occur, the seller would refund your down payment. Without the clause, you can lose that money and still be obligated to buy the house. On the other hand, if your offer is loaded up with contingencies, you may spook the seller.

7. Not hiring a real estate attorney: This is a major transaction, so don't cheap out when it comes to legal fees. Even if your mortgage company provides a lawyer, hire your own to draft all of the necessary documents and to ensure that your interests are being represented at every step of the process.

8. Blowing off the home inspection: Think you've found your dream house? Maybe, but unless you have an engineer walk through the premises with you, you might be buying a new roof in a couple of years. Don't get freaked out if a problem arises during the inspec-

tion—remember that it can often be solved with a simple adjustment in price.

9. Assuming foreclosures are great deals: The pace of foreclosure sales is slowing down, but in case you run across what you think is a gem, remember that the property likely has been unoccupied for a while and could need major repairs.

10. Buying a home based on a "The Best/Worst Places to Retire" list: These compilations provide great headlines and may even help guide you, but they can't possibly take into account the details of your personal situation.

- Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@moneywatch.com. Check her website at www.jillonmoney.com.

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MAYO CLINIC

Brain aneurysms don't always require treatment

DEAR MAYO CLINIC: What causes a brain aneurysm? Are there any warning signs? How is a brain aneurysm treated?

ANSWER: A brain aneurysm is small, round outpouching of an artery in the brain that develops due to thinning of the blood vessel wall. A brain aneurysm that bursts, or ruptures, can lead to serious medical problems. However, many aneurysms do not rupture, and some unruptured aneurysms do not require treatment. Brain aneurysms are common. About 2 percent of the population has an unruptured brain aneurysm. That equals about 6 million people in the United States. But only about 25,000 brain aneurysms rupture each year.

Cigarette smoking and high blood pressure can increase a person's risk for having a brain aneurysm. Genetics also seems to play a role. People who have two or more members of their family with a history of a brain aneurysm have an increased risk of developing a brain aneurysm.

Most unruptured brain aneurysms

don't cause symptoms. Rarely, an aneurysm will push on brain tissue or a nerve, causing pain, double vision, loss of vision, facial weakness or numbness. Typically, though, an unruptured brain aneurysm is discovered on a computerized tomography (CT) or a magnetic resonance imaging (MRI) brain scan that is done for some unrelated reason. A specialized brain CT called a CT angiogram (CTA) or a specialized brain MRI called an MR angiogram (MRA) can be used to look at the aneurysm in more detail.

When an unruptured aneurysm is found, the risk of the aneurysm rupturing without treatment should be weighed against the risks of treatment.

A brain aneurysm that ruptures leads to a serious type of stroke called a subarachnoid hemorrhage, which involves bleeding over the surface of the brain and into deeper parts of the brain. These strokes can quickly become life threatening if they're not treated promptly.

Several factors should be considered when assessing the possibility that a brain aneurysm may rupture and decid-

ing about treatment. The risk of rupture is higher for larger aneurysms. Aneurysms in the front of the brain are at lower risk for rupture than those in the back. An aneurysm's appearance has an impact on the decision, too. Family medical history also needs to be considered, as does a person's age and overall health.

Small, unruptured aneurysms in the front of the brain are sometimes safely left alone, particularly in older patients and those who have no family history of aneurysm rupture. If the decision is made to manage the aneurysm without surgery or other intervention, periodic follow-up brain CTA or MRA is typically recommended to make sure that the aneurysm is not getting larger.

If the decision is made to treat an unruptured aneurysm, options usually include surgical clipping or endovascular coiling. During surgical clipping, a neurosurgeon goes into the brain and places a tiny metallic clip across the base of the aneurysm to stop blood from flowing into it. With endovascular coiling, a surgeon inserts a hollow plastic tube, or catheter, into an artery, usually in the groin, and threads it to

the aneurysm. A tiny platinum wire is passed through the catheter and placed into the aneurysm. The wire coils up inside the aneurysm, plugs the aneurysm sac and causes blood to clot, sealing off the aneurysm from the artery.

Whether or not an unruptured brain aneurysm is treated, controlling blood pressure and quitting smoking are important ways to lower risk of aneurysm growth and rupture.

When determining how to deal with an unruptured brain aneurysm, find a health care team that includes a neurologist, neuroradiologist and neurosurgeon who have expertise in aneurysms and their treatment. With the help of these experts, patients can carefully consider their options and decide what is best for them. - Robert D. Brown Jr., M.D., Neurology, 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. For more information, visit www.mayoclinic.org.

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HEALTH & FITNESS

DIY: Planning your recovery (Part 1)

You have a lump in your throat as your doctor looks at the x-ray of your injured ankle. The good news is that only one small bone is broken; the bad news is that you need surgery to pin the bone so that it will heal. You won't be able to put weight on your foot for at least six weeks after surgery.



Laura
Bennetts

You head home and start to wonder how you will manage your life for the next couple of months. There is never a good time to be injured or to have surgery, but getting a plan in place will reduce your anxiety and help you heal. You will soon discover that this is the ultimate do-it-yourself project.

Plan Ahead

You need detailed post-surgical plans, and you should expect the unexpected. If there are surgical complications, your hospital stay will be longer than you thought. If everything goes well, you may go home quickly, even the very day of the surgery. Or you may need to move to another site for recovery once you no longer need in-hospital care. Hopefully everything will go smoothly, but you should be ready for other possibilities. Prepare a checklist:

Who can help you? List your friends, family and service providers.

What supplies will you need? Ask your doctor about required dressing changes.

What services will your insurance cover? Call the number on your insurance card to find out if you can have home health services and how you qualify to use those services. See if you have to be certified as homebound by your doctor to use your home health benefit.

What transportation will you need? You will have follow-up appointments

with your doctor and you may not be allowed to drive soon after your surgery, or if you are taking pain medications.

Get Help at Home

If you're lucky enough to return home swiftly, you will still need help for a good long time (weeks or even months) with daily tasks such as meal preparation, shopping, cleaning and laundry. You may have family and friends who can help for a time, but be ready to have alternative options for the rest of your recovery.

Healthy meals. Eating right is important to regain strength. If you can sign up for delivered meals (like Meals on Wheels) you will have lunch for the duration of your recovery. You can also have meals delivered from restaurants or meal catering services in your area.

Shopping trips. Friends can shop for you since they frequently shop for themselves, so have a list ready when a friend offers to help.

Housecleaning. See if you qualify for housekeeping help through an agency. Help even once a week will improve life vastly. The hospital social worker can help you find agency resources to help set up services.

Get Help at a Facility

If you stay in the hospital or a convalescent facility for a while, your friends and relatives should visit you regularly, to ensure that your needs are being fully met. Even in outstanding healthcare settings, patients can be neglected at times. The staff may be overwhelmed by a sudden influx of patients or there may be a moment when it isn't clear whether you're due to go home on Friday or Monday.

In facilities with skilled nursing and therapy, you should be able to work with the facility social worker to arrange for help when you return home. And you can also arrange non-medical help in-home, at hourly rates, from a variety of agencies.

Don't Be Shy

You're responsible for your own recovery and you need to be sure you get the right medical advice and help.

Many people pooh-pooh their problems ("I'm sure this isn't important, the doctor has better things to do than listen to me"). But that isn't true—in fact, your doctor has nothing better to do than to help you—and ignoring your problem will only make it worse. So tell your friends or relatives that you will need to call your doctor...

If you're worried about your medications. When you get your medications, read the enclosed explanation of possible side effects. Call your pharmacist with any questions. Once you start taking your meds, you should take them exactly as instructed. If you have unpleasant or unexpected side effects, call your doctor immediately to find out what to do. Some side effects, like skin rashes, might seem minor, but they could precede a serious reaction.

If you notice anything wrong with your surgical incision. Follow your doctor's instructions in caring for your incision. If you're told not to open the dressing at all, leave it sealed until you see the doctor. If your incision doesn't feel right, call the doctor. If you change your own dressing, call if you notice

redness or drainage of the incision that seems new.

If you wonder how much you can do. After surgery your doctor will give you guidelines saying how much weight you can lift or your legs can support, how long you should wear a sling or brace, etc. If you see a physical therapist in the hospital, you may be given a beginning program of home exercises. Follow all instructions until you get a referral for further therapy (either at home or in an outpatient clinic).

Physical therapy is a normal and vital part of most instances of post-surgical recovery—and it is the focus of the second part of this article, due in the next issue. Stay tuned!

- 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.

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Khosh

namon available in its dried tubular form known as a quill or as a ground powder.

Cinnamon is one of the oldest spices known in history. It was mentioned in the Bible and was used in ancient Egypt not only as flavoring agent, but also as medicine, such as it being used as an embalming agent. Literature also mentions the ancient Greeks and Romans using this spice, and that it was so highly treasured that it was considered more valuable than gold. In China, one of the earliest books on Chinese botanical medicine mentions cinnamon. Cinnamon's popularity has continued throughout history. It became one of the most relied upon spices in Medieval Europe. Due to its demand, cinnamon became one of the first commodities traded regularly between the Near East and Europe. Cinnamon was believed in ancient times to cure snake bites, freckles, kidney problems, common respiratory ailments including cough, and the winter blues, including depression, irritability, and to improve mood.

Cinnamon is a spice that comes from the branches of trees that belong to the genus "Cinnamomum" and are native to the Caribbean, South America, and Southeast Asia. There are different types of species of cinnamon:

- *Cinnamomum verum* (Ceylon cinnamon)
- *Cinnamomum burmannii*

(Indonesian cinnamon)

- *Cinnamomum loureiroi* (Vietnamese cinnamon)
- *Cinnamomum cassia* (Chinese cinnamon)

As a food, cinnamon has been used as a flavor agent in many different beverages, baked items, including sweets and pastries, alcohol, as a preservative to meat including fish, and in soups and stews.

Modern research is showing that cinnamon might be the spice of life in many medical conditions. According to the United States National Library of Medicine, cinnamon has been used to treat the following conditions: muscle spasms, vomiting, diarrhea, common upper respiratory ailments, loss of appetite, and erectile dysfunction. The National Institutes of Health states that cinnamon has a chemical compound in it that can be used to fight fungal and bacterial infections. Other research has shown promise of cinnamon is preventing Alzheimer's disease (Tel Aviv University study). According to a neurological scientist at Rush University Medical Center, cinnamon may help eliminate or stop some of the destructive processes of multiple sclerosis. Other uses of this spice include PMS, insect repellent, anti-microbial and antibacterial activity, irritable bowel syndrome, arthritis, weight reducer, in massage therapy to relax the muscles, candida and yeast infections, and to lower blood sugar. Seasoning a high carbohydrate food with cinnamon can help lessen its impact on your blood sugar levels. Cinnamon slows the rate at which the stomach empties after meals, thus reducing the rise in blood sugar after eating (Am J Clin Nutr. 2 007 Jun; 85(6):1552-6).

So this summer when you are enjoying that piece of apple pie, sprinkle some cinnamon on it. Not only it is good for you, but it also tastes wonderful.

- 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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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. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS/CRAFTS

LAST FRIDAY OF EACH MONTH FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of every month. See website for participating locations.
LAWRENCE, (785) 842-3883
finalfridayslawrence.wordpress.com

JUL 11-AUG 23

TALL GRASS DEEP WATER

Edmonds and Sullivan share a love of nature

and creative visual poetry through color, texture, fabric, stitching, paint, and print. This exhibition features the newest fiber works from both artists and a variety of techniques and mediums. Lawrence Arts Center, 940 New Hampshire St. LAWRENCE, (785) 843-2787
lawrenceartscenter.org/upcoming-exhibitions

JUL 25-AUG 27

LACES: AN EXHIBITION OF WORK BY LAWRENCE ARTS CENTER

Featuring the artwork of over 45 staff and faculty of the Lawrence Arts Center. A multiplicity of work that includes ceramics, drawing and painting, handmade books, jewelry, photos, prints, sculpture, and film & digital media. The impressive collection embodies the diversity of experience, perspective and aesthetics present in the faculty and staff at the Lawrence Arts Center. Cider Gallery, 810 Pennsylvania St. LAWRENCE, (785) 843-2787
lawrenceartscenter.org/upcoming-exhibitions

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

FIRST & THIRD FRIDAYS OF EACH MONTH HEALTHWISE AFTER 55

Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13.
TOPEKA, (785) 354-6787

SECOND & FOURTH FRIDAYS OF EACH MONTH FOR FAMILY CAREGIVERS

Television show highlights information for

■ CONTINUED ON PAGE 19

■ CONTINUED FROM PAGE 18

people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13.
TOPEKA, (785) 354-6787

AUG 19

SENIOR SUPPER AND SEMINAR

This month's topic: "Wholesome, Healing Hospital Foods." Presented by Carla Wiederholt, RD LD CNSC and Patty Metzler, MPH RD LDN, of Unidine Corporation. On the third Tuesday of each month at 5 p.m., seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three course meal prepared by the Unidine chefs, plus conversation with others. Supper: 5 p.m., Educational presentation: 6 p.m. Advance reservations are required and must be made at least 24 hours in advance by calling LMH Connect Care. Seating is limited so call early.
LAWRENCE, (785) 749-5800
www.lmh.org

AUG 26

GETTING TO KNOW THE PROSTATE GLAND

Most men know they have one, but many are unsure as to how it functions and/or how to know when something is wrong. Douglas Klingler, MD, of Lawrence Urology, P.A., will share information about changes to the prostate gland with aging, including those experienced due to an enlarged prostate; as well as signs, symptoms, diagnosis and treatment of common prostate diseases. 6:30-8 p.m. Free, but advance enrollment requested, please. Women are welcome to attend, also.
LAWRENCE, (785) 749-5800
www.lmh.org

ENTERTAINMENT

THURSDAYS

JUNKYARD JAZZ

Put on your dancing shoes and dance to the sounds of The Junkyard Jazz. American Legion, 3408 West 6th St., 7-8:30 p.m.
LAWRENCE, (785) 842-3415

JUL 11-AUG 10

MARY POPPINS

Based on the books by P.L. Travers and the classic Walt Disney film, *Mary Poppins* includes a score filled with timeless classics such as "Feed the Birds," "Jolly Holiday," "Step in Time" and the Academy Award®-winning "Chim-Chim Cher-ee." The jack-of-all trades, Bert, introduces us to England in 1910 and the troubled Banks family. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense, she must teach the family how to value each other again. Topeka Civic Theatre & Academy, 3028 SW 8th Ave. See website for show times.
TOPEKA, (785) 357-5211
www.topekacivictheatre.com/productions/503

AUG 2 & 3

RED RIDING HOOD

Trek over the river and through the woods with Little Red Riding Hood as she dances her fateful journey. On the way to Grandmother's house, unlucky Little Red contends with townspeople, forest animals, a field of daffodils, a noble huntsman, and of course, the sly Wolf who changes all of her plans. August 2: 3 and 7 p.m. August 3: 2 p.m. Lawrence Arts Center, 940 New Hampshire St. LAWRENCE, (785) 843-2787
lawrenceartscenter.org/red-riding-hood

AUG 1, 2, 8, 9 & 10

THE KACT OLD TIME RADIO SHOW

Auburn Community Theater presents "The

KACT Old Time Radio Show," a mixture of fun, music and nostalgia as ACT takes you back to the time when radio was king at the For reservations call ACT or visit the website. Saturday shows have an optional dinner, which is served from 6-7 p.m. before the shows. Auburn Community Center, 121 W. 11th St. Fee. AUBURN, (785) 256-2848
www.act-ks.org

AUG 8

SUNDOWN FILM FESTIVAL

Blue Hawaii, starring Elvis Presley, 9 p.m. Bring blankets and lawn chairs and enjoy the movie outdoors on the grounds of the Kansas Historical Society. Admission to the movie is

free. Popcorn, candy, soda, and water will be available for purchase. Kansas Museum of History, 6425 SW 6th Ave.

TOPEKA, (785) 272-8681
www.kshs.org

EXHIBITS/SHOWS

JUN 14-SEP 14

ICE AGE IMPERIALS EXHIBIT

The Ice Age Imperials exhibition provides a rare opportunity for visitors to "touch" the Ice Age. Interacting with real fossils from ancient animals like the saber-toothed cat, woolly mam-

■ CONTINUED ON PAGE 20



Is there someone special in your life who needs extra care? A Home Plus Adult Care Home is an alternative solution to a nursing home environment.

We provide an intimate family setting and more "Attentive" attention.

Residents can choose their meals and have family recipes prepared for them. It's easier for the families to be involved. We provide a home setting with group and individual activities available.




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■ CONTINUED FROM PAGE 19

moth, giant sloth, dire wolf, giant beaver and teeth from a huge Ice Age bear make the Ice Age come alive for visitors like never before. Lessons of the Ice Age abound. How did glaciers form and move? During the Ice Age, was there ice where you live now? Discover the answers within graphic displays about glacial size and ice depth. Try assembling the 3-D Mastodon puzzle, or immerse yourself in the History of Earth timeline where you can touch a variety of fossils from more than 500 million years ago to less than one million years ago. Flint Hills Discovery Center, 315 S. 3rd St. MANHATTAN, (785) 587-2726
www.flinthillsdiscovery.org

**AUG 23
REV IT UP! HOT ROD HULLABALOO**

Just in time for the Cool Cats to show off their creations and restorations. Get signed up now to make sure you have a part at the party! Put your top down and come cruise with us through Downtown Lawrence. Then stop in the shady streets of South Park for more entertainment and fun than we have ever had before. 1141 Massachusetts St. Free to spectators. LAWRENCE, (785) 749-1120
www.revitupcarshow.com

FAIRS/FESTIVALS

JUL 19-AUG 3

DOUGLAS COUNTY FAIR

Live music, carnival, 4-H exhibits, demolition derby, antique tractor pull and a variety of races and contests. 2110 Harper. LAWRENCE, (785) 843-7058 ext. 115
dgcountyfair.com

AUG 7-9

LANE AGRICULTURAL FAIR

This year's Lane Agricultural Fair is packed full of activities and entertainment! The Osa-Lane Quilt Show, consisting of items made by the Osa-Lane Quilt Guild, will be open to the public 5 p.m. to 8 p.m. Thursday, Aug. 7 and 10 a.m. to 6 p.m. Friday, Aug. 8 and Saturday, Aug. 9. The parade will be at 7:30 p.m. Aug. 8. Other highlights include mutton bustin' and peewee rodeo, greased pig contest, horseshoe pitching contest, cowboy Olympics, exhibits, entertainment, great food and more. LANE, (785) 867-3298

AUG 8-10

GREAT MIDWEST BALLOON FESTIVAL

Marvel in the sunrise Fly-In Balloon competitions, see the spectacular Friday and Saturday night Balloon Glows. Get up close and personal with a tethered balloon ride. Kansas Speedway, 400 Speedway Blvd. KANSAS CITY, 913-522-0801
midwestballoonfest.org

AUG 16

RAILROAD FESTIVAL

All aboard for fun for all ages, including trackless train rides, model railroads and a petting zoo, at Great Overland Station Museum's 7th Annual Railroad Festival. 701 N Kansas Ave. Fee. TOPEKA, (785) 232-5533
www.greatoverlandstation.com

AUG 16 & 17

BUFFALO BILL DAYS

The Wild West revived, live music, historical entertainers, vendors, food, outhouse race & more! Haymarket Square, 7th & Cherokee St. 5-10 p.m. LEAVENWORTH, (913) 306-0944
www.buffalobillfestival.com

AUG 22-24

DOWNTOWN LAWRENCE BUSKER FEST

Fire dancers, sword swallows, escape artists and other professional performers dazzle and amaze during the three-day Lawrence Busker Festival. Downtown street corners turn into impromptu stages as crowds fill the sidewalk to watch these talented and nontraditional artists. Historic Downtown Lawrence, Massachusetts St. Free. LAWRENCE, (785) 842-3883
www.lawrencebuskerfest.com

AUG 22 & 23

ROOTS FESTIVAL

Join 9,000 of your closest friends for this two-day festival held in the beautiful Paola Park Square. Live music, ethnic dancers, arts and crafts, food vendors, a State Championship BBQ Cook-off and for our younger festival goers, great games, fun rides and a creative sidewalk chalk contest. Price to get into the festival is \$15 per person per day rain or shine. Kids 10 and under get in free. Paola Downtown Square. PAOLA, (913) 294-6427
www.rootsfestival.org

AUG 23

INDIA FEST

Annual community event to support local charities. Organized by the India Association of Topeka. Indian cuisine, Mehndi (henna hand art), Boutique (Indian costume jewelry), music and entertainment. All net proceeds from this year's event go to TARC. Big Gage Shelter House (next to Topeka Zoo), 10 a.m.-2 p.m. TOPEKA

AUG 30-OCT 12

KANSAS CITY RENAISSANCE FESTIVAL

Step back in time to a 16th century village featuring a variety of entertainment, armored jousting, artisan and food booths and much more! Enjoy a day of fun and amusement! Open weekends, August 30-October 12, plus Labor Day and Columbus Day. 633 N. 130th St. 10 a.m.-7 p.m. Fee. BONNER SPRINGS, (913) 721-2110
www.kcrenfest.com

FARMERS MARKET

APR 12-NOV 22

SATURDAY MARKET - LAWRENCE

The Saturday Downtown Lawrence Farmers Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets. 7-11 a.m. through Sept. 28. 8-11 a.m. Oct. 5-Nov. 23. LAWRENCE, (785) 331-4445
www.lawrencefarmersmarket.com

APR 12-NOV

DOWNTOWN TOPEKA FARMERS MARKET

Every Saturday, 12th and Harrison, South of the

Judicial Building. 7:30 a.m.-Noon. TOPEKA, (785) 249-4704
www.topekafarmersmarket.com

MAY-OCT

TUESDAY MARKET - LAWRENCE

The Tuesday Market is located in the public parking lot on the 800 block of Rhode Island Street. 4-6 p.m. LAWRENCE, (785) 331-4445
www.lawrencefarmersmarket.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.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, (785) 354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE LITE

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

TUESDAYS AND THURSDAYS

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

TUESDAYS AND THURSDAYS

ZOSTAVAX (SHINGLES) CLINIC

HealthWise 55 Clinic. 8 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, (785) 354-6787

WEDNESDAYS

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 12:30-4:30 p.m. Call for appointment. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

FIRST WEDNESDAY OF THE MONTH

FREE HEARING CONSULTATIONS

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering

free hearing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday of each month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids. LAWRENCE, (785)748-8034

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

FRIDAYS

BLOOD PRESSURE CHECKS

Arbor Court, 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

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 WEDNESDAY OF EACH MONTH

NUTRITION CLINIC

Call for an appointment. HealthWise 55 Resource Center, 2252 S.W. 10th Ave., 10:30 a.m.-noon. 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

JUL 7-AUG 31

UKANDOIT WELLNESS PROGRAM

Join LMH for a fun program to help you stay fit and well this summer, and learn more about our home state. UKANDOIT is a free, eight-week wellness challenge program that you do on your own or with a group of your choosing. Each week, you will be presented with wellness challenges from the categories of fitness, nutrition and miscellaneous. You may elect to achieve one, two or three challenges each week. At the end of the eight weeks, successful participants will receive a small incentive reward. To register: contact Aynsley Anderson at aynsley.anderson@lmh.org (or call (785) 505-3066) or Janelle Martin at janelle.martin@lmh.org or (785)505-3070). Enrollment deadline is Thursday, July 3. Program begins Monday, July 7, and continues through Sunday, August 31. LAWRENCE

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AUG 6

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$7/ test. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

AUG 16-21

CIVIL WAR ON THE WESTERN FRONTIER

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. Check out the website for a complete list of events. Watkins Community Museum of History, Sites through out Lawrence. LAWRENCE, (785) 841-4109
www.visitlawrence.com

AUG 16

QUANTRILL'S RAID BUS TOUR

Katie Armitage and John Jewell lead a tour of the areas of Lawrence affected by Quantrill's Raid, including the Miller Riggs and Hoyt home sites and the downtown business and residential districts. Watkins Museum, 1047 Massachusetts, 8 a.m. Fee. LAWRENCE, (785) 841-4109
www.watkinsmuseum.org/civil-war.shtml

AUG 16

QUANTRILL'S RAID WALKING TOURS

Walking tours of the downtown business district most directly affected by Quantrill's raid. Routes may vary by tour guide. Wear sun protection, comfortable shoes, and be prepared to stand and walk for up to an hour and 30 minutes. Advance registration recommended. Watkins Museum, 1047 Massachusetts, 8:30 a.m., 11:15 a.m. and 5:30 p.m. Fee.

LAWRENCE, (785) 841-4109

www.watkinsmuseum.org/civil-war.shtml

AUG 17

HISTORIC LECOMPTON TOUR

Tour of Historic Lecompton includes Constitution Hall, Territorial Capital Museum, National Landmark and Territorial Democratic Headquarters. Territorial Capital Museum, 640 E Woodson, 1 p.m. Donations welcome. LECOMPTON, (785) 887-4148

AUG 17

BROCKETT & BROWN - BLACK JACK BATTLEFIELD INTERACTIVE TOUR

The Battle of Black Jack is considered the first battle between opposing forces over the issue of slavery which led to the coming Civil War. Learn about this exciting and important time in history as you are entertained by both John Brown and W.B. Brockett (one of Pate's men), who represent both sides in the heated battle. Black Jack Battlefield, 163 E 2000 Rd., 4 p.m. Donations welcome. WELLSVILLE, (785) 883-2106

AUG 22

FLASHLIGHT CEMETERY TOUR

Visit the graves of Quantrill's Raid victims and meet the people who rest there as they come alive to tell their stories. Pre-registration required. Lawrence Park & Recreation, 1141 Massachusetts, 8 p.m. Fee. LAWRENCE, (785) 832-3450

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.

First Wednesday of the Month is **Wellness Wednesday at The Merc!**

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Body Care	Bulk Teas

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785 843 8544 · WWW.THEMERC.COOP

WEDNESDAYS

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

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., 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.

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. Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

MEETINGS

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 6-9 p.m. on Sundays at the Knights of Columbus, 2206 E. 23rd St. LAWRENCE

MONDAYS

BREAST CANCER SUPPORT GROUP

Meets at Presbyterian Manor, 1429 Kasold, 5:30 p.m. Call Dena for more information. LAWRENCE, (785) 979-8362

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

MONDAYS

GRIEF SUPPORT GROUP

12-week adult group for recent loss. Midland Hospice, Building A, 4-5 p.m. Please call for start dates and information packet. TOPEKA, (785) 232-2044

FIRST MONDAY OF EACH MONTH

INDIVIDUAL BEREAVEMENT SUPPORT

Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell. TOPEKA, (785) 271-6500; (785) 230-6730 on first Monday between 5:30 and 7:30 p.m.

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

GRIEF 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

■ CONTINUED ON PAGE 22

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■ CONTINUED FROM PAGE 21

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 BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free. TOPEKA, (785) 354-6787

FIRST TUESDAY OF EACH MONTH LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

Workers 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 TUESDAY OF THE MONTH MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - LAWRENCE

Meets at Lawrence Memorial Hospital, 5:30 p.m. LAWRENCE, (785) 393-1256

FIRST TUESDAY OF EACH MONTH TOPEKA AREA OSTOMY SUPPORT GROUP

Our focus is supporting, assisting, and educating individuals with colostomies, ileostomies, urostomies and continent ostomies. Meets at 6 p.m. at St. Francis Health Center, 1700 SW 7th St. TOPEKA, (785) 295-5555

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 SUPPORT GROUP

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

FIRST & THIRD 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.

TUESDAYS & THURSDAYS WATER AEROBICS CLASSES

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

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

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

Meetings are held 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

FIRST & THIRD WEDNESDAY OF EACH MONTH CANCER SUPPORT GROUP

Join representatives from Lawrence Memorial Hospital Oncology Center and the American Cancer Society for a general cancer support group. Open to anyone with any cancer diagnoses and/or family members or others affected by their cancer. For more information, contact Liv Frost at (785) 505-2807 or email to liv.frost@lmh.org. LAWRENCE

FIRST THURSDAY OF THE MONTH MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - TOPEKA

Meets at St. Francis Health Center's Cancer Center, 1700 S.W. 7th St., 7 p.m. TOPEKA, (785) 230-4422

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 a.m.-1 p.m.

FIRST THURSDAY OF EACH MONTH PARKINSON MEETING

Midland Care, 200 SW Frazier, 5:30-7 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

EVERY OTHER THURSDAY GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet. TOPEKA, (785) 232-2044

EVERY OTHER THURSDAY GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet. TOPEKA, (785) 232-2044

FIRST FRIDAY OF EACH MONTH STROKE SUPPORT AND RECOVERY GROUP

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

ONE SATURDAY EACH MONTH LAWRENCE DEATH CAFE

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death. A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cwhiston@sunflower.com or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl. LAWRENCE

SECOND MONDAY, SEP-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

Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m. TOPEKA, (785) 235-1367 www.jhawkaaa.org

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 KAW VALLEY HERBS STUDY GROUP

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

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peter-son 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 information. TOPEKA, (785) 221-0501 www.soroptimisttopeka.org

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 & 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

SECOND SATURDAY OF EACH MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH STROKE SUPPORT GROUP

For those recovering from a stroke, and/or their family and friends. Meets at 4-5:30 p.m. For more information call LMH Kreider Rehab Center. LAWRENCE, (785) 505-2712

■ CONTINUED FROM PAGE 22

THIRD WEDNESDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

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 FRIDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11 a.m.-1 p.m. For more information about the Widowed Persons Service Program, please call Julie. TOPEKA, (785) 357-7290

FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice. LAWRENCE, (785) 841-5300

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

Pioneer Ridge Assisted Living Library, 4851 Harvard, 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.tgstoepka.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 business meeting. NARFE's mission is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller. LAWRENCE, (785) 478-0651

MISCELLANEOUS

SUNDAYS CHURCH SERVICES
Arbor Court, 1510 St. Andrews, 4 p.m. Open to the public.
LAWRENCE, (785) 841-6845

MONDAYS CHURCH SERVICES
Arbor Court at Alvamar, 1510 Saint Andrews Dr., 11 a.m. Open to the public.
LAWRENCE, (785) 841-6847

WEDNESDAYS WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

After the big kids are off to school, bring your lil' ones to the Discovery Center for special activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m. TOPEKA, (785) 783-8300 www.kansasdiscovery.org

THIRD SATURDAY OF EACH MONTH COFFEE & CONVERSATION
Arbor Court at Alvamar, 1510 Saint Andrews Dr., 3 p.m. Open to the public.
LAWRENCE, (785) 841-6847

AUG 8 GRAPE ESCAPE
Grape Escape is the Topeka Performing Arts Center's primary fundraising event. It as well as corporate season sponsorships and the Friends of TPAC program provide the financial support needed to bring great acts to Topeka and provide educational programs to the community. Tickets can only be purchased at the TPAC Box Office or by calling TPAC. Space is limited so reserve your spot early.
TOPEKA, (785) 234-2787 ext 100.
www.tpactix.org

AUG 28-31 AVTT VIETNAM TRAVELING WALL
The American Veterans Traveling Tribute Vietnam Wall will be available for public visitation from noon on Aug. 28 to 3 p.m., on Aug. 31. Ceremonies will be held at 7 p.m. each evening, including music, speakers, and patriotic observances. Reading of names of Kansas KIA in the Vietnam War will be at 5 p.m. on Aug. 30. Free. 6700 SW Topeka Blvd., Forbes Field Bldg. 301. TOPEKA, (785) 862-1020

SEP 5-7 HUFF 'N PUFF HOT AIR BALLOON RALLY
Watch colorful hot air balloons launch over Lake Shawnee at 7 a.m. Beginning at 6 p.m., see the tether and glow or experience a tethered balloon ride. Lake Shawnee, 3137 SE 29th St., 7 p.m. Free. TOPEKA, (785) 234-1030
www.huff-n-puff.org

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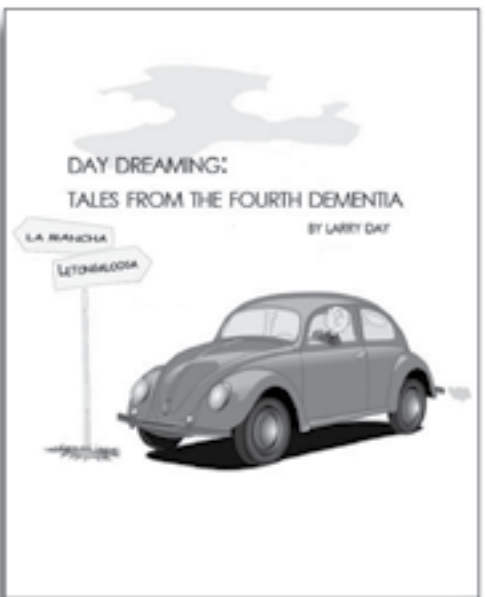
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A LOOK AT BOOKS

If you have written (or even just read) a book that was published from 2012 to the present, you may send it in for a possible review in Kaw Valley Senior Monthly. No ebooks or poetry collections please. Send a copy of your book to: Tom Mach, c/o A Look At Books, PO Box 486, Lawrence, KS 66044. Send the image of your book cover to: kevin@seniormonthly.net



Tom Mach

Old Father's Ramblings: A Pearl Harbor Survivor's Thoughts on Life by Layton Warn (CreateSpace ISBN 978-1-4681-9497-5)

The author is a 92-year-old veteran who fought in WWII and who experienced the horror of the December 7, 1941 Japanese attack on Pearl Harbor. For the past 70 years Layton Warn wrote memoirs and essays about his experiences during and after his years of military service. He begins his book describing what military life was like in Hawaii before the attack and shares his experience of the Japanese bombing. Layton Warn was transferred stateside and described such interesting situations as having had a 30-day furlough in Ohio and meeting a married woman named Eloise with whom he developed a platonic relationship. He added an amusing anecdote about a corporal who was immediately transferred overseas because he occupied a toilet for far too long, keeping the colonel waiting! Warn gives his opinion about the use of atomic bombs in Japan and why the 9/11 attack was so different than the surprise attack at Pearl Harbor. Regardless whether you agree with his opinions or not, you will find this veteran and his stories fascinating.

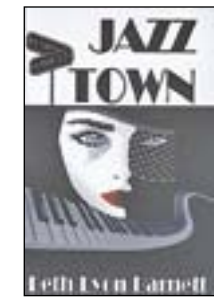
Jazz Town by Beth Lyon Barnett (Prai-

rie Acres Press ISBN 978-1-4776458-5-7)

Jazz Town has an intriguing storyline with believable characters and realistic dialogue. Each character describes scenes from his or her point of view and that allows the reader to get a perspective on how they each viewed the jazz era of the 1920s and 1930s differently. With regard to the structure of this novel, each chapter describes a different character in a different time frame, forcing me to flip back to recapture the thread of each person. It would have been helpful to the reader to have a list of characters at the beginning of the book. *Jazz Town*, however, offers interesting insight into jazz history and it is very well written. You may find it fascinating to learn that Pete Adler could have been a doctor or lawyer, but became a famous jazz pianist instead and that Kansas City, Missouri, was not only a center for gang violence but was well-known for great jazz music as well.

Enter the Holy Spirit, Exit Me by Virginia Saunders (WestBow Press ISBN 978-1-4497-5395-5)

Having not written anything of value for 12 years since her husband's death in 2002, the author felt the Holy Spirit prompting her to write after reading the Liturgy of the Word during Mass. She began writing about the supernatural actions of the Holy Spirit which occurred in 1993 when she attended a prayer group in Indonesia. At that gathering, she suddenly felt a surge of electricity surge through her body. She said she cried "to such depths...as if my chest was being torn apart," but she felt joy, rather than concern from the women who comforted her and thanked the Lord. The author refers to interesting Biblical truths such as St. Paul's reference to the Ten Command-



ments as the "ministry of Death" and the "ministry of the Spirit" as righteousness (2Cor.3:7-9). This 148-page book describes her initial skepticism and later her belief which engulfed her when she encountered other spiritual events, including actually hearing the Lord's voice for the first time after receiving Holy Communion. She feels we should all become prayer warriors through the guidance of the Holy Spirit.

Nelly of No Man's Land by B. J. Myrick (CreateSpace ISBN 978-1-4812879-7-5)

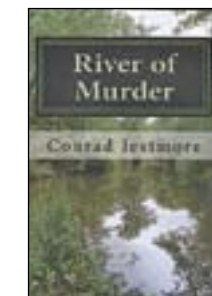
Myrick's historical novel is reminiscent of *Little House on the Prairie*, although *Nelly of No Man's Land* contains characters that are both realistic and flawed. The setting is Kaw City, Oklahoma, in 1890, and Nelly Duncan is dying. In desperation, her husband Will believes that a medicine man in No Man's Land, who had saved lives where doctors had failed, might save Nelly. Consequently, Will moves his family to Oklahoma in hopes that the medicine man will save her. Although Nelly's health improves, she now has to face other serious problems, such as Will's infidelity and his addiction to alcohol. Nelly had covered up her own shameful past when she had turned to a handsome peddler to comfort her



over Will's drinking problem. But now this man returns to her life, and she is confronted with the agony of whether to tell Will a dark secret that had been haunting her all these years.

River of Murder by Conrad Jestmore (CreateSpace ISBN 978-1-4681350-4-6)

Jestmore writes a great murder mystery about a private investigator and ex-cop named Jimmy O'Reilly. When he returns to his home town of Chisolm, Kansas, he never expected to find Vernon Johnson, a family friend, dead. He suspects Vernon was murdered even though everyone believes it to be a farm accident. O'Reilly is at first reluctant to pursue this case, but in the process of his investigation, he discovers an international drug scheme, and when he does, he faces demons from his past. He uncovers a trail of unsolved murders up and down the river, which leads O'Reilly to the big city and a violent underworld of crime. He is also forced to come to terms with his wife's death and his need to protect a teenage girl from danger because of her involvement with the criminal world. Jestmore writes in a no-nonsense and understandable way. It's a fun read that will keep you guessing to the end, and mystery readers are sure to love it.



KIPLINGER ON TRAVEL

Fabulous travel freebies

By Erin Burt and Rebecca Dolan Kiplinger

Each year we round up a list of fabulous freebies, valuable offers with few or no strings attached. This year's list is packed with more something-for-nothing deals than ever. Here are our favorite travel freebies, including free flight perks, free stuff on the road and free tour guides.

Domestic airlines are stingy with giveaways, but some airlines still offer a few freebies for fliers. Southwest lets you check two bags for free—that can save you \$120 per person round-trip when compared to Delta, for instance—and JetBlue lets you check one bag free (plus gives you access to free TV, satellite radio and all-you-can-eat snacks.) American, Delta, United and US Air also allow the first and sometimes second bags to fly free to most international destinations.

Traveling with kids? You deserve even more freebies. Children under age 2 can fly domestically on most major airlines, or ride Amtrak, free of charge when they sit on a paying adult's lap. Also, watch for kids-cruise-free and kids-ski-free promotions, and ask the cruise or resort in advance about free supervised kid programs so you can have some much-needed grown-up time.

If you have to fly, you may as well earn extra credit for it. Sign up for the airline's frequent flier program to accumulate points toward free flights and other goodies.

You'll pay about \$15 at the post office to get your picture taken for your passport. Instead, take your photo with your own digital camera, then upload it to ePassportPhoto.com, which will help you size it properly before printing on your home printer. The best part: You can redo your picture as many times as you like. After all, who wants to get stuck with a bad photo for the next 10 years?

Prepare for your international getaway with the free foreign language lessons online at FSI-language-courses.org. Or

go to Openculture.com for a list of lessons around the web that you can download to your MP3 player. Your public library may also offer courses or software to help you prepare for your travels.

You can find free breakfasts at a number of hotel chains, and we aren't just talking coffee and bagels. Country Inns & Suites, Homewood Suites, SpringHill Suites and Holiday Inn Express are just a few chains that offer a hot morning meal. Some hotel chains, like Marriott's Residence Inn or Embassy Suites by Hilton, hold nightly receptions with free heavy appetizers or light dinners.

Oh, and don't forget to grab the famous free chocolate chip cookies when you check in at a Doubletree. Visit Priceline.com for a searchable list of hotel freebies, including free parking and Wi-Fi.

Parents can save even more on hotel costs by booking hotels where kids sleep and eat free. Choice Hotels allow children 18 and younger to stay free when sharing a room with their parents or grandparents. Kids 19 and younger stay free in their parents' room at Holiday Inn Hotels, while up to four children aged 12 and younger eat free off the hotel restaurant's kids' menu.

Don't you hate it when you pay for a flight, and then the price drops? Enlist the help of Yapta.com, which tracks your flight's price after you buy your ticket. If the fare drops, it will notify you and help you collect a refund or travel vouchers from the airline. (Note: Yapta only kicks in if the price drop exceeds the ticket-change fee you'd be obligated to pay.) Yapta does the same for hotels too. For rental cars, try AutoSlash.com.

To get a real feel for a city when you're traveling, team up with a local. The Global Greeter Network organizes volunteers in several cities worldwide to show you around, give you the inside scoop and answer your questions. Tours can last a couple hours, and there's a strict no-tipping policy.

Prefer to explore at your own pace? Browse the free audio walking tours

available for download at iTunes.com, Audisseyguides.com and iAudioguide.com. You can also search the web for walking tours of your destination. In our simple search, we found free audio tour downloads from Boston and Chicago to Dublin and Jerusalem.

By simply carrying a credit card, you may be entitled to some cool travel freebies. Many airline, hotel and travel rewards cards offer no foreign transaction fees, like the Chase Sapphire Preferred and the Capital one Venture Rewards. Some also offer free rental car insurance, and some will cover the cost of your vacation if you have to cancel your trip. Call your card issuer to find out what perks you qualify for.

Some airline rewards cards offer one free checked bag, lounge access or both.

Anyone interested in visiting a U.S. national park should plan their trip around the system's free admission days. The U.S. National Park Service holds a number of these events throughout the year, like on Presidents' Day weekend and Veterans Day.

You can also have free fun in many

cities by checking out free museums, or looking out for free museum days. Also, Smithsonian magazine's Museum Day Live partners with museums across the country to make them free for a day. Just visit the website to get your free ticket.

Avoid hotel fees altogether by house swapping or house sitting, couch-surfing, or farming.

World Wide Opportunities on Organic Farms (WWOOF) allows travelers to stay and eat free on an organic farm in exchange for a few hours' help each day. (The only cost is a small fee to join WWOOF.) Similarly, engaging in a house-sit or exchange allows you to stay in homes all over the world for just the cost of a membership.

More adventurous types can arrange to sleep on a local's couch (or guest bed) for free through Couchsurfing.com. Just create an online profile, and look for available crash pads in your destination.

- For more on this and similar travel topics, visit Kiplinger.com.

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BREWSTER AT HOME

HUMOR

The Best Medicine

Clifford Probius used to be the grumpiest man in town. Most folks understood why Clifford (no one dared call him "Cliff") was grumpy. His dad had been a grouch and his mom had been cranky. They had made a bundle of money and kept most of it because they were stingier than Scrooge McDuck. Clif-



Larry Day

ford was an only child. He got his primary and secondary education at home from a series of tutors (none of whom had lasted more than a few months). Then he spent four years at Permbaulter Academy, an exclusive private four-year college back East. After he graduated, Clifford returned to Letongaloosa to manage the family businesses. Old Man Probius owned a number of retail stores, and he made his money the old fashioned way—he gouged it.

Back in those days people in Letongaloosa had two choices for many of their purchases—buy from Old Man Probius and get gouged, or drive all the way to the city on a poorly maintained two-lane highway. Things were different when Clifford came to take the helm of Probius Enterprises.

There was a four-lane highway to the city, and the downtown business association promoted customer satisfaction.

Clifford was dour, but he wasn't dumb. When he took over at Probius Enterprises he put a layer of smiling, gracious-sounding middle management types between him and the public. He even installed a company public relations department (Old Man Probius probably turned over in his grave over that). But it was still stressful being the boss. Clifford had thought—a lot of people think—that once you have a corner office in the executive suite you can just sit back and enjoy the view. It just ain't so.

Then one day Clifford had a crisis in the middle of a tension-filled week. He suddenly felt faint. His heart began racing, and his ears were ringing.

"I don't have time for this," he said to himself. He tried to relax, but it was very hard. He wasn't used to it. He leaned back in his chair and closed his eyes. After a couple of minutes he felt better, but he realized that if word got out that he was ailing it would hurt the company. He picked up the phone and dialed old Doc Clayridge at the clinic.

"Doc, this is Clifford Probius. I need to see you now—strictly on the QT."

"Can you drive?"
 "Yes."
 "Then come on over."
 The Doc let Clifford in through a rear

door. He listened to Clifford's heart, hooked him up to some heart-testing equipment, and ran a bunch of other tests. Clifford had been at the clinic for more than two hours when Doc Clayridge came back into the examination room.

"You've got a serious problem," said Doc.

"What?"
 "All the tests came back normal. You just had a panic attack."

"Then what's the problem?" asked Clifford.

"Next time it might not be a panic attack. Next time it may be a real heart attack and you'll die. You've got to slow down and take things easier."

"I can't. I have a company to run. Can't you give me a prescription?"

"If you won't slow down, there is only one thing I can prescribe," said Doc. He scribbled a word on a piece of prescription paper and handed it to Clifford. The word was laugh.

"Laugh?" said Clifford. "Laugh?"

"Research shows laughter is a powerful antidote to stress, pain and con-

flict. A good laugh will bring your mind and body back into balance. So take two long laughs and call me in the morning," said Doc.

In spite of himself Clifford began to laugh.

Six months later Clifford sold Probius Enterprises to a national corporation. During the final negotiations Clifford felt a panic attack coming on. He left the conference room, went to his office, and stepped into his closet and closed the door. He laughed out loud for two minutes. Calm and cool again, he returned to the conference room and closed the deal. Clifford got an excellent price for Probius Enterprises.

Nowadays he's just plain Cliff, and he travels around the country giving laughter workshops. He also has a cable television show called "Cliff's Giggle Club."

- 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.

PET WORLD

Training can curb terrier's aggression toward other dogs

Q: I rescued a terrier from being euthanized. She is so smart and loving. However, I've only had her for two days and it's obvious that she's aggressive toward other dogs. How do I correct this issue? - E.S., Cyberspace



Steve Dale

A: "That's a whole lot to answer via a newspaper column," begins veterinary technologist Julie Shaw, who has a specialty in animal behavior. "What you need is qualified help to observe exactly what's going on."

Meanwhile, Shaw, of Lafayette, Ind., does offer some advice. "Don't

allow the dog to practice this behavior, which means staying away from other dogs," she says.

Try this: Take some highly valued treats, such as bits of cut up chicken, which you use only for this exercise. Teach your pup the cue, "watch me" indoors without distractions. Whenever your dog glances to you, offer the chicken and repeat, "watch me."

Once your dog can do this without fail indoors, try taking the "watch word" outside. At first, walk far enough from other dogs so that your dog isn't bothered. As she pays attention to you and not other canines on the street you can gradually get closer to others with four legs.

"It's terrific you saved this dog," says Shaw, "But you may need to adjust your expectations for what this dog is capable of. In reality, this behavior is what may have sent the dog to the shel-

ter in the first place." Help is available from veterinarians who are board certified in animal behavior (veterinary behaviorists, www.dacvb.org), veterinarians with a special interest in behavior (members of the American College of Veterinary Behavior, www.avsonline.org) or certified dog behavior consultants (International Association Animal Behavior Consultants, www.iaabc.org).

Q: We love your column, and now need your help. We've had miniature Dachshunds for over 30 years. In October, 2009, we bought littermates. From the very start, they began to pull grass from the yard, and our flowers, too. Of course, this made us sick. They still have the same habit. We've tried everything. Any advice? - D.E., Glen Allen, VA

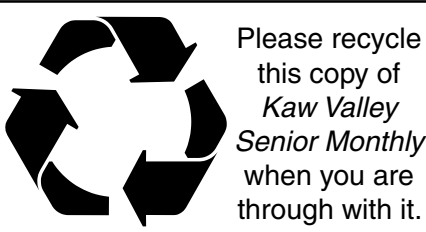
A: "The short answer is one word: supervision," says Chicago-based veterinary behaviorist Dr. John Ciribassi. Either keep the dogs on a leash or otherwise occupied with a game when they're in the yard.

Dachshunds are born to dig, and they've been entrenched in this behav-

ior since they've been on the planet, so in all honesty this behavior isn't changing tomorrow. Perhaps, you can go with the flow. Consider creating their own place in the yard to dig. By hiding toys filled with treats in a sand pit, you'd no doubt effectively create a Dachshund digging den. Otherwise, it's back to that magic word: supervision.

- 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 Tribune Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to petworld@steve.dale.tv. Include your name, city and state.

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WOLFGANG PUCK'S KITCHEN

Grilling cauliflower is not as outlandish as it may sound

If you considered Memorial Day Weekend the official start of the grilling season (as lots of people do), and July 4th as one of its main events, then around now you may be entering the midsummer grilling doldrums. You're looking for something new to liven up your meals and wipe away those bored "Not again!" expressions you see on people's faces when you



Wolfgang Puck

bring to the table a platter of ready-to-serve food from the grill.

I've witnessed dedicated grillers trying to cook so many new things over a live fire. Some of them have been great ideas, like grilled pizza—a surprisingly easy technique and recipe I've shared with you before. And some have been less than great, but I'll spare you the fiery details, just in case the intrepid griller in your family decides to take up the challenge.

But I often find that one of the easiest ways to bring fresh excitement to a menu from the grill can come in the same way that so many cooks liven up meals they cook indoors: by serving a beautiful, delicious, unexpected, yet simple new side dish alongside the main course.

Grilling is one of my favorite ways to cook so many vegetables, from thick cross-sections of onion to long ribbons of summer squash, whole scallions to quarters of bell pepper, parboiled fingerling potatoes cut in half lengthwise to kebabs of mushrooms and cherry tomatoes. The heat of the grill cooks vegetables quickly, perfectly al dente, caramelizing their natural sugars as they char slightly and adding a welcome touch of smokiness.

So many vegetables are suited well to the grill that you can plan your side-dish menu just by strolling through the farmers' market or a good produce section. But one of my favorites usually raises eyebrows when I mention it: cauliflower.

Yes, the often-disrespected cauliflower can become a thing of beauty if you grill it the right way. For me, that starts with parboiling a whole head of cauliflower, which partially cooks it so it needs just a fairly quick searing on the grill. Then, I slice the vegetable vertically into "steaks"—thick slices that you can cook and turn easily, as you would a slab of meat. The cross-sections look beautiful, especially if you pick up from the farmers' market an assortment of the colorful varieties—purple, green, yellow—some growers are now cultivating. And the flavor is unbelievably delicious.

Add a light version of pesto, as I do in the recipe I share from my new book, "Wolfgang Puck Makes It Healthy," and you have a side that could even double as a vegetarian main course. And won't that open eyes with happy surprise when you serve it at your next grilled meal?

GRILLED CAULIFLOWER STEAKS WITH LIGHT PESTO SAUCE

Serves 4

- 1 large heat cauliflower
- Kosher salt
- Olive oil-flavored nonstick cooking spray, or extra-virgin olive oil
- Freshly ground black pepper
- Light Pesto Sauce (recipe follows)

Remove the leaves from the cauliflower heat and trim the base even with the bottom of the heat. Set aside.

Bring to a boil a large pot of water deep enough to immerse the whole cauliflower head. Meanwhile, fill a bowl

large enough to hold the cauliflower with ice cubes and water, and place it near the stove.

When the pot of water reached a full boil, lightly salt the water. Place the head of cauliflower on a large, sturdy wire skimmer or strainer spoon and gently lower it into the boiling water.

As soon as the water returns to a boil, use the skimmer or spoon to lift out the cauliflower from the pot and transfer it to the ice water to cool for at least 2 to 3 minutes.

Thoroughly drain the cooled cauliflower head and pat it dry with paper towels. Transfer it, stem end down, to a cutting board.

With a large, sharp knife, and starting near the top-center, carefully cut the cauliflower head vertically into slices about 3/4 inch thick. You should get at least 4 large "steaks" and several other good-sized slices. Reserve any smaller pieces to use as crudites or in salads.

Build a fire in an outdoor grill, or heat a large nonstick ridged stovetop grill pan or electric countertop grill to medium-high heat. Spray the cauliflower slices on both sides with nonstick cooking spray, or lightly brush them on both sides with olive oil, and season to taste on both sides with salt and pepper.

Place the cauliflower steaks on the cooking grid, grill pan, or grill. Cook until they are seared a deep golden-brown color, about 5 minutes per side. After you turn them over with a wide spatula, drizzle a little of the Light Pesto over them; or, alternatively, leave them plain. Transfer the steaks to a heated platter or individual plates, and serve immediately, passing pesto alongside for guests to add to taste.

LIGHT PESTO SAUCE

Makes about 1/2 cup

- 1/2 cup loosely packed fresh basil leaves
- 2 medium garlic cloves, peeled
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon grated lemon zest
- Kosher salt
- Freshly ground black pepper

Put the basil, garlic, olive oil and lemon zest in a mini food processor, mini blender, or the blending cup of an immersion blender. Add 1 tablespoon cold water. Process or blend until smooth. Pulse in a little salt and pepper to taste.

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Douglas County Bank hires new trust officer

Douglas County Bank is excited to announce the addition of Barbara J. Braa, CFTA, MBA to the Trust & Investment Management team as Vice President and Trust Officer. Braa is a longtime Douglas County resident with more than 20 years of experience. Braa holds the professional designa-

tion of Certified Trust Financial Advisor through the Institute of Certified Bankers. She successfully completed the School of Trust and Financial Services and the Advanced Trust Administration School offered by the Schools of Banking. She earned a bachelor's degree in English and Spanish from Baker University and

a Master of Business Administration degree from the University of Kansas.

Braa served as the President of the Trust Division Board of the Kansas Banker's Association and currently is on the board as Past President. She is a long-time board member of Kansas Advocates for Better Care (KABC) and serves on its Executive Committee, Finance Committee and is a Past President. She is also a member of the Planned Giving Advisory Committee and the Audit Committee for the Lawrence Memorial Hospital Endowment Association. She is Past President of the Douglas County Estate Planning Council, a member of Lawrence Partners in Aging, a former member of Sertoma International and a long-time member of the Lawrence Chamber of Commerce Envoy Committee. Braa also speaks regularly for the Skillbuilders Series sponsored by the Lawrence Public Library, Douglas County VNA and Douglas County Senior Services and has traveled the state speaking on Financial Abuse



Barbara J. Braa

and Exploitation for KABC.

In her role with Douglas County Bank, Braa will assist customers with trust and estate administration, investment management, safekeeping of securities, and accounting and record keeping. She joins the Trust and Investment Management Team of Mike Davies, Michael Carlisle, Peggy Leslie, and Jennifer Mohney.

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<p>Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.</p>	

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GOREN ON BRIDGE

LOL

With Bob Jones

Tribune Content Agency

Both vulnerable. South deals.

NORTH

♠-8 5 3 2

♥-K J 5

♦-A 7 4

♣-A 10 6

WEST

♠-A K Q J 7

♥-8 6 3 2

♦-J 9 2

♣-7

EAST

♠-9 6 4

♥-4

♦-Q 10 8 5

♣-K 8 5 4 2

SOUTH

♠-10

♥-A Q 10 9 7

♦-K 6 3

♣-Q J 9 3

The bidding:

SOUTH WEST NORTH EAST

1♥ 1♠ 2♠* Pass

4♥ Pass Pass Pass

* Heart raise, 11 points

Opening lead: Ace of ♠

West started with two rounds of spades. Declarer ruffed the second spade, drew trumps in four rounds and took the club finesse. When that lost and East produced a third spade, the contract was defeated by two tricks.

“That was unlucky,” said South. “Four-one trumps, the club finesse off-side and East had a third spade to boot.” North was a perfect partner. “Yes, bad luck indeed,” he said, but he knew the truth—South had misplayed the hand.

Instead of ruffing the second spade, South should have discarded a low diamond from his hand. This simple loser-on-loser play (LOL) could never cost—there was a sure diamond loser anyway—and it would have catered to a layout like this one.

South would have been able to ruff the third spade, draw trumps in four rounds and then take the club finesse, exactly as he did. This time, however, East would have no spade to hurt him with and the contract would make with ease.

The loser-on-loser play is a technique that is not used often enough. It may sometimes give away the chance for an overtrick, an overtrick that might not materialize anyway, but it frequently gives you a better chance to bring home your contract.

- Bob Jones welcome readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to tcaeditors@tribune.com.

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Kevin Groenhagen, editor and publisher of Kaw Valley Senior Monthly, visited the Manila American Cemetery and Memorial in the Philippines on June 16. With a total of 17,206 graves, it has the largest number of graves of any cemetery for U.S. personnel killed during World War II. Groenhagen is photographed next to the grave of PFC D.F. Downing, who was killed in the Philippines on June 13, 1945. Downing is the father of Doris Downing Miller, formerly of Baldwin City and Lawrence. During the 1990s, Groenhagen worked for TeleGraphics and The Baldwin Ledger, which were owned by the Miller family.

PUZZLES & GAMES

CROSSWORD

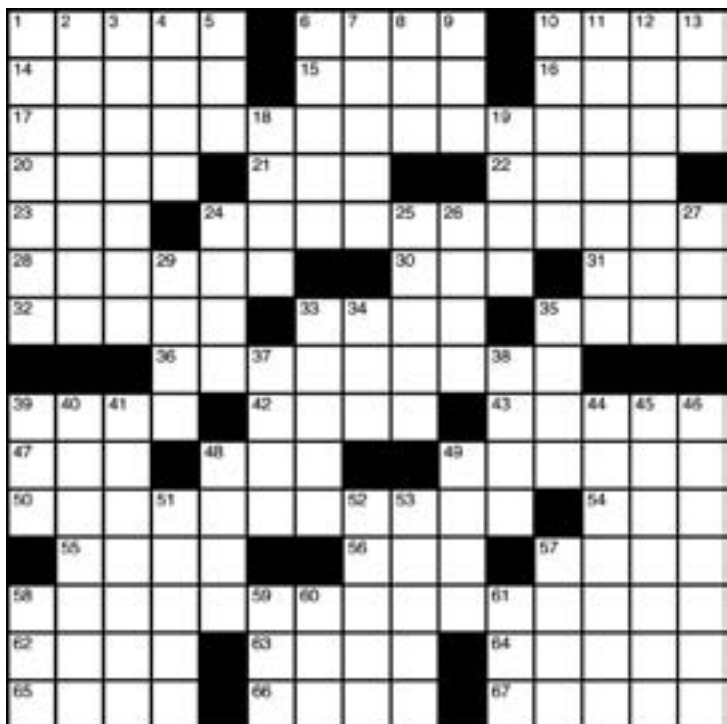
Across

- 1 Fur tycoon
- 6 “Due Date” co-star Galifianakis
- 10 Rock blasters
- 14 Conveyed
- 15 Bassoon cousin
- 16 Wreak havoc in the streets
- 17 *Victor at Little Bighorn
- 20 Zilch
- 21 Fantasy game brute
- 22 Latin lesson word
- 23 New Year's ___
- 24 *2006 “Survivor” setting
- 28 Attacked
- 30 November honoree
- 31 “I’m an idiot!”
- 32 Abs strengthener
- 33 Leave port
- 35 Apportioning word
- 36 *Nursed, in a way
- 39 Gp. that houses strays
- 42 Bowlers and trilbies
- 43 Millionaire's retreat
- 47 Strudel ___ mode
- 48 Jon Hamm's “Mad Men” role ___ Draper
- 49 Vocation
- 50 *All-in-one appliance
- 54 Dye holder
- 55 Classy
- 56 Fish you can smoke
- 57 Ricky portrayal
- 58 Handy person suggested by the starts of the answers to starred clues
- 62 Nebraska native
- 63 Like lago, say
- 64 Rice/Lloyd Webber musical
- 65 Trees used to make longbows
- 66 Attends to one's whistle?
- 67 Unreactive gas

Down

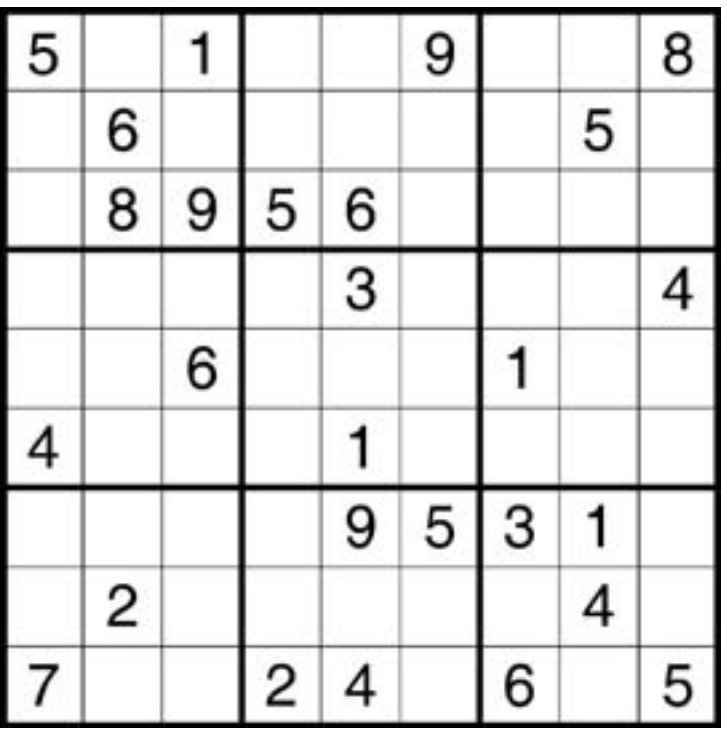
- 1 Sawyer employer
- 2 “Same here!”
- 3 Poseidon's staff
- 4 ___ Day vitamins
- 5 Authority on a field
- 6 Masked hero who

- 7 Stunned way to be taken
- 8 Member of the fam
- 9 Casual greeting
- 10 Cookie shop enticement
- 11 Ferdinand's love in “The Tempest”
- 12 Ph.D.'s further studies
- 13 Jeanne d'Arc, for one: Abbr.
- 18 Old geezer
- 19 “Come no closer!”
- 24 Consigliere's boss
- 25 Penn et al.
- 26 Contained opening? “Too noisy!”
- 29 Big band instrument
- 33 Defensive effort
- 34 Ctrl-___-Delete
- 35 Correct
- 37 Superhero with a hammer
- 38 Even once
- 39 Chain ___
- 40 Give a sop to
- 41 Moneymaker
- 44 Not vacant
- 45 Charge for using, as an



- apartment
- 46 Potter or jeweler, e.g.
- 48 Style of a historic Miami Beach district
- 49 Get gooey
- 51 Outdoor outings
- 52 Bright again
- 53 Argues ineffectively
- 57 Comic Chappelle
- 58 Almond ___
- 59 Select group?
- 60 Roman salutation
- 61 T. ___

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

JUMBLE THAT SCRAMBLED WORD GAME by Mike Argrison and Jeff Krueck

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

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MOAPED
GISTED

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

A: A “ ” OF “ ”

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1st Letter Triple

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DIRECTIONS: Make a 3- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. “Blanks” used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

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Answers to all puzzles on page 34

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SUDOKU SOLUTION

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

CROSSWORD SOLUTION

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

SCRIBBLE BRAND GRAMS SOLUTION

E	X	P	U	L	S	E	RACK 1 =	82	
T	E	E	T	H	E	R	RACK 2 =	60	
C	A	N	N	E	R	Y	RACK 3 =	68	
B	I	R	D	I	E	D	RACK 4 =	61	
U	N	G	O	D	L	Y	RACK 5 =	62	
PAR SCORE 260-270								TOTAL	333

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JUMBLE ANSWERS

Jumbles: ROACH UNIFY POMADE DIGEST

Answer: What the stranded boaters came up with to get off the island -- A "RAFT" OF IDEAS

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

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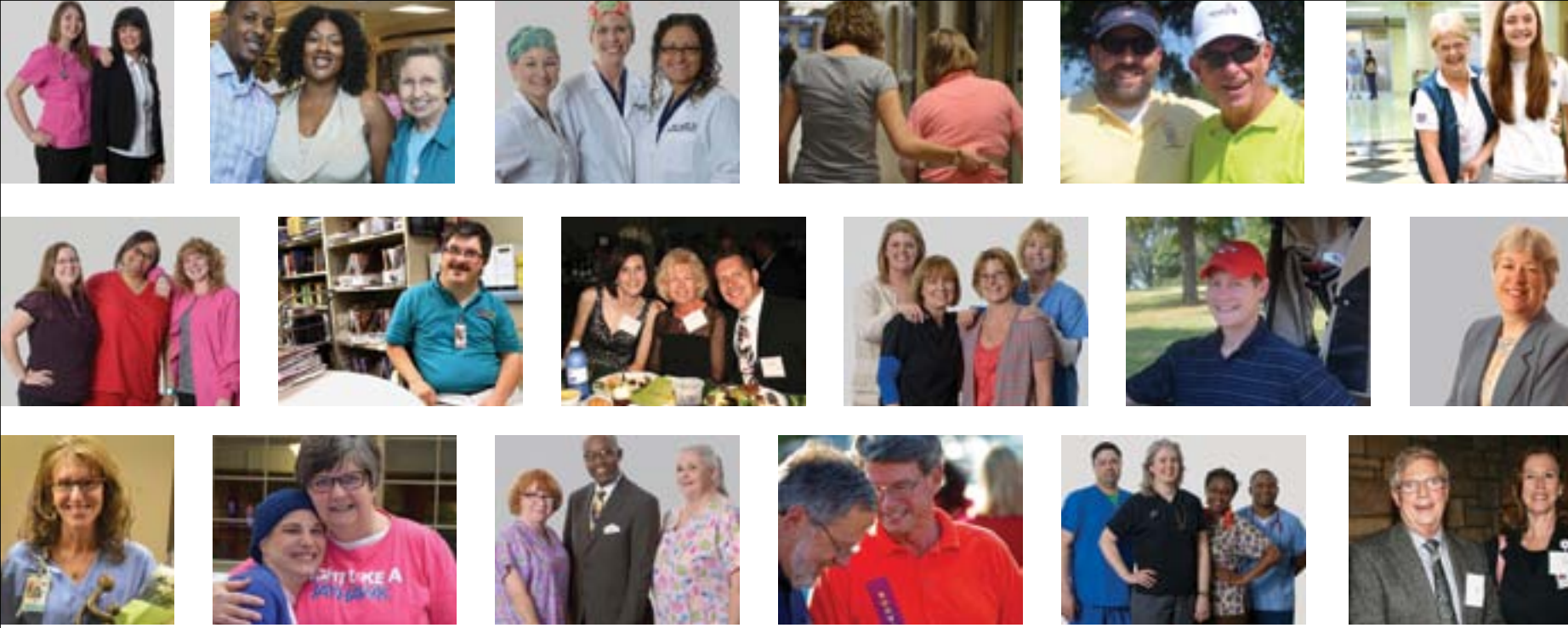


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