

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

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Serving Active Seniors in the Lawrence-Topeka Area since 2001

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Cloves not only make your holiday goodies taste good, they may actually be good for you. - page 15

COURTESY PHOTO



Mike McCaffrey with one of his motorcycles

McCaffrey's career was occasionally a 'riot'

By Kevin Groenhagen

While growing up in Lawrence, Mike McCaffrey didn't dream of becoming a police officer. Instead, he saw himself as a member of a motorcycle gang. In fact, he still has

the leather jacket he owned as a teenager.

"I took my jacket to a guy in town to paint 'Quantrill's Raiders' on the back," McCaffrey said. "However, when I went to pick it up, it said, 'Quantro's Raiders.' The guy said he

didn't know how to spell Quantrill, so he called his mother, who gave him the incorrect spelling."

After graduating from Lawrence High School, McCaffrey spent some time in California, and then re-

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Mike McCaffrey

■ CONTINUED FROM PAGE ONE

turned to Lawrence to volunteer for the draft.

"I volunteered for the draft early so I wouldn't have to go through basic training in the winter time," McCaffrey. "I started basic training in October 1961, but still caught pneumonia and had to spend time in the hospital."

After basic training, McCaffrey reported to Fort Gordon in Georgia, where the Army's Military Police School was located. The Army then assigned the new military policeman (MP) to the 66th Military Police Company at Fort Chafee, Arkansas.

"The 66th was a field military police company, so I spent two summers out in the woods of South Carolina for 30 days at a time," McCaffrey said. "That was quite an experience."

However, McCaffrey's most memorable experience as an MP occurred not in the field, but on the campus of a university.

In October 1962, James Meredith, an African-American and U.S. Air Force veteran, became a college student at the University of Mississippi in Oxford after the U.S. Supreme Court ruled that he had the right to be admitted. Unfortunately, a great deal of resistance accompanied Meredith's admittance to Ole Miss as its first African-American student. After race riots broke out on campus, President John F. Kennedy ordered military troops to assist U.S. Marshals as they enforced Meredith's enrollment. Those troops included members of the 82nd Airborne Division.

The "Battle of Oxford" resulted in 375 civilian and military casualties and over 300 civilian arrests. Once the 82nd Airborne had calmed things down, the Army sent McCaffrey's MP unit to Oxford in November to help police the campus and the city of Oxford.

"When we got there we didn't know what to expect," McCaffrey said. "No one—not the townspeople, not the students—would talk to us. We found out the reason was that the MP patches we wore said 'Airborne,' and the Airborne had scared them so bad they didn't talk to anyone with an Airborne patch. When they found out that we weren't all actually Airborne troops, then they would talk to us. However, we didn't get much of a warm reception from the Oxford Police Department. We were pulling patrol in their town."

McCaffrey spent 47 days on the campus of Ole Miss, where he stood guard at Meredith's door and pulled

town patrol in Oxford.

Interestingly, there was something a bit ironic about the troops initially deployed to enforce the desegregation of Ole Miss. According to William Doyle, author of "An American Insurrection: The Battle of Oxford, Mississippi, 1962," President Kennedy and his brother, Attorney General Robert Kennedy, secretly segregated nearly 4,000 black soldiers from a federal force of 20,000 troops deployed to quell the riot. "The Kennedys approved the segregation to avoid the political embarrassment of having black troops with high-powered rifles patrolling the streets of America's most segregated state," Doyle explained.

McCaffrey's unit was integrated, and an African-American MP was patrolling with McCaffrey and a sergeant when they decided to stop at a restaurant for breakfast.

"Of course, the black MP could not go in to eat," McCaffrey said. "So the sergeant and I went in to get food for ourselves and to get something to bring out for him. While waiting for our food, this guy walked into the restaurant. The sergeant turned to me and said, 'We need to get out of here now.' I said, 'But we haven't gotten our food yet.' 'You don't understand,' the sergeant said. 'We need to get out of here NOW.'"

It turns out that the man who walked in was retired U.S. Major

General Edwin Walker. Walker had resigned from the Army the previous year after being accused of distributing literature from the John Birch Society to soldiers in his division and of telling his soldiers what candidates to vote for. Walker had arrived in Oxford in September 1962 to organize protests against the use of federal troops to enforce Meredith's enrollment. The following April, Lee Harvey Oswald attempted to assassinate Walker.

Meredith graduated from Ole Miss in 1963 with a degree in political science. He went on to earn a law degree from Columbia University, and ran unsuccessfully in 1972 as a Republican against Sen. James O. Eastland (D-Miss.), who was known for his opposition to the civil rights movement. He later served as an adviser on the staff of Senator Jesse Helms (R-NC).

After serving two years in the Army, McCaffrey returned to Lawrence. His unit, the 66th Military Police Company, deployed to Vietnam just six months later. With his police training, McCaffrey decided to make law enforcement a career. He joined the Lawrence Police Department initially as a dispatcher in May 1965. He became a patrol officer four months later, and then received a promotion to detective during the fall of 1968.

As the war in Vietnam grew more

controversial and racial tensions grew across the country, Lawrence soon became much more dangerous for police officers.

"We had sporadic problems during all of 1969," McCaffrey said. "And then things really busted out during 1970. That's when they burned the Kansas Union on the campus of Kansas University. I remember standing in Strong Hall with my plastic helmet on and my .38 revolver on my side. I thought to myself, 'This seems like I've done this before. Only before it was a steal helmet and a .45 caliber on the campus of Ole Miss.'"

According to McCaffrey, the excrement (not his word) really hit the fan in July 1970.

"The real trouble started when Officer Bill Garrett shot Rick Dowdell," McCaffrey said. "That night another detective and I got a call about a shooting down on New York Street, where the Johnsons had a grocery store. Mr. and Mrs. Johnson were standing outside when a couple of black guys shot her in the leg. We went to investigate the shooting. They had already taken her off in an ambulance. While looking at the bullet holes in the building, Garrett called on the radio to say that he was involved in a chase. We heard 'pop, pop, pop' a couple of blocks down from us."

Garrett had shot and killed

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Kevin L. Groenhagen

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CONTACT US



MAIL
2612 Cranley St.
Lawrence, KS 66046



PHONE
785-841-9417



E-MAIL
kevin@seniormonthly.net



FAX
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BBB warns of recent scams targeting senior citizens

By Mary Ann Redeker-Perez

Fraud targeting senior citizens continues to rise as more and more seniors are falling victim to identity theft and Internet scammers.

In a June 2010 survey conducted by Investor Protection Trust, it was estimated that 7.3 million older Americans—one out of every five citizens over the age of 65—have been victims of financial scams.

In many instances, seniors have lost their entire nest eggs and homes. They then become hesitant to report the crime due to embarrassment and fear they will lose control over their finances.

Operations & Arbitration Manager Roberta Namee, of the Better Business Bureau of Kansas Incorporated, said common and recent scams that have targeted senior citizens include phone solicitations, foreign lotteries and refinancing opportunities.

"An individual might receive a phone call solicitation saying he or she was selected or won a sum of money," Namee said. "The caller will ask for personal or financial information that can be used to steal money from bank accounts or run up charges on credit cards. Consumers should never give out their personal information."

Namee said secret shopper scams are also popular right now.

"An individual receives a letter in the mail saying he or she has won a lottery or sweepstakes," Namee said. "The letter will come with a check for the consumer to deposit or wire a portion of the money back to the sender. The check will be insufficient and the consumer will be liable for the full amount of the check to pay the bank back."

The BBB encourages seniors and their families to keep the lines of communication open regarding finances and to be aware of common scams targeting senior citizens.

"Seniors should become more aware of the mail they get," Namee said. "They should look at postmarks, and if it is from Canada or the United Kingdom, it is most likely a scam. Relatives can help by reviewing mail for seniors. They can ask them if they have received unusual phone call solicitations or e-mails. Families should become aware of what is going on with their elders."

Scammers also try to take advantage of seniors with refinancing opportunities. They have developed home equity schemes aimed at separating seniors from the most valuable asset they have—their homes.

"It is very important to remember for any business offering refinancing for homes or credit cards, that they must be licensed with the Kansas Office of the State Bank Commissioner," Namee said.

Seniors are targeted and vulnerable to scam artists because they are more likely to be at home to open the door or answer the telephone, they tend to be more trusting, they may be physically incapable of making their own home repairs, and they may own their homes free and clear, making them a target of predatory lenders.

The BBB suggests the following tips for seniors to protect themselves from fraud:

- Register phone numbers with the National Do-Not-Call Registry at 1-888-

382-1222 or www.donotcall.gov.

- Don't do business with someone who just shows up at the door.
- Don't give personal or financial information to an unknown caller, and don't provide such information for unsolicited e-mail/Internet messages.

- Check with the BBB before dealing with any company or charity one is not familiar with. Also check with family members, neighbors or friends.

- If a contractor or repairman is needed for hire, ask the BBB for a list of members in that business. Make sure the contractor is properly licensed.

- Don't succumb to high-pressure or emotional sales tactics. Read contracts thoroughly and seek advice from a relative or other advisor.

- Never pay money to win a prize or enter a sweepstakes.

- Never pay the entire cost of a repair job upfront. Try not to pay more than a third.

- Keep careful records of transactions, such as bank or credit card statements. Check them for accuracy and shred documents thoroughly

before throwing them away. Thieves can steal a person's identity from their trash.

- Have Social Security or pension benefit checks direct deposited to reduce the possibility of identity theft. Be careful not to leave outgoing bill payments in an unsecured mailbox. Take them to the post office.

If seniors feel they have become victims of fraud, the BBB suggests they should immediately call their banking institutions and credit card companies and report the suspicious activity. They should also place a "Fraud Alert" on their credit reports, and review the reports carefully. They should report any deceptive services to the BBB, local law enforcement and the state attorney general.

The BBB also recommends seniors find professionals they can trust by checking out BBB's directory of accredited businesses. To check out a business before doing business, visit: www.kansasplains.bbb.org or call 1-800-856-2417.

- Mary Ann Redeker-Perez provides administrative support for the Better Business Bureau in Kansas. She can be reached at maredeker@kansasplains.bbb.org or 785-232-5055.



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Mike McCaffrey

■ CONTINUED FROM PAGE ONE

Dowdell in an alley between New Hampshire and Rhode Island streets, south of Ninth Street. A Kansas Bureau of Investigation (KBI) report later determined that Dowdell had exchanged fire with Garrett.

After learning about his brother's death, Stephen Dowdell went to the police department, which was then located in the building that currently houses Douglas County Senior Services, and began shooting his 357 magnum and .38 at the building. The police chief ordered officers not to shoot back and instead wait for Dowdell to run out of ammunition.

The night after Dowdell's death, officers responded to a shooting at 10th and Pennsylvania streets, and ended up in gun battle against several African Americans. In addition, militants firebombed several buildings, including the home of District Court Judge Frank Gray.

Four nights after the Dowdell shooting, police fired into a crowd that had turned over a Volkswagen on Oread Avenue. Nick Rice, a white 18-year-old bystander, was killed during the melee, but the KBI report was inconclusive on whether a police officer's bullet killed him.

Several members of the crowd carried Rice's body to the Gaslight Tavern, which was located where the Kansas Union parking garage now stands.

"The Gaslight was just a mob of people," he said. "The hippies were screaming and starting to come out when we showed up. I got out of the car and turned around to get a tear gas grenade, but one of the other guys had already gotten it. He threw that thing and it couldn't have landed better. It drove everyone back into the building. Then I saw another detective go down on his knees and knew that he had been hit by something. It was a chunk of concrete."

The following morning, Gov. Robert Docking put Lawrence under "a state of crisis and emergency." Things finally settled down in Lawrence, but the scars from July 1970 have not fully healed.

McCaffrey's next 20 years with the police department were a bit calmer, although he investigated quite a few senseless crimes. One involved the murder of Richard Settlemyre. Settlemyre was a nine-year-old Lawrence boy who had often fished with John William, a 28-year-old transient.

"William had raped the little boy and stabbed him to death," McCaffrey said. "He then cut off his head,

hands and feet, and threw the torso into the river, assuming it would float down the river. He buried the body parts in the sand."

McCaffrey, whose own son was also nine years old at the time, says that murder was the worst case he worked on during his 25 years with the Lawrence Police Department.

Of course, McCaffrey experienced some lighter moments as well.

"Bob Fox worked part-time on the shoplifting detail at the old Kroger store," he said. "He arrested a guy for shoplifting a frozen chicken. He put the shoplifter in jail and the chicken in the kitchen freezer for evidence. They went to go to trial, so Fox went to get the chicken and it wasn't there. The shoplifter had been let out as a trustee the day after he was arrested, and he cooked and ate the chicken."

"Another time an old drunk was arrested and put into a cell to sober up. The judge sentenced him to 30 days. They put him and other inmates in coveralls, and they cleaned up things outside the police department building. One day, he was drunk as can be and was screaming at us. We put him back in jail and wondered where he got the alcohol. At that time, the American Legion was next to the old police department building. It turns out that one of their cooks had been putting a bottle in a bush by their building."

After McCaffrey retired from the police department in 1990, he served as a safety and security officer at KU's Spencer Museum of Art for about 13 years. During that period, he also ran a private detective business for five years. He also served briefly as an interim coroner with another detective and sergeant until a new coroner could fill that position.

Today, McCaffrey keeps busy by taking care of his dog, growing peppers, brewing beer, strength training at Kreider Rehabilitation Services twice a week, and doing tai chi at the senior center. And he still has a bit of "Quantro's Raiders" in him. He owns several motorcycles, including an Ariel that his older brother bought new in 1951. He has nearly completed the restoration of this British-manufactured motorcycle.

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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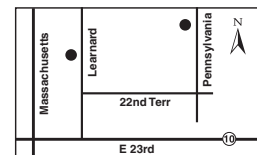


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Home Instead promotes sense of family

By Billie David

When Paul and Lori Hogan pitched in to help other family members care for Paul's ailing grandmother, they had no idea it would lead to their starting a franchise—Home Instead Senior Care—which has around 900 locations around the world including Shawnee and Douglas counties in Kansas.

Nor did the Hogans know that it would result in their writing a book that would make the *USA Today* best-seller list within a month of its release in November of 2009.

The biggest surprise for them, however, was witnessing what can happen when people pitch in together and provide support for a loved one.

"He is an amazing soul," Gail Shaheed, co-owner of the local franchise, said of Paul. "He and his wife were taking care of Paul's grandmother. There were nine of them pitching in and helping when they decided to bring her home to live with Paul's mother. The doctors gave her one year to live, but she actually lived 11 years."

Shaheed first met the Hogans three years ago when she and her husband, Peter, went to Omaha to look into purchasing the local franchise.

"Home Instead is like a family, and the process to become an owner is very long," Gail said. "They choose carefully who they want to be owners and join the Home Instead Senior Care family. We had to meet Paul Hogan and the department heads, and then they vote on whether they want you to join the family of owners."

This sense of family is what has helped Home Instead Senior Care become so successful since its inception in 1994, she said, adding "Paul and Lori have put dedication into not only making it a successful business but they stand behind the words 'to us it's personal.' It is taken from to the top all the way down."

Gail came away from the interview impressed with the level of commitment she saw. She also knew from her own background that this would be a good fit for her.

After all, her own grandmother just turned 100, and her parents are in their late 70s and early 80s. And from her earlier experience with the seniors who took part in the Big Brothers and Big Sisters program she was involved in, she knew she would enjoy working with older people.

"They had so much to give," she said. "They were interesting folks."

Home Instead Senior Care employees tend to have that bond with seniors in common as well.

"We hire people who want to do this because it's in their hearts, not just their job," Gail said. "A lot of them have worked with family members before and have found their calling as a CAREGiver."

The franchise owners work to match the appropriate services with the people who need them, as well as making matches between the clients and employees. The business offers choices such as companionship, personal services, respite care, Alzheimer's care and short-term recovery. The goal is to provide non-medical services that enable seniors to remain as independent as they can for as long as possible.

"We don't just go in and do everything for them. We also encourage them to do things themselves to stimulate them to remain independent," Gail said.

The service area that the local Home Instead covers is Douglas and Shawnee counties, but if there is a need outside the area in a surrounding county, that hasn't been a problem. "If there's a need, we usually are able to provide care," Gail said.

They offer daily care, overnight care, accompanying seniors on trips to the doctor—anything from a few hours a week to 24-hour care.

"It's tailored to their individual needs, and our employees are carefully screened, trained, insured and bonded," Gail said. "We don't hire anyone that we wouldn't feel comfortable caring for our own loved ones."

Companionship services include visiting, crafts, playing cards, reading, recording history, watching movies, making scrapbooks—anything that might help stimulate the mind.

The respite care focuses on providing in-home care to clients so that family members and caregivers can get away for a break now and then.

The Alzheimer's care involves helping clients maximize their abilities and independence and stimulate their minds with activities like walking in the park, spending time in the garden, or taking a ride to get some ice cream. Home Instead Senior Care has partnered with the George G. Glenner School of Alzheimer's and Dementia in San Diego, Calif., to provide a specialized training program for their CAREGivers. The training takes about 3 months for the CAREGivers to com-

plete, but from the moment they begin, they are able to take what they have learned and apply it to their visits with their clients.

The home helper service includes tasks such as helping with the laundry, bed making, shopping, meal preparation, pet care and escorting clients to appointments, religious services, plays, concerts and sporting events.

These offerings are listed on the Web site at HomeInstead.com/584, and visitors to that Web address will notice that there are also links to additional information. Anyone can access information on topic likes: the 40/70 rule which is a guide to conversation starters for boomers and their senior loved ones or Caregiver Stress which is an extraordinary online resource for family caregivers. Home Instead Senior Care is continually developing and researching topics that will help seniors Age In Place.

"It's all about education—educating the public about senior issues and how we can help people," Gail said.

The goal of education is also evident in the free continuing educa-

tion units that some people choose to take from Home Instead Senior Care for certification purposes.

"Last time we had almost a thousand people across the country registered," Gail said. "There are a total of six topics in the educational series."

Paul and Lori Hogan have also written a book to help educate the public. Entitled *Stages of Senior Care*, it is the book that made the *USA Today* bestseller list in the first month of publication. It covers topics such as the caregivers, planning for the future, aging in place, senior and adult care centers, independent living communities, finances, at-home care, assisted living, nursing homes, hospice, bereavement and especially difficult situations that may rise, such as parent-child conflicts and siblings who disagree.

More information about Home Instead Senior Care and their educational materials can be obtained by calling 785-272-6101 in Topeka or 785-856-8181 in Lawrence, or by visiting the Web site: HomeInstead.com/584 or their on-line brochure at www.Hisc584.digbro.com.



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Lawrence Memorial Hospital to hold presentation on advanced directives

The palliative care team of Lawrence Memorial Hospital, 325 Maine, will hold its quarterly advanced directives presentation Thursday, December 2, from 1:00-3:00 p.m. in Conference Room A.

"Advanced directives includes the living will and code status of a patient, which states whether the patient would want to be resuscitated during certain events," said Palliative Care Program Manager Teresa Kaiser, RN, BSN, CHPN.

Attendees will get the opportunity to fill out advanced directives forms

as well as ask questions after the free presentation.

You can't get everything that could happen to you down on paper, but we want to make sure that people are having those types of conversations with their loved ones before a crisis situation occurs rather than after," said Kaiser. "A lot of times there's a crisis situation and the family hasn't discussed what they want, and it's very easy to feel helpless in that situation."

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

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

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

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

Why do some drugs have different names or appearances?

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

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

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

What about all the counterfeit drugs that are becoming prevalent?

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

SAMPLE DRUG PRICES

MEDICATION	U.S. PRICE	OUR PRICE	YOU SAVE
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Cymbalta, 60mg, 90 pills	\$ 471	\$171	63%
Domperidone, 10mg, 100 pills	\$ 71	\$ 19	73%
Latisse, 0.03%, 3 ml bottle	\$ 126	\$ 30	76%
Namenda, 10mg, 100 pills	\$ 342	\$150	56%
Nexium, 40mg, 90 pills	\$ 582	\$147	74%
Plavix, 75mg, 90 pills	\$ 543	\$155	71%
Premarin, 0.625mg, 84 pills	\$ 177	\$ 42	76%
Propecia, 1mg, 90 pills	\$ 234	\$ 93	60%
Singulair, 10mg, 90 pills	\$ 412	\$144	64%
Spiriva, 18mcg, 90 pills	\$ 646	\$162	74%
Viagra, 100mg, 16 pills	\$ 311	\$ 91	70%
Vytorin, 10/40mg, 90 pills	\$ 383	\$199	48%
Xalatan, 0.01%, 1 bottle	\$ 93	\$ 33	64%
Zetia, 10mg, 100 pills	\$ 395	\$142	64%
Zyprexa, 20mg, 100 pills	\$3318	\$389	88%

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Don't be tricked out of money by the 'grandparent scam'

(ARA) - Grandparents across the country are falling victim to a new and surprisingly effective scam: They receive phone calls from people claiming to be their grandkids, frantically asking for money.

It's easy to see why many people don't hesitate to open their wallets in this situation. When you hear that your loved ones are in trouble, your first instinct is to help. Unfortunately, that's just what scam artists are counting on.

In what's known as the "grand-

parent scam," calls often come late in the night, and the callers are in a panic, saying that they're in an emergency situation, like a car accident or having been arrested. Posing as grandchildren, the con artists often beg their victims not to call their "parents," and ask them to transfer money as quickly as possible.

The sense of urgency that the con artists create is what makes concerned grandparents act quickly, without verifying who is calling.

Con artists will pull in others to impersonate attorneys, law enforcement personnel or others of authority to create the sense of urgency. With the availability of information on the Internet, the scam is even easier to pull off—cons can look up names, phone numbers and more and find out the right things to say to their victims. And with background noise and muffled phone

lines, it can be hard to distinguish between voices.

"The best protection from this scam is awareness," said Denise Jaworski, vice president of consumer protection at Western Union. "There are other, similar scams in which fraudsters call or send e-mails claiming to be friends or relatives who need help. These scams change

■ CONTINUED ON PAGE NINE

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Grandparent scam

■ CONTINUED FROM PAGE EIGHT

daily, so it's important to verify any emergency situation before sending funds."

Keep these tips in mind to protect yourself from becoming a victim of fraud:

- If you get an e-mail or a phone call from a family member or friend claiming to need money urgently, take the time to mentally review the situation to see if it makes sense.

- Tell the caller you'll call them back at a known number, not a number that they give you. In the mean time, call a mutual friend and ask if they are aware of the situation.

- Contact your friend or family member and let them know you've received an e-mail or call claiming to be from them. If you discover that someone is trying to defraud you, contact your local police immediately.

- Be suspicious. Because "emergency" scams are becoming more commonplace, you need to be aware of the potential dangers and take them seriously. Don't feel bad about verifying the information you're receiving.

- If you did send a money transfer through Western Union before realizing it was a scam, call the company immediately at (800) 448-1492. If the transfer hasn't been picked up, it will be refunded to you. Also, file a report with your local police department.

Some extra communication can help prevent scams like these as well. For example, travelers should make sure that their friends and family are aware of any international travel dates and destinations. You should also be vigilant about the information available about you online, which scammers might try to use against you or your loved ones. Help protect others by sharing this information with them. For more information about scams and for more tips on how to protect yourself from fraud, visit www.WesternUnion.com/consumerprotection.

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Hormone changes play a role in development of migraine headaches

DEAR MAYO CLINIC: I'm a 40-year-old woman, and last month I experienced my first migraine headache. Friends have told me that because I've had one migraine, I'll likely get more as I get older, until I reach menopause. Is that true? If so, what can I do to reduce my risk?

ANSWER: First, you should talk to your doctor. Many medical conditions can cause a headache and other accompanying symptoms that mimic migraine. So it's important to get a medical evaluation to ensure you don't have an underlying condition that needs attention.

Migraine headaches are associated with moderate to severe—often throbbing—pain that gets worse with routine physical activity, such as climbing stairs. But additional symptoms, including nausea, vomiting and sensitivity to light and sound, set migraine apart from other headaches. If left untreated, a migraine typically lasts from four to 72 hours. The frequency of these headaches varies considerably from person to person. Some people have migraine attacks several times a month, and others have them much less frequently.

In some cases, migraine is preceded by an aura—seeing blind spots or

bright flashes of light—or a feeling of tingling or numbness on the skin. These symptoms usually last less than an hour. Most migraine headaches are episodic, meaning that people who have them have many headaches over many years, but each attack is distinct and separate from the others. A clinical diagnosis of migraine typically requires a person to have five attacks.

If, indeed, your headache turns out to be a migraine, keep a diary of any future attacks. A headache diary can help you and your doctor determine what triggers your migraine headaches. Note when your headaches start, how long they last, and what, if anything, provides relief. Be sure to record your response to any headache medications you take. Also note the foods you ate in the 24 hours preceding attacks, any unusual stress, and how you feel and what you're doing when the headaches strike.

Multiple factors appear to increase the risk of frequent migraine headaches. Just being female increases your chances, as women are three times more likely than men to have a migraine attack. Other factors that may increase the risk of more frequent attacks include stressful life

events, head trauma, depression, anxiety, excessive use of pain relievers (analgesics), snoring and caffeine use. If any of these factors apply to you, treating, eliminating or managing them would be important to minimize your risk of future migraine attacks.

Hormone changes also seem to play a role in the development of migraine. Many women who have migraine experience headaches just before or shortly after the onset of menstruation. Migraine may also change during pregnancy or menopause. Some women report that their migraine headaches got worse during the first trimester of a pregnancy. For many, the headaches improved later in pregnancy.

Migraine headaches tend to dissipate with age, especially after menopause in women. Half the people who suffer from migraine headaches started getting them before they were 20 years old. Migraine is most common in people between 30 and 39. Although age often seems to help migraine, in about one-third of women the attacks may persist or even increase during or after menopause.

Talk to your doctor about the

symptoms you experienced. Your doctor can assess your overall medical situation and offer additional guidance on what to do if you have similar attacks in the future.

- David Dodick, M.D., Neurology, Mayo Clinic, Phoenix, Ariz.

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

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WORDS OF WISDOM

"I have always thought of Christmas time, when it has come round, as a good time; a kind, forgiving, charitable time; the only time I know of, in the long calendar of the year, when men and women seem by one consent to open their shut-up hearts freely, and to think of people below them as if they really were fellow passengers to the grave, and not another race of creatures bound on other journeys." - Charles Dickens

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Healthy eating guide to breakfast cereal

By Lillian Presti

Naturally Savvy

Cereal is an American breakfast classic that many of us grew up on. Because it's so easy to prepare and most kids love it, today's parents continue to buy cereal week after week, hoping to keep breakfast time stress-free and to get some nourishment into their children. But depending upon which cereals you choose, you may not be getting exactly what you think you're getting.

These days, buying breakfast cereals can be confusing. Many carry healthy labels or promote some health benefit even if they aren't the best choice for health. Because of this deceiving labeling, many parents can fall into the trap of buying something they think is healthy but which really isn't.

To ensure that you're buying a healthy product for your family, read labels and look for the following cues from www.NaturallySavvy.com:

What a cereal should contain

1. High Fiber

A cereal should ideally contain at least 15 percent fiber per serving size, or a minimum of 5 grams to 6 grams of fiber per 30-gram serving. Some very high-fiber cereals would have over 6 grams of fiber per 30-gram serving.

2. Whole Grains

Whole grains mean that the cereal hasn't been made with refined grains. Not only do refined grains not have much nutritional value left, but they also contain virtually no fiber. To add insult to injury, these refined grains also raise blood sugar levels quickly, which leads to a host of health problems, such as unstable energy levels, insulin resistance and weight gain.

3. Few Ingredients

Healthier cereals normally contain fewer ingredients on the label. If your cereal has many ingredients listed on the packaging—and any that you can't pronounce—put it down and look for a better choice.

What to avoid in a cereal

1. Sugar

Most commercial cereals are full of sugar, with some brands containing more than 50 percent sugar. All of this sugar wreaks havoc on young bodies and should be strictly limited.

There should be no more than 5 grams of sugar per serving, ideally

even less. And look for various forms of sugar on the ingredient list, such as high-fructose corn syrup, malt syrup, glucose, fructose, honey, maple syrup, molasses and maltose, among others. Sometimes manufacturers add several types of sugar so it can appear lower on the ingredient list.

2. Color

Many children's cereals have color added to make them more attractive to young eyes. Children love color and manufacturers know this. However, color added to foods can cause many side effects and health problems, and should be avoided.

If a visual glance at the packaging doesn't suggest color, you may still want to read the ingredient list to ensure that no color has been added.

3. Preservatives

Many cereals have preservatives added to keep them fresh. However, many of these preservatives can be problematic and lead to health problems. Two commonly added preservatives are BHA and BHT, both of which are implicated in allergies, inflammation and cancers.

Interestingly, these same preservatives have been banned in many other countries due to safety concerns.

4. Trans Fats

Some cereals contain dangerous fats called "trans fats" that should be avoided by parents interested in protecting the health of their children. To avoid these bad fats, read cereal labels carefully and look for the words "hydrogenated oil" or "partially hydrogenated oil." If you see these terms, put the product down because it contains trans fats.

Keep in mind this interesting fact: The least nutritious cereals are often the most heavily marketed to children. So it's not just important to be conscious of what your kids are eating, but also of what they're watching, since this can prompt their requests. Ultimately, though, it should be the parents' decision on which cereals to bring home.

- Lillian Presti is *Naturally Savvy's* Pregnancy and Pediatric Nutritionist. She is a registered holistic nutritionist. *NaturallySavvy.com* is a Web site that educates people on the benefits of living a natural, organic and green lifestyle. For more information and to sign up for their newsletter, visit www.NaturallySavvy.com.

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Silicon Valley entrepreneur rides to the rescue of investors paying high fees

Most investment advisors measure their success by a yardstick called assets under management—the amount clients have entrusted them to invest. Mitch Tuchman is more interested in the dollars he's been able to bring "out of management."

That's Tuchman's shorthand for the dollars that his company's Web



Mark
Miller

site, MarketRiders.com, has helped clients move out of high-fee brokerage firms and actively managed mutual funds and into the low-cost realm of exchange-traded funds (ETF).

ETFs are similar to mutual funds, with the key difference that you can buy and sell them like stocks. The most popular ETFs track broad segments of the stock market, such as the S&P 500, although you can buy ETFs that track the bond market, currencies, commodities or just about anything else. And in most cases, the cost of investing in an ETF is very, very low.

Tuchman is one of several Silicon Valley entrepreneurs who have spotted the opportunity to use Internet-based technology to give retirement investors better transparency and tools to analyze expenses. Another example is Brightscope.com, which focuses on the 401(k) market (see my earlier column on Brightscope at <http://bit.ly/93G7xo>)

MarketRiders is an advisory service that charges \$100 annually to help investors identify ETF investments, and assist with rebalancing. Although Tuchman is a registered investment advisor, his clients handle trading through their own sepa-

rate discount brokerage accounts.

Many retirement investors are just starting to understand the damaging impact that fees can have on their portfolios. A Morningstar study released earlier this year found that fees trumped even the investment firm's vaunted star rating system as a predictor of success; low-cost funds reviewed by Morningstar had much better returns than high cost funds across every asset class from 2005 through March 2010.

Morningstar found that domestic equity funds with the lowest cost in 2005 returned an annualized 3.35 percent over the time period studied, compared with 2.02 percent for the most expensive group. Likewise, A 2006 report to Congress by the U.S. Government Accountability Office (GAO) found that a one-percentage point increase in fees reduced return over a 20-year period on a typical portfolio by 17 percent.

Those numbers bolster the case for ETF investing. The average ETF charges just 0.53 percent in annual expenses, compared with 1.42 percent for the average U.S. equity mutual fund, according to IndexUniverse.com—and many ETFs charge fees far lower than that. MarketRiders, for example, says the ETF fund fees in client portfolios average just .17 percent.

ETFs also are more tax efficient than traditional mutual funds because they're structured in a way that generates very little capital gains liability for investors.

The first ETFs were created in the early 1990s, and started off as a small sector of the investing world. But they've really taken off in the past decade, and have seen spectacular growth in the past five years. Total assets in ETFs stood at \$800.9 billion at the end of August, up from just \$300.8 billion at the end of 2005, according to the Investment Company Institute.

That's less than 10 percent of the total amount invested in mutual

funds, but mutual fund investors are shifting decisively toward low-cost products, too. A Vanguard study released earlier this year found that 86 percent of cumulative cash flowing into equity mutual funds in the 10-year period ending in 2009 went into the lowest-expense quartile of fund offerings.

"The average investor is starting to get it," said Allan Roth, founder of financial advisory firm Wealth Logic and author of "How a Second Grader Beats Wall Street: Golden Rules Any Investor Can Learn" (John Wiley & Sons, 2009). "You really can harness significantly higher returns from lower fees and tax efficiency."

Roth advises clients to build ultra-simple portfolios with three to five ETFs. "You need a total U.S. fund, a total international fund, and a total bond fund. Very few portfolios will need diversification beyond that. We don't buy anything with fees over .25 percent, and we rebalance as needed."

ETFs likely will get another big boost from recent decisions by major brokerage firms to eliminate commissions on ETFs. The boldest move came from TD Ameritrade, which in October launched a zero-commission ETF platform that allows in-

vestors to buy more than 100 ETFs commission free, so long as the investments are held for at least 30 days. That came after the announcement of more limited commission-free offerings from Charles Schwab, Fidelity Investments and Vanguard.

The price wars are music to the ears of Tuchman, who launched MarketRiders in 2009. He comes out of a background in Silicon Valley venture capital and technology businesses, and came up with the idea while working at a hedge fund. "I'm an M.B.A and math guy, but I would talk with wealth managers and couldn't make sense of what they were saying. In their model, fees would consume a third of returns."

Tuchman says MarketRiders.com has attracted 5,000 portfolios to its system, and now has a half billion dollars "out of management."

— Mark Miller is the author of "The Hard Times Guide to Retirement Security: Practical Strategies for Money, Work and Living" (John Wiley & Sons/ Bloomberg Press, June 2010). He publishes RetirementRevised.com, featured recently in Money Magazine as one of the best retirement planning sites on the web. Contact him with questions and comments at mark@retirementrevised.com.

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There's still time for year-end financial moves

The holiday season is always a busy time of year, so you're probably pretty busy. But it is important to take some time now to evaluate year-end financial moves that may be beneficial in preparing for your financial future.

Which year-end moves should you consider? You will want to talk to your financial advisor and tax and



Harley Catlin and Ryan Catlin

legal professionals first, but here are a few ideas to get you started:

- **Boost your IRA contributions.**

You have until April 15, 2011, to fully fund your IRA for the 2010 tax year, but the sooner you finish with your 2010 contribution, the quicker you can get started on your 2011 contribution — and the earlier in the year you fund your IRA, the more time you give your account the opportunity to grow.

- **Put more money into college savings plans.** If you have a 529 college savings plan for yourself or someone else, consider putting more money in before year-end. You can gift up to \$13,000 (\$26,000 per married couple) per person per year without gift tax consequences. However, this must be accomplished by year-end.

- **Be generous.** If you've been thinking of making charitable gifts, don't put them off any longer. As long as you make a donation to a qualified charity before the year ends, you can claim a deduction on your

2010 tax return. For example, if you donate \$100 to a charitable group [either a religious organization or one that has received 501(c)(3) status from the Internal Revenue Service], and you're in the 25 percent tax bracket, you can deduct \$100 (with a tax benefit of \$25) when you file your taxes for 2010, providing, of course, that you itemize. If you donate stocks or other types of assets, you may also be able to save on capital gains taxes, because it will be the charity, not you, that eventually sells those assets.

- **Sell your "losers."** If you own investments that have lost value since you purchased them, you can sell them before 2010 ends and then use the tax loss to offset capital gains you may have earned in other investments.

If you don't have any capital gains, you can use up to \$3,000 of your tax losses to offset other ordinary income. If your loss is greater than \$3,000, you can "carry over" the excess and deduct it from your taxes in future years. However, if you then want to repurchase the investment you sold, you'll need to wait at least 31 days to avoid violating the IRS' "wash sale" rules.

- **Take capital gains.** In 2011, the tax rate on long-term capital gains is scheduled to increase to 20% for most investors, up from the 15% rate it's been the last several years. If you have stocks or other appreciated assets that you were thinking of selling in the near future, you might want to do so before the year comes to a close. However, it's generally not

a good idea to make investment decisions strictly because of tax consequences. If your appreciated assets are still a part of your overall financial strategy, you may be better off holding them for the long term, even with a higher capital gains rate.

Considering these moves before the year ends may help you better prepare to address your financial picture in 2011.

Edward Jones, its employees and financial advisors are not tax advisors and cannot give tax advice. Please consult your qualified tax professional regarding your situation.

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

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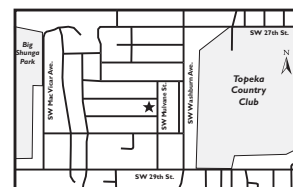


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Reimbursement cuts would reduce access to therapy

Imagine a hospital with no nurses—and with fewer doctors. It wouldn't function very well, would it? Unfortunately, we might face a similar situation in the field of therapy, if Blue Cross & Blue Shield of Kansas implements a plan to cut reimbursement by 25 percent for physical therapists (PTs) and a whopping 50 percent (!) for PT Assistants. Blue



Laura Bennetts

Cross is the state's largest insurer, so this cut would have a major impact.

Cutting therapy this drastically would be almost unprecedented. And it would be very bad news not only for therapists, but for anyone in Kansas who needs therapy.

Therapy Blues

Kansas has just a handful of physical therapists for a population of over 2.8 million people—just 2,037 PTs and 1,272 PT Assistants in all. That's about one PT or PTA for every 850 people. With growing therapy needs (thanks partly to the aging of the population, especially in rural areas), therapists are already stretched thin. That's true across the entire United States—but it will grow acute in Kansas if Blue Cross actually cuts therapy reimbursements as radically as they have proposed. Many therapists are likely to lose their jobs, and others will go out of business. Others will be recruited to unfilled positions in other states. Therapists get invitations to work elsewhere—from all over the United States—all the time. Nationally, there's a huge shortage of therapists. And if therapists leave the state, Kansans who need therapy will be in trouble.

Penny Wise

Cutting reimbursements will sharply reduce access to therapy for people in need, no matter what insurance coverage they have. No one in the ordinary health professions (of which PT is a mainstay) can survive with half as much reimbursement—or 25 percent less. So big cuts from the biggest insurer will result in the loss of many therapists, which will worsen our shortage statewide and reduce access to therapy for people with many serious physical problems—stroke recovery, hip fractures, diabetic neuropathy, and much more.

All Work and No Pay??

Even more stunning than the huge cuts proposed for PTs is the 50 percent cut proposed for PT Assistants. Many people have only a dim idea of the role played by PTAs—but suffice to say, this role is crucial. PTAs are highly trained health professionals, who "assist" PTs in roughly the same way that nurses assist doctors—they make the system work, they do much of the hands-on therapy. Without them, care for people who need therapy, especially in rural Kansas, would be severely curtailed. And that, alarmingly, is the likely consequence of the proposed Blue Cross cuts.

With reimbursement rates so sharply reduced, clinics will only be able to afford to employ PTAs for patients whose reimbursement rates are higher than average. That's true only for a small number of diagnoses and health plans. This will limit the scope of PTA opportunities and many if not most of them will seek opportunities and career stability elsewhere (if not in other places, then in other careers in health care).

What Will We Lose?

We risk losing many PTs—and PTAs could become virtually an endangered species. That matters because PTAs specialize in patient treatments. Like physical therapists, they are licensed, highly trained professionals who are trained to treat people with physical impairments. But in contrast to PTs, who evaluate patients as well as treating them, PTAs focus entirely on treatment.

Without PTAs we couldn't provide all of the therapy required in homes, schools, hospitals, nursing homes and clinics. Unlike personal trainers or rehab aides, PTAs have two-year degrees from accredited college programs, with training in physiology, anatomy, exercise science, hands-on treatments (like therapeutic massage) and technical procedures (like ultrasound and monitoring for blood pressure, pulse, and oxygen levels). They intern under the guidance of PTs and veteran PTAs. And they often complete four-year BA degrees in conjunction with their two-year PTA degrees.

Kansas Needs Therapy

Hospitals would be exempted from the cuts that Blue Cross proposes for other settings—but that helps only a little because fewer than half of all therapists work in hospitals, and even they would be subject to the reduced rate when they treat patients in other settings, including even the hospitals' satellite clinics! And many rural Kansans depend al-

most entirely on visits from PTs and PTAs to receive therapy.

Kansas, of course, is largely rural, with small towns scattered far and wide. Health professionals in rural areas struggle valiantly to meet the need. PTAs play an especially crucial role because there are so few medical professionals in farming areas and because the distances they have to travel are so great. Of the 105 Kansas counties, 47 have two or fewer physical therapists and just one or two PTAs. Losing even one therapist, of any kind, would be a huge loss.

In Russell County, with 8,086 residents, there are just two PTs and three PTAs. In most rural counties, responsibility for all therapy settings—homes, hospitals, nursing homes, outpatient clinics and schools—falls on the same few therapists. They see most patients several times weekly, scheduling these visits around doctor's appointments, meal times, school events, and family visits. PTAs usually treat patients all day every day in each county they serve. PTs also travel continuously to evaluate and treat patients, write orders, call doctors, and supervise PTAs.

Defend Therapy Access

All of this work is essential to

the health of a great many people. Ultimately, nearly everyone needs help from a physical therapist. Is this something we can afford to cut? You might expect that cutting therapy rates would cut premium costs for health insurance. But that's highly unlikely, because therapy is a very small part of total health care costs. And in fact, research shows that the best way to save money isn't to cut back on therapy, but to send patients to therapy first—therapy that often helps people recover from physical ailments without costly surgeries or MRIs.

But that's a topic for another column. For the moment, if you share my concern about the proposed cuts, I urge you to contact your legislative representative to say that you want to see access to therapy preserved for all Kansans.

- Laura Bennetts, PT, MS, has practiced physical therapy professionally since 1982, when she earned a master's degree in physical therapy from the University of Southern California. She owns and directs Lawrence Therapy Services LLC (785-842-0656) & Baldwin Therapy Services LLC (785-594-3162). If you have questions, please write to laurabennetts@hotmail.com.

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Edward Jones
MAKING SENSE OF INVESTING

Cloves make your goodies taste good and may be good for you

The holiday season has begun with the festivities and cooking that goes with the season. Also with the holidays season is the overindulgence by consuming too much food. Dinners have the wonderful variety of foods and there are enough baked goods for everyone to overeat. At the office there are plenty of baked items.



Dr. Farhang Khosh

A common ingredient in many of the foods and drinks, including teas, is cloves.

Clove, or the Latin name *Eugenia aromatic*, and for clove oil, *Eugenol*, has been used since ancient times. Cloves are used for their culinary purposes, including as a spice in Indian cuisine, teas, cheeses, baked goods, and soups. Cloves are also important for their fragrance. In many Asian cultures clove is commonly used in the production of perfumes. During Christmas, it is a tradition in some European countries to make pomanders from cloves and oranges to hang around the house. This adds the clove scent throughout the house and also serves as a holiday decoration.

Whole cloves are often used in hams during the holidays. Cloves can be added to spice mixtures such as curry powders, mulling spices, and Worcestershire sauces. Cloves are popular in North Africa and the Middle East, where they are generally used for meat dishes, though the rice may also have cloves added to it.

Like the history of many spices,

the history of cloves goes back many centuries. In fact, this spice was one of the first to be traded. Cloves are currently grown in Indonesia, Sri Lanka, Madagascar, Tanzania, and Brazil. Cloves have long been used in foods, as a fragrance, flavoring agent, and antiseptic. Clove oil has been used since ancient times to freshen breath. Even today dentists rub the main constituent of clove oil onto gums because it's naturally anesthetic and antibacterial. Clove was a highly prized item in ancient times by the Romans and Chinese. It was considered a luxury item by the Europeans, who smuggled the plants and seeds from their original locations. As recently as 1972 there was a law in Zanzibar that those who were caught smuggling clove seeds or plants would be punished by death. Another traditional use that continues to today is adding cloves to cigarettes.

Medicinally, cloves have been used in dental caries so you may see it added to mouthwashes and toothpaste. It has also been used in dental pain, as an antifungal, fever reducer, for acute tension headaches, ringworm, diarrhea, and as a mosquito repellent. Recent research has found it to be effective against superbug staphylococcus when combined with eucalyptus, lemon, thyme, tea tree, and alcohol. Because of its antiseptic properties it can also help with flu, colds, and bronchial congestion.

So as you are consuming those holiday goodies don't forget that they not only make your goodies tasty, they may actually be good for you.

- 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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Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. PLEASE CONFIRM ANY EVENT YOU PLAN TO ATTEND.

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

ART/ENTERTAINMENT

NOV 26-DEC 19

IRVING BERLIN'S WHITE CHRISTMAS

Based on the beloved, timeless film, this heart-warming musical adaptation features seventeen Irving Berlin songs and a book by David Ives and Paul Blake. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont Lodge, which just happens to be owned by Bob and Phil's former Army commander. Topeka Civic Theatre.
TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

DEC 3-19

ANNIE

The popular comic strip heroine takes center stage in one of the world's best-loved musicals. "Annie" is a spunky Depression-era orphan determined to find the parents who abandoned her on the doorstep of the New York City orphanage run by the cruel Miss Hannigan. In adventure after fun-filled adventure, Annie foils evil, befriends. Lawrence Community Theatre, 1501 New Hampshire.
LAWRENCE, (785) 843-7469
<http://www.theatre.lawrence.com>

DEC 7

LEGALLY BLONDE THE MUSICAL

When sorority girl Elle Woods is dumped by her boyfriend for someone more serious, she puts down the credit card, picks up the books and enrolls in Harvard Law School. With the help of her chihuahua sidekick Bruiser, a Greek chorus of sorority sisters and a teaching assistant named Emmett, Elle proves that being true to yourself never goes out of style. Lied Center of Kansas.
LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu>

DEC 8

SUNFLOWER HARMONY CHORUS

The chorus and two quartets will entertain with popular titles and songs of the season. The Sunflower Harmony Chorus is a Sweet Adelines chorus from Topeka. The concert is free and open to the public. Lawrence Public Library Auditorium, 7:00 p.m.
LAWRENCE, (785) 843-3833

DEC 10-12

THE SNOW QUEEN

The Lawrence Arts Center brings back Ric Averill's ballet/drama based on the classic story

by Hand Christian Andersen. With acting and dance roles for all ages and experience levels, this beautiful and magical fairy tale has become a Holiday tradition. Lawrence Arts Center.
LAWRENCE, (785) 843-2787

DEC 10-19

THE BEST CHRISTMAS PAGEANT EVER

It is a Christmas tale that strikes a familiar chord. A couple struggles to put on a church Christmas pageant is faced with casting the Herdman kids—probably the most awful kids in history. You won't believe the mayhem, and the fun, when the Herdmans collide head-on with the Christmas story. Topeka Civic Theatre & Academy.
TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

DEC 11

JIM BRICKMAN

Considered a solo piano phenomenon, Jim Brickman is known for his enchanting melodies, pop-style instrumentals and tender, touching enthusiasm. With a reputation for lush, expressive music, Brickman plays velvety piano originals with his signature sincerity and warmth. Lied Center of Kansas.
LAWRENCE, (785) 864-2787
<http://www.lied.ku.edu>

DEC 20

THE RONNIE MILSAP CHRISTMAS SHOW

You don't want to miss this Country Christmas to remember with musical legend Ronnie Milsap. He's had 40 number 1 hits, 6 Grammy Awards and was voted CMA Entertainer of the Year. Topeka Performing Arts Center.
TOPEKA, (785) 234-2787
<http://www.tpactix.org>

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

LEGIONACRES

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

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

SUNDAYS & TUESDAYS

MOOSE CLUB

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

BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH

COTTONWOOD RETIREMENT CENTER, 1029 NEW
HAMPSHIRE ST., LAWRENCE, 2:00 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST.,
LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH

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

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

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

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

DEC 2

UNDERSTANDING ADVANCE DIRECTIVES

Come and learn why advance care planning is important and review facts about Advance Directives such as Durable Power of Attorney for Healthcare and "Living Will." Time for discussion included, and assistance provided for those participants who wish to complete their documents. This program is free and sponsored by the LMH Palliative Care Consult Team and C.H.E.C. (Coalition to Honor End of Life Choices). Meeting Room A, Lawrence Memorial Hospital, 1:00-3:00 p.m.
LAWRENCE, (785) 749-5800

DEC 6

KYPHOPLASTY: NEW HOPE FOR THE PAIN OF SPINAL FRACTURES

Osteoporosis, some cancers and even benign lesions can at times cause painful spinal fractures, also known as vertebral compression fractures. This condition can cause significant pain, limit one's activities, and over time can lead to serious medical complications. A new minimally invasive procedure, called balloon kyphoplasty, can repair these spinal fractures, restoring the ability for most patients to participate in daily life again. Come and learn more about this new treatment at these free seminars. Speaker is Michael Lange, MD. Advance registration requested please. Meeting Room A, Lawrence Memorial Hospital, 2:00-3:00 p.m. A second seminar will be conducted from 6:30-7:30 p.m. on December 6.
LAWRENCE, (785) 749-5800

DEC 16

HEALTHY HOLIDAY EATING

It is the time of year when food is often abundant. Sometimes the options may not always be the healthiest choices to maintain a nutritious eating plan. Come and learn more about how to enjoy the special dishes and treats of the holiday yet at the same time eat healthfully. This seminar is free and part of our monthly Nutrition Roundtable Series. LMH Registered Dietitian Patty Metzler will present. Advance registration requested please due to space limitations. Meeting Room A, Lawrence Memorial Hospital, 9:30-10:30 a.m.
LAWRENCE, (785) 749-5800

■ CONTINUED ON PAGE 17

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■ CONTINUED FROM PAGE 16

EXHIBITS/SHOWS

OCT 1-JAN 16

PRINTED IMAGES III

This is a national juried exhibition that features contemporary printmaking. The exhibit is co-hosted with the Sabatini Gallery, Topeka and Shawnee County Public Library. Museum is closed on Mondays. Admission is free. TOPEKA, (785) 670-1124

OCT 15-JAN 23

WASHBURN UNIVERSITY ART DEPARTMENT FACULTY EXHIBIT

Works in a variety of media and styles will be displayed. Museum is closed on Mondays. Mulvane Art Museum. TOPEKA, (785) 670-1124

NOV 10-DEC 8

ABRAHAM LINCOLN: A MAN OF HIS TIME, A MAN FOR ALL TIMES

This traveling exhibit invites visitors to look beyond the myth. We are presenting Lincoln's own words through his writings, speeches, letters and proclamations and the accomplishments and legacy he has left behind. Hours: 9:00 a.m. - 5:00 p.m. Daily. Admission is free. 1515 SE Monroe Street. TOPEKA, (785) 354-4273 <http://www.brownvboard.org>

HEALTH

MONDAYS THROUGH FRIDAYS FIT FOR LIFE

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. LMH: Mondays through Thursdays, 8:30-11:00 a.m. and 2:00-5:30 p.m.; Fridays, 8:30-11:00 a.m. and 2:00-4:00 p.m. LMH South: Mondays through Thursdays, 8:00-11:00 a.m. and 2:00-4:00 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. 10:00 a.m.-1:00 p.m. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, (785) 354-6787

TUESDAYS, WEDNESDAYS AND THURSDAYS JAZZEXERCISE 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 9:00 a.m. - 1:00 p.m. and 3:00-6:00 p.m. No appointment necessary. LAWRENCE, (785) 856-6030

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:00-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free. TOPEKA, (785) 354-6787

FIRST AND THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

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

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:30-11:00 a.m. South-west YMCA. 3635 SW Chelsea. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:00-10:00 a.m. Rose Hill Place, 37th and Gage. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

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

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:00-10:30 a.m. North YMCA, 1936 N. Tyler St. Free. TOPEKA, (785) 354-6787

DEC 1

BONE DENSITY SCREENING

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

DEC 4

BONE DENSITY SCREENING

See December 1 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

DEC 6

CHOLESTEROL SCREENINGS

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

DEC 13

BONE DENSITY SCREENING

See December 1 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

DEC 10-JAN 2

LINCOLN IN KANSAS 1859

Lincoln in Kansas 1859, a traveling exhibit provided by the Kansas State Historical Society. Abraham Lincoln visited Kansas only once and the impression Lincoln's life had on Kansas and Kansans. Free and open to the public. TOPEKA, (785) 354-4273 <http://www.brownvboard.org>

HOLIDAY EVENTS

NOV 19-DEC 31

TARC WINTER WONDERLAND

A Topeka tradition featuring more than one million lights winding through a two-mile stretch at scenic Lake Shawnee. Runs nightly. TOPEKA, (785) 232-0597

DEC 2-5

33RD ANNUAL FESTIVAL OF TREES

Approximately 70 trees and wreaths in Festival Park designed and created by many organizations to support Sheltered Living. Enjoy gorgeous one-of-a-kind decorated holiday trees, homemade baked goods, entertainment, a craft boutique, and a silent auction. Ag Hall-Kansas Expocentre. TOPEKA, (785) 266-8686 <http://www.shelteredliving.org>

DEC 4

2010 OTTAWA CHRISTMAS PARADE & VICTORIAN FESTIVAL

Parade begins at 4:00 p.m. in Downtown Ottawa. OTTAWA, (785) 242-1000 <http://www.ottawakansas.org>

DEC 4

DOWNTOWN LAWRENCE OLD-FASHIONED CHRISTMAS PARADE

Features exclusively horse-drawn carriages, wagons and coaches decorated for the season. Santa is the parade's grand finale. LAWRENCE, (785) 865-4499 <http://www.lawrencechristmasparade.org/>

DEC 4 & 5

2010 HOLIDAYS IN WELLSVILLE

Festivities include Tree Lighting Ceremony, Wellsville Tour of Homes, Home Lighting Contest, Business Window Decorating Contest, Holiday Craft Show, Pictures with Santa, Entertainment Junior & Luetta Crist Christmas Drawing and Local Girl Scout Bake Sale. WELLSVILLE, (785) 883-2462

DEC 4 & 5

SANTA CLAUS EXPRESS

Midland Railway Santa Claus Express trains will run Saturday and Sunday. The trains will depart at 10:00 a.m., 1:00 and 3:00 p.m. each day. Departures Saturday will be from the V.E.W. hall on old Hwy 59 on the north edge of Ottawa and will run to Norwood and return. The Sunday departures will be from the Santa Fe Depot, 1515 W. High St., in Baldwin City and will run to Norwood and return. BALDWIN CITY, (913) 721-1211 <http://www.midland-ry.org>

DEC 4-19

FESTIVAL OF NATIVITIES

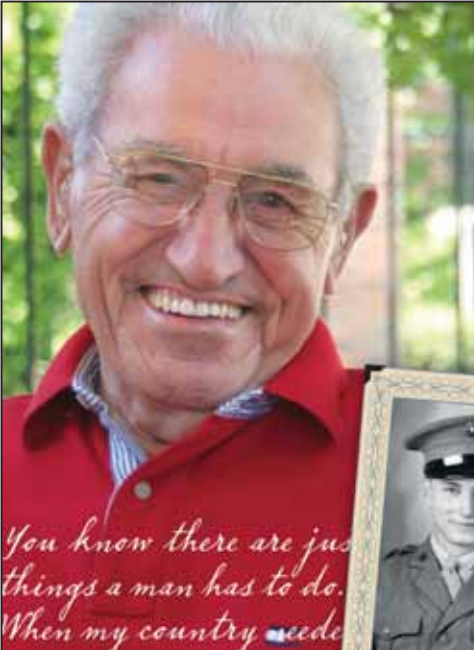
Annual festival featuring over 300 nativity sets from around the world. Centenary United Methodist Church. LAWRENCE, (785) 843-0276

DEC 5

SANTA ARRIVE BY TRAIN

Santa arrives on the Union Pacific Train. Children's activities, games, crafts, refreshments and photos with Santa. Children 12 & under FREE; Adult regular admission price. 1:00-3:00 p.m. Great Overland Station TOPEKA, (785) 232-5533

■ CONTINUED ON PAGE 20



An Assisted Living & Memory Care Residence

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A Lifetime in Every Face, A story in Every Smile.
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LIVING IN PAIN?

WHAT WILL YOU EXPERIENCE WITH THE NEWLIFE LASER?

This Unique Laser Care From Spinal Relief Center of Kansas LLC May Offer Profound Healing Relief From Chronic Pains With Northeast Kansas' Only NewLife Laser® Healing System

Introducing Dr. Michael Brady, D.C. & Dr. Daniel Haug, D.C.

Are you in pain? Have you tried everything to alleviate your pain without success? Are you contemplating surgery? Tried injections? Had surgery and are still in pain? In many cases, the operations are necessary for proper health and recovery from an injury. Our **NewLife Laser® Healing System** is both high-tech and non-force, and most important, proven in many cases to be a safe and effective alternative to surgery. You should see that we have a great therapeutic modality for advanced pain relief and expedited healing times. Our **NewLife Laser®** delivers soothing, deep, penetrating, photonic energy to bring about profound physiological changes. The inflammation is reduced, pain gates are blocked and the damaged tissues begin the physiological process of repair much faster than normal. This all occurs as the essential healing factors are brought in and the non-essential wastes are removed, with increased circulation at the site of injury. These therapeutic enhancements of the cellular chemistry are triggered by our **NewLife Laser®**, making it a truly profound healing modality and experience!



Dr. Daniel Haug, D.C.

Spinal Relief Center of Kansas LLC
Certified in Physiotherapy by CCC

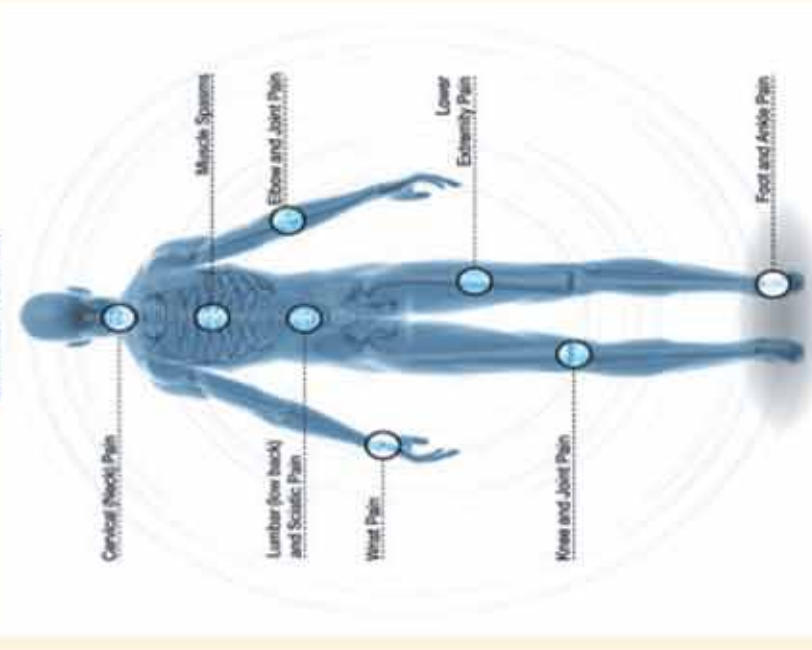
Dr. Michael Brady, D.C.

Spinal Relief Center of Kansas LLC
Certified in Laser Therapy by AIMLA

Our goal is to provide excellent healthcare in an awesome facility with the most caring, helpful, friendly staff ever assembled.

Our purpose is to help people get well and stay that way without drugs, surgery, or hassle, while making really good friends along the way.

Enhanced Relief of:



Dr. Brady, D.C. says he doesn't make guarantees or imply results or painless treatments, however most patients can typically expect some pain relief, often with the very first treatment.

ADVANCED TOOLS for diagnosing and providing pain relief

Patients can get a complete exam for this treatment at the **Spinal Relief Center of Kansas LLC**. We are tooled with advanced diagnostic and care protocols, for the use of spinal decompression and deep tissue laser technologies that are advanced pain-relieving options. We are tooled to provide you care that is breaking through the barriers of traditional medical and chiropractic. We know that many times surgery may be avoided!

**Look for
Dr. Brady, D.C.
on Tuesday on
27 News at 5 p.m.**



FDA-Cleared Laser may provide FAST and SOOTHING RELIEF!

The **NewLife Laser®** is an innovative, scientifically based, therapeutic modality. This new technology offers advanced pain relief and highly expedited healing times through a process known as photobiostimulation. The FDA-Cleared **NewLife Laser®** delivers deep-penetrating, photonic energy to increase circulation, stimulate an increased level of tissue healing, and create decreased levels of pain and inflammation. These changes in cellular chemistry are triggered by our use of the **NewLife Laser Treatment®**, making it a truly profound healing modality. It does not require the use of drugs or surgery. During the treatment, the patient may feel a deep-soothing warmth and pleasant sensation that reassures the patient that the laser is activating and speeding up the healing process.

Spine and Disc DECOMPRESSION

At the **Spinal Relief Center of Kansas LLC**, we have advanced machines for Spinal Decompression. Our **NewLife Laser® Healing System** includes **LCD Non-Surgical Spinal Decompression** machines that produce gentle separation of the vertebrae and decompression of the inter-vertebral discs. Decompression relies upon the repeated unloading of spinal stress by distracting the spine. This therapy produces negative pressure within the disc to allow a disc injury to heal naturally by replenishing the fluid in the "cushion-like" disc. Patients are treated fully clothed and are fitted with a harness that fits around their body or head, as they lie on a comfortable table and are gently decompressed. The doctor adjusts the table and the harness and uses a computerized console, where a customized treatment protocol is entered into the computer and takes about 15 minutes. The average treatment protocol is approximately 20 to 32 treatments within a five-to-10 week period of time, depending on the individual's case.

At **Spinal Relief Center of Kansas LLC** our referral networks are using tools that break the mold in diagnostic care, with full X-Ray facilities including Weight Bearing X-rays, Psychological and Functional Rehabilitation Protocols, and various manipulation techniques. *Some restrictions may apply.

We have practiced natural and new methods for over 23 years. Our new treatments are based on methods designed from doctors of chiropractic who have treated thousands of patients, discovered secrets and treated the worst conditions. These doctors have always spared no expense for using distinctly cutting-edge and uniquely-effective technologies.

We Are Accepting New Patients! Call Our Friendly Staff Now If You Currently Are Suffering with:

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- Herniated, Bulging or "Slipped" Disc Syndromes
- Disc Degeneration and Spinal Stenosis, D/D/DDD
- Neuropathies, Weakness, Pain, Tinglings, Numbing in Arms or Legs
- Acutely Injured or Chronic Persistent Joint Pains
- Whiplashed Neck, Migraine and other Headaches
- Chronic Shoulder, Elbow, Hip or Knee Pains
- Carpal Tunnel Pains and Syndromes
- Auto Accident Injuries

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of Kansas LLC

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www.BackPainKansas.com

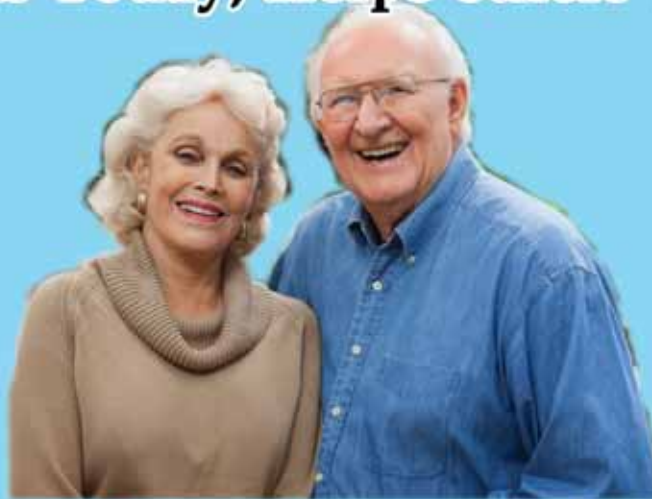
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■ CONTINUED FROM PAGE 20

DEC 5

HOLIDAY HOMES TOUR

This event, which benefits the Health Care Access Clinic, will showcase holiday decorating ideas from a variety of traditions at several exclusive locations in Lawrence. Arts and crafts and homemade baked goods will also be available for purchase at Corpus Christi Catholic Church with all of the proceeds also going to the clinic. LAWRENCE, (785) 841-5760 <http://www.healthcareaccess.org>

DEC 11

CHILDREN'S HOLIDAY SHOP

A safe and fun place for children to shop for gifts for their families. Children love picking out just the right gift for everyone in the family at a low price. In addition to shopping kids can visit Santa. For children aged 4th grade and younger. Lawrence Arts Center. LAWRENCE, (785) 843-2787

DEC 11

HOLIDAY SHOP TIL YOU DROP EXPO

Come do your holiday shopping with us. Enjoy this expo with different vendors to assist you in your holiday shopping needs. Agricultural Hall, 17th & Polk. TOPEKA, (785) 297-1000 <http://www.ksexpo.com>

DEC 11

VICTORIAN COOKIE SHOPPE

Too tired to bake but need some holiday goodies? TARC's Victorian Cookie Shoppe is your answer! With a huge assortment of cookies and bread, we're sure to have what you need. Goodies are purchased by the pound and all proceeds from this yummy event benefit TARC, which helps provide excellent service to infants, children, adults and seniors with developmental and related disabilities. TOPEKA, (785) 232-0597 <http://www.tarcinc.org>

MEETINGS

FIRST MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST AND THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST AND THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST AND THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

FIRST AND THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

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

Works with 31 other Kansas communities to

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

FIRST AND THIRD TUESDAYS OF THE MONTH SCRAPBOOK MEMORIES

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

FIRST AND THIRD TUESDAYS OF THE MONTH GRIEF SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

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

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

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

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

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

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

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

FIRST THURSDAY OF EACH MONTH LAWRENCE AREA PARTNERS IN AGING

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

FIRST AND THIRD THURSDAY OF EACH MONTH TRANSITIONS SUPPORT GROUP

Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location. 3:00 p.m.

FIRST FRIDAY OF EACH MONTH STROKE SUPPORT AND RECOVERY GROUP

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

■ CONTINUED ON PAGE 22

Choosing a Medicare Health Plan is a Big Decision

I can make it easier for you to choose the right plan.



Joye Johnson
Stephens Insurance

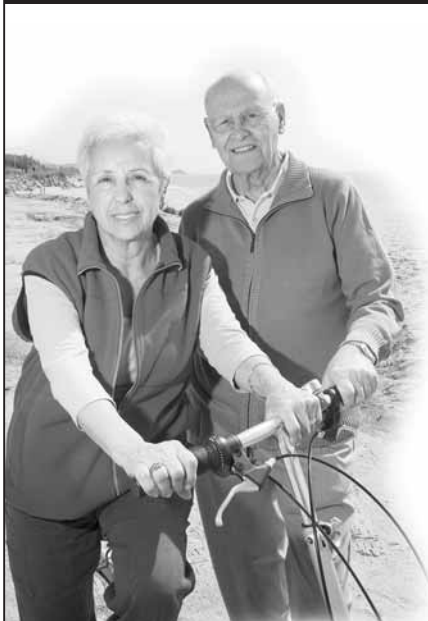
If you are having changes in your health coverage and need to look for other options, please give me a call.

I have been helping seniors with their healthcare needs for many years.

I represent several companies and can help you make the right decision.



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■ CONTINUED FROM PAGE 21

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

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

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

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

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

SECOND TUESDAY OF EACH MONTH NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES
Meets at 9:30-11:00 a.m. at Coyote Canyon Buffet.
TOPEKA, <http://www.narvre.com>

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

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

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

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

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

SECOND SATURDAY OF EACH MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB
Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander.
LAWRENCE, (785) 843-2584
www.happytimesquares.com

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

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

THIRD TUESDAY OF EACH MONTH STROKE SUPPORT GROUP
For those recovering from a stroke, and/or their family and friends. Meets at 4:00-5:30 p.m. For more information call LMH Kreider Rehab Center.
LAWRENCE, (785) 505-2712

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

please call Betty Scribner, membership chairman.
LAWRENCE, (785) 843-7481

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

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

THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP
Baldwin Healthcare Center, 1223 Orchard Lane, 1:00-2:00 p.m.
BALDWIN CITY, (785) 594-6492

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH
For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11:00 a.m.-1:00 p.m. For more information about the Widowed Persons Service Program, please call Julie.
TOPEKA, (785) 357-7290

■ CONTINUED ON PAGE 23

Happy Holidays! Happy New Year!

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■ CONTINUED FROM PAGE 22

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

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

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

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

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

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

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

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

**FOURTH 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, 7:00 p.m. No meeting in April, November or December.
TOPEKA, (785) 233-5762
<http://www.tgstopeka.org>

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

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

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

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

MISCELLANEOUS

DEC 18 & 19

PUBLIC ICE SKATING

Public Ice Skating at 12:30 p.m. Saturday and 4:00 p.m. Sunday. Admission fee. One Exposition Drive, Landon Arena.
TOPEKA, (785) 297-1000
<http://www.ksexpo.com>

DEC 26

PUBLIC ICE SKATING

Public Ice Skating will be available at 1:00 p.m., 3:30 p.m. and 6:00 p.m. One Exposition Drive, Landon Arena.
TOPEKA, (785) 297-1000
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-Dale and Betty Smeltzer



First Southern
BAPTIST TOPEKA

8:30 a.m. Worship features choir and traditional hymns, with Sunday School beginning at 9:30 a.m.

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Medicare enhances information on hospital quality of care

By Kansas Senior Press Service

New information about the quality of care available in outpatient and emergency departments has been added to the Centers for Medicare and Medicaid Services Hospital Compare Web site, www.hospitalcompare.hhs.gov. The information includes how well hospitals care for patients with heart attacks and how well they protect outpatients from surgical infections.

This information can also be

found on the front page of the Health and Human Services Web site as part of the Compare Care Quality link at www.healthcare.gov.

One of the new pieces of data is how efficiently facilities use certain types of imaging equipment, keeping patients safe from exposure to potentially harmful radiation that may not be necessary. By providing this information, Medicare hopes to help patients and their families understand the risks associated with these technologies and encourage them to talk with their

doctors about which hospitals are most likely to help patients reduce the risks.

The Hospital Compare site includes new measures that show whether outpatients who are treated for suspected heart attacks receive proven therapies that reduce mortality, such as aspirin at arrival, and how well outpatient surgical patients are protected from infection.

Previously, Hospital Compare had provided data only about the quality of care provided to hospital inpatients. Adding outpatient quality

measures gives consumers a more complete picture of the quality of care available at local hospitals.

Both www.healthcare.gov and www.hospitalcompare.hhs.gov are available to help consumers make health care decisions, but consumers should gather information from multiple sources when choosing a hospital. For example, patients and caregivers could use the Web sites to help them discuss plans of care with their health care providers.

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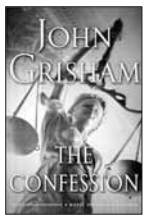
Baker brings back books from Bouchercon

By Margaret Baker

Hello readers! The world's largest mystery convention, Bouchercon, (named for Anthony Boucher, long time reviewer of mystery books for the *New York Herald Tribune*) was held in San Francisco this year, and I had a wonderful time surrounded by mystery authors, readers, reviewers, agents, etc. This month (and probably many more) the mysteries here will be ones found at Bouchercon. In fact, there are so many great reads it will take several months!

John Grisham: *The Confession* (Random House Audio, read by Scott Sowers on 12 cds, ISBN 978-0-7393-7619-5)

There are actually two confessions at the core of this legal mystery, one coerced, one given freely.



The first is Donte Drumm, star Texas high school football player, who is badgered into confessing to the abduction, rape and presumed slaying of a popular cheerleader (the body has not been found). He recants the next day, but the case is sensational and the police are anxious to solve the difficult case. The cheerleader is white, Drumm black, which even in 1998 figures in. Drumm is sent to Death Row.

For every innocent person sent to prison, a guilty one is free. The real killer, Travis Boyette, has a rap sheet yards long. Nine years later, he's being paroled from a Kansas prison, living in the half-way house. He has a brain tumor, and for the first time in his life he decides to do a decent thing and confess. Donte is four days away from lethal injection.

Grisham, a lawyer, gives us a probing look at the legal system, at least in Texas, and the ultimate sentence.

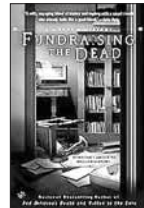
Gary Corby: *The Pericles Commission* (St. Martin's Minotaur, hc, ISBN978-0-312-55902-7)

If you enjoy the early Roman mysteries from Lindsay Davis, Stephen Saylor, and John Maddox Roberts, you will love this new debut historical mystery, set in Athens, 461 B.C.E.

Ephialtes has succeeded in establishing the first democracy. Previously, retired archons (city managers, elected for one year) formed the Council of the Areopagus who could veto any legislation produced by the

Ecclesia, the assembly of all citizens of Athens. The Council of the Areopagus, of course, wants to regain their powers.

Nicolaos, a young man who is learning his father's sculpting trade



but would rather enter public service, is walking when Ephialtes' body falls from the sky literally at his feet. The arrow through his heart indicates the manner of his

death. Pericles, Ephialtes' lieutenant, requests that Nicolaos find the murderer, since if the case remains unsolved the democratic movement may well founder in riots.

David, Saylor and Roberts have older, more mature protagonists, but Nico is young, often flippant, resulting in witty observations. Nico is neither libertine nor monk, and he certainly will notice an attractive young lady.

A delightful way to learn about ancient Athens, too.

Lynn Duryee: *Hooked on Drug Court* (tb, ISBN 978-435-0030)

Duryee is a California Superior Court judge, working with their Juvenile Drug Court, so we may assume its authenticity.

The primary plan involves Andrea Bretano, "Andi," addicted to drugs and alcohol. Andi's parents divorced, but each loves Andi. As usual, the trouble is neither knows the best way to help Andi. Her mother has become a lay lawyer, filing charges at least yearly in an effort to gain sole custody. Her father has remarried, and for once the stepmother isn't an ogre; she genuinely loves Andi too. Drug Court is much like a boot camp for juvenile addicts and success isn't guaranteed.

Subplots involve Andi's parents and their problems, and fellow judges with problematic romances.

Anyone interested in addiction, juvenile or not, should learn a lot.

Sheila Connolly: *Fundraising the Dead* (pb, Berkley Prime Crime, ISBN 978-0-425-23744-1)

Connolly has given readers two popular "cozy" series with delightful lady protagonists, a glassblower and an apple orchard farmer. Now she expands into a new field, fundraising for our nation's many museums. The author was so employed for several years. It will be hard to find a reader who hasn't a pet proj-

ect they have contributed money or time for. Now see how the fundraising, so important to the successful work, is done.

Eleanor "Nell" Pratt is the Director of Development for the Philadelphia Antiquarian Society. Philadelphia has been around for many centuries and has amassed a sizeable and valuable collection—books, papers, ephemeral and legal documents, all of which must be catalogued, preserved, protected and made available for study. That takes money, and Nell is charged with projects to raise it.

Board member Marty Terwilliger has barged in to her office as Nell is putting the final touches on the anniversary gala, biggest event of the year. Marty's family donated a very valuable collection, going back to pre-revolutionary days, and an endowment that covers a cataloger part time. Marty's working on a family history and says some of the documents from that collection are missing. Ones she saw several weeks ago.

Nell checks with Alfred, a quiet gnome of a man who has done the intake for fifteen years. She's pleased with his meticulous recordkeeping, but a bit alarmed when Alfred says that he, like Marty, has been worried that some items seem not to be where they should.

The morning following the gala Nell finds Alfred dead, presumably from a fall in the stacks. Nell doesn't believe he fell. Those missing items were all easily sold in auctions for four to six figures, a potent motive.

Well plotted, witty dialogue, deeply-drawn characters—Connolly's got another winner!

Kaitlyn Dunnett: *The Corpse Wore Tartan* (Kensington, hc, 978-0-7582-3579-5)

Moosetookalook, Maine, has reopened its once grand hotel, and the annual Burns Night is underway. This Scottish event honors the Scottish bard, Robert Burns, with an evening of song, dance, whiskey and haggis to the skirling of the bagpipes. Lisa MacCrimmon has been in charge of the hotel arrangements.

Everyone is clad in tartan, including the elderly McMillan twins Phineas and Phil, bickering at each other as always. Then Phil announc-

es that his prized brooch (a large jeweled pin to hold the tartan scarf over one shoulder) has been stolen from his room.

Winter steps in with a storm that cuts off all access, road and power, and in the interval Phineas is found quite dead. No moose, just murder.

Murder by bagpipe? Delightful excursion into the Scottish heritage scene with Liss and her fiancé Dan!

Terri Thayer has two crafting mysteries.

The quilting series are in trade paperback from Midnight Ink: *Old Maid's Puzzle*, *Wild Goose Chase*, and *Ocean Waves*. They feature Dewey Pellicano, who has inherited her mother's quilting shop in California. She'd rather be working on computers. As she learns the quilting trade in her home town, a major sales conference, and in a seaside conference, she is confronted by death (thus avoiding the dreaded Cabot Cove Syndrome). She's also in a rather hot romance with an investigating detective. You'll never use a rotary cutter again without thinking of the first case!

The other series, in paperback from Berkley Prime Crime, features April Buchert and her stamping project group, The Stamping Sisters. The first body shows up in a Halloween corn maze in Pennsylvania. That romance is considerably cooler than Dewey's.

Would make a good Christmas present for a crafter!

Consider books for Christmas gifts! They come in all sizes, in audio, in large print, in electronic devices. Good bookstores will also sell you a gift card, a few will even wrap your book for you. Then, settle down with a book to read yourself! Consider two Christmas-themed mysteries just released in paperback: Carolyn Hart's *Merry, Merry Ghost* featuring our favorite red-haired angel, Bailey Ruth and Katherine Hall Page: *The Body in the Sleigh*, featuring culinary genius Faith Fairchild.

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



A Golden Fleece

To strangers he looks like a tall goofy rich guy from the Midwest. To the people of Letongaloosa, Blair Trimert is a smart, good-hearted man who does lots of things to help the community. To a couple of low-life jerks from the Pyrenees who had come to Chicago to become hoodlums, Blair Trimert looked like an answer to prayer.



Larry Day

The fact that Blair Trimert was tall, had big ears, a long face, and a loopy smile were acts of nature. Nature, perhaps to compensate, also provided Blair with superior intelligence and quick wits. Blair inherited a pile of money because of maternal nature. Blair's mom yearned for a child, but never had one, so she and her husband adopted Blair as a baby.

His parents were third generation Basque-Americans. Blair's adoptive grandparents had come to the U.S. early in the 20th century to herd sheep, but like a number of Basque immigrants, their children ended up owning banks.

When they adopted Blair, Balasi and Adere Intuxuastl wanted their son to benefit from their rich language and heritage, but they didn't want to burden him with a first and last name that his American playmates would find unpronounceable, so they retained Blair's birth name.

The hoods were named Mitch and Moe.

Necessity and coincidence destined the three men to meet in front of a bank in Chicago's loop.

Necessity: the two hoodlums loved to place off-track bets, but they never picked winning horses. They owed their bookie a lot of money. The bookie gave them 24 hours to come up with the cash or else. They hated thinking about "or else," so they were frantically looking for a prosperous mark to snatch for ransom.

Coincidence: Blair Trimert had just finished a tiring day of financial negotiations, and had walked out of the bank with a briefcase full of expired financial instruments. The documents looked impressive but were worthless to anyone except

Blair's income tax preparer.

Moe was standing on the sidewalk outside the bank. Mitch was in a car parked at the curb with the motor running, the back door ajar, and the passenger side window rolled down.

Mitch yelled in Basque: "Hemen da gure uso," ("There's a pigeon").

Moe moved behind Blair and stuck the handle of a screwdriver in his back (the bookie had taken their only gun).

"Get in the car," he growled.

Moe shoved Blair into the back seat and climbed in after him.

"Volapük: züvegön," ("Drive!") yelled Moe.

As the car moved into traffic Moe grabbed Blair's briefcase.

"Mendian zare eta gu. A kirten 'tele van lóvéval'" ("We're rich! The chump is loaded") yelled Moe, pulling out a batch of bonds wrapped with a wide gold band.

Just then Blair cuffed Moe hard on the side of the head with his open hand and yelled, "Hobe da berandu sekula baino, a ergel" ("better late than never, you idiot") in perfectly accented Basque.

Mitch jerked the wheel. The car

veered into oncoming traffic. He barely avoided a collision.

Blair yelled, "Ikusi eta Volapük: züvegön, a ergel," ("Watch out and drive, idiot").

"Bai Ote!" ("You speak Basque!") cried Moe. He was shaking.

"Zuzendu." ("Right") said Blair.

"Ingelesez hitz egiten al duzu?" (Do you speak English?) asked Mitch from the front seat.

"Of course," said Blair, switching to English. "What happened to Anaut and Gaztea? Oskarbi told me they were coming to pick up the bonds."

There was a pause. Then Mitch, who was much faster on the uptake than Moe said, "They couldn't make it so Oskarbi sent us."

"Yeah, he sent us instead," chipped in Moe.

"Well what the hell was that kidnap stunt about?"

"Sorry, man," said Mitch. "We thought that was how it was supposed to go down."

"That's a hellava note," said Blair. Then, "Drop me at Renaissance."

"Jeez, you sure live high," said Moe.

"So will you when you get your cut of that bundle."

When the car pulled up to the Renaissance, Moe hugged the briefcase.

"Agury agur zon" ("Goodbye and good luck"), called Blair.

"Agur ergal," ("Goodbye idiot"), yelled Moe.

"Zuzendu" ("Right!"), said Blair to himself. He enjoyed dinner a lot.

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

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Couple smoked out of their hotel room

Matthew Gast's hotel room in Rome is saturated with cigarette smells, even though he's "guaranteed" a nonsmoking room. When he moves to a new room, he loses his socks and underwear. But the hotel doesn't seem to care. Should it?

By Christopher Elliott
Tribune Media Services

QUESTION: My wife and I checked into the Marriott Grand Flora in Rome on a reward stay. (I'm a Platinum Elite member of Marriott's rewards program, which means I've stayed in its hotels more than 75 nights a year.)

One of the benefits is that my room type is guaranteed. My wife and I are both affected by cigarette smoke, and the ability to guarantee non-smoking rooms is welcome.

When we checked in, the front desk clerk waxed on about how we had received an upgraded room, but was in retrospect unclear about whether it was a non-smoking room.

The next day, we both felt sick; although there was no obvious smell of smoke, we looked around and finally noticed an ashtray tucked away on a table.

I immediately requested a room transfer. At first we were told the hotel was full. Eventually, after speaking with a manager, we were given a different room, but were told that we had to vacate our room as quickly as possible. Unfortunately, I did not pack everything.

After discovering the problem, I asked the hotel staff to let us back into our previous room. This request was refused, and repeated requests to the housekeeping staff to search the old room did not find anything left behind.

Several items of clothing (including a good portion of my socks and underwear) were left behind. Because we had been assigned to a smoking room in error, I asked the hotel to make good on the Room Benefits Guarantee for elite Marriott members. I was planning to use the money from the guarantee to purchase clothing so I wouldn't have to do laundry in the bathroom sink on my vacation.

Marriott has refused to honor the guarantee, even though I escalated the complaint to the hotel manager and Marriott customer care back in the States. Is there anything you can do? - Matthew Gast, San Francisco

ANSWER: I feel for you. I just

spent two days in a "non-smoking" room that happened to be next to a room occupied by a chain smoker. I smell like the Marlboro Man.

If Marriott guarantees a particular room type, and backs up that promise in its contract, I don't understand why it's stonewalling you. This is no way to treat a guest, let alone a frequent guest.

Part of the problem may be cultural. Europeans tend to be far more tolerant of cigarette smoke than Americans, so when you complained to the manager at the Grand Flora, I imagine one of the reactions was, "Come on, what's a little smoke?"

But you have a right to a smoke-free room, and Marriott, as a hotel chain, has taken a pretty aggressive stand when it comes to smoking. According to its "smoke-free policy" (www.marriott.com/marriott.mi?page=smokefree) it is committed to providing a smoke-free environment in the United States and Canada. Alas, Europe is exempt.

What I'm trying to understand is why they did this to you. You've concentrated your business with Marriott, earning a "platinum" des-

ignation as one of its best customers. They should have made extra-special sure that all of your needs were being met—not hesitated before giving you another room. And they should have helped you recover your lost items.

At the same time, I'm sure the hotel had its reasons for handling your case the way it did. If the property was full, then accommodating a special request that may have seemed frivolous to the staff probably didn't rank high on their priority list, despite your protests.

If Marriott sent your case back to the Grand Flora's manager for resolution, I think that may explain the lack of action. You see the hotel as failing to meet Marriott's high customer-service standards. They probably see you as a whiny American

who can't handle a whiff of cigarette smoke.

If that's the case, then you're right, and they're wrong. It comes down to this: You're the customer - and not just any customer - and they made a promise.

I contacted Marriott on your behalf. A representative contacted you and offered a \$100 check, in accordance with its elite benefits guarantee. That should buy you a few pairs of socks and underwear. In addition, Marriott's corporate office sent you a \$100 gift card by way of apology.

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

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Reader sick of pets being called 'four-legged family'

QUESTION: Of course, Collies were originally bred to herd sheep. My Lassie has only seen sheep on TV. Why does my dog smell like sheep? - A.F., Phoenix, AZ



Steve Dale

ANSWER: Dogs' coats sometimes can sometimes begin to smell like their environments. If you want to test if your friend or child is sneaking cigarettes, sniff the dog. However, if your dog has never been around sheep, it doesn't smell like sheep. All dogs can suffer from a long list of possible skin disorders, which may generate an odor. Ask your veterinarian to sniff and examine your dog.

QUESTION: I'm so disgusted by all the fuss you make over pets. It's gotten to the point where society gets more upset over abused Pit Bulls than abused children. I'm sick of pet owners saying "money is no object" when it comes to their animals' veterinary bills. I'm sick of pets being called "four-legged family." Give me a break! - C.Z., Salem, OR

ANSWER: Why are you so angry? I think you need a pet. The pet will help to relax you.

Scientists around the world have documented that pets are good for us. They put smiles on faces; smiling increases 'good endorphins,' which are healthy for us. While we should

exercise more than just by taking our pups for walks, but at least it's something. Some cardiac doctors have actually prescribed a dog as rehab.

I've never suggested that pets are more important than people. In fact, clearly people come first. But why does that mean we can't have regard for all life? Besides, by lessening animal abuse, we're helping people. It's been shown that people who abuse animals are far more likely to commit violent crimes against people. Check out the American Humane Association; they protect both children and animals.


I'm not sure why you're upset with people who choose to spend their money on pet care. Are you upset if your neighbors spend tons redesigning their kitchen or vacationing in exotic locations? Why is it your business? In fact, you should be grateful for what veterinary medicine can do these days. Human medical researchers and veterinarians are increasingly working together to study diseases in dogs, in particular. The result: Both dogs and people benefit.

Finally, here's a little statistic that'll make you even more sick and tired: There are more pets than children in America. Also, 94 percent of dog owners say they love their dogs and 89 percent of cat owners indicate love is also the top reason why they have a cat. I bet I just made your day.

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



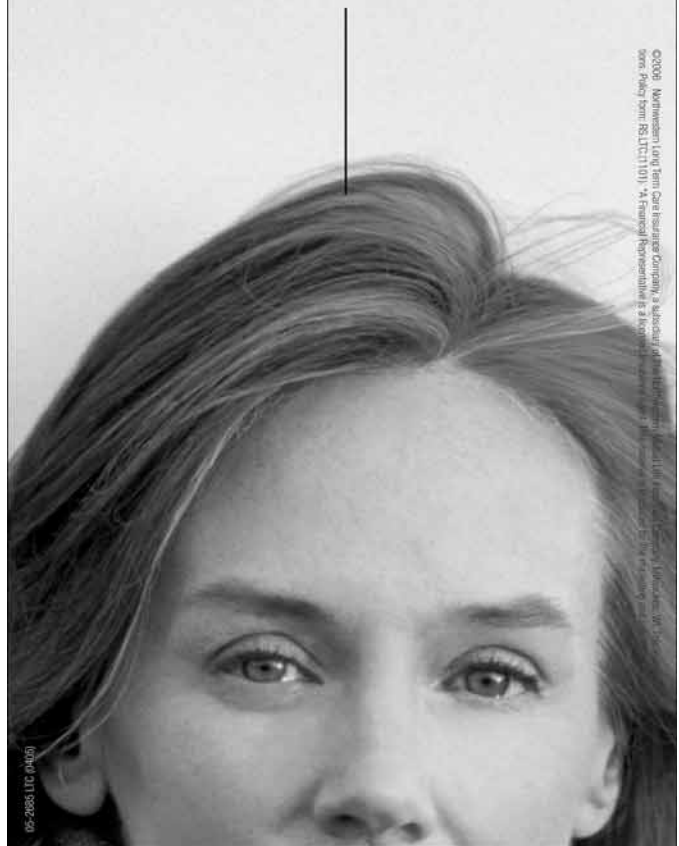
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05-2085 LTC (4/09)

Wolfgang Puck roots for celery root

By Wolfgang Puck

Tribune Media Services

If cooks had to vote on the homeliest looking vegetable in the market, I'm pretty sure that celery root, also called celeriac, would win by a landslide. As big as a softball, with tough, knobby brown skin punctuated by whisker-like rootlets, it looks like the vegetable equivalent of an ogre from a fairy tale. No wonder so few people cook it or eat it.

But just like so many fairy tale characters, celery root, which is just coming into its peak of season around now, is not what its appearance might lead you to believe. A relative of the plant that gives us familiar crisp and cool celery stalks for salads and snacks, celery root has ivory-colored flesh with a surprisingly mild, delicate flavor reminiscent of its much more popular cousin.

I especially like celery root's versatility. Like celery stalks, it's surprisingly good in salads, most often shredded and coated with a dressing of mayonnaise and a touch of Dijon mustard to make the French country-style appetizer or side dish known as celeri-rave remoulade. My favorite way to use it, though, is cooked and pureed, with a little bit of potato to add some starchy body, as a side dish for delicate main courses such as seafood or poultry.

Whatever you plan to make with celery root, look for medium-sized specimens that feel heavy and firm; avoid those that have any soft spots or look bruised. Keep the root in the refrigerator's vegetable bin for up to 5 days. Before cooking it, scrub away any dirt with a kitchen brush under cold running water. Then, working carefully with a small, sharp knife, thickly peel away the toughest, bumpiest parts of the skin; you can use a swivel-bladed vegetable peeler to complete the job. If you won't be cooking it right away, put it in a bowl of cold water into which you've squeezed a little lemon juice, to keep the celery root's surface from oxidizing.

As you'll see from my recipe for salmon with celery root puree, a recipe I've prepared in the past for the stars attending the Governors Ball following Hollywood's Academy Awards ceremony, the vegetable cooks as quickly as potato. You can make the puree in advance, if you like, and then keep it warm in a pan set over a larger pan of gently simmering water; or you can even reheat the puree, adding a little more

milk or cream to the pan in which you warm it.

When you serve the dish, have fun asking your guests if they can identify the puree. Some might ask if you included some celery in the mashed potatoes. But few, I bet, will guess that you've transformed an unattractive vegetable into such a beautiful main dish.

SESAME-GINGER SALMON FILLETS WITH CELERY ROOT PUREE

Serves 6

Celery Root Puree (recipe follows)

6 salmon fillets, about 4 ounces each

1 cup mixed black and white sesame seeds, toasted

1/4 pound unsalted butter

4 tablespoons finely grated fresh ginger

Freshly ground black pepper

Salt

Start preparing the Celery Root Puree (below), cooking it while you also prepare the salmon.

Lightly oil a baking pan large enough to hold the salmon fillets. Preheat the oven to 475 degrees F.

Meanwhile, put the salmon fillets on a clean platter or work surface. On a separate plate, spread the sesame seeds. Put the butter and ginger in a small saucepan and cook over low heat, stirring occasionally, until the butter has melted.

Brush a salmon fillet on both sides with the butter mixture; then, roll the fillet in the sesame seeds to coat it evenly, and transfer to the baking pan. Repeat with the remaining fillets. Put the pan in the refrigerator to set the coating for about 15 minutes.

Put the baking pan in the oven and roast the salmon fillets until the sesame seeds are golden brown and the salmon is still rare inside, about 3 minutes.

Spoon the Celery Root Puree onto individual heated serving plates. Lean a salmon fillet along a side of the puree. Serve immediately.

CELERY ROOT PUREE

Makes about 2-1/2 cups

1 celery root, about 1-1/2 pounds, peeled, trimmed, and cut into 1-inch cubes

1/2 pound small baking potatoes, 1 or 2, peeled and cut into 1-inch cubes

1 teaspoon salt, plus extra for sea-

soning

1/2 cup heavy cream

2 tablespoons unsalted butter

Freshly ground white pepper

Place the celery root and potato cubes in a medium saucepan and add cold water to cover by about 1 inch. Add the 1 teaspoon salt, bring to a boil over high heat, and cook until the vegetables are tender, offering no resistance to the tip of a small, sharp knife, 15 to 20 minutes.

Drain well and return the celery root and potato to the pan. Pour in the cream, bring to a simmer over

medium heat, and cook, stirring occasionally with a wooden spoon, until the vegetables have broken up coarsely and absorbed most of the thickened cream, about 10 minutes. Remove the pan from the heat, stir in the butter, and season to taste with white pepper and more salt.

Position a food mill on top of a mixing bowl. Pour the vegetables into the mill and turn its crank to puree the mixtures. Return the puree to the pan and keep warm, covered, over a larger pan of gently simmering water until ready to serve.

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<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">McFARLAND'S <i>Restaurant</i></p> <p style="text-align: center;">Casual Dining, Private Parties Over 70 years of serving fine food</p> <p style="text-align: center;">4133 Gage Center Dr. • Topeka • 785-272-6909</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Chic-A-Dee <i>Café</i></p> <p style="text-align: center;">"Good Home Cooked Food" Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216</p> </div>
<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Serving Topeka Since 1969</p> <p style="text-align: center;">Open 7 Days A Week 6:00 a.m.-3:00 p.m. 1034 S. Kansas Ave. 785-232-1111</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">GOAN PIZZA CO.</p> <p style="text-align: center;">Pizza, Sandwiches, Pasta, Salad Bar Family Dining Carryout 500 E Front St. • Perry • 785-597-5133</p> </div>
<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Old 56</p> <p style="text-align: center;">Family Restaurant</p> <p style="text-align: center;">2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">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> </div>

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Hospice is NOT about death

By Jerry L Old MD

There is now scientific evidence in the medical literature that people on Hospice Care live, on average, longer than their counterparts who choose aggressive care! In one recent study patients averaged living 29 days longer and rated their quality of life



Dr. Jerry Old

as "superior" to those on aggressive therapies. For example, people with end-stage heart disease lived an average of 81 days longer; for lung cancer it was 39 days longer; and for pancreatic cancer it was 21 days longer.

As a Medical Director with Hospice Care of Kansas for the past 10 years, I have seen both physician and public views of Hospice change. There is now global awareness that hospice and palliative medicine must be a reliable part of every health care system. We have left behind the era where hospice was timidly advanced as a "choice" or an "alternative" to standard care. More and more people are choosing the option to stay home, to forego expensive (and often painful) medical therapies that don't help much, to maintain control of their decisions, and have quality of life at home when reaching the end of their physical lives.

So Hospice is really about Life—not death! It is about living the best quality of life for as long as one

can live it. It's about the "bucket list" and doing the things that one enjoys. Priorities change and some things seem a lot less important, while other duties and relationships take on a more immediate concern.

The biggest problem is knowing, or admitting, when one is "ready for hospice!" Some people still equate calling hospice with "giving up." In reality, the hospice philosophy recognizes that approaching end-of-life is not merely a medical event, but a profoundly personal journey. One of the most frequent statements from patients and families is "I wish I had called Hospice earlier!"

We now have 21st century technology to keep people alive indefinitely, and many great medical miracles abound. We should embrace those medical miracles that enhance life. But what comes after the miracles—mortality rate is still 100 percent. We must not forget the 19th century principles of palliation—putting emphasis on quality of life and treating symptoms, rather than sacrificing everything for a cure. Not realizing these principles is one of the factors that is bringing our country's health system to a state of economic crisis.

Perhaps our mission should not be as much about adding years to our life, but about adding life to our years. It appears that the gentle, natural philosophy of hospice may help us to do both. As we begin the up-coming Holiday celebrations of thankfulness and religious significance, what a great time to reflect on "quality of life," and to discuss our own wishes with loved ones and friends.

- Jerry Old, MD is chief medical officer with Hospice Care of Kansas. He is also geriatric clerkship director and associate professor at the KU School of Medicine-Wichita.

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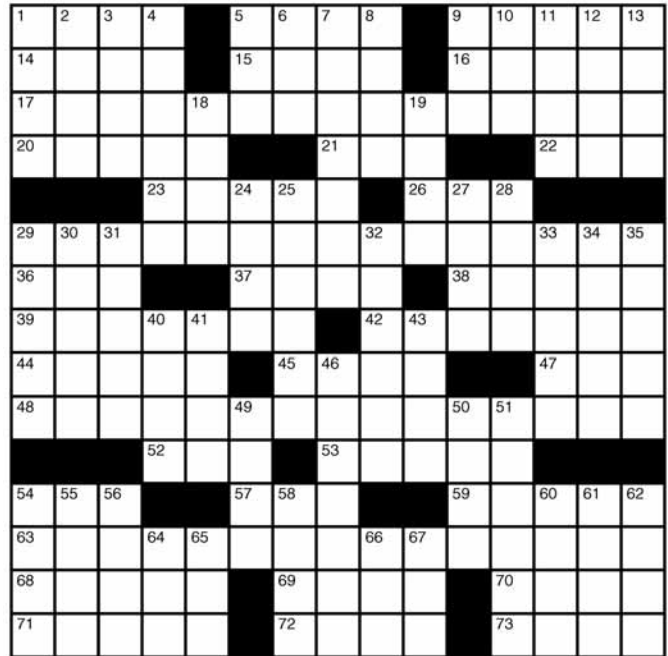
ACROSS

- 1 Enunciation problem
- 5 Whisker
- 9 Fashion
- 14 At some prior time
- 15 Press for
- 16 Don
- 17 Start of a quip
- 20 1924 Ferber novel
- 21 Actress Claire
- 22 "___ Miniver"
- 23 Count on
- 26 Trifle (with)
- 29 Part 2 of quip
- 36 Harvest goddess
- 37 Younger Saarinen
- 38 Bargain model: pref.
- 39 Like a liberated woman?
- 42 Elevated region
- 44 Ring-shaped roll
- 45 Vocal inflection
- 47 Expected to arrive
- 48 Part 3 of quip
- 52 Kyushu volcano
- 53 Contradict
- 54 Pointed tool
- 57 ___ chi ch'uan
- 59 Treble sign
- 63 End of quip
- 68 Involving punishment
- 69 Meeting place for fabric
- 70 Little woofs
- 71 Remains behind
- 72 Work units

73 Phoenix five

DOWN

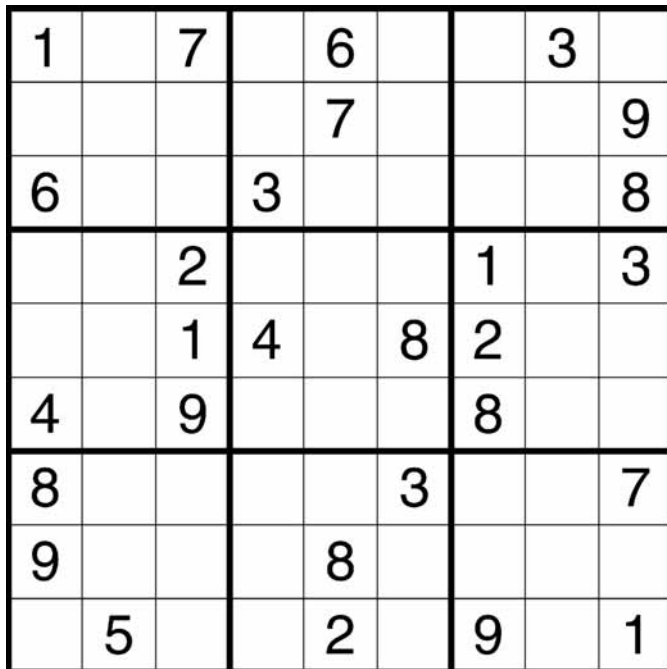
- 1 Clark's love
- 2 Dope or skinny
- 3 Wound cover
- 4 Lapwings
- 5 Buzz
- 6 Parseghian of football
- 7 Fire starter
- 8 Deer head?
- 9 Healthy retreat
- 10 Embrace
- 11 Molecule part
- 12 Impoverished
- 13 Ceases
- 18 Fiend
- 19 Glut
- 24 Island guitars, briefly
- 25 Takes care of
- 27 Hershiser of baseball
- 28 Org. founded in 1858
- 29 College of the Southwest city
- 30 Ms. Winfrey
- 31 Employment
- 32 Spring unexpectedly
- 33 1953 John Wayne movie
- 34 Provide with a trait
- 35 Sensory organs
- 40 Spartan queen
- 41 Wallach and Whitney
- 43 Banana wrapper?
- 46 Satellite, e.g.
- 49 Plebiscite
- 50 Exhale audibly



By Robert H. Wolfe
North Woodmere, NY

- 51 Misleading attractions
- 54 Little snakes
- 55 Sharpen
- 56 Olin or Horne
- 58 Church part
- 60 Island festivity
- 61 Cable channel
- 62 Actor Parker
- 64 Kyser or Medford
- 65 '02 British Open winner
- 66 Crone
- 67 Printer's measures

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

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JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion

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



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

Answer: HIS ○ ○ ○ ○ " ○ ○ ○ ○ ○ ○ ○ ○ "

BRIDGE

A little learning might be enough

By Tannah Hirsch

North-South vulnerable. South deals.

NORTH
 ♠ QJ54
 ♥ 10865
 ♦ AK7
 ♣ 42

WEST
 ♠ 96
 ♥ KJ973
 ♦ 104
 ♣ KQJ10

EAST
 ♠ 10872
 ♥ 42
 ♦ QJ83
 ♣ 653

SOUTH
 ♠ AK3
 ♥ AQ
 ♦ 9652
 ♣ A987

The bidding:
 SOUTH WEST NORTH EAST
 INT 2♥ 3NT Pass
 Pass Pass

Opening lead: King of ♣

Alexander Pope warned that a little learning can be a dangerous thing, not must be. South, declarer at three no trump, learnt just enough from his opponent's action to find the winning line to nine tricks.

The auction was a straightforward 15-17 point no-trump sequence. Holding four cards in hearts, North deemed that a spade

contract might run into opposing heart ruffs, so elected to bid the no-trump game.

West led the king of clubs and continued with the queen when declarer held up the ace, East following with the three and then the six. When South still refused the trick, West continued with clubs. East now played the five and South won with the ace.

With eight tricks, had there been no bidding declarer might have looked for a ninth in hearts, hoping to drop a doubleton nine of knave. This became too risky in light of West's overcall. Since East's carding had shown three cards in clubs, declarer elected to try for an endplay.

He cashed the ace and king of diamonds and ace and king of spades, and when West followed to these four tricks, the hand became a lay-down. Declarer exited with a club, and West had to lead a heart into declarer's major tenace for the fulfilling trick.

Note that South cannot afford to cash a third spade trick. That will leave him without an entry to hand to throw West in with the club.

- Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.

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Baby Boomers can avoid traffic, waiting in line by applying online for Medicare

By Norm Franker

Social Security District Manager in Lawrence, Kan.

This January marks a historic moment: our Nation's first baby boomers are turning 65.

For many baby boomers, it's time to hit the computer. Even if you have decided to wait until after you are age 65 to apply for retirement benefits, most people should start getting Medicare coverage at age 65.

If you would like to begin your Medicare coverage when you first become eligible, it's important that you apply within three months of reaching age 65. But don't worry about the time and effort it will take to apply for Medicare — it's fast and easy! You can do it online at www.socialsecurity.gov/medicareonly in as little as 10 minutes.

Why apply online for Medicare? Because it's fast, easy, and secure. You don't need an appointment and you can avoid waiting in traffic or in line. As long as you have ten minutes

to spare, you have time to complete and submit your online Medicare application.

People who started receiving Social Security retirement or disability benefits before age 65 do not need to apply; they will be automatically enrolled in Medicare.

To learn more about Medicare benefits, visit www.Medicare.gov.

To learn more about Medicare and the online application, visit www.socialsecurity.gov/medicareonly. While you're there, take a look at the Patty Duke Show reunion video as they talk about turkey, pie, and Medicare online.

And happy birthday to all the baby boomers turning 65 in 2011.

JUMBLE ANSWERS

Jumbles: NERVY LARVA STICKY UNHOOK

Answer: The executive studied art to show this - HIS TRUE "COLORS"

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L	I	S	P		H	A	I	R		S	H	A	P	E		
O	N	C	E		U	R	G	E		P	U	T	O	N		
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SUDOKU SOLUTION

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



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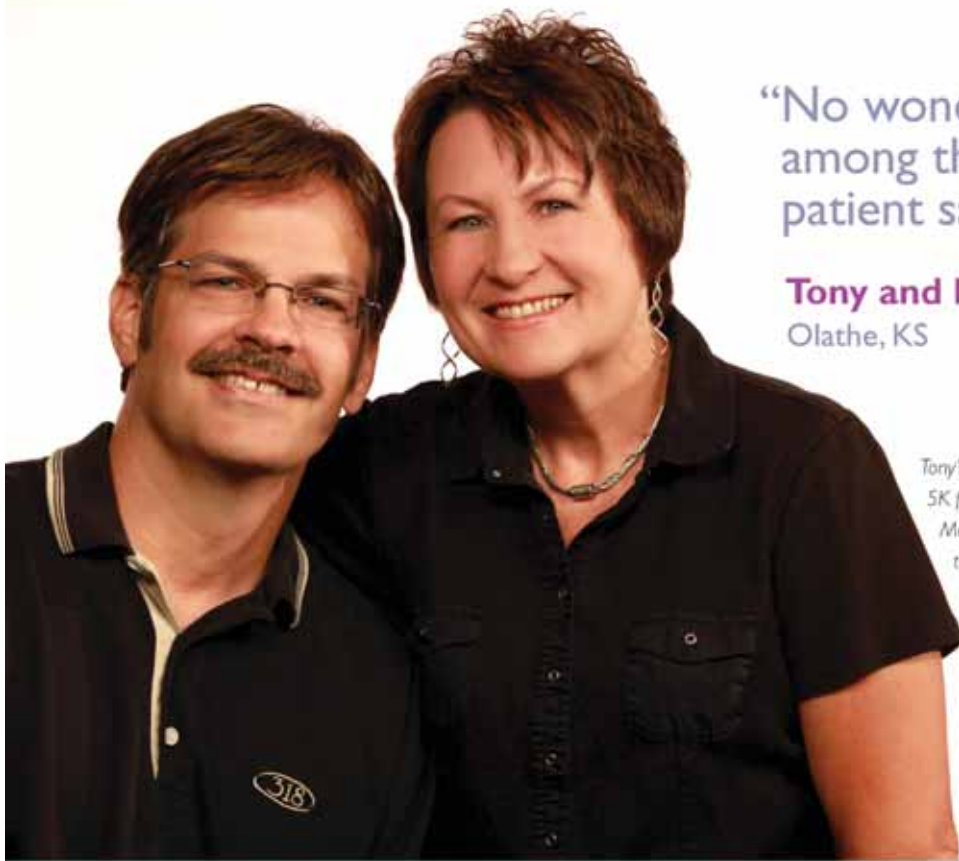
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