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KEVIN GROENHAGEN PHOTO



Mofid finds 'home' with herbs study group.

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By Kevin Groenhagen

Virginia Mofid, an independent alternative medicine professional in Lawrence, has been interested in herbs for about 40 years. So when she learned about the Kaw Valley Herbs Study Group, she knew had to join.

"I believe that a lot of the members have been interested in herbs all their lives, but have finally found a home," she said.

Tamara Fairbanks-Ishmael and her mother, Twila Fairbanks, founded the group in July 2011 and modeled the organization after an herb study group Twila started several years ago in Nebraska. Twila has since moved to Lawrence. The mother-daughter team organized the Kaw Valley Herbs Study Group because they felt there is a local and national grassroots movement occurring towards sustainability and self-reliance, and, along with that, a keen interest in self-empowerment with herbs.

"Those two ladies have more energy than you can shake a stick at," Virginia said of Tamara and Twila. "They have a tremendous amount of information and are very, very talented. I think they should be on PBS."

According to Virginia, the Kaw Valley Herbs Study Group is a coop-

erative effort without any hierarchy.

"When you come to herbs study group, people welcome you at the door," Virginia said. "If you come more than once, you get a permanent tag. The meeting consists of several things. We study two herbs every month, and two members do presentations on the herbs. The Kaw Valley Herbs Study Group defines an herb as any useful plant, which would even include the dandelions in your yard that you're killing. They are edible and they are high in calcium."

Herbs studied during the past several months include oregano, chickweed, parsley, yarrow, catnip (along with catmint), teasel, mint, monarda, artemesia, and witch hazel.

"The last talk I gave was on wormwood, which is used to make absinthe," Virginia said. "It's also highly addictive and highly toxic, which I didn't know until I studied it. There are a lot of people who bring in samples of the featured herbs from their gardens. These people really have deep knowledge about what they're doing, especially if they're growing it. They have a lot of experience. They'll add to the lecture after the speaker has spoken."

"We usually have two members



Virginia Mofid

who cook something with the herbs that we discussed that evening, if they are herbs you can cook with," she continued. "At least one herb is almost always a culinary herb."

The meeting may also include a Share, Show & Tell segment in which members can share recipes, talk about books or articles they have read, and offer tips on using herbs.

"In addition, a lot of people bring things in and they can't figure out

what they are," Virginia said. "There is always someone in the group who knows what they are."

Of course, herbs have many uses beyond their culinary qualities. Virginia notes that many herbs have medicinal uses. In fact, Arthur Presser, PharmD, DHPH, an expert on herbal supplements, told WebMD that between 25% and 50% of pharmaceutical drugs on the market today

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Marie Thompson at Drury Place

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-Regina Stultz, Marie's daughter

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Virginia Mofid

■ CONTINUED FROM PAGE THREE

are derived directly from, or from a model of, a plant chemical. Herbs are ground up and put into capsules as supplements, are used in homeopathic medicine, and administered in Bach flower remedies. Bach flower remedies are dilutions of flower material intended primarily for emotional and spiritual conditions, including depression, anxiety, insomnia, and stress.

“The group talks about contraindications,” Virginia said. “Some of these herbs have addictive qualities, some are quite toxic. We couldn’t have Thanksgiving stuffing without sage. But what most people don’t know is that sage is really good for drying up women’s milk when they stop nursing. So we don’t let nursing moms have sage in their stuffing. If you are someone who is thinking about taking herbs and you are on other medications, research it diligently and talk to a compounding pharmacist before you take anything. Doctors are well-intended, but a lot

of them will just say don’t take any herbs. But a compounding pharmacist will be able to tell you whether or not it’s safe for you to take the herb with the medication you’re taking.”

Herbs are also used in fragrances, incenses, cosmetics, tinctures, teas, and essential oils.

“Twila usually gives a demonstration on how to make things with herbs,” Virginia said. “She knows how to use herbs to make gifts. For example, use some essential oil, some witch hazel, some water, and a little vodka, and you have a body spritzer that you’d pay \$14 for at the store.”

The group occasionally has guest speakers. November’s meeting featured Laura Martin-Eagle of Moon Jewel Ayurveda and Be Moved Studio, who shared a presentation on the “Ayurvedic Perspective on Herbs” and “Using Essential Oils.” Ayurveda is the ancient healing tradition of India, where herbs are used to help bring balance to the body in order to support healing. Martin-Eagle demonstrated how to make a massage blend with essential oils.

For those with little knowledge concerning herbs, Virginia and the



An example of how pots can be used to grow herbs in a small space, such as on a balcony.

Kaw Valley Herb Study Group can offer much advice. For example, if you’re interested in starting an herb garden, what should you grow?

“People should grow what they eat,” Virginia said. “Grow what you like. There’s nothing like going out to your own little place and clipping off herbs for cooking. There is nothing as great as a fresh herb. If people

live in an apartment and have a balcony, they can do fabulous, fabulous things with herbs just in pots. And I’ve noticed that people who use a lot of fresh herbs in their diets have complexions that look radiant.”

What if you don’t have the time or space to grow your own herbs?

“Compared to many other com-

Virginia Mofid

■ CONTINUED FROM PAGE FOUR

munities, herbs are readily available in Lawrence,” Virginia said. “We have an herb shop called The Sacred Journey downtown, The Merc, and Natural Grocers. They are all good, reliable sources for herbs. Those are good places to start locally. I buy my dried herbs at the natural food stores because the turnover is greater. They’re fresher. You can tell when you open up the jar. It’s pretty divine.”

Virginia also advises consumers to do their homework when buying not just herbs, but food in general.

“Just because something is ‘natural’ doesn’t mean it’s a good idea,” she said. “‘Natural’ is not a regulated term. If you go into the grocery store, ‘natural’ items can be full of genetically modified organisms. You have to be a responsible consumer. I believe in reading every label and doing research. Another concern if you’re taking herbs for medicinal purposes, like in a capsule, you want to make sure that it’s got the real

thing in it. If you see on the box that it has been certified by an organization, you should go to the Internet to check it out. There are places on the Internet that will send you to the right places to research these things.”

Virginia estimates that between 20 and 40 people attend the Kaw Valley Herbal Study Group meetings.

“I have belonged to a lot of groups in Lawrence, and I think this is by far the nicest group of people I have ever been around. They’re very pleasant, they’re low key, and they’re sincere in their interests. I really enjoy being there with them. When you go to a meeting, you’re time is not wasted. It’s really is well spent.”

There is no membership fee to join the Kaw Valley Herbs Study Group, but there is a \$2 charge (which is waived for students) per meeting to cover costs. With the exception of December, the group meets the second Tuesday of each month at the Unitarian Fellowship in Lawrence at 1263 N. 1100 Rd. The two-hour meeting starts at 7 p.m. The group advises attendees to show up at 6:45 p.m. to peruse the bulletin board and book table, visit with

others, and get settled in.

For more information about the Kaw Valley Herbs Study Group,

please see the group’s Facebook page at www.facebook.com/HerbGroup or email herbstudygroup@gmail.com.

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Grant helps launch Spot the Salt campaign

By Billie David

Thanks to a federal grant from the Centers for Disease Control and Prevention, residents of Shawnee County are beginning to see the benefits of a campaign called Spot the Salt, which aims to provide consumers with the information they need to make healthy food selections that can lower their sodium intake.

"They awarded five grants across the country: two to New York, two to California, and one to the State of Kansas working with Shawnee County," said Misty Kruger, public information officer for the Shawnee County Health Agency.

ing neighborhood health in Topeka and Shawnee County, was a natural choice. The third agency involved is the Kansas Department of Health and Environment.

The Kansas Spot the Salt campaign has opted for a three-pronged approach, the first of which involves encouraging government agencies and businesses that have onsite cafeterias to offer healthier food items that contain less salt.

"One big success story is the Topeka Zoo," Kruger said. "They looked at every item offered at their onsite cafeteria and created an alternative for each item."

The result is a new menu that encourages customers to "eat like animals." This means adding to their diets more fresh fruits and vegetables, which do not contain the salt often hiding in processed foods.

The second approach involves offering environmental support to local businesses. For example, they are helping area convenience stores set up displays of healthy food options



The Spot the Salt campaign aims to provide consumers with the information they need to lower their sodium intake.

included in the selection of foods the stores already carry, so that customers can make more informed decisions about the foods they buy. Most of the items were already being carried by the stores but some locations didn't

carry fresh fruit, which has since been added to their inventories.

The convenience stores include Gas 'n' Shop, Larry's Shortstop, the Hy-Vee convenience store, and all 10

Topeka Kwik Shops. These stores are keeping track of any difference in the buying patterns of customers.

"The convenience stores will provide us with sales data so we can measure the effectiveness of the campaign," Kruger said.

The third area of focus for the Spot the Salt campaign is the media, including billboards, radio and Internet ads.

One result of the media campaign is the creation of the website spotthesalt.com. If you want your laugh for the day, you can go their website and check out the Salty TV videos. The Salty character, who is all dressed up in white to personify sodium chloride, is happy to talk about his favorite topic—himself—and how he is hiding in all kinds of foods that people eat.

The website also provides 10 tips for reducing your salt intake as well as interesting (and alarming) statistics such as the facts that approximately 90% of Americans two years old and

older get too much sodium in their diets, leading to high blood pressure, heart disease, and stroke. The website also offers solutions to the problem. For example, the average American would benefit by reducing sodium intake by approximately 1,200 mg per day. Much of the sodium we consume is hidden in restaurant foods and in items bought at retail stores, so selecting the items carefully, buying fresh produce and cooking one's own meals are all ways to help people take control of their own sodium intake.

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Quick Sodium Facts

- 90% of Americans aged 2 years or older eat too much sodium
- 44% of the sodium we eat comes from only 10 types of food
- Reducing the sodium Americans eat by 1,200 mg per day on average could save up to \$20 billion a year in medical costs
- More than 800,000 people die each year from heart disease, stroke and other vascular diseases, costing the nation \$273 billion health care dollars in 2010
- About 65% of sodium eaten comes from food bought at retail stores. About 25% from restaurants
- The U.S. Dietary Guidelines recommend limiting sodium to less than 2,300 mg a day
- About 6 out of 10 adults should further limit their sodium to 1,500 mg (people 51 years or older, African-Americans and people with high blood pressure, diabetes or chronic kidney disease should limit their sodium to 1,500 mg)
- Americans eat on average about 3,300 mg of sodium a day, excluding salt added at the table
- Sodium is already part of processed foods and cannot be removed

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How 'Ticket to Work' helped Terry Anderson build a better life

By Norm Franker

Social Security District Manager in Lawrence, KS

The summer of 2007 felt like a bad dream for Terry Anderson. Reeling from a recent cancer diagnosis, she was downsized from the company where she'd worked for 11 years. "There was no severance. I had no insurance," she said. "I was terrified."

Terry began receiving Social Security disability benefits and took an extended period of time away from work. Later, Terry learned about 'one-stop career centers' that provide free employment-related support services through Social Security's Ticket to Work program to people receiving Social Security benefits. She decided to see what the Iowa Workforce Development Center, her local one-stop, had to offer. There are more than a thou-

sand one-stop career centers across the nation.

The one-stop staff explained that the Ticket program is designed for people who receive Social Security disability benefits and are committed to achieving self-sufficiency through eventual full-time employment. Through the Ticket program, Iowa Workforce helped Terry coordinate her career preparation and job hunt. She updated her computer skills and built confidence in her prospects for long-term success. "They offered workshops on interview skills," she said. "I had my resume refurbished. I learned fresh strategies. At first, I was too proud to ask for help. I'm glad that I did."

While Terry was eager to move on, she was apprehensive about finding work and losing her benefits. Terry learned about special Social Security rules called "work incentives," that help people who receive

disability benefits transition to the workforce and become financially self-sufficient.

For example, people receiving disability benefits can keep their Medicare coverage and their cash benefits while gaining work experience during the Trial Work Period. Terry was relieved to learn about another Work Incentive called 'expedited reinstatement,' allowing her Social Security cash benefits to restart without a new application if she has to stop work within five years because of her disability.

Another helpful Work Incentive, known as a Plan to Achieve Self-Support (PASS), allows Social Security disability recipients who meet the income rules for Supplemental Security Income (SSI) to set aside money to pay for items or services they need to reach a specific work goal. These can include educational expenses, training, job-related transportation, business startup costs, tools and equipment, child-care costs and even the cost of job inter-

view clothes. By approving a PASS, Social Security agrees to exclude certain income that would normally lower an SSI payment amount. At the same time, the person agrees to go to work, with the goal of eventually leaving disability benefits behind and becoming financially self-sufficient.

In 2009, Terry found work as a Loan Servicing Specialist and a second job in retail where she trains cashiers and enjoys interacting with customers. Terry was grateful that Social Security helped her "get through the storm." She built a better life through work. She no longer receives Social Security disability benefits. "Now I'm healthy. I have two jobs. I love both of them. Life is good."

With support from Ticket to Work and Iowa Workforce Development Center, Terry found her path to self-sufficiency. To learn more about the Ticket to Work program, call the Ticket to Work help line at 1-866-968-7842 (TTY/TTD, 1-866-833-2967) or visit www.socialsecurity.gov/work.

Baby boomers are adopting new technology at a rapid pace

(BPT) - Even though they're still common, jokes about clueless baby boomers calling their kids to figure out how to use technology are starting to feel outdated. While today's youngest generations are practically born with tablets, smartphones and laptops in their hands, grandparents are also adopting technology at a startling pace.

Boomers' enthusiasm to consume new technology is growing and changing as fast as the field of new products available. In fact, a 2012 Forrester Research technology survey found 78 percent are online, and of those, 54 percent own laptops. Tablet use among boomers is growing too; 11 percent already own one and another 15 percent plan on buying one soon.

While the boomers' generational trait of progressiveness helps to explain this tech rush, more practical reasons demystify it as well. Many among the generation are at the peak of their earning power, with more money to spend on technology than other age groups. A 2012 survey by Nielsen showed that within five years, approximately 50 percent of the U.S. population will be 50 or older, and they'll control 70 percent of disposable income. For this generation, a forward-thinking mindset has always been a common trait, so crossing the digital divide was bound to happen.

Despite their proven purchasing power, many advertisers are leaving these consumers in the lurch. Although boomers account for 49 percent of total sales of consumer packaged goods, Nielsen estimates that less than 5 percent of advertising dollars are targeted toward adults ages 35 to 64.

Overcoming the learning curve as well as the lack of attention from

marketers has shown just how much boomers value the latest technology developments. But for those who don't yet have their hands on the latest gadgets, organizations like AARP are making it easier for boomers to get connected.

"AARP's goal is to provide value to its members, and our research has shown that many AARP members are early adopters of technology," says Angela Jones, senior vice president of Business Development and Lifestyle Products for AARP Services. "Through AARP's relationships with retailers and manufacturers, our nearly 38 million members receive discounts on their favorite technology products."

For example, members can get discounts of 5 to 12 percent on a range of HP products, 10 percent off Amazon's Kindle e-readers, including the popular tablet Kindle Fire, and even discounted phone service from Vonage.

Whether they're keeping up with the new pace of work at the office or simply looking for a better way to connect with family, there's no doubt that boomers are demanding technology that helps to improve their lives. As they grab each new opportunity to connect, the idea of boomers being behind the techno-

logical times is fading fast.

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Lawrence Social Security office changes hours

The Lawrence Social Security office is now open to the public Monday through Friday from 9 a.m. to 3 p.m.—a reduction of 30 minutes each weekday. In addition, beginning January 2, the office will close to the public at noon every Wednesday.

While agency employees will continue to work their regular hours, this shorter public window will allow them to complete face-to-face interviews and process claims work without incurring the cost of overtime. The significantly reduced funding provided by Congress under the continuing resolution for the first six months of the fiscal year makes it impossible for the agency to provide

the overtime needed to handle service to the public as it has done in the past.

Most Social Security services do not require a visit to a local office. Many services, including applying for retirement, disability or Medicare benefits, signing up for direct deposit, replacing a Medicare card, obtaining a proof of income letter or informing us of a change of address or telephone number are conveniently available at www.socialsecurity.gov



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New partnership ensures BBB services will remain strong in Kansas

The Kansas Plains Better Business Bureau (BBB) on November 8 announced it is expanding its reach by merging with BBBs serving Nebraska, South Dakota and southwest Iowa. Intended to benefit both businesses and consumers, the merger will make enhanced BBB services available to consumers and businesses throughout the Great Plains.

The Council of Better Business Bureaus (CBBB) has approved the plan to merge the service areas, and the newly combined territory boasts a membership of nearly 10,000 accredited business.

“With the merger, we’ll be able to build on each other’s strengths, combine resources and initiate new programs to meet the needs of today’s businesses and consumers,” said Jim Hegarty, BBB President and CEO. “We are committed to the success of this merger because it will result in a single, reliable, respected resource to which local businesses and consumers can go for information about marketplace trust.”

Denise Groene, Kansas Plains BBB state director, added, “We are excited about the merger because of our mutual commitment to fulfilling our mission ‘to be the leader in

advancing marketplace trust.’ Linking the resources of both trusted organizations will expand our capacity to serve even more businesses and consumers.”

The BBBs are currently engaged in a merger implementation plan that was approved by the boards of the respective organizations, and is anticipated to be completed in the next few months.

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SIMPLE WAYS TO REDUCE SODIUM



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

The age to begin receiving Medicare is still 65

By Norm Franker

Social Security District Manager in Lawrence, KS

If you're in your sixties, you probably know that the age to receive full retirement benefits has changed. But it's important to remember that the age to begin receiving Medicare has not — it is still 65. 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, we suggest that you apply within three months of reaching age 65. You can do it online in as little as 10 minutes at www.socialsecurity.gov/medicareonly.

At the website, you'll find more than just the online Medicare application. You'll also find information about Medicare, and have the opportunity to watch some short videos about applying for Medicare online.

One is a family reunion for the cast of *The Patty Duke Show*. In another, Patty Duke and George Takei go boldly where *you* should be going — online.

Why go online to apply 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.

There is no additional charge for Medicare hospital insurance (Part A) since you already paid for it by working and paying Medicare tax. However, there is a monthly premium for medical insurance (Part B). If you already have other health insurance when you become eligible for Medicare, you should consider whether you want to apply for the

medical insurance. To learn more about Medicare and some options for choosing coverage, read the online publication, *Medicare*, at www.socialsecurity.gov/pubs/10043.html

or visit www.Medicare.gov.

To learn more about applying for Medicare Only using the online application, please visit www.socialsecurity.gov/medicareonly.

PERSONAL FINANCE

Battle those low rates— with three types of income

If you depend on fixed-income investments for at least part of your income, you probably haven't been too happy in recent years, as interest rates have hit historic lows. Nonetheless, even in a low-rate environment, you can broaden the income-producing potential of your investment portfolio.

include individual bonds, you have the opportunity to earn more income today, and more consistent income over time, than you'd typically get from variable income investments. However, you will likely also experience greater price fluctuations as interest rates change. Specifically, as interest rates rise, the price of your existing bonds typically will fall.

• Rising income investments – When investing for income, you'll want to keep at least one eye on inflation—because if the interest rates paid on your CDs and individual bonds are lower than the annual inflation rate, you may lose purchasing power. If this gap persists over time, it could grow into a real problem for you. Consequently, you'll want at least some of your investment income to come from rising income investments, such as dividend-paying stocks. Of course, not all stocks pay dividends, but with the help of your financial advisor, you can find companies that have paid—and even increased—their dividends for many years running. And if you don't actually need the dividends to supplement your cash flow, you can reinvest them to build your ownership stake in these stocks. Keep in mind, though, that companies can reduce or discontinue dividends at any time. Also, remember that stock prices will constantly rise and fall, so the value of your principal could decline.

However, before taking action, it's helpful to know what the near-term direction of interest rates may look like. The Federal Reserve has stated that it plans to keep short-term rates at their current historic lows until at least mid-2015. The Fed doesn't control long-term rates, making them somewhat less predictable, but it's still likely that these rates will rise sooner than short-term ones.

In any case, rather than worry about something you can't control—that is, interest rate movements—try to focus on those things you can accomplish. And one achievable goal is to create an investment mix that includes three types of income: variable, reliable and rising.

• Variable income investments – Some variable income investments, such as certificates of deposit (CDs), offer significant protection of principal, and the value of your investment won't change with fluctuating interest rates, provided you hold your CD until maturity. Of course, current rates are quite low, which means CDs provide you with little income today, but their rates have the potential to rise along with short-term interest rates.

• Reliable income investments – When you purchase reliable income investments, which can

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

HEALTH & FITNESS

On the move: Scooters, wheelchairs, and more

Many people now use power devices like scooters, electric wheelchairs, and power chairs to move around their homes and communities. If you use one of these devices—which are called “power mobility devices” or PMDs—there are many things you can do to maintain your device and ensure your safety.



Laura Bennetts

Part 1 of this article, last month, explained how to get a PMD. One of the first steps is to get a referral to an occupational therapist (OT) from your doctor. OTs are trained to assess your skills and recommend equipment based on your abilities. And now, if you already have a PMD, or plan to get one, you need to know how to use it safely.

You won't have to take a driving test, but using and maintaining a PMD can be complicated. Read on for some ideas about how to proceed.

Know how to use your PMD

1. *Know how to use the options on your chair or scooter.* Practice using the controls to start, stop, and change speeds. If you use a joystick, practice going through doorways, into elevators, and turning around.

2. *Read the operating manual.* The manual explains your PMD and how to care for it. Save all the documentation you get when you obtain the PMD. Learn how to contact the medical equipment company that sold you the PMD, and also the manufacturer.

3. *Complete periodic maintenance.* The company that sells you the PMD should also maintain it. Study the maintenance agreement and know when you should get your PMD serviced.

4. *Don't touch the settings once*

they're established. It takes a professional to safely adjust or change your options. Call the seller or manufacturer if something isn't working.

Mobility at home

1. *Turn off the power.* When you're about to ride the PMD, or get off, be sure to turn the power off. Otherwise, you could accidentally hit the controls and cause a fall or an injury.

2. *Clear pathways.* Move obstacles, like furniture and extension cords, that make it hard to turn around or move safely. Move throw rugs, too, since they can get caught in your tires, causing you to lose traction.

3. *Watch out for doorways.* Often, doorways are narrow, and thresholds are like speed bumps. Ask your doctor for an occupational therapy (OT) evaluation. An OT can help you figure out what to do about barriers in your environment.

4. *Before moving to an assisted living facility or senior apartment complex, check on their policies.* Some places have safety rules specifying how you use can PMDs and where you can park them. And some places have push-button door openers. If so, that's handy, and you should learn to use them.

5. *Know the lay of the land.* If you plan to drive around your apartment complex, you should learn the best routes. For example, one path to your mailbox may lead you through three doors while another takes only one door.

6. *Keep children away.* Don't let kids touch the controls, because they could cause an accident—and don't let them ride with you, not only because they could have an accident, but because your PMD was chosen for you based on the size of your body; adding extra weight can decrease your safety.

7. *Stay strong.* If your legs are strong, you will be safer getting on and off the PMD. If your arms and hands are pain-free and mobile, you will be better able to turn and control the device.

Out and About: Safety First

Accidents do happen—so take precautions to keep yourself and others safe when you drive your PMD around town:

1. *Use your seatbelt.* If you hit a curb or a rock, you can be jarred out of your seat. The seatbelt will prevent this.

2. *Watch your arms and legs.* Never reach outside a moving PMD, even to avoid running into something. It's just too dangerous.

3. *Go slow.* It is better to drive slowly than dangerously fast.

4. *Use a flag.* Drive on sidewalks whenever you can. If you have to ride through a parking lot or a street, make sure you carry a flag on the back of your PMD. Otherwise, cars may have trouble seeing you.

5. *Caution, wide load.* Some people put bags on the back or sides of the PMD. This is handy for shopping, but it widens the device when the bags are full. This can cause problems when you're trying to drive through narrow spaces.

6. *Be polite!* Be sure to warn pedestrians as you approach them. A friendly “I'm right behind you!” will usually do the trick.

7. *Van safety.* It isn't safe to travel

in a van unless your PMD is secured to the floor.

Out and About: Be Prepared

1. *Think through your route.* Choose the safest route. Avoid paths that might unnecessarily require crossing busy streets or going up hills. Avoid stones, cracks, curbs, and inclines.

2. *Have an emergency plan.* Fully charge your PMD's batteries before you depart. Take your cell phone. Tell a friend when you depart and call when you arrive.

3. *Avoid rain and snow.* Rain and snow are dangerous for PMD drivers. Snow may camouflage obstacles and rain can damage the electronics on your PMD.

Drive safely! (My thanks to Jennifer Woerner for input into this article.)

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

HEALTH & FITNESS

Astaxanthin is the 'king of antioxidants'

Astaxanthin is a naturally occurring carotenoid found in nature, primarily in marine organisms such as microalgae, salmon, trout, krill, shrimp, crayfish, and other shellfish.

Carotenoids are considered antioxidants because of their therapeutic benefits in the aging process and various diseases. Astaxanthin is con-



Dr. Farhang Khosh

sidered the king of antioxidants and various scientific researches proven this prestigious claim. The global astaxanthin market was estimated to be \$250 million in 2010, most of which was used as a pigment to enhance the pink color in farm-raised salmon and shrimp.

Synthetic or laboratory-made astaxanthin is now commonly used worldwide to supplement fish feeds in order to turn the fish a pinkish to orange-red color. A person should avoid synthetic astaxanthin because it's made from petrochemicals. Natural astaxanthin is more than 20 times stronger as an antioxidant than synthetic Astaxanthin. Wild salmon are 400 percent higher in astaxanthin than farmed salmon. Plus, wild salmon have much higher levels of omega-3 fatty acids than the farmed version. But even if you are able to purchase wild salmon, there is the problem with high levels of mercury and other unwanted toxins in the fish. Plus, organic wild salmon is going to cost you at the cash

register. There are dietary supplements that contain astaxanthin, but be careful where they are getting the source of natural astaxanthin.

One of the most well known benefits of astaxanthin is its ability to enhance athletic performance. Whether you are a professional athlete, or interested in increasing your tolerance for mowing the lawn or gardening, this carotenoid can help. Astaxanthin is the main reason salmon have the strength and endurance to swim up rivers and waterfalls for days on end. Salmon diets are high in this pigment, which concentrates in their muscles and makes them one of the “kings of endurance” of the animal kingdom.

Astaxanthin is a powerful natural anti-inflammatory and is also used for improving cardiovascular health, stabilizing blood sugar, and boosting the immune system. It can be applied directly to the skin to prevent sunburn and research is showing that it prevents cancer. Astaxanthin has been used to treat Alzheimer's disease and Parkinson's disease, carpal tunnel syndrome, rheumatoid arthritis, gastrointestinal disorders, male infertility, asthma, autoimmune diseases, back pain, benign prostate hyperplasia, depression, menopause, premenstrual syndrome, macular degeneration, and skin conditions.

Astaxanthin has the ability to travel to every cell and organ in the human body so it's easy to see why it's called “king of the antioxidants.”

To prevent possible drug interaction, as with all herbs and supplements, consult with your physician before using them.

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

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RETIRE SMART

Lessons from the 1987 stock market crash, 25 years later

I remember clearly my first year as a gold options trader on the floor of the commodities exchange in New York, specifically October 19, 1987. The morning started with stock selling, lots of it, and ended with a day of historic losses. Twenty-five years later, although the recent financial crisis was more severe and long-lasting, the crash of 1987 remains the single-most dramatic day of trading



Jill Schlesinger

stances made the crash possible. In the five years preceding it, stocks were supported by new entrants into the market (pension and 401(k) plans), which drove up prices. The Dow bottomed out at 776 in August 1982 and marched up to a high of 2,722 in August 1987.

Equities were also boosted by favorable tax treatments given to the financing of corporate buyouts, which "increased the number of companies that were potential takeover targets and pushed up their stock prices." These buyouts also benefitted from lower interest rates. However, in the months leading up to the crash, interest rates were rising globally and concerns about inflation caused fears of further interest rate increases in the U.S. as well.

Two fuses were lit in the days before the crash. On Wednesday, October 14, there were reports that legislation had been proposed in Congress to eliminate tax benefits associated with financing mergers, and separately, the U.S. trade deficit was revealed to be worse than expected, which caused the value of the dollar to dive and raised expectations that the Fed would increase interest rates.

Once the fuses lit, other conditions added fuel to the fire. The increase in computer "program trading" strategies added to the magnitude of the losses, as did the impact of margin calls and the inability for investors to

gather information in such a chaotic environment. The combination of all these factors led to that historic and frightening day of trading. Sound familiar?

Could it happen again? Of course it could! It is almost ironic to go back and read accounts published on the 20th anniversary of the crash in October 2007, like this one in the Wall Street Journal:

"Some of the root causes of the 1987 crash appear to be missing today. ... Stocks don't look as overpriced today as they did in 1987. ... the Fed already has stepped in, lowering target short-term interest rates and pumping money into the banking system. ... Despite the continuing housing crisis and difficulties that many borrowers still face raising money, many investors believe the worst of the year's troubles are over."

Oops! So what have we learned in the 25 years since "Black Monday" and the subsequent financial crisis that started four years ago?

Cash is King: For those investors near or already in retirement, a cash cushion of 1-2 years of living expenses can reduce the urge to panic

and sell at the bottom.

Planning is Queen: A thorough financial plan that contemplates both good and bad markets can help you navigate a crash and its aftermath.

Diversification and rebalancing complete the Royal Family: Understanding your risk tolerance to build your asset allocation on a diversified basis followed by periodic rebalancing really can work! The numbers back up the royal family and prove that using different types of assets (stocks, bonds, commodities and cash), based on your particular risk tolerance and rebalancing the allocation on a regular basis (quarterly, semi-annually or even annually), can help protect your money when the next crash occurs.

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

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MAYO CLINIC

Pain from sciatica can range from mild to intense

DEAR MAYO CLINIC: I've had sciatica on-and-off for weeks, but for the past few days it has been so bad that I'm uncomfortable all of the time. It feels best when walking, but when I stop or sit down the pain is almost unbearable. My doctor says physical therapy is the only way to treat it. Are there no other options?

ANSWER: Sciatica refers to pain that radiates along the path of the sciatic nerve, which runs from the lower back to the buttock and down the back of each leg. The lower lumbosacral nerve roots make up the sciatic nerve, which is the longest nerve in the body.

Although many people think of sciatica as a condition, it is actually a collection of symptoms. Most people with sciatica will experience pain more in their lower extremity than in their back. The pain will often extend below the knee and into the foot and, in many cases, it is accompanied by numbness or tingling. On occasion, patients will experience muscle weakness in the affected leg.

For some, sciatica pain may be just a mild ache; for others, it can be quite intense. Some people experience a sharp burning sensation and may feel a jolt like an electric shock. Often, the pain intensifies when sitting for long periods. Some patients lose bladder or bowel control, a sign of cauda equina syndrome, which is rare but serious and requires immediate medical care. See your doctor

immediately if your sciatica is accompanied by these symptoms.

In most cases, sciatica is caused by normal wear and tear in one of the disks in the low back. The disk herniates and bulges into the spinal canal, compressing one or more of the nerve roots which form the sciatic nerve and sending pain down the lower limb.

Usually, sciatica is intensely painful for about a week or two, and then starts to get progressively better. About 90 percent of patients are successfully treated without needing surgery. Often, physical therapy is recommended and has proven to be very effective. A physical therapist can provide treatments to improve pain immediately and recommend exercises to do at home that will prevent future episodes of sciatica.

Other measures may provide some relief as well. Simple home remedies, such as applying heat or ice and taking over-the-counter pain medications, are usually effective. Try cold packs initially to reduce inflammation. Apply an ice pack to the painful areas for about 20 minutes several times a day. After two or three days, apply heat with a heat lamp or a heating pad on the lowest setting. Alternating warm and cold packs may provide some relief.

Patients who haven't had success with over-the-counter medications may require a prescription strength anti-inflammatory drug or other painkillers. Opioids containing medication

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such as hydrocodone with acetaminophen, oxycodone with acetaminophen or codeine with acetaminophen, or the newer neuropathic (nerve pain) drugs (gabapentin, pregabalin, duloxetine, etc.), are usually successful in relieving sciatic pain. For more aggressive treatment, your doctor may recommend corticosteroid injections. If all else fails, surgery can be highly successful when the sciatica is caused by a disk herniation with nerve root compression.

Continuing your regular activities is a good idea, but stop the activity that triggered the pain in the first place. Too much rest and inactivity can actually make your symptoms worse. Try water exercise or other low-impact exercises, such as riding a stationary bike, to stay active without making the pain worse. As you begin to improve, a combined program of aerobic activity, strength training and core stability exercises can help limit the effects of age-related back problems.

Your doctor can help you design a safe exercise program. You may also benefit from working with a certified personal trainer or a fitness special-

ist. - Randy Shelerud, M.D., Physical Medicine & Rehabilitation, Mayo Clinic, Rochester, Minn.

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

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WORDS OF WISDOM

"Happy, happy Christmas, that can win us back to the delusions of our childish days; that can recall to the old man the pleasures of his youth; that can transport the sailor and the traveller, thousands of miles away, back to his own fire-side and his quiet home!" - Charles Dickens, *The Pickwick Papers*, 1836



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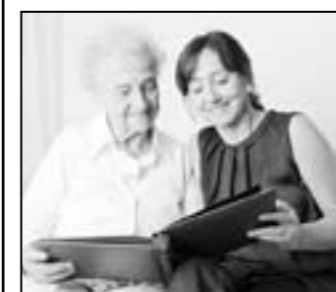


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SENIOR CALENDAR

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

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

ART/ENTERTAINMENT

NOV 23-DEC 23
A CHRISTMAS STORY
 Humorist Jean Shepherd's memoir of growing up in the Midwest in the 1940s follows 9-year-old Ralphie Parker in his quest to get a genuine Red Ryder BB gun under the tree for Christmas. Ralphie pleads his case before his mother, his teacher and even Santa Claus himself, at Goldblatt's Department Store. Please call for dates, times, and ticket prices. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. TOPEKA, (785) 357-5211
www.topekacivictheatre.com

NOV 30-DEC 16
SOUND OF MUSIC
 When a high-spirited postulant serves as governess for the seven children of a widowed naval Captain, her energy and joy capture the heart of the stern Captain. With a Nazi threat looming, the family's narrow escape over the mountains to Switzerland on the eve of World

War II provides one of the most thrilling and inspirational finales ever presented in the theatre. Theatre Lawrence, 1501 New Hampshire. LAWRENCE, (785) 843-7469
www.theatrelawrence.com

DEC 5-9
CIRQUE DU SOLEIL DRALION
 The show combines the 3,000-year-old tradition of Chinese acrobatic arts with the multidisciplinary approach of Cirque du Soleil. One Expocentre Drive. Topeka, (800) 745-3000

DEC 12
DISNEY'S BEAUTY AND THE BEAST
 The Broadway musical for all generations, Disney's Beauty and the Beast, is coming to Lawrence. Based on the Academy Award-winning animated feature film, this eye-popping spectacle has won the hearts of over 35 million people worldwide. Disney's Beauty and the Beast has been performed on Broadway for more than 13 years and is one of its longest running musicals. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787

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MONDAYS & THURSDAYS
AMERICAN LEGION POST NO. 400
 3029 NW US Highway 24, 6:30 p.m.
 TOPEKA, (785) 296-9400

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

WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS
 3110 SW Huntoon, 6:30 p.m.
 TOPEKA, (785) 235-9073

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

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

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

SUNDAYS & TUESDAYS
MOOSE CLUB
 1901 N Kansas Ave, 6 p.m.
 TOPEKA, (785) 235-5050

EDUCATION

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

DEC 4
FUNDAMENTALS OF ESTATE PLANNING
 Provides an overview of the options in arranging your affairs: what happens under intestate succession if you die without a plan; the uses of either a Will or Revocable Living Trust; an overview of probate administration; the impact of estate taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid eligibility might affect your assets. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Douglas County Senior Center, 745 Vermont Street, 6-7:30 p.m. LAWRENCE, (785) 842-0543.

DEC 6
BASIC PERSONAL FINANCE & INVESTING
 Provides an overview of financial planning considerations, including: financial goal setting; investment options such as stocks, bonds, mutual funds, and ETFs; risk tolerance and capacity; and diversification, asset allocation,

■ CONTINUED ON PAGE 19

■ CONTINUED FROM PAGE 18
 and rebalancing of an investment portfolio. While the focus is on saving and investing for retirement, the principles apply to other long-term financial goals, such as providing for a child's college education. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Douglas County Senior Center, 745 Vermont Street, 6-7:30 p.m. LAWRENCE, (785) 842-0543.

DEC 13
FUNDAMENTALS OF ESTATE PLANNING
 Provides an overview of the options in arranging your affairs: what happens under intestate succession if you die without a plan; the uses of either a Will or Revocable Living Trust; an overview of probate administration; the impact of estate taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid eligibility might affect your assets. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Drury Place at Alvamar, 1510 St. Andrews Drive, 7-8:30 p.m. LAWRENCE, (785) 424-0363.

EXHIBITS/SHOWS

JAN 1-DEC 31
FREEDOM'S FRONTIER & KANSAS-NEBRASKA ACT EXHIBITS

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

OCT 5-JAN 27
LASTING IMPRESSIONS
 Lasting Impressions, prints from the Pruitt Collection. Event cost: Free Gallery Hours: Tuesday 10 a.m.-7 p.m. Wednesday-Friday 10 a.m.-5 p.m. Saturday & Sunday 1-4. 17th & Jewell Streets TOPEKA, (785) 670-1124
www.washburn.edu/mulvane

DEC 1
5TH ANNUAL MULVANE MERRIMENT
 5th Annual Mulvane Merriment, the event will feature displays of art work for sale and a silent auction items are available on the Mulvane Art Museum website. Holiday treats will be on sale that day. Event time: 10 a.m.-6 p.m. Fairlawn Shopping Center, 5331 SW 22nd Place. TOPEKA, (785) 670-1124
www.washburn.edu/mulvane/

HEALTH & FITNESS

MONDAYS THROUGH FRIDAYS
FIT FOR LIFE
 LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; **Fridays,** 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays

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

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

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

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

FIRST THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free. TOPEKA, (785) 354-6787

FIRST & THIRD FRIDAYS OF EACH MONTH
HEALTH CHECKS
 Blood pressure checks, glucose checks, skin

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

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

SECOND THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free. TOPEKA, (785) 354-6787

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

THIRD THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC
 HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free. TOPEKA, (785) 354-6787

■ CONTINUED ON PAGE 20

NOW IS THE TIME! GET THE INFORMATION YOU DESERVE

Medicare Part D Open Enrollment Period Runs from October 15th through December 7th.



Joye Johnson
 Stephens Insurance

Due to plan changes and Prescription Drug changes, it is important to evaluate your Part D coverage each year.

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Alzheimer's Care Update by Scott Schultz

"My Dad is becoming forgetful. Does this mean he has Alzheimer's disease?"



Scott Schultz, President, ComfortCare Homes of Baldwin City

As we age, many of our physical capabilities diminish. Memory is thought to be one of those capabilities. But just because someone may have a harder time remembering some things does not mean he or she has Alzheimer's. The most recent studies we've seen indicate that approximately one in eight Americans today aged 65 and older has Alzheimer's disease. It is the fifth leading cause of death in that age group.

If you suspect your father's condition might be serious, we recommend you make him a doctor's appointment and ask for a complete diagnostic workup. In some cases symptoms can be reversed if caused by treatable conditions such as depression, drug interaction, thyroid problems, excess use of alcohol or certain vitamin deficiencies. A lapse in memory is not always disease related.

For more information: 785 594 2603 comfortcarebaldwin.com

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

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

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

DEC 5

CHOLESTEROL SCREENING

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

JAN 2

CHOLESTEROL SCREENING

See December 5 description. HealthSource room, Lawrence Memorial Hospital, 8:30-10 a.m. LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

DEC 2

KANSAS TERRITORIAL CHARACTERS

The Lecompton Reenactors present "Kansas

Territorial Characters," a play by J. Howard Duncan. The play features some of the famous and not-so-famous characters from the turbulent time period known as "Bleeding Kansas." Constitution Hall State Historic Site, 319 Elmore, 4 p.m. Admission fee. Kansas Historical Foundation members and children 5 and under admitted for free.

LECOMPTON, (785) 887-6520

HOLIDAY EVENTS

NOV 19-DEC 30

CHRISTMAS IN HISTORIC LECOMPTON

Three floors of old-time Christmas decorations and trimmings and Vesper music performance. Fifteen foot, native Red Cedar Christmas tree. Vespers Music performance is on December 2 at 2 p.m. 640 E Woodson. LECOMPTON, (785) 887-6275 www.lecomptonkansas.com

NOV 30-DEC 1

LIVING BETHLEHEM

The Bethlehem Project is held to celebrate Christmas by making the coming of Jesus real for everyone. The event is held outside in the crisp, clean air, under the stars, with luminaries lit around the pond. As the visitors interact with the many Bethlehem natives, they begin to really experience the birth of Christ. This event is a community event. All are welcome to come! 1001 E. Logan Street. OTTAWA, (785) 242-8313 ottawabilechurch.org/bethlehem.htm

NOV 30-DEC 8

HOLIDAY HAPPENINGS

A traditional Victorian candlelight dinner, live music, a mansion tour, hot cider and cookies by the fireside, handcar rides, a hot fudge sundae

for dessert, and more. Reservation limited to 72 per evening. Costs: TBD per person. Call and reserve your spot! Doors open at 6 p.m., Dinner at 6:30 p.m. 124 SW Clay.

TOPEKA, (785) 368-8888 www.topeka.org

DEC 1

CANDLELIGHT VESPERS

Come attend the 82nd annual Christmas Candlelight Vespers performed by students of Baker University. It will be held at First United Methodist Church on Eighth and Grove streets. The program will include performances by the Baker Concert Choir, Baker Chamber Choir, Baker Orchestra, Baker Percussion Ensemble, Baker Brass Ensemble, Baker Speech Choir, Little Big Band Jazz Ensemble, Buel A. Hill Quartet and University Community Choir. This event will be free and a must see for everyone! BALDWIN CITY, (785) 594-8330

DEC 1

CHRISTMAS PARADE & VICTORIAN CHRISTMAS FESTIVAL

Parade begins at 4 p.m. in Downtown Ottawa. Please call for vendor & parade registration info. Main Street. OTTAWA, (785) 242-1000 www.ottawakansas.org

DEC 1

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. 700 Massachusetts St. LAWRENCE, (785) 856-3040 www.lawrencechristmasparade.org

DEC 1

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. Main Street. WELLSVILLE, (785) 883-2462

DEC 1 & 2

SANTA EXPRESS

In addition to the 12-mile round trip train ride, each child will have a chance to visit Santa in his special rail car while their parents and grandparents take pictures. The Baldwin Santa Fe Depot souvenir shop will be open for those wishing to get train-related souvenirs and Christmas gifts. Thomas the Tank Engine 8 souvenirs will also be on sale! The trains are enclosed but not heated so visitors are reminded to dress accordingly. Tickets can be purchased at the depot on Dec. 1 & 2 or online on our website. 1515 W High St. BALDWIN CITY, (913) 721-1211 www.midland-ry.org

DEC 1-23

FESTIVAL OF NATIVITIES

Over 300 unique nativity sets created from a wide variety of materials. Don't miss the crafts sale. Centenary United Methodist Church, 245 4th St. LAWRENCE, (785) 843-0276 www.visitlawrence.com

DEC 2

CANDY CANE HUNT

It is rumored that Santa will be leaving candy

CONTINUED FROM PAGE 20

canes around downtown area. Come join us as we search for hidden candy canes. Be sure to come at 12 a.m. as the hunt will start at that time. Pre-registration is required for this event. Bags will be provided to put the candy canes in. 3rd & Main Streets. OTTAWA, (785) 242-1939 www.orcottawaks.org

DEC 2-5

GINGERBREAD HOUSE FESTIVAL AND VIEWING

The Annual Eldridge Hotel Gingerbread House Festival and Auction benefiting Big Brothers Big Sisters of Douglas County. Local talent builds and donates amazing Gingerbread creations to be placed up for charity auction at an elegant seasonal gala on December 8th. Public Viewing Times: Friday, December 3rd: 10 a.m.-6 p.m.; Saturday, December 4th: 10 a.m.-6 p.m.; Sunday, December 5th: 12-7 p.m.; Monday, December 6th: 10 a.m.-6 p.m. Carnegie Building, 200 W 9th. LAWRENCE, (785) 843-7359

DEC 5

CAPITOL FEDERAL HOLIDAY CONCERT

Treat the entire family to an evening of festive holiday music featuring traditional chestnuts along with a few surprises. Jeremy Starr, Guest Conductor, Brandon Ridenor & Rich Ridenor, Soloist. Event Time: 7:30 p.m. Admission fee. White Concert Hall, 17th & Jewell Streets. TOPEKA, (785) 232-2032 www.topekasymphony.org

DEC 6-9

FESTIVAL OF TREES

The Evening Festival of Trees Description: View over 65 beautifully designed Christmas trees and wreaths, purchase homemade baked goods and products made by local vendors in the Mistletoe Market and Bakery. Enjoy holiday entertainment, Candy Cane Lane (a craft area sponsored by Hobby Lobby), and visit the Silent Auction. Don't miss this Holiday tradition for the family. Agriculture Hall, 17th & Polk. TOPEKA, (785) 266-8686

DEC 8

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, 940 New Hampshire. LAWRENCE, (785) 843-2787

DEC 8

FESTIVAL OF LIGHTS PARADE

Turn out for the annual Festival of Lights Parade and tree lighting ceremony, which welcomes Santa to town on the 2nd Saturday in December. The parade runs through historic downtown Baldwin City and features Santa Claus making his grand entrance on an antique fire truck. After the parade children can visit with Santa, have their photos taken, and enjoy warm hot cocoa and cider at area businesses. Come join the start of the holiday fun at 6 p.m. BALDWIN CITY, (785) 594-3200 www.baldwincitychamber.com/news/calendar

DEC 8

LAWRENCE HOLIDAY FARMERS' MARKET

The Lawrence Holiday Farmers' Market is a special event held indoors at the Lawrence

Holiday Inn, 200 McDonald Drive with doors opening at 9 a.m. and running until 5 p.m. Come see your favorite local farmers & ranchers one last time for the year! There will even be fresh produce this year! Hot food; take home food, frozen food and sweet food, handmade, homegrown products of all kinds. LAWRENCE, (785) 856-4546

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m. Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m.

Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

WEDNESDAYS

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

FRIDAYS

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH

Midland Adult Day Care, 319 Perry St., 10 a.m. Cottonwood Retirement 1029 New Hampshire, 2 p.m. Babcock Place, 1700 Massachusetts St., 3 p.m.

THIRD WEDNESDAY OF EACH MONTH

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

CONTINUED ON PAGE 22



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

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FOURTH WEDNESDAY OF EACH MONTH

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

MEETINGS

**MONDAYS, WEDNESDAYS & FRIDAYS
 WATER AEROBICS CLASSES**

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

**FIRST MONDAY OF EACH MONTH
 BEREAVEMENT SUPPORT GROUP**

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

**FIRST & THIRD MONDAY OF EACH MONTH
 BEREAVEMENT SUPPORT GROUP**

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

**FIRST & THIRD MONDAY OF EACH MONTH
 BEREAVEMENT SUPPORT GROUP**

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

**FIRST & THIRD MONDAY OF EACH MONTH
 CAREGIVER SUPPORT GROUP**

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

**FIRST & THIRD MONDAY OF EACH MONTH
 CAREGIVER SUPPORT GROUP**

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

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

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in health-care, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3 p.m. in Conference E of LMH.
 LAWRENCE, (785) 830-8130

**FIRST & THIRD TUESDAY OF EACH MONTH
 SCRAPBOOK MEMORIES**

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

**FIRST & THIRD TUESDAY OF EACH MONTH
 GRIEF SUPPORT GROUP**

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

**FIRST & THIRD TUESDAY OF EACH MONTH
 GRIEF SUPPORT GROUP**

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

**TUESDAYS
 GRIEF & LOSS SUPPORT GROUP**

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

**TUESDAYS
 GRIEF & LOSS SUPPORT GROUP**

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

**TUESDAYS & THURSDAYS
 WATER AEROBICS CLASSES**

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

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

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

**FIRST WEDNESDAY OF EACH MONTH
 OLDER WOMEN'S LEAGUE**

Meetings are held at the United Way building, 2518 Ridge Ct.. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson.
 LAWRENCE, (785) 832-1692

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

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

**THURSDAYS
 GRIEF & LOSS SUPPORT GROUP**

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

**FIRST THURSDAY OF EACH MONTH
 LAWRENCE AREA PARTNERS IN AGING**

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

**FIRST & THIRD THURSDAY OF EACH
 MONTH**

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

**FIRST FRIDAY OF EACH MONTH
 STROKE SUPPORT AND RECOVERY
 GROUP**

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

**SECOND MONDAY, SEPT-MAY
 LAWRENCE CLASSICS, GENERAL
 FEDERATION OF WOMEN'S CLUBS**

Volunteer service club.
 LAWRENCE, (785) 331-4575

**SECOND MONDAY OF EACH MONTH
 GRIEF AND ENCOURAGEMENT GROUP**

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

**SECOND MONDAY OF EACH MONTH
 CAREGIVER SUPPORT GROUP**

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

**SECOND TUESDAY OF EACH MONTH
 NATIONAL ASSOCIATION OF RAILROAD
 AND VETERAN RAILROAD EMPLOYEES**

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.
 TOPEKA, www.narvre.com

**SECOND TUESDAY OF EACH MONTH
 KAW VALLEY HERBS STUDY GROUP**

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

**SECOND WEDNESDAY OF EACH MONTH
 MEMORY SUPPORT GROUP**

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2 p.m. For more information, please call Amy Homer.
 LAWRENCE, (785) 832-9900

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

The Diabetes Education Center provides a free monthly program for those with diabetes

and their support persons, at 6 p.m. Lawrence Memorial Hospital, Meeting Room A.
 LAWRENCE, (785) 505-3062

**SECOND WEDNESDAY OF EACH MONTH
 SOROPTIMIST INTERNATIONAL OF
 TOPEKA**

Soroptimist International's mission is to improve the lives of women and girls in local communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County Public Library. Guests welcome. Please email info@soroptimisttopeka.org for more information.
 TOPEKA, (785) 221-0501
 www.soroptimisttopeka.org

**SECOND THURSDAY OF EACH MONTH
 CAREGIVERS SUPPORT GROUP**

Learn more about caregiving, share your caregiving ideas and learn new ones. Find out about living options for your loved one and share comfort among others who are going through the same things. Refreshments are provided
 Meets at The Windsor of Lawrence, 3220 Peterson Rd. Call to RSVP.
 LAWRENCE, (785) 272-9400

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

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

**SECOND & FOURTH FRIDAY OF EACH MONTH
 ALZHEIMER'S/CAREGIVER SUPPORT
 GROUP**

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.
 LAWRENCE, (913) 831-3888

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

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

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

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

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

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

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

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

The Lawrence chapter of the National Active

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

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

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

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

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

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

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

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

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

Sponsored by Grace Hospice.
 LAWRENCE, (785) 841-5300

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

Pioneer Ridge Assisted Living Library, 4851 Harvard, 6:30 p.m.
 LAWRENCE, (785) 344-1106

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

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

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

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December.
 TOPEKA, (785) 233-5762
 www.tgstopeka.org

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

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

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

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury

Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and 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

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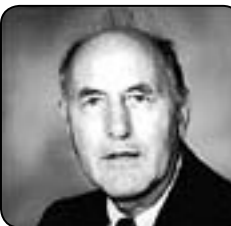
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HUMOR

Eloise Sets It Up

The whole town was abuzz about the big event that Eloise Simpelkins was planning. The event was supposed to be very hush-hush. That's why the whole town was abuzz about it. In Letongaloosa if you want something to be a topic of everyone's conversations, you tell it to two people and say it's a secret. That information will be all over town in less than half an hour.



Larry Day

Eloise Simpelkins grew up in Letongaloosa. Now she's the CEO of a worldwide home service enterprise based in New York. Eloise wanted to get maximum publicity for an event she was going to stage here, so she told two people and told them it was a secret.

"Did you hear the news?"
"What news?"
"Eloise Simpelkins is bringing a big shot British billionaire to speak at the Malkinboeker Center. They're keeping it hush-hush until the official announcement."

"Yeh, I heard that this morning."
Through its programs, the Malkinboeker Center brings cultural and intellectual enlightenment to Letongaloosa. The center is named for Karl Malkinboeker, a Letongaloosan who sold his mother's homemade peanut brittle door to door, and went on to become a worldwide marketing tycoon.

Eloise and Karl ran into each other in London a while back. They reminisced about old times, then Karl invited Eloise to join him at the Ledbury, an exclusive restaurant in Notting Hill. He was having dinner there with Sir Jeremiah Teacrumpets, the British billionaire. After dinner Karl excused himself. Sir Jeremy and Eloise hit it off so well that they chatted long after dinner. Sir Jeremy said he was fascinated by small town

America.
"You should visit Letongaloosa," said Eloise.

"I'd love to," said Sir Jeremy.
"Then you're invited," said Eloise, "Come speak at our new lecture center."

When she got back to the United States, Eloise called the director of the Malkinboeker Center and told him to set up a lecture by Sir Jeremiah Teacrumpets. The director would have scheduled a hog calling contest if Eloise told him to.

Later, as they were working out the details, Sir Jeremy said, "I'm tired of mixing with the stuffed shirts who always attend my lectures. I'd like to meet some everyday people."

"What better place than Letongaloosa?" said Eloise. "I'll set it up."

That's why Eloise put out the word on the hush-hush network. That way everyone in town got news of the lecture at the same time. Then she set about inviting the guests who would attend the dinner that is always scheduled before lectures. She got in touch with those who would sit in the reserved seats. The Malkinboeker Center's lecture hall is long and narrow. Everyone who attends can hear well, but only those sitting up front get a good look at the speaker.

As the weeks passed and the day of Sir Jeremy's lecture approached, discreet inquiries began occurring in the La Mancha neighborhood among people who customarily attended dinner before lectures, and among those who always sat in reserved seats.

"Hello?"
"Janet, this is Sarah. Have you received word about the dinner that's scheduled before that British gentle-

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man's lecture at the Malkinboeker?"
"No, I haven't. Have you?"
"No."
"The Ponderdall's haven't gotten their invitation yet either."
"Really? How strange."

As the days wore on such inquiries became less discreet, more urgent, but they weren't any more satisfying.

Meantime at Pennys, Sears and Target, cash registers were ringing. Lots of new women's outfits and men's dress pants and shirts were going out the doors. Hair salons had to put on extra help. There was an uptick in sales of ties and men's shoe polish.

Early on the evening of Sir Jeremy's lecture in modest homes all over Letongaloosa people were putting on their best bib and tucker. At the Mal-

kinboeker Center the chefs and wait staff were making final preparations for a sumptuous meal. The ushers were studying photos of the largely unfamiliar faces of the invited guests so they could lead them to their seats front and center in the lecture hall.

Sir Jeremy loved having a chance to meet everyday folks, Letongaloosans loved having dinner with a British aristocrat, and the ushers suppressed smiles as they politely guided a lot of "but we've always had reserved seats" folks to chairs at the back of the hall.

- 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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HUMOR

Barry, my handyman

By Kevin Groenhagen

I hired a new handyman last spring to take care of the yard and other chores around the house. I knew I was taking a chance with Barry because he really had no experience as a handyman. However, he is an extremely good talker.

Barry promised he would cut the crabgrass in my yard in half by the end of the summer. Instead the crabgrass doubled. He said he would take care of the leak in my roof, but it leaks more now than when I hired him. He was able to save the elm tree in the backyard. However, if he had done what another prospective handyman suggested, the elm still would have been saved, would be stronger today, and I would have saved a lot of money.

I used to have a mole problem in my yard, and my former handyman, Jorge, managed to kill or capture most of the moles. However, the pes-

kiest of the moles eluded him. Before he retired, Jorge gathered information to find that mole, so I relayed that information to Barry. Barry strongly criticized how the information was gathered, but eventually found the mole using the information. Unfortunately, he killed it in the neighbors' yard without getting the neighbors' permission. That has caused a little tension between me and my neighbors, Pat and Stan.

Barry then spent two months boasting to everyone he met, "I killed the mole and saved the elm." While he was doing that he missed the fact that wasps had built a nest in a small hole on the side of my house. I warned him about this new threat several times, but he pooh-poohed it. I came home from work one day only to find that a woodpecker had pecked about a dozen holes in the siding looking for those wasps. Two neighbors tried to shoo away the woodpecker, but ended

up getting pecked by the bird and stung by the wasps. Barry stood by while they were being attacked and then, inexplicably, left for a casino in Kansas City.

When Barry showed up for work the next day, I asked him why he didn't do anything about the wasps and woodpecker. He then made up some ridiculous story about how the woodpecker was angry about an offensive Woody Woodpecker cartoon. Instead of blaming the wasps, he said I should have the police arrest the guys in California who made the cartoon.

Occasionally, Barry brings along his Uncle Joe to "help" with odd jobs. Uncle Joe always has a creepy grin on his face, laughs at inappropriate times, and is constantly exaggerating about things he has done. Over Labor Day weekend, Barry and Uncle Joe got it in their minds that they would try to catch the thieves who were stealing fishing equipment in the neighborhood. Without telling me, they used by favorite fishing rods as "bait" in an attempt to reel in the culprits. The thieves ended up stealing my rods. Needless to say, Operation Cast and Curious was a complete failure.

So now I have to make a decision. Do I rehire Barry for next summer or hire a new handyman? I have another one in mind. Rodney has extensive experience as a handyman. In fact, he ran his own business for many years and has a great record of fixing things around the house and revitalizing lawns. One of my neighbors, a reporter for the daily newspaper in Lawrence, says I have no choice but to rehire Barry. In fact, the reporter goes out of his way to tell everyone else in the neighborhood that Barry may just be the greatest handyman he has ever seen.

Last week I asked Barry why I should rehire him. He couldn't tell me what he would do to fix the problems he promised to fix (but failed to do) this past summer. Instead, he blamed everything on my previous handyman and claimed that Rodney only cares about rich homeowners. Barry even distributed a flyer door to door throughout the neighborhood that claimed the fertilizer Rodney uses caused a woman to get cancer. The flyer also claimed that Rodney hates dogs.

Yesterday I decided to rehire Barry. I'll let him know as soon as he returns from playing golf.

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WOLFGANG PUCK'S KITCHEN

A warming autumn pasta

Now that we've set back the clocks this past weekend, it feels like autumn is really here. Nighttime is coming earlier each day and, more and more, there's a chill in the air—even here where I live, in Southern California.



Wolfgang Puck

I love cooking pasta at this time of year. A bowl full of noodles prepared al dente—"to the tooth," the phrase that Italians use to describe pasta that is perfectly cooked until tender but still pleasingly chewy—feels robust, filling, and warm, like the most delicious insulation imaginable. And when you toss that pasta with a simple, quickly made sauce featuring earthy vegetables along with creamy and tangy goat cheese, you have a main course that will be certain to sustain you. So, let me share with you my simple strategy for preparing

such pasta dishes.

First, to provide a touch of classic flavor that brings distinction to so many Italian-style noodle preparations, I usually double-blanch a few garlic cloves. This simple chef's technique mellows their harshness without diminishing their distinctive flavor. Just boil the whole trimmed but unpeeled cloves briefly, cool them quickly in a bowl of ice water, and then do it all once again before draining, peeling, and slicing them. You'll be surprised by how pleasant tasting the result will be.

Then, in extra-virgin olive oil, I saute whatever vegetables look their best at the farmers' market at this time of year. Sliced mushrooms are a good choice, for example. I also like strips of kale leaves, or small bite-sized florets of broccoli or cauliflower. One of my favorite selections, however, is cubes of slender Asian eggplants, which have a mild flavor with none of the bitterness you may find in some of the larger globe-shaped eggplants.

Once the vegetables have been browned, I'll add the garlic and saute it a bit before tossing in herbs, a touch of spicy red pepper flakes, some slivered sun-dried tomatoes, and a little broth, which finishes cooking the fea-

tured vegetable while it also reduces to coating consistency to form a sauce that I'll enrich just before serving with the goat cheese and a little butter. Meanwhile, the pasta cooks in a separate pot of boiling salted water—allow just a couple of minutes for fresh noodles, a while longer if all you can find are dried - and will be ready to toss with the finished sauce.

It's that easy to produce a seasonal pasta main course that needs only a side salad, some good, crusty bread, and your favorite beverage to complete the meal. You'll feel so comforted by the results that you'll feel almost thankful that Daylight Savings Time has come to an end.

SPICY EGGPLANT FETTUCCINE WITH TOMATOES AND GOAT CHEESE

Serves 4

- 4 cloves garlic
- Salt
- 3 Asian eggplants, about 1 pound total weight, ends trimmed
- 1/4 cup extra-virgin olive oil
- Freshly ground white pepper
- 1/4 cup drained oil-packed sun-dried tomatoes, cut into pieces 1/4-inch thick
- 1 tablespoon chopped fresh rosemary leaves
- 1/2 to 1 teaspoon red pepper flakes
- 2 cups organic chicken broth
- 12 ounces store-bought fresh fettuccine
- 6 tablespoons unsalted butter, cut into small pieces
- 2 tablespoon chopped fresh Italian parsley
- 4 ounces fresh creamy goat cheese, cut into small pieces
- 6 fresh basil leaves, stacked, rolled lengthwise, and cut crosswise into

thin strips

Fill a small bowl with ice cubes and water. Trim both ends of the garlic cloves. In a small saucepan, pour about 1 inch cold water and salt lightly. Bring to a boil. Add the garlic and boil for 30 seconds. Remove the cloves with a slotted spoon and immediately plunge into the ice water. Boil and chill the cloves again. Drain and pat them thoroughly dry. Slip off the peels, cut the garlic into thin slices, and set aside.

Cut the eggplant into 1/2-inch cubes. In a large saute pan, heat the oil over medium heat. Add the eggplant, season lightly with salt and pepper, and cook until golden brown all over, stirring occasionally, 7 to 10 minutes. Add the garlic and continue sauteing and stirring until the garlic colors lightly, 2 to 3 minutes longer.

Fill a large pot with water and bring to a boil.

Meanwhile, add to the eggplant the sun-dried tomatoes, rosemary, and pepper flakes to taste. Pour in the broth. Bring to a boil, reduce the heat slightly, and simmer briskly, stirring occasionally, until the liquid thickens slightly, 5 to 7 minutes.

Season the boiling water with salt, add the fettuccine, and cook until al dente, tender but still slightly chewy, 1 to 2 minutes or following package directions. Drain well and add the pasta to the sauce, stirring and tossing to coat all the strands. Stir in the butter, parsley, and goat cheese. Adjust the seasonings to taste.

Serve immediately, dividing the pasta and sauce among 4 large shallow serving bowls. Garnish with fresh basil.

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TRAVEL TROUBLESHOOTER

A runaround for an airline ticket refund

When John King's mother dies, he asks American Airlines to refund her ticket. Instead of sending the money, it emails him a series of form letters. What should he do?



Christopher Elliott

Q: I'm hoping you can help, because I'm stuck in limbo with my request for a refund on a \$950 nonrefundable ticket to Maui on American Airlines.

I purchased the ticket for my mother. A few months later, she fell and broke her hip. She passed away about a month later.

After reading several of your articles regarding refunds for nonrefundable tickets, and noting you included death as one of two usual exceptions, I decided to contact American Airlines.

I submitted three online refund requests to American. It did not respond.

Finally, I contacted customer relations by phone and received instructions on how to cancel her ticket and submit a death certificate. A week later, I received an e-mail addressed "To Whom It May Concern" requesting a written explanation of the cancellation along with a copy of the death certificate.

What kind of written explanation is needed regarding death?

American Airlines has sent us several more form letters, but so far hasn't refunded the tickets. We even tried to leave a message on its Facebook account, but it hasn't responded. I hope you can help. - John King, Carlisle, Iowa

A: My condolences on your loss. When your mother passed away, American Airlines should have refunded her ticket after you sent it her death certificate. I've never heard of an airline requiring an explana-

tion for a passenger's death. It seems redundant, since the death certificate would have noted her cause of death.

Airlines routinely refund nonrefundable tickets when a passenger dies. It is, as I've noted, one of the few reasons for a refund (the others being a flight cancellation, a significant schedule change or a documented change in military orders). And while it's not unusual for the company to

request a death certificate once, it's uncommon to receive numerous form letters, which just stall the refund process and appear to be intended to make you give up.

When an airline gives you the runaround, it's time to begin forwarding your correspondence to someone higher up the corporate food chain. I list the names and addresses of managers who can help on my customer service wiki (<http://onyourside.com/wiki/airline/american-airlines/>). That probably would have done the trick.

I'm disappointed with the way American handled your request. At a time like this, the airline should have been compassionate about your loss and done its best to minimize the paperwork necessary to secure a quick refund.

I contacted American on your behalf. It apologized and issues a full refund for your mother's ticket.

- Christopher Elliott is the author of "Scammed: How to Save Your Money and Find Better Service in a World of Schemes, Swindles, and Shady Deals" (Wiley). He's also the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a nonprofit organization that advocates for travelers. Read more tips on his blog, elliott.org or e-mail him at chris@elliott.org. Christopher Elliott receives a great deal of reader mail, and though he answers them as quickly as possible, your story may not be published for several months because of a backlog of cases.

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My Ears Are Ringing

Tinnitus is commonly described as a ringing in the ears but can often sound like crickets, locusts, hissing, buzzing and many other unpleasant noises. Tinnitus can be heard constantly or intermittently and may be in one or both ears. It may be soft or loud and may present itself in different pitches.

If you hear noises in your ears, you are in good company. In the United States, roughly 10 percent of the adult population experience tinnitus. This is not a disease. Tinnitus is typically a symptom of some type of auditory system problem and is quite often the first indicator of hearing loss. But it can also be caused by a number of other health conditions including diseases of the heart, brain tumors, ear or sinus infections, and more. Many drugs are also known to cause tinnitus.

If you have ringing in your ears, please visit with your physician to ensure that there are no underlying health concerns. If there is no medical condition found to be causing the tinnitus, then I would encourage you to schedule a complimentary hearing evaluation with NuSound Hearing Center.

NuSound partners with your primary care physician to give you the very best in hearing health care. Our professionals will provide you with a complete audiometric evaluation as well as all speech discrimination and bone conduction tests. NuSound's Hearing Instrument Specialist will then customize a device that best fits your lifestyle, cosmetic and financial desires.

I am often asked if the hearing aids will enhance the tinnitus. Most patients find that the ringing lessens when they are wearing their devices. A smaller percentage of users state that the ringing is totally undetectable. There is no cure for tinnitus but the better you hear, the less you may notice the ringing.

Call NuSound Hearing Center today to schedule your complimentary tinnitus evaluation. As always we encourage all adults to have their hearing tested annually. Let us help you hear all the sounds of Christmas this year.



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GUEST COLUMN

What you need to know about dementia

Dementia is not a disease. Instead, it is a set of symptoms related to the loss of mental function in areas such as: language, memory, visual and spatial abilities or in judgment. These symptoms accompany certain diseases like Alzheimer's, Parkinson's and Huntington's. Estimates from respected studies suggest an estimated 20% of adults over age 65 may have dementia. This number will escalate as baby boomers age and the proportion of the population over age 65 increases.



Robert Wilson

The onset of dementia is gradual. Affected people are typically good at covering up gaps in memory, so family members who observe these changes in behavior may attribute it to normal aging. Memory loss that disrupts daily living is not a typical part of aging.

There are three stages of dementia: mild, moderate and severe. It is important to understand that not all dementia symptoms will be present in every person, nor will every person necessarily experience every stage.

Mild dementia

Mild dementia symptoms may include a decreased interest in hobbies or activities, an unwillingness to try new things or difficulty adapting to change. An individual developing dementia may become increasingly frustrated with routine familiar tasks, such as loading a dishwasher or sorting laundry. Personal finances may also pose a challenge for a person facing dementia because they may exhibit poor judgment when handling money. In some cases donations have been made to strangers even though

the gift is uncharacteristic of his or her typical generosity. Declining judgment can also affect an individual's ability to drive safely. Behaviors such as stepping on the vehicle's gas pedal to stop or waiting for a stop sign to turn green may indicate dementia related deterioration in judgment. People presenting signs of dementia may repeat stories or easily lose the thread of their conversation. They may misplace or lose things and then proceed to blame others for stealing.

Moderate dementia

Symptoms which could indicate moderate dementia often include a lack of emotional control or obvious neglect of routine living tasks such as managing a home, preparing meals, and basic grooming and hygiene. Forgetting long-time friends or confusing one family member for another may be another sign. Repetitive speech, such as asking the same question over and over or repetitive behavior like fidgeting or continuous buttoning, unbuttoning and re-buttoning clothing, could be a sign of dementia. At this stage confusion regarding time and place could be present. People with dementia have also been known to wander off or become lost in familiar places, and become unable to retrace steps. Inappropriate behavior, such as uncharacteristic vulgar language, or leaving home in nightwear, may also be a concerning symptom related to dementia.

Severe dementia

Individuals with severe dementia may be unable to recognize familiar objects, places or family members. They may be unable to eat, dress themselves, use the bathroom or they may experience difficulty walking, and may need a wheelchair. Uncontrolled movements, hallucinations or delusions may be present at this stage. Restlessness, aggression or night disturbance is possible. At this stage, individuals may be unable to express verbal ideas and thoughts. When lan-

guage skills are impacted non-verbal communication such as gestures, pointing, or smiling may become the alternative to maintain relationships.

When to see a doctor

It is recommended to see a doctor when memory problems or other dementia symptoms are suspected. Because certain medical conditions can mimic dementia symptoms, it is important that a doctor determine the underlying cause and make a diagnosis. Early detection and diagnosis gives a person time to make future plans while he or she can make good decisions.

Living with Dementia

While the signs and symptoms of dementia can be distressing, there is help and hope. My recommendation is to seek support from friends, family

and from the broader medical and senior care community. We believe that happy and fulfilling relationships are possible despite a dementia diagnosis. Our commitment is to help individuals and their caregivers living with dementia, regardless of whether they become part of the Bridge Haven family. Please contact us for assistance.

- Robert Wilson is the executive director for Bridge Haven Memory Care Residence and Bridge Haven Care Cottage. He is an active member of the Lawrence Area Partner in Aging network, the Douglas County Coalition on Aging, and the Kansas Health Care Association and he is an advocate for raising the standards of care for local area seniors. He can be reached at 785-371-1106.

PET WORLD

Dog's skin problems and clogged glands can be treated without breaking the bank

Q: When we purchased our 8-week-old German Shepherd, we were told he was very healthy. However, he's suffered from an unbelievable skin condition, constantly scratching his stomach, genitals and ears. We've taken him to a dermatologist and to our veterinarian many

where you purchased yours may have had the problem. Gram adds, "Scabies can be hard to find, but it's not unreasonable to treat thinking they may be there."

Gram says that testing for food allergies can cost several hundred dollars (but not thousands, as you suggest). Most importantly, it probably isn't necessary. A more cost-effective option would be to put your dog on a food trial, using an appropriate hypoallergenic diet recommended by your veterinarian. During a food trial, your dog would eat nothing except the suggested "special" diet for two months - no treats, no table snacks.

It's true that such "special" diets are more expensive than most over-the-counter food brands. However, working with a veterinary dermatologist has several advantages, one being that together you may be able to pinpoint the allergen (if there is one, keeping in mind that mites might be the problem, or a contributing factor).

As for the anal gland issue, Gram wonders if your dog is licking back there because his rear-end itches (as a result of food allergies), or if there are truly unrelated anal gland problems. If so, these can be treated.

My hope is that your dog can enjoy an itch-free happy life and you can help make that happen without breaking the bank.

Q: I'm desperate for answers. Baby, our 7-year-old, 16-pound cat was very healthy, then she began to leak a black liquid from her rectum, which developed into a vaginal infec-



Steve Dale

times, but all they say is he should undergo "scratch tests" that would cost thousands of dollars—and that might not even help. We can't afford the tests. This dog also suffers from clogged glands. We love him enough to put him out of his misery. We know he must be uncomfortable. What would you advise? - S.M., Cyberspace

A: Euthanizing any pet is a very personal decision, but in this instance, it would seem to be a tragedy. "In very young dogs, the most likely explanations (for what you describe) are food allergies and/or scabies. They are both 100 percent treatable," says Dr. Dunbar Gram, a veterinary dermatologist in Richmond, VA.

Scabies or sarcoptic mange is caused by mites and is contagious (to other pets). Some dogs may show symptoms, some not. If scabies is identified, other dogs at the breeder

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tion. The problem creates an odor, though it's not like "poo." I brought Baby to the vet, but I've now spent \$750 and they still can't find a thing. These trips to the vet are so stressful that Baby has to be sedated.

Dry food is always available, and Baby gets canned food in the morning. Her stools are always very soft. The only suggestion from my vet is that I see a specialist, but that's too expensive. Any other ideas? - M.J.S., Las Vegas, NV

A: One hint as to the problem may be Baby's girth. Dr. Vicki Thayer, president of the non-profit Winn Feline Foundation and past president of American Association of Feline Practitioners, says, "Of course, you'll have a happier, healthier cat overall if you and your veterinarian can develop a weight-loss program. This would likely include cutting out the free feeding (leaving food out all the time), transitioning to only canned food (a low carbohydrate choice) and beginning an exercise regimen."

Thayer says it's possible Baby isn't able to groom around her rear end because she can't reach (her tummy gets in the way), and with weight and

age, she may be developing arthritis so reaching back to groom hurts.

Since Baby's problem doesn't generate a smell like "poo," clogged anal glands is the likely answer, says Thayer, of Lebanon, OR. Your veterinarian can offer advice, depending on whether or not the glands are infected.

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

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

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PUZZLES & GAMES

BRIDGE

Follow The Bouncing Ball

Goren on Bridge: By Tannah Hirsch
Tribune Media Services

East-West vulnerable. West deals.

above can only be perpetrated by experts. Indeed, it is from the 1975 World Team Championships, and featured two of the world's great pairs—Giorgio Belladonna and Benito Garozzo of Italy's legendary Blue Team, North and South respectively, and Bob Hamman and Bobby Wolff, mainstays of the Dallas Aces, East and West respectively.

The sequence contained seven doubles and two redoubles (count 'em) while the auction got no higher than two spades!

North's off-shape takeout double, which simply showed opening bid values, is typical of the Italian style, and started the problem. East's redouble showed a good hand and asked for the auction to get passed around to him. From that point on, the fat was in the fire. West doubled one spade for penalties and East did the same to North's escape to one no trump. South's redouble was an SOS for a rescue, and North-South then tried two clubs, two diamonds, two hearts and two spades, each of which the Americans doubled for penalties.

Against South's two spades doubled, West led the singleton heart. Declarer played low from dummy, East won with the queen and shifted to the deuce of diamonds. West won with the king, cashed the ace and then

shifted to a low club. The three was played from dummy and East won with the queen. The ace of hearts was cashed and another heart was led for West to ruff. Declarer still had to lose two trump tricks to the ace and queen, suffering the indignity of losing 500 points when the opponents were

unlikely to make more than a partial.
- Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2010 Westridge Drive, Irving, TX 75038. E-mail responses may be sent to gorenbridge@aol.com.
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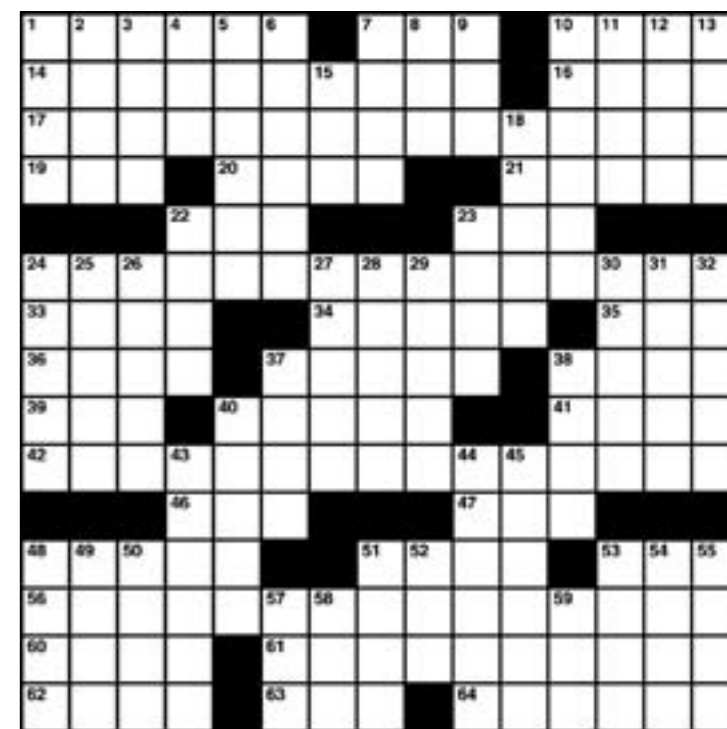
CROSSWORD

Across

- 1 "Close!"
- 7 Cartoon monkey
- 10 ___ bonding
- 14 Create trouble
- 16 Mount near Olympus
- 17 See 64-Across
- 19 Marx's "___ Kapital"
- 20 Smallish quarrel
- 21 With attitude
- 22 It may be painted
- 23 NASA moon lander
- 24 See 64-Across
- 33 "Alfred" composer, 1740
- 34 Study fields
- 35 Something golfers often break
- 36 Martial arts facility
- 37 Molasses-like
- 38 LaBeouf of "Transformers" films
- 39 Latin 101 word
- 40 Drummer in Goodman's band
- 41 Crammer's concern
- 42 See 64-Across
- 46 Quite a while
- 47 Unsafe?
- 48 It's sometimes shaved
- 51 Smith's item
- 53 Contend
- 56 See 64-Across
- 60 "___ Cop": 1987 film
- 61 Plant-based weight loss regimen
- 62 Former cygnet
- 63 Scale notes
- 64 Clue for this puzzle's four longest answers

Down

- 1 Riding sch., e.g.
- 2 Dharma teacher
- 3 Rose Parade flowers
- 4 Home of the Woody Hayes Athletic Ctr.
- 5 Electric eye, e.g.
- 6 Capital SSW of Seoul
- 7 Going head to head
- 8 Vita
- 9 Spigoted vessel
- 10 Parisian words of friendship
- 11 Sale caveat
- 12 WWII transports
- 13 Lenient
- 15 Short stop?
- 18 Windows openers
- 22 Palm in one's palm?
- 23 Reporter's source
- 24 Co-Nobelists with Begin in 1978
- 25 Teaser
- 26 One variety of it remains green when ripe
- 27 Book after Micah
- 28 Kvetch
- 29 Hard nut to crack
- 30 Questionnaire catchall
- 31 Election believer
- 32 Election prizes
- 37 Air___: Southwest subsidiary
- 38 BA or HR
- 40 Titan of publishing
- 43 Put trust in
- 44 Where distasteful humor often goes
- 45 Hopi home



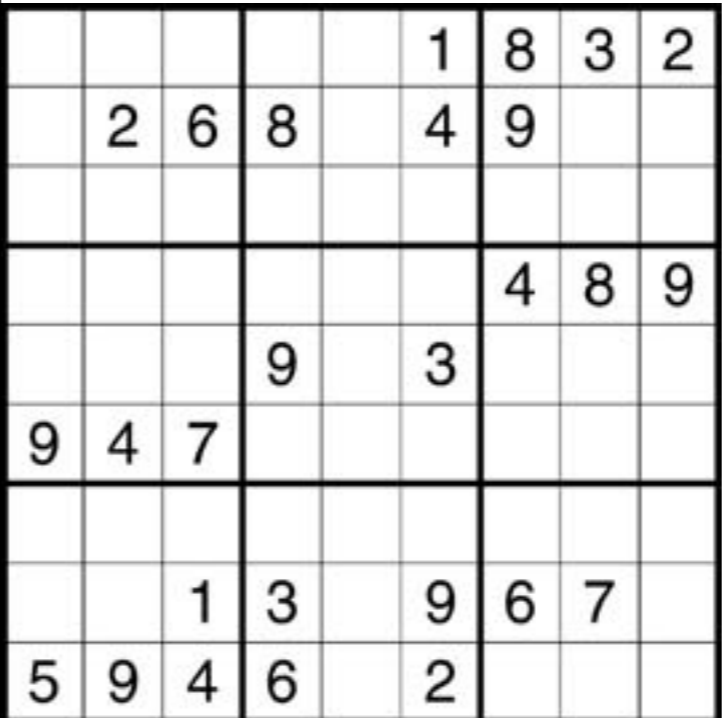
- 48 Violas, cellos, etc.: Abbr.
- 49 Bad thing to eat
- 50 "Rubaiyat" rhyme scheme
- 51 Georgia and Latvia, once: Abbr.
- 52 Fireplace shelf
- 53 Gold source
- 54 Really ticked
- 55 Some attendance figs.
- 57 TV dial letters
- 58 Herd dining area
- 59 Prof's address letters

The bidding:

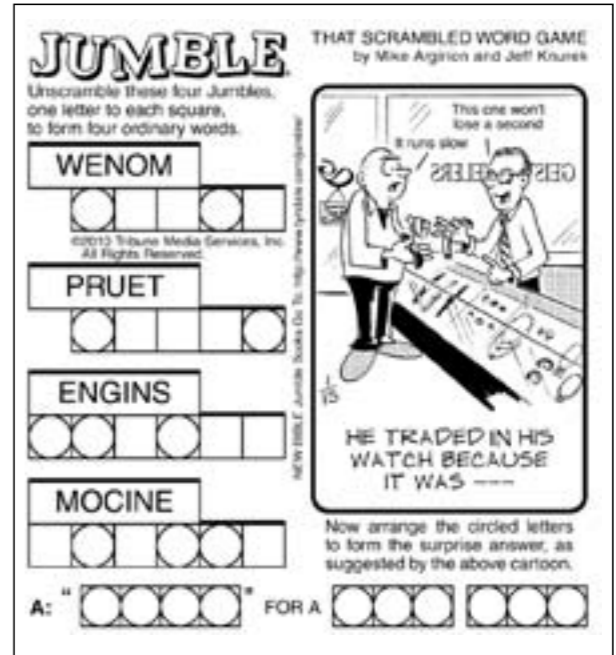
WEST	NORTH	EAST	SOUTH
1♦	Dbl	Rdbl	1♠
Dbl	1NT	Dbl	Rdbl
Pass	2♣	Pass	Pass
Dbl	Pass	Pass	2♦
Dbl	Pass	Pass	2♥
Pass	Pass	Dbl	Pass
Pass	2♠	Dbl	Pass
Pass	Pass	Pass	Pass

Opening lead: Three of ♥

The bidding sequence shown



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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Answers to all puzzles on page 34

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This course, available at www.Learn2Diet.com, provides necessary information, wherever the learner is located, whether they are dieting in privacy or under the supervision of a health-care professional. It complements the series of books on the New Hippocratic Diet® published by

Center for Health Information. Successful dieters have found they can lose weight without diet pills, surgery or dangerous supplements, enjoying smaller portions of food they prepare themselves, without the hunger that sabotages most diet plans. Some have lost hundreds of pounds. Many have been able to reduce their medications, while improving chronic medical problems.

Dr. Cohen is a board-certified physician, trained in Preventive Medicine at Johns Hopkins University, Bloomberg School of Public Health, where he served as Chief Resident of Preventive Medicine.

For additional information, contact Irving A. Cohen, MD, MPH, Fellow of the American College of Preventive Medicine, at 785-783-7779 or email info@chipub.com.

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SUDOKU SOLUTION

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

JUMBLE ANSWERS

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Answer: He traded in his watch because it was -- "TIME" FOR A NEW ONE

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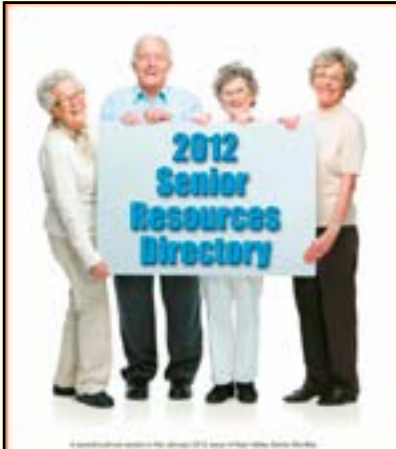
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YES! You can fight cancer at LMH.

At LMH, we know cancer.

Choosing a place for cancer care is an important decision. Fortunately, The Oncology Center at Lawrence Memorial Hospital has what you need. With all the latest cancer-fighting technology, our board-certified oncologists and hematologists administer all types of treatment plans, including a comprehensive treatment plan customized for you. And yes, we also offer more than 150 clinical trials – cancer care only made stronger through our new affiliation with the Midwest Cancer Alliance.

You don't have to go to Kansas City for advanced cancer care. The clinical expertise you need is right here, close to home – so you and your family can feel good about choosing LMH.

To request *Your Guide to Cancer Clinical Trials*, a free resource for cancer patients and families, visit www.lmh.org/oncology or call **ConnectCare** at (785) 749-5800.

