

# Kaw Valley Senior Monthly

150th issue!

December 2013

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 13, No. 6

## INSIDE



KEVIN GROENHAGEN PHOTO



**Ross Freeman's Pioneer Group specializes in historic rehabilitations.**

**See story on page three**



After a long career that included 30 years as the administrator of a large skilled-nursing facility, Nancy Benney, owner of Prairie Wind Senior Living, decided that the more intimate setting that Home Plus care offered was a much better fit for her. - page 9

- A Look at Books.....26
- Business Card Directory...24, 25
- Calendar.....20
- Estate Planning.....14
- Health & Fitness.....18, 19
- Humor.....29
- Mayo Clinic.....17
- Personal Finance.....15
- Pet World.....30
- Puzzles and Games.....36, 37
- Restaurant Guide.....28
- Retire Smart.....16
- Travel Troubleshooter.....27
- Wolfgang Puck's Kitchen.....28

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# Ross Freeman gives old buildings new lives

By Kevin Groenhagen

When Ross Freeman, Topeka, attended Kansas State University on a football scholarship, he heard some wise words that have, in a way, become the way he views life. Did those words come from an erudite professor with multiple degrees? No. How about a grizzled coach who had experienced many ups and downs during his career on the gridiron? No. They actually came from his eight-year-old brother.

“The best football game I ever played in was against the University of Nebraska when I was a freshman,” Freeman said. “It was one of those games where, as the kids say today, I was ‘in the zone.’ Everything I did worked. It was unreal. That day was special. My folks came down from Belleville to Manhattan and, after the game, we went out to eat. My youngest brother, Jack, said, ‘Ross, I finally figured out what makes you run so fast. You put the ball under your arm and it tickles you. That makes you go.’ I’ve thought about it ever since. That’s true. If you enjoy what you’re doing, that’s so much motivation and encourage-

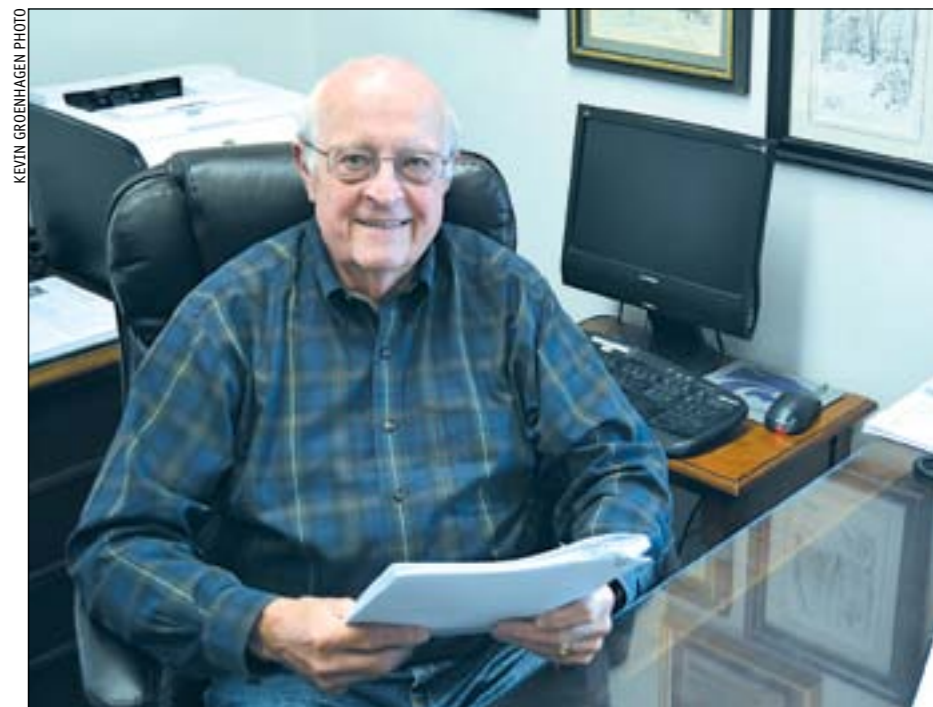
ment to carry you forward. I thought my little brother has finally come up with a gem.”

Freeman played football for K-State during his freshman and sophomore years, but then decided he wasn’t big enough, fast enough, or athletic enough. In addition, he said he was getting tired of getting the heck beat out of him.

“I went in to see my adviser in order to make certain I was on track to graduate in four years, and she said I needed to take this humanities course,” Freeman said. “I said to myself, ‘Why in the world do I want to take a humanities course?’ Well, it was in that humanities class that I met Fern Jahnke, my wife to be.”

Ross and Fern graduated from K-State on June 4, 1961, and were married the same day. He explained the timing of the two milestones in their lives by saying, “All of our classmates were going to be in town because of graduation, and so we decided to give them another reason to celebrate.”

After graduation, the newlyweds immediately left for Florida, where



Ross Freeman

Fern taught in the first high school in Palm Beach County to be integrated. Freeman, who earned a degree in mathematics, worked for the space program

for Pratt & Whitney. “We were developing the free world’s first liquid hydrogen rocket

■ CONTINUED ON PAGE FOUR

**Kaw Valley Senior Monthly**

Kevin L. Groenhagen  
 Editor and Publisher

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# Ross Freeman

■ CONTINUED FROM PAGE THREE

engine,” he said. “It was a 15,000-pound thrust engine that was the third-stage engine for the Saturn, Centaur, and Apollo programs.”

While he enjoyed working for the space program, Freeman had another goal in mind for himself.

“I always wanted to go to law school,” he said, “but my folks didn’t have that kind of money, and I had two younger brothers coming up. So we went to Florida with the goal of saving enough money to go to law school.”

After three years in Florida, the family, which now included two daughters, returned to Kansas so Freeman could attend the Washburn University School of Law. While he was in law school, he also worked as a law clerk for Security Benefit Life (SBL) Insurance Company. After he graduated from Washburn, he began work-

ing in SBL’s law department.

Freeman entered Harvard Business School seven years after receiving his law degree.

“George W. Bush was there when I was there, but I didn’t know that until later,” Freeman said. “He was in a different program, so I never met him.”

After completing Harvard Business School’s Program for Management Development (he was elected his class’ permanent officer), Freeman returned to Topeka, where he continued to work for SBL. In 1983 he and Fern bought a small manufacturing company called Zax.

“We worked together in that business,” Freeman said. “She did the accounting and corporate treasurer work, and I watched over the manufacturing and marketing. It was a custom-design cabinetry company. We got into a niche market in which we built custom-designed consoles and workstations for military command centers. We did three command and control

centers at Scott Air Force Base. We did all the consoles and workstations at the Strategic Air Command headquarters at Offutt Air Force Base. And then we went to the Pentagon and did seven command and control centers for the Army’s operation center there.”

“We also got into dispatch centers for railroads and utilities,” Freeman added. “We even did custom interior work for private railroad cars.”

The Freemans sold Zax in 1995. “I didn’t know what I would do once we sold the business,” Freeman said. “Art Glassman, a good friend who was also our company’s attorney and our personal attorney, had a client who was doing affordable housing. The client needed financing on two large projects at the same time. Art gave me a call and asked if I would go over and help him put together the financing. I did, and then I joined his business. I loved the work and the end product. After a year and a half, I decided to go out on my own, and in 1997 started the Pioneer

Group.”

The Pioneer Group’s first project was 11 historic, multi-family apartment buildings on the Paseo in Kansas City, Mo. When the Pioneer Group acquired the buildings, which were built between 1904 and 1912, they were in an extremely deteriorated condition and were contributing to the decline of the neighborhood. The renovated Jazz Hill Homes, which the Pioneer Group has sold, is now a housing complex with 198 units.

The Pioneer Group currently has four properties in Topeka.

“The first one is Curtis Junior High in North Topeka,” Freeman said. “It was a historic, vacant junior high building with a large playground area behind it. The National Park Service wanted us to tear out the gym, which was a half level below ground, and convert the auditorium into two levels of apartment units with a large atrium. We built 24 three-bedroom townhomes

■ CONTINUED ON PAGE FIVE

# Ross Freeman

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with full basements on the former playground. The junior high school is built between 1904 and 1912, they were in an extremely deteriorated condition and were contributing to the decline of the neighborhood. The renovated Jazz Hill Homes, which the Pioneer Group has sold, is now a housing complex with 198 units.

The new community, which opened in 2004, is now known as the Pioneer Curtis Homes. The close proximity of the senior apartments to the townhomes has led to some positive situations that Freeman didn’t foresee. He cited one example.

“My mother lived in her house in Belleville until she was 90 years old,” he said. “She finally decided—on her own—that she needed to move into an assisted living facility. So we had an auction of all her things and sold her house. But there was this spinet piano that my brothers and I were supposed to learn how to play. She didn’t want to sell it. We have four daughters and she thought it would be great if one of

the daughters would take it, and then her children could learn to play it. But none of our daughters had room in their houses for a piano. I didn’t want to disappoint my mother, so I decided to get the piano, bring it to Topeka, and put it in the atrium. Now we have ladies living in the schoolhouse who have given piano lessons to children from the townhomes.”

The Pioneer Group completed the Pioneer Adams Towne Homes in 2007 and Pioneer Adams II in 2010.

“We built these two properties on either side of 21st Street at the intersection with Adams over in Highland Park,” Freeman said. “The first one is 47 units and the second one is 49 units. They’re affordable housing for families.”

Earlier this year, the Pioneer Group completed the historic rehabilitation of the century-old Motive Power Building, which had continually served as railroad offices until 2002. The Pioneer

■ CONTINUED ON PAGE SIX



The Pioneer Curtis Homes was originally Curtis Junior High. Today it houses two levels of apartment units. The school's playground area is now home to 24 three-bedroom townhouses.

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# Ross Freeman

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Group acquired the building in 2011.

“It had been vacant for a number of years, and it seemed like during the last two years before we could get started there was more and more graffiti on the inside,” Freeman said.

The renovated Pioneer Motive Power Place now has 58 affordable apartment units marketed for people age 55 and better.

In August legislative leaders approved the sale of the Hiram Price Dillon House to the Pioneer Group. The 12,000-square-foot building, which is on the National Register of Historic Places, is directly west of the Statehouse.

“The second floor is going to be offices, and the first floor will be reserved for entertainment and hospitality,” Freeman said. “The Dillons built the house in 1913 and they designed it for entertaining. We have already had a request to reserve it for a musical recital.”

After the Pioneer Group completes the historic rehabilitation of the Dillon House, Freeman plans to relocate the offices of his family of businesses to the building.

The Pioneer Group also recently purchased what was the high school building in Freeman’s hometown of Belleville.

“We’re going to do a historic rehab on that,” he said. “It will be senior housing. In the vacant ground north of the school building we’re going to build apartments and townhomes.”

Freeman also played a role in preserving Cooper Hall on the campus of Sterling College in Sterling, Kan. However, he initially went to Sterling for a very different reason.

In 1999, Freeman signed up for the Presbyterian Commissioned Lay Pastor (CLP) program, the training for which covered an 18-month period. This was divided into three six-month segments with five months involving once-a-month trips to Salina for day-long discussion group meetings. These monthly meetings included required readings and the preparation of sev-



The "before" photo of the Dillon House. After its rehabilitation, the Dillon House will house offices on the second floor. The first floor will be used for entertainment.

eral papers. The six-month segments included a one-week, on-campus stay at Sterling College, which involved class time with daily assignments.

“On several occasions,” Freeman said, “I wondered why I had been led to become involved in the CLP program. Why was I leaving my home, my wife, my comfortable bed, and home-

cooked meals to sleep in a bunk bed, eat in a student union cafeteria, and become a college student at Sterling College? But the first year I was there, I noticed that Cooper Hall, which was built in 1880s, was vacant and had a snow fence around it. I asked one of my professors what was going on with

■ CONTINUED ON PAGE EIGHT

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~ Tori Brundage



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~ Lorna Allen

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# Ross Freeman

■ CONTINUED FROM PAGE SIX

the building, and he said it had been vacated and they were trying to decide what to do with it.”

According to Freeman, demolition was an option they were considering.

“I went to the president’s office and told him about the federal historic tax credit that would provide about 20 percent of the cost to rehabilitate the building,” Freeman said. “Well, he wasn’t interested.”

Between that visit to Sterling College and Freeman’s second trip to Sterling, the Pioneer Group had worked with the Kansas Legislature to get it to adopt a state historic tax credit.

“So I went in to see the president again,” Freeman said. “I said to him, ‘I told you about the federal historic tax credit, but now there is a state historic tax credit. Between the two of them, you can get somewhere between 40 and 45 percent of the rehab covered.’” But the president still seemed uninterested.

“A week before the third session, I got a call from the president’s secretary,” Freeman said. “She said that the president wanted to speak with me when I was in Sterling. It turned out the third floor of Cooper Hall had collapsed and the college had now decided they wanted to restore it. They did a beautiful historic preservation job on the building and it has become the signature building on campus. Its preservation and restoration to useful life has become a rallying point for the entire college and its alums. During that process I finally realized why I was there.”

The restoration of Cooper Hall was completed in 2003. Beginning in 2014, Ross and Fern Freeman will begin underwriting a lecture series on servant leadership at Sterling College. According to the college, “The Freeman Lecture Series was founded on the idea that servant leadership not only has the potential to influence societal change, but can also provide both practical and successful management skills that can easily be applied to diverse situations.”

According to Freeman, every Pioneer Group historic project has won either a national or state award for excellence. But does he have a favor-

ite project?

“That’s hard to say because each of them has such a great story,” he responded.

Freeman then pointed to a photograph of Leavenworth Building 19 on the wall of his office. As a group, that building and 37 others located on the campus of the Veterans Administration Hospital in Leavenworth were listed as one of the National Trust’s 11 Most Endangered Historic Places in 2000. In 2004, after three years of negotiations, the VA awarded the Pioneer Group with a 75-year lease for the associated land and buildings.

“These buildings were built in the 1870s and 1880s,” Freeman said. “During the Civil War the majority of soldiers who fought for the Union army were volunteers, and they had no benefits whatsoever. Members of the regular army had benefits that would still be considered good today. As it got into the fall of 1864, President Lincoln became convinced the Union was going to win the Civil War, so he started lobbying Congress to create benefits for the volunteer soldiers. Out of that came the National Home and Hospital bill. They built five centers across the United States, and Leavenworth was the farthest west location. They had domiciliaries where veterans would live, a hospital, a hotel where families could stay, homes for doctors, nurses, and administrators, and a mess hall where they fed as many as 7,000 veterans a day. After the ambitious historic rehab of the 66,000-square-foot mess hall, also known as ‘Building 19,’ it is now an office building that houses 400 full-time employees of a VA subsidiary. Pioneer Group has completed the historic rehab of 25 of the other buildings and they provide housing for veterans, with a preference for homeless veterans.”

While expressing an intent to remain fully active in Pioneer Group and its family of companies for at least the next five years, in 2012 Freeman fulfilled a boyhood dream.

“I always wanted to have a cattle operation,” he said. “When I was in Belleville, my best friend’s dad was really the only lawyer in town. They had farms and Joe and I would go out and feed cattle. I thought that was a

KEVIN GROENHAGEN PHOTO



The Pioneer Group acquired the Motive Power Building in 2011. After its historic rehabilitation, the Pioneer Motive Power Place now provides affordable housing for dozens of residents.

neat thing. Fern grew up on a dairy farm south and east of Junction City. She said, ‘That’s fine, if you want to do it, go ahead.’ After several years of looking at possibilities, through a very odd set of circumstances I found a Flint Hills acreage for sale on the west

side of Fern’s family’s property. So we bought it and our nephews are now running the cattle operation for us.”

For more information about the Pioneer Group and its properties, visit [www.pioneergruoinc.com](http://www.pioneergruoinc.com) or call (785) 232-1122.

# Prairie Wind Senior Living delivers personalized care

By Billie David

Getting to know the people around her has always been important to Nancy Benney, owner of Prairie Wind Senior Living. So after a long career that included 30 years as administrator of a large skilled-nursing facility, she decided that the more intimate setting that Home Plus care offered was a much better fit for her.

“I worked in long-term care most of my adult life,” she said. “With 50 residents, you can’t know what’s happening with each one so it’s difficult to deliver the personalized care that they deserve.”

So Benney made the decision to open her own Home Plus facility in 2008. With the eight acres she owns adjacent to the five acres her own home sits on, and with the concept of personalized care that is a major tenant of Home Plus, Prairie Wind Senior Living was well suited to Benney’s personality and resources.

Over the years, Home Plus has become an increasingly popular option in senior living. The concept calls for a family-like living situation in a home with eight or fewer residents. The home must be licensed by the state of Kansas and must pass a yearly inspection, and the smaller staff-to-resident ratio in Home Plus means more individualized care for the residents.

Although Home Plus was a good fit for Benney, her decision to do it in 2008 created an obstacle when the recession hit and, although she had already bought the land, she had to put her idea on a back burner for a few years and continue working, doing interim administration work for other long-term care facilities.

Finally in 2011, she was ready to start planning, building and becoming certified.

“We passed all our inspections with flying colors,” said Benney, who was

finally able to open Prairie Wind just over a month ago.

The facility, located near Berryton, which is about halfway between Topeka and Lawrence at 5227 SE 77<sup>th</sup> Street, offers a quiet rural setting with plenty of wildlife nearby.

“It’s a long piece of property out in the country with lots of woods in back

and a clear area in front,” Benney said. “It’s very common to see animals like deer and wild turkeys walking across the front yard. It is so peaceful, so beautiful, like I envision my retirement, in a safe, quiet setting.”

The facility has a wrap-around deck where residents can sit and watch the plentiful wildlife or enjoy the big field of sunflowers nearby.

Adding to the sense of intimacy is the fact that Benney will have two of her daughters working with her. One daughter, Brooke Fischer, will be living on site and her other daughter,

Peggy McKinnon, will commute from Topeka.

“Both of them have worked in long-term care,” Benney said. “All three of us together have more than 60 years of long-term care experience.”

As for her other employees, Benney said, “When you hire people, you do background checks, but we are really blessed because we have people we know are trustworthy and whose hearts are in the right place.”

Prairie Wind Senior Living is an assisted living facility for people whose needs for help with tasks like cooking and taking their medicines makes it difficult for them to stay at home but still provides a home-like setting where they can move in with the idea of aging in place.

“One of the things we strive for is that it should be like living at home, not some big, fancy facility,” Benney said. “It’s new, but it is comfortable. At our open house, people said that they

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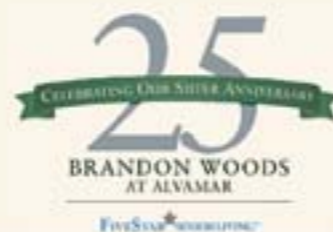
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### KAW VALLEY SENIOR MONTHLY

## Prairie Wind

■ CONTINUED FROM PAGE NINE

felt at home.”

Residents are encouraged to bring their own familiar furniture from home. In addition, family members are encouraged to be as involved as they want.

“They can come every day, and if they want to stay with Mom until she falls asleep, that’s cool,” Benney said.

And if the grandchildren are included in the visits, there is a play area and swing set so they can go outside and play when they become bored.

Meaningful activities are also an important focus at Prairie Wind.

“People really like to be involved with meals—peeling potatoes, snapping beans,” Benney said. “They feel useful and they have good conversations.”

Benney feels very strongly about good nutrition, she said, adding, “We have fresh-cooked meals and homemade bread, and we grow many of our own vegetables. We are also flex-

ible, so we can change the menu if they want.”

And if residents want to help grow the vegetables, Prairie Wind is currently installing some raised garden beds for that purpose.

Prairie Wind life also includes outings to community events—“whatever comes along that people want to do,” Benney said.

The new building has four bedrooms and a semi-private master suite, which has an attached bathroom and would work well for a couple. The other three bedrooms share a large bathroom. The main area is open and encompasses the living, dining and kitchen areas so that residents can be around other people when they are out of their rooms.

Services include laundry, housekeeping, help with meds and bathing, and meals.

“Everybody’s laundry is done separately in a home-style washer and dryer, so we can control the temperature and give each person’s laundry individualized attention,” Benney said.

For more information, call Prairie Wind Senior Living at (785) 862-1287.

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# The Windsor strives for a sense of hominess

By Kevin Groenhagen

When Brandon Ziph became The Windsor of Lawrence's residence director in February 2011, she focused on creating a greater sense of hominess in the community. According to Ziph, the courtyard has been a major part of that endeavor.

"The turtles are an attraction that the residents and visitors really enjoy," Ziph said. "We have 15 to 20 turtles in the courtyard, including two of the original turtles that were here when this community was built. We do as much as we can in the courtyard. People just love it. They feed the turtles, a lot of the residents work with the flowers, and our two chefs have made salads with vegetables from the garden that the residents planted."

The Windsor has also made some changes to the interior of the community to enhance its hominess.

"We've done a lot of renovations,"

Ziph said. "We remodeled the seven apartments in Reflections, our memory care community. We used earth tones in the memory care community. The residents who live in the memory care community have their own studio apartments. They also have their own courtyard, and we added plants and flowers to their courtyard to make it more colorful."

"In the assisted living community, we removed the wallpaper from the walls of the formal dining room and painted them red with black tones," Ziph added. "We also remodeled the beauty shop. It was done in earth tones and pinks. We also added a walk-in Jacuzzi whirlpool."

The sense of hominess also includes what the residents eat.

"We have capacity for only 44 residents, so we are able to do a lot of things larger communities cannot," Ziph said. "For example, we have the Taste of Home program. With the Taste of Home



Members of KU's golf team and Delta Gamma sorority visited The Windsor on November 4 to play KU trivia with the residents.

program, families bring in the residents' favorite recipes for homemade ice cream, cookies, casseroles, and other dishes. We then integrate those dishes into our menu after a certified dietitian checks them out. The oldest recipe we have is around 105 years old and was submitted by a former resident. When we share the recipes, we invite the families in and have a special meal set up for them either in the sunroom or the formal dining room."

Ziph said The Windsor offers residents a Gold Leaf Standard of Dining, which includes linen tablecloths, crystal glassware, beautiful place settings, and flower arrangements on the tables.

The Windsor also has a volunteer program, including personal volunteers who take residents out for walks in the neighborhood. Students from KU's athletic department, sororities, and fraternities also volunteer at The Windsor.

■ CONTINUED ON PAGE 13

# The Windsor

■ CONTINUED FROM PAGE 12  
For example, members of KU's golf team and Delta Gamma sorority visited the community on November 4 to play KU trivia with the residents.

In addition, Dr. Cynthia Colwell with KU Music Therapy has a group of students come every semester. They've taught the residents how to use all types of instruments, they sing, and they do all kinds of key tones. Each group of students does something different.

"There have been a lot of studies that show that music plays a key role for people with memory issues, so our residents in the memory care community are also involved with music therapy," Ziph added.

Ziph noted that The Windsor is a totally secured community, but does not rely on wander guards, cameras, and monitors since they can malfunction if there is a power outage. Instead, The Windsor opts for a larger staff and conducts two-hour checks on the residents. According to Ziph, this is part of the reason community had no care issues in its most recent state survey. She also credits her staff's experience.

"All of the members of my managing staff have backgrounds in skilled care and in working with those with dementia," Ziph explained. "As a director, I think I bring a different approach because I have actually been a caregiver for someone with Alzheimer's. I understand where families are coming from. It's a very emotional process. It is a long goodbye. So we want to be here for families and help them through that."

To further help families, The Windsor hosts a caregiver support group on the third Thursday of each month. The group, which is open to the public at no cost, meets at 3220 Peterson Rd. in Lawrence.

Ziph temporarily left The Windsor

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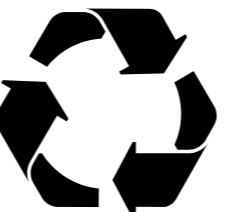
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last January to open another property in Johnson County. She returned to The Windsor in October.

"I'm happy to be back and excited about the programs we have planned to benefit the community in 2014," Ziph said.

One of those programs is a new adult daycare program. Like The Windsor's other tailored services, such as its companion services and respite care program, the adult day care program is designed to meet the caregivers' needs.

"We're also going to be doing a lot of community education programs," Ziph said. "We're starting a community education series in January 2014. Topics will include the Affordable Care Act, Medicare, Medicaid, and financial planning."

"We want to be a resource for the community," Ziph added. "We're in the neighborhood, and we're in an excellent location. People can come in if they need help with Medicaid, Medicare Part D, or other issues, and then we can refer them to the appropriate

people to help them." The Windsor also has a Legacy program in which they honor each resident's life daily through life enrichment and care. Ziph encourages interested parties to come in during the holidays to see their Legacy Christmas Tree.

For more information about programs and housing options offered by The Windsor, please call (785) 832-9900, email Brandon Ziph at brandon.ziph@LegendSeniorLiving.com, or visit www.LegendSeniorLiving.com.

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## ESTATE PLANNING

# Living Wills and Healthcare Directives

Any adult may execute a Living Will directing the withholding or withdrawal of life-sustaining procedures if he or she is in a terminal condition. The essence of a Living Will is contained in the following declaration (taken from K.S.A. 65-28,103):



Bob Ramsdell

"If at any time I should have an incurable injury, disease, or illness certified to be a terminal condition by two physicians who have personally examined me, one of whom shall be my attending physician, and the physicians have determined that my death will occur whether or not life-sustaining procedures are utilized and where the application of life-sustaining procedures would serve only to artificially prolong the dying process, I direct that such procedures be withheld or withdrawn, and that I be permitted to die naturally with only the administration of medication or the performance of any medical procedure deemed necessary to provide me with comfort care."

A life-sustaining procedure is any medical procedure or intervention which, when applied to a patient afflicted with a terminal condition, would serve only to prolong the dying process and where, in the judgment of the attending physician, death will occur whether or not such procedure or intervention is utilized. Life-sustaining procedures do not include the administration of medication or the performance of any medical procedure deemed necessary to provide comfort

care or to alleviate pain.

A Healthcare Directive gives other instructions—tailored to your personal choices—regarding your medical care. Options include:

- Specifying medical procedures to be withheld or withdrawn if you have a condition, disease or injury without hope of a significant recovery and from which there is no reasonable expectation you will regain an acceptable quality of life, or substantial brain damage or brain disease which cannot be significantly reversed (either of which circumstance may not meet the criteria of a terminal condition);

- Directing treatment to relieve pain even if such care might shorten your life, suppress your appetite or breathing, or be habit-forming; and
- Expressing your preferences regarding hospice care or living your last days at home, rather than in a hospital or nursing home.

A Living Will & Healthcare Directive is an optional document. Unless excluded from their authority, your healthcare agents would have the power to make decisions to withhold end-of-life care under a Durable Healthcare Power of Attorney. Some people prefer to also have a Living Will & Healthcare Directive to preclude their agents from having to make such decisions. If a person has a Living Will & Healthcare Directive, then their choices expressed in it should take precedence over contrary choices expressed by their agent. (Although doctors may be inclined to follow the directions of the healthcare agent standing in front of them even if contrary to the patient's Living Will & Healthcare Directive—a reason to be sure your agents really know your preferences and are prepared to follow them.)

Look back at the language in the first bullet-point describing a Healthcare Directive. What does "hope of a significant recovery" mean to you? What do you consider "an acceptable quality of

life"? Or "substantial brain damage"?

However complete and well-written, a Healthcare POA and Living Will & Healthcare Directive are most effective when you have discussed your values and preferences with your agents. Your agents can best act on your behalf if they know your preferences and what is important to you. Is it certain qualities of life, the length of life, or potential tradeoffs between quality and length of life? Nothing replaces talking in depth about real medical possibilities and the choices you would want made.

You or your agents may also need to take the initiative in talking to your doctors about your condition and treatment options. For example, if you have late-stage cancer for which chemotherapy is a treatment option, although death appears inevitable, you need information on the potential benefits, side effects, and other options to make the best decision for you: What will your life be like if you get chemotherapy? What will it be like if you do not? What is your anticipated life expectancy with and without chemotherapy? What are your options for comfort care and pain

management, whether in hospice or via visiting nurses at home?

Each person is unique. Some may accept the side effects of chemotherapy as a fair trade for whatever extension of life it provides. Others may consider a shorter life with comfort care and the absence of side effects a better option. And the choice by any particular person might vary if there is a certain event—such as the birth of their first grandchild—they want to live long enough to see. But you or your healthcare agents need to know all the relevant information about your condition and treatment options to make the right choice for you. Take the initiative in talking to your doctors to get the information you need.

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

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## PERSONAL FINANCE

# When opportunity knocks, open the door

If you've been around long-time investors, you'll probably hear them say, ruefully, "If only I had gotten in on the ground floor of such-and-such computer or social media company, I'd be rich

today." That may be true — but is it really relevant to anyone? Do you have to be an early investor of a spectacular company to achieve investment success? Not really. Those early investors of the "next big thing" couldn't have

fully anticipated the tremendous results enjoyed by those companies. But these investors all had one thing in common: They were ready, willing and able to look for good opportunities. And that's what you need to do, too. Of course, you may never snag the next big thing, but that's not the point. If you're going to be a successful investor, you need to be diligent in your search for new opportunities. And these opportunities don't need to be brand-new to the financial markets — they can just be new to you.

For example, when you look at your investment portfolio, do you see the same types of investments? If you own mostly aggressive growth stocks, you have the possibility of gains — but, at the same time, you do risk taking

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losses, from which it may take years to recover. On the other hand, if you're "overloaded" with certificates of deposit (CDs) and Treasury bills, you may enjoy protection of principal but at the cost of growth potential, because these investments rarely offer much in the way of returns. In fact, they may not even keep up with inflation, which means that if you own too many of them, you will face purchasing-power risk. To avoid these problems, look for opportunities to broaden your holdings beyond just one or two asset classes.

Here's another way to take advantage of opportunities: Don't take a "time out" from investing. When markets are down, people's fears drive them to sell investments whose prices have declined — thereby immediately turning "paper" losses into real ones — rather than holding on to quality investment vehicles and waiting for the market to recover. But successful investors are often rewarded when they not only hold on to investments during declines but also increase their holdings by purchasing investments whose prices have fallen — or adding

new shares to existing investments — thereby following the first rule of investing: Buy low. When the market rises again, these investors should see the value of their new investments, or the shares of their existing ones, increase in value. (Keep in mind, though, that, when investing in stocks, there are no guarantees; some stocks do lose value and may never recover.)

Instead of looking for that one great "hit" in the form of an early investment in a skyrocketing stock, you're better off by seeking good opportunities in the form of new investments that can broaden your existing portfolio or by adding additional shares, at good prices, to your existing investments. These moves are less glitzy and glamorous than getting in on the ground floor of the next big thing — but, in the long run, they may make you look pretty smart indeed.

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

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## RETIRE SMART

### Stressed-out caregivers also need care

Before his recent death, my father was in the hospital for the better part of four months and the experience was both agonizing and illuminating. My family had been through a number of health issues with my father, but none so long, drawn-out and chronic as the most recent one. We are fortunate



Jill Schlesinger

in that the majority of his care was almost entirely covered by Medicare, so the financial effect of the illness was limited. But the emotional drain was enormous.

Throughout the process, my family developed a number of coping techniques from which I hope others can benefit. These ideas are not new, but they're good reminders for families who are facing illnesses and the friends who want to support them.

1. Create and maintain notes for the patient: It's helpful for one of the caregivers to take notes at doctors' meetings. Invariably, someone new comes

on the scene, asking for a brief history-one that provides more than just the data on a medical chart. Additionally, while patients and loved ones are present during medical consultations, their minds are often racing, which makes it difficult to retain important details. The notes provide a way to review what transpired later, when they are able to absorb the information.

My sister and I alternated the note-taking role and maintained a lengthy document, with every doctor's name and contact information, which was instrumental in staying on top of the process. It was a way to exert just a tiny bit of control during an out-of-control time in our lives.

2. Take off a day from time to time: It was hard for my mother to not be in the hospital, but sometimes my sister and I had to step in and plead with her to take off a day and to rest. The grueling emotional demands on a caregiver can have a physical impact, too. Check in with all of the caregivers and also encourage them to take care of themselves.

3. Communicate with each other: From logistics, like who's going to be at the hospital and when; to larger issues like important medical decisions, it's important to make time to talk to one another. If you have a larger

family, you'll need to determine the best way to do this—a friend told me that she and her siblings would conduct weekly conference calls to catch up! Regardless of the method, the point is to make sure that everyone is on the same page, including the patient.

4. Ask for help from friends: We have a small family, but my parents have two sets of best friends, who were unbelievable in every way you could imagine. They would help with mundane tasks like driving and meal planning and were also the beacons of emotional support that we needed. They helped disseminate information to other friends, relieving my mother of the burden of having to be on the phone constantly.

Thankfully, the larger circle of friends checked in on us, but not in a way that made us feel like we had to respond to them. In this way, technology is wonderful: A simple text or e-mail that says, "I'm thinking about you and sending lots of good energy" is great. Conversely, it's tough to field questions like "What's happening?" A good rule of thumb to think about

when sending a note to caregivers is to try to express your concern without requiring them to do anything in return.

5. Use the medical community: My father was cared for at New York University Hospital, a large city institution. While many would think that the size of a place like NYU would be impersonal, we found the opposite to be true. The doctors, nurses, social workers and aides were incredibly caring, helpful and collaborative. We didn't hesitate to ask for help, but here's the key: We always expressed our gratitude for everything they did for us. These professionals are generally overworked and stressed, so a thank you, a plate of cookies, or a smile was always appreciated.

- Jill Schlesinger, CFP, is the Editor-at-Large for [www.CBSMoneyWatch.com](http://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](mailto:askjill@moneywatch.com). © 2013 Tribune Content Agency, LLC

## MAYO CLINIC

### Post-polio syndrome can surface decades later

By Eric J. Sorenson, M.D.  
Tribune Content Agency

DEAR MAYO CLINIC: How is post-polio syndrome diagnosed? Are there any new treatments for it?

ANSWER: Post-polio syndrome refers to a group of symptoms that can surface decades—often up to 30 or 40 years—after a person has polio.

In previous generations, polio was a much-feared illness. But as a result of the now-famous Salk vaccine, polio was virtually wiped out in developed countries in the mid-1950s. The World Health Organization, or WHO, almost accomplished worldwide elimination of polio by the early 2000s. But because of political turmoil, WHO could not reach all the areas where polio still occurs. As a result, there have been recent polio outbreaks. They have been largely limited to isolated epidemics in areas of central Africa, with rarer cases in central Asia.

No polio epidemics have occurred in the United States since the introduction of polio vaccination. There remains, however, a large population of people who were infected with polio before

the start of vaccination programs who continue to live with significant muscle weakness as a result of the disease. In the United States, that number is about 250,000.

Years after the initial illness, many polio survivors have symptoms of worsening weakness, pain and fatigue. This group of symptoms has been called "post-polio syndrome." The people who have muscle weakness from polio are at highest risk for post-polio syndrome, while those who recovered without muscle weakness are at lower risk for developing this syndrome later in life.

About two-thirds or more of people left with muscle weakness after their polio attack go on to develop post-polio syndrome. Fortunately, in most cases the symptoms get worse slowly and remain mild. A small number, however, may be more significantly affected and need to make lifestyle adjustments or use adaptive equipment to help them stay mobile.

There is no specific diagnostic test for post-polio syndrome. Doctors usually diagnose it by excluding other possible causes for a person's symp-

toms. For example, it's very common for polio survivors to develop degenerative arthritis at an early age. This often comes from the unnatural stress they put on their joints over a lifetime of living with muscle weakness. Other overuse problems are also common in people who've had polio. They include chronic tendonitis, bursitis and other musculoskeletal problems. Once these conditions have been ruled out, post-polio syndrome can be considered.

No treatment is currently available that can repair or restore the strength of muscles affected by post-polio syndrome. The goal of treatment is to effectively manage the symptoms and keep people with this condition as comfortable and independent as possible.

Energy conservation and rest are important for those dealing with post-polio syndrome. This may include pacing one's physical activity throughout the day, and alternating it with frequent periods of rest. Assistive devices, such as leg braces, a cane, walker or, in rare cases, a wheelchair or motorized scooter, may also help conserve energy and improve mobility.

Physical therapy is often recommended for people who have post-polio syndrome. Stretching and range of motion exercises can be very helpful. In some cases, pain medication may be needed, as well. Aggressive muscle strengthening programs are discouraged because they do not appear to actually improve muscle strength. They also can raise a person's risk for more overuse injuries.

Although there is not a cure for post-polio syndrome, most polio survivors with this condition are able to manage it well with the help of their health care team. Many continue to lead productive, independent lives well into their late-senior years. - Eric J. Sorenson, M.D., Neurology, Mayo Clinic, Rochester, Minn.

- Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. To submit a question, write to: [medicaledge@mayo.edu](mailto:medicaledge@mayo.edu). For health information, visit [www.mayoclinic.com](http://www.mayoclinic.com).

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## HEALTH & FITNESS

### Winter tips to stay in shape

If you're looking for ways to stay active and healthy during the winter, start with a resolution to walk, walk and walk some more. Nothing is easier or more effective. Stay away from ice and slush...but stay on your toes. Walk the walk—and then walk some more.



Laura Bennetts

#### Beware the Comfort Chair

Everybody knows about comfort foods. These can be okay for you—if your comfort food is plain steamed broccoli, you can indulge without worry. But beware of potato chips or pistachios! Comfort chairs are similar. After a long day of running around, you can unwind by easing into a comfort chair with a warm drink, a magazine, or the sports channel. But if sinking into your comfort chair becomes your main activity, if you sit around instead of running around, the result can be stiff joints, weak muscles, low endurance and poor balance.

So, resist becoming chair-bound. Comfort is fine, but (like anything else) you can overdo it. It's wise to leave your chair frequently, to walk and exercise in modest ways; and you can stretch, move, and strengthen yourself even in your most

comfortable chair. The goal is to strike a balance between relaxation and exertion.

#### New Year's Resolution

We're all attached to our routines. So we need exercise routines and daily activities that we can make our own. A friend loves her exercycle, but you prefer bowling or square dancing. There is no One Best Way to exercise, just different ways to exercise with different benefits. The point is to exercise in ways you enjoy, and to make those exercises part of your daily routine. If you need a resolution for the New Year—I recommend this one.

#### Rx: Exercise

1. *Maintain Your Flexibility:* Your joints feel stiff if you don't move enough. You want to move your joints daily from your neck down to your toes. You can begin in your chair: Start by looking side to side, rotating your head, then look up and down slowly. Next, reach up to the ceiling, one arm at a time; "wave the wheat" by reaching up and waving both arms gently from side to side. Flex your elbows and wrists, and wiggle your fingers. March in place while sitting, then softly kick an imaginary ball, first with one foot, then with the other. Extend your leg and straighten your knee, then make a small circle in the air with your ankles. Repeat with the other leg, about five times in all. Do this at least once a day.

2. *Maintain Your Strength:* Walk, walk and walk some more. (Oh, and did I men-

tion strolling, striding, and strutting?) Find a place at home or nearby to walk 20 to 30 minutes at least three times a week. Community centers, grocery stores and malls are great places to walk because there are places to sit down. Note the time and then walk until you need to sit. How long did you walk the first time? Five minutes, 10 minutes? However long you walked, that's your benchmark—your baseline walking time. Add a few minutes each week, and soon you are likely to be strong enough to walk up to half an hour. If you have difficulty, walk with the support of a cane, a grocery cart, or a walker. Ask a friend to join you in your own personal walking club so that you will feel doubly committed to continuing your walking exercise.

3. *Maintain Your Endurance:* Pay attention to your breathing as you walk and exercise. Do you tire easily, get out of breath, or stop soon after you start? If you've been sedentary, sitting most of the time, you'll need to build up your endurance. Move at a relaxed pace so that you can still talk as you walk; that's a good starting speed. Then increase your distance walking first and then increase the pace as you get used to the increased activity. Again if you feel you're too unsteady, you can use a cane, a walker or a grocery cart to walk with more support.

4. *Maintain Your Balance:* Find balance exercises that challenge you. You may need help with this, because you don't want to attempt an overly difficult exercise that puts you in danger of falling. A physical therapist can advise you about exercises that are right for you. If you have the opportunity to enroll in an exercise class that includes balance exercises, you can learn a variety of exercises to decrease your fall risk.

The more agile you are, the smaller the chances are that you'll fall when you reach into a closet, step down from a curb, or turn a corner.

#### Did I Mention Walking?

If you follow this advice, you'll have a healthier winter. You don't have to be snow-bound, or chair-bound. You can have a Walking Winter, at home or outdoors (when the weather permits) or indoors in places like malls and grocery stores. Exercise is the secret to having limber joints, a strong back, and what my favorite breakfast cereal in the 1950's called *Go Power!*

Many people who shrink from strenuous exercise may not realize that walking is the simplest and best exercise of all. It's like breathing. It's a good idea to keep doing it.

#### Oh, and Eat Your Vegetables!

It's also sensible to stick to a healthy diet between festive holiday meals. You need to keep eating your greens and vegetables to get the vitamins, minerals and fiber you need to stay healthy. Walk and exercise even on days when you've indulged (or over-indulged) at a holiday meal. Taking a break from your healthy routine is fine every now and then, but even on holidays you'll feel better if—after a hearty meal—you walk it off.

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

## HEALTH & FITNESS

### Frankincense has many therapeutic aspects

Frankincense has a sweet, warm aroma that is stimulating and elevating to the mind and body. Its comforting properties have been used to help focus the mind and overcome stress and anxiety. Frankincense is used in many Christian churches, including the East-



Dr. Farhang Khosh

ern Orthodox, Oriental Orthodox, and Catholic churches. According to the gospel of Matthew 2:11, gold, frankincense, and myrrh were among the gifts to Jesus by the biblical Magi "from out of the East." The Judaic, Christian, and Islamic faiths have all used frankincense mixed with oils to anoint newborn infants and for members entering into new phases of their spiritual lives. In a time before daily bathing, people would use the sweet smoke from the frankincense to make themselves smell better. Women also utilized the ash of frankincense for personal appearance mixing it and applying as eye shadow. History also mentions that frankincense was used in the treatment of wounds, leprosy, worms, insect bites, snake-bites, plague, and scurvy.

Frankincense is produced by slashing the bark of a tree, called striping, and allowing sap to slowly ooze from the cut tree and drip down the tree, forming tear-shaped droplets that are left

to harden on the side of the tree. These beads will be then collected two to three weeks later. There are several species and varieties of frankincense trees, each producing a slightly different type of resin. Differences in soil and climate create even more diversity of the resin. The more opaque the resin, the better the quality. Recent studies have indicated that frankincense tree populations are declining, partly due to over harvesting of the resin, burning of the trees, and attacks on the trees by insects.

Frankincense is used in aromatherapy, perfumes, cosmetics, and some skin care products for aging and dry skin. Frankincense resin is edible and is used in traditional medicines in Asia for digestion and to help with digestive ailments. For internal consumption, it is recommended that frankincense be translucent, with no black or brown impurities. It is often chewed like gum.

In Ayurvedic medicine, the Indian frankincense has been used for hundreds of years for treating arthritis, healing wounds, and strengthening the female hormone system. Current research is being done to investigating frankincense in the treatment of ulcerative colitis, asthma, arthritis, depression, anxiety in mice.

So in this holiday season, when we see or may smell the sweet aroma of frankincense, let us remember its long history and some of the therapeutic aspects of this well-known medicinal plant.

- 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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## A LOOK AT BOOKS

If you have a book that was published from 2011 to the present, you may send it in for a possible review in *Kaw Valley Senior Monthly*. No poetry collections please. Send a copy of your book to: Tom Mach, c/o A Look At Books, PO Box 486, Lawrence, KS 66044. Send the image of your book cover to: kevin@seniormonthly.net



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### **The Rocking Horse** by Gloria Zachgo (CreateSpace ISBN: 978-1463557300)

Randy, a drug-crazed man, demands to see his two-year-old daughter Jenny, and in the process, kills his wife, uncle, and aunt, while Jimmy, a mentally challenged man, confronts Randy after this triple murder. Will, Jimmy's brother and town sheriff, protects Jimmy and covers up the evidence while Randy secretly returns

later, kidnapping Jenny. (Jimmy is only mentioned again halfway through the story.) Twenty-two years later, Jenny (now called Julie) runs away from her abusive husband and becomes a tenant in the same house rented by her grandparents—and she explains that she chose this small Kansas town because a button from her toy rocking horse fell on a map where this town was located! Despite this bizarre explanation as well as a somewhat predictable ending, readers may find this suspense novel intriguing as it explores the deep mysteries of the human heart.

### **Mad Bulls, Skinny Dipping, and God** by A. Emerson Wiens (Friesen Press ISBN 978-1-77097-496-8)

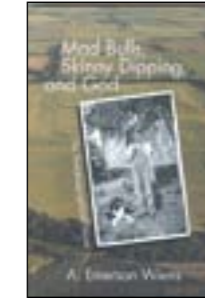
This book took me back to the bygone decade of the 1940s in rural Kansas. The author's easy tone and

fascinating descriptions of farm life as a young boy reminded me of the way Mark Twain would describe *The Adventures of Tom Sawyer*. Using the innocent language of youth, Wiens portrays his genuine love of fishing for bullheads, skinny dipping in a pond (and being embarrassed by passing teenagers), discovering the rattles from rattlesnakes his dad saved in the attic and his experiences in a one-room country schoolhouse. Many events are humorous, but some are serious (such as his wondering why blacks were discriminated against or why Mennonites did not want to serve in WWII.) The boy's search for a simple meaning in a chaotic world will touch your heart as it did mine. Highly recommended!

### **Echoes of Kansas Past** by Eunice Boeve, (Rowe Publishing, ISBN: 978-0-9851196-9-0)

Although this novel is targeted to eight to 10 year olds, adults will benefit from reading it, especially as it gives insight into Kansas history. It involves fourth-grade twins Jack and Mollie, who have parents who are both scientists and have invented a time machine. Curious, the twins check it out when their parents aren't home and find themselves whisked away to different periods of time in Kansas,

beginning with the Kansa Indians of 1620 and ending with 1861 when Kansas became a state. The chapters in this book deal with different periods in Kansas history, such as when the Orphan Train stopped at a station in Concordia. The author introduces the reader to a great array of historical aspects of Kansas and in an easy-to-understand way. I found it was fascinating to learn that one of the first



attempts at building a helicopter was done in Goodland, Kansas or that a baseball game was played between the Chicago White Sox and the New York Giants in 1913 at a ballpark in Blue Rapids, Kansas. A good read.

### **Running Out of Footprints** by Cathy Callen (Cathy Callen's Books, ISBN: 978-0-9884716-0-3)

Callen wrote a beautiful book about her ancestors, consisting of four generations of the Neff family, starting with Andrew Jackson Neff, a general who fought in Chickamauga during the Civil War and ending with her father, Frank Chaffee Neff, a pediatrician and chair of Pediatrics at KU Medical Center. Three things fascinated me about this book. First, it is a beautiful hardbound book with a marvelous cover of a photograph of herself as a child. Secondly, it is written in a conversational style that makes you want to read more of what she has to say. Third, and most important of all, the research that went into this fine work was impeccable. The author draws you into her story by crafting an imaginary tale about her meeting with her grandfather in Johnson County and then leads you into the stories of succeeding generations of the Neff family. The author embarked on this immense project of tracing her genealogy by initially pouring through documents left by her



father after his death. This is a fascinating book memoir that is accompanied by historic maps and photos. You will enjoy it.

### **The Greening of Oz** by Robert Fraga (Wasteland Press, ISBN: 978-1-60047-715-7)

On May 4, 2007, an EF5 tornado destroyed the town of Greensburg, Kansas. The author begins with a description of the town before the devastation. The author goes on to cite specific examples. One woman said the sound of the twister "was like a jet going right over us." After the tornado, "people were wandering about like lost souls, without shoes or glasses." As the *New York Times* described the scene, some 80 square blocks were "flattened into twisted piles of masonry and timbers." Volunteer firemen immediately helped after the tragedy, as did the Mennonite Disaster Service. The National Guard arrived to restrict traffic. Senator Pat Roberts arrived at the refugee center at the Kansas Department of Transportation Center and called the President, who arrived four days later. FEMA set up mobile homes for the homeless, and aid poured in from all over the country. Greensburg launched a program to rebuild Greensburg green, which included BNIM, an architecture and design firm to help shape the vision of a rebuilt Greensburg as a model green community.



## TRAVEL TROUBLESHOOTER

### Is this a bill I don't deserve?

After a grill falls off her rental car, the company sends her a bill for \$669. Does she have to pay?

**Q:** I'm hoping you can give me some advice about a damage claim that my car rental company states I am financially responsible for. I rented a car from Alamo in Reno, Nev., recently.



Christopher Elliott

The paperwork was signed and initialed as the person at the counter indicated. Then I was escorted to the garage where the cars were kept.

My husband walked around the car and didn't notice any damage. I drove from the airport rental location directly to our hotel in Reno, where the car was parked for two days. Several days later, when we left Reno to drive to Las Vegas, I noticed that the plastic grill on the front of the car was uneven. My husband inspected and found that it was loose but still connected.

About an hour outside of Las Vegas there was a scraping noise and I heard something drop off the car. Assuming (correctly) that it was the plastic grill, I drove back to retrieve the piece. The next day I called the Reno Alamo location to tell them this piece had fallen off the car.

I explained that until we drove from Reno to Las Vegas the car had been in the hotel garage, that I was the only driver and there were no accidents to account for any damage. The Alamo representative said there was nothing she could do other than to tell us we were responsible for any damage to the vehicle.

It was obvious that a previous driver had damaged the vehicle and managed to hide that damage. When I pulled into the drop-off lane at Alamo, a representative with his handheld com-

puter loudly asked what we had done to scratch the car up so badly. At that my husband and I got out of the car to ask him to show us what he was yelling about.

He pointed to some swirls in the paint finish that looked like car wash wear. We weren't even aware of any scratches so we were quite shocked. Then he wrote up an "Express Incident Report" in which we reported the damage.

Now Alamo wants to charge me \$669 for the damage, saying it was pre-existing. My credit card covered the \$250 deductible, but my insurance company won't cover the rest, saying that I shouldn't have signed the incident report. How can I reverse this decision? - Mary Okincicas, Chicago

**A:** This isn't an easy problem to fix because you signed a form acknowledging your responsibility when you returned the vehicle.

Of course, there were a few things you could have done to prevent this from happening. A pre-rental inspection is always a good idea. Take pictures of the car from every angle and also inside, and if there's any damage, fill out a pre-rental report before you leave the lot. Make sure you get an employee to sign off on the form, and keep the paperwork in a safe place in case you need to refer to it later.

Had you done any of those things, then you wouldn't be faced with a \$669 bill for random scratches and a loose grill.

By the way, you can appeal a bill by sending a brief, polite email to one of Alamo's executives. I list them on my site: <http://elliott.org/contacts/alamo-rent-a-car/>.

Just for the record: The terms of your rental are clear. If you take the keys, you accept responsibility for the vehicle. But as it turns out, Alamo had the same problem you did—iffy paperwork. When it sent you the bill, the photocopied pictures of the damaged vehicle didn't appear to be the one you rented. I thought that was enough reason to ask Alamo to give your case another review, just to make sure it had

the right claim.

Alamo offered to zero out the remaining balance on your bill, an offer you accepted.

- Christopher Elliott is the author of "How to Be the World's Smartest Traveler (and Save Time, Money and Hassle)" (*National Geographic*). 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](http://elliott.org) or e-mail him at [chris@elliott.org](mailto:chris@elliott.org). Christopher Elliott receives a great deal of reader mail, which he answers as quickly as possible, but because of a backlog of cases, your story may not be published for several months.

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## WOLFGANG PUCK'S KITCHEN

# Pureed fennel soup

When autumn comes, I love to make soup. That feeling traces back all the way to my childhood in Austria, when my mother would use vegetables from our garden to cook big pots of soup that filled our home with warmth and delicious aromas.

One of my favorite autumn soups features fennel bulbs. Most people think of fennel, in a seasonal peak



Wolfgang Puck

right now, as something to serve raw, thinly shaved in salads; or sauteed or braised, which tenderizes its crispy texture and caramelizes its natural sweetness. But if you dice the fennel and simmer it in broth, a step that takes under half an hour, you can also puree it to a smooth, satisfying consistency. Simmer some chopped shallots, garlic, and fresh thyme along with the fennel for well-rounded flavors that perfectly complement the gentle anise notes of the fennel.

But that's only the start of my recipe for Pureed Fennel Soup. I always like to add something extra to such smooth preparations—simple embellishments that will make the velvety mixture even more interesting.

Because the soup itself is a muted ivory hue, I want to spark up each bowl with something brightly colored and vividly flavored. So I prepare a simple condiment by pureeing parsley in good extra-virgin olive oil. Drizzled over each bowlful at serving time, this easy condiment enlivens the presentation. And you won't believe the wonderful perfume that blossoms from each bowl when the parsley oil is stirred into the soup.

For a textural contrast, I like to rely on that old standby, croutons. I start with a rustic loaf with robust flavor

and texture. Tossed with some olive oil, cubes of the bread toast up quickly in a hot oven. As a final touch, I toss the still-warm croutons with some chopped parsley and fennel fronds reserved from trimming the bulbs—not only a source of extra flavor but also a good expression of the waste-not-want-not kitchen philosophy I learned from my mother. Scatter a handful of croutons over each bowl at serving time and guests can enjoy their crunchy texture and aromatic flavor with every spoonful.

And speaking of kitchen economy, this already-easy soup also stores well for a future meal. The recipe yields eight servings. So, if there are only two or four of you, simply refrigerate the soup in a covered container, ready to reheat gently on the stovetop. (You may want to stir in a little more broth if the puree seems too thick.) Keep the oil, covered, in the refrigerator, too, and store the croutons in an airtight container at room temperature. The next day, you'll have great soup ready to serve in less than 15 minutes.

### PUREED FENNEL SOUP WITH PARSLEY OIL AND HERBED CROUTONS

Serves 8

#### PUREED FENNEL SOUP:

5 to 5-1/2 pounds fennel bulbs, about 8 bulbs, trimmed, some fronds reserved

1/4 cup extra-virgin olive oil  
1/2 cup chopped shallots  
2 garlic cloves, smashed  
Leaves from 5 or 6 large sprigs fresh thyme  
6 cups organic chicken broth, heated  
Salt  
Freshly ground white pepper  
Juice of 1 medium lemon

#### HERBED CROUTONS:

2 cups 1-inch cubes rustic bread  
3 to 4 tablespoons extra-virgin olive oil  
2 to 3 tablespoons finely chopped

fennel fronds

1/2 cup packed chopped Italian parsley leaves

#### PARSLEY OIL:

1/2 cup packed Italian parsley leaves  
1 cup extra-virgin olive oil

Preheat the oven to 400 degrees F.

For the soup, peel the fennel bulbs and cut them into small cubes. In a 2-1/2- or 3-quart saucepan, heat the olive oil over medium heat. Add the fennel, shallots, garlic and thyme, stir to coat evenly with the oil, and saute until lightly softened but not yet browned, about 5 minutes.

Pour in the broth and season lightly with salt and white pepper. Raise the heat, bring the liquid to a boil, and then reduce the heat and simmer until the fennel is very tender when tested with the tip of a small, sharp knife, about 20 minutes.

While the soup is simmering, prepare the croutons. Arrange the bread cubes in a single layer on a rimmed baking sheet. Toast them in the preheated oven, turning occasionally, until lightly golden, 5 to 7 minutes. Remove from the oven. In a medium-sized skillet, heat the olive oil over medium heat.

Stir in the fennel fronds and parsley. Add the croutons and toss just long enough to coat the croutons evenly with the oil and herbs. Transfer to a bowl and set aside.

In batches and following the manufacturer's instructions for working safely with hot liquids, transfer the soup mixture to a blender or food processor and blend until smoothly pureed. As each batch is pureed, carefully pour it into a strainer over a clean saucepan, pressing the puree through with a rubber spatula. Stir in the lemon juice and taste and adjust the seasonings as needed. Cover the soup and keep it warm over very low heat.

For the parsley oil, put the parsley and olive oil in a clean blender container and blend until smooth. Transfer to a bowl and set aside.

To serve, ladle the soup into heated bowls. With a teaspoon or tablespoon, spoon some of the parsley oil into the center of each bowl. Scatter some croutons over each serving. Put small bowls of any remaining parsley oil or croutons on the table for guests to add to their servings as they like.

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## HUMOR

# Cosmic Health Care

I was having a soft drink alone in a back booth at The Enchantment, a dingy roadhouse north of here. The Enchantment is the kind of joint a college town like Letongaloosa must have to maintain its academic credentials. I go there every now and again. This particular night I was at the Enchantment because Emmaline and I had had a squabble about health care



Larry Day

You may have noticed that there's been a big stir in the media about the new government health insurance plan. Emmaline and I have had the same health insurance for decades. We're happy with it. So we can keep it, right? But hold on. Emmaline had just come home from playing mah-jongg with her girlfriends. Marmalade Davison told the group that she had seen a report on the Coyote News Channel that said health insurance rates were going to go sky high. And, according to Marmalade, companies were cancelling old people's health insurance policies by the hundreds of thousands.

I said, "Wait a minute. I just saw a report on the CMN News channel that said all the hubbub about companies jacking up the price of health insur-

ance and massive policy cancellations is a tempest in a bedpan."

"But people can't get onto the government website to sign up for first time health insurance coverage," said Emmaline. "The health care website is a disaster."

"Emmaline," I said in my mildest, most reasonable tone, "we don't need to get on the government website to sign up for health insurance. We've had our health insurance for decades. All we have to do is pay our premiums and we'll be fine."

I don't know why it is, but when Emmaline and I have a squabble and I speak in what I consider a mild, reasonable tone, there's trouble. That's what happened this time. Emmaline stormed off, and I ended up ruminating in a back booth at the Enchantment. I was on my third ginger ale when who should roll up to the booth but my friend from outer space, KB-11.2. Kaybe isn't one of those scary, bug-eyed, green-skinned aliens you read about.

Kaybe looks like a giant tuna fish can. Erector Set© arms sprout from the curved sides of his body. Three spindly metal legs drop from the underside

### WORDS OF WISDOM

"The main reason Santa is so jolly is because he knows where all the bad girls live."

- George Carlin

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of his stainless steel torso. He has ball bearing wheels for feet, and three sensor-eyes wave at you from the ends of floppy antennae on the top of his lid. He speaks telepathically—his words come into your mind.

"You look troubled, old friend," said Kaybe slipping into the booth.

"Emmaline and I got into a stir about the new universal health care law. Everything's so complicated."

"I feel for your frustration," said Kaybe, "but I don't see the situation as all that complicated."

"Oh no," I said, with a bit of an edge to my tone, "What would you call complicated?"

"Do you remember the scene in the movie "Star Wars," where Luke Skywalker and his two droids walk into the Creature Cantina?" asked Kaybe.

"There were space creatures of every description in that cantina," I said.

"Now let's change that scene. What if that had been a **hospital emergency room** instead of a cantina? What if all those individuals had come there for medical treatment? Think of the physiology of those creatures. Imagine the

variety of ailments such patients would present for medical diagnosis. Imagine the vast number of outer space pathogens that physicians at that hospital would have to deal with," said Kaybe.

"Whoa, that **would be** complicated," I said.

"Right," said Kaybe. "Now imagine the kind of health insurance plan it would take to cover the cost of treating folks all over the galaxy."

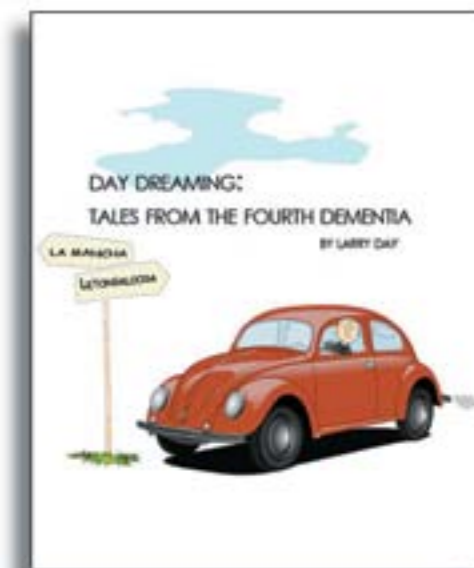
"Say no more," I said. "You've made your point. I assume that you are covered by some sort of galactic health care plan."

"Naturally. As a matter of fact I had my annual physical exam at a galactic hospital in the Alpha Centauri star system just before I came here. The physicians replaced a couple of diodes and told me to watch my diet."

"Are your galactic health insurance rates reasonable?" I asked.

"Hell no," said Kaybe.

- 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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**PET WORLD**

**TLC and good nutrition could boost FIV-positive cat's health**

**Q:** I've gone back and forth about the prospect of fostering Mojo, an FIV-positive cat from a shelter. After reading about it, I've learned how common FIV is among male stray cats in the

Pedersen, distinguished Professor in the Department of Veterinary Medicine and Epidemiology at the Center for Companion Animal Health, University of California-Davis.

Of course, Pedersen has no way to know the extent of Mojo's health issues. Diabetes can be treated with regular insulin injections. Many diabetic cats are overweight, and with weight loss, exercise and a quality low carbohydrate diet, remission is possible. The heart problem might be a serious issue. Eye problems are common in FIV cats. Still, with consistent good nutrition and living indoors, Pedersen says even some "iffy health" in FIV cats can improve. Many times, these cats die quite elderly of problems associated with old age—not FIV. However, regular proactive veterinary care is vital.

While Pedersen applauds your efforts to save cats by building a cattery, the real problem lies in the overwhelming problem of street cats in many countries.

"These street cats have been associated with people for eons," he notes.

Pedersen says your FIV-positive cat can't infect another species. Unless Mojo has had an awful experience with dogs, or your dogs are accustomed to chasing cats, your pets should all get along. Just remember, the more careful and gradual the introduction, the better.

I'm not sure if Feliway is available in the Philippines. If it is, plug a Feliway duffuser into the room where

you're keeping Mojo, away from the dogs when you can't supervise. This product is a copy of a calming pheromone found on cats' cheek pads (cats deposit pheromones when they rub their cheek pads on your leg or a table leg). Also, take a clean towel and rub Mojo's cheek pads. Now rub that towel on your dogs to transfer the scent. You could also spray a touch of vanilla or lavender on the dogs and Mojo so they share a common scent.

When first introducing Mojo to your dogs, leash the dogs, and take no chances. What you don't want is a dog to chase Mojo; even in fun, Mojo won't find this amusing. Offer your cat some escape routes using vertical space which your dogs can't get to, such as a high book shelf or window ledge.

It's amazing how smitten you became with Mojo—and what a wonderful thing you've done!

**Q:** My daughter owns a Chesapeake Bay Retriever and a Jack Russell Terrier. Recently, while watching the retriever when my daughter was away, he vomited up some nylon stockings! He later passed a sock. He's also so thin that I can feel his ribs. My daughter says this is from all the exercise he gets. When I told her about the vomiting, she said the dog is always eating these things. Making matters worse, my granddaughter leaves her clothes on the bedroom floor, hence the dog has access to socks and other items. Apart from closing doors, do you have other ideas? - P.W., Cyberspace

**A:** "A veterinarian needs to see this dog, and sooner rather than later," implores Chicago veterinarian Dr. Sheldon Rubin. "The dog needs to have a complete physical evaluation,

ruling out everything from anemia to parasites. Is this dog able to normally digest food? There are many questions to be answered."

If the dog checks out physically, there is a condition called pica, which your dog might have. Pica is a drive to eat inedible items, and may have become a habit when this dog was a puppy, exasperated by boredom, or a compulsive behavior.

Rubin adds, "Indeed, your sense of the seriousness of this problem is on target, no matter what the cause. While this dog has apparently been lucky so far, eating a nylon stocking or a sock could cause a potentially life-threatening obstruction." If your veterinarian thinks this is a behavioral problem, a referral to a veterinary behaviorist might save your dog's life.

*- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 75001. Send e-mail to petworld@stevedale.tv. Include your name, city and state.*

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—Janice, Topeka

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Steve Dale

Philippines. Unlike in some other countries, animal welfare facilities here lack space, funding, staff and volunteers. I decided to fund a modest-sized cattery for FIV cats, but somehow, this didn't seem like enough. Mojo is still on my mind. I never thought of myself as a cat person, but I felt I had to help him.

During Mojo's first evening at the vet's office, he was diagnosed with a blocked ventricular valve, diabetes and a chronic eye infection. Once he settled into my home, he quickly began to engage with his surroundings, and has become very affectionate. I have three dogs, and I'd like to see if everyone can live in relative peace. Any suggestions? - M.O., Philippines

**A:** "It's true that FIV (the feline immunodeficiency virus) is very common among male feral cats," confirms legendary veterinarian Dr. Niels



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# A Belt Buckle for Camilla – A Christmas Story **Belt Buckle**

By Tom Mach

This afternoon I dreamed I saw Camilla, my 6-year-old, lying in an open casket. Her hands held a large gold-plated belt buckle and her lifeless eyes stared back at me. I heard a shriek and when I awoke I realized it came from me.

What's wrong, Mommy? Camilla said, pressing against me. I forced a smile but as our eyes met, I knew she didn't believe that everything was all right.

Just a silly dream, that's all, I said. Camilla, I've got to get up so I can get some things done. After all, it's Christmas Eve and I haven't had time to buy groceries.

Think he'll come? she asked.

Who?

Santa Claus. Do you think he'll get it for me?

I sat on the edge of the bed and stroked her curly blond hair. We'll see. I wish she hadn't seen that gold-plated eagle belt buckle in the store. Yes, it looked exactly like the expensive buckle my husband, Steve, once wore, and it was the only thing Camilla wanted for Christmas.

Camilla danced her way to the living room while I got dressed. I stuck my hand in my worn purse and fished for money. Exactly five dollars and twenty-two cents was all I had left after paying the rent. Well, at least food stamps would help get us through to the end of the week. Then what?

I'm ready, Mommy. She had on her torn blue coat, the one I'd been

hoping to replace. But after losing my job at the diner, I applied for welfare. It would take a while before I got my first check, the welfare agent told me. A while? What do I do in the meantime?

I took Camilla by the hand and left the apartment. Jacob, the handyman, spotted me in the parking lot.

I nodded my hello to him and headed for the car.

Busy day for me, he said. Gotta take care of these empty apartments. No new tenants for the past three months.

I nodded again. Camilla and I are going to the supermarket, I said.

### Meaningful encounter

It was a 10-minute drive to the store. Dillons was decorated with tinsel, lights, Happy Holidays signs, and caricatures of fat, smiling Santas. But I resented having to see this in a supermarket when I simply wanted to forget about Christmas. Ever since Steve was killed in an automobile accident coming home drunk from a Christmas Eve party, I hated Christmas. It was a meaningless holiday, and now that I lost my job I was even deprived of being able to support Camilla and myself.

As I left the store, holding groceries with one hand and Camilla's tiny fingers with the other, I bumped into a woman wearing a white ski jacket. She appeared to be in her 40s, with brownish hair and beautiful blue eyes. Her skin was smooth and her smile soft and reassuring. She didn't seem upset by the collision.

I'm terribly sorry, I stammered.

Think nothing of it, she said. I'm glad your bag of groceries didn't take a tumble.

Before I could say anything else, she stooped and gave Camilla a hug. You're a pretty little girl, Camilla.

I frowned. How did she know her name? Did I mention it?

I just love little children, the stranger said.

I took Camilla's hand. Well, I must be on my way.

She gently touched my arm. I should introduce myself. My name's Hadran-iel, but you can call me Hadry. May I ask a favor of you?

Sure.

I recently moved into an apartment, she said, and I ordered way too much food from a caterer as I was expecting company. I don't think they're going to show up so I wondered if you and your daughter could join me for dinner tonight.

I paused, not knowing what to say.

Hadry blinked with anxiety. Please. I

really hate to eat alone.

I turned to Camilla. What do you say? Would you want to have dinner tonight with this nice lady?

Camilla smiled broadly and nodded. Then it's set, Hadry said. See you at seven?

Sure. Oh wait, where do you live?

■ CONTINUED ON PAGE 33

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**Edward Jones**  
MAKING SENSE OF INVESTING

At the Willows. Apartment 315. I took in a deep breath. That was my apartment complex. And 315 was just upstairs from me. I shrugged and took Camilla home, glad that at least tonight we wouldn't have to eat rice and toast again like we did last night.

### Festive feast

Seven o'clock found me hesitating at the door to Hadry's apartment. I found it embarrassing not to have anything better to wear than the same denim skirt I wore at the supermarket. As soon as I knocked, the door opened and Hadry welcomed us inside.

The windows had red drapes, the floor plush blue carpeting, and the walls were decorated with landscape paintings. In the corner of the room was a Christmas tree. I must have stood with my mouth agape for a while because Hadry asked me if anything was wrong.

Why no, I answered. I can't believe what you've done to this apartment. And Jacob said we hadn't had any new tenants.

Hadry entered the kitchen and emerged with plates and silverware. If you want, she said, you can help me bring all this food to the table.

I'd be more than happy to, I answered. I was amazed at the array of dishes she had—roast turkey with chestnut dressing, cranberry sauce, mashed potatoes and pumpkin pie. I wanted to ask her whom had she been expecting for company with all this food, but I figured it was probably none of my business.

I thought, however, there'd be no harm in asking her what she did for a living.

She tilted her head in thought about my question. I'm a consultant for people who are facing serious problems, she said.

Like a social worker?

Sort of. By the way, you haven't touched your pie yet.

I've eaten more than I have for some time, I said. It was very kind of you to invite Camilla and me. Your tree looks wonderful.

Hadry turned to look at it. Yes, it

does, doesn't it? Did you notice there are some presents under it?

I hadn't noticed. Yes, there were two gifts under the tree.

Hadry excused herself from the table and went to pick them up. Both presents were wrapped in white tissue and tied with red ribbons.

Here, she said, handing me the larger of the two gifts. This one is for you.

Hadry winked at Camilla. And this one, she added, is for you, my child. Camilla looked at me as if asking for my permission to accept it. I nodded my approval.

The only thing I ask, Hadry said, is that you wait until Christmas day to open them.

But I don't have anything to give you, I protested.

Nonsense. You've given me your companionship and the pleasure of having your cute little girl at dinner. But if you'd like you can join me on the sofa and we'll sing a few carols.

While I agreed, I wondered if I could get myself to sing. After all, I'd turn the radio off whenever I heard a Christmas carol. But tonight was different. I felt

changed, more alive than ever.

Soon I was singing "Silent Night" and "Little Town of Bethlehem" and "The First Noel" as if I had been auditioning for a church choir. Through the window I could see drifting snowflakes and it reminded me of the days Steve and I would sit by a fireplace on a cold winter night and just enjoy the moment.

### Christmas presence

The next morning Camilla, excited, woke me. C'mon, Mommy, it's Christmas. Get up.

I had forgotten the gifts Hadry gave us until Camilla mentioned them.

OK, we'll open them, I said. Open yours first, Mommy.

I unwrapped it and froze when I saw a pile of hundred dollar bills. There must be some mistake, I thought, my heart pounding. Hadry must have given this away by accident.

Look, Mommy.

I turned to see Camilla holding up a gold-plated belt buckle, just like the kind Steve wore.

Mommy?

What?

How did she know?

That was a good question. Honey, let's go up to her place right now and find out.

I knocked on the door several times. No answer.

About to give up, I noticed Jacob nearby. He looked puzzled. What are you doing? he asked.

What do you mean?

This apartment's empty. He opened the door. See for yourself.

The room was vacant. No sofa. No chairs. No fancy drapes. No carpeting.

But I don't understand.

Here, Mommy. You should read this. It was with my present.

Camilla handed me the note. It was a message from Hadry....

**MERRY CHRISTMAS, CAMILLA!  
YOUR DADDY TOLD ME HE  
HOPES YOU LIKE THE BELT  
BUCKLE.**

©Tom Mach, 2011

- Tom Mach is the author of the award-winning book "Angels at Sunset." For more information, visit [www.TomMach.com](http://www.TomMach.com) or email Mr. Mach at [Tom@TomMach.com](mailto:Tom@TomMach.com).

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KATHY GROENHAGEN PHOTO

**Bev Blassingame** cuts the ribbon during Blassingame Home Care's open house and ribbon cutting on November 14. Blassingame Home Care moved into its new offices in the North Valley Shopping Center at 1835 N. Topeka Blvd., Suite 205 in September. Before starting her own home care business two years ago, Blassingame was an executive director for over 10 years in assisted living communities in Topeka.

## Home Care & Hospice Hall of Fame inducts Judith Bellome

The Home Care & Hospice Hall of Fame began two years ago when its inductees were honored at NAHC's largest meeting of the year. This was also NAHC's second year honoring a Nurse of the Year, the winner of a national vote on nurses from every state.

NAHC's Nurse of the Year, along with its new Hall of Famers, were at the 2013 NAHC Annual Meeting & Exposition held in Washington, D.C., at the Gaylord National Resort & Convention Center on October 31 to November 3. Attendees had a chance to meet them and get the tools they need to compete and make their agencies the most successful they can be.

They also got role models as they learned more about this year's honorees. The 2013 Home Care & Hospice Hall of Fame inductees are Judith Bellome, Lawrence, Kan.; Honorable Max Cleland, Arlington, Va.; Cathy Frasca, Sewickey, Penn.; Lori and Paul Hogan, Omaha, Neb.; Carol Raphael, New York, N.Y.; and, Christopher Reeve, who was a super hero for the paralyzed and mobility impaired. The 2013 NAHC Nurse of the Year award was presented on October 31 to Dea Kuiper

from VNA Homecare in Syracuse, New York.

"A nation is what it honors, and it is time we celebrated the silent band of heroes who give their all to care for America's sick and dying as if they were extended family," said NAHC President Val J. Halamandaris. "These honorees have distinguished themselves by fighting on behalf of the aged, ill, and disabled. They have strived to ensure that every person, no matter their age, income, or health, has the right to enjoy the freedoms reserved for all Americans in the Constitution and Bill of Rights. This includes the right to receive care in their homes and to die there with dignity."

Some of the past winners of the Home Care & Hospice Hall of Fame are: Mother Teresa, President William J. Clinton, Sen. Frank E. Moss (D-Utah), Sen. Claude Pepper (D-Fla.), Lillian D. Wald, Sen. Susan Collins (R-Me.), Sen. Edward M. Kennedy (D-Mass.), Sen. Robert J. Dole (R-Kan.), Hon. Rosalynn Carter, Dame Cicely Saunders, and Mike Vance. NAHC members are encouraged to send in their nominations for 2014 Home Care & Hospice Hall of Fame nominees to [pr@nahc.org](mailto:pr@nahc.org).

## Meals on Wheels partners with Briggs Subaru of Topeka to 'Share the Love'

Meals on Wheels of Shawnee and Jefferson Counties, Inc. is proud to announce its partnership with Briggs Subaru of Topeka this holiday season to help put an end to senior hunger. Briggs Subaru of Topeka will donate \$10 for every test drive of a Subaru vehicle now through January 2. This partnership will raise community awareness and participation to support local seniors in need. This local effort is part of the Meals on Wheels Association of America's participation in the national Subaru of America, Inc. "Share the Love" event, designed as a way for Subaru dealers to give back to their local communities.

"Money raised will help us to continue to provide nutritionally balanced meals to the elderly and homebound individuals in our communities. Research shows a nutritious meal has been linked to remaining independent and avoiding unnecessary hospitalizations and premature nursing facility placements," said Heidi Pickerell, President & CEO of Meals on Wheels of Shawnee and Jefferson Counties, Inc.

As a proud Subaru "Share the Love"

event charitable partner, local Meals On Wheels Member programs that partner with Subaru dealerships are eligible to earn grants of up to \$35,000. This can provide an extra layer of support to help provide nutritious meals to homebound seniors in Shawnee and Jefferson Counties.

"We are honored to be part of 'Share the Love' for a sixth straight year," said Association President and CEO Ellie Hollander. "Subaru recognizes the importance of giving back to the communities it serves. Working together, Meals On Wheels and Subaru are helping to provide more than just a meal; we're bringing warmth and compassion to so many hungry and homebound seniors who would otherwise go without."

The Subaru "Share the Love" event runs from November 21 to January 2. Subaru is donating \$250 for every new Subaru vehicle sold or leased during "Share the Love" to the customer's choice of charity, including Meals on Wheels. Over the past six years, proceeds from the Subaru "Share the Love" event have provided funds to support the Meals on Wheels vision to end senior hunger.



*Hillside Village is pleased to have Peg Wessel as our Director of Nursing and member of our management team.*



Peg is a Registered Nurse with over 20 years of nursing experience. In addition to serving as the Director of Nursing at several area skilled nursing communities, Peg was also the Director of Nursing for the Acute Rehab Center/Skilled Nursing Facility at Lawrence Memorial Hospital.

She also spent several years as an Adjunct Professor teaching the Certified Nurse Aide course at the Lawrence Campus for the Neosho County Community College. Peg would be happy to meet with anyone who is considering Hillside Village as a long term care option for one of their family members.



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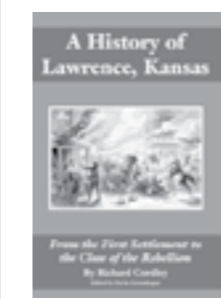
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# GOREN ON BRIDGE

## A suitable line

By Tannah Hirsch

Tribune Content Agency

Both vulnerable. South deals.

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

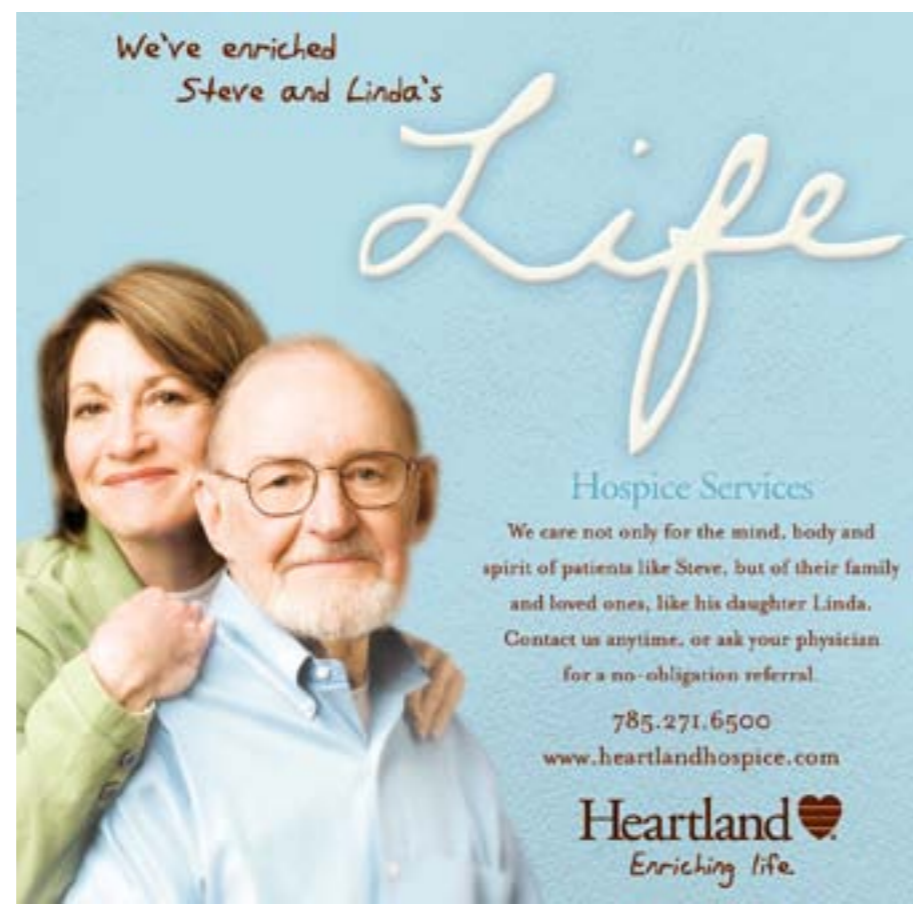
The bidding:  
 SOUTH WEST NORTH EAST  
 1♠ Pass 2♦ Pass  
 4♠ Pass 4NT Pass  
 5♦ Pass 6♠ Pass  
 Pass Pass

Opening lead: Ten of ♥

It is not always obvious how the principle of assumption can help in the play. Consider this deal.  
 Once South jumped to game in spades, showing a near-solid suit, North checked for aces. On finding one

missing, he settled in the small slam. West led the ten of hearts. Declarer won in hand with the jack, crossed to the ace of spades and returned a spade to the king. West's heart discard was a blow, but not necessarily fatal since two clubs could be discarded on red-suit winners. Declarer overtook the king of hearts with the ace and continued with the queen. Unfortunately, East ruffed and cashed the ace of clubs—down one.  
 To make the slam, you must assume that East holds at least two diamonds—if not he will ruff the second round of diamonds and cash the ace of clubs. Therefore, you should cash the ace and king of diamonds before taking a discard on the hearts. If both defenders follow suit, you revert to hearts and make the slam if East has three hearts. When West shows out, however, you continue with the queen of diamonds, discarding a club, and ruff a diamond to set up a long card. Get back to dummy with a heart and lead a good diamond, discarding your queen of clubs, as East ruffs with the master trump.

- Tannah Hirsch welcome readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to [tcaeditors@tribune.com](mailto:tcaeditors@tribune.com).  
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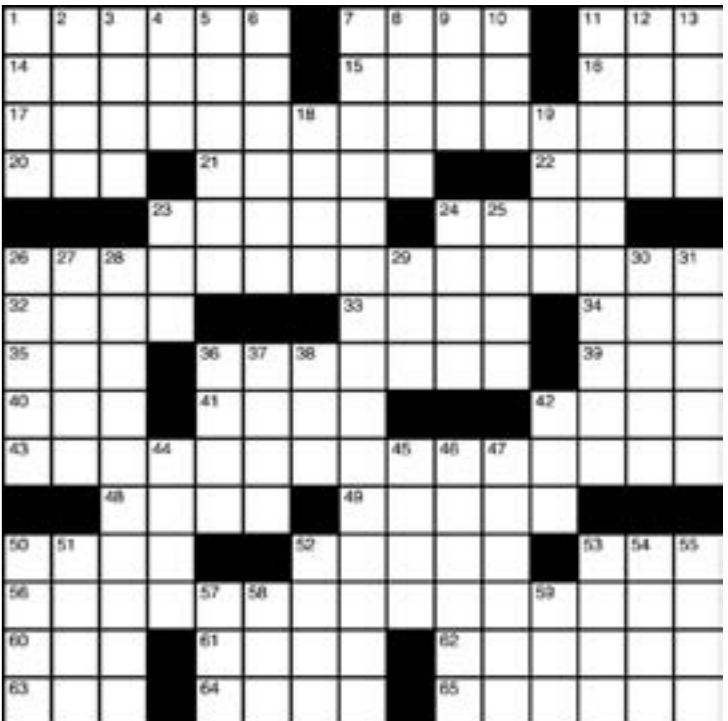
A PROVEN LEADER in health care

## PUZZLES & GAMES

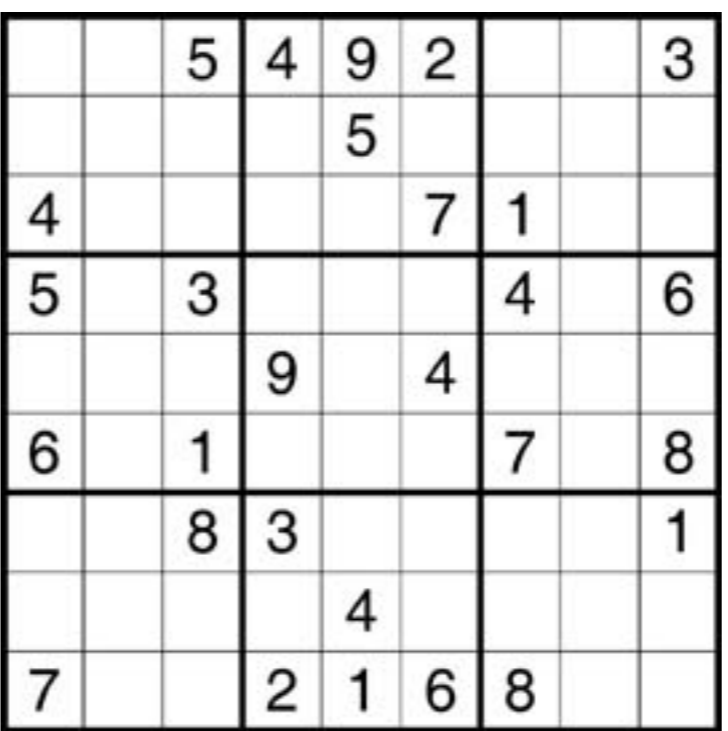
### CROSSWORD

- Across**
- 1 Dot-\_\_ printer
  - 7 Hash house sign
  - 11 Org. that financed many public murals
  - 14 Brand with a Justice For Potatoes League
  - 15 Inside information?
  - 16 Ancient pillager
  - 17 Pop
  - 20 Air France-\_\_: European flier
  - 21 Cathedral areas
  - 22 Place in a 1969 Western
  - 23 Tech staff member
  - 24 Camel hair colors
  - 26 Pop
  - 32 Bat mitzvah locale
  - 33 Bands from Japan
  - 34 Gp. concerned with dropout prevention
  - 35 Run smoothly
  - 36 Condor's booster
  - 39 Ruckus
  - 40 "\_\_\_ you sure?"
  - 41 Charcutier offering
- Down**
- 1 Poke fun at
  - 2 Shrinking sea
  - 3 Duration
  - 4 Poke fun at

- 5 Defensive denial
- 6 Second word of Coleridge's "Kubla Khan"
- 7 Outdoor security options
- 8 Battling god
- 9 Itty bit
- 10 Pink Floyd's Barrett
- 11 Pentecost
- 12 Flat-bottomed boat
- 13 "Put Your Head on My Shoulder" singer
- 18 Claim with conviction
- 19 Truckee River city
- 23 Il into D
- 24 "Yay, the weekend!"
- 25 Short right hand?
- 26 "Balderdash!"
- 27 Chekov bridgemate
- 28 Quantitative "science"?
- 29 Bulls' org.
- 30 "Jurassic Park" co-star
- 31 Father of modern Italian, per linguists
- 36 Very soon after
- 37 President between Tyler and Taylor
- 38 No and Who: Abbr.
- 42 Messy room
- 44 Excalibur part
- 45 Change the colors of,



- 46 Wavy lines, in music
  - 47 Justice who's the son of an Italian immigrant
  - 50 Get into a lather
  - 51 New Rochelle college
  - 52 Overly submissive
  - 53 "The Simpsons" bus
  - 54 Poke fun (at)
  - 55 Intro to science?
  - 57 Put into words
  - 58 It's usually FDIC-insured
  - 59 Bassoon end?
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**SUDOKU:** Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

**JUMBLE** THAT SCRAMBLED WORD GAME  
 by Mike Argirion and Jeff Knurek

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

INGGO  
 GHILT  
 REDUSS  
 REALOP

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

Ans: [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**SCRABBLE** **GRAMS**

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

A1, E1, I1, Y1, L1, R1, D1  
 A1, A1, I1, C1, C1, D1, R1  
 E1, E1, I1, U1, S1, F1, D1  
 A1, A1, E1, B1, B1, G1, N1  
 A1, E1, I1, S1, S1, L1, D1

PAR SCORE 205-215  
 BEST SCORE 281

FIVE RACK TOTAL  
 TIME LIMIT: 25 MIN

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

Answers to all puzzles on page 38

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### SUDOKU SOLUTION

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

**BRAND GRAMS SOLUTION**

R	E	A	D	I	L	Y	RACK 1 = 61
C	A	R	D	I	A	C	RACK 2 = 86
D	E	F	U	S	E		RACK 3 = 14
B	E	A	N	B	A	G	RACK 4 = 62
A	I	D	L	E	S	S	RACK 5 = 58
PAR SCORE 205-215							TOTAL 281

### CROSSWORD SOLUTION

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

### JUMBLE ANSWERS

Jumbles: GOING LIGHT DURESS PAROLE

Answer: One way to solve a knotty problem -- PULL STRINGS

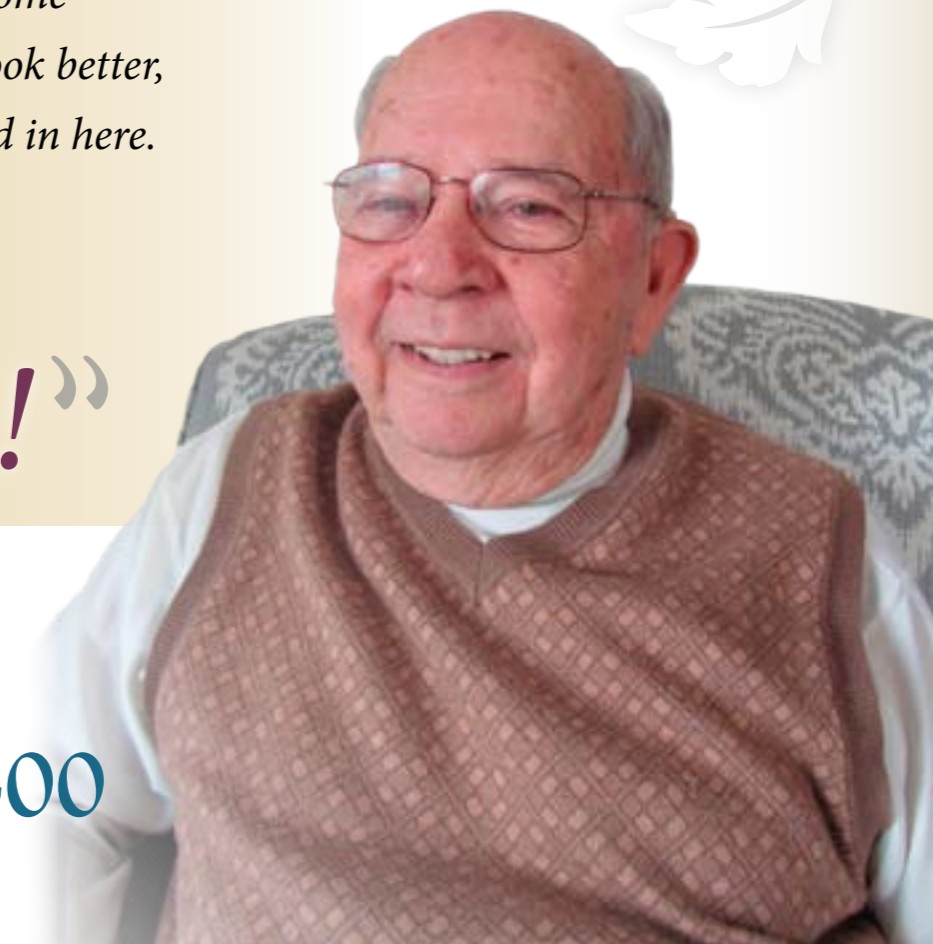
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## ELIZABETH M. GUASTELLO, MD

*Cardiologist*

Dr. Guastello recently completed a cardiovascular fellowship at the University of Missouri-Kansas City, training at St. Luke's Hospital. Originally from Kansas City, she earned a bachelor's degree in biology from the University of Kansas in 1996, a master's of business administration from KU in 1999, and a master's of public health from the University of Minnesota in 2000. Dr. Guastello attended the University of Missouri-Kansas City for her medical training and earned her doctor of medicine degree in 2006. She completed an internal medicine residency at the University of Michigan in 2009. She is board certified in internal medicine and board eligible in cardiology. She enjoys cooking, traveling and watching football.

## CHRISTINA SALAZAR, MD

*Cardiologist*

Dr. Salazar is a Lawrence native and received a bachelor's degree in biology from the University of Kansas in 2002. After earning her medical degree from KU in 2007, she completed internship and residency training in internal medicine at Ohio State University in Columbus, Ohio, in 2010. She recently finished a fellowship in cardiovascular medicine at Ohio State. She is board certified in internal medicine and board eligible in cardiology. She enjoys running and spending time with her family.

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