

# Kaw Valley Senior Monthly

**FREE!**

PRSR STD  
U.S. Postage  
PAID  
Lawrence, KS  
Permit No. 19

February 2009 Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 8, No. 8

## INSIDE



As Barack Obama begins his term as president of the United States, a brand-new president of the local National Active and Retired Federal Employees Association will be closely monitoring the new administration's policies and initiatives. - page 5



Wolfgang Puck shares a big recipe idea for baking butterfliered shrimp. - page 26

## INDEX

Business Card Directory..	21
Calendar .....	16
Classifieds.....	31
Collectibles Marketplace..	24
Health & Fitness .....	13
Humor .....	23
Medicine Cabinet, The .....	15
Nostalgia Notebook.....	30
Personal Finance.....	10, 11
Pet World .....	25
Puzzles and Games .....	28, 29
Restaurant Guide.....	26
Retire Smart .....	14
Smart Collector.....	24
Wolfgang Puck's Kitchen....	26

[www.seniormonthly.net](http://www.seniormonthly.net)



Rep. Tom Sloan

KEVIN GROENHAGEN PHOTO

## Sloan's new committee looks towards the future

By Kevin Groenhagen

In his 1949 memoir, *Diplomat in Peace and War*, Sir Hughe Knatchbull-Hugessen wrote, "Before I left England for China in 1936 a friend told me that there exists a Chinese curse—'May you live in interesting times.'"

"This legislative session will be incredibly interesting," said Rep. Tom Sloan, a Douglas County Republican who represents the 45<sup>th</sup> District, two days after the 2009 session began on January 12. "The state budget is already \$180 million short for the existing fiscal year's programs. For fiscal year 2010, we could be \$1 bil-

lion short. This raises issues whether we do a 10-percent cut across the board, or cut specific programs based on priority."

By mid-January, Gov. Kathleen Sebelius, a Democrat, had called for closing four prison facilities and eliminating the Kansas Technology Enterprise Corp. and Kansas Inc. She also proposed cutting funding for local governments and higher education, while freezing spending for K-12 public schools.

"K-12 spending amounts to 52 percent of the state budget," Sloan said. "If we don't cut that spending, then we'll have to cut other programs by roughly 20 percent across

the board."

Sloan also notes that cutting funding for local governments might negatively impact social services programs at the local level. For example, Lawrence city manager said such cuts would result in a shortfall of at least \$1 million for Lawrence's 2009 budget.

The Republican leadership immediately dismissed the governor's budget proposals, and instead proposed across-the-board cuts, including cuts for K-12 public schools.

"Most agencies are prepared to make sacrifices," Sloan said. "I'm hoping the legislature will have each

■ CONTINUED ON PAGE THREE

# BETTER HEARING FOR YOU AND YOUR LOVED ONE!



Same Sweet Nothings'—Only Louder!

Buy 1, Get 1  
**60% off**

All Models,  
Including New  
Open Fit\*\*

- ♥ 30 DAY TRIAL
- ♥ FREE HEARING EVALUATION\*
- ♥ FREE LIFETIME AFTERCARE

\*\* No other offers or discounts apply. Good only through participating Miracle-Ear® representatives. Offer expires Feb. 28, 2009.



WITH A  
**NEARLY INVISIBLE**  
HEARING AID FROM  
MIRACLE-EAR®  
**ONLY YOUR BEST**  
QUALITIES WILL  
SHOW.

**2727 Iowa St. • Lawrence**  
**785-842-0880**  
**800-522-1149**

**Walmart** ✨

**1301 SW 37th St. • Topeka**  
**785-228-1470**  
**800-949-5321**



What will your miracle sound like?<sup>TM</sup>



\* Hearing test always free. Not a medical exam. Audiometric test to determine proper amplification needs only.

# Rep. Sloan

■ CONTINUED FROM PAGE ONE

agency in to offer up what they can cut."

Of course, some of the Republicans' proposals are also controversial. For example, the House Republicans' 35-item list of priorities included authorizing construction of a \$3.5 billion coal-fired power plant in Holcomb. Health and Environment Secretary Rod Bremby in October 2007 denied Sunflower Electric Power Corporation a permit to build the plant, citing his "responsibility to protect the public health and environment from actual, threatened or potential harm from air pollution." The state legislature passed three bills during the 2008 to overturn Bremby's decision, but Sebelius vetoed each bill. The Kansas House fell just four votes shy of overriding her third veto.

If all of that is not interesting enough, Sloan notes that a majority of the members of the House Appropriations Committee are new to the committee.

Sloan himself will be the first chairman of the Vision 2020 Committee, which the Kansas House created last year. Issues Sloan's committee will take up include water quality and health care services.

"We don't have natural lakes in Kansas," Sloan said. "The U.S. Army Corps of Engineers constructed the reservoirs for 100-year productive lives. Perry Lake is almost 50 years old and filling with sediment. While no crisis exists today, it is less expensive and technically easier to address the problem before a crisis exists. We need to be able to tell the people of Kansas we'll have water here, and that it will be affordable."

Last fall Sloan hosted the Reservoir Sustainability Summit, where Assistant Secretary of the Army (Civil Works) John Paul Woodley, Corps of Engineers representatives from the Kansas City and Tulsa regions,

and almost 100 representatives from Kansas water stakeholder groups met to discuss the future of Kansas' reservoirs.

"As a direct result of the Reservoir Summit, the Kansas Legislature began addressing sustainability issues related to the reservoirs and continued funding for a state pilot project to restore a municipal drinking water lake near Horton."

The Vision 2020 Committee will also look at how Kansas can deliver health care efficiently. Sloan is especially excited about the future of telemedicine.

"Horton has a one-doctor hospital that is linked up to the KU Medical Center," Sloan said. "The hospital in Hays is also linked to KU Med. Telemedicine is a step towards making rural hospitals more viable."

According to the KU Center for Telemedicine and Telehealth, the KU Cancer Center uses a new technology called Intelemage to connect with hospitals, clinics, and oncologists throughout Kansas and western Missouri. Intelemage allows KU health care providers to access radiology films and scans in a real-time environment. This eliminates the need for patients to travel to Kansas City.

Sloan has introduced legislation to direct health insurance companies to cover telemedicine services. He is also a member of the Tele-

medicine Task Force, which Kansas Commissioner of Insurance Sandy Praeger established last year.

The Vision 2020 Committee will also study home health monitoring. Sloan cited the example of Coffeyville-based Windsor Place At-Home Care, which placed remote patient monitoring devices in the homes of 50 patients in 2007 as part of a 12-month test with the Kansas Department of Aging and the University of Kansas Medical Center Telemedicine Program. Using the devices, patients fed their vital signs to a central location, where nurses could monitor them.

According to Monte Coffman, executive director of Windsor Place, the devices reduced the number of days patients spent in hospitals by 58 to 64 percent, and cut emergency room visits by 40 percent. Coffman said he believes home health monitoring is the future of long-term care.

"The committee will look at how we deliver health care, what are the costs, and what are the potential savings," Sloan said. "Much of this involves getting providers and insurers to agree on what is technically feasible and affordable."

Sloan will also be focusing on energy issues during this session. In addition to serving on the Energy and Utilities Committee, he is the only state legislator serving on the U.S.

Department of Energy's Electricity Advisory Committee. He is also the only state legislator to organize and chair two transmission discussion groups at the Federal Energy Regulatory Commission.

"I'm very interested in smart grid technologies," Sloan said. "Digital technology will exist where the electric company will be able to monitor our appliances at home and help us save money without altering our lifestyles."

Few electric companies in the U.S. currently employ smart grid technologies on a large scale. One that does, Texas-based Austin Energy, now has one-third of its fleet operating on automated meters. In addition, approximately 65,000 customers have enrolled in its demand response programs. The goal of these programs is to enable customers to contribute to energy load reduction during times of peak demand.

Sloan also plans to introduce bills to encourage more renewable energy projects. In addition to solar and wind power, he notes that renewable energy can be made from garbage. According to the EPA's Landfill Methane Outreach Program, Kansas currently has landfill gas projects at four landfill sites. In addition, another 30 landfills are either candidates or potential targets for energy projects. The potential for using meth-

■ CONTINUED ON PAGE FOUR

**DRURY PLACE**

The wonderful lifestyle you will find at Drury Place offers you a satisfying, worry-free life at an affordable price.

<b>TOPEKA</b>	<b>LAWRENCE</b>
ANDREA GRAHAM Director	SANDY NELSON Director
785-273-6847	785-841-3962

## 2009 Senior Resources Directory updates

Under "Companionship for Lonely or Homebound," The Shawnee County Senior Companion Program phone number has changed to (785) 232-7765.

Under "Transportation," Stormont-Vail no longer offers its valet service.

## Kaw Valley Senior Monthly

Editor and Publisher  
Kevin L. Groenhagen

*Kaw Valley Senior Monthly* is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.

CONTACT US



**MAIL**  
2612 Cranley St.  
Lawrence, KS 66046



**PHONE**  
785-841-9417



**E-MAIL**  
kevin@seniormonthly.net



**FAX**  
785-749-4691

# Rep. Sloan

■ CONTINUED FROM PAGE THREE

ane gas for energy is great. In fact, Omaha Public Power District's and Waste Management's new methane gas power plant plans to use decomposing garbage to generate about 25 million kilowatt hours of electricity a year. That's enough for more than 2,000 homes.

Sloan was raised on a small farm in Central New York State, and became interested in the political process at an early age.

"My father encouraged us to read newspapers," Sloan said. "We would have a lot of conversations about current affairs at the dinner table."

Sloan majored in political science at Syracuse University, and earned a master's degree in political science from Michigan State University. He later transferred to the University of North Carolina at Chapel Hill, where he earned his doctorate in political science.

After teaching several years as an assistant professor in K-State's political science department, Sloan served in a variety of positions, including the associate director of the Kansas State Nurses Association, chief of

staff for Senate Majority Leader Bob Talkington, a government and community affairs representative for Getty Refining and Marketing Company, special assistant to the Secretary of Corrections, and executive director of KPL/Western Resources' Government Relations, Corporate Communications, and Economic Development Departments. In 1995, he began serving his first term in the Kansas House of Representatives.

Although he has degrees in political science and has spent many years working at the Kansas State Capitol, Sloan shares an admission that might surprise most people.

"I dislike politics," Sloan said. "However, I truly enjoy policymaking."

Sloan credits his wife, Gail, for giving him the support that allows him to participate in that policymaking. The Sloans have three children, two grandchildren, and live on a farm west of Lawrence.

Sloan encourages constituents to contact their representatives if they would like to express their opinions about proposals being debated during the 2009 legislative session. A list of state senators and representatives in the Kaw Valley Senior Monthly distribution area is included at right.

## State Senators and Representatives in the Senior Monthly Distribution Area

### KANSAS HOUSE

District 10:	Tony Brown	Baldwin City	785-296-7885
District 38:	Anthony Brown	Eudora	785-296-7679
District 44:	Barbara Ballard	Lawrence	785-296-7697
District 45:	Tom Sloan	Lawrence	785-296-7654
District 46:	Paul Davis	Lawrence	785-296-7630
District 47:	Lee Tafanelli	Ozawkie	785-296-7639
District 52:	Lana Gordon	Topeka	785-296-7652
District 53:	Ann Mah	Topeka	785-296-7668
District 54:	Joe Patton	Topeka	785-296-7699
District 55:	Annie Kuether	Topeka	785-296-7669
District 56:	Annie Tietze	Topeka	785-296-7885
District 57:	Sean Gatewood	Topeka	785-296-7647
District 58:	Harold Lane	Topeka	785-296-7690

### KANSAS SENATE

District 2:	Marci Francisco	Lawrence	785-296-7364
District 3:	Tom Holland	Baldwin City	785-296-7372
District 9:	Julia Lynn	Olathe	785-296-7382
District 12:	Pat Apple	Louisburg	785-296-7380
District 19:	Anthony Hensley	Topeka	785-296-3245
District 20:	Vicki Schmidt	Topeka	785-296-7374

If you are uncertain who your representatives are, you can find out by entering your address at <http://www.ipsr.ku.edu/ksdata/vote/>



## Hancuff Place

**-Senior Living Offering the Best of Both Worlds-  
A Peaceful Country-like setting, At Rates That Can't Be Beat!**

**\*\*\*1 and 2-BR Apartments \$245 to \$434\*\*\***

(Ask about our medical expense credits & rental assistance program!)



We rent to Seniors and Disabled Persons.



Call (785) 594-6996 for more info.

1016 Orchard Lane & 1119 Jersey • Baldwin City

**Rumsey-Yost**  
FUNERAL HOME, INC.  
& Crematory

"locally owned and operated since 1920"

*"personalized care with dignity"*

- pre-arrangements
- caring funeral service
- quality grief support
- monuments

601 Indiana  
Lawrence, Kansas

**785-843-5111**

[www.rumsey-yost.com](http://www.rumsey-yost.com)



## A Non-Profit Agency Providing In Home:

- Light Housekeeping
- Meal Preparation
- Companionship
- Caregiver Relief
- Overnight Care
- Local Transportation

2201 W. 25th St., Suite Q  
Lawrence, Kansas

(785) 842-3159

[trinity@trinityinhomecare.com](mailto:trinity@trinityinhomecare.com)

[www.trinityinhomecare.com](http://www.trinityinhomecare.com)

## Martin Creek Place

- 1 & 2 Bedroom Apartments
- Townhomes
- Washer/Dryer Connections
- Emergency Monitoring System Available
- 24 Hour Emergency On-Site Staff
- Organized Activities & Day Trips
- Library Red Carpet Service
- Weekly Grocery Van
- On Site Storage
- Exercise Room

Age 62 & older.



4950 SW Huntoon • Topeka 785-273-2944



# Lawrence NARFE elects officers for 2009

By Billie David

As Barack Obama begins his term as 44<sup>th</sup> president of the United States, the brand-new president of a local organization will be closely monitoring the new administration's transactions.

"We anticipate there will be changes in the way the government interacts with businesses, and our organization needs to work to make sure those changes aren't detrimental to retirees," said Tom Huntzinger, president of the Lawrence chapter of the National Active and Retired Federal Employees Association (NARFE). "Vigilance is important right now."

NARFE is an organization that supports federal government employees (defined as those who have paid or are currently paying into the federal government's retiree system). Although NARFE supports the interests of both active and retired federal government employees, the organization is driven more by retired people because they have more time, Huntzinger said.

"We're an educational and awareness group," he added. "We don't contribute to political campaigns, but we have interaction with elected officials about employee needs."

Those needs are similar to the challenges of others in the workforce, such as healthcare, retirement investment packages and annuities tied to the cost of living.

One thing that they don't have in common with many other employees is the ability to participate in programs that allow them to set aside pre-tax dollars to pay for medical expenses. This is one of the issues that they hope will be resolved with the new administration.

"There's a new perspective now," Huntzinger said, explaining that in the past, the focus on such decisions was on how it would help business, with the idea that any benefit to business would end up helping individuals.

"But businesses have incentives that are not necessarily in line with people's interests," he said. "For example, Wall Street has driven their decisions."

Another issue of special concern to federal government employees and retirees is the limit Congress has put on federal employee access to Social Security, Huntzinger said.

"Federal employee salary is not taxed for Social Security; they get federal annuities," he explained. "But many federal employees have paid into Social Security in the past and

there are limits placed on these benefits for federal employees. We are working to address that."

NARFE is a nationwide association with 45 chapter listings in Kansas including Kansas City, Junction City, Leavenworth, Manhattan, Topeka, Ottawa, Shawnee Mission and other towns where there is a concentration of employees who work for federal agencies and facilities across the state such as federal prisons and military facilities, the U.S. Corps of Engineers, the U.S. Department of Agriculture, U.S. Geological Survey, and the U.S. Postal Service.

The organization, originally known as the National Association of Retired Civil Employees, was founded in 1921 by 14 employees. It has grown to a national membership of approximately 350,000. Its goal is to seek better health and retirement benefits, and it holds seminars throughout the country to help educate people on how to save for retirement and make informed choices about Medicare. There is also a focus on community, and members have the option at their monthly meetings to contribute to an Alzheimer's support program.

"We have contributed millions to Alzheimer's research," Huntzinger said.

The organization also publishes a monthly magazine with articles that address health, lifestyles, retiree benefits, the organization in general, photos of chapter members and meetings, and messages from the national president.

Local chapters hold monthly meetings, where members share interests and listen to updates on what the organization is doing. Lawrence membership varies from year to year, with a potential of around 500 people and actual membership between 100 and 150. Of those, approximately 30 people attend the local monthly meetings.

Meetings are held on the third Tuesday of each month at Conroy's Pub at the corner of Sixth Street and Lawrence Avenue. Members meet there at noon for lunch.

Huntzinger, who was elected president on January 1, has been a member of NARFE for five years.

"I feel that there is a responsibility there that each person has to step up when the time comes," he said. "Others have served well and now it's my turn."

But he has plenty of help, especially in terms of past officers and members.

"What's important is that I ask for



NARFE officers, left to right: Ken Rowan, second vice president; Gordon Monther, secretary; Tom Huntzinger, president; Wanda Lyon, first vice president; and Clara Arnold, treasurer. Administering the oath is Tom Raby, far right, NARFE area vice president.

advice when I need to," he said.

Huntzinger, a grant coordinator for the Upper Wakarusa Watershed, is originally from Colorado. He is an agricultural engineer and retired after working for the federal government for 25 years as a hydrologist for the U.S. Geological Survey.

He then worked eight years for the state of Kansas and currently runs his own private consulting firm.

More information about Kansas NARFE can be found at the Web site [www.ksnarfe.org](http://www.ksnarfe.org). For membership information, contact Huntzinger at [tomhuntzinger@sunflower.com](mailto:tomhuntzinger@sunflower.com).

## Trusted Care for the Senior You Care for.



Being able to live at home can be one of the most important comforts in a senior's life. Our carefully selected CAREGivers<sup>SM</sup> help make that possible, with a wide range of non-medical services, welcome companionship and a ready smile. At Home Instead Senior Care, we treat each senior as we would a member of our own family.

**Home Instead**  
SENIOR CARE<sup>SM</sup>

*With a little help  
from a friend.*

Call for a free, no-obligation  
appointment.

**1.800.4SENIORS**

**Lawrence**  
785.856.8181  
**Topeka**  
785.272.6101

Each Home Instead Senior Care franchise office is  
independently owned and operated.

[homeinstead.com](http://homeinstead.com)

# AARP Tax-Aide provides free tax help

Free income tax preparation help will be offered through Tax-Aide, the tax counseling program administered through the AARP Foundation in cooperation with the IRS.

Tax-Aide offers free tax assistance to individuals and families of medium to moderate income who need help filling out their tax returns. Tax Aide counselors complete an IRS training course in basic income tax return preparation and are trained to complete federal and state in-

come tax forms.

Tax-Aide counselors also alert taxpayers to special credits and deductions for which they may be eligible such as food sales tax and homestead refunds.

Tax-Aide counselors won't prepare returns beyond the scope of their training and suggest that taxpayers who need assistance with more complex tax returns seek a professional tax preparer.

Taxpayers who visit a Tax-Aide site should bring:

- A copy of last year's return if available. If not, a picture ID and Social Security cards for each member of your family.

- Any forms 1099-R, 1099-INT, 1099-DIV received.

- Social Security Statement SSA 1099 for 2008

- All W-2 forms from any jobs in 2008.

- All 1098 forms if received.

- Any 1099-G (Unemployment forms).

- Property Tax Form (County) or

name, address and phone number of landlord if filing a Homestead claim.

- If itemizing, all records of medical expenses, contributions, personal property taxes.

- W-2 Gambling income. 1099 MISC and any notices sent to you by the IRS in 2008.

Tax-Aide volunteers, trained in cooperation with the Internal Revenue Service, will offer help with personal income tax returns at the locations listed below:

SITE	ADDRESS	CITY	PHONE	OPEN DATE	CLOSE DATE	SITE SCHEDULE	HOURS	E-FILING
Baldwin City Library	800 7th St	Baldwin	785-887-6070	1-Feb	15-Apr	Tues. and Thu.	12-4 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Mon., Tues., Wed., Thu.	1-4 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Saturdays	9 a.m.-12 p.m.	Yes
Olathe Library	201 E Park St	Olathe	913-971-6888	1-Feb	15-Apr	Mon., Tues., Wed., Thu.	10 a.m.-3 p.m.	Yes
Olathe Library	201 E Park St	Olathe	913-971-6888	1-Feb	15-Apr	Saturdays	10 a.m.-3 p.m.	Yes
Olathe Senior Center	311 E Park St	Olathe	913-782-1878	1-Feb	15-Apr	Tues. & Thu.	10 a.m.-3 p.m.	No
Court House Square Apts	235 S Main St	Ottawa	785-865-3985	26-Jan	15-Apr	Wednesdays	1-4 p.m.	Yes
Community Action	621 SE Swygart	Topeka	785-235-9296	26-Jan	15-Apr	Tues. and Wed.	9 a.m.-3 p.m.	Yes
First South. Baptist Church	1912 SW Gage Blvd	Topeka	785-272-0443	26-Jan	15-Apr	Fridays	9 a.m.-3 p.m.	Yes
First United Method. Church	600 SW Topeka Blvd	Topeka	785-233-8100	26-Jan	15-Apr	Wednesdays	9 a.m.-3 p.m.	Yes
Jayhawk AAA	2910 SW Topeka Blvd	Topeka	785-272-8616	26-Jan	15-Apr	Mondays	9 a.m.-3 p.m.	Yes
Lowman Methodist Church	4000 SW Drury Ln	Topeka	785-272-8921	26-Jan	15-Apr	Thursdays	9 a.m.-3 p.m.	Yes

## Massage Therapy

### FEBRUARY SPECIAL

### 1-Hour Massage - \$45

(Regular price is \$60)

**We are now offering massage therapy in Baldwin City.**

A massage gift certificate makes a great Valentine's Day gift!



**Heather Johns**, a certified massage therapist, received a Certificate in Massage Therapy from the Boulder College of Massage Therapy in 2002. She began working with Lawrence Therapy Services in 2005. Heather is a member of the American Massage Therapy Association. She is nationally certified in Therapeutic Massage and Bodywork and has a Craniosacral Therapy I certificate from the Upledger Institute.



**Stephanie Stuhlsatz**, a certified massage therapist, joined Lawrence Therapy Services in 2008. Stephanie was a business owner of Mothering Massage in Lawrence for six years. Stephanie has extensive training in swedish and prenatal massage as well as with trigger point, craniosacral, and massage for special populations such as hospice clients and seniors.



**842-0656**  
2200 Harvard Rd, Ste 101  
**Lawrence**



**594-3162**  
814 High St., Suite A  
**Baldwin City**

[www.lawrencetherapyservices.com](http://www.lawrencetherapyservices.com)



## LinnWood Place

Senior Living At It's Best!

*Come Home to Assisted Living at LinnWood Place!*

Come see why so many seniors and their families have chosen the security and freedom of LinnWood Place. Private suites, home-cooked meals, housekeeping including laundry service, and assistance with daily activities and medications. On-staff health care professionals at your service 24 hours a day. Maintain your independence and come home to the amenities of LinnWood Place!

*Call 945-3634 to schedule your private tour today!*

For seniors interested in more care, we also offer supervised nursing services at our convenient Home Plus locations in Valley Falls and Meriden.

**Valley Falls**  
**LinnWood Place & LinnWood Home Plus**  
(assisted living services)  
1509 1/2 Linn Street  
(supervised nursing services)  
**785-945-3634**



**Meriden**  
**Deer Park Senior Group Homes**  
3566 62<sup>nd</sup> Street  
(supervised nursing services)  
6313 K-4 Highway  
(supervised nursing services)  
**785-484-2165**

[www.linnwoodplace.com](http://www.linnwoodplace.com)

### VISTA has several openings for volunteers

Are you retired or bored? Would you like to make an extra \$800 a month without affecting your retirement or disability benefits? Would you like to give back to your community now that you have time to do so? The Volunteers in Service to America (VISTA) has a job for you.

The VISTA program administered by Washburn University's Center for Community Service and Civic Engagement is placing up to 30 VISTA members in several not-for-profit agencies in Topeka and eastern Kansas. The center currently has openings for Big Brothers/Big Sisters, Community Action, The Villages, RSVP, Topeka Public Schools, and YWCA. The center is looking for skills in volunteer recruitment and management, fundraising, special events coordination, and technology development.

VISTA members sign on for a year of

service fighting poverty in their communities. Their purpose is to build capacity in the organization in which they serve. VISTA members help the organization to identify and increase or enhance its resources, whether in its constituency, volunteer base, funding, or services provided.

Although they are not paid a wage, VISTA members receive a living allowance of \$833 per month, health benefits, training, and an end-of-service award of \$1,200 or a Segal Education Award of \$4,725. None of these benefits counts as income against retirement benefits, disability payments, or any public assistance payments.

For more information about VISTA/AmeriCorps in general, log on to [www.americorps.gov](http://www.americorps.gov). To learn more specifics about the Washburn VISTA program, call Judy Nickelson at (785) 670-2286.

### The Ultimate Kansas History Collection

20 books on one CD\*! More than 6,300 pages! Books are searchable and can be read on your computer monitor or printed.



Now available at the Great Overland Station, 701 N. Kansas Ave., Topeka.

### YOUR HEALTH COMES FIRST!

Use the Bankruptcy Law To Protect Your Health & Financial Well-being  
Stop Bill Collectors, Repossessions & Foreclosures

Come see me and I'll show you how to get a fresh start!

#### HARPER LAW OFFICE, LLP

Topeka 354-8188 • Lawrence 749-0123

A Debt Relief Agency That Provides Legal Advice

Helping People File for Relief under the Bankruptcy Code for over 25 Years!



### SkillBuilders

Education and Support for  
Widows, Widowers and Caregivers

#### Spring-2009 Schedule

March 5	Your Legacy: I to We to Me	Jean Humphrey, Johnson County Family Life
March 12	Estate & Legal Matters	Cheryl Freshkin, Barber Emerson LLC
March 19	Managing Your Money	Steve Hamilton, VSR Financial Services
March 26	Maintaining Your Home	Al Negen, Negen Remodeling
April 2	Coping w/ Special Occasions	Dennis Flory, Social Worker with Hospice
April 9	Gardening	Jennifer Smith, Douglas County Extension Office
April 16	Computer Care & Keeping	Forum: forest-ling your questions
April 23	Home Security & Personal Safety	Gary Squires, Douglas County Sheriff's Office
April 30	Car Care	Richard Haig, Westville SE
May 7	Searching for Peace	Linda Upstill, Ramsey-Yost Funeral Home
May 14	Healthy Eating for One	Susan Kramer, Douglas County Extension Office
May 21	Celebration Potluck	

Thursdays, March 5 - May 14, 2009

LAWRENCE PUBLIC LIBRARY

707 Vermont

10:00am to 11:45am

Although sessions are designed for widowed persons and caregivers, anyone is welcome. No pre-registration necessary. No charge. Refreshments provided.

This program has been funded by the Community Impact Grant through the United Way of Douglas County and is sponsored by Douglas County Visiting Nurses, Rehabilitation and Hoagler Care, the Lawrence Public Library and Douglas County Senior Services (DCSS).

A special thank you to all of our presenters & their employers for volunteering their time & talent.

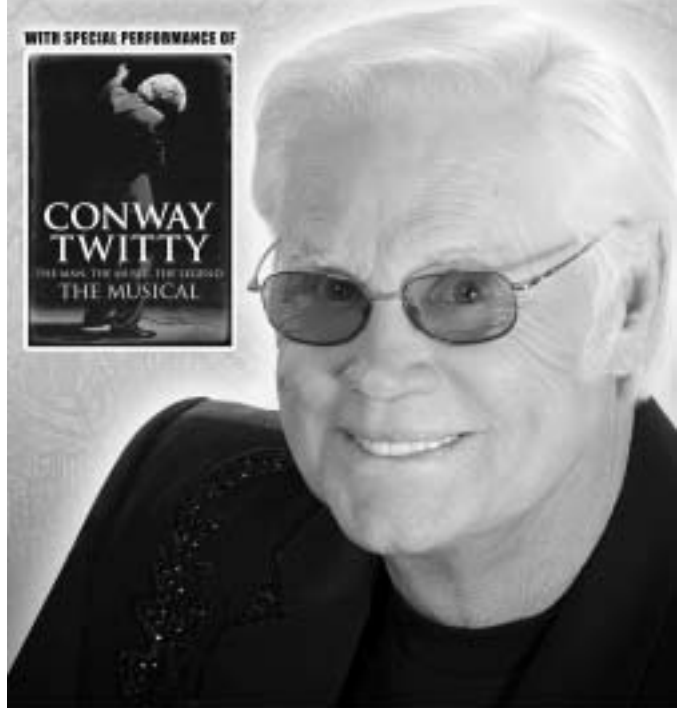
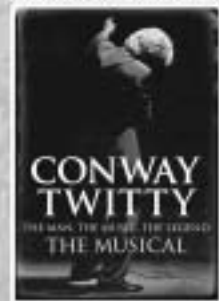
FREE CASH TO CASH TRANSPORTATION PROVIDED BY USCS 785-842-0543

Questions? - Call Sarah Goodrich, Douglas County Visiting Nurses, Rehabilitation, and Hospice Care--785-842-3738

## ON SALE NOW!

### GEORGE JONES

WITH SPECIAL PERFORMANCE OF



SAT • FEB 21<sup>ST</sup> • 8PM

## TOPEKA PERFORMING ARTS CENTER

Tickets available at all Ticketmaster outlets, [ticketmaster.com](http://ticketmaster.com), by phone at 785-234-4545 or in person at the TPAC Box Office.



## Dramatic readers needed

On February 8 there will be a dramatic reading of Errol Anderson's screenplay, "Unintended Consequences," at the Unity building, 9126 SW 10th in Topeka. Anderson, president of Kansas Authors Club Topeka Chapter, will cast several roles for male and female readers. Others who would like to participate, but don't care to read, are encouraged to attend as "critics."

An event that is commonplace in the Hollywood film community, the dramatic reading of a completed screenplay prior to an attempt to market it to West Coast studios and production companies, is a new concept for Topeka. No rehearsals are required. To volunteer as a reader or critic, contact Errol Anderson at [errol@goldencitybooks.com](mailto:errol@goldencitybooks.com) or call him at (785) 232-3625.

### Looking for a *better return?*



**Steven Shanks**  
1217 Billmore Dr Suite 200  
Lawrence, KS  
(785) 843-2395

If you have CDs or other short-term investments that are about to mature, don't reinvest without considering all of your options. Contact me today to discuss which may be the best fit with your financial objectives.



**FARM BUREAU FINANCIAL SERVICES**

Insurance • Investments  
[www.fbfs.com](http://www.fbfs.com)

Auto | Home | Life | Business | College | Retirement

Note: Bank CDs are federally insured and offer a fixed rate of return, whereas both the principal and yield of investment alternatives will fluctuate with changes in market conditions. Farm Bureau Life Insurance Company (West Des Moines, IA), Farm Bureau Mutual Insurance Company (West Des Moines, IA) - Companies of Farm Bureau Financial Services © 2007 FB Financial Group, Inc. 377

## KU *Osher* LIFELONG LEARNING INSTITUTE

University of Kansas Continuing Education

Osher Lifelong Learning Institute is a dynamic community of adults who understand that learning is a lifelong adventure.

Join us!  
*Enrollment is open now.*

Spring courses begin in Lawrence Feb. 4 & in Topeka Feb. 11  
Request or download a catalog: [www.osher.ku.edu](http://www.osher.ku.edu)  
Call toll-free 877-404-5823

*Engaging noncredit courses that complement your lifestyle.*



"A learning experience that exceeded my expectations!"—2008 participant



300021

Artist Louis Copt leading a tour of Topeka murals

**Theodore Wiklund DDS**  
**Kent T. Peterson DDS**  
**Matthew F. Krische DDS**  
**Keith Van Horn DDS**

*Gentle & Comfortable Care*

*Cosmetic Dentistry*

*Teeth Whitening*

*Insurance Processed*

*New Patients & Emergencies Welcomed*

Mention you saw this ad in Senior Monthly

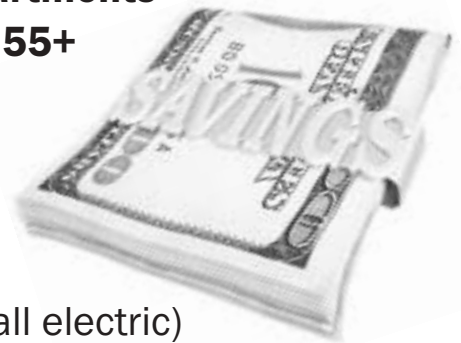


**(785) 842-0705**  
2210 YALE RD • LAWRENCE  
[www.wpksmiles.com](http://www.wpksmiles.com)

## Ways to save money..... Shop close to home!

**Live at Prairie Commons Apartments**  
**1 & 2 bedrooms for age 55+**

- Close to Dillon's and Hyvee
- Convenient banking
- Across the street from the new Walmart
- No water or gas bills (we're all electric)
- A cozy club house to entertain family & friends



**5121 Congressional Circle**  
**Lawrence • 785-843-1700**

[www.liveatprairiecommons.com](http://www.liveatprairiecommons.com)





# Deadline nears for analog-to-digital conversion

## Kansas Senior Press Service

At midnight on February 17, by federal law, all full-power television stations will stop broadcasting in analog format and broadcast only in digital format, known asDTV. Some people are concerned that their televisions will be obsolete when the new system goes into effect, but that's not necessarily true.

If you have one or more televisions that receive free over-the-air television programming (with a roof-top antenna or "rabbit ears"), the type of TV you own is very important. A digital television (a TV with an internal digital tuner) will allow you to continue watching free over-the-air programming after February 17. However, if you have an analog television, you will need a digital-to-analog converter box. The box will also enable you to see any additional multicast programming your local stations offer.

### Converter program temporarily unfunded

To help consumers with the cost of a converter box, the government established a TV Converter Box Coupon Program. Every U.S. household

is eligible to receive up to two coupons, worth \$40 each, toward the purchase of eligible converter boxes. These coupons may only be used for eligible converter boxes sold at participating consumer electronics retailers, and the coupons must be used at the time of purchase.

However, the program has reached its funding ceiling. Coupon requests from eligible households will be filled on a first-come, first-served basis as funds become available from expiring coupons (coupons expire 90 days after the date they were mailed).

If you apply for a coupon today and are eligible, you will be placed on a waiting list and will receive a reference number. You may use this reference number to visit a Web site periodically and check the status

of your request. If funding becomes available, the mailing date for your coupons will be posted.

Those who have already applied for the coupon program may check their coupon mailing status at [www.dtv2009.gov](http://www.dtv2009.gov). (Click on "Where are my coupons?").

For more information on the program, visit [www.dtv2009.gov](http://www.dtv2009.gov) or call 888-388-2009 (or 877-530-2634 TTY).

### Alternatives to the coupon program

Consumers who have an analog TV and rely on a rooftop antenna or rabbit ears to receive their programs are encouraged to take action to ensure that at least one TV in their home is prepared for the digital television transition. You may:

- Purchase a TV converter box without a coupon.

- Buy a TV that has a digital tuner.

- Subscribe to cable, satellite, or another pay service.

For more information on other options, refer to the 2009 Consumer Guide Fact Sheet at [www.dtv2009.gov](http://www.dtv2009.gov).

If you receive cable or satellite television service, contact your service provider about any additional components, such as a digital set-up top box, that you may need.

If you are a cable subscriber, you may also receive digital programming using a "digital-cable-ready" or "plug-and-play" television. With this type of TV, digital cable subscribers do not need a separate set-top box. Owners of these televisions may also obtain from their cable operator a CableCard permitting them to view programming.

## If You Can't Attend ... View Funeral Services Online

In our busy lives, Penwell-Gabel knows it's not always possible to attend the funeral services of a loved one. When time or distance prevents us from attending, Penwell-Gabel's online technology allows friends and family the ability to view services online and commemorate the life of a loved one.



**PenwellGabel.com**

**354-8558**





*Valentine's Day Gifts for Your Special Someone!*

**Brighton® Leather Goods For Men & Women**

- Handbags • Wallets • Belts
- Briefcases • Dayplanners
- Shoes • Watches • Jewelry

• **Sunglasses** •  
Ray Ban®, Brighton Readers, DKNY, Revo, and Anne Klein

• **Gifts** •  
Inspired by Frank Lloyd Wright. Rennie Macintosh Collection. Lamps, Art Glass, Ties, Clocks. Mica & Stained Glass Lamps

• **Jewelry** •  
Huge selection of Sterling Silver, Custom KU Jewelry, Italian Link charm Bracelets, Chamilia and Troll Beads  
**Etc., Etc., Etc.**

**928 Massachusetts**  
**785-843-0611**  
[www.theetcshop.com](http://www.theetcshop.com)

FREE Parking in Garage Behind Store

## Helping your retirement nest egg last as long as you do

According to the US Census Bureau's, over 71 million Americans will face retirement in the next 20 years. If you're one of them, the possibility of outliving your income should have crossed your mind by now. If not, here's a reality check. For a 65-year-old married couple, there is a 53 percent chance one spouse will live to age 95 and a 25 percent chance one will make it past age



Joe B.  
Jones

invest in a variety of underlying equity, bond, fixed or other funds and provides returns based on the performance of these funds. And though performance of a variable annuity is not guaranteed and when redeemed, may be worth more or less than the original investment, it does offer the advantage of tax-deferred growth, a guaranteed death benefit and guaranteed lifetime income options, based on the soundness of the issuing insurance company. However, with so many different product features, expense structures and planning considerations, the challenge is knowing which one to choose.

The first step in the selection process is understanding the common issues that arise regarding variable annuities. Here are four that seem to get the most attention.

1. **Cost.** A common mistake is comparing the costs of annuities or other investments with those offering different types of funds and benefits. Only by comparing investments with similar benefits can you determine which options are most cost effective.

2. **Liquidity.** You should know what contractual charges or IRS penalties you might face if you want to get out of any investment. Variable annuities are designed as a long-term investment vehicle to meet retirement and other long term needs, and may be subject to IRS penalties if withdrawn before the age of 59.5. They offer a wide variety of surrender charges which range from none to those which can last 15 years or more.

3. **Estate "friendliness."** A common misconception of variable annuities is that the tax deferral ends when

the annuitant/owner dies. While this is a possibility, the beneficiary has an option that could defer potential estate and income taxes. The contingent annuitant or "stretch" feature available on most variable annuity contracts provides that at the death of the annuitant/owner, the beneficiary has the option of becoming the annuitant. While money cannot remain in an annuity indefinitely and IRS laws will supersede contractual provisions, this option can allow the tax deferral to continue through multiple generations, if desired.

4. **Appropriateness for retirement plans.** When does it make sense to use a tax-deferred annuity inside a tax-qualified plan, such as an IRA? The answer to this refers back to cost. Regardless of its tax-deferred status, the appropriateness of any investment should be measured by its net performance after expenses. Also, unlike other investments, a variable annuity allows portfolio rebalancing and asset transfers among investment choices without triggering a taxable event.

A variable annuity can be a great investment that satisfies the need to accumulate assets and secure a guaranteed stream of income for life.

While annuities may seem complex, their ability to provide solutions for a multitude of financial needs makes the time spent learning more about them a worthwhile investment.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, Kan.

100. Will your retirement nest egg last 30 years or longer?

With the increasing scarcity of reliable pension plans, the rising average number of years spent in retirement, and the bleak outlook for Social Security and traditional pension plans, saving enough for retirement is a looming concern for many.

As Americans begin taking more responsibility for their own retirement savings, the demand for investments that provide stability and support long-term retirement income needs is growing. Investors are increasingly looking to annuities as a reliable source of lifetime income. In fact, the combined net assets of U.S. variable annuities rose to \$1.2 trillion dollars at the end of the third quarter in 2005—a 12.2 percent increase in just one year.

One type of annuity—the variable annuity—allows individuals to in-

### GOT A WAITING ROOM?

Let us drop off fresh copies of Senior Monthly every month for your patients/clients to read.

Contact Kevin at  
kevin@seniormonthly.net  
or 785-841-9417.

EPOQ by Oticon  
Hearing Device

oticon  
PEOPLE FIRST

## better hearing.

### Professional.

Professional Hearing Evaluations.

### Focused.

We focus on your individual needs and on improving your quality of life.

### Thorough.

We explain the problems and solutions to you and offer options that meet your budget.

For care that goes beyond hearing aids, **call us today.**

MARSTON  
Hearing Center

785-843-8479

Gerald Whiteside, Au.D., Audiologist  
1112 W. 6th St. Ste. 100, Lawrence, KS  
marstonhc.com

Celebrating  
A Life

Transition...



Lawrence  
Funeral  
Chapel  
& Crematory

is part of  
our lives

A Chapel Oaks Funeral Home  
With nine locations serving NE Kansas

Hutton Monuments Since 1873 on display.

On-Site Crematory

Discounted prices on all monuments for a limited time.

Open 8 a.m. - 8 p.m. • 841-3822 • 6th & Monterey Way  
www.lawrencefuneralchapel.net • www.huttonmonuments.com

# Invest in businesses — not Wall Street

If you're an investor, you might be shaking your head in dismay after looking at your recent brokerage statements. In fact, you might even be thinking about giving up on Wall Street altogether. But before you do, consider the following story.



Harley Catlin and Ryan Catlin

Two typical American children, Mary and Michael, begin their day with a hearty breakfast of oatmeal produced by Quaker Oats, a subsidiary of PepsiCo, based in Purchase, New York. At school, they work on a computer, using a Windows operating system produced by Microsoft, based in Redmond, Washington. Upon returning home, they do their homework under a lamp containing light bulbs produced by General Electric, headquartered in Fairfield, Connecticut. That night, their parents, pressed for time, take them to McDonald's, whose corporate office is in Oak Brook, Illinois, and the children eat Big Macs and drink Cokes, produced by Coca-Cola, based in Atlanta, Georgia. Before going to bed, Michael and Mary wash up with Ivory Soap, produced by Procter & Gamble, based in Cincinnati, and are thrilled to learn their parents are going to take them to Walt Disney World, owned by The Walt Disney Company, which operates out of Burbank, California.

You get the picture. None of these businesses is on Wall Street — and when you invest in them, you're not investing in "Wall Street," which is really just a shorthand term for our system of trading stocks.

Unfortunately, many people seem to think they are actually investing

in the system itself, rather than in individual businesses, so when they repeatedly hear that "it's been a wild day on Wall Street," they start believing that the very act of investing has become too risky for them.

But that's not the case. As you can tell by their products, the companies mentioned above are likely to be around for a long time — or at least until people stop using computers, washing their hands and eating hamburgers.

Does that mean that the stock prices of these types of companies will just keep climbing? Of course not. These businesses, like all businesses, will go through good and bad periods, and their stock prices will reflect these ups and downs. But here's the key point: Barring an unforeseen calamity of epic proportions, there will always be businesses in which you can invest. And if you buy quality companies, and hold them for the long term, you're going to increase your chances for success.

So when you're considering your investment strategy, don't worry about today's turbulence on "Wall Street." Instead, look at tomorrow's prospects for the companies in which you're interested. Are their products competitive? Do they belong to an industry that is on the ascent or the decline? Do they have good management teams? Have they been consistently profitable over the years? By answering these and other key questions, you should be able to get a good sense of whether a stock is a good investment candidate.

By thinking more about the individual businesses in which you might invest, and less about "Wall Street," you can become a more focused investor. And, over the long term, that focus can pay off for you.

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

**Established in Tradition...  
Grounded in the Present**



Lawrence 843-1120 • Eudora 542-3030  
www.warrenmcelwain.com

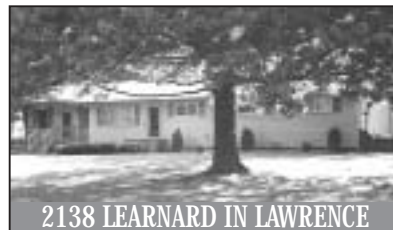
# Cooper's Home Care

**"An Alternative to Nursing Home Placement"**

**Newly Remodeled and Renovated!  
Ready for Admissions!**



2139 PENNSYLVANIA IN LAWRENCE



2138 LEARNARD IN LAWRENCE

**A Holistic Approach to Nursing Care Providing Individualized, Specialized service and approaches, meeting the physical, social, spiritual, and medical needs of our residents in a home-away-from-home-like atmosphere.**

**We provide:**

- Assisted Living
- Day care
- Respite Care
- Long-term care
- Critical and hospice care
- Diabetic care
- Care for all types of dementia
- On-site eye examinations and follow-up care
- Glucose monitoring



**Staff:**

- Staff to resident ratio is 1:3
- Home physician and medical director
- Physical and occupational therapists
- LPN, CMAs, CNAs
- 24 Hour RN on duty

*Staff functions include meal preparation and dietary planning, personal care, ADL's grooming, in-home beautician, and routine recreational, social and therapeutic activities.*

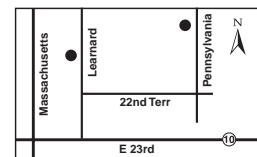


**Cooper's Home Care**

**"An Alternative to Nursing Home Placement"**

**785-865-2525**

EMAIL: cooperseniorcare@aol.com



# Try these tips to prevent injury while exercising

You can get injured while doing something that is very good for you...exercising. So here are some tips to help you safely enjoy exercising. Exercise is safe when you do the right things at the right pace. You can avoid needless aches and pains by practicing safe exercise techniques.



Laura  
Bennetts

## Nothing is Better

Exercise relaxes us and helps us eat and sleep better. A daily dose—of dancing, sports, walking, weight training, Tai Chi, yoga, or swimming—increases our circulation, strength, balance, endurance and brainpower. As we age, it helps us cope with everything from stiff joints to high cholesterol. But we need to know what to do, and when to stop.

## How Much is Enough?

The ideal daily exercise regimen is 45 minutes a day, six days a week. That includes five minutes of warmup, 35 minutes of steady exertion, and then five minutes of cool down activity (say, strolling at a leisurely pace).

Ideally, four days each week you will do aerobic exercises like brisk walking, swimming, or cycling. Aerobic exercises strengthen your heart and lungs. The other two days you will focus on strengthening exercises like weight lifting, gym ball exercises, or trunk strengthening.

Of course, you have to start slow. So here are some suggestions.

## Aerobic Safety

1. Select low-impact exercise. You may have been a jogger 30 years ago running the streets of your neighborhood. But running on concrete is a high-impact exercise—every step stresses your spine, hips, knees, ankles, and feet. This can cause narrowing of your spinal discs and joint cartilage.

So, pick a low-impact exercise that doesn't hurt your joints: Walk or jog on a treadmill or track, swim or exercise in a pool, ride a bike or exercise, or dance or play ball on a wooden court.

2. Wear athletic shoes or braces that shield your joints. You need good inner cushioning and good soles to avoid sprains, and shoes break down after six months of exercise. So replace your shoes regularly.

And if you're pursuing sport activities where you risk a fall, you should wear knee and/or ankle braces to reduce the risk of injury.

3. Your muscles may be tight from sitting all day, so start slowly by warming up. Take a few deep breaths to wash away the stresses of your day, stretch a bit, and then warm up for five minutes by walking continuously at a normal pace.

4. Start gradually. You can begin with 20 minutes of aerobic exercise. Warm up for 5 minutes, walk briskly for 10 minutes, and then cool down by walking normally for 5 minutes. Add five minutes of brisk walking to your daily total each week or two until you reach 45 total minutes of daily exercise time. This means you will warm up for 5 minutes, walk briskly for 35 minutes, and cool down for 5 minutes.

5. Cool down after aerobic exercise. It is important to unwind after working up a sweat by walking slowly to stretch your muscles for 5 to 10 minutes. You don't want to exercise and then flop onto a chair. Your muscles can tighten up after exercise if you stop too abruptly.

## Strength Training

Strength training is very important for improving muscle strength, posture and bone density, but it is easy to strain joints when lifting weights. This is especially true for women whose upper body strength is just one third that of men of the same age. There is a lot to learn about strength training and it is best take a class or work with a therapist to prevent injury.

Here's an example of how to start safely. To strengthen your arms, you should begin with very low weights (say, 1 to 4 pound hand weights) and get expert advice on how to use them. Once you build up your strength this way, you can use the weight machines at a gym (again, seeking expert advice first). You will notice that the machines have big jumps in weight at each level, usually increasing five pounds per level. To prevent joint strain, you should increase your repetitions at your starting weight (say, 10 or 15 pounds) before you add more weight.

It may take you 4 to 6 weeks to become comfortable lifting your initial weight level in three sets of 8 to 10 repetitions without straining. But this is a good rate of progress so don't try to do more than your joints can tolerate. When you're ready to add weight, see if the gym has magnetic one-pound weights that can be added, one at a time, so that you can

safely progress one pound at a time. **Exercise is Fun, and Fun is Good**

Exercising six days a week is a commitment, but finding 45 minutes a day should be a safe and attainable goal. Recapture the fun of exercise by asking a friend to join you and pick something you both enjoy. Always go at your own pace and try to relax...if you exercise cau-

tion and good judgment, exercise is safe and fun.

- Laura Bennetts, MS PT, is a physical therapist with 26 years experience. She co-owns Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).

There is no rule that you have to do it all on your own.



If you had a headache, you'd take an aspirin, right? The physical and emotional burdens of caring for the aging and terminally ill can take its toll on a patient and their family and friends. Midland Care is here for you, offering a full spectrum of caring solutions, from Adult Day Care to Hospice. Call today or visit our website to learn more.



# Tips to help you keep your weight loss resolution

Now that the New Year resolutions have started, most people will be vowing to lose weight. It is one of the most common goals of Americans to trim down that waistline and tone up those hips. The weight loss industry is one of the largest in the country, accounting for millions of dollars spent each year on people trying to lose weight. People will try



Dr. Farhang Khosh

everything from medications to exercise machines to shed those extra pounds.

In order to figure out how to lose weight, we need to figure out why people fail at losing weight. Is it that they are not exercising or that they eat too much food? There are a few factors to consider concerning why many cannot lose the extra pounds. As a society we need to realize that being overweight sets us up for future disease. Being overweight predisposes a person for many conditions, including cardiovascular disease, diabetes, musculoskeletal problems, gallbladder disease, and depression.

One of the main reasons people fail to lose weight is that they don't commit to a permanent change in their lifestyle. Fad diets and easy weight loss schemes don't work because it is a temporary weight loss that often sets up the person to not only gain the weight they lost, but, in turn, gain more weight. These diets cause you to eat certain foods, restrict carbohydrates, etc. The key to losing weight is making a gradual lifestyle change that you can stick with in the long term. In a lifestyle change there is no on-and-off dieting—it is a gradual change to eating better. Good habits are formed from repetition. Eating habits or exercising

every day is not exception. Daily exercise and making good food choices installed by repetition promotes weight loss.

Another reason people cannot lose weight is that they do not understand the amount of calories that they consume each day. Many overweight individuals consume extra calories every day without even realizing it. Many "low fat healthy foods" are packed with calories. Resisting temptation is difficult. It is hard to pass up that homemade pie or the chocolate mousse. However, staying away from these high calories foods benefits a person in losing weight.

Lack of exercise is always a part of gaining weight. Many Americans lack any form of exercise. Weekly exercise is not only needed for losing weight but to keep healthy. The literature is loaded with information that cites the beneficial effects of exercise.

Be aware that certain moods or circumstances cause people to eat too much or even eat when they are not hungry. For example, anger, fatigue, happiness, loneliness, and nervousness are all related to consuming too many calories and adding extra weight.

Basic weight loss tips include:

1. Eat three meals a day and have two to three planned snacks.
2. Eat slowly and chew your food.
3. Do not do anything when you sit down for a meal except to eat. No watching television or working at the computer when eating meals.
4. Do not buy junk food. If it is in the house you'll consume it.
5. Expect weight loss to be slow. One to two pounds per week helps you lose the weight and keep the weight off.
6. Exercise. Start with 10 minutes a day and build up.

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

## FOUR WAYS NORTHWESTERN MUTUAL HELPS PUT THEIR CLIENTS' MINDS AT EASE.

1

### CONSISTENTLY LARGER DIVIDEND PAYOUTS

For the last 10 years in a row, Northwestern Mutual has paid out more life insurance dividends than any company in the insurance industry.\* In 2006 alone, the total payout is \$4.27 billion to our policyowners. That's the kind of consistent performance that can really help you sleep at night.\*\*

2

### THE HIGHEST FINANCIAL RATINGS

Best possible insurance financial strength ratings by all four rating agencies: A++ A.M. Best; AAA Fitch Ratings; AAA Standard & Poor's; Aaa Moody's Investors Service, September 2005.

3

### INDUSTRY LEADER FOR ALMOST 150 YEARS

That's a long time to be in business. And we think it's a testament to sound business practices.

4

### EVEN OUR COMPETITION RESPECT US

Northwestern Mutual has been named FORTUNE® Magazine's "Most Admired" life insurance company by our peers in the insurance industry for 23 years. And this year is no exception. March 6, 2006



Nancy Jones  
Financial Representative  
The Jayhawk Financial Group  
627 Monterey Way  
Lawrence, KS 66049  
(785) 856-2136 • (913) 269-1109  
nancy.jones@nwmfi.com



**Northwestern Mutual**  
FINANCIAL NETWORK®  
*the quiet company®*



**785-817-9489**  
**866-929-9489** Toll Free  
[www.eliteprivatecare.com](http://www.eliteprivatecare.com)

**In-Home Companions • Personal Attendants**  
**Grocery Shopping • Meal Preparation**  
**Housekeeping Services • Wheelchair Transportation**

**Serving Topeka & Lawrence 24-Hr. Care Available**

\*Source: A.M. Best Company, includes Ordinary and Group Life Insurance Dividends.  
\*\*The policy dividend and the underlying interest rate are not guaranteed beyond 2006. Dividends are reviewed annually and are subject to change by the Company's Board of Trustees.  
©2006 Northwestern Mutual. Northwestern Mutual Financial Network is the marketing name for the sales and distribution arms of The Northwestern Mutual Life Insurance Company, Milwaukee, WI, and its subsidiaries and affiliates, and "the quiet company" is a registered trademark. Jay Jones is an insurance agent of NW Mutual insurance, annuities and disability income insurance. 8023-627

# Suspension of minimum distributions offers opportunities for older retirement investors

Congress feels your pain. Recognizing the bear market's severe impact, lawmakers approved an economic relief measure before they adjourned in December that can be a big deal for many older retirement investors.

The legislation suspends for 2009 the rules that force older individual retirement account holders and their



Mark  
Miller

beneficiaries to take minimum annual withdrawals.

The legislation—called the Worker, Retiree, and Employer Recovery Act of 2008—applies to RMDs for IRAs, 401(k)s, 403(b)s, and similar plans. Although it applies only to 2009 withdrawals, there's a small chance it could be extended still to RMDs for 2008. However, an extension to this year would be complicated at such a late point in the year when most account holders already have taken their RMDs for the year.

Under the current rules, IRA owners must take an RMD from their accounts starting in the year when they reach age 70 1/2. The minimum distribution for a year is calculated against your IRA end-of-year balance the previous year; this year, the withdrawal will be geared to the

higher market valuations that prevailed at the end of 2007. The rules also affect anyone who has inherited an IRA from someone already past age 70 1/2.

With today's ravaged portfolios, the RMD is particularly onerous—typically about \$20,000 for a portfolio worth \$500,000. If you fail to take the distribution, you'd pay a steep 50 percent penalty on the amount you should have withdrawn but didn't.

The tax relief only helps people who can afford not to withdraw funds for living expenses—or those who might be able to take less than the RMD that otherwise would be required. If you do have other sources of money to pay bills, this legislation allows you to leave more money in your tax-deferred IRA, giving it time to rebuild and grow as the market recovers.

IRA plan distribution expert James Lange points out that retirees always are better off spending money outside tax sheltered accounts before tapping IRAs. "You want to put off paying the income taxes as long as

possible," he says. "If you spend the IRA dollars first, that accelerates your tax payments. When you do that, you will always run out of money faster than the person who spends the after-tax money first, because you've taken funds out of a tax-sheltered account and those funds are no longer there to keep growing."

The other downside of RMDs is the hit you take to fund income taxes. "Say you want to spend \$50,000," says Lange, "if you take it out of your IRA, that triggers a tax of about \$13,000. After you pay the tax, you only have \$37,000 and you have to go into other funds for the rest of what you need."

The RMD suspension also could save you money on your overall tax bill. Since you won't have RMD income reported on your tax return, you could drop into a lower tax bracket. That, in turn, could allow one more sharp move—converting traditional IRA funds to Roth accounts. In a lower bracket, you'll pay lower taxes on the funds you shift out of the traditional IRA.

There's one important caveat to consider if you do a conversion of this type—and that's the potential of higher taxes on your Social Security benefits. Any income that you realize in a Roth conversion would be used in that year to calculate the taxes you owe on Social Security—so be sure to run the numbers or consult your tax advisor before you commit to a conversion.

If you want to learn more about retirement tax strategy, Lange is publishing a new book early next year on the topic that you might want to check out: "Retire Secure! Pay Taxes Later—The Key to Making Your Money Last" (Wiley, 2009).

(For millions of Baby Boomers, retirement is an opportunity for reinvention, rather than taking it easy. Mark Miller is helping write the playbook for the new career and personal pursuits of a generation. Mark blogs at [www.retirementrevised.com](http://www.retirementrevised.com); contact him with questions and comments at [mark@retirementrevised.com](mailto:mark@retirementrevised.com))

© 2009 Tribune Media Services, Inc.

**Kaw Valley  
Senior Monthly**  
accepts

**INSERTS!**

We can insert your  
circulars or flyers for  
just \$50 per 1,000.\*  
Call 785-841-9417  
for more information.

\*10% discount when you  
do 6,000 inserts.

# Hutton

## MONUMENTS, INC.

*Serving Kansas since 1873*

# HUGE DISCOUNTS\*

VASES FREE PHOTOS  
ENGRAVING ARTWORK  
INSTALLATION

\* Check for details

**201 SW Topeka Blvd. • Topeka • 785-354-7005**

Visit our new web site: [www.huttonmonuments.com](http://www.huttonmonuments.com)

Locations in: Lawrence, Hiawatha, Highland, Holton,  
Horton, Hoyt, Meriden, Onaga & Oskaloosa



# Generic vs. brand-name drugs: Views still vary

By Robert Shmerling, M.D.  
Tribune Media Services

**QUESTION:** I had a heart attack four years ago and now I feel fine, but my doctor still has me on a handful of heart medications. I'm on a fixed income and a couple of the drugs are very expensive. Are low-cost generic medicines just as good as the expensive brand-name drugs?

**ANSWER:** With the rising cost of health care and the recent downturn in the economy, this has become a common question. The answer depends on whom you ask.

On one hand, the makers of generic medicines will say they're just as good as brand-name drugs. After all, the U.S. Food and Drug Administration requires generic medicines to be "bioequivalent." That is, they must contain the same active ingredients as brand-name medicines. When taken by patients, they must produce similar amounts of active ingredients at their sites of action in the body. So, you should expect generic drugs to be as safe and effective as their brand-name counterparts.

On the other hand, makers of brand-name drugs may claim their medicines are better than generics. Brand-name medicines are usually tested more thoroughly on actual patients than generic drugs. They also are approved years before generic versions are allowed to enter the market. This means that brand-name drugs have been around longer than generics.

Patients' opinions regarding generic drugs are likely to depend on personal experience. For example, if you noticed no difference (other than price) when switching to a generic medicine, you're likely to think that generics can be safely substituted for brand names. But, if you had new side effects or reduced effectiveness with a generic, you may be more skeptical.

Doctors' views about generic drugs usually depend on their patients' experiences. Most doctors prescribe generic medicines regularly. But if a patient complains, doctors will generally change the prescription back to a brand name.

A recent study published in the Journal of the American Medical Association attempts to clarify this issue for some types of drugs. Researchers collected studies from the

last 24 years. The studies compared generic and brand-name drugs for heart and artery disease. These are some of the most commonly prescribed drugs in the world. They include beta-blockers, diuretics (water pills), statins and warfarin.

Of the studies included, 38 were randomized controlled trials. This type of study is considered to give the most reliable results. Among these studies, 36 of 38 found no real difference between generic and brand-name drugs. Similar findings were reported for drugs with a "narrow therapeutic index." These drugs are hardest to prescribe without causing side effects.

Yet only 12 of 43 medical journal commentaries on the subject encouraged the use of generics.

Why the difference between the studies and the opinion pieces written by experts? The experts may be basing their opinions on the rare (but memorable) exceptions to the rule. One patient's bad experience with a generic drug can make it easy to forget all the patients who did well. Or, it's possible the experts were biased.

Whatever the explanation, this

study's results are clear. Generic drugs prescribed for heart and artery disease are likely to be just as safe and effective as brand-name drugs.

(Robert H. Shmerling, M.D. is a practicing physician in rheumatology at Beth Israel Deaconess Medical Center, Boston, Mass., and an Asso-

ciate Professor in Medicine at Harvard Medical School.)

(For additional consumer health information, please visit [www.health.harvard.edu](http://www.health.harvard.edu).)

© 2009 President and Fellows of Harvard College. All Rights Reserved. Distributed By Tribune Media Services, Inc.

## Douglas County Visiting Nurses Rehabilitation and Hospice Care



"The Best Choice You'll Ever Make!"

**Unmatched:**

- ✓ Quality
- ✓ Commitment
- ✓ Compassion

**785.843.3738**

200 Maine St., 3rd Floor • Lawrence, KS 66044  
A United Way Agency

Let our specialized team provide care to you in the familiar surroundings of your own home.

- Registered Nurses
- Licensed Practical Nurses
- Certified Home Health Aides
- Physical & Occupational Therapists
- Speech Therapists
- Social Workers
- Spiritual and Bereavement Care
- Carelink Emergency Response Service
- Telemonitoring
- Anodyne Therapy

Your local not-for-profit agency



## Some things we do for those we love

Helen Keller said, "Blindness separates us from things, but deafness separates us from people." We at Blackwell Hearing Center would like to help you stay connected to those you love.

### Announcing our 4-Day Valentine's Hearing Event

**Monday  
Feb 16th**

**Tuesday  
Feb 17th**

**Wednesday  
Feb 18th**

**Thursday  
Feb 19th**

- 75-day trial period
- Free extended warranties
- Free Starter kit and Batteries for Life!



Call 785-841-4327 today to schedule your FREE hearing test!

**Appointments are limited!**

Financing plans are available



Wendy Linton Blackwell M.A., CCC-A, F-AAA, Audiologist A KU Med graduate with more than 20 years experience. Don't trust your hearing healthcare to anyone else!

### OFF THE WALL

"If you want something done, ask a busy person."

© 2009 Tribune Media Services, Inc.

**BLACKWELL HEARING CENTER**

3200 Mesa Way Suite D • Lawrence



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

If your group would like to be added to our monthly calendar, please call Kevin Groenhagen at (785) 841-9417.

## ART/ENTERTAINMENT

FEB 8

### TAFELMUSIK BAROQUE ORCHESTRA

Tafelmusik Baroque Orchestra is a leading period performance ensemble playing historical compositions with time-accurate instruments and practices. Lied Center.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

FEB 9-11

### EURYDICE

Told from the bride's point of view, this drama traces the events leading to and following Euridyce's death and her tragic return to the underworld. William Inge/Murphy Hall/KU. LAWRENCE, (785) 864-3982

<http://www.kutheatre.com>

FEB 11

### IMANI WINDS

Imani Winds, the Grammy-nominated wind quintet, performs its tribute to the extraordinary life of Josephine Baker (1905-1975) as a progressive thinker, an innovator and as one of the most significant jazz performers of all time. Lied Center.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

FEB 12

### THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

While teaching the pre-pubescent brainiacs that winning isn't everything and losing doesn't make you a loser, three grown-ups, who hardly made it to adulthood themselves, perform their official duties at the competition. Lied Center.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

FEB 13-15

### THE ICE WOLF

A great tale of tolerance set in the Northern lands of the Eskimo. Lawrence Arts Center's Theatre, 940 New Hampshire.

LAWRENCE, (785) 843-2787

<http://www.lawrenceartscenter.org>

FEB 14

### FOR THE SOUND OF LOVE

"For the Love of Sound" Mendelssohn Symphony No. 5; Strauss Four Last Songs featuring Richetta Manager, Soprano; Performed in White Concert Hall at Washburn University. Season tickets and single tickets available.

TOPEKA, (785) 232-2032

<http://www.topekasymphony.org>

FEB 19

### WU MAN AND FRIENDS

Performing selections from her 2005 album, Wu Man and Friends, Wu Man pays homage to the plucked instrument and explores the dichotomy of the familiar and the foreign with musicians from Uganda and the southern Appalachian Mountains of the United States. Lied Center.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

FEB 21

### BAROQUE BY CANDLELIGHT

Lawrence Chamber Orchestra's 11th Annual Baroque by Candlelight. Followed by a wine/dessert reception. Trinity Lutheran Church, 1245 New Hampshire.

LAWRENCE, (785) 218-3403

<http://www.lawrencechamberorchestra.org>

FEB 21

### KU WIND ENSEMBLE

Presented by the KU Department of Music & Dance. Lied Center.

LAWRENCE, (785) 864-2787

FEB 21

### THE LEGENDARY GEORGE JONES

The Legendary George Jones will perform at 8:00 p.m. Call for tickets. TPAC, 214 SE 8th.

TOPEKA, (785) 234-4545

<http://www.tpactix.org>

FEB 27-MAR 28

### LITTLE SHOP OF HORRORS

A down-and-out skid row floral assistant becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood. Soon "Audrey II" grows into an ill-tempered, foul-mouthed, R&B singing carnivore who offers him fame and fortune in exchange for feeding its growing appetite. Topeka Civic Theatre.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

MAR 2

### "ELIJAH"

The Topeka Festival Singers next concert of the season is "Elijah." Concert begins at 7:30 p.m. White Concert Hall, Washburn University.

TOPEKA, (785) 267-3500

MAR 3

### THE JUNGLE BOOK

Geared for K-5, this is a school time performance for public and school children. From the book by Rudyard Kipling join young Mowgli as he learns the 'law' of the jungle in this time honored adventure. Show is 10:00 a.m. Topeka Performing Arts Center.

TOPEKA, (785) 234-4545

<http://www.tpactix.org>

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

### CAPITOL BINGO HALL

Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Wednesdays and Fridays.

2050 SE 30TH ST, TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

### LEGIONACRES

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

WEDNESDAYS, THURSDAYS & SUNDAYS

### MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,  
Sundays, 6:00 p.m.

1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

### EDGEWOOD HOMES

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

THURSDAYS

### BABCOCK PLACE

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

FRIDAYS

### EAGLES LODGE

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

FRIDAYS

### BALDWIN SENIOR CENTER

1221 INDIANA, BALDWIN CITY  
12 NOON-1 PM, (785) 594-2409

FRIDAYS

### ARAB SHRINE

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

## BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle,

Lawrence, 9:00-10:00 a.m.

Babcock Place, 1700 Massachusetts St., Lawrence,  
10:30-11:30 a.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr.,  
Lawrence, 9:00-10:00 a.m.

Presbyterian Manor, 1429 Kasold Dr., Lawrence,  
1:30-2:30 p.m.

Drury Place, 1510 St. Andrews Dr.,

Lawrence, 1:00-2:00 p.m.

FRIDAYS

Vermont Towers, 1101 Vermont St.,  
Peterson Acres, 2930 Peterson Rd.,

Lawrence, 11:15 a.m.-12:00 p.m.

Lawrence, 1:30-2:30 p.m.

## BOOK TALKS

THIRD TUESDAY OF EACH MONTH

COTTONWOOD RETIREMENT CENTER, 1029 NEW  
HAMPSHIRE ST., LAWRENCE, 2:00 PM

BABCOCK PLACE, 1700 MASSACHUSETTS ST.,  
LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH

BRANDON WOODS, 1500 INVERNESS DR.,  
LAWRENCE, 10:30 AM

PRAIRIE COMMONS, 5121 CONGRESSIONAL  
CIRCLE, LAWRENCE, 1:00 PM

WINDSOR HOUSE, 3220 PETERSON RD.,  
LAWRENCE, 2:15 PM

FOURTH WEDNESDAY OF EACH MONTH

PRESBYTERIAN MANOR, 1429 KASOLD RD.,  
LAWRENCE, 9:45 AM

SENIOR CENTER, 745 VERMONT ST.,  
LAWRENCE, 1:30 PM

## CLASSES/LECTURES

ONCE A MONTH

### AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail.  
Call to make reservation.

TOPEKA, (785) 354-5225

## EXHIBITS/SHOWS

FEB 6-13

### HAVE A HEART, VAN GO VALENTINE ART SHOW AND SALE!

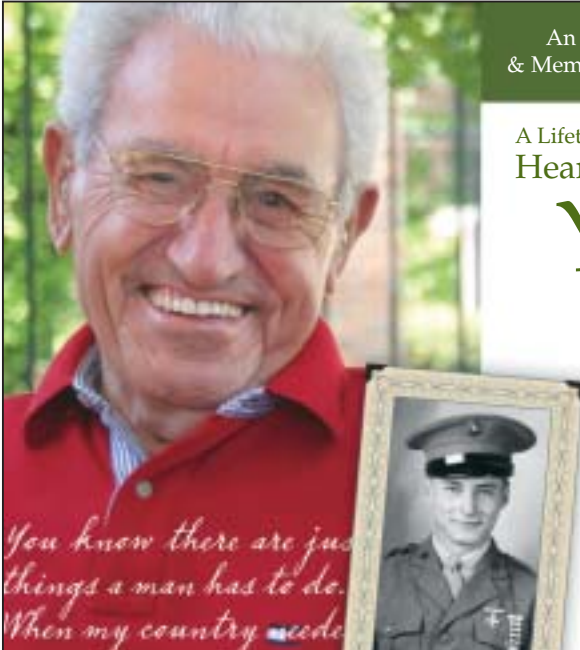
Van Go Mobile Arts, Inc. is an arts-based social service agency that provides year-round after-

■ CONTINUED ON PAGE 17

An Assisted Living  
& Memory Care Residence

*the*  
**Windsor**  
OF LAWRENCE

A Lifetime in Every Face, A story in Every Smile.  
**Hear the Story, Share a Lifetime.**



**Y**ou will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living & Memory Care combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing needs.

Call (785) 832-9900  
or visit us at  
3220 Peterson Rd.  
Lawrence, KS 66049

*Respecting Values, Protecting Dignity,  
Supporting Independence.*



■ CONTINUED FROM PAGE 16

school and summer job-training programs to high-needs and under-served youth, ages 14-21. Using art as the vehicle, Van Go is devoted to delivering constructive activities to children at risk for drug and alcohol use, teen pregnancy, truancy or delinquency. 715 New Jersey St.  
LAWRENCE, (785) 842-3797  
<http://www.van-go.org>

**FEB 6-8  
TOPEKA BOAT AND OUTDOOR SHOW**  
Stop by and check out the latest in boat and other outdoor equipment. Call for ticket prices and times. One Expocentre Dr.  
TOPEKA, (785) 234-4545  
<http://www.ksexpo.com>

**FEB 7  
HIDDEN ART LOCKED AWAY**  
Artwork made by inmates of local prisons. Preview only on Friday evening, sale on Saturday. Riverfront Community Center.  
LEAVENWORTH, (913) 682-4459  
<http://www.lvarea.com>

**FEB 7-MAR 21  
CHINA BEFORE MAO: THROUGH THE LENS OF A FLYING TIGER PHOTOGRAPHER**  
Opening Reception, Friday, February 6 from 5-8 p.m. Flying Tigers Conversations, Tuesday, February 24, 5-6:30 p.m. Museum hours: 10 a.m. - 7 p.m. Tues.; 10 a.m. - 5 p.m. Wed. - Fri.; 1-5 p.m. Sat. & Sun. Admission is Free. 1700 SW Jewell.  
TOPEKA, (785) 670-1124

**FEB 13-15  
KANSAS GARDEN SHOW**  
Check out new ideas for gardening this spring. Kansas Expocentre.  
TOPEKA, (785) 234-4545  
<http://www.ksexpo.com>

**FEB 16-MAR 30  
QUILTING AFRICAN AMERICAN WOMEN'S HISTORY: OUR CHALLENGES, CREATIVITY, AND CHAMPIONS**  
A collection of powerful artworks that illuminate and interpret the rich history of African American women from the beginning of this country's history through the present. Brown v. Board of Education National Historic Site.  
TOPEKA, (785) 354-4273  
<http://www.nps.gov/brv>

**FEB 21-MAY 24  
CLIMATE CHANGE AT THE POLES: ANALYSIS AND ADAPTATION**  
From the perspective of an art museum, the prospect of climate change raises some elemental questions. For example, what impact will changing conditions have on current culture, thought, behavior and artistic expression? Can art itself be an agent of change? What will climate change do to our sense of place? Spencer Museum of Art, 1301 Mississippi.  
LAWRENCE, (785) 864-4710  
<http://www.spencerart.ku.edu>

**HEALTH**

**MONDAYS THROUGH THURSDAYS  
FIT FOR LIFE**  
LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-on-one instruction on aerobic and cardiovascular equipment. Especially helpful for those with osteoporosis, balance problems, post CVA/stroke, knee/hip replacement, arthritis. Fee. Mondays through Thursdays, 9:00-11:00 a.m. or 2:00-5:20 p.m. at LMH. Tuesdays and Thursdays 8:00-11:00 a.m. at LMH South.  
LMH KREIDER REHABILITATION SERVICES  
(785) 840-2712

**TUESDAYS, WEDNESDAYS AND THURSDAYS  
JAZZercise LITE**  
Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aerobics

with exercises designed to improve your strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St.  
LAWRENCE, (785) 331-4333

**TUESDAYS AND THURSDAYS  
BLOOD PRESSURE CLINIC**  
Conducted at Stormont-Vail's Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary.  
TOPEKA, (785) 354-6787

**TUESDAYS AND THURSDAYS  
SENIORCISE PROGRAM**  
Seniorcise is a specialized program for women over 60 years of age, in January. The focus of the program is on balance, movement, low impact cardio aerobics, and strength training for toning. In addition, there's a strong emphasis on flexibility and range of motion to improve and/or increase joint mobility and quality of life. Senior classes are held at Body Boutique from 11:00 a.m. to noon. Fee.  
LAWRENCE, (785) 749-2424

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

**SECOND THURSDAY OF EACH MONTH  
BLOOD PRESSURE AND HEALTH INFORMATION**  
Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.  
WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

**THIRD THURSDAY OF EACH MONTH  
MEDICATION CLINIC**  
Bring questions about your medications (pre-

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

**FOURTH THURSDAY OF EACH MONTH  
NUTRITION CLINIC**  
Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.  
TOPEKA, (785) 354-6787

**FEB 2  
BONE DENSITY SCREENING**  
Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

**FEB 4  
CHOLESTEROL SCREENINGS**  
These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 3:00-4:30 p.m.  
LAWRENCE, (785) 749-5800

**FEB 7  
BONE DENSITY SCREENING**  
See February 2 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

**FEB 14  
HEALTHY HEARTS FAIR**  
Plan to join us for this annual event focused to information and screenings about cardiovascular disease prevention. Low-cost full cholesterol screening (\$20 if registered by 2/6, \$25 at the

■ CONTINUED ON PAGE 18

**Harbor House...where we celebrate life in the moment...at the moment...one simple, joy-filled moment at a time...**

*Harbor House caters to the needs of family members that can no longer be cared for at home due to Alzheimer's or dementia. We meet our residents right in their own world; right where they are—wherever that may be. We accomplish this with a team that is specifically trained in the most cutting edge methods of working with memory impaired individuals. With only 8 residents and always a minimum of 2 professional staff on duty, our residents (and families too) enjoy the individualized care and attention that can only be found in the small intimate home environment. Residents are quick to find Harbor House easy to call "home."*



**Join us for the 4th Annual Texas Hold'Em Benefit Tournament, a fundraiser for the Alzheimer's Association. Call Kitty at 760-5508 for more information.**

**HARBOR HOUSE  
Memory Care Residence**

For more information or appointment and tour call Kitty at  
**(785) 760-5508**

Enjoy more information and pictures at our web location at  
[lawrencemarketplace.com/harborhouse](http://lawrencemarketplace.com/harborhouse)

## ■ CONTINUED FROM PAGE 17

door), body fat, BMI, blood pressure screening, and heart attack and stroke risk appraisal plus lots of information from exhibitors about prevention and treatment of cardiovascular disease. The only fee is for the blood work; no fee or registration necessary to attend the screenings and exhibits. For more information or to register, please call the main lab, Lawrence Memorial Hospital, LAWRENCE, (785) 505-6179

## FEB 18

**BONE DENSITY SCREENING**

See February 2 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

## MAR 4

**CHOLESTEROL SCREENINGS**

See February 4 description. Lawrence Memorial Hospital, Atrium, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

## MAR 5

**BONE DENSITY SCREENING**

See February 2 description. Lawrence Memorial Hospital, Auditorium, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**HISTORY/HERITAGE**

## JAN 25-MAR 1

**LECOMPTON'S BLEEDING KANSAS 2009 PROGRAM SERIES**

Bleeding Kansas Program Series, 2:00 p.m. Sundays. Free. LECOMPTON, (785) 887-6520 <http://www.kshs.org/places/constitution>

## FEB 24

**SHARING OUR STORIES AND CELEBRATING OUR HISTORY**

In celebration of national Black History Month, the Library is inviting the public to "Sharing Our Stories and Celebrating Our History," a panel discussion of the Lawrence/Douglas County African-American Oral History Project at 7:00 p.m. in the Lawrence Public Library Auditorium. The discussion will present our rich history and important, but often little known, stories of harsh realities of the past and of the challenges that continue as we find out who we are as a community. LAWRENCE, (785) 843-3833, ext. 115 <http://www.lawrence.lib.ks.us/oralhistory/>

**MEETINGS****FIRST AND THIRD MONDAY OF EACH MONTH****BEREAVEMENT SUPPORT GROUP**

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

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

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

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

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

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

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

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

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort

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

**FIRST TUESDAY OF EACH MONTH****LOSS AND GRIEF SUPPORT GROUP**

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

**TUESDAYS****GRIEF & LOSS SUPPORT GROUP**

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

**TUESDAYS****GRIEF & LOSS SUPPORT GROUP**

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

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

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

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

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

**FIRST WEDNESDAY OF EACH MONTH****INVESTMENT UPDATES**

Sponsored by Brian Casebeer, an Edward Jones financial advisor. Guest speaker. 634 S. Kansas Ave., 7:30-9:00 a.m. TOPEKA, (785) 233-0366

**FIRST WEDNESDAY OF EACH MONTH****GRIEF SUPPORT GROUP**

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain. LAWRENCE, 785-843-3738

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

Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. For more information, call Sarah. LAWRENCE, (785) 841-3738

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

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

**THURSDAYS****GRIEF & LOSS SUPPORT GROUP**

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

**THURSDAYS****CANCER SUPPORT GROUP**

This group is open to anyone living with cancer. If you are interested or have questions,

please call for more information. LMH Oncology Center.

LAWRENCE, (785) 505-2768

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

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

**FIRST AND THIRD THURSDAY OF EACH MONTH****GRIEF SUPPORT GROUP**

3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.

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

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

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

Volunteer service club. (785) 331-4575

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

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

**SECOND TUESDAY OF EACH MONTH****LOSS AND GRIEF SUPPORT GROUP**

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

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

Meets at 9:30 a.m. at Coyote Canyon Buffet. TOPEKA, <http://www.narvre.com>

**SECOND AND FOURTH TUESDAY OF****EACH MONTH****CAREGIVER SUPPORT GROUP**

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

**SECOND AND FOURTH WEDNESDAY OF****EACH MONTH****ALZHEIMER'S EARLY STAGE PATIENT****SUPPORT GROUP**

For patients with early stage Alzheimer's. SEABROOK UNITED CHURCH OF CHURCH (785) 234-2523

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

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer. LAWRENCE, (785) 832-9900

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

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

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

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

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

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander.

LAWRENCE, (785) 843-2584

[www.happytimesquares.com](http://www.happytimesquares.com)

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

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

**THIRD TUESDAY OF EACH MONTH****GRANDPARENT AND CAREGIVER****SUPPORT GROUP**

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.

TOPEKA, (785) 286-2329 or (785) 231-0763

**THIRD WEDNESDAY OF EACH MONTH****RETIRED GOVERNMENT EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte.

LAWRENCE, (785) 856-0558

**THIRD THURSDAY OF EACH MONTH****WIDOW'S LUNCHEON**

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations. TOPEKA, (785) 271-6500

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

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

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

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

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

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

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

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on

■ CONTINUED FROM PAGE 18

**Aging, Inc.** Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m. TOPEKA, (785) 235-1367, EXT. 130

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

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

**FOURTH WEDNESDAY OF THE MONTH TOPEKA GENEALOGICAL SOCIETY**

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December. TOPEKA, (785) 233-5762 <http://www.tgstopeka.org>

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

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

FEB 26

**I CAN COPE®: MANAGING SIDE EFFECTS**

Speakers are E. Schwartz MD (Medical oncologist) and M. Khosh, ND (Naturopathic physician). The American Cancer Society and Lawrence Memorial Hospital Oncology Center are co-sponsoring this free program for those with cancer and their family and friends. Meets the fourth Thursday of each month with a new topic each meeting. Participants will have an opportunity to share their concerns with others having similar experiences after a cancer diagnosis. Light refreshments served. LAWRENCE, (785) 505-2768 <http://www.lmh.org>

FEB 27

**AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Leamon, new director of the Lawrence Arts Center, will give the program. New and interested members welcome. Please call Noreen for reservations. LAWRENCE, (785) 842-6765

**MISCELLANEOUS**

FEB 7

**CHOCOLATE AUCTION**

The annual Chocolate Auction takes place every February and features hundreds of chocolate delicacies, including cookies, pies, tarts and cream puffs. Stony Point Hall, 1514 N. 600 Road. BALDWIN CITY, (785) 594-6627 <http://www.baldwinarts.org>

FEB 13

**GHOST TOUR**

Visit the most haunted locations downtown, including Topeka Cemetery, high school and business district. Age 12 and over. Fee. TOPEKA, (785) 383-2925 <http://www.ghosttourkansas.com>

FEB 20-22

**ARAB SHRINE CIRCUS**

Call for ticket prices. Kansas Expocentre. TOPEKA, (785) 234-4545



**Joe B. Jones**  
Managing Director  
The Jayhawk Financial Group  
627 Monterey Way  
Lawrence, KS 66049  
(785) 856-2136  
(913) 269-1109  
[joe.jones@nmfm.com](mailto:joe.jones@nmfm.com)

**Northwestern Long Term Care Insurance Company™**

A Northwestern Mutual Company

Long-Term Care Insurance can help protect your nest egg from the high cost of long-term care. You'll worry a lot less and look much younger than the rest of your book club. Visit [www.nmfm.com](http://www.nmfm.com) for more information.

**Does your business offer a senior discount?**

**We'll list your discount on our web site for free.**

**Contact Kevin at [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net) or 785-841-9417 for more information.**

A few less gray hairs.

©2008 Northwestern Long Term Care Insurance Company, a subsidiary of Northwestern Mutual. Policy Form NLTIC-1101. A Financial Representative is a representative of Northwestern Mutual.

**WEA CREEK APARTMENTS**

**BRAND NEW!** **1 & 2 Bedroom Apts.**

*Come Experience Senior Living at its Finest!*

- Community Storm/Tornado Shelter
- Full Size Washer/Dryer Provided
- Refrigerator w/ice maker, Range w/hood,
- Garbage Disposal & Dishwasher
- Private Entrance on Ground Level
- Front Door Parking with Garden Patios
- Total Electric Central Heating & Air
- Covered Parking Available
- Water, Trash & Sewer Paid!
- Cable TV and Phone Hookups
- Community Room/Clubhouse
- Computer Lab w/Internet Access
- Exercise Area
- Playground & Picnic Area
- Small Pets Welcome
- Planned Social Activities

Call or Stop by Today for your Personal Tour & Reserve Your New Apartment Home!

888 Autumn Place, Louisburg, Kansas 66053

**Telephone 913-837-3138**

Some Age and Income Eligibility Requirements May Apply.

**[www.seniormonthly.net](http://www.seniormonthly.net)**

# Save money on tax prep and get your refund faster

(ARA) - Regardless of whether you are entitled to a refund or owe money, you can easily save some cash this tax season by using tax preparation software. And thanks to electronic filing offered by the IRS, receiving your refund faster has never been easier.

Virtually all taxpayers can prepare, print and e-file their federal return for free by using tax preparation software offered by the Free File Alliance LLC, an IRS-approved group of private sector tax software companies. Taxpayers can choose whatever program they prefer. For taxpayers who must also submit a state return, most alliance members offer a low-cost way to transfer their federal data to quickly complete the state form.

"Tax preparation software makes preparing returns easy and fast through simple interview questions and robust tools to identify deductions for the largest possible refund," explains Leigh Aragon, spokeswoman for 2nd Story Software, Inc. "The current economy has helped many taxpayers realize that using a quality product like TaxACT is less expensive and just as accurate as having

your taxes prepared by an accountant or CPA."

The average tax-preparer fee for an itemized 1040 Form with Schedule A and a state tax return is about \$205, according to a survey by the National Society of Accountants. The average cost to prepare a Form 1040 and state return without itemized deductions is \$115. On the other hand, using tax preparation software to prepare your Federal and State returns can cost as little as \$13.95 (when using TaxACT Standard to prepare your federal return for free and to e-file your state return for \$13.95).

To receive your refund in the fastest way possible, the IRS recommends e-filing with direct deposit. "These are tough times, and e-file is the best way for people to get cash in their pocket quickly," says IRS Commissioner Doug Shulman. "Filing electronically with direct deposit can get refunds to taxpayers in as few as 10 days. Combined with important changes in the Free File program, we believe e-file is a better option than ever before for the nation's taxpayers." It can take four to six weeks to receive a refund

check if a return is sent via standard mail.

E-filing is considered just as safe—if not safer—than mailing your return because the data is encrypted. E-filing helps the IRS process returns faster, allowing you to receive your refund sooner. Even taxpayers who owe money are encouraged to e-file now and pay later (on April 15) via direct withdrawal.

The use of e-filing has steadily increased over the last few years, thanks in part to the partnership be-

tween the IRS and the Free File Alliance LLC. Since the alliance was created in 2003, more than 24 million returns have been prepared and e-filed through the program, with nearly 4.8 million tax returns filed through Free File last year.

More information about e-filing and a list of all companies participating in the Free File Alliance can be found at [www.IRS.gov](http://www.IRS.gov). Information about TaxACT is available at [www.TaxACT.com](http://www.TaxACT.com).

Courtesy of ARAcontent

## MISSION TOWERS

*Offering Clean, Safe, Affordable Housing for qualified seniors and non-elderly disabled.*

- Rent Based on Income
- No Utility Bills
- 24 HR Emergency Response
- Close to Shopping
- Church Services
- Card Games & Crafts
- Exercise Group • Library
- Entertainment • Well Maintained

Call Manager Karol Freeman

**(785) 266-5656**

2929 SE Minnesota • Topeka 



## ADVANCED HOMECARE

MEDICAL EQUIPMENT RENTAL AND SALES

- Home Oxygen; CPAPS; BIPAPS
- Power Scooters, Wheelchairs, Walkers, Canes
- Seat Lift Chairs, Hospital Beds
- Free Delivery & In-Home Setup
- Mastectomy Products & Many Daily Living Needs
- We Bill: Medicare, Medicaid & Private Insurance



**COME SEE OUR NEW LOCATION!**

2851 Iowa St • Lawrence

**785-841-2200**

[www.advancedhomecarekansas.com](http://www.advancedhomecarekansas.com)

24 Hour Emergency Service 1-800-827-9406

## Get the Right Care for Someone You Love!



Kansas Rehabilitation Hospital Home Referral Program

*Come see us at the 2009 Kansas Flower, Lawn and Garden Show, February 13-15 at the Kansas ExpoCenter!*

*If you or someone you know has*

- Increased Falls
- Decreased Strength or Endurance
- Decreased Balance
- Trouble walking
- Difficulty with daily activities like bathing
- Recent hospitalization

Call 785-232-8524

FREE screening. Done in the privacy of your own home. Determines the need for Inpatient, Skilled, Day Rehab, Outpatient, or Home Health Services

Kansas Rehabilitation Hospital

A joint venture of **HEALTHSOUTH** and Stormont-Vail HealthCare

1504 SW 8th Avenue • Topeka • 785-232-8524

[www.kansasrehab.com](http://www.kansasrehab.com)

**GATCHELL REMODELING**  
 FENCES • DECKS • PORCHES  
 BASEMENTS FINISHED  
 DRYWALL • TILE • BATHROOMS  
 PAINTING • POWER WASHING  
**FREE ESTIMATES**  
 HANDYMAN SERVICES  
**BILL**  
 785-640-4391 785-233-0826

**AUCTIONEER**  
  
**39 YEARS EXPERIENCE**  
 Antiques, estates, homes, farms,  
 clocks, guns, rugs, china, prints,  
 paintings, porcelain.  
**EXPERT APPRAISER**  
 Valuations for any purpose. I  
 welcome your call.  
**BILL FAIR 887-6900**

**CAREGIVERS YOU CAN TRUST  
 FOR ALL YOUR FAMILY NEEDS**  
  
**PRIVATE DUTY CARE SERVICES**  
 In-Home Care • In-Hospital Care  
 In-Nursing Home Care  
 In-Assisted Living Care Facility  
**SPECIAL SERVICES**  
 Meal Preparation • Housekeeping  
 Shopping • Errands  
*Serving the Douglas, Johnson and  
 Leavenworth county areas since 1993.*  
**785-842-3301 • www.prositters.com**

Enriching **Heartland**   
**Life**  
 Hospice Care  
 2231 SW  
 Wanamaker Road  
 Topeka, KS 66614  
 785-271-6500  
 www.heartlandhospice.com

**Douglas County Visiting Nurses**  
 Rehabilitation and Hospice Care  
**Health Service at Home Since 1969**  
  
 Registered Nurses • Certified Aides  
 Physical & Occupational Therapists  
 Speech Therapists • Social Workers  
 Spiritual and Bereavement Care  
 Carelink Emergency Response Service  
 Telemonitoring • Anodyne Therapy  
 A United Way Agency **785-843-3738**  
 200 Maine, Suite C • Lawrence, KS 66044

**RAILROADERS AT WORK**  
 Photography exhibit from the  
 Center for Railroad Photography.  
**January 25-March 21**  
 Friends of the Station are invited to  
 submit photos as an addition to this  
 exhibit. Please contact Beth Fager for  
 more information.  
 Hours: **The Great Overland Station**  
 Tues-Sat 10-4; 701 N. Kansas Ave., Topeka  
 (785) 232-5533 **www.greatoverlandstation.com**

**ATTENTION SENIORS:**  
  
 See how much we can  
 save you on your Medicare  
 Supplement. Call Bruce  
 today at (800) 606-6955.  
**OSLADIL INSURANCE SERVICE**  
 411½ S. Main St. • Ottawa, KS 66067

**Little House  
 on the  
 PERRY**  
**A Cottage Retreat**  
  
 8851 Hickory Lane, Ozawkie, KS 66070  
 (within Lakewood Hills)  
**Call: 785-876-2992 or 816-896-0662**  
 Daily, Weekly and Weekends Rates Available  
 website: www.littlehouseontheperry.com

Placed on  
 National  
 Historic  
 Register  
  
 "APARTMENTS OF DISTINCTION SINCE 1928"  
**THE GEM BUILDING**  
 510 SW 10TH, TOPEKA • (785) 233-9930  
 www.gemapartments.com

**Caring for You, Personally**  
 Comforting Solutions For  
 In-Home Care™  
 ♥ Companionship ♥ Meal Preparation  
 ♥ Recreational Activities ♥ Respite Care  
 ♥ Light Housekeeping ♥ Clothes Shopping  
 ♥ Errand Services ♥ Grocery Shopping  
 ♥ Incidental Transportation ♥ Laundry  
 ♥ 24-Hour Care Available ♥ "TLC" calls  
 For a Free In-Home  
 Consultation Call:  
**785-267-8200**  
 topeka@comfortkeepers.com  
 www.comfortkeepers.com  
  
*Each office independently owned and operated*

**CHS**  
**CRITICARE**  
 Home Health Services, Inc.  
 • Respiratory  
 Equipment & Supplies  
 • Wheelchair  
 • Walker • Canes  
 • Mastectomy &  
 Compression Products  
**Hospital Equipment with Home Comfort**  
 1006 W. 6th St. • Lawrence  
**785-749-4878 • Toll Free 800-527-9596**  
 www.criticarehhs.com


Certified Massage  
 Therapists  
  
**785-633-0697**  
 Topeka  
 Therapeutic, Swedish,  
 Deep Tissue, Geriatric,  
 Chair Massage, Heated Stone,  
 Hand and Foot Massage  
**\$10 discount for new clients**

**LAWRENCE THERAPY SERVICES**  
 • Occupational Therapy  
 • Physical Therapy  
 • Speech Therapy  
 • Massage Therapy  
 • Marriage & Family Therapy  
 Services available  
 in the clinic  
 or in-home.  
  
**842-0656** 2200 Harvard Rd, Ste 101  
**594-3162** 814 High St., Suite A  
 Lawrence Baldwin City  
 www.lawrencetherapyservices.com

Casual Dining **Walt** Private Parties  
**McFARLAND'S**  
**Walt** 785-272-6909  
**McFarland** 4133 Gage Center Drive  
 Owner Topeka, Kansas 66604  
**Over 70 years of serving fine food**

  
**The First Apartments**  
 Independent Community  
 Living for Seniors  
**Marnie Wuenstel**  
 Director  
**(785) 272-6700**  
 3805 S.W. 18th fccadirect@fctoepka.org  
 Topeka, KS 66604 www.thefirstapartments.org

**The perfect gift:  
 A Simongiftcard!**  
  
 Purchase yours today at  
 the Simon Guest Service  
 desk at West Ridge Mall.  
 For more information  
 contact Belinda Bomhoff  
 at bbomhoff@simon.com  
 or at 785.271.5500.

**Natural  
 Medical  
 Care**  
  
**Dr. Farhang R. Khosh, ND**  
**Dr. Mehdi L. Khosh, ND**  
 Member American Association of Naturopathic Physicians  
 4935 Research Parkway, Lawrence, Kansas 66047  
 Phone: (785) 749-2255

**We're Just Your Style!**  
  
**Over 50  
 Unique Shops,  
 Restaurants  
 and Stores.**  
**21st & FAIRLAWN**  
*Where Just Your Style!*  
 21st & Fairlawn  
 Topeka, Kansas

# Make living naturally second nature at home

(ARA) – Many families are interested in adopting a more natural lifestyle, especially when they're met by life-changing moments, such as welcoming a new baby, adopting a pet, or buying a new home. According to a recent survey, however, while 78 percent of parents want their families to do more to live naturally, almost as many (63 percent) think that making changes would be difficult.

"Families don't have to overhaul their entire lifestyles to go natural," said Jen Singer, lifestyle expert, author and founder of Mommasaid.net, an online resource for moms. "Instead, you can take small steps that are easy, convenient and affordable. Even small changes can have a big impact on our homes and the world we live in."

Singer offers the following five tips to help families live more naturally.

- **Leave it at the door.** Make it a household rule to kick off shoes when entering the home. Preventing outdoor pollutants and loose surface dirt from coming inside can save water and energy because it means less mopping and vacuuming.

- **Conquer cleaning naturally and**

effectively. Try cleaning your home with natural cleaners, such as the new Nature's Source line from SC Johnson. The products are powerful cleaners made with 99-plus percent natural and naturally-derived ingredients. What's more, the products are affordable and available in many grocery and mass merchandise stores.

- **Pull the plug.** Unplug electronics that aren't in use. If the phone charger is sticking out of the electrical outlet without a phone on the other end, it's still using energy. Encourage other family members to unplug their phone chargers, laptops and handheld game chargers when they're not in use.

- **Carry a full load.** Maximize

the efficiency of appliances and conserve water and electricity by operating the washer, dryer and dishwasher with full loads. In some areas, electric companies may offer less expensive nighttime rates, so it's possible to save money by running electrical appliances at night.

- **Hang it to dry.** In the long run, a dryer does more damage breaking down clothing fibers than the washer. Hanging clean laundry on a line will save energy and that favorite

pair of jeans.

Using these savvy tips will make it easier to live a more natural lifestyle at home without paying a premium. For more tips to live naturally, visit [www.NaturesSourceCleaners.com](http://www.NaturesSourceCleaners.com).

Courtesy of ARAcontent

## SLAPSTIX

"The only thing some people can achieve on their own is dandruff."

© 2009 Tribune Media Services, Inc.

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

**\$39\*** Introductory 1-Hour Massage Session

*Massage Envy*

4931 W. 6th Street (6th and Wakarusa - Southwest Corner) - LAWRENCE  
(785) 841-2000

Franchises Available | [MassageEnvy.com](http://MassageEnvy.com) | Convenient Hours  
Open 7 days: M-F 8am-10 pm, Sat 8am-6pm, Sun 10am-6pm

\*See Clinic for Details © 2008 Massage Envy Limited, LLC




## La Colonia

Retirement Community



- Complete maintenance
- Off street parking
- Emergency call system
- Utility allowance




- 24-hour security
- Staff on call 24 hours
- Water & trash paid
- Lawn care

- Rent is based on resident's income
- Lounge & recreation room


- Weekly shopping transportation
- In house laundry facilities

**Call Tony Jaramillo at (785) 354-4225 for more information**  
**331 NE Golden (Oakland Community) • Topeka**

## Kansas History Book Reprints



Richard Cordley's  
***A History of Lawrence, Kansas: From the First Settlement to the Close of the Rebellion*** (1895)



Edward Everett Hale's ***Kansas and Nebraska: the History, Geographical, and Physical Characteristics, and Political Position of those Territories; an account of the Emigrant Aid Companies and Directions to Emigrants*** (1854)

**Now available at The Raven Book Store**  
6 East 7th Street • Lawrence • 785-749-3300  
[www.ravenbookstore.com](http://www.ravenbookstore.com)

Open Monday-Wednesday & Saturday 10-6,  
Thursday & Friday 10-8, and Sunday 1-5

## *Peace of Mind*



As soon as you walk through the front door at Vintage Park Assisted Living you feel the warmth and friendly environment that residents here have come to expect. Living at Vintage Park provides them peace of mind so they can enjoy this time pursuing other hobbies and time with family and friends.

With Vintage Park's all-inclusive pricing and services tailored to each residents needs, the residents are always top priority. Vintage Park Assisted Living has a location in Baldwin City and one in Ottawa, KS.

**Call Us Today So We Can Tell You More!**



**Vintage Park**  
Assisted Living Residence

**Vintage Park at Baldwin City**  
321 Crimson Ave.  
785-594-4255

**Vintage Park at Ottawa**  
2250 S. Elm St.  
785-242-3715

[www.skilledhealthcare.com](http://www.skilledhealthcare.com)

# Holiday Afterglow

When I was a boy the holidays didn't end the day after New Year's as they do now. At our house the holiday season often lasted until after Ground Hog Day. It was usually early February before Mom carefully removed the ornaments, the strings of lights, and the tinfoil icicles from our Christmas tree and swept up the pile of pine needles from the floor.



Larry  
Day

This year my wife Emmaline and I took down the outside and inside decorations, including my Christmas train, on January 2. The Christmas train is my pride and joy.

I bought it years ago in Atlanta. I had flown down to attend a niece's December wedding. I arrived a day early. The women invited me to go shopping with them. In a department store I saw a toy train running around a track.

It was a Christmas Train—Santa atop the engine. It had four cars plus a caboose. The train had lights, and the figures moved.

Decades dropped away. I was seven or eight years old again. I had to have that train. Never mind that it cost \$250; never mind that the box it came in was larger than a hard sider suitcase. I took out my credit card.

Now each Christmas season, after I have inexpertly installed the outside house lights and Emmaline has expertly and creatively decorated the inside of the house, I open the box and take out my Christmas Train.

I've cut assembly time to two hours. One has to put together the track, attach the electric gear, hook up the cars (each car is attached to the car ahead by a little black umbilical cord that makes the figures move and the lights dance). I've been known to cuss a bit as I assemble the train.

It's a wonderful train. One pushes the ON button. One pushes the forward button. A voice shouts "All Aboard." Bells ring, a realistic train whistle blows, and the train moves

around the track. Santa goes "ho, ho, ho."

For the first few years I had the train to myself. Then my granddaughter came along and wanted to run the train. Then my grandson came along and wanted to run the train. Then Emmaline told me to let the grandchildren help me assemble the train.

I steadfastly resisted that suggestion until Christmas 2008. My granddaughter is now eight and my grandson is five. Emmaline sand bagged me. She didn't tell me the kids were coming until they were at the front door.

When they came in Emmaline said, "You can help Grandpa put his train together."

I said, "Okay. Okay, kids, this is a very difficult project, so watch carefully and I'll show you how I do it."

"Okay, Grandpa."

Then Emmaline called me to come upstairs. It was the kind of pre-preemptory call that I've learned not to ignore.

"I'll be RIGHT BACK," I said. "You kids go to Grandma's office and play computer games. We'll put the train together when I get back."

After a few minutes I heard kid voices from the living room. I took four steps down the back stairs. Emmaline ordered me, in a preemptory voice, to finish my assigned task. Several elongated minutes later I sprinted for the living room.

Halfway down the stairs I heard a robotic voice say "All Aboard!" My heart sank. Had the kids gotten the electrical apparatus out of the big box and plugged it in? What harm such mischief might do to my train I could only imagine.

I charged down stairs and into the living room.

"Ding, Ding, Ding," "Whooo, Whooo, Whooo," "All Aboard," "Merry Christmas!" "Ho, Ho, Ho," "Chug, Chug, Chug."

My train was fully assembled and running around the track. My granddaughter was at the controls and my grandson was jumping back and forth across the track just ahead of the train.

"Grandpa, we put the train together!"

The grandkids weren't here on January 2 when I put on my engineer's cap and ran the train around



You're a pluggier if you wear the dinosaur Band-Aids because Junior is "too old" for them.

the track one last time. Then I put it back in the box for another year.

I hope my grandkids will let me help them put the train together next December.

- 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.

## The Convenience of Care in the Comfort of Your Home



**BREWSTER AT HOME™ IS A SINGLE SOURCE FOR HELP WITH MANY OF LIFE'S DEMANDS. SERVICES INCLUDE:**

- A "passport" to Brewster Place for social, cultural and wellness activities
- Access to a network of care with trusted providers for in-home services
- Discrete technology-based health monitoring services

**CALL 785-274-3303 TODAY!**

[www.brewsterplace.org](http://www.brewsterplace.org)

**BREWSTER AT HOME™**

Visit Us Online At  
[www.seniormonthly.net](http://www.seniormonthly.net)

## Posters worth little unless sanctioned by Olympic organizing committee

**QUESTION:** I have a complete set of Levi's Sportswear posters for the 1980 Olympics. Each is 19 inches by 24 inches and in mint condition. As you know, those Olympics were aborted. Value of the posters? -Dave, Tucson, Ariz.

**ANSWER:** The 1980 Olympics held in Moscow were not aborted,



Danielle  
Arnet

but they were boycotted by the U.S. and other countries to protest Soviet activity in Afghanistan. Only 80 nations participated.

A collector could reasonably infer that posters custom made for a world sports event must be significant, especially when the event was the focus of a protest. Knowing that the owner has them from association with a Levi's store assures that they are authentic. Add that they are mint and, so far, all looks good.

But this is collecting. And smart collectors know that in this arena, there is often a wildcard lurking to turn things around.

Connecticut poster specialist David Pollack, current president of the International Vintage Poster Dealers Association, is a specialist in travel, propaganda, American advertising and war posters. He also sells Olympics posters because they fall into the genre of travel. "They are intended to entice you to the games," he explains. Check his site for a set of Levi's 1980 Olympics Posters.

Pollack adds that only posters printed by the Olympic Organizing Committee have real value. There's the wild card. As Levi's products, the reader's posters are private and unofficial.

"The problem is multifold," Pollack told us. Not sanctioned by the committee, Levi's posters lack the official cachet that collectors want. Also, as commercial issues, there is no way of knowing how many were made and/or distributed. "There may be more of them out there than official posters," Pollack added.

The sanctioned official poster for a particular game is what brings in collector bucks. Amounts can be hefty. For example, a 1932 official poster for the Los Angeles Olympics can retail for \$5,000.

Another wild card is that "condition, always important, is not the

be-all and end-all" for posters. In other words, having the right stuff trumps mint condition.

According to Pollack: "Mint posters are the unused ones. You will see condition issues in high-end posters." Many of the best posters have had quality restoration, and that's OK in the business.

Of the Levis posters, he counsels: "Enjoy them. They're not great, but commercial." Ebay...

**FYI:** Key Pollack at [www.dpvintageposters.com](http://www.dpvintageposters.com) or [info@dpvintageposters.com](mailto:info@dpvintageposters.com).

**QUESTION:** I've been a casual collector of coins for a long time. Most are circulated coins or proof sets. How do I evaluate and dispose of them? I went to several coin dealers but felt very uncomfortable with them. I know others in the same boat. -Rick, Richmond, Va.

**ANSWER:** Before hauling a trunk of coins to a dealer, see if your library has a Scott A. Travers guide to coins. "The Coin Collector's Survival Manual," 6th ed., is a how-to. Another Travers title, "The Insider's Guide to U.S. Coin Values 2009," is a comprehensive price guide, including commemoratives.

Reputable coin sellers belong to professional organizations. The nonprofit Professional Numismatists Guild (PNG) lists dealers nationwide who can advise on collections and paper currency. Key [www.pngdealers.com](http://www.pngdealers.com) to find a local member.

**QUESTION:** Is my complete "Woman's Day Encyclopedia of Cookery" collectible? It is 12 volumes. -Roslyn, Delray Beach, Fla.

**ANSWER:** The series by editors of Woman's Day magazine was printed

### WORDS OF WISDOM

"It is the quality of our work that will please God and not the quantity." - Mahatma Gandhi

"It's a good thing that when God created the rainbow, He didn't consult a decorator or He would still be picking colors." - Sam Levenson

"Guess if you can, choose if you dare." - Pierre Corneille

"Hollywood is a place where they'll pay you \$1,000 for a kiss and 50 cents for your soul." - Marilyn Monroe

"He that loves to be flattered is worthy o' the flatterer." - William Shakespeare

© 2009 Tribune Media Services, Inc.

from 1965-67. Retail values average less than \$10 per volume. To sell, I'd post the lot on eBay and see what happens. Check the going rate there before you list. Your likely buyer will be someone wanting to complete a set or replace a missing volume.

**QUESTION:** How do I find out what my Hummel and Lenox pieces are worth? -Michelle, Coral Springs, Fla.

**ANSWER:** For general questions like this, eBay can help. Search both active and completed sales for particular Hummels. Do the same for Lenox pieces. Results provide a good look at the current market. While

online, Google the individual names of your pieces. Shops and/or sellers may also have them posted.

Finally, visit the library for a general reference/price guide to each. Book prices are only a guide and tend to be high, but between online and book prices, you'll get an idea.

(Danielle Arnet answers questions of general interest in her column. Send e-mail to [smartcollector@comcast.net](mailto:smartcollector@comcast.net) or write Danielle Arnet, c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY, 14207. Please include an address in your query. Photos cannot be returned.)

© 2009 Tribune Media Services, Inc.

## Ideal Retirement Living!



- Rent Based on Income
- Inside Mail Boxes
- Inside Trash Collection
- Close to Shopping

- Grocery Bus Once a Week
- Library Bus Twice a Month
- Community Room
- Weekly Wellness Clinic

Call Manager Theresa Grennan at (785) 272-5660

### Plaza West Apartments

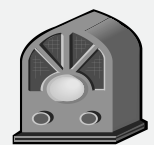
5260 SW 22nd St. • Topeka

62 & UP

Qualified Disabled



## Collectibles Marketplace



### Electronic Auctioneer MOONWINKS

IN LAWRENCE

#### SINGLE ITEMS OR HOUSEHOLDS ESTATE & BUSINESS LIQUIDATIONS

I will list your antique or collectable on eBay for free. No charge unless your item sells for your price. I am an approved trading assistant registered with eBay to sell for others. I have been an AARP member since 1997, and I have been selling on eBay since 1998. We can purchase your items outright for cash, or handle your Estate Tag Sale.

Call any time. Pat Kindle. 785-865-5049.

To place your ad in the next  
"Collectibles Marketplace," please  
call Kevin at 785-841-9417.



# Pick up after poo-eating pooch

**QUESTION:** My daughter's dog, a sweet 40-pound beagle, is constantly left alone. She hardly ever gets outside. My daughter's two teenage sons are never home to take the dog out. I've tried many times to talk my daughter into finding a good home for this dog, or at least getting an-

other dog as a companion. You're such an animal lover, I'm hoping you some ideas. - C.B., Las Vegas, NV



Steve Dale

other dog as a companion. You're such an animal lover, I'm hoping you some ideas. - C.B., Las Vegas, NV

**ANSWER:** I'm not sure what you mean by "constantly left alone." Listen, it's a lucky dog these days who enjoys human companionship anywhere near 24/7. Still, aside from food and water, what our dogs desire more than anything is us. Adding a second dog would simply afford your daughter the opportunity to neglect two dogs.

If the situation is so bad that it extends beyond mere neglect into abuse, you must take action. That line can be a fuzzy one, but if the dog is alone for so long that she's forced to have "accidents," is missing meals to the extent that she's frequently hungry, and/or is treated poorly when someone is home, this poor pet's only salvation may be you stepping in.

**QUESTION:** My year-old Pekingese is eating her own feces. For six months I've tried pills from pet stores, but nothing helps. What can I do? - B.P., Anderson, SC

**ANSWER:** It's only a coincidence that for my answer, I sought the advice of a dog trainer named Teoti Anderson (perhaps your town is named for her?). Anderson ought to have a town named for her; after all, she's the author of "Puppy Care and Training" (TFH, Neptune, NJ, 2007; \$19.95) and a past president of the Association of Pet Dog Trainers.

"You may not want to hear this, but dogs sometimes have a very different

sense of a delicacy than we do," she says. "I know some people who use hot sauce, which is supposed to teach dogs a lesson once they eat poo with the sauce. Maybe, this will work. Or an enzyme nutritional supplement (such as Prozyme). Or adding a manufac-

tured product, which you tried (such as For-bid or Deter), or even (adding) pumpkin to the dog's diet. But usually there's only one surefire answer: Pick up after your dog. Eventually, many dogs simply get out of the habit. And for other dogs, the only so-

lution is a lifetime of management."

(Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY, 14207. Send e-mail to PETWORLD(at)AOL.com. Include your name, city and state.)

© 2009 Tribune Media Services, Inc.

## 4th Annual Lawrence Area Partners in Aging March Madness Senior Resource Fair

Tuesday, March 3, 2009 from 10:00 a.m.-2:00 p.m. • Dillon's, 1015 W. 23rd St.

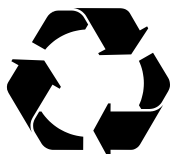


- **FREE!** No cost to attend!
- **FREE** refreshments.
- The first 100 seniors to register at the Senior Resources Fair will receive a \$5.00 Dillon's Gift Card.
- The second 100 will receive a reusable shopping bag.
- **FREE** balance screenings, memory games, blood pressure checks, oxygen level checks, spinal screenings including muscle and nerve evaluations, hearing screenings, chair massages, and much more!
- **FREE** Kansas "Yellow Dot" kits available.

**Come by anytime between 10:00 and 2:00 to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.**

- Advanced Home Care LLC
- Blackwell Hearing Center
- CornerBank N.A.
- Criticare Home Health Services, Inc.
- Douglas County Senior Services, Inc.
- Douglas County Visiting Nurses, Rehabilitation and Hospice Care
- Drury Place at Alvarado
- Heart of America Hospice
- Home Instead Senior Care
- Humana, Inc.
- Jayhawk Area Agency on Aging, Inc.
- Kaw Valley Senior Monthly
- Lawrence Area Coalition to Honor End of Life Choices
- Lawrence Memorial Hospital
- Lawrence Presbyterian Manor
- Lawrence Public Library
- Lawrence Therapy Services
- Pioneer Ridge Retirement Community
- Rumsey-Yost Funeral Home
- Sand Castles, Inc.
- Trinity In-home Care
- Vintage Park Assisted Living

This is the fourth annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call 785-842-0543 and ask for Ashley Schemm, or email partnersinaging@yahoo.com.



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

# An eye-opening way to cook shrimp

By Wolfgang Puck

Tribune Media Services

We may still be a few weeks away from springtime, but I always feel as if the new season starts on the weekend we set the clocks forward, which happens next Saturday night/Sunday morning.

Even though I wake up missing that extra hour's sleep, I instantly feel like brighter days are just ahead. And I start daydreaming about warm-weather vacations.

I can't stop thinking of some of my favorite European destinations: the Mediterranean coasts of France and Italy. My mouth starts to water as I imagine fresh seafood seasoned with wonderfully aromatic herbs, garlic and olive oil.

And I know how quick and easy it can be to capture that feeling in my own kitchen. All I have to do is bake some shrimp.

The thought of baking shrimp might surprise you. After all, they cook so quickly that you might consider baking too much work—with too great a risk of overcooking.

In fact, baking shrimp is one of the best ways I know to ensure that they cook perfectly, especially when you're making lots of them.

Yes, shrimp take almost no time to cook, especially if you butterfly them, the technique of slitting them halfway through all along their length, then opening them up so that, maybe slightly, they look like a butterfly. That's why sautéing, pan-frying, stir-frying, deep-frying, and grilling—all quick methods—are popular ways to cook shrimp.

But try using any of those methods to prepare lots of shrimp and you start to see the problem. You need multiple pans, and multiple hands, to get them all done at once. Or you have to cook them in batches, which also means that you eat

them in batches or wait until all the cooking is done—by which time some of them are cold or overcooked.

Baking, however, is another story, with a happier ending.

As you'll see in my recipe for Butterflied Baked Shrimp, all the shrimp are prepped together and go into the oven at the same time. The recipe here serves four; but all you need to double, triple, or quadruple it is a bigger baking dish or multiple dishes. You can prepare the shrimp for baking well in advance, too, and keep them covered in the refrigerator. And, as long as you preheat the oven good and hot, the shrimp still cook quickly.

Serve them as an appetizer, as I do in my Wolfgang Puck Cafés. Or place them atop hot linguine or spaghetti tossed with your favorite tomato sauce or pesto for a delicious main course.

However you serve them, one bite will make you, too, feel like you've been magically transported to the Riviera or the Amalfi Coast.

## BUTTERFLIED BAKED SHRIMP WITH HERBED BREADCRUMBS

Serves 4

- 2 cups fresh breadcrumbs
- 16 extra-large shrimp, peeled and deveined, tail fins left on
- Freshly ground black pepper
- Salt
- 2 tablespoons chopped fresh basil leaves
- 2 tablespoons chopped fresh oregano leaves
- 2 tablespoons chopped fresh parsley leaves
- 1 tablespoon chopped fresh thyme leaves
- 1 tablespoon minced garlic
- 4 ounces unsalted butter, melted
- 4 cups baby arugula leaves, rinsed

well and patted dry

2 tablespoons extra-virgin olive oil

1/2 lemon, juiced

Lemon wedges, for garnish

Preheat the oven to 400 degrees.

Evenly spread the breadcrumbs on a baking sheet and toast them in the oven until golden brown, about 10 minutes, watching very carefully to make sure they don't burn. Remove them from the oven, transfer to a mixing bowl, and set aside to cool. Raise the oven temperature to 500 degrees.

With a small, sharp knife, butterfly the shrimp by slicing all along the length of its outer curve where the vein was removed, cutting about half to two-thirds of the way down through it, from just in front of the tail to the head end; be careful not to cut all the way through. Turn the shrimp over and gently make three very shallow slits across the other side, perpendicular to the length of the shrimp, to prevent it from curling during cooking. Lightly season each shrimp on both sides with salt and pepper. Set aside.

Add the basil, oregano, thyme, parsley, and garlic to the breadcrumbs, season with some salt and pepper, and toss well.

Brush a large ovenproof skillet with some of the melted butter to coat the bottom. Dip each shrimp in the butter, opened side down, and then dredge it in the breadcrumb mixture, pressing down so the crumbs stick and coat the shrimp well. Place all the shrimp, bread-

crumb side up, in the skillet in a single layer and drizzle them with some of the remaining melted butter. Bake just until the shrimp are just cooked through, turning pink and white, and the breadcrumbs are a deep brown, about 5 minutes.

While the shrimp are baking, put the arugula leaves in a mixing bowl, add the olive oil and lemon

juice, season with salt and pepper, and toss well. Divide the arugula among four serving plates, mounding it in the center. Arrange four shrimp, breadcrumbs up, around each mound of arugula. Drizzle the

shrimp with the last of the melted butter. Serve immediately with lemon wedges.

(Chef Wolfgang Puck's TV series, "Wolfgang Puck's Cooking Class," airs Sundays on the Food Network. Also, his latest cookbook, "Wolfgang Puck Makes It Easy," is now available in bookstores. Write Wolfgang Puck in care of Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, N.Y. 14207.)

© 2009 Tribune Media Services, Inc.



PHOTO BY BOB FELA, CHICAGO TRIBUNE

### Wolfgang Puck's Butterflied Baked Shrimp with Herbed Breadcrumbs

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

## Restaurant Guide

### McFARLAND'S Restaurant



Casual Dining, Private Parties  
Over 70 years of serving fine food

4133 Gage Center Dr. • Topeka • 785-272-6909

Serving Topeka Since 1969



Open 7 Days A Week  
6:00 a.m.-3:00 p.m.  
1034 S. Kansas Ave.  
785-232-1111

### Chic-A-Dee CAFÉ



"Good Home Cooked Food"

Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm  
3036 SE 6th • Topeka • 785-233-0216

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

## Farms, Ranches & Hunting Land

Representing Sellers & Buyers in Eastern Kansas



Dean Goodell  
Real Estate  
Professional

I have Buyers that are ready to invest in land! Cropland, Pasture Land, Hunting Land. I need more land to Sell! I need Listings! Call me to schedule a free Market Analysis.

785-229-5547

Crown Realty

336 S. Main • Ottawa, KS 66067



# Simple ways seniors can stay active and healthy

(ARA) - You've worked hard your entire life to earn your retirement, and now you should enjoy it. But you won't be able to actively socialize with friends, family and neighbors, enjoy spending time on your hobbies or taking trips to see the grandchildren if you don't maintain good health and a good quality of life.

The average life expectancy is now 78 years, plenty of time to enjoy your golden years. You don't need to see a doctor every day to stay healthy; with the guidance of your physician, there are many ways you can take care of yourself at home. Here are a few ideas you can try yourself:

- Monitor the information your doctor wants to know. For example,

an estimated one-half of senior citizens suffer from hypertension. The Lumiscope Blood Pressure Arm Monitor found at Montgomery Ward ([www.Wards.com](http://www.Wards.com)) allows you to track your blood pressure at home. Daily monitoring can help you and your doctor bring your blood pressure levels down to 120 or lower, which is recommended to avoid risks of stroke or heart attacks.

- Involve your friends, family and neighbors in a weekly yard game of bocce ball, croquet, horseshoes or badminton, to name a few. Not only are yard games good physical exercise, but the competition keeps your mind sharp and social interaction balances out a well-rounded lifestyle.

- Get your hands dirty and plant a

garden. Whether you fill indoor pots with beautiful, leafy house plants or plant your entire outdoor landscape in a field of colorful blooms, working with plants is fun and contributes to a sense of well-being. Plus, the planting process involves a little muscle, helping you to keep your body in good condition.

- Relive some of your childhood fun. Try a daily workout with

the Cory Everson Trampoline ([www.Wards.com](http://www.Wards.com)). The trampoline provides a good cardio and muscular workout complete with a stability bar to assist your balance. And you can exercise at your level, without overexerting your muscles. Combine your workout with your favorite tunes and revert to your bouncy youth.

Courtesy of ARAContent

## RETIREMENT IS NO TIME TO STOP PLANNING FOR RETIREMENT.

You've spent years saving and investing for the day when you can put work behind you and enjoy the things you love. But the only thing that should change on that day is your strategy.

At Edward Jones, we can create a plan to help ensure the money you've saved will be there for you throughout your retirement. So you may look forward to a steady, stable income for years to come.

To find out why it makes sense to talk with Edward Jones about your retirement savings, call today.



**Harley Catlin**  
4828 Quail Crest Place, Ste B  
Lawrence, KS 66049  
785-841-6262



**Ryan Catlin**  
4828 Quail Crest Place, Ste B  
Lawrence, KS 66049  
785-841-6262



**Jeff Peterson**  
1800 E. 23rd St., Ste J  
Lawrence, KS 66046  
785-843-1371



## Our job is to make your job easier.



Midland Care PACE Services is a program of all-inclusive care for the elderly. Midland will coordinate, provide and supervise all the home and healthcare services needed to keep aging individuals safe and comfortable in their own homes and communities. Services include primary and specialty medical care, socialization, transportation, hospitalization and emergency services, meals, prescriptions, in-home support and care and physical and occupational therapies. Service area includes Douglas, Jackson, Jefferson, Osage, Pottawatomie, Shawnee and Wabaunsee counties. Call today or visit our website to learn more.



130 SW Frazier Circle | Topeka, KS 66606 | Phone: 785-232-2044 | [www.midlandcare.org](http://www.midlandcare.org)

**CROSSWORD**

TMSpuzzles@aol.com

**ACROSS**

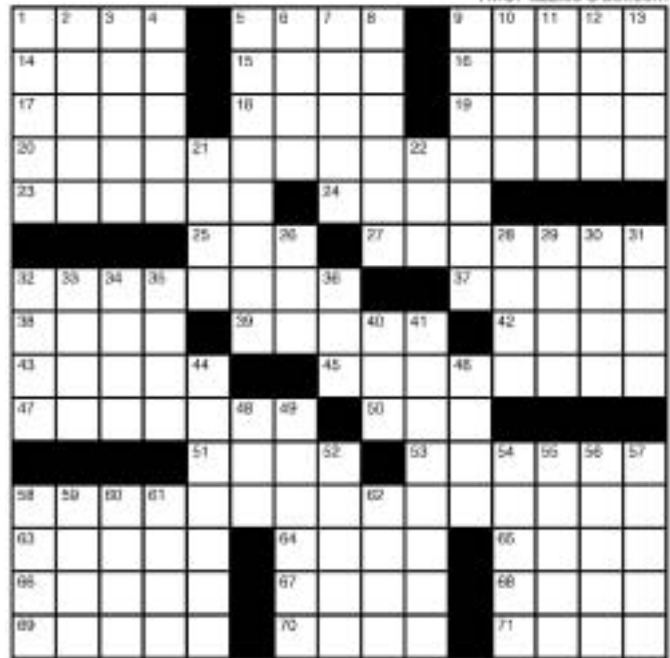
- 1 Kind of doctor?
- 5 Hankering
- 9 Sharp blow
- 14 Be down with
- 15 5,280 feet
- 16 Capital on the Red River
- 17 Katmandu's place
- 18 Anjou or Bartlett
- 19 Out of bed
- 20 Start of Henry Ford quote
- 23 Tied down with ropes
- 24 Indication
- 25 Actor Torn
- 27 Chorus girl
- 32 Part 2 of quote
- 37 Shadings
- 38 Suspicious of
- 39 Tumbler
- 42 Gumbo veggie
- 43 Davis of "Thelma & Louise"
- 45 Part 3 of quote
- 47 States strongly
- 50 More E than S
- 51 Ill-smelling
- 53 Kiribati's capital
- 58 End of quote
- 63 Projecting bay window
- 64 Ethnologist Heyerdahl
- 65 Edgar Allan and others
- 66 Presbyterian parsonage
- 67 Wire spiral
- 68 Art Deco designer
- 69 Fences the loot, e.g.

70 Sacred

71 Astronauts' grp.

**DOWN**

- 1 Shoulder warmer
- 2 Turkish official
- 3 Climbing plants
- 4 Below, in poems
- 5 Hindering
- 6 Wedding-cake layer
- 7 Earthy materials
- 8 Valiant
- 9 Unspecified object
- 10 Jumble
- 11 Opposing position
- 12 To \_\_\_ a phrase
- 13 Scottish church
- 21 Sister and wife of Zeus
- 22 Inarticulate grunt
- 26 \_\_\_ Pot of Cambodia
- 28 Castling piece
- 29 Jet-black
- 30 Roman tyrant
- 31 Jacob's brother
- 32 Hindu discipline
- 33 Singles
- 34 Shoshones
- 35 Dunce-cap shape
- 36 Snitch
- 40 Haggard heroine
- 41 Sib to sib, on the distaff side
- 44 Showy socks
- 46 Proximate
- 48 The Chinese "way"



By Alan P. Olschwang  
Huntington Beach, CA

Answers on page 31

- 49 Dirty spot
- 52 British boot
- 54 Mature
- 55 Athenian marketplace
- 56 Hones
- 57 Perplexed

- 58 Robin Cook novel
- 59 United \_\_\_ Emirates
- 60 Five after four
- 61 Take a sample
- 62 Irritate

© 2009 Tribune Media Services, Inc.

**MAGICWORD**

HOW TO PLAY: Read the list of words. Look at the puzzle. You'll find these words in all directions—horizontally, vertically, diagonally, backwards. Draw a circle around each letter of a word found in the puzzle, then strike it off the list. Circling it will show a letter has been used but will leave it visible should it also form part of another word. Find the big words first. When letters of all listed words are circled, you'll have the given number of letters left over. They'll spell out your MAGICWORD.

**GPS (sol: 9 letters)**  
A-Accurate, Address, Area; B-Base map; C-Calculate, Compass, Coordinates, Course; D-Data, Destination, Device, Directions, Distance; E-East, Exact; G-Global, Grid; H-Home; L-Locate, Lock onto; M-Mode; N-Navigation, North; P-Position; Q-Quick; R-Radio waves, Route; S-Satellite, Search, Signal, South, Speed, System; T-Track, Transmit, Trip; W-West, Worldwide

This Month's Answer: **FREQUENCY**

© 2009, Tribune Media Services

MNOITANITSEDIRG  
ETALUCLACIPRTLH  
TRACKDNOITISOPT  
SSERDDAREAEBSU  
YSCOINVTXWAAECO  
SAIUROI RALCSVNS  
EPVTERGACKCEAAE  
TMEECTANTCUMWTD  
IODTHTSFIRAOSI  
LCEAIOIMRUAPIIW  
LOECOMOIEQTQDDD  
EUPONENTSAEUAE  
TRSLSEARCHENRDR  
ASIGNALOCKONTOO  
SETANIDROCCYMW

**JUMBLE** THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Angico

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

VELGA

MOGAD

GEANET

NERBAN

Answer: A     or

Answers on page 31

**Need a Rate Card?**

Advertisers: If you would like a *Senior Monthly* rate card, please call Kevin at 785-841-9417, or e-mail rates@seniormonthly.net to receive an autoresponder message with rate information.

**TRIVIALITIES**

- Who starred as April Wheeler in the 2008 film "Revolutionary Road"?
- The 2008 film "The Reader" was adapted from whose book of the same name?
- In the 2008 film "The Duchess," who portrays the title character?
- What Emmy award-winning actress/producer was born on May 18, 1970 in Upper Darby, Pa.?
- Who directed the 2008 film "Slumdog Millionaire"?
- Who directed the 2008 film "Revolutionary Road"?
- Leonardo DiCaprio has been nominated three times for an Oscar. How many times has he won?

© 2009 Tribune Media Services, Inc.

Answers on page 31

BRIDGE

# You be the judge

By Tannah Hirsch

North-South vulnerable. South deals.

**NORTH**  
 ♠ 8  
 ♥ 9 6 3  
 ♦ K J 6 4  
 ♣ A J 10 5 2

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

**SOUTH**  
 ♠ A 4 3  
 ♥ Q 10 7 5 2  
 ♦ A Q  
 ♣ K 9 4

The bidding:  
 SOUTH WEST NORTH EAST  
 1♥ 1♠ 2♥ 3♠  
 4♥ 4♠ 5♥ Pass  
 Pass Pass

Opening lead: Six of ♠

Study the bidding and play of this hand and decide: Did anyone err? If so, who?

We would have opened one no trump with the South hand but can't charge South for choosing his five-card major. East's jump to three spades was preemptive - ideally East's hand should have been more distributional. Also, with so

much defensive strength and weak hearts, North should have doubled four spades rather than compete, so he is guilty of a major bidding charge.

West led a low spade, taken by declarer's ace. The ace and queen of diamonds were cashed, after which South ruffed a spade on the table and discarded his remaining spade on the king of diamonds. Next, the nine of hearts was led to the four, five and king. West switched to the queen of clubs, taken in dummy, and a trump to the jack and queen lost to the ace. Declarer claimed the rest of the tricks to land his contract.

What is your verdict?  
 East was the victim of that old adage: "Second hand low." All he had to do to sink the contract was to cover the nine of hearts with the jack. West would capture the queen with the king and, with A 8 poised over South's 10 7, the defender must score two more trump tricks for a one-trick set.

Incidentally, four spades can be defeated three tricks as long as the defenders do not allow anything to get away.

(Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. E-mail responses may be sent to gorenbridge@aol.com.)  
 © 2009 Tribune Media Services, Inc.

SUDOKU

© Puzzles by Pappocom

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

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

HARD

Solution on page 31



## Amazing Work by Amazing People

Dolores Werder had a massive cerebral aneurysm. Unable to speak or move, her family sought out Plaza West Regional Health Center.

"If it weren't for them, I wouldn't be here today." - Dolores Werder

After lots of hard work with the Plaza West Rehab team, Dolores, whom doctor's didn't give much of a chance, walked out of Plaza West.

"Their professionalism, care and compassion were amazing. They truly care that I got better. I would wholeheartedly recommend Plaza West." - Dolores Werder



Put our team to work for you.

Call Plaza West at (785) 271-6700

1570 SW Westport Dr. • Topeka, KS  
 www.plazawestcare.com



**Save 5%**  
 on vitamins, supplements,  
 body care products,  
 bulk herbs & bulk teas on  
 Wellness Wednesday, the first  
 Wednesday of every month.  
 Only at The Merc.

THE FRESH FOOD YOU LOVE  
 COMMUNITY MERCANTILE MARKET & DELI  
 9TH & IOWA • LAWRENCE • 785 843 8544 • 7 AM - 10 PM  
 www.TheMerc.coop

[www.boomerbazaar.com](http://www.boomerbazaar.com)

**NON-MEDICAL IN-HOME CARE**

*Home Helpers*

For A Few Hours...  
A Whole Day... Once A Week... Or Everyday

Named #1 In Senior Care By Entrepreneur Magazine Two Years In A Row

- Personal Care • Light Housework • Meal Preparation
- Companionship • Medication Reminders • Laundry
- Transportation/Errands/Shopping • Respite Care
- Recuperative Care • Up to 24 Hours/Day
- Bonded, Screened and Insured

*Making Life Easier!*

Serving Douglas, Johnson, and Franklin counties

CALL 785-856-2292 [www.HomeHelpers.cc](http://www.HomeHelpers.cc)



*Luther Place*

**APARTMENT ♦ HOMES**

*Topeka's Premier Retirement Community*

*We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!*

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff • On City Bus Route  
Ample Laundry Facilities • Weekly Grocery Transportation

Stop by or call today to schedule an appointment to reserve your new apartment home!

5000 & 4900 SW Huntoon • 785-273-2944

Some restrictions apply. Age 62 & older. Mobility Impaired.




# NOSTALGIA NOTEBOOK

## FEBRUARY 1939

### Births

- FEBRUARY 6:** Mike Farrell, American actor (M\*A\*S\*H)
- FEBRUARY 12:** Ray Manzarek, American keyboardist (The Doors)
- FEBRUARY 13:** Beate Klarsfeld, German-born Nazi hunter
- FEBRUARY 28:** Daniel C. Tsui, Chinese-born physicist, Nobel Prize laureate
- FEBRUARY 28:** Tommy Tune, American dancer, choreographer, and actor

### Events

- FEBRUARY 2:** Hungary joins the Anti-Comintern Pact.
- FEBRUARY 6:** British Prime Minister Neville Chamberlain states in the House of Commons that any German attack on France will be automatically considered an attack on Britain.
- FEBRUARY 21:** The Golden Gate International Exposition opens in San Francisco, California.
- FEBRUARY 27:** Sit-down strikes are outlawed by the Supreme Court of the United States.

## FEBRUARY 1949

### Births

- FEBRUARY 2:** Brent Spiner, American actor (Star Trek: The Next Generation)
- FEBRUARY 10:** Michael Weiss, jazz pianist and composer
- FEBRUARY 10:** Harold Sylvester, American actor
- FEBRUARY 15:** Ken Anderson, American NFL player
- FEBRUARY 17:** Dennis Green, American football coach
- FEBRUARY 21:** Jerry Harrison, new wave guitarist/keyboardist (Talking Heads)
- FEBRUARY 25:** Ric Flair, American professional wrestler

### Events

- FEBRUARY 1:** Rationing of clothes ends in Britain.
- FEBRUARY 19:** Ezra Pound is awarded the first Bollingen Prize in poetry by the Bollingen Foundation and Yale University.
- FEBRUARY 22:** Grady the Cow, a 1,200-pound cow, gets stuck inside a silo on a farm in Yukon, Oklahoma and garners national media attention.

## FEBRUARY 1959

### Births

- FEBRUARY 3:** Lol Tollhurst, British rock drummer/keyboardist (The Cure)
- FEBRUARY 4:** Lawrence Taylor, American football player
- FEBRUARY 10:** Dennis Gentry, American football player
- FEBRUARY 14:** Renee Fleming, American soprano
- FEBRUARY 16:** John McEnroe, American tennis player
- FEBRUARY 22:** Kyle MacLachlan, American actor

### Events

- FEBRUARY 1:** A referendum in Switzerland turns down female suffrage.
- FEBRUARY 3:** A chartered plane transporting musicians Buddy Holly, Ritchie Valens and the Big Bopper goes down in foggy conditions near Clear Lake, Iowa, killing all 4 occupants on board, including pilot Roger Peterson.
- FEBRUARY 16:** Fidel Castro becomes Premier of Cuba.
- FEBRUARY 22:** Lee Petty wins the first Daytona 500.

## Placing flyers in Kaw Valley Senior Monthly couldn't be easier!

We'll design your flyer, have it printed in full color on 80# gloss text paper, and insert it in Senior Monthly for one low price.

3,000 flyers (one side) (Lawrence <b>or</b> Topeka areas) 8.5" x 5.5"	3,000 flyers (one side) (Lawrence <b>or</b> Topeka areas) 8.5" x 11"	6,000 flyers (one side) (Lawrence <b>and</b> Topeka areas) 8.5" x 5.5"	6,000 flyers (one side) (Lawrence <b>and</b> Topeka areas) 8.5" x 11"
<b>\$275.00</b>	<b>\$350.00</b>	<b>\$475.00</b>	<b>\$600.00</b>

We can also insert advertiser-provided flyers for \$50.00 per 1,000 flyers. Call Kevin at 785-841-9417 for more information.

[www.seniormonthly.net](http://www.seniormonthly.net)

# Lawrence Otolaryngology



**Karen Andregg**  
AuD., CCC-A



**Angela Loucks**  
M.A., CCC-A



**Linda Erickson**  
M.A., CCC-A

Home of the Complete Hearing Health Care Program

The program includes:

**Free Batteries**

for the life of your hearing aid.

**Complimentary Appointments**

for the life of your hearing aid.

**And...**

As our gift to you, bring the attached coupon to your appointment to receive \$500.00 off a pair of Exélia hearing aids by Phonak.

**Call to make an appointment today!**

**Lawrence 785.841.1107**

**Ottawa 785.242.3300**

**\$500.00 Off**  
a pair of  
**Phonak Exélia**  
**Hearing Aids**

From  
Lawrence  
Otolaryngology

PHONAK **It's in us**

Appointment must be held prior to 3/30/09. The Complete Hearing Health Care offer will not expire.

**SUDOKU SOLUTION**

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

**JUMBLE ANSWERS**

Jumbles: GAVEL DOGMA NEGATE BANNER

Answer: When the trashman returned late, the boss said his excuse was - A LOT OF GARBAGE

© 2009 Tribune Media Services, Inc.

**CROSSWORD SOLUTION**

SPIN	ITCH	WHACK
HAVE	MILE	HANDI
ASIA	FEAR	ABTIR
WHETHER	YOUTH	THINK
LASHED	SIGN	
RIP	CHORINE	
YOU CANOR	TONES	
ONTO	GLASS	OKRA
GEENA	THINKYOU	
ASSERTS	ESF	
GAMY	TARAWA	
CANTYOUARE	RIGHT	
ORIEL	THOR	POES
MANSE	COIL	ERTE
ABETS	HOLY	NASA

**TRIVIALITIES ANSWERS**

- Kate Winslet
- Bernhard Schlink
- Keira Knightley
- Tina Fey
- Danny Boyle and Loveleen Tandan (co-director: India)
- Sam Mendes
- None

© 2009 Tribune Media Services, Inc.

**Submit Your Senior Monthly Classified Ad**

Just take the number of words in your classified ad (20 word minimum) times 15 cents times the number of months you would like your ad to run.

Example:

20 words x .015 x 4 mos. = \$12.00

Pick your own classified category (e.g., For Sale, Help Wanted, etc.), and mail your ad along with a check or money order to:

Groenhagen Advertising  
2612 Cranley St.  
Lawrence, KS 66046

**CLASSIFIEDS**

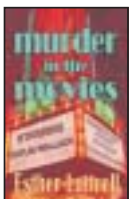
**FLEA MARKET**

**FLEA MARKET**, May 16. Central Junior High School. Rent a parking space and sell your treasures. Pocket the riches! (\$10/parking space) 331-0421; nora7@sbcglobal.net.

**COLLECTABLES**

**I WILL LIST YOUR ANTIQUE OR COLLECTABLE ON EBAY FOR FREE.** No charge unless your item sells for your price. I am an approved trading assistant registered with eBay to sell for others. I have been an AARP member since 1997, and I have been selling on eBay since 1998. We can purchase your items outright for cash, or handle your Estate Tag Sale. Call any time. Pat Kindle. 785-865-5049.

**Murder in the Movies**



"Oh, what a web she weaves. A must read for everyone who loves a good mystery." - Joe Franklin, WOR Radio talk show host, NYC Bloomfield Network

Now available in Hardcover! Esther Luttrell's thriller can be purchased through Amazon.com, Barnes & Noble, or directly through the publisher, Hilliard and Harris (www.hilliardandharris.com).

**Need a Rate Card?**

Advertisers: If you would like a *Senior Monthly* rate card, please call Kevin at 785-841-9417, or e-mail rates@seniormonthly.net to receive an autoresponder message with rate information.

# FASTER

Prompt Service.

**Look at us now.** At LMH, your emergency is our emergency – that's why we've moved and expanded our **ER** to offer you bedside registration...when you need it most.

The way we see it, providing exceptional quality health care is vital to our community, so keep an eye on us as we continue to grow to meet the needs of our patients. To take a peek at the new **Simons Center for Emergency Medicine**, or to get a free copy of our *Quick Care Guide* for adults and children, visit [www.lmh.org](http://www.lmh.org).



325 Maine

Lawrence, KS

785-505-5000

[www.lmh.org](http://www.lmh.org)