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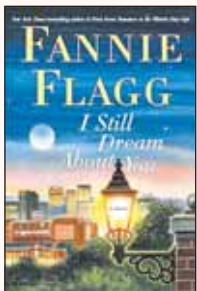
Vol. 10, No. 8

## INSIDE



KEVIN GROENHAGEN PHOTO

Tucked away in a quiet neighborhood adjacent to a golf course, Winter Meadows, a Home Plus residence, provides more personalized care for its residents, who are limited to six. - page 6



Margaret Baker's book reviews this month include Tom Mach's *Stories to Enjoy*, a collection of 16 short stories published in one volume. - page 24



*Sue Finley-Evans:  
Changing the  
world with music.*

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# Finley-Evans returns to Lawrence to teach piano

By Kevin Groenhagen

Sue Finley-Evans shared a bed with President Harry S. Truman. To be more exact, she was born, albeit several decades apart, in the same bed in Lamar, Mo., that Truman was born in. And there is one more thing Sue shares with Truman: a love for playing the piano.

Sue's parents were farmers in Missouri who moved their family to Kansas when Sue was a child.

"They moved us to Altamont, Kan., because it had the best music and sports programs," Sue said, speaking of Labette County High School. "In 1964, *Look* magazine named it as the most creative high school."

According to Sue, the high school's piano department had four Steinway pianos, two organs, and 16 practice rooms. The school also had many famous visiting performers, including Stan Kenton, the pianist, composer, and arranger who led an innovative and influential American jazz orchestra.

"Someone once said to me if you want to be a great person, you need to follow great people," Sue said.

She obviously took that advice to heart. After excelling in the high school's piano department, Sue went on to earn a Bachelor of Music Education degree and Master of Music in Music Education degree from Pittsburg State University. She also studied the Suzuki piano method at Queen's University, the Orff method at Hamline University, and travelled with a music group to Prague, Bratislava, Vienna, and Budapest.

Back in Alamont, Sue won the Outstanding Teacher award for creating a new music program for children, served as president of the Kansas Music League, created a new faculty recital, and taught band, choir, and piano in schools. She also founded, created, and directed a new Miss America program while serving as Miss Pittsburg State.

Sue later moved to Lawrence with her two boys, Josh and Kyle.

"We moved because I wanted to raise my boys where there were good music and sports programs," she explained.

Among other activities, while in Lawrence Sue taught piano, played piano at church, founded and directed a new Suzuki music workshop, and creat-

ed, arranged, and directed 100 musicals and plays. She was also an administrative intern at Hillcrest School while pursuing her Education Specialist degree from the University of Kansas. And, if that didn't keep her busy enough, Sue, a single mother, helped her sons with their Boy Scouts activities.

As a pianist, Sue had played at many weddings. However, one wedding would change her life.

"I was asked to play for a wedding in Indian Wells, Calif.," she said. "I had to go to a music store there to rent a piano. While there, they said, 'If you ever want to move here, we'll help you.'"

Sue thought it over, and decided to move to California.

"The boys were already grown up, so I decided to take early retirement," she said. "I thought I'd just take a sabbatical for a year or so."

True to their word, the folks at the music store lined Sue up with 20 piano students within a matter of weeks. But her plate wasn't full yet.

■ CONTINUED ON PAGE FOUR



Sue Finley-Evans recently returned to Lawrence to help her son, Josh, who was injured in Iraq, and his children. She also has resumed teaching piano in Lawrence. On the wall behind her is a rug her son brought back from Iraq.

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Editor and Publisher  
Kevin L. Groenhagen

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# Sue Finley-Evans

■ CONTINUED FROM PAGE THREE

As was the case in Lawrence, Sue began networking and kept busy with numerous activities. She taught teachers how to teach music at the College of the Desert in Palm Desert, founded, created, and directed a new program that raised thousands of dollars for the performing arts, and taught music in public schools. In addition, she evaluated classrooms as a substitute teacher for all subjects, created a new music workshop for summer school, and served as a director of church music for children and adults.

"I was spoiled in California," Sue said of the relative ease she experienced in finding work. "I think all many of them know of Kansas is *The Wizard of Oz*, and they saw me as a Dorothy who needed help."

And while many in California may think of *The Wizard of Oz* when they think of Kansas, many Kansans may think of movie stars when they think of California. In fact, Sue did get to hobnob with a few stars and other famous people during her years on the west coast. She worked with local movie stars and community organizations to buy instruments for music schools, played piano at President Gerald Ford's house, and even became a part of Julia Roberts' family.

"Her husband's brother was a real estate person in that area, and he would invite his close friends to go to Julia's house," Sue explained. "Everybody there knows somebody who knows somebody who knows somebody."

Sue also became friends with Bill

Marx and his wife, Barbara. Marx, the son of Harpo Marx, played piano at Right Bank Restaurant in Rancho Mirage. The Marxes hired Sue to play a duet at the restaurant with a famous pianist.

Sue also had an agent in California and travelled with a group of performers.

"I did a Marilyn Moore skit," Sue said.

After five and a half years in California, Sue decided she—and her Steinway grand piano—would return to Kansas.

"I like California because they have everything," she said. "They have the ocean, fantastic mountains, fantastic deserts, and then there's the fruit. I would walk out of my house and pick lemons and limes. However, the economy was also getting depressing in California, and I just didn't see it getting any better. They were cutting music jobs for which I was qualified just disappeared."

Another factor contributing to Sue's decision to return to Kansas involved her older son.

"Josh was hurt in the Iraq war and has two babies," she said. "I came back to help him. He lives in Kansas City and teaches piano in Olathe. So when he teaches piano in Olathe, I go to teach his babies music."

While Josh was in Iraq, his mother sent digital piano and 60 harmonicas to him.

"He was like, 'Mom, why are you sending a piano to the war zone?'" Sue said with a laugh. "But he did start a barbershop quartet while he was there. Once, out of nowhere, David Letterman and Paul Shaffer showed

up while they were singing."

Since returning to Lawrence late last year, Sue has once again hit the ground running. She has been hired to teach music at the University of Missouri-Kansas City, Schmitt Music Company in Overland Park, and at a Montessori school in Lawrence. St. Margaret Church also hired her to play piano. In addition, she teaches piano to students in her home, and is interested in having more adult students.

"Adults are more fun," she said. "They have the ability to listen to my jokes and laugh. And they can learn things that they never thought they could learn."

Sue said her oldest student in Palm Springs was 92, so there really is no upper age limit for lessons. In fact, seniors can even benefit from piano lessons.

According to WebMD, activities such as knitting or playing the piano can keep your fingers nimble and reduce pain associated with finger arthritis or hand arthritis. In addition, an Albert Einstein

College of Medicine study of 469 people age 75 and older found that playing a musical instrument could reduce the risk of dementia by 69 percent.

Sue believes there is a strong connection between music and memory.

"One of my friends from the Kansas City Music Teachers Association told me about a man in his 90s who had Alzheimer's," she said. "He couldn't recognize his family members, but when he picked up his violin, he played a 12-page concerto that he had memorized at age 12. When he finished there wasn't a dry eye in the room."

As far as Sue, she said she could teach music until she is 101. Until then, she can look forward to several more decades of sharing the joys of music with others, including with her sons and grandchildren, who join her once a week to play music.

For more information about Sue's piano lessons, please call her at (785) 550-1608 or e-mail her at [sjkeus@yahoo.com](mailto:sjkeus@yahoo.com).



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# Winter Meadows provides personalized care

By Billie David

Topeka resident Ben Boxx has a long history in nursing care, including intensive care, acute care, long-term care, nursing-home care, corporate care and wound care.

But in spite of the term “care” in all of those positions he has held, he saw that something was missing.

“It all has one big element,” he said. “You don’t get to give quality one-on-one nursing.”

So when the opportunity came up to own Winter Meadows, a Home Plus residence, Ben and his wife Darlene, who is also a nurse, jumped at the chance to make a difference in the lives of the people they care for.

That’s because of the nature of Home Plus, a concept that is taking off in various cities around Kansas. With a limit of eight residents per home (and in the case of Winter Meadows, a limit of six), caregivers are able to provide more personalized care.

“We have time to talk to them, listen to them, curl their hair and make a difference,” Ben said.

And because they are located in residential areas with home-like settings, Home Plus helps residents feel more like they are actually living there, not just being warehoused somewhere.

“In the evening you can come in and see the residents sitting on the

couch with their feet up, eating popcorn and watching a football or basketball game,” Ben said.

And residents of Winter Meadows are encouraged to bring along their own furniture, pictures, and even their own beds.

“There’s nothing like sleeping in your own bed. There’s a lot to be said for that,” Ben said.

As for mealtimes, residents actually tend to put on a couple of pounds within a few months of moving in.

“All of the meals are homemade,” Ben said. “They call me Big Ben because I’m a big guy and I like to cook.”

At mealtimes, the residents sit together at the table and they put food, like bowls of mashed potatoes and gravy, on the table and pass it around family style.

“If they don’t like what we serve, that’s OK. We have other options,” he added.

Home Plus comes naturally for Ben and Darlene.

“I met my wife on an Internet chat room,” Ben said of their mutual interest in nursing. When Ben told Darlene he wasn’t happy with his work, she encouraged him to take some nursing classes at Washburn University. Even though he was working and had a house full of kids at the time, he got A’s. So he took some more classes and got more A’s.

KEVIN GROENHAGEN PHOTO



Ben and Darlene Boxx

“I ended up on the Governor’s Honor Roll three semesters in a row,” he said.

Then he and Darlene decided to

take LPN classes together,

After school, Ben began his work in nursing, but along with that came

■ CONTINUED ON PAGE SEVEN



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# Winter Meadows

■ CONTINUED FROM PAGE SIX

the frustration of not having enough time to give personalized attention to those under his care.

Then a friend of his who had opened a Home Plus advised him to look into it.

So he took an operators class, which allows him to manage a Home Plus, and so did Darlene.

When the previous owner of Winter Meadows, the Home Plus residence that Ben was working for, said that she was giving up the business and offered it to him, he decided to go for it. That happened a year ago in March, and the business has been successful.

“It just took off from there,” Ben said. “We took over in March and we were full by April.”

One big advantage for Ben and Darlene is their common background in nursing.

“I’m an RN and my wife is an LPN, so we have staff in the home all day every day,” Ben said, adding that this allows them to offer a higher level of care, such as dementia, Alzheimer’s and diabetes care.

One idea that the Home Plus industry has espoused and is in effect at Winter Meadows is that of universal workers, which means that everybody pitches in to provide 24-hour care, in-

cluding nursing care, laundry, cooking, bathing, ambulation, activities, and outings.

Winter Meadows also offers help with medicines, bathing and dressing, provided by trained, certified professional caregivers.

Further, the residents are encouraged to pitch in and do as much as they are comfortable doing, including helping with meal preparation, baking cookies and helping to fold the laundry—anything that encourages interaction and helps residents feel that they belong.

Winter Meadows is tucked away in a quiet neighborhood right off of

Burlingame and 29<sup>th</sup> Street in Topeka. It is located adjacent to a golf course, and there are quality sidewalks in the neighborhood to encourage safe walking. Residents can also watch the squirrels play in the backyard, surrounded by flowers in the summer.

For many of the residents, Winter Meadows is the last home they will ever have, and Ben and Darlene have worked to make sure that they actually feel that they are at home. For example, family members are welcome—they had 30 people sharing Thanksgiving with them in November—and they welcome hospice

groups as well.

“It’s very challenging but it also has very personal rewards,” Ben said. “They become like family members. It’s like taking care of your mom or dad or grandpa.”

“It’s an extended family and we always treat the elderly with the respect and kindness,” he continued. “Even if they tell us the same stories over and over every day, we still listen.”

More information about Winter Meadows can be found at the website <http://wintermeadowhomesinc.com> or by calling Ben or Darlene at (785) 234-2989.

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# Titus Bridge Senior Apartments holds grand opening

Burlingame's first new business of 2011 opened on January 18. The first four of 16 apartments at Titus Bridge Senior Apartments, a new, catered living community located at 133 W. Jackson Ave., were opened and ready to move in.

A little over eight months ago, owner John Coleman bought the back 16 apartments of the Townsite Apartments and started renovations. During the fall of 2011, an open house was held to showcase the first renovated apartment.

The apartments have over 550 square feet of totally renovated living space with individual heating and air conditioning controls and new appliances. In addition to being newly renovated and maintenance-free apartments, the community offers two delicious home cooked meals per day, housekeeping and laundry services weekly, and has other amenities, including bills paid and assistance with arranging other needed services.

The Titus Bridge Senior Apartments are an excellent opportunity

for a senior living at home who just needs a little extra help with the activities of daily living, but is not yet ready for assisted living or nursing home placement. Titus Bridge Senior Apartments will be a community for seniors emphasizing the quality of life and helping senior residents to balance individual privacy with a community spirit and helping those residents stay as independent as possible for as long as they can. A warm and inviting atmosphere along with plans for an outdoor garden and beautiful landscaping help to make the community a wonderful place to call home.

Titus Bridge Senior Apartments is committed to ensuring that residents and their families receive the assistance they need to maintain the senior's independent lifestyle. Since no two seniors are alike, Titus Bridge Senior Apartments will offer solutions based on an individual's needs and will help to ensure each senior makes the choices that make the most sense for their own needs.

The grand opening featured a show-



Ray Hoverstadt, mayor of Burlingame, prepares to cut the ribbon during Titus Bridge Senior Apartments grand opening.

case apartment, and the mayor of Burlingame, Ray Hoverstadt, was there to do the honors with the ribbon cutting.

When all 16 apartments are renovated, there will be a community apartment where the common dining room and office will be located. This new business will bring approximately six

to eight new jobs to the community.

For additional information about services offered at Titus Bridge Senior Apartments, please visit [www.titusbridgeseniors.vpweb.com](http://www.titusbridgeseniors.vpweb.com) or contact Susan McDonald at (785) 506-2750. The apartments can also be followed on Facebook.

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# CDC selects Shawnee County for sodium reduction initiative

The Shawnee County Health Agency and Heartland Healthy Neighborhoods announce plans to implement a county-wide project aimed at helping the citizens of Shawnee County to decrease heart disease and stroke by reducing the amount of sodium they consume. Shawnee County, in partnership with the Kansas Department of Health and Environment, joins four other communities across the country in this effort: Shasta County, Calif.; Los Angeles County, CA; New York City, NY; Broome and Schenectady Counties, NY.



ities will build on existing community practices to improve nutrition and lower blood pressure; support implementation of at least one major evidence-based sodium reduction effort; and evaluate programs and community efforts with funding and technical assistance provided by CDC.

“This is a great opportunity for Shawnee County to set the benchmark for supporting our citizens in reducing their sodium intake and making healthy food choices,” said

Bob Hedberg, Grants and Projects Officer of the Shawnee County Health Department.

High sodium consumption is a major contributor to high blood pressure, a leading cause of stroke, coronary heart disease, heart attack, and heart and kidney failure in the United States. Research shows that reducing the average sodium intake of the adult population to 1,500 milligrams per day could prevent 16 million cases of high blood pressure and save an estimated \$26 billion per year in health care costs.

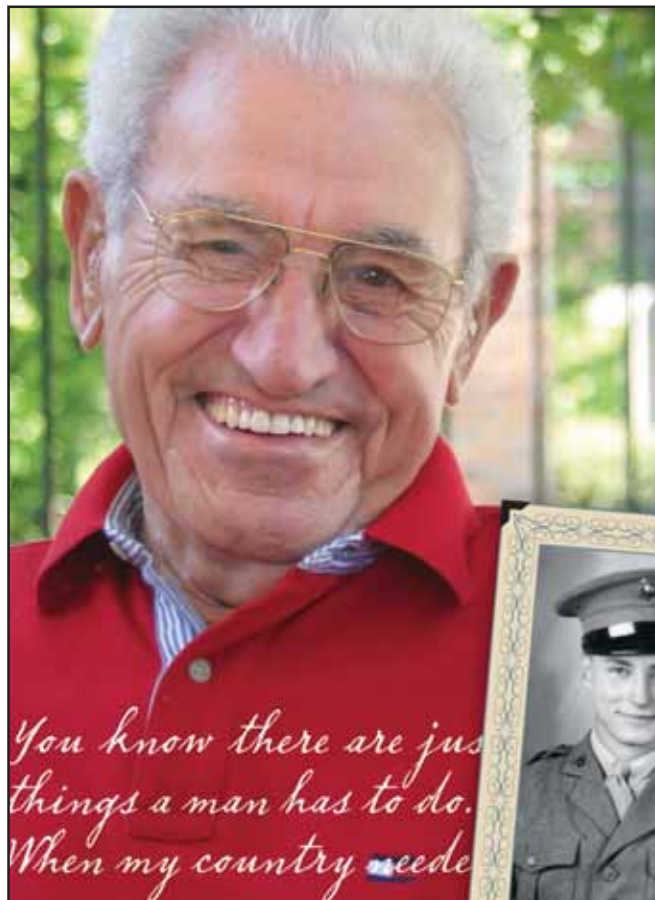
“Sodium reduction is a public health imperative that cannot be ignored,” said Darwin R. Labarthe, M.D., Ph.D, director, CDC’s Division for Heart Disease and Stroke Prevention. “We must continue to build the public health capacity for reducing sodium consumption by working together at the national, state and local levels.”

Each of the five selected commu-

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# Finding a new companion — safely and happily

By Lynn Anderson

Kansas Senior Press Service

At nearly every age, single people who would like to be partnered face a crucial question: What's the best way for me to meet the kind of person I'm interested in?

And as we age, singles tend to add a second question: How can I do that safely?

Jack Alley, 60, of Overland Park, is the founder of Match Maker International, a singles dating service that has many older-adult clients. Unlike the myriad of online dating sites available, Alley's business is a person-to-person venture in which clients are interviewed, background checks are conducted, and continual feedback is sought from clients about the people they're meeting.

Says Alley, "A lot of good people make bad choices when it comes to choosing a life partner. Do you know that people do more research in buying an automobile than in finding a spouse? Is a 100,000-mile bumper-to-bumper warranty more important than your own heart?"

Alley has seen it all — both online and other forms of singles matching — and he has supportive but cautious information to share:

## Why do single seniors generally want to meet other singles?

The most-desired emotion on our planet is "love," which results from a connection with another human being that, in simple terms, makes the quality of our life more fulfilled and joyful. It's not always going to be perfect, but for many seniors it sure beats the alternative of being alone.

In my experience, when people who have been married for many years lose their spouse through death or divorce, they feel that they are missing part of themselves and want to rekindle that kind of connection. I don't think you can ever duplicate the past, but I don't think anyone who doesn't want to be alone should be alone. There is so much joy to be gained by having a companion.

## When do seniors turn to online dating sites?

There are many reasons to use an online venue, and the first is convenience; you can do it from home. The

second is opportunity; there are well over 250,000 singles Web sites on the Internet. Next is shared interests; online you can be in contact with persons down the street or all over the country or the world, for that matter, and make new friends.

## What should older adults be cautious about in online dating?

We all need to be aware that once we put information on a computer and place it on the Internet, we are taking something of a risk. Some risks are more serious than others, so singles have to know what to share on a dating site.

Never respond to someone if you have not initiated the contact yourself, and even then you should be cautious. Some people using singles websites are not who they represent themselves to be. They're engaging in what is called "phishing," trying to gain as much personal information about you as possible. This could include where you live (they already know you are single), what you do for a living, what kind of car you drive, what in-

come bracket you're in — anything that could be used to cause you financial difficulty. Remember, even when you have someone's e-mail address, a photo to look at, and maybe even a phone number to talk to, you need to know for your own security and safety that the person you are corresponding with is legitimate. In general, older persons are more at risk to be taken advantage of, especially if they

are very lonely.

## How can singles protect themselves?

If you meet someone in person, never share certain information until you are 100 percent comfortable that the information you are sharing is with someone you truly know, not just an Internet acquaintance. Do not share your last name, date of birth,

■ CONTINUED ON PAGE 11

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# New companion

■ CONTINUED FROM PAGE 10

Social Security number, address of your residency, or financial information of any kind.

If you are motivated to meet someone you have met online, here is some basic protective advice: Tell someone you trust whom you are meeting, where you are meeting, what time you will be at the meeting place, and what time you should be returning home. Program your cell phone to call someone you trust, so you don't have to worry about remembering the number if you get nervous.

Meet the new acquaintance in the daytime in a very public place. Never have the person pick you up on the first or second date; instead, have your own transportation or have a friend take you and pick you up at a prescribed time.

## What should older adults look for in an online dating service?

Look for a site that offers opportunity, safety, comfort, and control over what you want to share, as well as an easy way to get off the site when you no longer wish to participate.

Having spent more than 27 years in the "relationship industry," my suggestion is to be cautious about how each Internet dating site operates, how your personal information is used, and the cost (never pay with a debit card; use your credit card to protect you if there is fraud).

On some Internet dating sites, even though you cancel your membership, your profile may still be shown and kept in the site's dating inventory.

Good sources for local information about a service or dating site are the Better Business Bureau and referrals from friends.

Overall, just remember that dating has vastly changed in the past 40 years. Dating is still on the radar as the best beginning process for people who are looking for a relationship, but we need to be cautious.

There is no magic crystal ball for dating successfully, but there are lots of good people out there just like yourself, wanting to meet, date, and develop relationships.

What kinds of services are available for seniors who would prefer to work with a personal "matchmaker"?

The Kansas City metro has four or five services, each with its own

brand of operational success. When you choose a service, here are things you must understand in finding the process that best fits what you are trying to accomplish:

- Does the service clearly explain to you, and let you see, the kinds of clients you could be matched with?
- Does the service show you the kinds of screenings (civil/criminal) it performs?
- Does the service offer any kind of guarantee on its service?
- How is the service rated with the

Better Business Bureau?

If you do your homework, you might be surprised about how many opportunities there are for you to meet a good person. The most difficult part of meeting anyone new, as a senior,

is trust and safety. Instinct is just not good enough.

- Lynn Anderson is editor of *The Best Times*, a Johnson County (Kansas) newspaper for 60-and-older residents.

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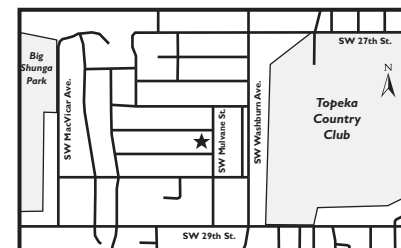


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# NATURALLY SAVVY

## Good health is a sound investment

By Harriet Diamond

Naturallysavvy.com

One investment you can always expect a good return on is good health. Tough economic times have taught us to pay more attention to our investments, and our health deserves the same scrutiny. Sound health is both a personal investment and an important business investment.

A recent study published in the Journal of Occupational and Environmental Medicine measured health-related loss of productivity. For every \$1 spent on medical or pharmacy costs, \$2.30 is lost on productivity costs. Results from the study revealed that health-related productivity decline affects executives and managers as much or more than front-line employees.

We recognize that when we feel good, tasks seem easier. Too often, however, taking care of ourselves takes a back seat to our business priorities. That's a mistake. Good health

is a business tool, and one that pays huge dividends.

Successful business professionals invest time and money developing their careers. From learning the latest technology to continuing their education to participating in industry-related activities, such actions constitute time and money well spent. Taking steps toward improving your health is investing in you.

While you don't have to commit a lot of time to make a difference, you do have to make an ongoing commitment to take care of yourself. You wouldn't ignore customer appointments, so make sure your health receives the priority that it deserves, too.

A fit body and a sharp mind support professional success. Begin by focusing on a few of the following key areas:

### 1. Insomnia costs more than sleep

Getting enough sleep is perhaps easier said than done but it's a critical

step in your journey to healthy living. Insufficient sleep diminishes the work efficiency of even the brightest business professional. A study published in the Journal Sleep in 2009 produced some startling results. The study estimated that an individual with insomnia loses 27.6 days of productivity and 4.36 days of work per year.

Insomnia-related work absences and decreased productivity account for 76 percent of all insomnia-related expenses. Insomnia carries a high personal and professional cost. You owe it to yourself to seek help if insufficient sleep is more than an occasional complaint.

### 2. Eating away gains

We could probably circle the world a few times with the number of reports emphasizing the importance of eating balanced, nutritious meals. A recently published study from the New England Journal of Medicine illustrates its comparative significance.

The study revealed a decline in smoking but concluded that increasing Body Mass Index trends negated the positive effects of the smoking decline. Quitting smoking is a great feat, but the effects of healthy eating on chronic conditions, illness and overall

health cannot be understated.

### 3. A lasting investment

To succeed in business, it's essential to display quick, decisive thinking, stamina and a positive outlook. Good health is a business tool that helps you thrive in today's challenging world. So be sure to make "you" a priority in your busy life; it really is the perfect business investment.

- Harriet Diamond is Naturally Savvy's Workplace Wellness Expert. She is a nutritionist and former Silicon Valley executive. NaturallySavvy.co is a website that educates people on the benefits of living a natural, organic and green lifestyle. For more information and to sign up for their newsletter, visit [www.NaturallySavvy.com](http://www.NaturallySavvy.com).

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## WORDS OF WISDOM

"I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon."

- Author Unknown

## Physical Therapy is Teamwork



Back Row, left to right: Physical Therapists Trisha Brabender, Erinn Golick, Laura Bennetts, PT Assistant Emily Gaston, and Physical Therapist Evonne Cooper PT.

Front Row, left to right: Physical Therapists Diane Bell and Dorian Logan and PT Assistant Traci VandeWeerd.

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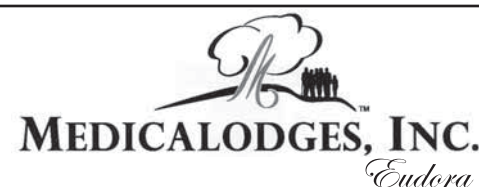
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## PERSONAL FINANCE

# Think twice before joining the 'gold rush'

In recent months, you may have heard a lot about investing in gold. But is gold the right choice for you? Actually, many factors are involved in this investment decision—and you'll want to consider these factors before you invest.

Given these drawbacks to investing in gold, what can you do to fight back against market volatility? One of the best ways is to diversify your holdings among a variety of investments suitable for your financial objectives. Market downturns often affect one type of asset class more than another, so if you can spread your dollars among a variety of asset classes, you can help blunt the effects of volatility. Keep in mind, though, that diversification, by itself, cannot guarantee a profit or protect against loss.

In coping with volatility, you'll also help yourself by taking a long-term view of your investments' performance. If you look at your investment statement for a given month, you might not like what you see. But holding your investments for the long term may help your portfolio better weather the ups and downs you'll encounter in the investment world.

So try to avoid the allure of gold as a "quick fix" to whatever seems to be ailing the financial markets at a particular time. Other investments may be less glitzy and glamorous than gold, but they can have their own sparkle.

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

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Harley Catlin and Ryan Catlin

Of course, the lure of gold is undeniable. Throughout history, gold has been perceived as having great intrinsic value. And this year, as you may know, gold prices have hit record highs, at well over \$1,200 an ounce, as people have sought "shelter" from the stormy financial markets.

But as an investment possibility, gold has some "scratches" to it. First of all, contrary to what you may believe, gold prices do not always go up; instead, they will fluctuate, sometimes greatly.

Furthermore, there are specific risks with the different ways of investing in gold. If you bought a gold futures contract (an obligation to buy gold at a predetermined future date and price), you could lose money if gold falls, because you'll still be obligated to complete your contract at the higher, agreed-upon price. If you purchased gold in the form of coins, bullion or bars, you'd face storage, security, insurance and liquidity issues. You need to do a lot of research before investing in gold mining companies, because some of these companies may still be in the gold-exploring stage—and there's no guarantee their explorations will lead to profitable discoveries.

Also, even when its price is considerably lower than it is today, gold is still a fairly expensive investment compared to other choices. It can be costly to go into the gold futures market. And you'll likely have to spend thousands of dollars if you want to buy a bar of gold or even a bunch of coins.



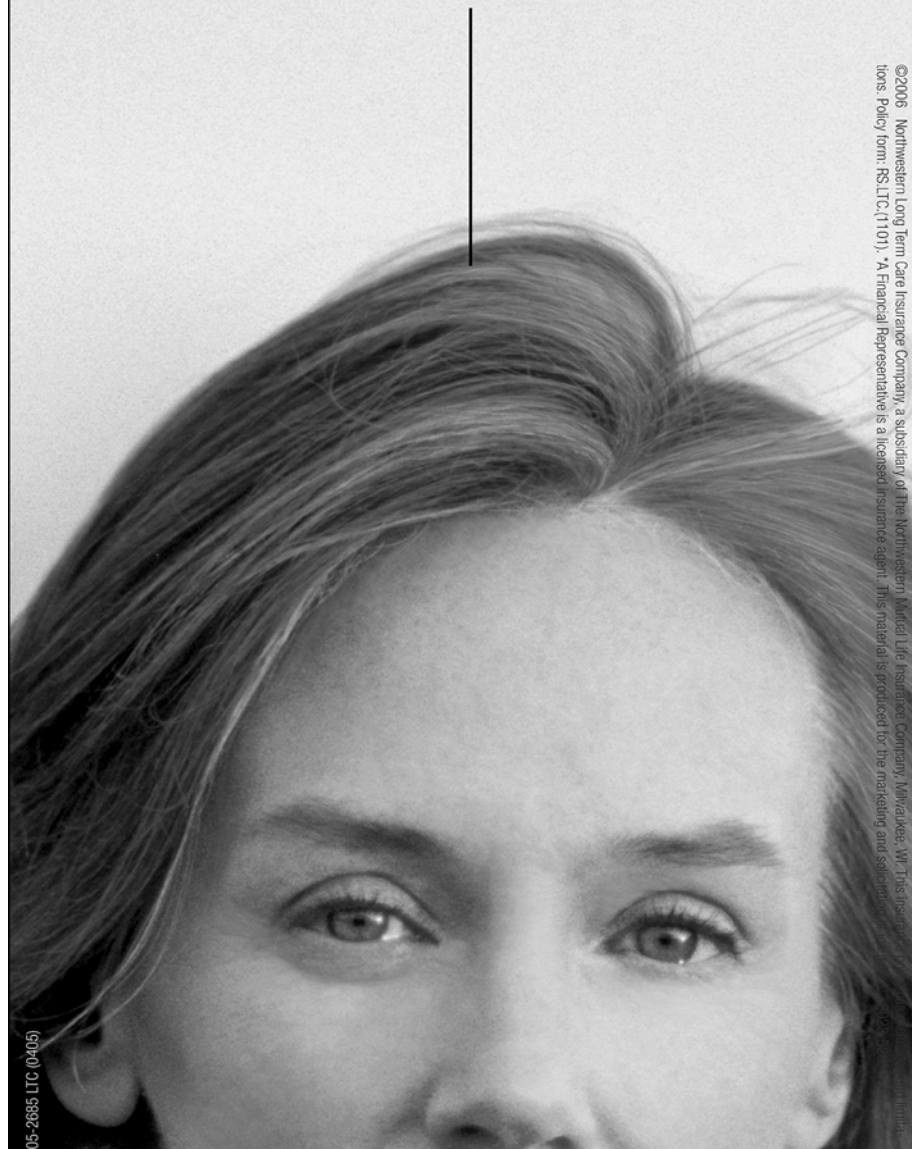
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# HEALTH & FITNESS

## Walking Hints from a Walking Expert

Physical Therapists are walking experts. That may sound odd, but we study gait—which is another word for walking. If your foot hurts, you'll limp, but in a way different than someone whose knee hurts. Physical therapists can tell the difference and help you adjust. And, of course, as everyone knows in the dead of winter, difficult weather can challenge your



Laura Bennetts

footing and balance. Do you have trouble walking in snowy weather? On ice, or up and down stairs, or on uneven surfaces,? If so...read on. Your walking expert is here to advise you.

### Steady As You Go

People who feel unsteady can use equipment to walk more safely. But equipment alone cannot prevent falls. You also need strategies to stay steady. These strategies can include common-sense solutions such as using nightlights or good-quality walking shoes. But some strategies are harder to figure out, like learning how to cope when your feet are numb or your ankle hurts. For many pain and joint problems, for treatment and insight, you should consult a physical therapist.

### The First Five Steps

Here are five steps you can take to walk better, with less risk of falling, even if you're unsteady:

#### 1. Don't Climb the Walls

People who feel unsteady often lean on furniture or against walls to support themselves when they walk. If you're a "furniture walker" or a "wall climber," you may find that using a cane or walker significantly increases your safety with much less effort. Furniture walking and wall climbing don't provide continuous support, and you're in always in danger of falling as you lurch from wall to wall or couch to chair.

#### 2. Stop Limping

Is joint pain making you unsteady when you walk? If so, you might discover that, without even noticing it, you've begun to limp. Watch to see if your hips move up and down when you walk. That's usually a sign of limping.

When you limp, you take a short step with your pain-free leg to ease the pressure on the sensitive leg. This way of walking causes a lot of movement in your hips and low back and can cause low back pain. Walking with a limp also increases your risk of falling and hurting another joint.

What's the solution? A cane, used in the hand opposite the painful leg, can decrease the weight on the painful leg and decrease the pain. A walker gives you two-handed support and takes even more weight off your painful joint, giving it time to heal.

#### 3. Numb and Number

Can you feel your feet when they

touch the floor? Easily? Your feet may be numb and yet you've never actually given it much thought. If so, you should talk to your doctor. You may have peripheral neuropathy—a serious condition that can be treated and reversed with Anodyne Therapy.

Until you regain the feeling in your feet, you should use a cane or walker to increase your awareness of the floor by placing pressure on your hands...and thus decrease your risk of falling.

#### 4. When the Rubber Hits the Road

Make sure your canes, walkers, or crutches have good rubber tips that give you optimal traction. Check the walker by turning it over periodically to see if the tips are wearing out. Replace them, as needed, for safe walking. And see a physical therapist to adjust your cane or walker to the right height.

#### 5. Walking on Thin Ice

Before you can walk, you have to stand up on your feet. This can be tricky when the ground under your feet is covered in snow or ice. Getting out of your car on an icy day can be one of the most dangerous things you

will do all year. To prevent falling on ice:

- Wear shoes with good tread or removable ice-walkers for your shoes (brands like YakTrax or Stabilicers).

- Look for a dry parking space without ice.

- Before you get out of your car, check the ground for slush or ice. Put both feet down on the ground in a wide stance before you stand up.

- Use a cane or walking stick to push up to stand over your feet. Remember...

Walking is easy when you are strong, pain-free and have good balance. But when you're unsteady, walking can be hard. Getting help from a physical therapist—treatment and advice about the right equipment—can help greatly.

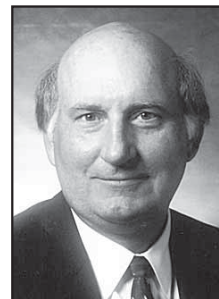
- Laura Bennetts, PT, MS has been a physical therapist since 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details about LTS, see the website at [www.LawrenceTherapyServices.com](http://www.LawrenceTherapyServices.com).

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**HEALTH & FITNESS**

***A history of chocolate and its various types***

February is the time of the year that is noted for Valentine's Day. Valentine's Day is notorious for the amount of chocolate that is bought and consumed. On Valentine's Day

for medicinal purposes for thousands of years. One of the most abundant sources of medicinal plants comes from the Amazon rainforest. It has been speculated that the rainforest may contain more than two-thirds of the Earth's vegetation. Included in this vegetation is the cocoa tree.

*Theobroma cacao*, or the cocoa tree, grows approximately 15 to 26 feet tall. The cocoa tree thrives in the rainforests because it needs a warm, humid tropical climate, and at least 80 inches of rain annually. The fruit, seeds, bark and leaves of the cocoa tree have medicinal uses, including treating ailments such as cough, headaches, eczema, and burns. The seeds of the cocoa tree are the main ingredient to make cocoa powder, and then chocolate. The seed also contains a significant amount of fat cocoa butter. The most active ingredient is theobro-

mine, which is a compound similar to caffeine. The scientific name *Theobroma* means "food of the gods."

Christopher Columbus was the first European to encounter the cocoa and it was one of the treasures he took back to Spain from the New World. Cortez, while in Mexico, realized its significance after he saw it transformed into chocolate liquid and served to the Emperor Montezuma. In the 1800s, the Swiss added milk to the liquid chocolate and developed the formula for making chocolate into a block. Today, the harvested cacao pods are split open and the wet beans are removed and fermented to develop the rich cocoa flavor, then dried. The beans are transported to the cocoa processing factories, where they are cleaned, roasted and ground to produce a cocoa mass. The cocoa mass is pressed to extract cocoa butter, resulting in a solid block of cocoa, which is ground into powder. Solid chocolate is produced from cocoa mass, cocoa butter and sugar for dark chocolate. Milk solids and milk fat are added to the mixture to make milk chocolate. There are three main varieties of cocoa: the Criollo, Forastero and Trin-

itaro. The most prized and expensive cocoa is the Criollo. Criollo is considered to be the "prince of cocoas." Criollo has a reputation for fineness and an intense aroma. This variety represents only 5-10 percent of global production, in part due to its vulnerability to insects and disease. It is reserved for use in only the very finest chocolates.

The Forastero variety is very diverse and is more resistant to disease and pests, and is more fruitful than the Criollo. The Forastero cacao bean accounts for 80 percent of the chocolate.

Trinitario, a hybrid of Criollo and Forastero, is used in about 10 percent of chocolate. The Trinitario cocoa varies between average and superior chocolate and has strong cocoa butter content.

So as one enjoys that chocolate-covered strawberry or box of chocolates this Valentine's Day, we can easily think about the long and favorable history and type of chocolate we may have.

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



*Dr. Farhang Khosh*

you will find everything from chocolate dipped strawberries to boxes of chocolate. With all this consumption of chocolate, one needs to examine where chocolate comes from. What is the difference between the cocoa from the cocoa tree and chocolate?

Plants and herbs have been used

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## RETIRE SMART

# Keep these tips in mind for retirement planning

The year 2010 closed out with a handful of retirement planning tips stacked up on my desk that I want to pass along. Here are some important odds and ends to keep in mind as you consider your moves for 2011:

• **The tax deal makes Roth conversions easier to fund.** The two-



Mark Miller

year extension of Bush-era tax cuts has added a sweetener for anyone still considering making a Roth IRA conversion in 2010.

Converting a traditional IRA to a Roth generates an ordinary income tax bill in the year of conversion that can be hefty. However, when Congress removed the income eligibility limit on conversions, lawmakers also gave taxpayers the option to push the tax bill—in equal shares—to 2011 and 2012. It's a one-time-only option available for conversions made in 2010. And, of course, the taxes would have to be paid at the then-prevailing income tax rates.

Uncertainty about the expiring Bush-era tax cuts created the risk of higher tax rates in 2011 and 2012. Now, with extension of the Bush-era rates all but certain for the next two years, that risk has disappeared. That, in turn, should make it easier to foot the tax bill over the next two years.

Should you do a Roth conversion? That depends on whether you think tax rates are going to rise down the road, and your personal tax outlook. For example, it doesn't make sense to convert now if you're close to retirement and don't expect much taxable income after you stop working. In that situation, waiting until after retirement to convert will generate a smaller tax liability.

The best conversion candidates are

investors who can fund the tax liability from their taxable assets, don't expect a significant drop in their effective tax rate in retirement, and are converting at younger ages. You'll also get the best kick from a Roth if you don't expect to draw heavily from your IRA in retirement and aim to transfer your IRA at death to your beneficiaries.

A final point: The basics of Roth conversion aren't complicated but they can present some complex choices and tax implications. If you're going to convert, it's best to get some expert advice, based on your personal situation, from an accountant or financial adviser.

• **RMDs are back.** One of the best features of a Roth IRA is flexibility on withdrawals. Unlike tax-deferred accounts, Roths don't have an annual required minimum distribution (RMD) feature for investors over age 70 1/2. For tax-deferred accounts, RMDs were suspended for 2009 to help investors recoup from the market crash, but they're back for 2010, so make sure you've taken yours from your accounts before Dec. 31.

• **Estate planning certainty increases—a bit.** At this writing, it appears most Americans don't need to worry about estate taxes, so long as they don't die in the next two years. The proposed Washington tax deal would end the current uncertainty on estate taxes with an ultra-generous \$5 million exemption per individual, with estates over that amount taxed at a 35 percent rate.

But this deal simply kicks the can down the road on estate tax rates into the 2012 election season. If the tax legislation is not approved, estates valued over \$1 million would be taxed at a whopping 55 percent starting in January, 2011.

Even if the tax deal becomes law, we're likely to have a robust debate about deficit reduction between now and 2012, a discussion that could lead to lower estate exemption levels and higher tax rates just a few years from now.

Estate taxes haven't been a front-burner issue for the past decade, due to rising exemption rates. Now, that's changing.

"We need to dust this off and think about it for first time in a decade," says lawyer and business journalist Deborah L. Jacobs. "We all became accustomed to the idea that a huge amount of our estates would be exempt from tax."

Jacobs recently published a very useful, everyman's guide to estate planning issues called "Estate Planning Smarts: A Practical, User-Friendly, Action-Oriented Guide." I interviewed her recently about four easy ways to protect yourself from higher estate taxes down the road; read Deborah's tips and learn more about the book here: <http://tiny.cc/b3bur>.

• **The Medicare plan clock is ticking.** The annual enrollment period for Medicare D and Advantage plans ended on Dec. 31 and it's more important than ever for seniors to get their choices right the first time around this year.

That's due to new rules governing the Medicare "open enrollment" period that follows in January, which lets beneficiaries make changes to their selections.

Open enrollment runs only from Jan. 1 through Feb. 15 in 2011. And the only change permitted during that window is to drop out of Medicare Advantage and opt instead for traditional Medicare and a Medicare D plan. My annual guide to shopping Medicare plans can be found here: <http://tiny.cc/cj138>.

- Mark Miller is the author of "The Hard Times Guide to Retirement Security: Practical Strategies for Money, Work and Living" (John Wiley & Sons/Bloomberg Press, June 2010). Subscribe to Mark's free weekly eNewsletter at <http://retirementrevised.com/enews>. Contact Mark with questions and comments at: [mark@retirementrevised.com](mailto:mark@retirementrevised.com).

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Wendy Linton Blackwell M.A., CCC-A, F-AAA, Audiologist, is a KU Med graduate with more than 20 years experience. Call 785-841-4327 today to schedule your FREE hearing test.

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## MAYO CLINIC

### *Diagnosis of prediabetes should prompt lifestyle changes*

**DEAR MAYO CLINIC:** I've been told I have prediabetes. Is there still time for me to make changes that will reverse it, or is diabetes inevitable?

**ANSWER:** Having prediabetes does not necessarily mean you're destined to develop the full-blown version of the disease. But to avoid diabetes down the road, you'll likely have to make some lifestyle changes now.

Diabetes affects how the body uses blood sugar (glucose). Glucose is vital to health because it's the main source of energy for the cells that make up muscles and virtually all tissues in the body. During digestion, sugar is absorbed into the bloodstream. Normally, sugar then enters cells with the help of insulin. The hormone insulin comes from the pancreas, a gland located just behind the stomach. When a person eats, the pancreas secretes insulin into the bloodstream. As insulin circulates, it allows sugar to enter the cells and lowers the amount of sugar in the bloodstream.

Diabetes means the blood sugar is too high, which can lead to serious health problems. As implied by the name, prediabetes is often a temporary state that leads to the development of overt diabetes. During the development of type 2 diabetes (as in prediabetes), cells become resistant to the action of insulin, and the pancreas is unable to make enough insulin to overcome this resistance. Instead of moving into the cells, sugar builds up in the bloodstream.

A diagnosis of prediabetes means blood sugar is higher than normal, but not high enough to be classified as type 2 diabetes. Prediabetes is often diagnosed by measuring the fasting blood sugar after a person hasn't eaten for at least eight hours. The normal fasting blood sugar level is lower than 100 milligrams per deciliter (mg/dL). A level from 100 to 125 mg/dL is considered prediabetes, and a level of 126 mg/dL or higher may indicate diabetes.

Studies have shown that people diagnosed with prediabetes have a 40 percent chance of developing diabetes within 10 years. The best way to prevent your condition from pro-

gressing to diabetes is to make sure you're making healthy lifestyle choices, such as eating healthy foods, exercising regularly and losing excess weight.

The good news is that these changes don't need to be monumental. You don't have to run a marathon or climb mountains. Walking 30 to 40 minutes a day and shedding a few extra pounds can fundamentally change your chances of developing diabetes. One large research study found that diet and exercise which resulted in a 5 to 7 percent reduction in weight could lower the risk of diabetes in high-risk individuals by 58 percent. For example, someone who weighs 200 pounds could potentially prevent diabetes by losing just 10 to 15 pounds.

In some cases, medication may be an option to reduce blood sugar levels in people who have prediabetes. But, there is some debate about that because the medications used for prediabetes are the same as those used to treat diabetes itself. So it's unclear if the medication actually prevents diabetes or if it simply keeps the disease under control as it progresses. Research on this topic suggests the latter, because when the medication is stopped in people with prediabetes, their blood sugars rise to levels that would have been expected over time without the medication.

I recommend you talk to your doctor about possible lifestyle changes to help decrease your blood sugar level. By carefully following a diet and exercise plan tailored to your needs, you may be able to dramatically decrease your risk of eventually developing diabetes. - Adrian Vella, M.D., Endocrinology, Mayo Clinic, Rochester, Minn.

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

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# SENIOR CALENDAR

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

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

## ART/ENTERTAINMENT

FEB 2

### MICHAEL FLATLEY'S "LORD OF THE DANCE"

More than 100 million people worldwide have seen Lord of the Dance—the international Irish dancing extravaganza. Lord of the Dance has an ability to connect with the audience and initiate and captivate a new generation. Adding to the visceral and emotional impact are costumes, lighting and staging that are cinematic in scope. Topeka Performing Arts Center. TOPEKA, (785) 234-2787 <http://www.tpactix.org>

FEB 8

### BLACK VIOLIN

Not your ordinary classical violin performance, Black Violin—two classically trained violin and viola instrumentalists—stages an evening of contemporary classical, jazz, funk and hip hop music. With influences ranging from Shostakovich and Bach to Nas and Jay-Z, this ensemble breaks all the rules, remixing classical works with current popular music. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

FEB 11 &amp; 12

### LAUGHING MATTERS

Each show is a blend of outrageous comedy sketches and audience participation games. Call for show time and price for this Valentine Day special. Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

FEB 11-20

### RESIDENT ALIEN

It's not often you see a space alien in orange Converse shoes and a Wisconsin K-mart employee expounding upon Kirkegaard in the woods. But in Stuart Spencer's off beat comedy, two worlds collide as a young boy is abducted in a bright light, only to be replaced by a tall, greenish-skinned man with an appetite for all things human. Call for show times. Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

FEB 12

### TOPEKA SYMPHONY ORCHESTRA CONCERT, 'MMM...'

Don Giovanni Overture and Exultate Jubilate by Mozart; Symphony No. 4 by Mahler featuring Kristen Watson, soprano. The perfect pairing. Mozart's dazzling overture and exuberant cantata set the stage for Mahler's exquisite Fourth Symphony. Kristen Watson's pure silver-spun tone has made her a favorite of Topeka audiences. TOPEKA, (785) 232-2032 <http://www.topekasymphony.org>

FEB 15

### ALEXANDER STRING QUARTET

For more than 25 years, the Alexander String Quartet has been recognized for its profound interpretations of influential and master composers, Beethoven, Mozart and Shostakovich. The ensemble's Lied Center performance will feature an all-Beethoven program. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

FEB 19

### WILLIAM INGE'S BUS STOP

In this warm and affecting hit comedic drama, iconic playwright William Inge examines some of the many faces of love. Written in 1955 by the Pulitzer Prize-winning author and University of Kansas graduate, Bus Stop is about a group of strangers traveling by bus. Stranded in a rural Kansas diner during a freak snowstorm, the compelling narrative observes eight characters as they experience frustration, tears and laughter, examine their own motivations and forge unlikely romantic connections in a single night. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

FEB 24

### THE SPENCERS: THEATRE OF ILLUSION

Husband-and-wife duo Kevin and Cindy Spencer have redefined the art of grand illusion, captivating audiences with spectacular acts of levitation, escape and fantasy. Lied Center of Kansas. LAWRENCE, (785) 864-2787 <http://www.lied.ku.edu>

FEB 24-MAR 6

### OPUS

Talent and temperament collide in a behind-the-scenes look at a world-class string quartet. The famous ensemble threatens to unravel when its most talented member goes missing and a young woman is hired to take his place. The rehearsal room becomes a pressure-cooker as passions rise, personalities clash, and the players are forced to confront the ephemeral nature of their life's work. Lawrence Community Theatre. LAWRENCE, (785) 843-7469 <http://www.theatrelawrence.com>

FEB 25-27

### ARAB SHRINE CIRCUS

Shrine Circus is a family fun annual event with performing acts, clowns, animals and much more! Call for ticket prices and times. Kansas Expocentre. TOPEKA, (785) 297-1000 <http://www.ksexpo.com>

FEB 25-MAR 26

### DIRTY ROTTEN SCOUNDRELS

Based on the popular 1988 film, Dirty Rotten Scoundrels centers on two con man living on the French Riviera. The first is the suave and sophisticated Lawrence, who makes his lavish living by talking rich ladies out of their money. Small-time crook, Freddy, more humbly swindles women by waking their compassion with fabricated stories about his grandmother's failing health. Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

FEB 25-MAR 26

### THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

Another Topeka Civic Theatre first-run musical which debuted on Broadway in 2005, where it was nominated for six Tony Awards and won two. Call for ticket information and prices. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

MAR 4

### WTCT PLAYERS

WTCT Reader's theatre company celebrates the radio plays of the 30s, 40s, and 50s! Show time: 8 p.m. Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

MAR 5

### JEFF DUNHAM AND HIS "IDENTITY CRISIS TOUR"

The show will feature fan-favorites Walter, Peanut, and Achmed, and will introduce Dunham's newest sidekick, Diane! Kansas Expocentre. TOPEKA, (785) 297-1000 <http://www.ksexpo.com>

MAR 5

### SENIOR CLASS

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

## BINGO

SUNDAYS &amp; TUESDAYS

### AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS &amp; FRIDAYS

### CAPITOL BINGO HALL

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

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

MONDAYS &amp; THURSDAYS

### AMERICAN LEGION POST NO. 400

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

MONDAYS &amp; SATURDAYS

### LEGIONACRES

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

WEDNESDAYS &amp; FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS &amp; 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 PM, (785) 843-9690

FRIDAYS

### ARAB SHRINE

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

SUNDAYS &amp; TUESDAYS

### MOOSE CLUB

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

## BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

Vermont Towers, 1101 Vermont St., Peterson Acres, 2930 Peterson Rd., Lawrence, 11:15 a.m.-12 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 PM BABCOCK PLACE, 1700 MASSACHUSETTS ST., LAWRENCE, 3 PM

THIRD WEDNESDAY OF EACH MONTH

BRANDON WOODS, 1500 INVERNESS DR., LAWRENCE, 10:30 AM PRAIRIE COMMONS, 5121 CONGRESSIONAL CIRCLE, LAWRENCE, 1 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

JAN 11-FEB 15

### KANSAS OPTIMIZING HEALTH PROGRAM: LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Do you have or care for someone with arthritis, diabetes, heart or lung disease or other chronic conditions? This six-week program will cover



■ CONTINUED FROM PAGE 18

self-care strategies to reduce pain, deal with fatigue, exercise safely, eat well, manage stress, use medications effectively, and set and meet personal goals. Participants should be working in partnership with a healthcare provider before attending this class. Babcock, 1700 Massachusetts St., Tuesdays, 2-4 p.m. (785) 749-5800

**FEB 15  
PAY ATTENTION TO HYPERTENSION:  
UNDERSTANDING THE CHALLENGE OF  
HIGH BLOOD PRESSURE**

High blood pressure affects about one out of three adults and many do not know they have it. It is often called the "silent killer" because it usually has no warning signs or symptoms and can greatly increase the risk for heart and kidney disease, stroke, and more. Join Michael Zabel, MD of Cardiovascular Specialists of Lawrence for a presentation about the diagnosis and management of hypertension. This program is free but advance registration is requested. LMH Auditorium, 6:30-7:30 p.m. LAWRENCE, (785) 749-5800

**FEB 17  
DIETARY CALCIUM**

Calcium is one of the most important nutrients to include in our diets to maintain health. Come and learn more about how to ensure you are getting adequate calcium plus creative ways to do so. This seminar is free and part of our monthly Nutrition Roundtable Series. LMH Registered Dietitian Patty Metzler will present. Advance registration requested please due to space limitations. LMH Meeting Room D, 6:30-7:30 p.m. LAWRENCE, 785-749-5800

**EXHIBITS/SHOWS**

**JAN 4-FEB 6  
COMMEMORATING THE STRUGGLE FOR  
FREEDOM IN KANSAS**

Exhibit featuring local high school artists, who will create an exhibit inspired by the theme "The Struggle of Freedom in Kansas." Depicting stories of sacrifice and achievement in the struggles of Kansas. Admission is free. Exhibit hours: 9 a.m.-5 p.m. daily. 1515 SE Monroe Street TOPEKA, (785) 235-3939 <http://www.brownvboard.org>

**JAN 21-APR 10  
THE RAIL SPLITTER AND THE RAIL-  
ROADS**

Before there was President Lincoln, there was A. Lincoln, Attorney. This exhibit traces Lincoln's lifelong commitment to transportation as a means of developing the frontier—a stance that was to have significant implications for Kansas and the nation. The exhibit is curated by Peter A. Hansen, editor of Railroad History and correspondent for Trains magazine. 701 N Kansas Avenue. TOPEKA, (785) 232-5533 <http://www.greatoverlandstation.com>

**JAN 21-DEC 31  
150 THINGS I LOVE ABOUT KANSAS**

This special exhibit will commemorate the 150th anniversary of Kansas statehood. 6425 SW 6th Avenue. TOPEKA, (785) 272-8681 <http://kshs.org>

**JAN 29-MAR 18  
KANSAS 150/150 ART EXHIBIT**

Kansas has been a state for 150 years! The library features its collection of art, historic objects and great stories from our past. This exhibit is sponsored by funds from the National Endowment for the Humanities. Alice C. Sabatini Gallery, 1515 SW 10th Avenue. TOPEKA, (785) 580-4608 <http://www.tsclp.org>

**FEB 5 & 6  
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.visitleavenworthks.com>

**FEB 5-MAR 20  
THE BEATLES**

Memorabilia from a private collection details the Beatles' impact on art and music. Opening Reception, Friday, February 4, 5-8 p.m. Gallery hours: 10 a.m.-7 p.m. Tuesday, 10 a.m.-5 p.m. Wed.-Fri.; 1-4 p.m. Sat. & Sun. Admission is Free. 17th & Jewell. TOPEKA, (785) 670-1124 <http://www.washburn.edu/mulvane>

**FEB 11-13  
TOPEKA BOAT & OUTDOOR SHOW**

Come check out the latest boating and outdoor equipment. Please call for more information on ticket prices and times. Topeka Expocentre. TOPEKA, (785) 297-1000 <http://www.ksexpo.com>

**FEB 18-20  
KANSAS GARDEN SHOW**

Come see the newest thing in gardening and gardening equipment. Call for more informa-

tion. Kansas Expocentre. TOPEKA, (785) 297-1000 <http://www.ksexpo.com>

**MAR 1-30  
SANKOFA: LESSONS LEARNED**

This exhibit is comprised of 16 quilts by Marla Jackson, a distinguished local quilter. Each quilt represents women as they move through their lives with lessons of joy, loss, family and love. Her great-grandmother, Lucille Crum was once enslaved. Hours: 9 a.m.-5 p.m. Free. 1515 SE Monroe Street TOPEKA, (785) 235-3939

**MAR 4 & 5  
SPRING ANTIQUE SHOW AND SALE**  
Pilot's Club bi-annual antique show and sale. Douglas County Fairgrounds. LAWRENCE, (785) 843-6219

**FAIRS/FESTIVALS**

**FEB 25 & 26  
15TH ANNUAL KANSAS SILENT FILM  
FESTIVAL**

See website for list of films and show times. White Concert Hall - Washburn University TOPEKA, (785) 670-3151 <http://www.kssilentfilmfest.org>

**HEALTH**

**MONDAYS THROUGH FRIDAYS  
FIT FOR LIFE**

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a per-

■ CONTINUED ON PAGE 20

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■ CONTINUED FROM PAGE 19

sonalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee.

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## TUESDAYS

### BLOOD PRESSURE CLINIC

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

## TUESDAYS, WEDNESDAYS & THURSDAYS

### JAZZERCISE LITE

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

## TUESDAYS AND THURSDAYS

### FREE BLOOD PRESSURE CLINIC

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

## FIRST THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

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

## FIRST & THIRD FRIDAYS OF EACH MONTH

### HEALTH CHECKS

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

## SECOND THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

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

## THIRD THURSDAY OF EACH MONTH

### MEDICATION CLINIC

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

## THIRD THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

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

## THIRD THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

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

## THIRD THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury

Mt. Olive Church, 12th and Buchanan. Free.  
TOPEKA, (785) 354-6787

## FOURTH THURSDAY OF EACH MONTH

### NUTRITION CLINIC

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

## FOURTH THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

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

## FEB 2

### CHOLESTEROL SCREENINGS

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

## FEB 3

### BONE DENSITY SCREENING

Advance appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Note: this is NOT the same as a DEXA scan which is ordered by a physician and scans the hips and the spine. That is done through Radiology. Lawrence Memorial Hospital, HealthSource Room, 1-3 p.m.  
LAWRENCE, (785) 749-5800

## FEB 10

### BONE DENSITY SCREENING

See February 3 description. Lawrence Memorial Hospital, HealthSource Room, 9-11 a.m.  
LAWRENCE, (785) 749-5800

## FEB 12

### 2011 HEALTHY HEART HEALTH FAIR

Health screenings and exhibits. The annual Healthy Heart Fair blood profile includes the following tests: cholesterol, HDL, LDL, VLDL, triglycerides, and cholesterol ratios. Lawrence Memorial Hospital, 8-10:30 a.m.  
LAWRENCE, (785) 749-5800

## FEB 26

### BONE DENSITY SCREENING

See February 3 description. Lawrence Memorial Hospital, HealthSource Room, 9-11 a.m.  
LAWRENCE, (785) 749-5800

## MAR 2

### CHOLESTEROL SCREENINGS

See February 2 description. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m.  
LAWRENCE, (785) 749-5800

## MAR 4

### BONE DENSITY SCREENING

See February 3 description. Lawrence Memorial Hospital, HealthSource Room, 9-11 a.m.  
LAWRENCE, (785) 749-5800

## HISTORY/HERITAGE

## FEB 6

### BLEEDING KANSAS SERIES 2011

Border State Son: Harry S. Truman and the War Between the States. Presented by Dave Schfer, historian and native Kansan. 319 Elmore.

LECOMPTON, (785) 887-6520

[http://kshs.org/portal\\_constitution\\_hall](http://kshs.org/portal_constitution_hall)

## FEB 13

### BLEEDING KANSAS SERIES 2011

On Slavery's Border: Missouri Slaveholders, 1851-1865. Presented by Diane Mutti-Burke, Professor of History, University of Missouri-Kansas City.

LECOMPTON, (785) 887-6520

[http://kshs.org/portal\\_constitution\\_hall](http://kshs.org/portal_constitution_hall)

## FEB 20

### BLEEDING KANSAS SERIES 2011

Bad Blood: The Border War That Triggered the Civil War. Presented by Shane Seley, documentary filmmaker, Wide Awake Films.

LECOMPTON, (785) 887-6520

[http://kshs.org/portal\\_constitution\\_hall](http://kshs.org/portal_constitution_hall)

## FEB 23

### BEFORE THE CIVIL WAR BOOK DISCUSSION - THE ENGLISHMAN IN KANSAS BY T.H. GLADSTONE

With reporter-like details, Englishman and abolitionist T.H. Gladstone paints vivid pictures of "border ruffians," frontier life, and the violence of slavery, giving the background to "Bleeding Kansas" and the contested elections that decided if Kansas would be free or slave. 1515 SW 10th Avenue, Menninger Room 206.

TOPEKA, (785) 580-4400

## FEB 23

### STEAL AWAY: THE STORY OF A KANSAS HOMESTEADER AND EXODUSTER

A Kansas homesteader tells the story of her friendship with an Exoduster in 1880 Topeka. Performed by Penny Musco. Event time: 7 p.m. Admission is Free. 1515 SW 10th Avenue, Marvin Auditorium.

TOPEKA, (785) 580-4400

## FEB 27

### BLEEDING KANSAS SERIES 2011

Presented by Elliott Shimmel, Professor of History & Chair, Division of Social Science, Metropolitan Community College - Longview, Lee's Summit, Missouri.

LECOMPTON, (785) 887-6520

[http://kshs.org/portal\\_constitution\\_hall](http://kshs.org/portal_constitution_hall)

## FEB 27

### DAVIS V. PRINCE EDWARD COUNTY SCHOOL BOARD, FARMVILLE, VIRGINIA

This is about one of the cases combined with Brown v. Board of Education. Film clip and discussion with Virginia case plaintiffs. Please RSVP by February 25. Program begins at 3 p.m. 1515 SE Monroe Street.

TOPEKA, (785) 235-3939

[rsvp@brownfoundationks.org](mailto:rsvp@brownfoundationks.org)

## MEETINGS

### MONDAYS, WEDNESDAYS & FRIDAYS

### WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124.

LAWRENCE, (785) 838-7885

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

## FIRST MONDAY OF EACH MONTH

### BEREAVEMENT SUPPORT GROUP

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

TOPEKA, (785) 271-6500

## FIRST & THIRD MONDAY OF EACH MONTH

### BEREAVEMENT SUPPORT GROUP

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

## FIRST & THIRD MONDAY OF EACH MONTH

### BEREAVEMENT SUPPORT GROUP

Facilitated by LMH Chaplain Angela Lowe. Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.

LAWRENCE, (785) 505-3140

## FIRST & THIRD MONDAY OF EACH MONTH

### CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL

4-5 PM, (785) 840-3140

## FIRST & THIRD MONDAY OF EACH MONTH

### CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups.

Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m.

LAWRENCE, (785) 842-0543

## FIRST TUESDAY OF EACH MONTH

### LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

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

LAWRENCE, (785) 830-8130

## FIRST & THIRD TUESDAYS OF THE MONTH

### SCRAPBOOK MEMORIES

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

TOPEKA, (785) 228-0400

## FIRST & THIRD TUESDAYS OF THE MONTH

### GRIEF SUPPORT GROUP

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

## TUESDAYS

### GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 3-4 p.m.

TOPEKA, (785) 232-2044

## TUESDAYS

### GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle. 5:30-6:30 p.m.

TOPEKA, (785) 232-2044

## TUESDAYS & THURSDAYS

### WATER AEROBICS CLASSES

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

LAWRENCE, (785) 838-7885

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



**KAW VALLEY SENIOR MONTHLY**

■ CONTINUED FROM PAGE 20

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

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

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

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

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

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

**THURSDAYS  
GRIEF & LOSS SUPPORT GROUP**

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

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

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

**FIRST AND THIRD THURSDAY OF EACH  
MONTH**

**TRANSITIONS SUPPORT GROUP**

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

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

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

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

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

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

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

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

Administered by Senior Outreach Services in

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

**SECOND & FOURTH MONDAY OF THE MONTH  
ALZHERIMER'S/CAREGIVER SUPPORT  
GROUP**

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 7:30 p.m. LAWRENCE, (913) 831-3888

**SECOND & FOURTH TUESDAY OF EACH  
MONTH**

**GRIEF SUPPORT GROUP**

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

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

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

**SECOND & FOURTH TUESDAY OF EACH  
MONTH**

**SCRAPBOOK MEMORIES**

Grace Hospice, 1420 Wakarusa, 6 p.m. All supplies provided (except photos). LAWRENCE, (785) 841-5300

**SECOND & 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 p.m. LAWRENCE, (785) 842-0543

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

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

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

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

**SECOND 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 p.m., Mainstream 8-10 p.m. Contact Frank & Betty Alex-

ander. 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 PM

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

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

with 48 hours notice. TOPEKA, (785) 286-2329 or (785) 231-0763

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

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

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

The Lawrence chapter of the National Active

■ CONTINUED ON PAGE 22

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■ CONTINUED FROM PAGE 21

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

LAWRENCE, (785) 843-7481

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

11 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. A social support group to re-engage life after the death of a loved one. Dutch treat.

Call Terry Frizzell at Heartland Hospice of Topeka for reservations.

TOPEKA, (785) 271-6500

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

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need infor-

mation 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., 2-3:30 p.m. BALDWIN CITY, (785) 842-0543

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

Baldwin Healthcare Center, 1223 Orchard Lane, 1-2 p.m.

BALDWIN CITY, (785) 594-6492

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

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

TOPEKA, (785) 357-7290

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

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice.

LAWRENCE, (785) 841-5300

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

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

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

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1 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, 1-2:30 p.m.

LAWRENCE, (785) 842-0543

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

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

TOPEKA, (785) 233-5762

<http://www.tgstopeka.org>

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

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

TOPEKA

**FOURTH FRIDAY OF EACH MONTH AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11 a.m. at the Lawrence Country Club. Lunch served at 11:30. New and interested members welcome. Please call Mary for reservations.

LAWRENCE, (785) 331-4247

■ CONTINUED ON PAGE 23

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■ CONTINUED FROM PAGE 22

**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 4 & 25, MAR 4

**FRIDAYS FOR FELLAS**

A group for men, just being guys, learning to live with the loss of their wives, mothers, sisters or other significant ladies in their lives. Meets at 12 p.m. at Topeka Presbyterian Manor, 4712 SW 6th Ave. Lunch will be provided. This group is limited, so registration is required by calling Terry Frizzell, Heartland Hospice Bereavement Coordinator. This group is directed by Heartland Hospice of Topeka and hosted & sponsored by Topeka Presbyterian Manor as part of the Just Ask lunch &

learn series.  
TOPEKA, (785) 271-6500 or (785) 230-6730

**MISCELLANEOUS**

FEB 5

**SOUPER BOWL SATURDAY**

Purchase a bowl of soup with bread and keep your beautiful handcrafted bowl created by local artists. Lawrence Arts Center. LAWRENCE, (785) 843-2787  
<http://www.lawrenceartscenter.com>

FEB 13

**CHOCOLATE AUCTION**

The annual Chocolate Auction takes place every February and features hundreds of chocolate delicacies, including cookies, pies, tortes and cream puffs. It also features a great deal of original art by area and regional artists. Bidders can begin with the silent auction and then bid in the live auction that follows. The auction began in 1988 and is still the major fundraiser for the Baldwin Community Arts Council. BALDWIN CITY, (785) 594-6627  
<http://www.baldwinarts.org>

FEB 24

**TOPEKA GENEALOGY SOCIETY PRESENTS:**

**CRUISING KANSAS' 105 COURTHOUSES**

Randy and Gayla Starkey spent their summer vacation crisscrossing Kansas to visit the 105 county courthouses. Learn about their whirlwind journey across the state in 13 days. Event time: 7 p.m. Admission is Free. Topeka and Shawnee County Public Library, Marvin Auditorium 101 B. TOPEKA, (785) 580-4400

FEB 26

**TASTE OF LEAVENWORTH**

Annual event where local restaurants have samplings. Also, unique shopping booths, music and auction. Leavenworth Plaza LEAVENWORTH, (913) 682-1023  
<http://www.firstcitymuseums.org>

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## BOOKSHELF

# Local author has short story collection

By Margaret Baker

**Tom Mach: *Stories to Enjoy*** (Hill Song Press. Trade paperback, ISBN 9778-0-9745159-1-5)

Tom Mach retired to live in Lawrence and work on his writing. He is best known for the *Sissy!* series set in



Douglas County at the time of the underground railroad and the Civil War.

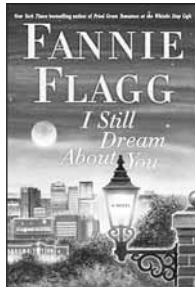
This volume is not a novel; it is a collection of Mach's short stories, published here in one volume. Sev-

eral have been published previously; many have won awards. The selections cover several different genres—science fiction, time travel, historical etc.

The right size not only for reading in a comfy chair by the fireplace, but to have along in the car when you have bits of time in waiting rooms. With 16 stories to choose from, you'll surely find just what you want.

**Fannie Flagg: *I Still Dream about You*** (Random House Audio Books, ISBN 978-0-7393-5300-8) Read by author on 9 cds.

Decades ago, Maggie Fortenberry won Miss Alabama and nearly won Miss America. Never married, Maggie is still beautiful, inside and out, and works as a real estate agent in Birmingham, Red Mountain Realty, begun by Hazel Whisenkott. Hazel, one of the little people at 3 feet 4 inches, was a dynamo until her early death. Despite being dead, she is still a definite character in the novel.



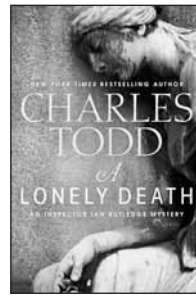
The real estate company is on the skids, primarily due to fraudulent practices by an aggressive newcomer, whose secret arrangements with de-

velopers result in tearing down well-built homes and replacing them with commercial buildings and megamansions of ill taste.

Flagg's southern characters come to life, as always. The main plot and the myriad subplots are intricate, plausible, and the ending(s) are oh, so happy.

**Charles Todd: *A Lonely Death*** (Wm. Morrow, hc, ISBN 978-0-06-172619-4)

The mother-son writing team of Charles & Caroline Todd writes historical mysteries set in Great Britain in the years following WWI, "The War to End War" as it was known. With the horrors of trench warfare and the introduction of poison gasses, the war cast a pall over every soldier and ultimately the societies that had sent them and to whom they returned.



Several veterans from the small community of Sussex have been murdered. Each was found with a disc, the forerunner of military "dog tags" used to identify the body of returning war dead. All grew up in the community and all served together. What is the thread that ties them all together? Can Ian and Bess figure it out in time to prevent additional slayings?

The book also asks questions pertinent to our times as well. What are the psychological effects of teaching men to kill? The effects of seeing buddies blown to pieces or sicken in a cold muddy trench?

**Sharan Newman: *The Real History of the End of the World*** (Berkley Books, trade paperback, \$15.00, ISBN 978-0-425-23253-8)

Historical mystery fans will remember Newman's medieval series. She found the research for that so enthralling that she is now a doctoral candidate at the University of Califor-

nia. Her earlier history of the Knights Templar brought well-earned kudos and this fascinating account of the history of the concept of the end of the world ("eschatology") in many different cultures and times.



Although certainly scholarly (glossary and index are included), Newman writes to keep her reader not only informed but intrigued. She does not write to show us how erudite she is, but to present an interesting concept in understandable terms.

**Ann Littlewood: *Night Kill*** (Poisoned Pen Press, trade paperback, \$14.95, ISBN 978-1-59058-748-5)

Think your workplace is a zoo? This debut mystery is set in a real zoo!

Iris Oakley is a young zookeeper in the feline area (lions and tigers, but no bears, oh my) in Vancouver, Washington. Her rather new husband, Rick, has a drinking problem and they have separated.

So when they meet and Rick accepts his problem and agrees to reform, Iris is elated. But the next day Rick's body is found in the lion area. He's well over the legal limit for driving a car, let alone sneaking into a lion den at night. Devastated, Iris feels betrayed. She refuses grief leave, and other zoo workers walk on eggshells around her.

When she starts to have potentially lethal "accidents" herself, she starts looking into his death more carefully. What does someone think she knows?

In addition to a good plot, readers will learn a lot about the backstage work of zoos—the author was a zoo-

keeper in Oregon.

**William Cunningham: *The Green Corn Rebellion*** (University of Oklahoma Press, trade paperback, \$19.95, ISBN 978-0-8061-4057-5)

Dead ends in history—events that did not lead to any major events or turning points—are often neglected. The background for this novel, being reprinted by the University of Oklahoma Press, is one such event.

The Green Corn Rebellion took place in 1917 in northeastern Oklahoma, and takes its name from an annual Native American festival. The armed uprising failed miserably; over 250 men were arrested and sentenced, a few died in police custody.

The life of a tenant farmer then was just as bleak as the Joad family a generation later. Interestingly, *The Grapes of Wrath* was set in the same area.

The rebellious tenant farmers lived in abject poverty with no hope of escape. Most were white, but some African-Americans and Native Americans found themselves allied. Compounding the sense of hopelessness was the draft for the approaching Great War, and the feeling that the war, like everything else in their lives, would benefit only the wealthy while demanding even more sacrifice from the downtrodden.

Jim Tetly was just such a farmer. Beset with dreams he knows he won't achieve, denied the education he would benefit from, the call to join the socialist rebellion and take control of their lives is just too powerful to resist. Family tensions and town/farm conflicts combine for a tragedy the rest of the world will ignore.

Haunting and thought-provoking.

- Margaret Baker can be reached through Kaw Valley Senior Monthly or e-mailed at [glencoe@knetconnect.net](mailto:glencoe@knetconnect.net).

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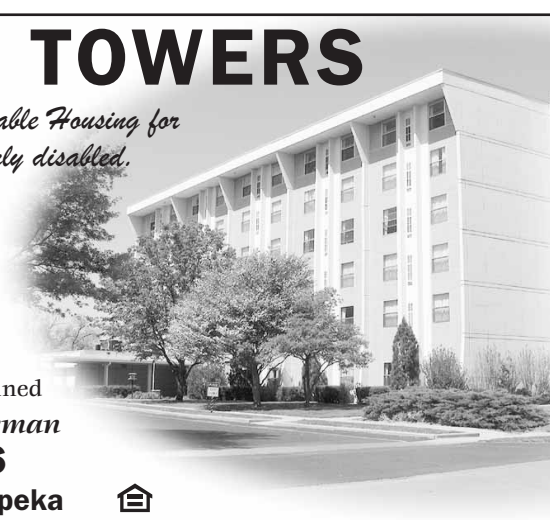
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## HUMOR

# The Decibel Dilemma

Almost nobody from Letongaloo-sa makes a big splash on the national or international scene. In fact, most Legtongaloosans recoil at the thought of making a big splash in public. That's why folks in town felt sorry for Ruby Jentlow. Ruby didn't seek

Angus walked away crestfallen.

She resolved to change. She vowed to rein in her temper and pledged never to let her voice rise above 60 decibels. When people found out about the pledge some of them began baiting Ruby, hoping to goad her into a high decibel outburst. The more they persisted, the quieter Ruby's voice became.

Amazingly, people around her, even those who came to goad her, began to speak more quietly too. And people began to actually listen to Ruby and to one another.

After word of Ruby's transformation got around, a group offered a prize to anyone who could make her yell. No one succeeded. Those who yelled at Ruby not only failed to make her yell, they often ended up speaking more quietly themselves. Someone recorded one such encounter on a cell phone and posted the video on the Internet.

A network reality TV show "How Weird Is That?" pulled the Ruby video off the Internet and broadcast it on national television. There was a big public response. Some people said Ruby was a true citizen leading a much needed movement toward public civility. Others said Ruby was part of a clandestine movement to subvert the Constitution.

Political talk show hosts jumped on the issue and harangued their audiences and each other at the top of their lungs. National newspapers and broadcast news organizations transmitted the story around the world. Some people suggested, quietly, that Ruby should be nominated for the Nobel Peace Prize. A few shouted that she should have her mouth washed out with soap.

That's when folks in Letongaloosa started really feeling sorry for Ruby. Reporters and paparazzi camped out in front of her house, and trailed her everywhere she went. They stuck microphones in her face and beamed strobe lights through the windshield of her car.

Through it all Ruby raised her voice above 40 decibels only once. That was to ask a hard-of-hearing hardware clerk where she could find a light bulb for her refrigerator.

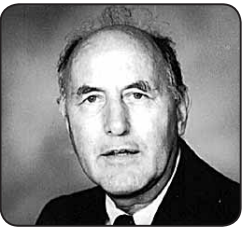
The story has a happy ending. Most news-cycle-driven issues have a very short life span after they disappear

from the mass media. The public soon forgets about them. A few worthy issues move forward.

The James Mapleton Emery Foundation offered Ruby a half a million dollar grant to conduct research on low-decibel public discourse. She accepted

the grant and went quietly to work.

- 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.



Larry Day

the spotlight. The spotlight found her after she decided to rein in her volatile temper and to modulate her voice.

Ruby grew up in a family of shouters. Her parents and brothers and sisters shouted a lot. Ruby's mom and dad, Rufe and Gina Jentlow, met in Washington, D.C., back in 1971 at the height of a presidential campaign. Rufe and Gina were young members of the Muglump Alliance, a small one-issue political movement.

Because Muglump leaders weren't fluent in Politic-Speak, the Muglump Alliance was shut out of mainstream political discourse. So they began to shout, and people began to listen.

As young political Muglump operatives, Rufe and Gina became well trained shouters. Their children, including Ruby, grew up to be shouters.

When she wasn't shouting, Ruby was a friendly, kind, charming, woman who had no desire to make a national splash.

But one day she and Angus Rex, a good friend whom she admired for his soft spoken demeanor, were having a quiet conversation at a coffee shop. They disagreed about something that didn't amount to a hill of beans, and before they knew it the conversation had turned into a shouting match.

It wasn't much of a match. The best Angus could muster was 65 decibels. Ruby's shouts averaged 82 decibels. She hit 88 a couple of times, and once topped 90. Ruby crushed poor Angus. A couple of bystanders, who loved to hear Ruby get wound up, clapped. Ruby felt terrible when



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## TRAVEL TROUBLESHOOTER

# A one-year wait for an Air One refund

*How long is too long to wait for a refund from your airline? If you said one year, then maybe you know Dani Lind, who spent more than 12 months waiting for Air One to refund \$670. How could that have been prevented?*

**By Christopher Elliott**  
Tribune Media Services

**QUESTION:** I've been having trouble getting a refund from a flight that was canceled. I bought a ticket through CheapOair for a nonstop flight from Chicago to Milan for \$670. A few months later, I got an e-mail from them that the flight had been canceled.

They offered a substitute flight that was in no way comparable, so I called them and requested a refund. They said I had to take it up with the airline, which was Air One out of Italy, so I called them and they said no, that I must request the refund through CheapOair.

I then spent about an hour on the phone with CheapOair, explaining my situation over and over again with different agents that I was transferred to. Finally I spoke with someone who confidently said, yes, it would be no problem for me to get a refund, but that it might take up to 12 weeks.

More than three months later, I still hadn't received my money, so I called the CheapOair agent I had spoken to before and no one seemed to know

who she was. I spent another hour being transferred from person to person at CheapOair and the consensus with them was, "What refund? You need to request that through the airline."

So I spoke with someone at Air One again and they very firmly repeated what they had said before—that they would definitely provide a refund but that the proper channel was through CheapOair. Many phone calls and many hours later I still had gotten nowhere with CheapOair.

It's now been almost a year since I first asked for a refund. Help! - Dani Lind, Soldiers Grove, Wis.

**ANSWER:** CheapOair should have helped you get a quick refund from Air One. As your travel agent, CheapOair should have advocated for you, rather than sending you directly to the airline for help.

One of the reasons you buy airline tickets from a third party like an online or offline travel agency is that they stand behind your purchase, offering to act as intermediaries when you need help. A good travel agent would have helped you fill out a ticket refund request and kept the pressure on Air One to send you the money.

I've been mediating these kinds of refund cases for a while, and I've noticed that it takes longer and longer to process refunds. It doesn't help that you were dealing with Air One, which at the time was part of troubled Italian carrier Alitalia.

You shouldn't have tried to contact CheapOair by phone. A refund request is almost always better handled by e-mail (remember the paper trail!) and it will save you time, too. Here's how to get in touch with the online agency: <http://www.CheapOair.com/default.aspx?abid=2917>.

Another option is a credit card dispute. True, you only have 60 days to dispute a credit card charge by law. But many credit cards will go to bat for you even if it's been longer than that. Simply put, Air One didn't give you the product that you were sold, so you might have had a strong case for a successful credit card dispute.

The other options—which are long shots—are taking CheapOair and Air One to small claims court. I say "long

shots" because technically, neither company is keeping your money. The airline is just taking its time with your refund.

I contacted CheapOair on your behalf. After a considerable amount of back-and-forth between you, the agency and the airline, and another three-month wait, you received a full refund.

- Christopher Elliott is the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a non-profit organization that advocates for travelers. You can read more travel tips on his blog, [elliott.org](http://elliott.org) or e-mail him at [celliott@ngs.org](mailto:celliott@ngs.org).

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# PET WORLD

## Dale celebrates 15 years with his favorite questions

Recently, I celebrated 15 years of answering your questions. Here are some favorites among the thousands I've received:

**QUESTION:** My cat got into my wine glass while I was away from the table. I caught him red-handed with



Steve Dale

the red wine. I noticed he enjoyed it. I don't think he got drunk but he sure did sleep well that night. I know that since he's so small even a few licks could be damaging. I don't think this will happen again, but I'm curious.

Are there any alcoholic dogs or cats? Also, is alcohol any more dangerous for pets than for people? - S.E., Montreal, Quebec, Canada

**ANSWER:** Dr. Steve Hansen, a veterinary toxicologist and director of the ASPCA Animal Poison Center, Urbana, IL, says, "The primary reasons we don't want pets drinking alcohol is that their bodies aren't adjusted to it. And if they over-indulge, they may lose balance and fall from a counter or down stairs." Also, it's true that just a few sips for a cat or small dog may be equivalent to a glass of wine for a person. There are no known studies on long-term use of alcohol in dogs or cats. However, Hansen suggests that pets, cats in particular, may be even more susceptible than people to renal and especially liver issues, from too much of a good thing.

By the way, there are anecdotal sto-

ries of dogs who've been encouraged to imbibe, particularly in college fraternities; certainly, alcohol addiction is possible. In fact, on St. Kitt's in the Caribbean (as it happens, the home of Ross University School of Veterinary Medicine), monkeys who live near the beach visit local bars and many are truly addicted to alcohol.

**QUESTION:** How do you potty-train a baby iguana? - J.D., Cyber-space

**ANSWER:** Iguanas are naturally clean, according to James Hatfield III, author of "Green Iguana: The Ultimate Owners Manual" (Dunthorpe Press, Portland, OR, 1996; \$28.50).

Your enclosure must be spacious, giving your iguana a place to do its business away from its primary living space.

Stack three pieces of paper towel together and place them inside two full pages of newspaper (folded paper towel size). Tape the edges together with masking tape. You've just created an absorbent iguana toilet. Construct several of these "toilets" so you always have replacements handy.

Place toilets in two corners in the iguana's habitat; choose places where your lizard is now relieving itself. En-

courage your iguana further by putting a sign on the toilet that says, 'Go here!' Since iguanas can't read, however, placing bits of feces on the toilet will have same effect.

Once your lizard is walking around outside the enclosure, place toilets in the corners of rooms.

"You can tell when an iguana is about to do its business," says Hatfield. "When you see the tongue flick at a specific direction and the iguana does that rumba action with her rear end, pick her up and gently place her on her toilet." He insists iguanas are easier to house-train than dogs.

When your iguana outgrows the paper towel-sized toilets, enlarge them by taping two paper towel/newspaper toilets side-by-side inside a plastic storage container. Cut out the sides of the container so the lizard can easily get inside. Make sure there are no sharp edges. Never use kitty litter for an iguana.

- Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Send e-mail to [petworld@steve.dale.tv](mailto:petworld@steve.dale.tv). Include your name, city and state.

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## WOLFGANG PUCK'S KITCHEN

# An Asian approach to healthy eating

By Wolfgang Puck

Tribune Media Services

Many people are making resolutions this week to eat more healthfully. Too many, though, have it in their minds that eating foods that are good for you means giving up on pleasure.

So I'm happy to tell you that it is possible to cook a delicious dinner that's healthful, totally satisfying, and delicious. The secret lies in using the right cooking method, choosing good ingredients, and selecting seasonings that deliver big flavor. And the recipe I share with you here for salmon fillets steamed with Asian seasonings and served on a bed of robust brown rice—a good source of fiber and nutrients—is a perfect example of those principles.

Let's talk first about the cooking method. Mention steaming and lots of home cooks instantly imagine bland

food. But that couldn't be further from the truth. You can add lots of flavor simply by first briefly marinating the food you'll be steaming; and then even more by making sure the cooking liquid producing the steam is flavorful, too.

Steaming, by the way, is also incredibly convenient, especially if you use a rice cooker for both the rice and the salmon. Originally popular in Japan, these very inexpensive countertop appliances are now widely available in the Western world, as well. Maybe you got one as a holiday gift. If not, you can find them easily online (I even have my own brand through Home Shopping Network, HSN) or in many department stores or cookware shops. Both the rice and the salmon cook to perfection inside the rice cooker, and all at just the touch of a button.

As for marinating the salmon, that takes less than half an hour, so you



Salmon fillets are easy to steam in an electric rice cooker.

can do it after you start the rice. I use a little mushroom soy sauce (available in Asian markets and the Asian foods section of good-sized supermarkets), plus fresh ginger, garlic, and green onion; but feel free to vary the seasonings with whatever sounds good to you.

The same holds true for flavoring the steam, which in this case comes from the liquid in which the brown rice cooks. I use convenient canned broth, plus robust dried shiitake mushrooms, good olive oil, and—because I like a little spice—a touch of crushed red pepper flakes.

Try this recipe my way the first time you prepare it. Then, start making it your own. Use other fish fillets you like in place of the salmon. Replace the Asian seasonings with a little olive oil and citrus juice, plus your favorite herbs or spices. Add chopped sauteed onion, bite-sized pieces of vegetable, or even dried fruit to the brown rice. You'll soon be surprised to find you have a growing repertoire of delicious dinners—and all of them healthy!

### RICE-COOKER SOY-STEAMED SALMON FILLETS WITH SHIITAKE BROWN RICE

Serves 2

#### SHIITAKE BROWN RICE:

1-1/4 cups organic vegetable broth or chicken broth

2/3 cup uncooked brown rice

1/2 cup dried shiitake mushrooms, soaked in cold water to cover until softened, about 15 minutes, then drained and cut into slices

2 tablespoons extra-virgin olive oil

1/2 teaspoon crushed red pepper flakes

1 bay leaf

Salt

Freshly ground black pepper

#### SOY-STEAMED SALMON:

2 salmon fillets, each 3 to 4 ounces

1 tablespoon bottled mushroom soy sauce

2 teaspoons finely shredded fresh ginger

2 green onions: 1 cut into 1-inch pieces, then each piece cut into long, thin shreds; and 1 cut into thin diagonal slices

1 large garlic clove, peeled and cut lengthwise into thin shreds

In the bowl of an electric rice cooker, put the vegetable or chicken broth, brown rice, drained shiitake mushrooms, olive oil, red pepper flakes, bay leaf, and a little salt and pepper to taste. Stir briefly to combine. Close the rice cooker and press the "cook" button. Cook for 30 minutes.

Meanwhile, put the salmon fillets on a plate. Rub them with the mushroom soy sauce, top with the shredded ginger, shredded green onion, and garlic, and set aside at room temperature to marinate for about 20 minutes.

After marinating, carefully transfer the salmon fillets to the steamer basket insert that came with the rice cooker, or to another steamer basket of a size that will fit within the rice cooker.

Turn off the rice cooker. Carefully open the lid, avoiding the steam, and place the steamer basket on top of the rice. Close the lid again, set to "cook," and continue cooking until the salmon is done, cooked through but still moist and slightly pink in the center, 10 to 15 minutes longer depending on your taste.

Carefully open the machine and lift out the steamer basket, setting it aside. With a fork, fluff the rice.

To serve, spoon the rice onto individual heated plates. Place a salmon fillet on top of the rice and garnish with the remaining thinly sliced green onion.

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# Medicare: General enrollment and general information

By Norm Franker

Social Security District Manager  
Lawrence, Kan.

Need Medicare Part B? If you're eligible, now is the time to sign up. The general enrollment period for Medicare Part B runs from January 1 through March 31. Before you make a decision about general enrollment, let us fill you in on some general information.

Medicare is a medical insurance program for retired and disabled people. Some people are covered only by one type of Medicare; others opt to pay extra for more coverage. Understanding Medicare can save you money; here are the facts.

There are four parts to Medicare: Parts A, B, C and D. Part A helps pay for inpatient hospital care, skilled nursing care, hospice care, and other services. Part B helps pay for doc-

tors' fees, outpatient hospital visits, and other medical services and supplies not covered by Part A. Part C allows you to choose to receive all of your health care services through a provider organization. These plans, known as Medicare Advantage Plans, may help lower your costs of receiving medical services, or you may get extra benefits for an additional monthly fee. You must have both Parts A and B to enroll in Part C. And Part D is the Medicare Prescription Drug Program.

Most people first become eligible for Medicare at age 65, and there is a monthly premium for Medicare Part B. In 2011, the standard premium is \$115.40. Some high-income individuals pay more than the standard premium. Your Part B premium also can be higher if you do not enroll during your initial enrollment period, or when you first become eligible.

There are exceptions to this rule. For example, you can delay your Medicare Part B enrollment without having to pay higher premiums if you are covered under a group health plan based on your own current employment or the current employment of any family member. If this situation applies to you, you can sign up for Medicare Part B without paying higher premiums:

- Any month you are under a group health plan based on your own current employment or the current employment of any family member; or
- Within eight months after your employment or group health plan coverage ends, whichever comes first.

If you are disabled and working (or you have coverage from a working family member), the same rules apply.

Remember: Most people are automatically enrolled in Medicare Part B when they become eligible. If you

don't enroll in Medicare Part B when you first become eligible to apply and you don't fit into one of the above categories, you'll have to wait until the general enrollment period, which is January 1 through March 31 of each year. At that time, you may have to pay a higher Medicare Part B premium.

For more information about Medicare Parts A, B, C, and D, visit the Centers for Medicare & Medicaid Services (CMS) website at [www.medicare.gov](http://www.medicare.gov). Or read our publication on Medicare at [www.socialsecurity.gov/pubs/10043.html](http://www.socialsecurity.gov/pubs/10043.html).



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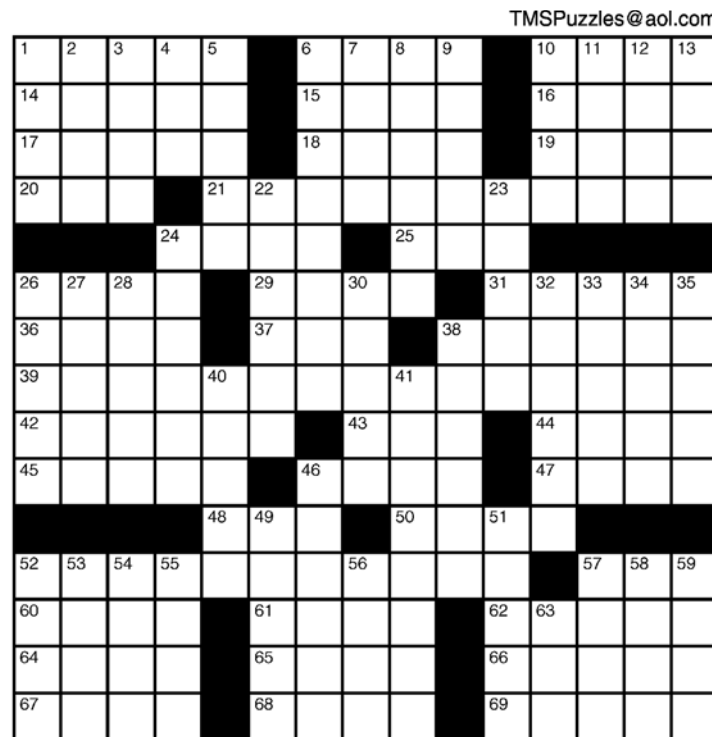
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- 15 Dash
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- 17 Crenshaw or honeydew
- 18 \_\_\_ Hari
- 19 Small fry
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- 65 Old-time political cartoonist
- 66 Protect
- 67 Little Joe's brother
- 68 "Pursuit of the Graf \_\_\_"
- 69 Vacuous

### DOWN

- 1 Bad actors
- 2 Out of the wind
- 3 Stir up

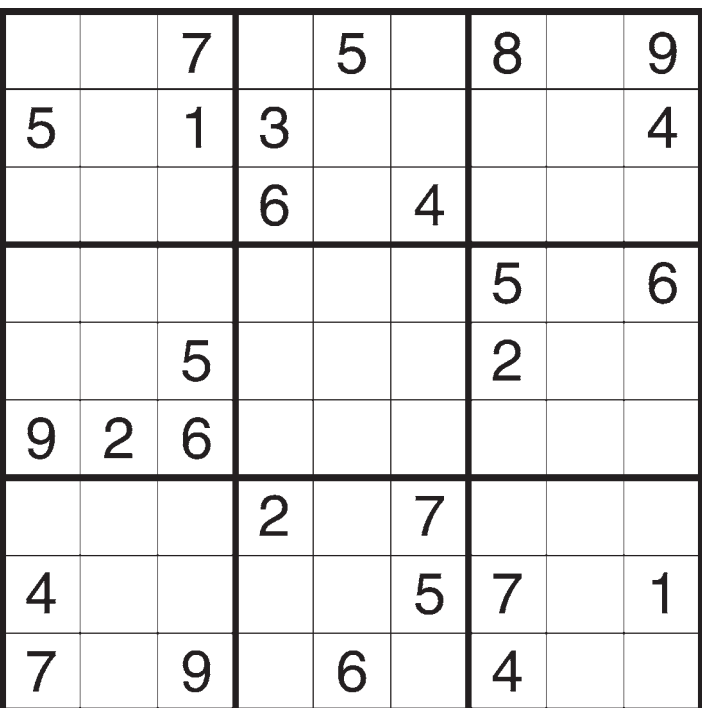
- 4 "The Name of the Rose" author
- 5 Table constellation
- 6 Loss of rank
- 7 Israeli carrier
- 8 Dormant
- 9 Puerile
- 10 Factual information
- 11 Greek Cupid
- 12 Nip
- 13 "\_\_\_ of the d'Urbervilles"
- 22 Baghdad's river
- 23 Count of jazz
- 24 Tutu's milieu
- 26 Outstanding
- 27 Former plum
- 28 Magna \_\_\_
- 30 Tuscany city
- 32 Gas in Gloucester
- 33 Fall bloomer
- 34 Inscribed stone marker
- 35 Martin and Pickford
- 38 Type of squirrel or fish
- 40 Spinachlike plant
- 41 Representative
- 46 Zany
- 49 William and Sean
- 51 Missouri feeder



By Philip J. Anderson  
Portland, OR

- 52 Way to go
- 53 Nabisco treat
- 54 Puts on years
- 55 Swindles
- 56 Palliate
- 57 Kind of meet
- 58 Separate
- 59 Actor Garcia
- 63 Totality

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

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

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

VENIG  
LOMOB  
REATEA  
MODCEY

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

Answer here:       HIS

**SCRABBLE** BRAND

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O<sub>1</sub> Y<sub>4</sub> N<sub>1</sub> P<sub>3</sub> K<sub>5</sub> R<sub>1</sub> T<sub>1</sub> 3rd Letter Double RACK 1

I<sub>1</sub> O<sub>1</sub> T<sub>1</sub> P<sub>3</sub> R<sub>1</sub> M<sub>3</sub> L<sub>1</sub> RACK 2

A<sub>1</sub> E<sub>1</sub> I<sub>1</sub> I<sub>1</sub> B<sub>3</sub> N<sub>1</sub> N<sub>1</sub> RACK 3

A<sub>1</sub> E<sub>1</sub> U<sub>1</sub> L<sub>1</sub> R<sub>1</sub> C<sub>3</sub> B<sub>3</sub> RACK 4

I<sub>1</sub> I<sub>1</sub> O<sub>1</sub> R<sub>1</sub> S<sub>1</sub> T<sub>1</sub> V<sub>4</sub> Triple Word Score RACK 5

PAR SCORE 210-220  
BEST SCORE 280

FIVE RACK TOTAL  
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

For more information on books, clubs, tournaments and the school program go to www.scrabble-assoc.com or call the National SCRABBLE® Association (631) 477-0033.

Answers to all puzzles on page 32.

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Please visit Kaw Valley Senior Monthly on Facebook.



# PUZZLES & GAMES

## BRIDGE

# What's the Odds?

By Tannah Hirsch

Tribune Media Services

Both vulnerable. South deals.

NORTH

♠-A Q J

♥-7 6 3 2

♦-J 9 8

♣-Q J 10

WEST

♠-9 8 7 5

♥-5

♦-A Q 6 2

♣-8 6 3 2

EAST

♠-10 6 4 3 2

♥-9 4

♦-7 4

♣-9 7 5 4

SOUTH

♠-K

♥-A K Q J 10 8

♦-K 10 5 3

♣-A K

The bidding:

SOUTH	WEST	NORTH	EAST
2♣	Pass	2♦	Pass
2♥	Pass	3♥	Pass
4♣	Pass	4♠	Pass
6♥	Pass	Pass	Pass

Opening lead: Nine of S

South, declarer at six hearts, received the only lead to cause a problem. Did he play the hand to best advantage?

South's two clubs was an artificial game force and two diamonds was a waiting bid. Thereafter, the rest of the auction was natural. South start-

ed a cue-bidding sequence with four clubs and North's four spades showed a control in that suit and, since it bypassed four diamonds, denied first-round control of that suit. South's jump to six hearts ended the auction.

West's spade opening lead removed declarer's only entry to dummy at trick one. South rose with the ace of spades, discarded two diamonds on the queen and jack of spades and led the jack of diamonds. There was no way declarer could make a winning guess in the suit—down two when East ruffed the third diamond.

South was doubly unlucky—the opening lead was deadly and his line stood a 50 percent chance of success. However, he did overlook the best shot—an almost 80 percent line to bring home the bacon. It depended on little more than finding clubs breaking no worse than 5-3.

Declarer must rise with the ace of spades at trick one and, on the queen and jack of spades, unblock the ace and king of clubs! That frees up dummy's clubs for three diamond discards from hand, and declarer loses only one diamond trick.

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

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1

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2

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3

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4

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\*\* 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.  
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# Personal Actions to Health class to begin

Are you 50 and over and looking for a healthy way to start 2011? The Personal Actions to Health (PATH) class can help. PATH is designed to help people age 50 and older develop a healthier lifestyle and to retain functions necessary to remain independent.

Classes are taught by nutrition and exercise experts and focus on nutrition (including low fat cooking), the effects of exercise on chronic diseases (and how to manage them), as well as flexibility and strength-building exercises. Test results of past PATH participants have shown improved agility, balance, coordination, flexibility, strength, and endurance.

The next PATH class begins February 1 and meets on Tuesdays and

Thursdays from 9:00 to 11:00 a.m. until March 10 at the East Lawrence Recreation Center, 1245 E. 15th Street.

The fee for the six-week class is \$25. To enroll, go to Lawrence Parks and Recreation's website at [www.lprd.org](http://www.lprd.org) or visit the South Park Recreation Center, 1141 Massachusetts St. in Lawrence.

PATH is sponsored by past participants and a host of community agencies, including the Lawrence-Douglas County Health Department, Douglas County Senior Services Inc., Lawrence Memorial Hospital, the City of Lawrence Parks and Recreation, K-State Research and Extension, and the University of Kansas Department of Health, Sport and Exercise Sciences.

## CROSSWORD SOLUTION

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

## SUDOKU SOLUTION

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

## JUMBLE ANSWERS

Jumbles: GIVEN BLOOM AERATE COMEDY

Answer: What he did when they played chess - MADE HIS MOVE

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## SCRABBLE BRAND GRAMS SOLUTION

K <sub>5</sub>	R <sub>1</sub>	Y <sub>4</sub>	P <sub>3</sub>	T <sub>1</sub>	O <sub>1</sub>	N <sub>1</sub>	RACK 1 =	<b>70</b>
I <sub>1</sub>	M <sub>3</sub>	P <sub>3</sub>	O <sub>1</sub>	R <sub>1</sub>	T <sub>1</sub>		RACK 2 =	<b>10</b>
B <sub>3</sub>	I <sub>1</sub>	E <sub>1</sub>	N <sub>1</sub>	N <sub>1</sub>	I <sub>1</sub>	A <sub>1</sub>	RACK 3 =	<b>59</b>
C <sub>3</sub>	U <sub>1</sub>	R <sub>1</sub>	A <sub>1</sub>	B <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 4 =	<b>61</b>
V <sub>4</sub>	I <sub>1</sub>	S <sub>1</sub>	I <sub>1</sub>	T <sub>1</sub>	O <sub>1</sub>	R <sub>1</sub>	RACK 5 =	<b>80</b>
PAR SCORE 210-220							TOTAL	<b>280</b>

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# NOSTALGIA NOTEBOOK

## February 1941

### Births

- February 3:** Dory Funk, Jr., American professional wrestler
- February 8:** Nick Nolte, American actor
- February 10:** Michael Apted, English film director
- February 19:** David Gross, American physicist, Nobel Prize laureate
- February 20:** Buffy Sainte-Marie, American singer

### Events

- February 3:** The Nazis forcibly restore Pierre Laval to office in occupied Vichy France.
- February 4:** The United Service Organization (USO) is created to entertain American troops.
- February 8:** The U.S. House of Representatives passes the Lend-Lease Act (260-165).
- February 9:** Winston Churchill, in a worldwide broadcast, tells the United States to show its support by sending arms to the British: "Give us the tools, and we will finish the job."

## February 1951

### Births

- February 13:** David Naughton, American actor (*An American Werewolf in London*)
- February 15:** Melissa Manchester, American pop singer
- February 15:** Jane Seymour, English actress
- February 16:** William Katt, American actor (*The Greatest American Hero*)
- February 23:** Patricia Richardson, American actress (*Home Improvement*)

### Events

- February 1:** The United Nations General Assembly declares that China is an aggressor in the Korean War in United Nations General Assembly Resolution 498.
- February 4-8:** Surgeons remove an ovarian cyst from Gertrude Levandowski in a 96-hour long operation in Chicago. She loses almost half of her weight and emerges weighing 140 kg.
- February 6:** A Pennsylvania Railroad passenger train derails near Woodbridge Township, New Jersey, killing 85 people and injuring over 500, in one of the worst rail disasters in American history.

## February 1961

### Births

- February 8:** Vince Neil, American singer (Mötley Crüe)
- February 9:** John Kruk, American baseball player and commentator
- February 10:** George Stephanopoulos, American political consultant and commentator
- February 13:** Henry Rollins, American musician and political activist
- February 27:** James Worthy, American basketball player and analyst

### Events

- February 1:** The United States launches its first test of the Minuteman I intercontinental ballistic missile.
- February 9:** The Beatles perform for the first time at the Cavern Club.
- February 14:** Element 103, Lawrencium, is first synthesized in Berkeley, California.
- February 15:** President Kennedy warns the Soviet Union to avoid interfering with the United Nations pacification of the Congo.
- February 26:** Hassan II is pronounced King of Morocco.



# KABC announces new outreach coordinator

Kansas Advocates for Better Care (KABC) welcomes Leah Noakes, VISTA-Volunteers in Service to America. Noakes joins KABC as outreach coordinator. Her tour of service with KABC runs through 2011.

KABC works on behalf of elders and persons with disabilities to improve the quality of long-term care services received in nursing homes, assisted living and home/community based services.

Noakes will work with persons using long-term care, their families and other interested citizens in targeted communities across Kansas. The focus of her work is with elders, individuals with disabilities and their families and friends. Outreach efforts will include providing elders and others with information and referral about services available, training for individuals and groups to advocate for the care needed in the most desirable and economic settings, and connecting persons to others engaged in advocating for improved quality in long-term care services. Her work will focus on building effective advocacy skills within communities that currently lack this support.

Noakes joins KABC through the grant support of AmeriCorps, the Sun-

flower Foundation, and the National Consumer Voice for Quality Long-Term Care and the Milbank Foundation.

For 35 years KABC has worked to improve the quality of long-term care available to Kansas elders and adults with disabilities. KABC is a non-profit organization and has over 650 members in Kansas. Its mission since 1975 has been "Advocating for Quality Long-Term Care" for frail and el-

derly residents of nursing homes and other licensed care facilities.

KABC advocates with legislators, regulators and providers for increased quality in long-term care options that includes nursing homes, assisted living, home plus, and in-home care through home and community-based services. KABC provides guidance, education and consumer advocacy for persons seeking a long-term care fa-

cility, and education to those who provide long-term care. KABC encourages long-term care providers to adopt the "person-centered care" model of delivering health care services. If you, your family or a friend is in need of information about long-term care choices, please call for assistance, toll-free (outside of Lawrence): 800-525-1782, or 842-3088 (in Lawrence), e-mail us at info@kabc.org or visit www.kabc.org.



Noakes



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Choosing a place for your loved one may not be easy. Talk to our counselors today and begin an education process with your family so you can help each other accept the changing needs of your loved ones. If you would like to come by for a visit or talk, please contact us anytime.

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# Five gym-free fitness ideas for 2011

(ARA) - Fitness should be fun and affordable. It should not be boring, time-consuming or costly. Make your exercise routine a bit more exciting this year with some fitness activities you can do without an expensive gym membership.

## 1. Sports hoop your way to slimmer shape

The thought of hula hoops probably conjures memories from your childhood, but the fact is hula hooping is a great fitness activity. Sports Hoops are large, weighted fitness hoops that

adults use to tone and lose weight. These affordable hoops are easy and fun to use, and can help you lose weight.

If you're a certified personal trainer looking for something new and exciting for your clients, consider attend-

ing a certified trainer program where you'll learn the knowledge and tools to facilitate your own fitness hoop class and instruct personal training sessions.

## 2. Try a new activity you've never done before

There's no better way to get your blood pumping and your body moving than trying something you've never done before. Always wondered what it's like to rock climb? Sign up for a class, or see if your local sports store has a free rock climbing wall. How about trying ice skating, surfing or even acrobatics? If a new activity is a little intimidating, you may not want to do it alone. Ask a friend to do it with you and you're sure to get a great workout and a wonderful memory.

## 3. Join a walking or running group

Walking and running are great physical activities that burn calories and tone the body. Discover the parks and neighborhoods around you by planning regular walks. Consider finding a walk/run buddy to keep you motivated. Or, look online to find walking and running groups that plan regular outings and offer a supportive, team environment.

## 4. Join a sport

Remember how much fun it was to play sports growing up? Adult teams can be just as fun, providing great exercise and camaraderie. Does your work or church group have a softball team? Maybe your friends like to bowl and you could form a bowling team. From broom ball, tennis, golf and more, team sports keep the spirit of healthy, friendly competition alive.

## 5. Visit your library and request workout DVDs

The library is a great community resource and it can also help keep you in shape. Because checking out books and DVDs is absolutely free, the library is the perfect place to research new types of exercise to spice up your normal routine. Try searching for Pilates, yoga and aerobic DVDs. You likely can request them to be sent to your preferred pickup location too. Some books and DVDs are geared toward specific age groups, so teens, adults and even seniors can find appropriate workout inspiration.

## 6th Annual Lawrence Area Partners in Aging

# Senior Resource Fair

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**This is the sixth annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call 785-749-2000 and ask for Brandon Dunklau or email [partnersinaging@yahoo.com](mailto:partnersinaging@yahoo.com).**



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*balloon kyphoplasty*



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