

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

February 2013

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 12, No. 8

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KEVIN GROENHAGEN PHOTO



**Loring Henderson:  
At home helping  
the homeless.**

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The Winter 2013 issue of *Amazing Aging!*, the Jayhawk Area Agency on Aging's newsletter, is included in this month's *Senior Monthly*. Click on cover above.

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## Lawrence Open Shelter director has deep roots in Lawrence

By Billie David

When Loring Henderson took on the job of director of the Lawrence Open Shelter, he was looking at it as part-time work—something he could do after his recent retirement. He could not have foreseen that this would lead to his involvement in the years-long struggle, controversy, fundraising and search for a suitable location that culminated in last month's move into the new shelter building on Franklin Park Circle.

"I thought, 'I'm retired. All I want is part-time work.'" Henderson said of accepting the position in 2003. "It was a night-time shelter and it had only a few employees."

Henderson's roots in Lawrence go deep. His family, Quaker on both sides for six generations, include members who were buried in Oak Hill Cemetery as early as the 1850s.

"My great-great-great grandmother was the first minister of the Friends Church in Lawrence. It was quite a large church," he said, explaining that from their beginning Quakers believed in the equality of women.

The original church, located at 11<sup>th</sup> and Oregon streets, was torn down when the church moved to 15<sup>th</sup> and New Hampshire. Later some people

broke off from the church and formed the Oread Friends Meeting.

"That's what I go to. It's at 12<sup>th</sup> and Oregon," Henderson said.

Being raised as a Quaker instilled in Henderson the traditions that influenced his career choices and history of volunteering as an adult.

"It's not so much the volunteering, but the sense of doing the right thing that Quakers do, and doing it quietly," he explained.

Henderson was born in Lawrence 74 years ago, but moved with his parents to the Kansas City area when he was four. His father was a postal clerk and his mother was an office worker, doing payroll.

Henderson studied English and history at the University of Kansas and graduated in 1961.

Lawrence was a bit smaller in those days.

"There was no bookstore in Lawrence back then except a tiny little space called the Book Nook near where the Varsity Theatre used to be," he said. "When I came back in '93, at that time there were six bookstores."

"There was also a lot going on on the campus—a lot was going on in the country," he added, alluding to the beginning of the civil rights move-

KEVIN GROENHAGEN PHOTO



**Loring Henderson**

ment, the increasing U.S. involvement in the Vietnam conflict, the struggle for women's rights and other events leading up to the unrest on college campuses in the 1960s and early 1970s.

"I was involved in some of that, but it was just the beginning," he said.

After graduation, Henderson considered his next step.

"In those days there was the

draft," he said.

Because his family attended the more conservative Quaker church, they were not as strongly pacifist as other Quakers and didn't believe that he should avoid the draft. But, instead of waiting to be drafted, Henderson chose to enlist, which gave him the choice of the branch in which he would serve.

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### Kaw Valley Senior Monthly

**Kevin L. Groenhagen**  
Editor and Publisher

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## Marie Thompson at Drury Place

We had the best time visiting with my mom while my brother and sister in law were in Lawrence. We were in and out of Drury Place at Alvamar for almost a week and were always made to feel so welcome by Sandy and all of the staff. We attended the Fall Festival and enjoyed the great food and entertainment. What a great job everyone does to make Drury Place a good place for my mom to call home!!

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## Loring Henderson

■ CONTINUED FROM PAGE THREE

"I chose the Navy, rather than be drafted, to see the world," he said.

And see the world he did. He went to San Diego and then on to a ship that for the next two years would take him to Taiwan, Hong Kong, the Philippines, and Hawaii.

"I went to Alaska for one year while I was in the Navy, and then to Washington, D.C., for three years," he said, adding that after a stint with the National Security Agency he left the Navy in 1967.

But he stayed in Washington, D.C., for 27 more years.

"I was a history major at KU, and Washington has a lot of history," he said of his decision to stay.

There were the Vietnam War protests, Nixon's resignation, civil rights...

"I was watching history happen," he said.

For two years Henderson partnered with a friend to go into the shoe business. His business partner knew about shoes and Henderson knew how to find available locations.

"We had four shoe stores. I'm not a businessman, but I did that for a couple of years. It was a digression for me," he said. "Most of the time in Washington I worked for a string of non-profit organizations."

That included the position of executive vice president for the National Security Education Fund, administrator for the Institute for Policy Studies, and deputy director at the Center on Budget and Policy Priorities.

"Every few years I had an itch to get out of Washington," Henderson said.

So he spent a year in Arizona working with a network of food banks, and he also went to Africa, where, as advisor for the International Voluntary Service in Zaire in 1972 and 1973, he worked on a program to revive cooperatives.

But regardless of the many positions he filled in his career, the highlight of his time in Washington, D.C., was his volunteer work.

"I was working in the soup kitchen," he said. "I volunteered there for maybe 15 years."

Eventually, however, it was time to move back to Lawrence.

"My parents were aging, and my mother was ill," he said.

That was 20 years ago. For the next 11 years, Henderson commuted to Kansas City, where he was director of the Redemptorist Social Services Center, which provided emergency assistance and other kinds of help to low-income people in Kansas City.

"Instead of being a volunteer on the side, I made that my focus," he said, explaining that his working career in Washington had been in research and lobby work.

Commuting to work had its drawbacks, though.

"I felt like it wasn't working too well for me to live in one community and work in another," he said. "I wasn't getting to know people from either place."

So in 2003, Henderson began serving on the board of the Lawrence Open Shelter, formed in 2001 to serve homeless people who were not being helped elsewhere by taking in people who had been drinking and so had been turned away from other places.

■ CONTINUED ON PAGE FIVE

## Volunteer opportunities

Lawrence Community Shelter director Loring Henderson credits the Lawrence community with helping to make the vision of opening the new shelter possible, but there are still plenty of ongoing needs that Lawrence citizens can help meet.

There's always a need for food, financial support and help with fundraising.

"People can cook and bring in an evening meal. We need coffee and socks all the time. We need a couple of drivers to take people to appointments," Henderson said.

There's also a need for people to socialize with guests and help break down barriers.

"We do a lot of that in the evenings around dinnertime," he said.

There's also a need for a handyman to do odd jobs around the place although these

jobs are not so clear in their new building.

You can volunteer to tutor, help guests learn clerical and vocational skills and resume writing, or even hire a guest to do yard maintenance.

Donations are welcome, including cleaning supplies, towels, blankets and paper and office supplies, food, baby wipes and diapers, books, magazines and board games.

New socks are needed, although the shelter doesn't accept other clothing items. Personal items such as CDs and CD players are welcome, as are items for personal grooming and first aid supplies.

More information on volunteer opportunities is available at [volunteer@lawrenceshelter.org](mailto:volunteer@lawrenceshelter.org) or by calling volunteer coordinator Kourtney Nelson at 785-832-8864.

## Loring Henderson

■ CONTINUED FROM PAGE FOUR

"I thought, 'well, it will help me to meet people in Lawrence,'" Henderson said of his decision to serve on the board.

In December of 2003, the Lawrence Open Shelter moved to 944 Kentucky. Shortly after that, when he turned 65, Henderson retired.

He thought about going overseas again, and even found a job in Bangladesh that would involve working with micro-businesses, but he decided to remain in Lawrence instead and took the part-time job as director of the shelter.

Located in the same building as the Lawrence Open Shelter was the Community Drop In Center, a place where the Lawrence homeless could go during the day to get out of the cold. As the program grew it added other amenities, starting with a place to eat breakfast, and do laundry, and expanding to offer services such as job training and help finding housing and employment.

Both organizations served essen-

tially the same people, so it made sense to merge them.

"There were two organizations, two directors, two boards," Henderson said. "It was inefficient. They merged in the beginning of 2005, and I became director and that became a full-time job."

The need for finding a better location became obvious.

"The building was too small. It was in a bad location. It was not adequate at all," Henderson said.

Still, the number of people requiring their assistance grew as services for the mentally ill were being cut and economic problems fed in to the number of people—including families—who needed help.

"We needed money, but mostly we needed space," Henderson said. "We went through years of searching. We looked at 30 or 40 places, but Lawrence is only so big."

Four different times they put money down on four different buildings, "but one thing or another intervened, like neighbors, logistics, cost and the physical layout."

And every time, they had to go through the zoning process with the

city.

Henderson is not sure when the tide changed, but at some point it did. In May of 2010, he was featured on *Good Morning America* as the person George Stephanopoulos most admired, and that may have helped lend credibility to the effort, but in the long run, Henderson believes, it was education that brought community support.

"It was a long, slow process," he said. "I think we just worked at it to show that homeless people are not criminals and shelters are not bad places that let people willy-nilly run around."

"Lots of people know someone who is homeless or who have family members who are homeless," he continued. "It's a complicated issue, and we as a society have contributed to it with underfunding, drugs, dysfunctional families, mental health issues. We lumped it all together, put it under one roof and called it homelessness."

Eventually attitudes expressed by community members and comments that appeared in the media went from negative to positive.

"By the time we did the capital campaign, the community was so supportive," Henderson said. "It's wonderful what the community did."

The support is not lost on the people who are staying at the shelter.

"The guests have made several comments about how appreciative they are about the help from the community," Henderson said. "They're all aware."

From the beginning, the goals of the Lawrence Community Shelter have been to help people with housing, jobs, benefits and intervention, including mental health and addiction.

Those goals haven't changed because of the move, but the larger space has allowed for growth and implementation of new programs that support those goals, such as a job-training curriculum that includes culinary, gardening, entrepreneurial, recycling and maintenance. Participants will receive a certificate of graduation after completing the training.

More information about the shelter, its programs and needs can be found at [www.lawrenceshelter.org](http://www.lawrenceshelter.org).



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# Advice for families coping with an older driver's changing abilities **Five steps to help improve financial—and physical—health**

(BPT) - As we age, and watch our loved ones grow older, it's important to think about—and plan for—a time when we may no longer be able to drive. But how do we decide when it's time to transition from driver to passenger?

In our busy suburban communities driving is essential to an independent lifestyle, and the decision to stop driving is a sensitive, personal one. In addition to creating practical challenges, giving up driving may stir feelings of anger, frustration, isolation and depression, so it is not to be taken lightly.

With the significance of driving in mind, family members can help older drivers make the transition from driver to passenger. But how do you initiate the difficult conversation? The experts at AARP Driver Safety and The Hartford offer some advice.

First, help older drivers stay safe behind the wheel for as long as possible. Adult children can help aging parents regularly maintain their vehicles. And if it's time for a new car, adult children can help identify choices with new technologies that can enhance safe driving, like reverse monitoring systems. Older drivers can brush up on their driving skills with AARP Driver Safety's course, which is specifically designed to help people 50 and older refresh their driving skills. To find a classroom course near you, call (888) 227-7669, or visit [www.aarp.org/findacourse](http://www.aarp.org/findacourse); or sign up for an online course. Courses are

available in English or Spanish.

Second, family members should observe an older loved one's driving by taking a ride as passenger and keeping an eye out for warning signs. It's important to look for changes in driving abilities. These signs include:

- Frequent "close calls" or near-crashes
- Unexplained dents or scrapes on vehicles, fences, mailboxes, garage doors, etc.
- Getting lost, even in familiar locations
- Difficulty seeing or following traffic signals, road signs and pavement markings
- Slower responses to unexpected situations, trouble moving the driving foot from the gas to the brake, and confusing the two pedals
- Misjudging gaps in traffic at intersections or on highway entrance and exit ramps
- Experiencing road rage or inspiring it in other drivers
- Easily becoming distracted while driving
- Difficulty turning around to check the rear view while backing up or changing lanes
- Receiving multiple tickets or warnings from law enforcement officers.

Third, if you notice a pattern of warning signs and an increase in frequency, then it's time to initiate a conversation. It's important to choose the right time, place and messenger.

"It's important that the right

person initiate the conversation," says Jodi Olshevski, a gerontologist and assistant vice president at The Hartford. "Research indicates that 50 percent of married drivers prefer to hear about driving concerns from their spouses first, then doctors and finally adult children. Whoever initiates the conversation should have a strong rapport with the older driver."

"Whoever it is should be empathetic, armed with facts about her driving and able to offer ideas for alternative transportation if needed," Olshevski advises.

Avoid bringing up the topic of driving during family gatherings. Instead, look for a quiet, private time when all parties involved will have privacy and minimal distractions.

If it's time to initiate a conversation with a parent or spouse about driving, AARP Driver Safety's "We Need to Talk" seminar can help. Developed based on information created jointly by The Hartford and MIT AgeLab, the free, online seminar helps caregivers and those with an older loved one initiate productive and caring

conversations about driving safety. To take the free seminar, visit [www.aarp.org/weneedtotalk](http://www.aarp.org/weneedtotalk), and to download or order a free guidebook, visit [www.thehartford.com/lifetime](http://www.thehartford.com/lifetime).

While many older Americans are staying safe on the roads and driving longer than ever before, for some, health-related changes in vision, hearing, flexibility or cognitive function can make them less safe behind the wheel. With planning, preparation and sensitivity, families can help make the transition from being a driver to being a passenger a bit easier for older drivers and those who love them.

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

(BPT) - Plans to improve health and finances are among the most common resolutions Americans make each year. Both are worthy goals, but did you know that improving your financial health may boost your physical health as well?

"Money problems are a well-known cause of stress, and the negative impact that stress has on one's physical health is well-documented," notes Lule Demissie, managing director of investment products and retirement at TD Ameritrade. "It makes sense that relieving stress through better financial planning, among other remedies, can help contribute to better physical health."

In fact, TD Ameritrade's Retirement Survey indicates that taking care of at least one important financial task—retirement planning—may help alleviate stress, both today and in the future. Women who started saving for retirement before their 30th birthday and contributed regularly to retirement savings reported feeling less anxious, frustrated or regretful, and more positive and satisfied about retirement compared to those women who waited to begin saving for retirement or who didn't regularly contribute to their retirement savings.

Fortunately, the steps for improving your financial health and physical health resemble each other. Whether your goal is to increase your retirement savings or the hours you spend exercising, these five steps can set you on the right path:

1. **Set a goal** - It's important to define your objective. Be as detailed as possible in painting a vision for your future—one that includes the accomplishment of your specific goal. Remember to place direct needs first.

2. **Create a budget** - A budget is the foundation for any solid financial goal. Track your monthly income and expenses, both the "needs" and "wants," and plan accordingly. You need to understand how you are already spending your money and how much you need to save to help achieve your goal.

3. **Establish a savings plan** - Prioritize where you allocate your money. First, it's a good idea to pay down high-interest debt such as credit cards. Next, consider establishing an emergency savings fund with enough cash reserve to cover at least six months of living expenses. Third, if possible, maximize

your retirement savings by contributing the maximum amount allowed by the IRS. If you can't contribute the maximum, remember that no amount is too small. If your employer offers a 401(k) match, try to take advantage of it. Remember to use easy "set it and forget it" strategies like auto-investing into your 401(k) and IRA and saving regularly will not be a burden.

4. **Develop an investment plan** - After you've established a budget and created a savings plan, it's important to make smart investment decisions with your remaining finances. Work with a professional to help evaluate important factors like risk tolerance, tax status, time horizon, etc. Make sure your investment plan aligns with both your short-term and long-term needs. If you have five years or less to reach your goal, you may need to find more liquid investment opportunities. If you have 10 years or longer to reach your goal, you may have more investment flexibility. If you prefer to do this last step independently there are many easy-to-use tools that can help you assess your risk tolerance and investment horizon.

5. **Get educated about money** - Money isn't the only thing you need to invest in order to improve your financial health. You'll also need to invest time to fully understand your personal financial situation and the options available to help you achieve your financial goals. Take advantage of free savings and planning tools on financial websites like TD Ameritrade's Life 2.0. The website offers investors access to free resources like retirement

calculators and portfolio planners, as well as information on how to make financial decisions that can help you pursue your financial goals.

"Just as it's never too late to take steps to improve your physical well-being, it's never too late to start saving for retirement," Demissie says. "Taking steps to improve your financial health can help relieve stress now and help you feel more confident about your plan for the future."

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## AARP's dating boot camp: Helping the 50+ audience win in the game of love

On the heels of debuting its new dating website, AARP Dating powered by HowAboutWe, the organization is ramping up the content on its new dating channel and launching the AARP Dating Boot Camp to encourage older singles to share dating tales and lessons in an effort to help them find love in the New Year. Running through February 28, AARP Online Dating experts Nancy Kelton and Ken Solin will offer dating tips and advice and encourage participants to put what they learn to the test in real life. Daters who are active on

AARP's Single and Mingle community can share their experiences for the chance to win weekly rewards and two \$10,000 grand prizes.

"Dating, at any age, can be an intimidating practice. From fun first-date ideas to new ways to meet people, we're challenging group members to find ways to break the ice offline," said Myrna Blyth, Editorial Director of AARP's media properties. "By giving a sense of community to

participants, the AARP Dating Boot Camp will give singles the tools to get back into the dating scene."

The goal of the AARP Dating Boot Camp is to help older singles date—offline and in person. Participants will be provided with weekly challenges, incentives, resources and expert advice in brand-new editorial postings and the online community Topics will include:

- Advice to making great profiles

- Meeting the right man/woman
- How to suggest a good date
- Photos to use
- What to avoid saying and doing on a first date

Additionally, AARP's Online Dating experts will pose challenges and questions each week for participants to submit their answers for the opportunity to win prizes.

Visit the AARP Dating Boot Camp at [www.sweps.aarp.org/dating](http://www.sweps.aarp.org/dating).

## Topeka Rotary Foundation to accept grant requests

The Topeka Rotary Foundation is issuing a Request for Proposal to award grants totaling \$15,000 in March.

The Foundation is the charitable gifting arm of the Topeka Rotary Club (downtown), and has recently adopted a new approach to gifting and civic support, said Joanie Underwood, chair of the foundation's gifting committee.

"We are synchronizing our annual charitable gifting within Shawnee County by adopting the Quality of Life goals defined by Heartland Visioning. We are also increasing our grant amounts considerably to make a greater impact," Underwood said. "Grant requests that leverage the assets and efforts of the recipients and those with broad collaboration to really make a difference in our community will be looked upon most favorably."

Proposals that seek to improve the quality of life in Topeka and Shawnee County through Arts, Culture, Recreation and Entertainment; or Public Health and Public Safety; or through Social Services will be considered. Any non-profit, tax exempt entity may complete a simple proposal form requesting up to \$5,000. The deadline for a RFP is February 12 and awards will be made in March.

The RFP form can be found online at <http://www.topekarotary.org/> by clicking on the story titled "Topeka Rotary Foundation Offers Grants" in the middle of the page. You may also call the Topeka Rotary Office at

785-232-7216. All proposals are to be submitted electronically to [dtrotary@swbell.net](mailto:dtrotary@swbell.net) and also with one signed, paper copy submitted by the deadline to: Rotary Club of Topeka, 420 SE

6th, Suite 121, Topeka, KS 66607.

"As we near the 100<sup>th</sup> anniversary of Topeka Rotary in 2014 we are very excited about this new approach to maximizing the gifting results in the

Topeka community," Underwood said.

Organizations with questions can contact Joanie Underwood, Gifting Committee Chair, 785-266-4529.

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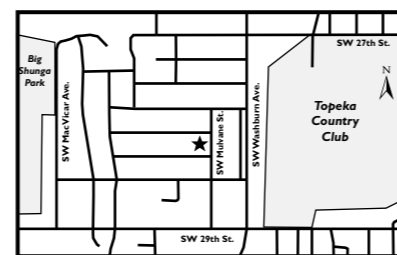


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# Upcycling gives used items renewed purposes

(BPT) - Everything old is new again. At least that's a simplistic take on the tenets of upcycling, which translates to giving renewed purpose to something others send to landfills. For consumers with a passion for do-it-yourself projects, and the boards on Pinterest to prove it, upcycling has taken root. Some ideas are as simple as investing in a set of sharpies to transform ordinary cabinetry knobs into one-of-a-kind home accessories. Others require more time, as in creating a working chandelier from white plastic spoons. It's a small step considering that Americans throw out enough disposable dinnerware to circle the equator 300 times, according to [www.earth911.com](http://www.earth911.com).

The Internet is littered with statistics estimating when our landfills will reach a tipping point. Other stats concentrate on the fact that trash must travel farther to meet its fate, which contributes to greenhouse gas emissions. In addition, individual states continue to consider putting in place stricter regulations for commercial

businesses in order to save landfill space.

In answer to the call for smarter manufacturing practices, many brands have found ways to reduce their contribution to landfills. For instance, fashion brand H&M recently announced its partnership with I:Collect. H&M customers may donate any article of clothing from any brand to any H&M retailer worldwide in exchange for a store voucher. I:Collect then repurposes the donated clothing. Since The Council of Textile Recycling reports that the average American throws away 70 pounds of clothing each year, this is yet another small dent in keeping usable materials out of landfills.

Another example is upcycling pioneer, Nike. Its Reuse-a-Shoe program launched in 1990, with more than 1.5 million pairs of post-consumer shoes now collected annually. Today, the company transforms those recycled shoes into Nike Grind, an ingredient used in making rubber flooring for gyms and weight rooms, along with running

tracks and playground surfaces.

For some, finding meaning in waste, especially when it comes to manufacturing, may be a new idea. However, many companies have been out in front of this trend long before it became fashionable. For instance, ECORE is North America's largest consumer of recycled scrap-tire rubber, reusing over 80 million pounds of material each year. Rubber is engineered to never degrade, decompose or deteriorate. This is a great quality, except when tires are left to decompose in a landfill. The company partners with Nike and uses Nike Grind as an ingredient in its recycled rubber flooring.

"At ECORE, we don't just follow best practices—instead we develop smarter processes and systems to make best practices better," says ECORE chairman and CEO, Arthur Dodge III. "It's how we produce 2.6 million pounds of waste a year, but send only 1.3 percent of it to the landfill."

Recycling rubber might be too high of a commitment when at home,

but there are a few easy steps people can take to keep reusable waste out of landfills:

**Separate trash:** If you don't already, separate your trash over the course of a week or two. In doing so, you'll gain an understanding for exactly what you throw away. Once you know what you have, find the right recycling centers in your community. And when it comes to food, consider composting.

**Research alternatives:** A certain segment of do-it-yourselfers already appreciate that one man's garbage is another man's treasure. Think about all the ways you can use, and reuse, materials in your home.

**Buy smart:** A little consideration in advance can go a long way in making your purchasing decisions. That may mean investing in products that are higher in quality, but enjoy a longer lifespan.

To learn more about ECORE and its mission to create solutions that eliminate wastefulness, visit [www.ecoreintl.com](http://www.ecoreintl.com).

## PERSONAL FINANCE

# Even with low rates, you can invest for income

Not long ago, the Federal Reserve (Fed) announced that it plans to keep short-term interest rates near zero until late 2014. The Fed initially pushed rates to that level in 2008, in an effort to stimulate economic growth. Clearly, low interest rates

matter of some concern, particularly if you own certain types of fixed-income investments, such as certificates of deposit. While CDs are insured, offer return of principal at maturity and provide regular interest payments, they are not risk-free. With low interest rates, you risk losing purchasing power.

Still, fixed-rate vehicles may well have a place in your portfolio. If you're even somewhat dependent on your investments for income, you may need to broaden your search. Here are a few ideas to consider:

• **Build a bond ladder.** Long-term bonds, by their nature, are more subject to interest rate risk than shorter-term vehicles. In other words, interest rates are more likely to rise during the life span of a longer-term bond — and when rates go up, the prices of existing bonds will fall. To help lower this risk, you may want to



Harley Catlin and Ryan Catlin

have a wide-ranging impact — but what effect will they have on you, as an individual investor?


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## HEALTH & FITNESS

### Tips for carpal tunnel sufferers

Thanks to computers, Carpal Tunnel Syndrome (CTS) is a famous ailment. The popular image of a CTS sufferer is someone who lives in front of a computer, hands glued to a mouse with aching wrists. But CTS affects many others as well, in big ways and small. Here are some tips you might find helpful.



Laura Bennetts

#### Tingling Hands?

An inflamed carpal tunnel in your wrist can make your hand ache, tingle, or lose all feeling, often at night (especially at first). The pain can be so acute that it wakes you repeatedly. The numbness can keep you from easily buttoning your shirt or turning the pages of a book. Your hands can feel so weak that you are unable to write for very long or slice fruit. These are classic carpal tunnel symptoms.

#### It's All in the Wrist

The carpal tunnel is a sheathed part of your wrist made up of ligaments, bones, and a soft tissue called synovium. Its function is to provide a friction-free path, moistened with synovial fluid, for the delicate nerves, arteries, and tendons that guide your hands. If the synovial lining becomes inflamed, the tunnel grows narrower, squeezing the median nerve when you move your wrist or forcefully grip an object. This pressure can rapidly weaken your grip and spark chronic pain and numbness.

#### What Should You Do?

There are two solutions when you have this problem—and the sooner you act, the better. The first solution is to stop or limit the activity that irritates your wrist, and the second solution is to decrease the inflammation in the tunnel.

What causes CTS? By now, most people know that repetitive motions like typing, assembly-line work, playing an instrument, and using a computer mouse or scissors can inflame the carpal tunnel. And some medical conditions, such as diabetes and arthritis, can spur carpal tunnel pain. Pregnancy, menopause, and thyroid problems are also risk factors.

#### Get Help From an OT

Occupational Therapists (OTs) are hand specialists. So it's wise to get help from an OT, both to learn what activities irritate your wrist and to get help. Irritation might be caused by positioning your wrists awkwardly on the steering wheel, or sleeping with your hand curled under the pillow. Your OT might teach you to hold your wrists in a neutral position when you drive or wear soft splints at night.

For some people, these solutions are enough to heal the tunnel and stop the pain. But if simple adjustments like this aren't enough, other treatments can help as well.

#### Special Modalities

Other ways to decrease inflammation include ultrasound, infrared light therapy, and iontophoresis. Ultrasound uses sound waves to increase circulation. Infrared light therapy increases circulation by shining light deep into the affected area. Iontophoresis decreases inflammation with ionic current that delivers anti-inflam-

mation medication to the inflamed area. Once the pain and swelling are reduced, the next step is to strengthen your arm and hand.

#### A Firmer Grip

Carpal tunnel syndrome can make your hand very weak. To determine how much strength you need to regain, your therapist can use a dynamometer to measure your grip strength and learn how that compares to normal for people of your age, sex, and occupation. Ideally, everyone should be as strong as possible, but what we need, above all, is functional strength. Carpenters typically need a minimum of 120-40 pounds of grip strength, while computer specialists may need at least 75 pounds of grip strength.

Remarkably, CTS can reduce your grip strength to as little as five pounds! To return to normal can take a month to six weeks of exercise. Your therapist will guide you in a progression of exercises that will improve your strength without triggering pain.

#### If You Have Surgery

Sometimes CTS doesn't respond to therapy or medication. In some cases, surgery may be needed to enlarge the

carpal tunnel to relieve the pressure on the median nerve. After surgery, to remedy any remaining muscle weakness or pain, the doctor will send you to a therapist to ensure full recovery. Prescribed exercise programs seldom take more than four-to-six weeks of effort, but during these weeks you need to push yourself, with a focus on exercise at home.

Many people try to cope with CTS by relying just on their stronger hand. But this places undue stress on your good hand and reinforces the weakness of your sore wrist. A better solution is treatment to facilitate genuine recovery. With help from your therapist, your can resolve your pain and regain your strength.

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

## HEALTH & FITNESS

### 'Holy herb' has many uses

Hyssop's Latin name is *Hyssopus officinalis*, and it is a native species to Southern Europe, the Middle East, and the area around the Caspian Sea. Hyssop is an aromatic plant, with branched stems and extremely fine hairs at the tips. The leaves of the plant are narrow and oblong. Small blue flowers bloom



Dr. Farhang Khosh

on the upper part of the branches during summer. It also can be found growing in parts of the United States, most likely due to the European immigrants bringing it to the United States many years ago.

Hyssop has been used since ancient times, with references dating back to Greek literature. Hippocrates prescribed it for pleurisy, while Dioscorides prescribed hyssop for asthma and phlegm. In addition, the use of Hyssop as an herbal remedy dates back to Biblical times with it being mentioned in both the Old and New Testaments as a cleansing agent. Traditionally, some beekeepers have used Hyssop to produce aromatic honey.

The nonmedical uses of the Hyssop are wide and variable, including cooking with the herb, and also with it being used as a spice. The hyssop leaves are used as a condiment in many dishes. The leaves have a bitter taste and a minty aroma, which

stimulate the digestive system. Hyssop is also used to flavor liquor. It can be found in mouthwashes due to its minty flavor and antiseptic properties. In addition, the essential oil has been used in perfumes, soaps, hand lotions, and creams. It can be found in many teas and candies do to the minty flavor.

Hyssop is used medicinally as an expectorant, diaphoretic, stimulant, and peripheral vasodilator, digestive tonic, antispasmodic and carminative. The healing virtues of the plant are due to the particular volatile oil it possesses. It promotes expectoration and is ideal for a soothing cough expectorant. It has been used as a warm infusion and Hyssop tea is very well known. Folk remedies use Hyssop to improve the tone of a weak stomach, to calm hysteria, depression, exhaustion, common cold, intestinal worms, night sweats, gout, anxiety, circulatory disorders and pulmonary diseases such as asthma and bronchitis. In America, an infusion of Hyssop is used externally for the relief of muscular rheumatism, bruises, contusions, and to heal cuts. Hyssop baths have been used to heal rheumatism. The vapors of Hyssop have been used to treat inflammation and tinnitus.

However, a person needs to be cautious when using Hyssop essential oil because it can stimulate the central nervous system and can cause seizures (one reported case). When using Hyssop or any herbal medication it is always advisable to check with your health care provider.

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

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## RETIRE SMART

### Financial resolutions for 2013

When you think about it, New Year's financial resolutions may be easier to keep than losing weight or quitting that smoking habit. According to a study by Fidelity Investments, 62 percent of consumers say that they stuck with their financial resolutions in the past, compared with only 40 percent who kept their other resolutions.



Jill  
Schlesinger

Despite this evidence of success, 38 percent of respondents to the Fidelity New Year Financial Resolutions Study think it's harder to keep financial resolutions than non-financial ones. But that has not kept them from trying. A record number of consumers (46 percent) are considering making financial resolutions—a number that has increased 31 percent since the tracking study started in 2009. The top three New Year's financial resolutions are to: (1) save more (52 percent); (2) spend less (19 percent); and (3) pay off debt (19 percent).

But wait, another survey found that most Americans are skipping financial resolutions all together. According to the annual New Year's Resolution Survey from Allianz Life

Insurance Company of North America, a staggering 84 percent of Americans surveyed said that they will not include financial planning in their resolutions for 2013.

So which survey is right? From over here in the real world, the answer is, "who cares?"

Whether you call it a resolution or a plan, here's what I have learned after being in the business for over two decades: It's much easier to reach a financial goal when you articulate it and create a plan of action to achieve it.

You need not go overboard with this process. While many financial planners will create comprehensive plans that aim to tackle every area of your life, you should concentrate on the three most important components for your 2013 resolutions. Once you have tackled them, move on to the next three, and so on.

If you don't know where to start in terms of setting your resolutions/goals, check to see whether you have these three core components covered: zero consumer debt (credit cards, auto loans), adequate emergency reserve funds and maximization of retirement plan contributions.

Debt burdens have dropped dramatically over the past five years: U.S. households spent 10.6 percent of their after-tax income on debt payments in the third quarter of this year, the lowest level since 1983, according to the Federal Reserve. That's good news, since it's nearly impossible to tackle other financial goals until con-

sumer debt is paid down.

It's still amazing how few Americans have adequate savings cushions to guard against unforeseen events. The general recommendation is to hold 6 to 12 months of living expenses in cash or cash equivalent accounts. Considering that the average duration of unemployment is still running about 40 weeks, this level of savings should allow you to ride out many a financial storm without raiding your retirement assets. For those in retirement, consider carrying 12 to 24 months of expenses.

Many people are contributing to retirement plans up to the level at which their employer matches, which is often 6 percent. But that amount is not going to be sufficient long term. To hit your goals, chances are you will probably need to put away 15 percent of your salary, or in some cases, even more. The federal government is helping by increasing the 2013 limit for employees who participate in 401(k), 403(b), most 457 plans and the government's Thrift Savings Plan to \$17,500 from \$17,000. The catch-up contribution

limit for employees aged 50 and over remains unchanged at \$5,500. The limit on annual contributions to traditional and Roth IRAs will rise by \$500 to \$5,500.

If you have these three goals covered, the next three should include areas that are usually given short-shrift in the hierarchy of planning: tracking your expenses, drafting/ updating wills and other estate documents, and reviewing insurance coverage (life, disability, long-term care, and property and casualty). These are not sexy topics, like investing can be, but without them, your financial security could be at risk.

Consider these goals as ways to improve your financial health and to make 2013 a happier one!

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

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## MAYO CLINIC

### Left untreated, celiac disease can result in serious complications

**DEAR MAYO CLINIC:** What are the early symptoms of celiac disease? What causes this disease?

**ANSWER:** Celiac disease is a digestive disorder triggered by gluten, a protein found in foods that contain wheat, barley or rye. When people who have celiac disease eat gluten, the result is a reaction in their small intestine that can lead to symptoms such as diarrhea, abdominal pain, bloating and weight loss. Early diagnosis of celiac disease is important because if left untreated the disorder can result in serious complications.

Celiac disease is an immune disorder. The immune system mistakenly targets 'friends,' like foods or even healthy organs and tissue. When a person has celiac disease, the body's immune system overreacts in response to gluten, damaging the small intestine and reducing its ability to absorb nutrients.

The underlying cause of celiac disease appears to be based, in part, on a person's genetic makeup. Research has found that celiac disease tends to run in families, and some gene types increase a person's risk for developing the disease. There's more involved than just genetics, though. Most people who have the gene types that put them at risk for celiac disease never develop the disorder, while others begin having symptoms early in life, and still others are not affected until their 60s or older.

Conditions that put a person's immune system on high alert may activate the disease. For example, some research suggests that certain infections, particularly gastroenteritis, could spark the immune system response associated with celiac disease. The disease is more common in children delivered by cesarean section. Pregnancy also may play a role. Some women develop the disease several months after giving birth.

When celiac disease begins, the most common symptoms are diarrhea, abdominal pain or bloating, especially after meals. People with celiac disease may lose weight because their bodies are not able to

absorb enough nutrients from food.

Over time, a range of problems may develop as a result of the body's reaction to gluten - from skin rashes and lactose intolerance to infertility, bone weakness and nerve damage. These can often happen even in the absence of digestive symptoms.

If you have symptoms of celiac disease, see your doctor to have them evaluated before changing your diet. Diagnosing the disease typically involves a blood test and a biopsy of tissue from the small intestine to check for damage. In a few cases, genetic testing may also be helpful.

Celiac disease has no cure but can be managed by avoiding all sources of gluten. Once gluten is eliminated from your diet, your small intestine can begin to heal. The earlier the disease is found, the less time healing takes. For example, most children diagnosed with celiac disease heal completely within six months when gluten is removed from their diets.

Full healing can take longer for adults, sometimes up to a year or two. People who have symptoms for quite a while may take longer to heal, and some never completely recover. In addition, certain advanced complications of the disease may not be reversible, including infertility and severe bone loss. For most people with celiac disease, however, symptoms ease significantly once they start to avoid gluten.

Completely eliminating gluten from your diet can be challenging because gluten is found in many common foods, including bread, pasta, cookies and pizza crusts, just to name a few. But those who have celiac disease need to completely eliminate gluten from their diet, because even small amounts can continue to damage the small intestine.

Fortunately, as awareness about celiac disease has increased, more gluten-free items are available in many grocery stores. If you have been diagnosed with celiac disease, consult with a dietitian who can help you plan a healthy gluten-free diet. - Joseph

Murray, M.D., Gastroenterology, 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

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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.

shows up demanding to know why Leslie has changed and won't see her anymore. Please call for dates, times and ticket prices. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. TOPEKA, (785) 357-5211 www.topekacivictheatre.com

**FEB 2 AN EVENING WITH SUZANNE VEGA AND DAUGHTER RUBY FROOM**

Suzanne Vega, "the quintessential female singer/songwriter of the modern era," (Dallas Morning News) will perform works from her exceptional career with her daughter and upcoming musician Ruby Froom. Vega is known for her distinctive, clear vibrato-less voice, which has been described as "a cool, dry sandpaper-brushed near-whisper" and "plaintive but disarmingly powerful." Since releasing her critically-acclaimed debut album in 1985, Vega has been giving sold-out concerts in the world's best-known venues. Vega's song Tom's Diner was written about Tom's Restaurant at 112th Street and Broadway in New York City. This restaurant was later made famous because the exterior shots of Tom's were used in the sitcom Seinfeld. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787 www.lied.ku.edu/events/suzanne-vega.shtml

## ART/ENTERTAINMENT

JAN 18-FEB 9 **LOVE, SEX AND THE IRS**

Here is a wild farce with twists of fate, sight gags, mistaken identities and hilarious comic lines. Jon Trachtman and Leslie Arthur are out of work musicians who room together in New York City. To save money, Jon has been filing tax returns listing the pair as a married. The day of reckoning comes when the Internal Revenue Service informs the "couple" they're going to be investigated by a Mr. Spinner. Leslie masquerades as a housewife, aided by Jon's fiancée, Kate. Complicating matters further, Leslie and Kate are having an affair behind Jon's back, Jon's mother drops in unexpectedly to meet her son's fiancée, and Leslie's ex-girlfriend

**FEB 3 THE SENIOR CLASS**  
A great offshoot from TCT's widely successful company, Laughing Matters, The Senior Class is another zany troupe of comedians. Only this time, it's the company is made up entirely of over 55 year old actors in our community. This group defines life in the golden years as a terrifically fun-filled trip. Admission fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. Doors open at 1 p.m. Show begins at 2 p.m. TOPEKA, (785) 357-5211 www.topekacivictheatre.com

**FEB 4 FRITZ AND FRIENDS**  
Don't miss this special evening by Ottawa Suzuki Strings as they celebrate the music of Fritz Kreisler, one of the greatest violinists of all time. Featuring special guest Terry Durbin as Fritz Keisler Tickets are now on sale. First Baptist Church, 4th & Hickory, 7 p.m. OTTAWA, (785) 242-0242 www.ottawasuzukistrings.org

**FEB 7 GURU OF CHAI - INDIAN INK THEATRE CO.**  
Presented by the Indian Ink Theatre Company, Guru of Chai is ready to awaken us to the power of the divine. The cast consists of a musician and founding partner Jacob Rajan, who will portray 16 characters. Set in the central train station in Bangalore, India, a poor chaiwallah's

(tea seller) life is changed forever when a young girl is abandoned in the busy station and brings the place to a standstill with her beautiful singing. The cultural contradictions of India, with its iPhones and ancient gods, form the backdrop to this story about the dangers of keeping your soul locked in a cage. Lied Center of Kansas. LAWRENCE, (785) 864-2787

**FEB 9 PIANO & SINGING WITH JEAN DRUMM**  
Drury Place at Alvarmar, 1510 Saint Andrews Dr., 2 p.m. Open to the public. LAWRENCE, (785) 841-6847

**FEB 12 VINTAGE PLAYERS**  
Drury Place at Alvarmar, 1510 Saint Andrews Dr., 4 p.m. Open to the public. LAWRENCE, (785) 841-6847

**FEB 21 RUSSIAN NATIONAL ORCHESTRA**  
A panel of international critics named the Russian National Orchestra one of the world's top orchestras. Known for innovation and excellence, it has pioneered a new structure for the performing arts in Russia and is known for outstanding artistic programs. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787 www.lied.ku.edu/events/russian-orchestra.shtml

■ CONTINUED FROM PAGE 16  
**FEB 21 CONCERT BY DARRELL LEA**  
Drury Place at Alvarmar, 1510 Saint Andrews Dr., 6:30 p.m. Open to the public (cost - donation to performer). LAWRENCE, 785-841-6847

**FEB 26 SING ALONG WITH BOBBY**  
Drury Place at Alvarmar, 1510 Saint Andrews Dr., 10:45 a.m. Open to the public. LAWRENCE, 785-841-6847

**BINGO**  
SUNDAYS & TUESDAYS **AMERICAN LEGION POST NO. 1**  
3800 SE Michigan Ave, 6:30 p.m. TOPEKA, (785) 267-1923

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

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

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

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

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

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

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

FRIDAYS **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

MAR 7 **VA BENEFIT MEETING**  
Drury Place at Alvarmar, 1510 Saint Andrews Dr., 6:30 p.m. Open to the public. LAWRENCE, 785-841-6847

**HEALTH & FITNESS**  
MONDAYS THROUGH FRIDAYS **FIT FOR LIFE**  
LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee. LMH KREIDER REHABILITATION SERVICES LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

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

FIRST TUESDAY OF THE MONTH **MAN TO MAN PROSTATE CANCER SUPPORT GROUP**  
Meets at Lawrence Memorial Hospital, 5:30 p.m. LAWRENCE, (785) 393-1256

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

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

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

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

THIRD THURSDAY OF EACH MONTH **BLOOD PRESSURE CLINIC**  
HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland ■ CONTINUED ON PAGE 18

## MISSION TOWERS

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Age 62 & older.  
4950 SW Huntoon • Topeka 785-273-2944

## Alzheimer's Care Update

by Scott Schultz

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

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

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

For more information: 785 594 2603 comfortcarebaldwin.com



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■ CONTINUED FROM PAGE 17

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 6

### CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$6/ test. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, (785) 549-5800

FEB 9

### LMH HEALTHY HEARTS FAIR

Low cost lipid (cholesterol) blood tests, free health screenings and exhibits focused to prevention of cardiovascular disease. Lawrence Memorial Hospital, 8-10:30 a.m. LAWRENCE, (785) 749-5800

MAR 6

### CHOLESTEROL SCREENING

See February 6 description. HealthSource room, Lawrence Memorial Hospital, 8:30-10 a.m. LAWRENCE, (785) 749-5800

## HISTORY/HERITAGE

JAN 6, MAR 3, APR 7 & MAY 5

### KANSAS TERRITORIAL CHARACTERS

The Lecompton Reenactors present "Kansas Territorial Characters," a play by J. Howard Duncan. The play features some of the famous and not-so-famous characters from the turbulent time period known as "Bleeding Kansas." Constitution Hall State Historic Site, 319 Elmore, 2 p.m. Admission fee. Kansas Historical Foundation members and children 5 and under admitted for free. LECOMPTON, (785) 887-6520

JAN 27-FEB 24

### LECOMPTON'S 2013 BLEEDING KANSAS PROGRAM SERIES

The 17th annual "Bleeding Kansas" program series presented on five consecutive Sundays at 2 p.m. at Constitution Hall State Historic Site. Suggested donation \$3 adults. Jan. 27 "Kansas" First Territorial Elections & the Lecompton Constitution" a "Kansas Day" program by Kris Kobach, Kansas Secretary of State Feb. 3 "A Few Words in Figures: Breaking John Brown, Jr.'s Civil War Cipher" by Bill Hoyt, Pittsburg State University Feb. 10 "James

Henry Lane: Popular Sovereignty Advocate for Territorial Kansas" by Donna Devlin, Smith Center (Kansas) Public Schools Feb. 17 "The Big Divide: A Complete Guide to Historic and Civil War Sites in the Missouri-Kansas Border" by Diane Eickhoff & Aaron Barnhart, authors Feb. 24 "Bleeding Kansas: The Real Start of the Civil War" by Robert C. Jones, President, Kennesaw (Georgia) Historical Society. Constitution Hall State Historic Site, 319 Elmore St. LECOMPTON, (785) 887-6520  
www.lecomptonkansasa.com

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9-10 a.m. Presbyterian Manor, 1429 Kasold Dr., Lawrence, 10:30-11:30 a.m. Vermont Towers, 1101 Vermont St., Lawrence, 1-2 p.m.

WEDNESDAYS

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

FRIDAYS

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

## LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH  
Midland Adult Day Care, 319 Perry St., 10 a.m.

Cottonwood Retirement 1029 New Hampshire, 2 p.m. Babcock Place, 1700 Massachusetts St., 3 p.m.

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

## MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS

### WATER AEROBICS CLASSES

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

FIRST MONDAY OF EACH MONTH

### BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

### BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

### BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

### CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

### CAREGIVER SUPPORT GROUP

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

FIRST TUESDAY OF EACH MONTH

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

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

FIRST & THIRD TUESDAY OF EACH MONTH

### SCRAPBOOK MEMORIES

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

FIRST & THIRD TUESDAY OF EACH MONTH

### GRIEF SUPPORT GROUP

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

FIRST & THIRD TUESDAY OF EACH MONTH

### GRIEF SUPPORT GROUP

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

TUESDAYS

### GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS

### GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS & THURSDAYS

### WATER AEROBICS CLASSES

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

FIRST & THIRD TUESDAY OF EACH MONTH

### HEALING AFTER LOSS BY SUICIDE (HEALS)

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

FIRST WEDNESDAY OF EACH MONTH

### OLDER WOMEN'S LEAGUE

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

WEDNESDAYS AND SUNDAYS

### OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)

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

THURSDAYS

### GRIEF & LOSS SUPPORT GROUP

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

FIRST THURSDAY OF EACH MONTH

### LAWRENCE AREA PARTNERS IN AGING

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

FIRST THURSDAY OF EACH MONTH

### PARKINSON MEETING

Midland Care, 200 SW Frazier, 5:30-7 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

FIRST & THIRD THURSDAY OF EACH MONTH

### TRANSITIONS SUPPORT GROUP

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

FIRST FRIDAY OF EACH MONTH

### STROKE SUPPORT AND RECOVERY GROUP

Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2 p.m. for

■ CONTINUED FROM PAGE 18

program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library. TOPEKA, (785) 232-7765

SECOND MONDAY, SEPT-MAY

### LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

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

SECOND MONDAY OF EACH MONTH

### GRIEF AND ENCOURAGEMENT GROUP

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

SECOND TUESDAY OF EACH MONTH

### CAREGIVER SUPPORT GROUP

Independence, Inc. 2001 Haskell Ave., 1-2 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

SECOND TUESDAY OF EACH MONTH

### NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

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

SECOND TUESDAY OF EACH MONTH

### KAW VALLEY HERBS STUDY GROUP

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

SECOND TUESDAY OF EACH MONTH

### CAREGIVER SUPPORT GROUP

3 Sisters Inn, 1035 Ames St., 3:30-4:30 p.m. BALDWIN CITY, (785) 235-1367 or (800) 798-1366

SECOND WEDNESDAY OF EACH MONTH

### MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH

### DIABETES EDUCATION GROUP

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

SECOND WEDNESDAY OF EACH MONTH

### SOROPTIMIST INTERNATIONAL OF TOPEKA

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

SECOND THURSDAY OF EACH MONTH

### CAREGIVERS SUPPORT GROUP

Learn more about caregiving, share your caregiving ideas and learn new ones. Find out about living options for your loved one and share comfort among others who are going through the same things. Refreshments are provided. Meets at The Windsor of Lawrence, 3220 Peterson Rd., 4 p.m. Call to RSVP. LAWRENCE, (785) 272-9400

SECOND THURSDAY OF EACH MONTH

### NAACP MEETING-LAWRENCE CHAPTER

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

SECOND & FOURTH FRIDAY OF EACH MONTH

### ALZHEIMER'S/CAREGIVER SUPPORT GROUP

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

SECOND SATURDAY OF EACH MONTH

### HAPPY TIME SQUARES DANCE CLUB

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

THIRD MONDAY OF EACH MONTH

### CAREGIVER SUPPORT GROUP

Oskaloosa Public Library, 315 Jefferson St., 2-3 p.m. OSKALOOSA, (785) 235-1367 or (800) 798-1366

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

THIRD THURSDAY OF EACH MONTH

### LUNCH AFTER LOSS

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

THIRD THURSDAY OF EACH MONTH

### CAREGIVER SUPPORT GROUP

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

THIRD FRIDAY OF EACH MONTH

### CAREGIVER SUPPORT GROUP

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

THIRD SATURDAY OF EACH MONTH

### TOPEKA WIDOWED PERSONS BRUNCH

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FOURTH MONDAY OF EACH MONTH

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### LAWRENCE PARKINSON'S SUPPORT GROUP

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

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### CAREGIVER SUPPORT GROUP

Countryside United Methodist Church, 3221 SW Burlingame Rd, 1-2 p.m. TOPEKA, (785) 235-1367 or (800) 798-1366

FOURTH WEDNESDAY OF EACH MONTH

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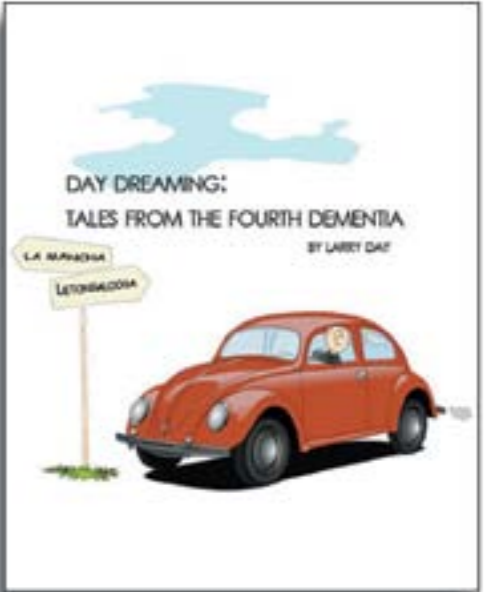



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# Governor Brownback announces new Kansas mental health initiative

Kansas Governor Sam Brownback announced on January 10 an initiative to provide \$10 million in targeted funding to better provide mental health services to the state's most at-risk and challenging populations, as well as the creation of a panel of experts to re-evaluate Kansas' current mental health system and make recommendations for improvements.

Lt. Gov. Jeff Colyer, M.D., Aging and Disabilities Services Sec. Shawn Sullivan and Corrections Sec. Ray Roberts joined the governor for the plan's unveiling at Wyandot Center Community Behavioral Health Care, Wyandotte County's community mental health center that serves the Kansas City area.

"Families with mentally ill loved ones face daily challenges the rest of us can only imagine," Governor Brownback said. "We chose to make our announcement at Wyandot Center because it is representative of Kansas 27 community mental health centers, which together form our state's critical mental health safety-net system."

"These publicly funded commu-

nity centers work tirelessly to provide accessible, affordable care to those affected. They bring hope to Kansans and their families. I am committed to strengthening this system and making it more effective," Governor Brownback said.

The initiative will provide targeted funding to better serve Kansas most at-risk and challenging populations. Some mental health patients, despite having access to care, are resistant to treatment and refuse to engage with organizations that can help them. These individuals often end up in crisis and experience repeat hospitalizations.

"This is an area in which our mental health system can be transformed," Lt. Gov. Colyer said. "This new initiative, like KanCare, will coordinate services around a person's specific needs. However, this program will target people who are not on Medicaid."

The governor's proposal would establish a collective regional system of services for the most challenging cases, including intensive case management, care coordination, parent- and peer- support services, cri-

sis-stabilization services and other evidenced-based practices. It also would provide funding to all 27 CMHCs that demonstrate they are focusing on evidence-based programs that target at-risk and challenging consumers.

"We expect this new initiative to result in increasing patient engagement and increased use of the resources that can support these individuals, regardless of where they live in Kansas," said Sec. Sullivan.

"I expect the new task force to perform a thorough evaluation of our current mental health system and make recommendations for improvements. Task force members will be experts in mental health, medicine, and criminal justice," the governor said. "While many Kansans and their families currently live under the dark cloud of mental illness, my hope is that this new initiative will be the start of a brighter day."

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**A:** Medicare is stronger than ever now, and recent events have not changed your benefits. There are some changes for 2013, as there are every year. But Medicare is here for you, and in many ways has better benefits than ever before. Most of the improvements are due to the Affordable Care Act.

For example, Medicare's wide-ranging preventive services, many of which are provided to you with no out-of-pocket cost now, are unchanged. In fact, Medicare Part B now has improved benefits for those trying to quit smoking in the New Year. Eight face-to-face counseling sessions for smoking cessation are now covered. Part B also offers obesity screening and counseling. In some cases, co-payments apply for these.

In 2013, people with Medicare Part B will also pay less out of

pocket, for outpatient mental health treatment. The co-payment is now 35%, down from 50%. For the initial diagnosis, you'll continue to pay 20%. Medicare pays the rest.

And Medicare Part D (prescription drug) plans are now allowed to cover benzodiazepine and barbiturate medications, such as those used to treat chronic mental disorders, as well as cancer and epilepsy. Prior to this year, Part D coverage was not allowed for these prescription drugs, unless your plan paid the entire cost.

People with Medicare Part D plans will also see a greater discount for their medications, once they reach the coverage gap, or "donut hole." The discount has increased from 50% in 2012, to 52.5% for brand-name medicines your plan covers, and from 14% in 2012 to 21% for generic medicines, in 2013. These discounts will be applied automatically at your pharmacy or mail-order supplier. You don't have to ask for them. Those with Original Medicare will

begin to see newly-designed, easier to understand quarterly Medicare summary notices starting later this year. The language is simpler, the print is larger, and there are clear definitions right on the form. There are also step-by-step instructions for you to check the form's accuracy, appeal anything that is wrong, or report potential fraud in your account. It's one more way Medicare is safeguarding your benefits—and taxpayer dollars. The new forms will be phased in between February and June, depending on the state you live in.

Medicare premiums and deductibles have increased slightly in 2013. By law, the premium must cover a fixed percentage of Medicare's expenses. Premium increases are in line with projected cost increases. Medicare Part B premiums have gone up slowly over the past five years—an average of less than 2 per cent per year. The Part B premium for most

people in 2013 is \$104.90 per month, up \$5, and the annual Part B deductible is \$147, an increase of \$7, compared to 2012. The Part A deductible, if you are admitted to a hospital, is \$1,184, an increase of \$28.

For more information, call 1-800-MEDICARE, which is, 1-800-633-4227. Medicare's national toll-free helpline is available 24 hours a day, seven days a week, or visit www.medicare.gov.

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**HUMOR**

# Ski-daddle

**Everyone who walks in ski boots does the ski boot strut.**

There are factions within virtually every community, no matter how homogenous. In La Mancha, the posh section of town where the streets are winding and the house numbers are



Larry Day

hand painted on Spanish tile, a conflict between two factions—the skiers and the non-skiers—caused a big stir last month. Residents of La Mancha, who pride themselves in speaking delicately, call public disagreements a stir; most people in town call them a stink.

It may seem strange that there's a ski faction in Letongaloosa. One winter storm dumps more snow on the Utah's ski slopes than falls on this town in a whole year. But there are a lot of avid skiers here, and

among them, members of La Mancha's ski faction are among the most zealous.

Everyone in La Mancha has a pile of money, but Myndie Martineau has the oldest pile of all, so Myndie almost always gets her way. Myndie's favorite social is a Winter Formal that is always held in the grand ballroom in mid-January. The big stir occurred because Myndie changed the date of the Winter Formal. The new date came at the same time as the annual ski trip that people who live in La Mancha call the Ski-daddle. The Ski-daddle is sacred to members of La Mancha's skiers, and years ago they fought vigorously to have it included on La Mancha's annual calendar of events.

That was one of the few tussles that Myndie ever lost. People say that's the real reason she came up with an excuse to change the date for the Winter Formal. With the change, the Winter Formal would come on the last day of the skiers' annual Ski-daddle in Utah. The skiers would have to fly back early or miss the Winter Formal. That situation set up a test of wills between Myndie Martineau and an unlikely opponent—Ethan Pontleroy.

As everyone in La Mancha knows, Ethan Pontleroy is quiet and submissive and is as good a man as ever put-tered around on this sin-scarred old planet. A few years ago shy Ethan was chosen "Man of La Mancha" in a contest cooked up by Myndie. He reluctantly accepted the honor to keep peace with her.

But when the matter came up before La Mancha's governing board, the Council of Seven, Ethan, who is an avid skier, spoke for the Ski-Faction against Myndie and her non-ski-faction cohort.

"The Winter Formal must go on as currently scheduled," Myndie told the Council. "Thousands of dollars of expense and hundreds of hours of effort are required to make this event successful."

"Those efforts will not be compromised if the Winter Formal is postponed a couple of days," Ethan told the Council. "The ballroom and the orchestra will be available at the later date. On the other hand, the annual Ski-daddle trip dates can't be changed because airline and ski resort reservations were made and paid for months ago. People have planned their schedules months in advance."

In the end, and not surprisingly, Myndie prevailed. The Council of Seven voted four to three to hold

the Winter Formal on the new date Myndie had set. In La Mancha, the decision of the Council of Seven is final.

After the meeting Myndie couldn't resist gloating. She walked up to Ethan.

"We'll expect to see you and all the other skiers on the floor for the first dance of the Winter Formal."

"You can count on it," said Ethan. But when the time came, and the dancers gathered on the dance floor wearing their tuxedos and formal gowns, there was not one ski-faction member present.

The orchestra conductor stepped to the microphone. "Ladies and gentlemen, welcome to the Winter Formal." He raised his baton.

At that moment the doors of the ballroom swung open, and members of the ski-faction, wearing full ski slope attire and unwieldy ski boots, clomped onto the dance floor.

Ethan Pontleroy clomped over to where an awestruck Myndie Martineau stood and bowed.

"May I have this dance?"  
- Larry Day, B.A., M.A., Ph.D., editor, Journal of Feline Medicine and Surgery. "I'm not certain of what's happening, but here's what we know. Cats are driven by pheromones (chemicals secreted by an animal that influences the behavior or development of other members of the same species). Ants are also influenced by pheromones (that's how they know how to follow one another, for example). Perhaps, your cat is somehow sensing pheromones or the smell

**PET WORLD**

## Pheromones could be what's driving your cat 'crazy'

SAN DIEGO, CA - These reader questions were answered at the Central Veterinary Conference West, held at the San Diego Convention Center, Dec. 5-9.

**Q:** Why does my cat go crazy if I step on an ant? She'll roll around on the spot. - W.G., Cyberspace.

**A:** "I suspect it's all about the smell," says Vancouver, BC-based feline veterinarian Dr. Margie Scherk,

itself of crushed ants."

**Q:** My cat was diagnosed a few months back with renal failure. I've been giving her IV treatments at home. She recently began to sit on counters and in the bathroom sink. Also, she no longer wants to sleep in bed with me. I need to know she's not in pain. My vet can't explain these changes in the cat's behavior. Can you? - C.L., Cyberspace

**A:** "I wonder if this cat is seeking the smooth coolness of porcelain," says Vancouver, BC-based feline veterinarian Dr. Margie Scherk, editor, Journal of Feline Medicine and Surgery. "Your bed is warm, which apparently isn't comforting, so I doubt it's about you personally."

Scherk adds, "Renal insufficiency can progress. What we don't know is what else you might be doing to help. Certainly, giving fluids makes sense. Do ask your veterinarian about the cat's potassium and phosphorus



Steve Dale



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levels, if a kidney infection has been ruled out and if perhaps getting vitamin B12 may help. I don't know the age of this cat, and if there's arthritis, which is under-diagnosed in cats, but it seems the cat is jumping easily."

Assuming there's no arthritis or kidney infection present, or any unrelated issue like a gastrointestinal problem, your cat may be pain-free. But your questions are appropriate and you should have your veterinarian investigate further. If the veterinarian isn't

sure what to do, asking for a referral to an internal medicine specialist or feline veterinarian might be a good idea.

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

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# WOLFGANG PUCK'S KITCHEN

## Resolved: Eat more healthy seafood

It's official: Three of the perennial top-10 New Year's resolutions, as listed on the national website USA.gov are "Eat Healthy Food," "Get Fit," and "Lose Weight."

And one thing you can do to help you achieve all three of those goals is to cook smartly at home. How do you do that? By creating meals that



Wolfgang Puck

feature healthful ingredients; and enjoying foods that promote fitter lifestyles while, combined with regular safe exercise (and always in a program that meets with your doctor's approval), helping you to achieve your ideal weight.

That may sound like a lot to aim for. But it's actually easy. My recipe for Miso-Glazed Black Cod offers a good example of how you can accomplish those feats while also enjoying delicious foods.

Let's start by looking at the main ingredient: fish. I'm so happy to see that, more and more, lovers of good food are making fish their first choice. Not only does it taste great but it can also be incredibly versatile, welcoming a wide variety of cooking methods and seasoning styles—including the Asian treatment I use here. Meanwhile, fish is remarkably lean and relatively low in fat - and the fats some contain, including black cod (actually, not a true codfish but a species also known as sablefish), contain generous amounts of heart-healthy Omega-3 oils.

In addition, the miso paste that helps season the fish in this recipe is a soy-based food. Soy products have been found possibly to benefit cardiovascular health, reduce the risk of cancer, and also aid in digestive health. (Some people, however, are allergic to soy foods. If that's the case for you, leave the miso and soy sauce out of this recipe, and you'll still

get good-tasting results.) You'll find sealed containers of miso paste, as well as the other ingredients called for in the recipe, in many well-stocked supermarkets and Asian foods stores.

Of course, how you cook your food can also determine how healthful it is. In this recipe, the fish fillets, having marinated in their Asian seasonings, are roasted in the oven, a method that requires adding no additional fat. The results are surprisingly lean and light, but wonderfully full of flavor. The recipe's generous garnish of julienned vegetables tossed in a bright-tasting vinaigrette adds texture, flavor, bright color, and still more nutritional value to each serving. (Save extra vinaigrette for another use.)

So, you see, just the simple decision to eat more fish prepared in ways like my Miso-Glazed Black Cod can help you fulfill your resolutions to "Eat Healthy Food" and "Lose Weight." As for "Get Fit," it's up to you to put on those workout clothes and get moving. And I bet you'll feel more like doing that after eating such a light yet satisfying meal.

Have a wonderful 2013!

### MISO-GLAZED BLACK COD

Serves 4

4 fillets black cod, or other mild white-fleshed fish, each about 6 ounces

1-1/2 cups Miso Marinade (recipe follows)

6 tablespoons Asian Vinaigrette (recipe follows)

1 cup organic pea shoots or small sprigs watercress

3 scallions, cut into fine julienne strips about 1 inch long

1 medium organic carrot, trimmed, peeled, and cut into fine julienne strips

Put the black cod fillets in a non-reactive container large enough to

hold them in a single layer. Prepare the Miso Marinade and pour over the fish. Turn the fillets to coat. Cover with plastic wrap and refrigerate for 12 hours.

About 1 hour before cooking, prepare the Asian Vinaigrette. In a nonreactive mixing bowl, combine the pea shoots or watercress, scallions, and carrot. Add the 6 tablespoons of vinaigrette and toss thoroughly. Cover with plastic wrap and refrigerate until serving.

Preheat the oven to 400 degrees F. Cover a baking pan with aluminum foil and lightly spray with nonstick cooking spray. Remove the fish from the marinade and place on the baking pan. Bake in the preheated oven until cooked through but still very moist at the center when probed with the tip of a small, sharp knife, about 10 minutes, basting lightly with the excess marinade about 3 minutes and 6 minutes after putting in the oven.

To serve, place the fish fillets on individual heated serving plates. Mound the vegetable mixture in the Asian Vinaigrette on top of the fish. Serve immediately.

### MISO MARINADE

Makes about 1-1/2 cups

- 1/2 cup mirin
- 5 tablespoons sugar
- 1/4 cup soy sauce
- 1/2 cup red miso paste
- 4 cloves garlic, peeled and

smashed  
4 slices fresh ginger root, each about 1/4 inch thick, smashed  
4 scallions, trimmed and cut into 1-inch pieces, smashed

In a mixing bowl, stir together the mirin, sugar, and soy sauce until the sugar has dissolved. Stir in the miso paste until thoroughly blended. Stir in the garlic, ginger and scallions.

### ASIAN VINAIGRETTE

Makes about 3-3/4 cups

- 1-1/2 cups ginger-flavored vinegar, or vinegar drained from pickled Asian ginger
- 1 tablespoon freshly ground white pepper
- 1/2 teaspoon salt
- 1-1/2 cups peanut oil
- 3 tablespoons toasted Asian-style sesame oil
- 1-1/2 tablespoons chili oil
- 3 tablespoons toasted black and white sesame seeds

In a mixing bowl, stir together the ginger vinegar, pepper, and salt until the salt dissolves. Whisking continuously, slowly drizzle in the peanut oil, sesame oil and chili oil until fully incorporated. Stir in the sesame seeds. Store any unused dressing in a covered container for another use.

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# TRAVEL TROUBLESHOOTER

## Charged extra for my checked luggage

*Deborah Bouchette researches the luggage rules for an upcoming flight, but is surprised by a 200 Euro fee to check her bag, anyway. Her airline says she should get a refund—so why isn't she?*



Christopher Elliott

**Q:** I traveled to Europe on a code-share flight between Delta Air Lines and KLM. Before I left the United States, I carefully checked the size and weight restrictions for my two bags on both the Delta and KLM websites, because I'm an artist and I needed to take rolls of paper with me. I made sure my bags complied.

The trip from Portland, Ore., to Copenhagen, Denmark went off without a hitch; I paid \$50 to check a second bag. However, on the flight from Toulouse, France, to Portland, Ore., I had to pay 200 Euros for the

second bag. When the gate agent saw my second bag, she declared it "too long," she never measured it. Although the flight was on KLM, the airport staff worked for Air France. There was no KLM or Delta presence that I could find in that airport.

When I landed in Portland, I immediately sought a Delta agent and had the bag measured. That agent put a note in the file that the bag in question was within their size limits.

I called Delta's customer service line the next day, but instead of issuing the promised refund, that agent told me to write a letter to their office. Since then, I've been bounced between Delta, KLM and Air France about my refund, ending with a denial from Air France. Can you help? - Deborah Bouchette, Hillsboro, Ore.

**A:** You shouldn't have been charged 200 Euro for your checked bag. That may have been the Air France policy, but you were flying on KLM, and as you say, its rules were different.

It's too bad you didn't take this trip before the new federal regulations went into effect that say the baggage rules of the first carrier apply to your

entire flight. Then this would have been a slam-dunk in your favor. A quick, polite email sent to the Transportation Department would have generated a speedy refund from Delta.

But you were trapped in a code-sharing nightmare from which there seemed to be no escape. For those of you just joining us, codesharing is the questionable practice of one airline selling seats on another airline's flight. In your case, you bought a ticket on Delta, but the flight was operated by KLM and the airport staff in Toulouse worked for Air France, another Delta codeshare partner. (To make things even more complicated, Air France and KLM are owned by the same company, but operate as separate airlines.)

You did the best you could to make sure you complied with the luggage rules, but a difference between Air France's policy and KLM's tripped you up. When you contacted Delta, which sold you the ticket, for help, it punted to KLM, which in turn passed the buck to Air France.

Confused yet? I hope the new federal baggage rules will help, but I can't be certain.

What does an Air France ticket agent in Toulouse care about how the American DOT will handle a luggage complaint for a codeshare partner? If you said "probably not much at all" then you must know the airline industry.

I contacted Delta, which, unsurprisingly, referred the matter to Air France. After some more back-and-forth, the airline agreed to refund the 200 Euro it erroneously charged you when you left France.

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

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## Restaurant Guide

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# PUZZLES & GAMES

## BRIDGE

### Tommy Triumphs Again

**Goren on Bridge: By Tannah Hirsch**  
Tribune Media Services

3♥	Pass	4♣	Pass
4♦	Pass	5♥	Pass
6♥	Pass	Pass	Pass

Both vulnerable. South deals.

Opening lead: Four of ♦

NORTH

♠-7  
♥-K 10 6 5 3  
♦-J 8 7 6  
♣-K Q 5

WEST

♠-J 8 5 3  
♥-J 9 8 7 2  
♦-4  
♣-8 4 3

EAST

♠-Q 10 4  
♥-Void  
♦-K Q 10 9 2  
♣-J 10 9 7 2

SOUTH

♠-A K 9 6 2  
♥-A Q 4  
♦-A 5 3  
♣-A 6

After a promising beginning, Trump Coup Tommy's fortunes at the club had slowed — after all, bad trump breaks occur only a small percentage of the time. When this deal cropped up, the kibitzers at the table could be divided into two camps: Those who saw that a 3-2 trump division would make the hand cold and pose a threat to Tommy's abilities, and those who were hoping for an evil trump split so that Tommy could display his peculiar expertise.

North's three diamonds was a transfer to hearts. After two minor-suit cuebids, North's leap to five hearts asked about trump quality and Tommy was delighted to proceed to slam.

The bidding:  
SOUTH WEST NORTH EAST  
2NT Pass 3♦ Pass

West led his singleton diamond and East's nine was taken with the ace. When the ace of hearts brought a club discard from East, Tommy was in his element. Faced with a certain trump loser and apparently a diamond as well, Tommy went to work. The ace and king of spades were cashed and a spade was ruffed. A club to the ace provided the entry for another spade ruff. The king and queen of clubs reduced West to nothing but trumps as declarer parted with a diamond so that when Tommy exited with a diamond, West was forced to ruff his partner's

winner.

With nothing left but trumps, West's low heart return was won with dummy's ten, and the last two tricks were taken with a diamond ruffed with the queen of trumps and a spade ruff with the king. Simply another routine slam for Tommy.

- Tannah Hirsch welcomes readers' responses sent in care of this newspaper or to Tribune Media Services Inc., 2010 Westridge Drive, Irving, TX 75038. E-mail responses may be sent to [gorenbridge@aol.com](mailto:gorenbridge@aol.com).

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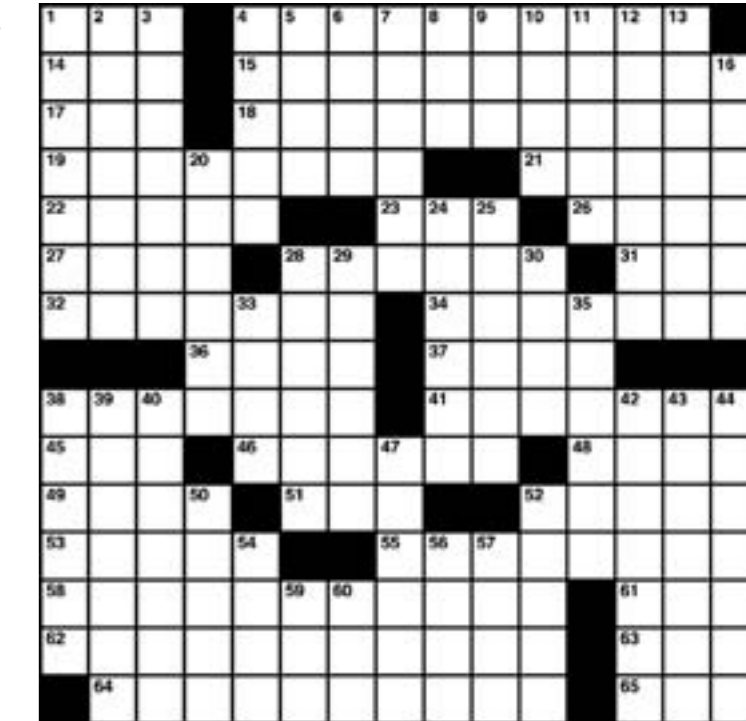
## CROSSWORD

### Across

- 1 Charade
- 4 Range barrier
- 14 Roller coaster part
- 15 Pompous
- 17 Link between handles?
- 18 Risky telecast
- 19 Reduced in status
- 21 Gave away
- 22 Some Olympians' tools
- 23 Movement traced to an ancient flower sermon
- 26 Dean's reality TV partner
- 27 Hall of Fame NFL owner Wellington
- 28 Natural history museum attractions
- 31 SEATO member
- 32 Sucker
- 34 Court figure
- 36 1998 Apple rollout
- 37 Sch. whose students and alumni have won more than 200 Olympic medals
- 38 Reach equilibrium
- 41 Steamy container
- 45 When the French Open starts
- 46 Cymbeline's daughter, in Shakespeare
- 48 Japanese script
- 49 Botched
- 51 Palindromic Altar
- 52 2008 Palin counterpart
- 53 Mystery middle name
- 55 "Dead Man Walking" Oscar winner
- 58 Tenant, say
- 61 Yegg's haul
- 62 1988 film set in a New England pie maker's shop
- 63 Hammer site
- 64 Cut with the tenderloin removed
- 65 Oink spot

### Down

- 1 Egghead's environs
- 2 Where the batter goes
- 3 Shipping inquiries
- 4 Corded weapons
- 5 Alamo rival
- 6 Tach count
- 7 Succeed without difficulty, with "in"
- 8 Pecorino Romano source
- 9 ATM transaction
- 10 "Gravity and Grace" writer Simone
- 11 Cartographic closeup
- 12 Uninhibited
- 13 Stand behind
- 16 Good-natured
- 20 Sit angularly, as a wall
- 24 "My alarm didn't go off," e.g.
- 25 One who's now right-brained?
- 28 Therapist's concern
- 29 Parish leader
- 30 Sci-fi character named for an Asian sea
- 33 Mine, in Metz
- 35 You'll need more than one in a rib joint
- 38 Insulate from change
- 39 Big dips
- 40 Very slim margin



- 42 Rice fields
- 43 Baseball-like game with two bases
- 44 Leather maker
- 47 Like many Sherlock Holmes settings
- 50 Profligacy
- 52 2000 Camp David summit attendee
- 54 Diamond in music
- 56 Bladed tool
- 57 Two-time Tony-winning playwright Yasmina
- 59 Strong acid, chemically
- 60 Black \_\_\_: spy doings

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

**JUMBLE**  
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.  
KAROC  
LOMOB  
NUGHAT  
TENNIA  
WHAT THE STAFF CONSIDERED THE BAKER.  
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Answers to all puzzles on page 30

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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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