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February 2014

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Vol. 13, No. 8

#### **INSIDE**



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KAW VALLEY SENIOR MONTHLY

### Freeman's urns feature collegiate, military themes

By Kevin Groenhagen

A bout a month into Marine Corps boot camp during the late 1960s, Jack Freeman learned that a kidney issue would prevent him from graduating with the other recruits in his platoon. Of course, he had no idea at that time that his family's history with kidney disease would ultimately lead to the business that he now owns and operates with his wife, Brenda.

In January 2007, Jack's older brother, Jerry, received a new kidney. Unfortunately, he passed away on August 3,

"Jerry was cremated, and his ashes were put in a very nice urn selected by his family," Freeman said. "At the memorial service, I began thinking of the idea of collegiate urns. I turned to my wife and asked, 'Wouldn't it be nice if people could be remembered for what they really loved in life, or something that was really important to their lives?' I thought if there had been a KU urn, Jerry's daughters would have picked it out of all others because he was an avid Jayhawk fan. I'm a K-State fan—the only one, I believe, in my family and my wife's family—so

we always loved to bang fists on that." "I was still working for the City of Topeka at the time," Freeman continued. "I started putting pencil to paper, came up with some ideas on wooden urns, and finally came up with a design that I was satisfied with. So then I started to contact various wood-craftsmen in the area. It took awhile before I found the person who I really thought could do a fine job making exactly what I wanted. I visited with him and his wife and, while do so, they showed me the furniture that he had made throughout their house. I knew that he was the one. That person was David Kroenke out of Tecumseh. I showed him what I wanted and David made our first prototype for me. David had a family member who had lost a loved one, and we gave her our first urn. I had been talking to Kevin at J & K Awards, an engraving company here in Topeka, about the possibility of engraving all the plates for the urns, which he now does. It was a surprise to find out that the person who got our first urn ended up at J & K's to have the engraving

done. She told Kevin how much she

loved the urn, and that was really the



Jack Freeman with several of his urn designs.

start of it all.'

At about the same time that his brother had his kidney transplant, Freeman learned that he was having some issues with his kidney. His doctor put him on the transplant list.

While on dialysis, Freeman continued to work for the city. His vision of collegiate and military urns kept him focused on what he wanted to do after

he retired.

"To my surprise, my 26-year-old stepdaughter-in-law, Amanda Trober, graciously offered one of her kidneys, which I am pleased to say I now have," Freeman said. "It is a godsend. I wish more people understood that they can live a normal life with only one kidney, even if they donated one

■ CONTINUED ON PAGE FOUR



#### Kevin L. Groenhagen Editor and Publisher

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C. Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$7.50 for 12 monthly issues.

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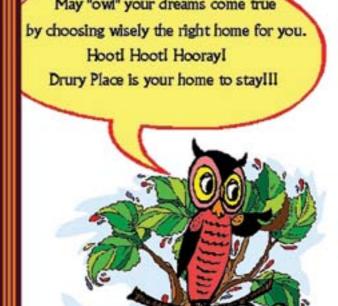
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Andrea Graham, Director



#### Jack Freeman

■ CONTINUED FROM PAGE THREE

of their to those who may not be able to live normally without dialysis. God bless Amanda. When she offered

me her kidney, which is truly the gift of life, I thought somebody was giving me a second chance at life and to do something I now thought was important to me. I think this business is it. I want to be able to give people the opportunity to show others things that they loved, as my brother loved KU. I'm sorry that I



research on urns, and discovered there was nothing else quite like his designs. Kroenke also shared some ideas of his own. After many modifications to his designs, including a design for a pet urn, Freeman immediately patented

After Freeman retired from his position with the City of Topeka in 2011, he began devoting most of his time to growing his business, Forever NR Hearts Memorials. The "N" and "R" stand for "in" and "our." "We started out

with the college theme," Freeman said. "We started out with KU, and then we added K-State. We have since added many

more themes, such as the military Freeman did a great deal of online branches, Masonic, and the Shriners.



Kansas State University plate on purpleheart wood

I wanted the Masonic and Arab Shrine because I belong to the Arab Shrine and help with the Shriners burn center. A percentage of our sales goes to organizations such as the Shriners Hospital, colleges, and service organizations."

Freeman has also gotten licensing rights for Washburn University, Wichita State University, and the University

#### Jack Freeman

CONTINUED FROM PAGE FOUR

ral for him to sell and promote his own products.

"I started making my calls locally here in Topeka," he said. "I have met so many extremely nice people in the funeral profession. We're in most of the Topeka funeral homes. I make it clear to the funeral homes that the urns are available online. However, if prospective customers are within a 50-mile radius of a funeral home that carries the urns, we cannot sell to them online. We will be more than happy to give them the location of the nearest funeral home in their area."

Freeman's urns are now in 33 funeral of Missouri. He is currently working homes across Kansas and Missouri.

on obtaining licensing rights from the "Funeral directors have given me Kansas City Chiefs and Royals, the numerous ideas to improve our prod-Veterans of Foreign Wars, the Nation ucts, and we appreciate their input," of Pottawatomie Indians, and others. Freeman said. "This is their business Fortunately, Freeman has been in and they know it well. A funeral home sales for the better part of his life and asked me if we had a companion urn. enjoys meeting people, so it was natu- We didn't, so they asked if we could ■ CONTINUED ON PAGE FIVE come up with a companion urn. So within six weeks we had our companion urn. Again, I went online and found nothing comparable to our new companion urn. We are having great success with it, and we are very, very proud of it. We just received the patent

Freeman is especially proud of the fact that Kroenke handcrafts the urns in Kansas. "He does beautiful work for us." 5

Freeman said. "He is one of the best wood-craftsmen that I believe we could ever come across. My brother Jerry was a true craftsman. He was very good with wood. And he was very particular in the work he did. I think of Jerry and how he was with finishing wood, and now I'm the same way. I look at it again and again and again to make sure that it's done right before it goes out. This is the final resting place for someone, and it should be nice."

Forever NR Hearts Memorials' urns are lockable and include a photo frame for a picture of the loved one. The urns are available in six types of wood (cherry, walnut, oak, mahogany, cedar, and purpleheart, which is a hardwood native to tropical regions of Central and South America) and five types of engraving, which Freeman includes at no cost up to 100 letters. Turnaround time for delivery is one to three days, depending on the location of the cus-

"It's important for people know that they can put whatever they want on the plate," Freeman added. "It's not limited to the universities and service organizations featured online. If people tell us what they desire, we will do our best to



Marine Corps plate on cherry

give them what they want."

Freeman continues to work on expanding his business. He has added a representative in Scottsdale, Arizona, and is adding one in Missouri

Brenda has a full-time job at Zoeller & Zoeller Chiropractors in addition to helping out with the company. She is

likely to become even more involved with Forever NR Hearts Memorials after she retires.

**February 2014 ● 5** 

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### Scheurer becomes DCSS executive director Kristin Scheuer

By Billie David

Tor Douglas County Senior Serr vices' new executive director Kristin Scheurer, it's an exciting time to consider the direction senior services will need to take as an increasing number of baby boomers retire.

Referring born people between 1946 and 1964, Scheurer "There's a very large population of baby boomers—10,000 are retiring every day—and we are looking at what they desire and how to market to them because they are very different from their parents and they are reinventing retirement. We need to

and what to do to support them."

look at their needs

The focus of Douglas County Senior Services—to support retired residents in being independent and active in their community—will not change, but the way it is done will be examined carefully because of these differences.

"The programs and services we curboomers want access to arts and enterrently provide the older seniors are tainment, sports, education, travel, vital," Scheurer said. "But to engage community events and dining, and they the baby boomers we need to change."

clients survived the Great Depression and World War II, avoided debt and saved their money, and with the pen-

sions they earned as well as Social Medicare, many of them have come into a stable, wellearned retirement.

Baby boomers, on the other hand, comprise the largest generation, have more economic power, live longer, are more technologically savvy, travel more, and continue to work and stay mentally and physically active

and connected to like-minded individuals. They're more likely to pursue their interests and have a more holistic approach to a healthy lifestyle, and they're more willing to relocate, Scheurer explained.

With a more active lifestyle, baby

are also interested in volunteering and Many of the current Senior Services reconnecting with their alma maters, such as KU, Baker University, and Haskell, she added.

Programs that Douglas County Senior Services now offers include Senior Meals, where seniors can enjoy low-cost meals at dining centers in Baldwin City, Eudora and Lawrence. In addition, the organization provides door-to-door transportation through Senior Wheels, which, for a small fee,

provides rides for appointments and grocery shopping. Seniors can also and activities for people 55 or older," meet with volunteers who help with Scheurer said. "Many people don't preparing tax returns and answering know what services are available in questions concerning Medicare. Other the community until there's an emer-Senior Services programs include Lei- gency and if there's one number to call sure and Learning activities, a care- for information, it's better than making giver's support group, and Safe Winter ten calls. Walkways, which is a program that "These services haven't changed, provides volunteers to help seniors but with baby boomers we need to shovel snow from their walks. tweak that a little bit," she continued

"Douglas County Senior Services "We will be starting in the upcoming is also a single source of information, about local services, programs, events

■ CONTINUED ON PAGE SEVEN

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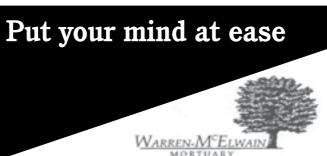
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months to identify and reach out to the boomers here.'

In addition, as Douglas County Senior Services, along with community members and other organizations, work to attract new retires to the community, members of the community will benefit through increased volunteerism, economic growth, more charitable contributions, new businesses and job creation, she continued.

"Building a vibrant retirement community leads to economic growth and

also leads to the prosperity in the community," she explained.

Such an undertaking will require putting together a comprehensive plan to attract those retirees as well as collaboration with other community resources and partners, she said.

But marketing is an area that Scheurer, who has been with Douglas County Senior Services since October, has experience in. She grew up in Minnesota and lived in the south before moving to Lawrence, where she

worked for three years in the capacity of director of marketing for Bridge Haven, assisted living and memory care homes.

"It was there that I realized that I just love serving seniors," she said. "As I've matured, I've grown to realize that elders have an expertise, passion and wisdom to share. And as the saying goes that kids say the darnedest things, that relates to seniors as well because they say what's on their minds. You get it unfiltered and it's great stuff."

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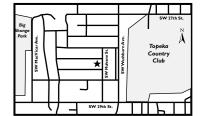
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#### Are your Social Security benefits taxable? Rehabilitation Therapy: **Your PATH To Home** pay income tax on up to 50 percent of rity benefits includes your adjusted gross are subject to federal income tax. If you By Rob Boudreau

Social Security Management Support Specialist in Lawrence, Kansas

If you've recently begun receiving Social Security benefits or plan to apply in the near future, you may be wondering this tax season: are Social Security benefits taxable?

The short answer is: sometimes.

Some people have to pay federal income taxes on their Social Security benefits. This usually happens only if you have other substantial income (such as wages, self-employment, interest, dividends and other taxable income that must be reported on your tax return) in addition to your Social Security benefits.

There is never a case when a person pays tax on more than 85 percent of his or her Social Security benefits, based on Internal Revenue Service (IRS) rules. Now, let's get down to the numbers.

If you file a federal tax return as an individual and your income is between \$25,000 and \$34,000, you may have to vour benefits. If your income is more than \$34,000, then up to 85 percent of one half of your Social Security benefits. your benefits may be taxable.

If you are married and you file a joint a combined income that is between \$32,000 and \$44,000, you may have to pay income tax on up to 50 percent of vour benefits. If your combined income is more than \$44,000, then up to 85 percent of your benefits may be taxable.

Note that your "income" for the purpose of determining whether you must pay taxes on some of your Social Secu-

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- James Madison

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didn't receive yours, you can request one at www.socialsecurity.gov/1099.

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Dr. Mohan is board certified in physical medicine and rehabilitation. He attended Government Medical College in Kottayam, India, and graduated from Washington University School of Medicine in St. Louis, Mo. Dr. Mohan completed an internship at Brookdale University Hospital and Medical Center in Brooklyn, N.Y., and completed a residency at Barnes Jewish Hospital, which is the teaching hospital for Washington University School of Medicine. Currently, Dr. Mohan practices medicine at Midwest Rehabilitation in Topeka.

Seating is limited. Reservations are requested by February 17. For more information, contact Marketing Director Marsha Anderson at 785-272-6510 or manderson@pmma.org.





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the franchisor of the Home Instead Senior Care® network, Salute to Senior Service recognizes the invaluable contributions of adults age 65 and older who give at least 15 hours a month of volunteer service to their favorite causes.

make a positive impact on our communities daily," said Gail Shaheed, owner of the Home Instead Senior Care office in Shawnee and Douglas Counties including the cities of Topeka and Lawrence. "Senior volunteerism not only benefits others, but also

Members of the community are asked to nominate and vote for these everyday heroes between January 15 and March 1, at SalutetoSeniorService. com. State winners will be determined by popular vote. A panel of senior care experts will then select a national Sponsored by Home Instead, Inc., Salute to Senior Service winner from among the state honorees.

Home Instead, Inc. will donate \$500 to each of the state winners' designated and approved nonprofit organizations, and their personal stories will be shared online on the Salute to Senior Service Wall of Fame. In addition, \$5,000 will "Seniors have so much to give and be donated to the national winner's designated and approved nonprofit charity.

To complete and submit an online nomination form for a senior age 65 or older who volunteers at least 15 hours a month, and to view the contest's official rules, visit SalutetoSeniorService. helps seniors stay active and socially com. Completed nomination forms engaged in their communities—impor- can alternatively be mailed to Salute

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#### ESTATE PLANNING

### Virtual assets

Most assets have substance. You can see them, pick them up, increasingly, we possess virtual assets that exist as electronic information digital photographs, email accounts, social media such as Facebook or LinkedIn, electronic banking and brokerage accounts, etc. Access to these assets is often protected by passwords and the ability to answer security ques-



Bob Ramsdell

tions. If you are incapacitated or die, how will people know these virtual assets exist and be able to access them?

Information regarding virtual assets changes too quickly to allow inclusion in a Will or Trust. Plus, a Will is typically filed with the probate court and becomes a public document. That hardly promotes the security of pass-

One option is to create a Virtual Asset Instruction Letter (VAIL) that identifies each account and its website, your user name and password, and the answers to any security questions, plus instructs your representative what you want done with it. Pay particular attention to any online financial accounts that do not mail you paper statements or recurring bills you pay online. Also be sure to include virtual assets that are not internet-based, such as those stored on your computer's hard drive or flash memory devices. Update your VAIL as accounts and passwords change (one option is to keep the information on a CD or thumbdrive) and ensure it is stored in a secure location known to vour representative.

While the VAIL is intended to

ensure the identification of and access to your virtual assets, it is not and hand them to another person. But a testamentary document. If there are virtual assets you own and want distributed to certain beneficiaries, then these assets should be addressed in your Will or Trust like other property. For example, your Will or Trust might bequeath your ownership of the domain name "www.XYZCorp.com" to one of your children while your VAIL contains any password, security questions, and related information the ing: child will need to access and control

> A complicating factor is that you may not own certain virtual assets. If you purchase a CD by your favorite band, it's yours. If you pay to download copies of the same songs to an electronic device, you probably

the website

obtained only a nontransferable license to use the content of the digital file. For example, Amazon's terms of use specify: "You do not acquire any ownership rights in the software or music

You should also check the terms of use to verify how each company with which you hold an account handles it when you die. Terms of use vary, but are frequently written to preserve and protect the privacy of the deceased user. For example, upon being notified a user is dead, Facebook provides the option to "memorialize" the decedent's account with the ability of confirmed friends to continue posting messages. On the other hand, Yahoo!'s Terms of Service (accessed on 01/08/2013) include the follow-

No Right of Survivorship and Non-Transferability. You agree that your Yahoo! account is non-transferable and any rights to your Yahoo! ID or contents within your account terminate upon your death. Upon receipt of a copy of a death certificate, your account may be terminated and all contents therein

permanently deleted.

However, the article "Life and Death Online: Who Controls a Digita Legacy?" that appeared in the January 5-6, 2013, edition of WSJ Weekend. quoted a Yahoo! representative as stating that "users need to provide consent and their account information in their estate plans" in order to be sure their account gets transferred at death. Thus, very day of our lives, we make Yahoo! may be more flexible than the Lassumptions. We assume that the

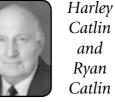
of the law. The key is to verify and be prepared to comply with the terms of use for the particular accounts you

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell & Oualseth, P.A., in Lawrence. He can be reached at 785-841-4554. The Kansas Elder Law Hotline, a toll-free legal where we want to go. In fact, we need advice and referral service for Kansas to make assumptions to bring order to Seniors, can be reached at 1-888-353- our world. But in some parts of our life 5337. The information in this column — such as investing — assumptions is intended to provide general public can prove dangerous. information, not legal advice.

#### PERSONAL FINANCE

### Assumptions can be dangerous to investors

seeming finality of its Terms of Ser-people we encounter regularly will behave in the manner to which we are The post-death transfer and control accustomed. We assume that if we take of digital assets is an unsettled area care of our cars, they will get us to



Catlin and Rvan

Catlin

Of course, not all investment-related assumptions are bad. But here are a

few that, at the least, may prove to be counter-productive:

• "Real estate will always increase in value." Up until the 2008 financial

crisis, which was caused, at least partially, by the "housing bubble," most people would probably have said that real estate is always a good investment. But since then, we're all more painfully aware that housing prices can rise and fall. That isn't to say that real estate is always a bad investment — as a relatively small part of a diversified portfolio, it can be appropriate, depending on your goals and risk tolerance. But don't expect endless gains, with no setbacks.

- "Gold will always glitter." During periods of market volatility, investors often flee to gold, thereby driving its price up. But gold prices will fluctuate, sometimes greatly, and there are risks in all types of gold ownership, whether you're investing in actual bars of gold or gold "futures' or the stocks of gold-mining compa-
- "I can avoid all risks by sticking with CDs." It's true that Certificates of

Deposit (CDs) offer a degree of preservation of principal. But they're not risk-free; their rates of return may be so low that they don't even keep up with inflation, which means you could incur purchasing-power risk. Again, having CDs in your portfolio is not a bad thing, but you'll only want to own those amounts that are suitable for your objectives. • "The price of my investment has

- gone up I must have made the right decision." This assumption could also be made in reverse — that is, you might think that, since the price of your investment has dropped, you must have made the wrong choice. This type of thinking causes investors to hold on to some investments too long, in the hopes of recapturing early gains, or selling promising investments too soon, just to "cut their losses." Don't judge investments based on short-term performance; instead, look at fundamentals and long-term potential.
- "If I need long-term care, Medicare will cover it." You may never need any type of long-term care, but

expenses. The national average per year for a private room in a nursing home is nearly \$84,000, according to a recent survey by Genworth, a financial security company. This cost, repeated over a period of years, could prove catastrophic to your financial security during your retirement. And, contrary to many people's assumptions, Medicare may only pay a small percentage of long-term care costs. You can help yourself by consulting with a financial professional, who can provide you with strategies designed to help cope with long-term care

if you do, be prepared for some big

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You can't avoid all assumptions when you're investing. But by staying away from questionable ones, you may avoid being tripped up on the road toward your financial goals.

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

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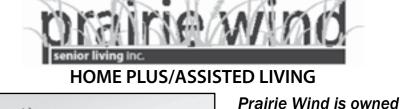
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#### RETIRE SMART

#### What's your retirement number?

A former client once argued with me about his "retirement number." He couldn't believe that he needed \$1 million in savings before he could retire. "That amount just seems like way more money than is necessary!" But after walking through the variables and calculations, he finally said, "Geez, a million bucks. ... I guess that's my



Iill Schlesinger

Determining your retirement number is like getting on the bathroom scale: Sometimes it's a pleasant surprise; however, more often than not it forces you to face an ugly truth. Just as taking the dreaded step onto the scale is a necessary part of the weight-loss process, so too is crunching the numbers for retirement planning. According to the Employee Benefit Research Institute (EBRI) 2011 Retirement Confidence Survey, only 42 percent of American workers have taken the time and effort to complete a retirement needs calculation. Without going through that process, you're flying blind into your retirement.

Please know that this is not rocket science, especially in an age when there are so many online retirement calcula-

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**Apartments** 

NIOR APARTMENTS

tors available. I like EBRI's Choose to Save Ballpark E\$timate, which is easy to use, but your retirement plan/401(k) website probably has a tool available as well. The tricky part about using these calculators is that they ask you to estimate several factors that even economists can't agree upon, like future inflation rate or expected rates of return on investments. My crystal ball isn't perfect, but here are some sensible estimates that should help:

- Inflation assumption: 4.5 percent (higher than where we are today, but most economists believe that inflation is headed up in the coming years). -- Rate of investment return both
- before and after retirement: Consider vour risk tolerance and err on the side of being conservative. If you're stuck, use 4-5 percent. Obviously, if you use a higher rate of return, the calculator will ultimately determine that you have to save a smaller amount. After our Great Recession and financial crash, I probably don't have to tell you that higher return assumptions may not always work out as planned.
- Life Expectancy -- if you are vounger than 50, use 95; if you're older than 50, use 90. If you want a closer estimate, go to www.livingto100.com and use their Life Expectancy Calcula-

Many calculators will take a percentage of your pre-retirement earnings (most use 80 percent) as a baseline for what you will need in the future—

sometimes called a "replacement rate." A more precise way to determine that number is to figure out how much you spend today, isolate those expenses that won't occur in retirement (so for example: mortgage payments, if you are on track to pay it off before retirement; tuition; child care; commuting expenses) and poof, you have your replacement rate. When I was a young financial planner, it was common practice to remove Social Security and Medicare taxes from your anticipated future need, but now I think it's probably best to assume that the money you were paying in FICA will be necessary to pay some or all of higher health care costs in the future, so leave that amount

Then you will be asked to plug in the amount of money you have already saved, your annual contributions to your retirement plans and other investment accounts, any future pension amounts, and a Social Security benefit. While Social Security might change in the future, most of the revisions being contemplated would not affect people who are currently over 50. For

in for your calculation.

those under 50, you might have to wait longer to collect benefits or the benefit amount could be reduced. To adjust for you could simply raise your replacement rate by 5 percent.

Once you have entered in all of the information, the calculator is going to **DEAR MAYO CLINIC:** A year retirement number.

and her blog, "Jill on Money." She also be treated using this method welcomes comments and questions at Limb perfusion is a surgical proaskjill@moneywatch.com. Check her cedure that was developed in the website at www.jillonmoney.com

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#### MAYO CLINIC

#### an altered Social Security landscape, Procedure delivers chemotherapy to one arm or leg without affected rest of body

spit out your results. For many, this ago, I had a melanoma removed from moment could be as stressful as step- my lower leg. I didn't need additional ping on the scale. But only when you treatment at the time, but unfortunately are armed with the necessary infor- the cancer has returned. My doctor mation can you alter your course to a recommends limb perfusion. What can smooth retirement. So don't be afraid you tell me about this treatment? Is it to take the plunge and discover your just as successful as traditional chemo-

- Jill Schlesinger, CFP, is the Emmy- ANSWER: This procedure, known nominated CBS News Business Ana- formally as hyperthermic isolated limb lyst. A former options trader and CIO perfusion, is a way of delivering cheof an investment advisory firm, Jill motherapy directly to one arm or leg covers the economy, markets, investing without affecting the rest of the body. and anything else with a dollar sign Limb perfusion is used mainly for melon TV, radio (including her nation- anoma, but some other kinds of cancer ally syndicated radio show), the web that are isolated to a single limb can

1950s. But only in recent years has it been used frequently, as technological advances made it safer. Even now. limb perfusion is done at just a few specialized medical centers because of the procedure's complexity.

The process involves putting the arm or leg affected by cancer on a bypass machine, similar to those used in heart surgery, to isolate the blood flow in the affected limb from the rest of the body. That way, high doses of chemotherapy can be delivered where needed without exposing the rest of the body to the chemotherapy. Typically, the doses of chemotherapy delivered during limb perfusion are six to 10 times higher

than would be possible to give to a person's entire body. This makes limb perfusion more effective at targeting chemotherapy to the cancer, and it's safer for the patient.

In addition to melanoma, certain kinds of soft tissue sarcomas and other rare cancers such as Merkel cell carcinoma can be treated with limb perfusion. Even in people who have melanoma, only about 2 percent are good candidates for limb perfusion. Melanoma is the most common type

of cancer treated with limb perfusion for two reasons. First, the chemotherapy agents given during the procedure have been shown to be effective against melanoma, but they are toxic if given to the whole body in the doses used for limb perfusion. Second, melanoma is the most common form of cancer to affect only an arm or leg. Cancer that's confined to a single spot can usually be effectively removed with surgery. But in some patients, melanoma returns in multiple spots throughout an arm or leg, and simple surgical removal is not feasible. In these cases, limb perfusion is a viable

People treated with limb perfusion for melanoma confined to one arm or leg respond quite well. More than 85 percent see a reduction in the cancer and, in more than 70 percent, the melanoma goes away completely, though significant risk remains that the cancer

仓

ment are mainly related to the effects of the chemotherapy drugs and, rarely, damage to the blood vessels that are used to connect the arm or leg to the bypass machine. Most people get redness of the skin and have swelling of the tissues where the chemotherapy is delivered. If chemotherapy medication escapes into the rest of the body, it can cause damage such as bone marrow suppression or kidney injury. Other risks are the development of blot clots and damage to blood vessels used in the treatment. Because the chemotherapy does not usually affect a person's entire system, side effects such as hair loss and nausea, which are commonly associated with chemotherapy, do not affect people who undergo limb perfu-

Among appropriate candidates for the procedure, limb perfusion can be an effective treatment option that targets therapy directly at the cancer while minimizing side effects. It can help almost all those patients avoid amputation of the limb and preserve quality

of life. - Richard Gray, M.D., Surgical The risks of limb perfusion treat-Oncology, Mayo Clinic, Scottsdale,

- Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo. edu. For more information, visit www. mayoclinic.org.

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#### HEALTH & FITNESS

### **Balance therapy**

Eventually, most older adults have balance problems of some kind: dizziness, unsteadiness, difficulty rising from chairs, or walking without help. For those over 65 the risk of breaking your hip or a limb rises steeply. Learning how to cope with your balance problems will reduce the chance of an accident that could cause you serious injury.



Laura Bennetts

#### Balancing Act

Your ability to stay upright is a skill that emerges from our interaction with the world. At birth, gravity challenges us. Sooner or later we must roll, sit, crawl, stand, walk and run-but along the way we also toddle, trip and tumble. All this refines our sense of balance, enabling us to move safely. So if suddenly you find yourself unsteady on your feet, it is important to seek treatment right away.

physical therapy. So if you need to be evaluated and treated for a balance disorder, you should make physical therapy your first stop. Physical therapists solve balance problems in every realm, from sitting and standing to turning and walking, by focusing on the three faculties that control balance: your vision, inner ear, and sense of touch. We pay close attention to the ways in which your senses interact to keep you balanced and mobile. For example, if you're unsteady because you have inner ear problems, you may need to walk with your feet spread apart, to feel more secure as you walk. If your feet are numb, you might need a cane to better sense the floor through your hands. Here are some other ways in which your senses are involved in your ability to stay balanced:

Eyes on the Prize. Your eyes help you keep track of the horizon and distinguish "up" from "down." In snowstorms, people who can't make out the horizon often fall down. And even walking in familiar but darkened rooms can pose a difficult challenge. Your vision can be limited by cataracts or other eve diseases that cause you to misstep during the night

Listen and Learn. Your inner ear, meanwhile, is a delicate gyroscope that tells your body when your head or body tilts. Congestion, which can disturb the equilibrium in your inner ear, can cause dizziness. Some medications can also cause dizziness.

Stay in Touch. When you put weight

on your leg, you feel pressure in the sole of your foot and you sense the positions of your ankle, knee, and hip. But if your feet are numb, you may not get the data your body needs to maintain your balance. Can you feel your feet, or do you need to look down to see where they are? Numbness in your feet can progress slowly, so you may not notice it at first.

#### Stay on Your Toes

As kids most of us enjoyed jumping. hopping, and twirling—and the result Balance therapy is a core part of was that we fine-tuned our balance. As adults, staying active maintains our sense of balance. But if we become fearful of falling and decide that sitting is safer than moving, we will gradually dull our sense of balance and lose strength. Loss of hip strength, in particular, makes it hard to move from sitting to standing and reduces our ability to walk with control. Back and knee pain can also make getting up from a chair difficult—so there are a lot of factors to consider. That is why seeking an evaluation from a physical therapist is wise; expert advice will help you determine what specifically is causing your bal-

#### ance and mobility problems. Safety in the Balance

Walking is actually a form of controlled falling. Every step is a momentary fall into the next step. Each step, your muscles have to slow your body's

forward motion so that you won't stumble. One muscle group fires at just the right time while the opposite muscle group relaxes, enabling you to move forward with control.

Walking is thus, quite literally, an amazing balancing act, and you need to do everything in your power to remain comfortable on the high wire of daily life. You probably hear every day that exercise inhibits memory loss, improves sleep, prevents falls, and keeps you fresh. But if you have ailments that cause balance problems (joint pain, vision problems, numb feet or heart problems) you may wonder whether you're a good candidate for exercise, and if so, what kind of exercise vou could do. So I repeat: Get thee to a therapy clinic. Find a physical therapist and get an exercise prescription.

You may discover, to your surprise, that despite your balance problems you can benefit immensely from an exercise bike or a treadmill or low-impact exercises. Your PT will help you figure this out safely.

#### Get Up, Stand Up

Loss of balance can be caused by many factors. Sorting out why you're unsteady can save you a lot of grief. If you're dizzy, see your doctor immediately to check for blood pressure or inner ear problems. Discuss your vision and your skin and joint sensations to see if you're getting enough sensory data to maintain your balance. And you may want to inspect your home for hazards.

Low chairs, high bath tubs, clutter on the floor, throw rugs, dark hallways, and steps without railings can all upset your balance. If any of these hazards worry you, ask your doctor to have an occupational therapist come to your grab bars in the shower or nitelites in the hallways, can make your everyday pring is right around the corner and life much safer.

#### Walk It Off

problem, your chance of solving it, improves greatly. Physical therapists can help you resolve problems of muscle weakness, joint pain, back pain, and neck pain, all of which affect your balance significantly. Knee and hip pain, especially, can unbalance you and make you limp—but fortunately the right cane or walker, properly used, can shift the weight from your tomatoes, cucumbers, radishes, potakeep your sense of balance as keen as ASSISTED LIVING - SKILLED NURSING - INDEPENDENT LIVING

- Laura Bennetts, PT, has practiced physical therapy professionally since 1982, when she earned a master's degree in physical therapy from the University of Southern California. She owns Lawrence Therapy Services LLC (785-842-0656) & Baldwin Therapy Services LLC (785-594-3162). If you have questions, please write to laurabennetts@hotmail.com.



#### HEALTH & FITNESS

### Medicinal plants you home to assess and improve your home safety. Simple equipment, like can grow in your garden

Tit's time to start thinking about what is going to be planted in the garden this Once you know the source of your year. Common garden items include

Khosh

Dr.

Farhang

painful joint to your hands, helping toes, and other vegetables, depending vou walk more safely. And it's crucial on the space available and how much to walk, to preserve your strength and time one has to spend in the garden.

This year a person might want to consider planting some common medicinal plants or herbs that are easy to grow. Since ancient times, healers grew gardens full of medicinal herbs that then could be used in infusions, i.e., teas that kept them healthy and were used to treat various ailments. One of the easiest herbs to grow is

mint. Mint, or Mentha, thrives near pools of water, lakes, rivers, or the cool moist spots in partial shade. However, mint is a hardy plant and tolerates a wide range of conditions, and can also be grown in full sun. Mint grows quickly and doesn't take much maintenance. This plant can easily take over

your entire garden, so keep it trimmed or plant in a separate area. Mint is good for a wide variety of ailments, including those of the digestive system. Stomach ailments include stomach pain, indigestion, nausea and vomiting, gas and bloating. It also has been used for the common cold as a decongestant, headaches, sinusitis, and to whiten Basil is another common herb

that can be planted in gardens. Basil (Ocimum basilicum), or sometimes called Sweet Basil, is a common name for the culinary herb that has many medicinal properties. Basil is best grown outdoors in the hot, dry climates and is sensitive to cold temperatures. Basil in many cultures is thought to bring good luck, wealth, good fortune, and love. It has been used medicinally as a common antimicrobial to fight off bacteria, viruses, fungus, and yeast.

Other plants to consider planting that have medicinal properties include Chamomile. Chamomile is known for

its soothing and calming properties that help with common medical conditions such as anxiety, nervousness, and insomnia. Echinacea is a wonderful plant that has been used for its antimicrobial properties, including fighting the common cold. Oregano is an herb that is used for its culinary flavor and has beneficial effects on the digestive So this year when spending hours in

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your garden, why not consider some herbs that can be used later medici-- 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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on Baby Arugula; and for dessert a delicious

Blueberry Smoothie. All menu items are

■ CONTINUED FROM PAGE 18

### 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. You may also add events on the Kaw Valley Senior Monthly Facebook page.

#### ARTS/CRAFTS

LAST FRIDAY OF EACH MONTH

FINAL FRIDAYS Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the

participating locations. LAWRENCE, (785) 842-3883 finalfridayslawrence.wordpress.com

JAN 11-FEB 1

**QUAIL RUN ELEMENTARY ART SHOW** 

Final Friday of every month. See website for

Drury Place at Alvamar invites the community to come experience elementary student artwork at the Quail Run Art Show. Students in kindergarten through 5th grade will be displaying their most prized pieces of art. A reception will be held on January 25 at 2-5 p.m. 1510 St. Andrews Dr. LAWRENCE, (785) 841-6845

JAN 17-MAR 2

WILLIAM S. BURROUGHS CREATIVE **OBSERVER** 

The Lawrence Arts Center will host William S. Burroughs Creative Observer an exhibit featuring William S. Burroughs' art and collections. The exhibit will include work from many periods of Burroughs's life, providing insight into his prolific creative energy and his ideas on observing art and people. The exhibit also will include collaborative works with artists such Brion Gysin, Robert Rauschenberg, Kurt Cobain, Keith Haring and George Condo. 940 New Hampshire St. LAWRENCE, (785) 843-2787

HIDDEN ART LOCKED AWAY

Artwork produced by inmates of the US Penitentiary and the US Disciplinary Barracks at Fort Leavenworth. Preview Friday 4-8 p.m.; Sale Saturday 9 a.m.-5 p.m. 416 Cherokee St. LEAVENWORTH, (913) 682-4459

FEB 11 **NAKED LUNCH** 

The Lawrence Arts Center will show the film Naked Lunch, a movie starring Peter Weller. Judy Davis, Ian Holm and Roy Scheider that is an adaptation of William S. Burroughs' 1959 novel of the same name. 940 New Hampshire St. LAWRENCE, (785) 843-2787

FEB 24 HOWL

The Lawrence Art Center will show the film Howl, a movie starring James Franco as Allen Ginsberg and explores Ginsberg's poem "Howl" and the 1957 obscenity trial that resulted from it. 940 New Hampshire St., 7 p.m. Free. LAWRENCE, (785) 843-2787

BINGO

SUNDAYS & TUESDAYS **AMERICAN LEGION POST NO. 1** 3800 SE Michigan Ave, 6:30 p.m.

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SUNDAYS, WEDNESDAYS & FRIDAYS **CAPITOL BINGO HALL** 

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MONDAYS **REBEKAH LODGE** 

Minis at 12:30 p.m., regular games at 1:00 p.m. 745 NE Chester Avenue.

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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 **FRTDAYS** 

**EAGLES LODGE** 

1803 W. 6th St., 7 p.m.

LAWRENCE, (785) 843-9690

**FRIDAYS** 

ARAB SHRINE

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

SUNDAYS & TUESDAYS

MOOSE CLUB

1901 N Kansas Ave, 6 p.m. TOPEKA, (785) 235-5050

**EDUCATION** 

ONCE A MONTH **AARP'S 55 ALIVE SAFE DRIVING** COURSE

Monthly classes are held at Stormont-Vail. Call to make reservation. TOPEKA, (785) 354-5225

FIRST & THIRD FRIDAYS OF EACH MONTH **HEALTHWISE AFTER 55** 

Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, (785) 354-6787

SECOND & FOURTH FRIDAYS OF EACH MONTH FOR FAMILY CAREGIVERS

Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airs ANTI-INFLAMMATORY EATING from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, (785) 354-6787 LAWRENCE, (785) 843-3833 ext. 115

JAPANESE CUISINE WITH RAVEN

Raven has a way of making every cuisine accessible, and doing it with a sense of fun and our bodies dealing with inflammation. Karen adventure. Join Raven for an exploration of Jap- will prepare Roasted Cruciferous Vegetables; anese culture and cuisine as she prepares Classic Homemade Ramen; beautiful and savory Seaweed Salad; and delicate Tempura. For dessert we will nibble on Dorayaki pancakes filled with sweet bean paste. Pre-registration is required. The Merc, 901 Iowa St., 7-9 p.m. Fee. LAWRENCE, (785) 843-8544 LAWRENCE, (785) 843-8544

FEB 10

**FABULOUS VEGAN DESSERTS** 

Even for folks who love butter and eggs, when it comes to dessert, vegan tastes great! The symphony of flavors is really clear when fruits, nuts, and whole foods are the stars of the show. and use it to create a spectacular Blackberry -Tinged Chocolate Cream Pie (in two variations, one soy free); Rich Strawberry Cashewsurprise recipe! You'll agree these are fabulous Merc, 901 Iowa St., 7-9 p.m. Fee. LAWRENCE, (785) 843-8544

FEB 13

**ENJOYING WINTER VEGETABLES** 

Winter is a good time to settle into the kitchen with new ideas and recipes for vegetables - our earth's gift of vital nutrients. Hilary has a full evening planned for you with vegetable recipes for raw, steamed, roasted and more. You'll sample Raw Lemony Beets; Fermented Ginger Carrots; Vegetable Pancakes; Simmered Collard Greens with Simple Miso Sauce; Baked Kale Chips; Winter Squash Stew; Roasted Cauliflower, and a lovely Whole Wheat Carrot Cake. You'll be happy to eat your veggies! Pre- with a hearty warm dish of Korean Tofu with registration is required. The Merc, 901 Iowa St., sticky rice and Quick Kimchi. A surprise sweet 7-9 p.m. Fee. LAWRENCE, (785) 843-8544

■ CONTINUED ON PAGE 19

BEAN COOKING BASICS

In and out in just an hour, with ideas and recipes to get you cooking beans! Nancy will start with a brief pressure cooker demonstration, while you enjoy a bowl of delicious Bean and Vegetable Chili. Next you'll enjoy an Almost-Instant Black Bean, Caramelized Onion & Avocado Quesadilla served with local salsa. Lastly you'll sample Braised Pinto Beans with Delicata Squash, Red Wine & Tomatoes served over Polenta. We'll even send you on your way with a complimentary can Eden Beans to get you started. This is a mini class. Pre-registration is required. The Merc, 901 Iowa St., 6-7 p.m. LAWRENCE, (785) 843-8544

**BASIC PERSONAL FINANCE & INVESTING** 

Finance & Investing will help you chart that

course. The class provides an overview of finan-

cial planning considerations, including: financial

goal setting; investment options such as stocks,

bonds, mutual funds, and ETFs; risk tolerance

and capacity; and diversification, asset alloca-

tion, and rebalancing of an investment portfolio.

While the focus is on saving and investing for

FEB 20

In our IRA / 401(k) world, you are responsible FUNDAMENTALS OF ESTATE PLANNING for your own financial destiny. Basic Personal

Death is a certainty, incapacity a possibility. You need a plan for both. Fundamentals of Estate Planning will help you create those plans. The class covers what happens under intestate succession if you die without a plan; the uses of a JoAnn will start with an easy Crumbly Pie Crust Will or Revocable Living Trust; an overview of probate administration; the impact of estate and gift taxes; non-testamentary transfer options, such as holding property in a joint tenancy; Dream Cheese Cake; Chocolate Turtles; and one powers of attorney for financial and healthcare decision-making; Living Wills and Do Not recipes to share with anyone - all without dairy, Resuscitate Directives; and a very general overeggs, or gluten. Pre-registration is required. The view of how limitations on Medicaid eligibility might affect your assets. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Carnegie Building - East Wing, 200 W. 9th St., 2-3:30 p.m. LAWRENCE, (785) 842-0543 or (785) 841-4554

FEB 18

**WORLD OF ASIAN TOFU** 

自

Come explore a world of delicious vegetarian tofu dishes from the original source, Asia. We'll start in Vietnam with Crispy Sweet Potato Tofu Fritters served with tangy Chile Lime Dipping Sauce. On to Thailand for Tofu Pad Thai, everyone's favorite noodle dish. We'll end up in Korea will send you off smiling! Pre-registration is required. The Merc, 901 Iowa St., 7-9 p.m. Fee. LAWRENCE, (785) 843-8544

retirement, the principles apply to other longterm financial goals, such as saving for a child's college education. The presentation is relevant

to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Carnegie Building -

East Wing, 200 W. 9th St., 2-3:30 p.m. LAWRENCE, (785) 842-0543 or (785) 841-4554

FEB 22

**HOMEMADE MEDICINE** 

The best medicine you will ever take is the medicine you yourself make, and the savings are enormous. Ocoee will demonstrate in class how to make herbal infusions; decoctions; salves; tinctures; poultices; fomentations and more. Join Ocoee to learn about this ancient folk skill you can do in your kitchen. Pre-registration is required. The Merc, 901 Iowa St., 2-4 p.m. Fee. LAWRENCE, (785) 843-8544

FEB 25

**CLASSIC ITALIAN-AMERICAN FAVORITES** Join Paige and Nancy, cooking together, as

favorites in a way that will inspire and entertain you. You'll begin the evening with an appetizer and possibly the best Caesar Salad you'll ever eat. Then on to delicious and absolutely perfect Classic Spaghetti & Meatballs. For dessert you'll enjoy Cannoli, fabulous delicate shells (homemade of course), filled with sweet cheese filling. Pre-registration is required. The Merc, 901 Iowa St., 7-9 p.m. Fee. LAWRENCE, (785) 843-8544

chefs and friends, preparing Italian-American

FEB 26

**COMFORTING AND NOURISHING: EVERYDAY USES OF HERBS AND SPICES** Patty Martella and Hilary Kass have teamed

up to create an evening of information and suggestions for using health-supportive herbs and spices in your food and cooking. Enjoy a VitaMineral Rich Green Smoothie; Multigrain Hot Cereal with dried elderberry and chia seeds; Simple Vinaigrette with an herb blend; Ethiopian Chicken Stew made with Berbere; and Immune Soup made with astragalus. turmeric, dried shitake, ginger & burdock root. We'll finish with a mineral rich tea made from alfalfa, oat straw, red raspberry leaf & hibiscus. Pre-registration is required. The Merc, 901 Iowa St., 7-9 p.m. Fee. LAWRENCE, (785) 843-8544

ENTERTAINMENT

THURSDAYS JUNKYARD JAZZ

Put on your dancing shoes and dance to the sounds of The Junkyard Jazz. American Legion. 3408 West 6th St., 7-8:30 p.m LAWRENCE, (785) 842-3415

FEB 2

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 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 12

THE ADDAMS FAMILY The weird and wonderful family we all love

comes to devilishly delightful life in The Addams Family. You won't want to miss this story. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man from a respectable family. A man her parents have never met. And if that weren't upsetting enough, she confides in her father and begs him not to tell her mother. Now, Gomez Addams must do something he's never done before — keep a secret from his beloved wife. Morticia, Everything will change for the whole family on the fateful night they host a dinner for Wednesday' "normal" boyfriend and his parents. The Lied Center, 1600 Stewart Dr., 7:30 p.m. LAWRENCE, (785) 864-2787 www.lied.ku.edu/events/addams.shtml

FEB 18

THE PEKING ACROBATS®

A troupe of China's most gifted tumblers, contortionists, jugglers, cyclists and gymnasts bring the 2,000-year-old acrobatic tradition to life. The Peking Acrobats® create a Chinese carnival atmosphere that is fun for the entire family with festive pageantry; daring maneuvers; trick cycling; powerful precision tumbling, somersaults and gymnastics; amazing displays of contortion, flexibility and control; and high-tech special effects. Live musicians, playing traditional Chinese instruments, will enhance the evening's experience. The Lied Center, 1600 Stewart Dr., 7:30 p.m. LAWRENCE, (785) 864-2787 www.lied.ku.edu/events/peking-acrobats.shtml

FEB 21, 22, 28; MAR 1, 2, 7, 8 **MUSICAL COMEDY: "YOUNG** FRANKENSTEIN" When Sarah falls for a gentile man, she knows

that her Orthodox Jewish family will never approve. She doesn't want to tell them about him, but she doesn't want to be chided for being single either, so she makes up a fictional boyfriend who she'll never have to introduce to them—until a massive dinner event comes up, forcing her to hire an actor named Bob to standin for her made up man. Performances at 8 p.m. except for 2 p.m. on March 2. 500 Delaware. LEAVENWORTH, (913) 651-0027 www.rccplv.com

■ CONTINUED ON PAGE 20

#### THE FIRST APARTMENTS

"Home without the hassles" Independent Community Living for 62 and older, 55-62 non-elderly disabled.

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Ray's Apple Market Call 272-6700 to schedule a tour and pick up an application. 3805 SW 18th St. • Topeka • www.thefirstapartments.org

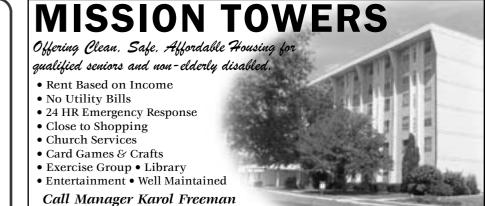
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Call (785) 594-6996 for more info. 1016 Orchard Lane & 1119 Jersey • Baldwin City



(785) 266-5656 • 2929 SE Minnesota • Topeka 🖹

■ CONTINUED FROM PAGE 19

#### The Cleveland Orchestra has become one of

the most sought-after performing ensembles in the world. The orchestra performs at its winter home at Severance Hall, at each summer's Blossom Festival, in residencies from Miami to Vienna to New York, and on tour around the world. The orchestra sets the highest standards of artistic excellence and creative programming. The Lied Center, 1600 Stewart Dr., 7:30 p.m. LAWRENCE, (785) 864-2787 www.lied.ku.edu/events/cleveland-orchestra.

FEB 28-MAR 1, 2, 6, 7 & 8 OTHER DESERT CITIES

A Drama by Jon Robin Baitz. Brooke Wyeth returns home to Palm Springs after a six-year absence to celebrate Christmas with her parents, her brother, and her aunt. Brooke announces that she is about to publish a memoir dredging up a pivotal and tragic event in the family's history—a wound they don't want reopened. In effect, she draws a line in the sand and dares them all to cross it. Hailed by critics, this is a deeply moving play. All performances at 7:30 p.m., except for the March 2 and March 8 performances, which are at 2:30 p.m. Theatre Lawrence, 4660 Bauer Farm Drive. LAWRENCE, (785) 843-7469

www.theatrelawrence.com

FEB 28-MAR 2 & MAR 7-9 HARVEY

Elwood P. Dowd is an affable man who claims to have an unseen (and presumably imaginary) friend Harvey—whom Elwood describes as a six-foot three-and-one-half-inch tall pooka resembling an anthropomorphic rabbit. Elwood introduces Harvey to everyone he meets. His social-climbing sister, Veta, increasingly finds his eccentric behavior embarrassing and decides to have him committed to a sanitarium to spare herself and her daughter Myrtle Mae further embarrassment. Manhattan Arts Center, 1520 Poyntz Ave. MANHATTAN, (785) 537-4420

FEB 28 & MAR 1

#### KANSAS SILENT FILM FESTIVAL

18th Annual Kansas Silent Film Festival at White Concert Hall on Washburn University's campus. This event is always FREE. 17th and Jewell, 7-9:30 p.m. on February 28 and 10 a.m.-9:30 p.m. on March 1.

#### **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

#### **BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 10 a.m.-noon. Health-Wise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

#### TUESDAYS, WEDNESDAYS & THURSDAYS **JAZZERCISE LITE**

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

#### TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No

appointment necessary LAWRENCE, (785) 856-6030

#### WEDNESDAYS MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 12:30-4:30 p.m. Call for appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave. TOPEKA, (785) 354-6787

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 **BLOOD PRESSURE CLINIC** 

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

THIRD THURSDAY OF EACH MONTH **BLOOD PRESSURE CLINIC** 

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

THIRD WEDNESDAY OF EACH MONTH **NUTRITION CLINIC** 

Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave., 10:30 a.m.-noon.

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

#### CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$7/ test. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, (785) 749-5800

#### **HISTORY/HERITAGE**

JAN 26-FEB 23

#### **LECOMPTON'S BLEEDING KANSAS 2014 LECTURE SERIES LYCEUM**

A series of lectures by authors and historians and period portrayals by reenactors discussing and debating the issues of a free state or pro-slave Kansas before the US Civil War in the time period of the 1850s known as "Bleeding Kansas." Sundays, 2-3 p.m. 319 Elmore. LECOMPTON, (785) 887-6520 kshs.org/constitution hall

#### **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.,

WEDNESDAYS

Lawrence, 1-2 p.m.

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,

Babcock Place, 1700 Massachusetts St., 3 p.m

THIRD WEDNESDAY OF FACH MONTH

Brandon Woods, 1501 Inverness Dr., 10:30 a.m. Prairie Commons, 5121 Congressional Circle,

FOURTH WEDNESDAY OF EACH MONTH Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m.

Presbyterian Manor-Asst. Living, 1429 Kasold Pioneer Ridge-Asst. Living, 4851 Harvard Rd.,

Drury Place, 1510 St. Andrews Dr., 2:30 p.m.

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**MEETINGS** 

MONDAYS

#### **BREAST CANCER SUPPORT GROUP** Meets at Presbyterian Manor, 1429 Kasold

5:30 p.m. Call Dena for more information. LAWRENCE, (785) 979-8362 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 **GRIEF 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 Grace Hospice in association with Pioneer 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 ioin 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 DOUGLAS COUNTY DEMOCRATS HAPPY HOUR

Douglas County Democrats get together for a happy hour at Pachamamas, 800 New Hampshire St., from 5 to 7 p.m. LAWRENCE, (785) 331-0421

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.

CONTINUED FROM PAGE 20

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 TUESDAY OF THE MONTH

MAN TO MAN PROSTRATE CANCER

TOPEKA AREA OSTOMY SUPPORT

TOPEKA, (785) 295-5555

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

SUPPORT GROUP - LAWRENCE Meets at Lawrence Memorial Hospital, 5:30 p.m LAWRENCE, (785) 393-1256 FIRST TUESDAY OF EACH MONTH

**GROUP** Our focus is supporting, assisting, and educating individuals with colostomies, ileostomies, urostomies and continent ostomies. Meets at 6 p.m. at St. Francis Health Center, 1700 SW 7th St.

#### 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., 1 p.m.

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

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

#### TUESDAYS

#### **GRIEF & LOSS SUPPORT GROUP** Midland Hospice, 200 SW Frazier Circle. 3-4

TOPEKA, (785) 232-2044

#### **GRIEF & LOSS SUPPORT GROUP** Midland Hospice, 200 SW Frazier Circle. 5:30-

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 under-

experience. Meetings begin at 1:30 p.m. for blood standing and emotional support by encouraging

TOPEKA, (785) 478-4947 or (785) 296-8349

families and individuals to share healthy ways

comer at for more information. Pozez Education

of coping and grieving. Contact Steve New-

FIRST WEDNESDAY OF EACH MONTH

**OLDER WOMEN'S LEAGUE** 

Center, 1505 SW 8th St.

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

#### FIRST & THIRD WEDNESDAY OF EACH MONTH **CANCER SUPPORT GROUP**

Join representatives from Lawrence Memorial Hospital Oncology Center and the American Cancer Society for a general cancer support group. Open to anyone with any cancer diagnoses and/or family members or others affected by their cancer. For more information, contact Liv Frost at (785) 505-2807 or e-mail to liv.frost@lmh.org. LAWRENCE

#### WEDNESDAYS & 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 THE MONTH MAN TO MAN PROSTRATE CANCER SUPPORT GROUP - TOPEKA Meets at St. Francis Health Center's Cancer

Center, 1700 S.W. 7th St., 7 p.m.

TOPEKA, (785) 230-4422 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

CONTINUED ON PAGE 22

#### Neuvant House of Lawrence

February 2014 • 21

Assisted Living Residence

Neuvant House of Lawrence is an assisted living residence purposefully designed for persons with dementia and Alzheimer's disease. In addition to providing a safe and engaging environment, we utilize enriching programs to help individuals live life to the fullest.

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NEUVANT HOUSE OF LAWRENCE



Personal Memory Care

1216 Biltmore Dr. • Lawrence • 785.856.7900 admin@neuvanthouse.com • www.neuvanthouse.com

pressure readings and at 2 p.m. for program. For

information, call Jan Dietrich in the Adult Field

Services Office. Health Agency Main Library.

TOPEKA, (785) 232-7765

SECOND MONDAY, SEP-MAY

LAWRENCE CLASSICS, GENERAL

FEDERATION OF WOMEN'S CLUBS

#### SECOND THURSDAY OF EACH MONTH

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 Brookson Rd., 4 p.m. Call to RSVP. wood Center, 2900-H Oakley. You are welcome LAWRENCE, (785) 272-9400 to attend on time or as often as you like. If you have questions or need directions, call Chaplain

#### TOPEKA, (913) 599-1125 SECOND TUESDAY OF EACH MONTH

Nancy Cook.

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

communities and throughout the world. Meets at 6:30 p.m. at the Topeka-Shawnee County Public Library, Guests welcome. Please email info@

www.soroptimisttopeka.org

#### **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 Peter-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 LAWRENCE, (913) 831-3888

#### SECOND SATURDAY OF EACH MONTH HAPPY TIME SOUARES SOUARE DANCE

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 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

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

Topeka Blvd., 12-1 p.m.

(800) 798-1366

LAWRENCE, (785) 235-1367 or

THIRD SATURDAY OF EACH MONTH

TOPEKA WIDOWED PERSONS BRUNCH

For all widowed people. Meets at the First

United Methodist Church, 6th and Topeka

Blvd. in the red brick building, known as the

Sweet Building on the Southwest corner of the

campus. Please bring a covered dish to share.

Beverages and table service provided. 11 a.m.-1

p.m. For more information about the Widowed

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

Persons Service Program, please call Julie.

FOURTH MONDAY OF EACH MONTH

FOURTH TUESDAY OF EACH MONTH

FOURTH TUESDAY OF EACH MONTH

Countryside United Methodist Church, 3221

**CAREGIVER SUPPORT GROUP** 

**CAREGIVER SUPPORT GROUP** 

LAWRENCE PARKINSON'S SUPPORT

Pioneer Ridge Assisted Living Library, 4851

TOPEKA, (785) 357-7290

**GRIEF SUPPORT GROUP** 

LAWRENCE, (785) 841-5300

LAWRENCE, (785) 344-1106

SW Burlingame Rd, 1-2 p.m.

TOPEKA, (785) 235-1367 or

sored by Grace Hospice.

GROUP

Harvard, 6:30 p.m.

(800) 798-1366

Baldwin Healthcare Center, 1223 Orchard Lane, BALDWIN CITY, (785) 594-6492 THIRD FRIDAY OF EACH MONTH **CAREGIVER SUPPORT GROUP** Jayhawk Area Agency on Aging, 2910 SW

Van Horn

#### CONTINUED FROM PAGE 22 cooperation with Jayhawk Area Agency on

**SUNDAYS** 

the public.

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MISCELLANEOUS

Drury Place, 1510 St. Andrews, 4 p.m. Open to

Aging, Inc. Designed to be a safe place to assist government employees, active and retired, and empower caregivers of seniors. Rose Hill before Congress. Employees from all branches Place Clubhouse, 3600 SW Gage Blvd., 1 p.m. of federal government employment are wel-TOPEKA, (785) 235-1367, EXT. 130 come, and encouraged to attend. For information, call Jim Miller. LAWRENCE, (785) 478-0651

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

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

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

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

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

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

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent

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■ CONTINUED ON PAGE 23

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Edward lones MAKING SENSE OF INVESTING

cratic Party. Tickets \$50, tables available LAWRENCE, (785) 331-0421 CHURCH SERVICES Drury Place at Alvamar, 1510 Saint Andrews

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THIRD SATURDAY OF EACH MONTH

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#### DANCING THROUGH THE DECADES A fund-raising event for Trinity In-Home

Care. Music starts in the 1930s and changes every half-an-hour to a new decade. Guests are encouraged to dress in apparel from their favorite decade from the 1930s to today. Abe and Jake's Landing, 8 East 6th St., 6:30-11:05 p.m. LAWRENCE, (785) 842-3159

#### CHILI & VEGETABLE SOUP SUPPER

Includes cornbread, crackers, relishes, drink and dessert. Community Invited. Delicious! Enjoy NOTO's First Friday Artwalk after supper.

1029 N Kansas Ave., 4-6:30 p.m. TOPEKA, (785) 296-2099

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#### FOURTH WEDNESDAY OF EACH MONTH 530 FOLKS RD • LAWRENCE www.edwardiones.com www.pkvdds.com Administered by Senior Outreach Services in



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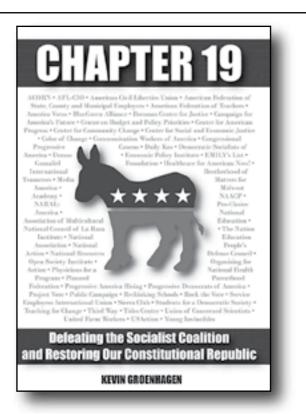
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If you have a book that was published from 2012 to the present, you may send it in for a possible review in Kaw Valley Senior Monthly. No poetry collections please. Send a copy of your book to: Tom Mach, c/o A Look At Books, PO Box 486, Lawrence, KS 66044. Send the image of your book cover to: kevin@seniormonthly.net



Tom Mach

Deadly Provenance by Lynne Kennedy (CreateSpace ISBN 978-1-4849-

Seventy years after a Van Gogh painting is confiscated by the Nazis, Maggie Thornhill, a world-renowned digital photographer, looks for that missing artwork. While searching for



that masterpiece, her friend Ingrid asks her to do what seems impossible to authenticate from a photograph that it is indeed a Van Gogh. This photo had been passed

down to Ingrid by

Klaus Rettke, Ingrid's grandfather, who was a prominent member of the German Einsatzstab Reichsleiter Rosenberg—a Nazi organization appointed to confiscate art from the Jews. Maggie learns that Rettke stole that painting from the Nazis. However, she must now prove that the painting in the photo is genuine, something that has never been done before. From the National Gallery of Art in Washington, D.C. to the Musée du Jeu de Paume in Paris, Maggie tries to find answers. But as she confronts the possibility that there was an original and several forgeries, she is unaware that a killer is out to murder her because there are tens of millions of dollars at stake. An interesting murder mystery.

Almost to Freedom by Todd Mildfelt

(CreateSpace ISBN 978-0-9743597-2-

novel that deals with a little-known



there facts with concerning that era of our history, such

over the escaped slaves while they from John Brown. This book, consisting of 10 chapters and including 11 illustrations, is a novel that would appeal to young children and adults

ISBN 0983009309)

figure in that she claims God has spoken



her writings. She admits she was a sinner and was clearly not worthy to experience such a deep personal relationship with the Almighty and doesn't know why

He had selected her as His instrument Although a Greek Orthodox faithful, she says God supposedly had said

things to her that were more consistent with the doctrines of the Catholic Church, such as the importance of the Blessed Virgin and the existence of Purgatory. While the Greek Orthodox Church had excommunicated her, Christian churches are now either skeptical or cautiously trust her as being a true prophet. Nonetheless, it is worth reading how she describes God as having so much love for mankind that it is beyond human comprehension. She describes how God has shown her both the horror of hell and the awesome beauty of heaven. The book is sometimes harrowing, yet it speaks a message of hope—something we need

Jaguar Princess by Marjorie Bicknell Johnson (Infinity Publishing, ISBN 978-0-7414-6767-6)

more of during these troubled times.

If you are intrigued by ancient Mayan history, this historical novel might make an interesting read. A young girl in Yucatan, Mexico, named Chanlaun "Pesh" Pex is the sole descendent of



an ancient Maya up to become an archaeological aide read the glyphs carved into stone trees. However, she refuses to be a shaman (a

Irınıtv

medium who practices magic or sorcery). Yet when she finds a rare Mayan bark-book that survived the fires set by the Spaniards in 1562, she runs into a looter. The man attacks her with his knife and she is left in a cave to die. It is then she discovers the power she

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didn't know she had as a shaman and uses it to curse him to death by a crocodile. She searches for the artifact and description of the geography, history and culture of the Yucatan,

Portraits of TROY—The Architecture Carol Pratt is stuck with three preof Topeka High School by Gary Krohe (Idiomatic Images ISBN 978-0-615-72913-8) Whether or not you were a former

teacher or student at Topeka High What's going on? School (THS), you will appreciate the wonderful changes in architecture of THS over 14 decades since its inception in 1870. Work began in earnest



in 1928 for a high that school became a Gothic

KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

that speak for themselves there is little in the way of actual copy. There are 342 fascinating photos in this 272-page book. It includes 58 pairs of matching photos that show some aspect of the school in 1931 compared to what it looks like today. It is easy to see why THS is a Topeka landmark and why it was included in the National Resister of Historic Places. Even a contributing photographer with National Geographic was impressed with *Portraits* of TROY and I suspect you will be as

#### TRAVEL TROUBLESHOOTER

#### finds it on the black market. A considerable amount of research went into a Why won't Starwood let me change my reservation?

paid nights at a Starwood Hotel. Even though she wants to move the reservation by a few days, the hotel won't let her without losing all of her money.



Christopher Elliott

Q: I made a pre-paid reservation at us that THS was the most expensive the W New York Downtown. The rate high school west of the Mississippi at description said it was nonrefundable the time. *Portraits of Troy* is neither a and a penalty would apply for changes. history about THS nor the people who When I tried to change it to a few attended or taught at THS. Actually, days later, I was told that the reservabecause of the numerous photographs tion was actually nonchangeable, and

We've enriched

Steve and Linda's

that should I cancel it, I would lose the money and need to book three new

I contacted the W hotel's central line and pointed out that the rate description for nonrefundable rates stated they were nonrefundable and nonchangeable. That's not the same thing as "a penalty for changes," which is the language in the terms for the rate I had booked.

I was essentially told that the penalty was 100 percent of the pre-paid room rate. As a result, I kept the original reservation, and made another for the extra two nights, which was cheaper than canceling and rebooking.

I emailed customer service asking for a review. I had been expecting to pay a higher daily rate and to pay some kind of penalty fee. But I received a prompt reply reiterating the first reservation

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agent's statements. I was told that prepaid rates are "noncancelable, nonchangeable and nonrefundable" and that a penalty is charged for canceling, as well as that changes cannot be made. The bottom line is that I am now

nights when, at most, I believe I should be paying \$1,262 for three, at a higher daily rate, plus a reasonable penalty fee. I think Starwood's reply does not address the issue and that a "known glitch" on the rate description does not excuse them from adhering to the anguage on both their website and their confirmation email. Am I off base here? - Carol Pratt, Washington

A: You are not off base at all. If anything, Starwood is off base. The way I see it, you're not canceling or changing your reservation, because you still intend to stay at the hotel on some of the days you had originally intended to

The W Hotel, which is owned by Starwood, appears to be interpreting its own rules in a way that is most advantageous to the company. It is saying: If you make any change to this reservation, you lose everything, even if you intend to stay in the room for part of the original booking.

I've reviewed the correspondence between you and Starwood, and the interesting thing is, it knows it was wrong. "The wording of the cancellation policy in two different phrases is cases, your story may not be published a known glitch," it says in an email to for several months. you. "Our Web Team is working as fast © 2014 Christopher Elliott as possible to get this corrected." (This

case was resolved several months ago, and the problem is now fixed.) You took your case to the highest

level you could, but were still getting form responses. By the way, I list all the higher-ups on my consumer advopaying more than \$1,700 for five cacy site: http://elliott.org/contacts/w-

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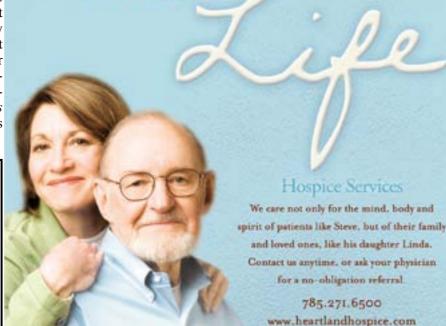
Your next stop would have been a credit card dispute, which is something I recommend only as a last resort. Calling me was the right move. I contacted Starwood on your behalf.

A company representative got in touch with you immediately and suggested that in the future, you reach out to the hotel directly before taking your complaint to corporate. That's good advice. The W changed your reservation to

the three nights you wanted without a penalty fee, which is far more than you had asked it to do. - Christopher Elliott is the author

of "How to Be the World's Smartest Traveler (and Save Time, Money and Hassle)" (National Geographic). He's also the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a nonprofit organization that advocates for travelers. Read more tips on his blog, elliott.org or e-mail him at chris@elliott.org. Christopher Elliott receives a great deal of reader mail, which he answers as quickly as possible, but because of a backlog of

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### A LOOK AT BOOKS

This is a small (76-page) illustrated aspect of the Under-

ground Railroad in the winter of 1858-Although is fiction thrown in concerning a white boy named Billy Samuels and his family, much of this book

were hidden near the town of Berea, Kansas, or a description of the wagon John Brown used to hide slaves as he drove them to freedom It tells how Brown crossed into Missouri to capture eleven slaves and send them along the Underground Railroad to Kansas. Jack Daniels, a Missouri slave, crossed into Kansas after his owner died. Not wanting to be split up from his family he headed for Fort Scott, Kansas, on the pretext of selling homemade brooms although he was actually seeking help

as how William Ambrose kept watch

Heaven is Real But So Is Hell—An Evewitness Account of What is to Come by Vassula Ryden (Alexian

Vassula Ryden is a controversial

through her

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#### WOLFGANG PUCK'S KITCHEN

#### Make eating more vegetables your healthy New Year's resolution

to figure out what you did on New Year's Day. In addition to eating and drinking something deliciously soothing to restore you after New your Year's Eve celebrations, you probably saw or heard TV or radio reports or read news articles about New Year's



Wolfgang Puck

And you thought something like, "Oh, no, not again! How am I going to keep my resolution this year to cook and eat more healthily?

I've made that resolution myself, year after year. In the past, I only had limited success, complicated by the fact that my job involves cooking and eating great food every day.

Over the past few years, though, I've come up with a solution that works for me, and as a result, I've managed to maintain a healthy weight and feel more fit and active than I have in decades—all without giving up food that's both enjoyable and satisfying. The approach involves making simple, smart changes in the kitchen. at the table, and in my exercise routine, and I go into the details in a new book I've got coming out two months from now, "Wolfgang Puck Makes It Healthy.'

But, for the sake of helping you with your own resolutions right now, I thought I'd share one of my longtime favorite recipes that embodies a healthy change easy enough for anyone to follow: Increase the quantities of fresh vegetables vou eat every day.

By making that one simple change you increase the likelihood that you'll shed pounds and feel better. Why? I could go on at length in response. But

It doesn't take any psychic powers the shortest way to put it is that fresh vegetables fill you up with fewer calories, while also providing a wealth of essential nutrients. Not to mention, of course, that if you start with great produce and cook it simply, it tastes wonderful, providing the pleasure and satisfaction we all crave in the food we Look for ways to add more vegeta-

bles to the main courses you make for yourself at home, decreasing - but not eliminating—the portion size of animal proteins. And, at least once a week, aim to make vegetables the star of your

My longtime favorite recipe for pasta with fresh vegetables, which I share here, is a great example of how easy, and delicious, such a change can be. Feel free to substitute any fresh farmers' market vegetables you prefer. To add even more healthy, filling fiber to your diet, use whole-grain pasta.

Make this recipe your own. Then, use it as a starting point for transforming your own eating in 2014.

#### PASTA WITH BROCCOLI, PEAS, MUSHROOMS. AND TOMATOES

Serves 4 as a main dish, 6 as an appe-

1/2 pound small broccoli florets 2 tablespoons extra-virgin olive oil 1/4 pound frozen baby peas

1/2 large red, yellow, or orange organic bell pepper, stemmed, seeded,

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

deveined, and diced

1/4 pound organic button mushrooms, wiped clean, trimmed, and

1 cup canned diced tomatoes Freshly ground black pepper

3/4 pound dried fettuccine or other pasta ribbons

1 tablespoon finely chopped fresh

1/2 cup freshly grated Parmesan cheese, optional

Bring a medium saucepan of water to a boil. Fill a large bowl 3/4 full with ice cubes and water and set it on a counter near the stove. When the water comes to a boil, add

1 teaspoon of the salt and then the broccoli. Cook just until the broccoli's color brightens, 30 seconds to 1 minute; then, with a slotted spoon or a wire skimmer, remove the broccoli and transfer to the ice water. Add the peas to the boiling water and cook for 1 minute; then, drain in a colander and transfer the peas to the ice water with the broccoli. Leave the vegetables to chill for 1 to 2 minutes; then, drain well and transfer them to paper towels to soak up excess moisture, patting them dry. Set aside.

Bring a pasta pot filled with water to a boil. Meanwhile, heat a 12-inch

frying pan or Dutch oven over medium-high heat. When the pan is hot, add the olive oil. As soon as the oil is hot enough to swirl freely in the pan, quickly add the bell pepper and mushrooms, and then the broccoli and peas. Toss or stir the vegetables briskly in the pan to heat them through thoroughly without browning, 1 to 2 minutes. Stir in the tomatoes, bring to a simmer, and cook until the juices thicken slightly and the vegetables are tender-crisp, 1 to 2 minutes. Season to taste with salt and pepper. Remove you missed it, here's what happened: the pan from the heat, cover, and keep tives in the television industry talked

Meanwhile, as soon as the water in the pasta pot has come to a full boil the pasta. Cook until al dente, tender meeting. but still slightly chewy, following the manufacturer's suggested cooking

Drain the pasta and immediately add it to the vegetable mixture in the pan, tossing well. Taste and adjust the seasonings as necessary. Serve immediately, garnishing with parsley. Pass Parmesan at the table for those guests who'd like to add a little to their por-

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Chic-A-Dee

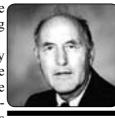
CAFÉ

#### HUMOR

### **The Commercial Commercial Networks**

You may have missed primetime television's mini-episode revolution. It only lasted a couple of days. If Fifteen of the most important execu-

quietly at a long oak table in the boardroom of MEGA-TV. Their leader had add 1 tablespoon of salt and then add summoned them to an emergency



Larry Day

The boardroom fell silent when the door opened. Their leader, the capa di tutti capi, Midgechalene Hembro, walked in. "Please don't stand," she said and sat down. Biggley Masters, a leading network writer, followed her and sat in a chair at her right hand.

Two adversarial units combine to bring primetime television to the nation's screens—the suits and the creatives. The suits dress and act professionally, and handle the network's business. The creatives dress and act grungy and write commercials and prinetime programs.

"As you all know, I called this meetng because we have to deal with the apparatus problem," said Ms. Hembro. 'Mr. Masters is a leading writer and was involved in the 'Ten Minutes before the Hour' incident back in 2009."

Everyone knows that primetime television's appetite for advertising nas grown. Advertising occupied eight minutes an hour back in the early days. Nowadays it occupies 21 minutes an

In 2009 Biggley Masters caused a crisis when he refused to cut two and a half minutes from an episode of "Forced Entry," a top-rated cop thriller, to make room for more commercials.

At an acrimonious meeting the head suits ordered Biggley to make the cut He agreed, but he cut the episode's key segment, the segment that fell at 10 minutes before the hour. Because of that crucial cut, the television audience didn't know what happened, and couldn't figure out how the cops caught the bad guys. Angry viewers swamped the network's phone lines and jammed the network's Internet servers with complaints.

After things got sorted out, the network didn't fire Biggley, they fired the hotshot suit who ordered the cuts. The suits needed Biggley to write more episodes of "Force Entry."

The apparatus crisis was the result of a newly-invented device that's for sale on the Internet and at many electronic outlets. Some national big box stores had considered selling it too. Viewers plug in the apparatus—a device that automatically cuts out television commercials. The apparatus cuts the commercials then it knits the program back together with no loss of continuity. It scares network executives worse than Frankenstein's Monster scared villag-

Winning a court case could take years. Meantime advertising revenues would go down the drain.

Midgechalene Hembro said, "Mr. Masters has a radical idea." She turned to Biggley.

"Times have changed," said Biggley. "People communicate in code on 40-character screens. Nowadays it's all about being brief and edgy. So in primetime let's broadcast programs on all three networks that feature four fourminute episodes in all the genres. The programming will take up 20 minutes and we'll fill the rest of the hour with commercials. That way if the apparatus switches channels all there'll be are more commercials.'

The network suits took the gamble and tried Biggley's plan. But after

three days the advertisers complained. The advertisers got too much exposure, and the public got cranky with them. The advertisers demanded a return to the old system. They cut commercials from 32 percent of an hour long program back to "the old days" figure of

In the end the fearsome channel switching apparatus didn't sell all that well. The big box retailers decided not

to sell it. The switch channel movement just petered out. Midgechalene Hembro quadrupled Biggley Master's salary. Then she

agement. Poor Biggley became a suit. - Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fictionsometimes intentionally—all his life.

forced him to accept a position in man-

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#### KAW VALLEY SENIOR MONTHLY KAW VALLEY SENIOR MONTHLY

#### PET WORLD

#### We don't know for sure if pets 'grieve' the way we do

**O:** We lost our Soft-Coated Wheaton Terrier, and it's still very difficult to talk about and deal with the loss. Poor Gracie, our other dog, has also had a tough time, and it's been heartbreaking. I think Gracie is still waiting for McGee to come home. There's no way



Steve Dale

to tell her that's not going to happen. How can we help Gracie through this difficult period? - S.O., Chicago, IL.

**A:** I'm very sorry for your loss. I and many other readers—have felt a similar hole in our hearts.

We don't really know what surviving pets are thinking when it appears for all the world as if they're grieving. They may be, or they may be merely picking up on our sorrow. It could be they're only responding to a sudden change in the household—or the changes may be a combination of all those things. Personally, I'm convinced that pets (who we know, for a fact, feel emotion) can grieve. But why do some pets appear absolutely unaffected by the loss of a best pal? No one knows.

about two years to grieve the loss of a loved one," says Sue Yellen, Glenview, IL-based clinical psychologist and chicagonow.com blogger. "I suspect many pets do grieve, though we don't understand that grieving period."

She adds, "It's a difficult balance, you want to give attention to people who are grieving, and I believe the same is true for grieving pets. However, you also don't want to reward sad behavior too much."

Try to keep a regular schedule for Gracie's activities, so there's a consistent structure to her life. Feed her and

take her for walks at about the same time vou always have. Playing with a dog's favorite toy is probably the best antidote (for dogs who enjoy play), and the exercise is a great outlet for both you and your pet.

Q: Our Australian-shepherd mix

doesn't have fleas, but he scratches constantly and has developed many sores on his body. The vet gives him cortisone shots and then sends us on our way. The cortisone only lasts for a short time and I worry about the longterm effects of these shots. We've tried Benadryl and Chlorotrimeton, which do nothing, and we tried to change the dog's diet. The veterinarian has no further advice. Do you have any ideas? -K.C., Las Vegas, NV

A: Dr. Cecilia Friberg, a Chicagobased veterinary dermatologist, is concerned about those sores, which may be bacterial or yeast infections triggered by allergies. In any case, they should be treated. Obviously, you need to treat infections, but additionally they can be very itchy. Until you deal with these sores and relieve the itching, there's no way to know if the Benadryl or Chlorotrimeton might actually help the allergies.

Friberg adds, "Steroids are a great choice to treat allergies for short-term relief, as vou've learned. Steroids also can diminish the immune system, which may more easily allow for infec-"On average, people actually take tions to occur. The use of steroids should be carefully controlled.

Apparently, you've ruled out flea allergies. Still, a pet doesn't need to be infested with these pests to develop a severe reaction.

The most likely possibilities for your dog's problem are food allergies or environmental allergies. You mention that you tried to change the dog's diet, but it's necessary to transition to a specific single-protein prescription diet or homemade diet (one specifically recommended by your veterinarian). Those are the only choices for a reliable food trial, and your dog must remain on

the new diet for several months, without a scrap of table food or unapproved dog treat. Your veterinarian should oversee the food trial.

If you did go through a proper food trial, then environmental allergy seems the most likely culprit. Since your veterinarian is unsure about the next steps, it might be best to request a referral to a veterinary dermatologist.

O: A year ago, my 7-year-old cat was diagnosed with kidney failure. Now, my 3-year-old Maine Coon has been diagnosed with the same problem. My veterinarian said his blood count is low and he's been receiving a steroid pill for that. I'm 66 and have had cats my entire life. Is kidney disease in cats something new? What might cause kidney failure in such a young cat? - S.P., Umatilla, FL

A: Kidney disease is an exceedingly common problem among older cats. There's much in your question which is confusing, as feline veterinarian Dr. Susan Little, of Ottawa, Ontario, Canada notes. "Kidney failure is endstage disease, kidney insufficiency or kidney disease is perhaps more likely your cats' problem, at least your older

As for the younger cat, Little says, "While we do see kidney disease in cats as young as 6 or 7 years, it's very unusual to see kidney insufficiency in a cat who's only 3 years old. As for steroids, cats can withstand their long-term use, but only with careful monitoring. Even in cats, steroids **LLC**.

are not without possible side effects. Of course, cats should only be given steroids when warranted, and while it may be appropriate for this cat, the By Rob Boudreau (reader's) question doesn't offer (a full Social Security Management Support explanation of what's going on). Little, editor of the textbook "The

Cat: Clinical Medicine and Manage- If you have a spouse who does not In this instance, I'd suggest an exam by your record. a feline veterinarian." Your veterinarian Social Security can be an important can offer a referral or you can check the financial asset for married couples American Association of Feline Practi- when the time comes to apply for tioners: www.catvets.com.

and meows at birds. Why does she do cantly more than the other, or may this? - S.C., Macon, GA

ing going on outside your window, you work of raising the children, caring for might say 'Hey, look at that!' That's elderly family members, or managing exactly what your cat is telling you. the household while the other focused Certainly, watching butterflies, birds on a career. and moths fly by is exciting entertain- Whatever your situation, Social ment if you happen to be a cat.

answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Content Agency, LLC., c/o 16650 Westgrove Dr., Suite 175, Addison, TX 7500 Send e-mail to petworld@steve dale.tv. Include your name, city and state.

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### Your spouse may be covered by Social Security

Specialist in Lawrence, Kansas

ment" (Elsevier, St. Louis, MO, 2012; earn an income or who earns less than \$151), adds, "There needs to be clari- you do, your spouse (including a samefication and also an explanation about sex spouse) may be entitled to Social what's going on with your younger cat. Security spouses' benefits based on

retirement benefits. In many cases, O: Our cat, June, sits at the window one spouse may have earned signifihave worked longer. Or it could be A: When you see something excit-that one spouse stayed home to do the

Security will look at all possibilities - Steve Dale welcomes questions/com- to make sure both spouses receive ments from readers. Although he can't the maximum Social Security ben-

efits possible, whether based on each spouse's earnings record or the higher wage-earner's record.

Your spouse can apply for benefits the same way that you apply for benefits on your own record. He or she can apply for reduced benefits as early as age 62, or for 100 percent of the full retirement benefits at "full retirement age." Not sure what the full retirement ages are? To learn your and your spouse's full retirement ages, based on birth year, visit www.socialsecurity. gov/pubs/ageincrease.htm.

The benefit amount your spouse can receive at full retirement age can be as much as one half of your full benefit. If your spouse opts for early retirement. the benefit may be as little as a third of your full benefit amount. Note that benefits paid to your spouse do not decrease vour benefit amount.

If you have already reached full retirement age but continue to work, you can apply for retirement benefits and request to have the payments sus-

pended until as late as age 70. This would let you earn delayed retirement credits that will mean higher payments later, but still would allow your spouse to receive a spouse's benefit.

People can also apply for spouse benefits based on the earnings record of an ex-spouse or deceased spouse if married for at least 10 years. Spouses can consider a number of options and variables. We make it easier to navigate them. A good place to start is by visiting our benefits planner at www. socialsecurity.gov/planners. Take note of the "Benefits As A Spouse" section.

If you are ready to apply for benefits, the fastest, easiest, and most convenient way is to apply online! You can do so at www.socialsecurity.gov/ applyonline and complete your application in as little as 15 minutes.

Due to a Supreme Court decision, we now are able to pay benefits to

some same-sex couples. We encourage people who think they may be eligible to apply now. Learn more at www.socialsecurity.gov/same-sex-

Whether you receive benefits on a spouse's record or your own, rest assured we will make sure you get the highest benefit for which you qualify. Learn more at www.socialsecurity.gov

#### **WORDS OF WISDOM**

"If Congress can do whatever in their discretion can be done by money, and will promote the General Welfare, the Government is no longer a limited one, possess ing enumerated powers, but an indefinite one, subject to particular exceptions." - James Madison

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### A rough time

#### By Tannah Hirsch

Tribune Content Agency

East-West vulnerable. South deals.

NORTH **♦-**K 7 4 3

**♥**-O 10 8 **♦**-2

**\***-8 7 4 3 2

**EAST** 

**♥-**54

**♠**-10 8 5 2

♦-K 9 7 4

**♣**-J 10 5

NORTH

2♥

EAST

Pass

Pass

WEST **♠**-9 6

**▼-732** ♦-AJ83

**♣**-A K Q 9 **SOUTH** 

♠-A O J **♥-**AKJ96

♦-Q 10 6 5

The bidding SOUTH WEST

Pass

Pass

Pass

Opening lead: King of &

Here's another 'Thinking Bridge' deal composed by Eddie Kantar for players anxious to improve their

venient way to enter the bidding. A com takeout double with a low doubleton in © 2014 Tribune Content Agency, LLC.

an unbid major is off the wall. North does best to support hearts rather than bid one spade, an unlimited response. If possible, limit a weak hand quickly. "(The lead) looks normal. It takes a

brave soul to lead some other suit when holding A K O (x) in a suit. "West must realize that this dummy

is good for one thing and one thing only: ruffing diamonds. Club tricks, if there are any, are not going away. West must shift to a trump at trick two and, when in with a diamond, play a second trump. Because the spades are blocked, declarer can take no more than five hearts in the closed hand, one diamond ruff in dummy and three spades. Down one. Without the trump shift declarer can ruff two diamonds in dummy and make the contract.

"When a weak dummy tables with a short suit plus trump support, trump leads are usually called for.

"As a defender, keep length parity with the dummy. East should not discard a spade holding four spades and looking at four of them in dummy"

- Tannah Hirsch welcome readers' responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses "West has a good hand but no con- may be sent to tcaeditors@tribune.

#### **Sons of The American Revolution**

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#### PUZZLES & GAMES

#### CROSSWORD

#### Across

Asia's Sea "One more thing," for

Reaffirming words Michael of "Year One" "Feels won-n-nderful!"

Knows about Charity

Dairy aisle selection Relaxation of a kind.

briefly Abbr. seen in repeat citations Sonic Dash publisher

End of a wedding planner's promise Publishing houses and such

Old-time sidewalk show NFL miscue

Old Bikini Bare competitor

2

8

6

Univ. peer leaders They're beside the

8

2

point: Abbr.

Pop-up costs Raised-eyebrow words Letters at sea

Southwestern ridge "Krazy" critter One taking a cut In cut time, musically NFL practice team

member Give the heave-ho Goya's "Duchess of

> Finish with Toy based on a sports legend, e.g. Overindulge, in a way

Used a Bic, maybe Illegal freeway maneuver Scratches (out)

> Patricia McCormick was the first American professional

one in Mexico

4

SUDOKU: Fill in the grid so that every row, every column and

every 3x3 box contains the digits 1 through 9 with no repeats.

6

9

6

8

3

Down

Purely theoretical Like things that matter Some are ergonomic Light-show lights Market option

Sewing kit device

S.E. Hinton novel set

on a ranch 60 Trade-in factor

Michael Caine memoir Give Tampico "that"

10 Naps 11 Engaged 12 Window occupant of

13 Not as steep as it used to be

> Target of some mining Athletes on horses City near Manchester

Like whiteboards Draw new borders for

Wasn't straight 35 "No problemo!" 36 Need to fill, as a iob

37 Least lenient Promoting accord Glass raiser's cry

Old-Timers' Day celeb Second word of a

Pampas rider

January song Threw a fit 47 Post-presentation

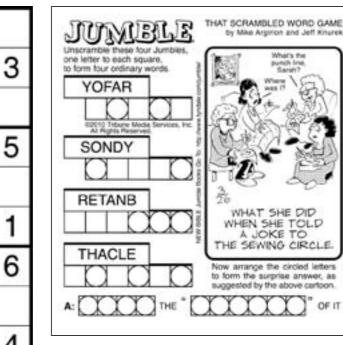
period

Came the Moor": Burns 53 Livv's law

"The Last Time I

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Answers to all puzzles on page 34

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KAW VALLEY SENIOR MONTHLY

# **SUDOKU SOLUTION**

#### CROSSWORD SOLUTION





#### **JUMBLE ANSWERS**

Jumbles: FORAY SYNOD BANTER CHALET

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His credentials include:

- Bachelor's degree in psychology, University of Kansas –1990
- Doctor of medicine degree, Dartmouth College Medical School, Hanover, NH 2003
- Internal medicine residency, Naval Medical Center, San Diego 2004
- Neurology residency, Walter Reed Army Medical Center/Bethesda Naval Hospital 2007

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