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## INSIDE



The Winter 2015 issue of *Amazing Aging!* is included in this month's *Senior Monthly*. See inside.

- A Look at Books.....26
- Business Card Directory...24, 25
- Calendar.....18
- Estate Planning.....13
- Goren on Bridge.....32
- Health & Fitness.....16, 17
- Humor.....28
- Jill on Money.....14
- Kiplinger's on Travel.....31
- Mayo Clinic.....15
- Pet World.....29
- Puzzles and Games.....33
- Wolfgang Puck's Kitchen.....30

KEVIN GROENHAGEN PHOTO



## Janzen's Journeys:

**'Travel Artist' discusses his years of living abroad.**

*See story on page three*



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**Janzen travels to more than 50 countries**

By Kevin Groenhagen

Frank Janzen calls Lawrence home and has done so for more than 50 years. However, he has actually spent just half those years in Lawrence. In fact, the longest he has ever stayed in one place during his life is just five years, which he has done only three times.

A self-described "travel artist," Janzen has visited more than 50 countries since he was a child. Born in Chanute, Kan., Janzen first left the United States when he was just five years old. His father, a civil engineer, worked in U.S. aid programs overseas and moved his family to Belem, Brazil, which is at the mouth of the Amazon River, in 1948. The family returned to Chanute in 1951, but left for South Vietnam in 1956.

"I like to say that I was in Vietnam and I was in the Army, but not at the same time," Janzen said.

From 1956 to 1958, Janzen spent his eight- and ninth-grade years at the American Community School in Saigon. Created in 1954, the American Community School provided American-style schooling for the dependent

children of Americans working for U.S. government organizations in Saigon. The school used the Calvert method of instruction for elementary school classes, while high school instruction was via correspondence courses through the University of California. The school closed in 1965 after President Lyndon Johnson ordered dependents of U.S. diplomatic, aid mission, and military personnel to leave Vietnam.

Janzen's years in Saigon were relatively peaceful.

"At one point I had a new motorbike," he said. "I had to ride it to break it in. I didn't think anything of it, but I actually rode that motorbike way out of Saigon and into the countryside."

Despite that carefree ride on his motorbike, there were early signs of a greater conflict to come. Janzen remembers two bombs going off in Saigon, first at the United States Information Service Library and then at the Alhambra Theater, which catered to the American community. Fortunately, no one died in either bombing.



Frank Janzen sits next to a map of the Arabian Peninsula as he holds several of his expired passports.

"But from that point on," Janzen said, "they had guards at the theater and they began putting wire mesh on the windows of our school buses." After returning to Kansas and gradu-

■ CONTINUED ON PAGE FOUR

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**Kevin L. Groenhagen**  
Editor and Publisher

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# Frank Janzen

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ating from Washington High School in Kansas City, Kan., in 1961, Janzen entered the University of Kansas (KU). However, after a summer session and two semesters of less than spectacular grades, he joined the Army in 1962. During testing, the Army discovered Janzen had an aptitude for foreign languages and sent him to the U.S. Army Language School in Monterey, Calif.

"I was given a list of maybe 10 or 12 different languages, and had to rank them in the order of which language I preferred to learn," Janzen said. "I asked for French and German first, but they didn't need those. Polish was my fifth choice, and they gave me Polish. It was an entire year of Polish language training, six hours a day, five days a week."

After that year, Janzen served with the U.S. Army Security Agency in Herzogenaurach, Germany, where he monitored Polish army broadcasts. He

served there from 1963 to 1965. After leaving the Army, Janzen returned to Lawrence and enrolled at KU again and graduated in 1968. However, he didn't stay in Lawrence very long. He spent more time traveling overseas, including an overland trip from Venice to New Delhi in a VW bus in 1969 and 1970. He travelled through Turkey, Iran, Afghanistan, Pakistan, India, and Southeast Asia. He then flew from Singapore to Vietnam. He returned to the U.S. after finding employment on a U.S. Merchant Marine freighter sailing out of Saigon.

Janzen again enrolled at KU, and later, through the university, he became an exchange student for two years (1971-1972) at Mickiewicz University in Poznan, Poland.

This was during the Cold War and Poland was part of the Communist Bloc, so Janzen didn't talk much about his earlier service in the U.S. Army. If someone asked about where he learned Polish, he would usually say that he studied the language in college. How-

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# Frank Janzen

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ever, he would occasionally be candid with some Poles.

"One time I was having coffee with this Polish girl who I was attracted to," he said. "I told her that I learned Polish in the U.S. Army and monitored Polish military broadcasts when I was in Germany. And she said, 'Oh, my uncle was in the Polish army and he monitored American broadcasts.'"

In 1973, Janzen made his first trip to Africa, traveling more than 2,700 miles overland from Nairobi, Kenya, to Durban in apartheid South Africa. Three years later, he was in Senegal, which is located in West Africa, where he was a Peace Corps volunteer in Botou village.

"We had about two months of training, and then placed in these villages," Janzen said. "The Peace Corps told us to get to know the people and the villages for six months before starting any projects. The village I went to had a volunteer about a year earlier, but he

left after a week. Almost six months to the day after I arrived, the village chief and a couple elders came to me and said, 'You've been here six months now. Let's do something.' My project was to put in some wells so they could plant some vegetable gardens and to build a village pharmacy. We built a large, three-room village pharmacy with a metal roof. I went back 20 years later and the village pharmacy was still there, but it was falling apart. I asked what was going on and was told that it was *my* project."

Janzen continues to be a strong supporter of the Peace Corps and even wears a Peace Corps cap when he is out and about to promote the volunteer program. He was a volunteer as a younger man, but stresses that anyone at any age can volunteer.

"If someone says they are too old to join the Peace Corps, I say, 'Look at Lillian Carter,'" he said.

Carter, the mother of President Jimmy Carter, joined the Peace Corps in 1966 when she was 68 years old. The Peace Corps sent her to India, where she aided patients afflicted by leprosy. The Atlanta Regional Office of

the Peace Corps has named an award in Carter's honor for volunteers over 50.

Janzen notes that it's much easier to connect with home while serving in the Peace Corps today than it was while he was a volunteer.

"When I was in Senegal, in order for me to call home I had to take the bush taxi all the way into Dakar, the capital city, to the Peace Corps office," he said. "I've been back to Senegal several times during the past several years and I've gone out to the same village. The Peace Corps volunteers these days have cell phones. They call home any time they want. They can also get on the Internet."

After his two-year tour with the Peace Corps in Senegal ended in 1978, Janzen travelled north to neighboring Mauritania, where he worked for the United States Agency for International Development for a year. During his three years in Senegal and Mauritania, he never left West Africa.

From 1981 to 1983, Janzen was a United Nations volunteer and refugee aid worker in Mogadishu, Somalia. From 1984 to 1989, he lived in Law-

rence, which was just the second time he lived in one place for five years.

Janzen returned to Somalia with Save the Children in 1992. He was in Somalia when the U.S. Marines arrived in December of that year to aid thousands of starving locals. He left Somalia shortly before the Battle of Mogadishu, which Americans know as Black Hawk Down.

In 1999, Janzen returned to West Africa, where he was with the American Refugee Committee in Gueckedou and Kissidougou, Guinea.

In 2005, Janzen travelled to the Arabian Peninsula, where he took a position teaching English at Shinas College of Technology in Shinas, Oman. He taught there for the next five years.

"I was also made exam coordinator," he said. "I had to review and edit 20 different English as a Second Language exams every six weeks, and negotiate changes with the teachers who wrote them."

In July 2009, Janzen flew to Saigon (now known as Ho Chi Minh City) for a week's visit during his two-month

■ CONTINUED ON PAGE SIX

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# Frank Janzen

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break from Shinas College. He spent two nights at the five-star Hotel Majestic, where his family stayed for several weeks in 1956 before they moved into their house. He was able to find his old house, but it was now a children's day-care center.

In September 2009, Janzen bought a 2000 Toyota Corolla—the first car he had ever owned—in Oman and made the 1,500-mile round trip from Shinas, which is in the far north of Oman, to Salalah, which is in the far south of the country.

“It was on a huge stretch of desert-type area,” Janzen said. “I actually drove 100 miles per hour on it.”

Janzen travelled to Salalah because it is known for its “Khareef Season.” Salalah is one of just a few places in the Arabian Peninsula that experiences a monsoon, or khareef, season. The season lasts from July to September and, during this time, the brown landscape of Salalah becomes a beautiful and lush green, making it a tourist attraction.

After his five years in Oman, Janzen arrived in Aden, Yemen, where he had a one-year contract to teach English with America-Mideast Education and Training Services, Inc. (AMIDEAST).

AMIDEAST is an American non-profit organization that promotes “improving educational opportunities and quality, strengthening local institutions, and developing language and professional skills critical for success in the global economy.”

While Janzen never felt that his life was in danger in Yemen, he realized that that country was not very stable. Saudi Arabia forced one million Yemenis out of its country after the Yemeni government in Sana'a appeared to support Saddam Hussein's 1990 invasion of Kuwait, which was an ally of Saudi Arabia. According to *The Guardian*, “That cost Yemen an annual \$3bn in remittances and accelerated an economic crisis which contributed to the start of a civil war between north and south Yemen in 1994.”

Al Qaeda is also very active in Yemen. In fact, the Yemen-based branch of al Qaeda officially claimed responsibility for last month's terrorist attack at the Paris headquarters of the satirical newspaper *Charlie Hebdo*. Shortly before Janzen arrived Aden, Yemen declared open war on al Qaeda. In addition, Yemen is contending with militant separatists in the south and a Shia insurgency in the north. Saudi Arabia, whose citizens are overwhelmingly Sunni Muslims, suspects that

Iran has a hand in the Shia insurgency, which has added to increased antagonism between the two countries.

If poverty and war were not enough to destabilize a country, Yemen is also facing a water crisis, largely because of a popular shrub.

“When I was in Somalia some years ago, I chewed khat one time,” Janzen said. “It's kind of a bitter amphetamine. Drivers chew it to stay awake. I've heard that poets chew it to get ideas. It's common in Yemen. You'll see guys with their cheeks puffed up because they're chewing khat. Khat is the crop that makes the most money in Yemen. They can make more money selling khat than coffee or agricultural products, so a lot of people are growing it even though they should be growing products they can eat. The problem with khat is that it takes a lot of water to make it grow. So there are people in Yemen who are digging wells kind of haphazardly. It's not being regulated. In 10 years, Sana'a might be the first world capital to run out of water.”

Janzen left Yemen in March 2011 after his teaching contract was up.

However, other North American expatriates were told to leave the country a couple of weeks later.

“The school I was teaching at sent them out because it was too dangerous,” Janzen explained.

Janzen notes that the situation in Yemen may be more serious than most Americans realize because of that country's population.

“Yemen has a population that is equal to all the other countries in the Arabian Peninsula combined,” he explained. “It has 24 million people.” Remarkably, nearly half of Yemen's population is under 15 years old.

Janzen has been in Lawrence nearly four years since leaving Yemen. He has a job here and notes that, since his travels and adventures during his “semi-retirement” years took place when he was younger, he'll need to keep working while his contemporaries will be enjoying their retirement years. However, will he finally stay in one place for more than five years this time?

“People ask me if I'll be going overseas again,” he said. “I have no plans, but I'm renewing my passport, just in case.”

# Williams to lead Brown v. Board of Education National Historic Site

OMAHA, NEB. — The National Park Service (NPS) has selected Sherda K. Williams, formerly Superintendent for James A. Garfield and First Ladies National Historic Sites in Mentor, Ohio, as the next Superintendent for Brown v. Board of Education National Historic Site in Topeka, Kan. This new assignment took effect January 11.

“Sherda's proven accomplishments in fostering effective partnerships, together with her strong background in management of historic sites with prominent civil rights themes, makes her the ideal leader for Brown v. Board of Education National Historic Site, and supervisor of Nicodemus National Historic Site,” said Patricia S. Trap, acting director for the NPS 13-state Midwest Region.

Williams began her NPS career as a temporary Historical Landscape Architect intern in the NPS Washington, D.C., Office in 1990. She received permanent status in 1996 while serving as a Historical Landscape Architect in the Midwest Regional Office, rising to leader of the Region's Cultural Landscape Program. Williams was named Superintendent for Nicodemus National Historic Site, Nicodemus, Kan., in 2003, moving to her current position in late 2008.

At James A. Garfield and First Ladies National Historic Sites, Williams helped guide these two small parks from minimal NPS operations to more visible, more professional, and more effective Parks operations. Creation of a strategic vision with staff and partners laid a sound foundation for the parks' futures.

Williams says of this new leadership opportunity in Topeka, “Experience working at both Nicodemus and James A. Garfield got me involved in preserving human stories of the Civil Rights struggle. The work by everyday people advocating for the rights of all humans—at times by simply surviving, by sponsoring political action, and by involvement in civic activism—is extremely powerful and inspirational! I am honored by this opportunity to manage and help preserve the Monroe School and the history of the 1954


Supreme Court decision that was such a landmark case for our Nation.”

A Berkeley, Calif., native, Williams achieved her higher education in Indiana, earning her Bachelor of Science degree in Forestry Management from Purdue University and her Masters in Landscape Architecture from Ball State University. She is an avid gardener, traveler, and music and opera

enthusiast, and has recently taken up voice lessons in the Italian Bel Canto style.

Brown v. Board of Education National Historic Site was established by Congress on October 26, 1992 to commemorate the 1954 landmark Supreme Court decision that ended segregation in public schools. The site, which was dedicated on May 17, 2004,

interprets the integral role of the *Brown v. Board of Education* case in the U.S. Civil Rights Movement of the mid-20th Century, preserves the former Monroe School for black children, and assists in the interpretation of related local, national, and international resources that further the understanding of broader civil rights struggles as well.



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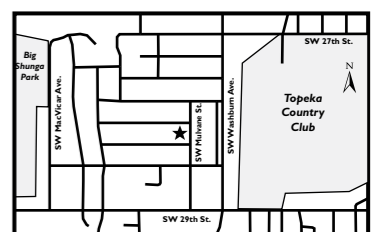
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# Orchard Lane Leisure Living receives renovation grant **Orchard Lane**

By Billie David

The folks at Baldwin City's Orchard Lane Leisure Living are enjoying the kind of luck Thomas Jefferson was referring to when he said, "I'm a great believer in luck, and I find the harder I work the more I have of it."

For Orchard Lane Leisure Living staff, it took two and a half years of work to obtain the Affordable Housing Program grant they are using to renovate the 35-year-old affordable housing complex for seniors. They landed in the top 10 for the highly competitive grant the first time they applied, but on the second try, when they applied again in 2013, they succeeded.

"It was significant," said property manager Chris Waters. "We were awarded a major grant of \$400,000 to renovate the property—and this is about a \$500,000 project."

The AHP is a competitive grant program designed to address local housing needs. It is administered regionally by each Federal Home Loan Bank and the bank's member banks (in this case by the FHLB of Topeka through the local member, Mid-America Bank) and those members' community-based partners. Such community-based partners are working at the grass roots and most

closely understand the housing needs of their communities for building and renovating low-to-moderate-income housing. The AHP allows for funds to be used in combination with other programs and to support projects serving a wide range of community affordable housing needs. Many projects are designed for seniors, the disabled, homeless families, first-time homeowners and others with limited resources or special needs.

"I am so excited for the grant—I believe it is huge for a city the size of Baldwin, and I've been thrilled by the results of the renovation work—it is bringing about an amazing transformation of the property," Waters said. "We are sustained solely through rent revenue, with no government support, so it is truly the only way we could provide major renovations."

The grant money, supplemented by funding from Douglas County, the City of Baldwin, and the Douglas County Community Foundation, is being used for improvements such as safety and ADA requirements, a new parking lot, sidewalks and a patio.

And inside, all of the apartments are undergoing a major renovation that includes cabinets, appliances, flooring, electrical, light fixtures and plumbing fixtures. Also being renovated are the community areas, including the com-



**Thanks to an Affordable Housing Program grant, Baldwin City's Orchard Lane Leisure Living is undergoing a major renovation, including new cabinets, appliances, and light and plumbing fixtures.**

munity room, kitchen, laundry, halls and all exterior doors. They were also able to address a sewer line issue, install new smoke alarms, and will upgrade the fire panel.

"We're almost completely finished with all of the exterior work, including replacing the eaves and downspouts. We will do the landscaping in the

summer," Waters said.

Inside, they are approximately one-third of the way through the project. There are two or three apartments that tenants can move into while their living spaces are being worked on, and when an apartment is finished, these people then move into the renovated

■ CONTINUED ON PAGE 9

ones. A moving company is helping with the moves.

Waters noted that the tenants like the renovation project, especially the part about moving into like-new apartments.

"I notify people in advance so they can pack," she said. "Some people are so excited, they are already packed up before I notify them."

One of the more popular changes the renovation has brought about is the addition of amenities such as dishwashers and microwaves, which were not as abundant when the apartments were built in the 1970s.

"Some of the people have never had a dishwasher in their life," Waters said.

The 31 apartments that are being renovated at Orchard Lane Leisure Living, located at 1016 Orchard Lane, used to be part of a larger complex of 56 apartments located on two adjacent properties and formerly known as Hancuff Place.

"They were originally built to house seniors," Waters said. "A couple of years ago we converted part of the property to family apartments by taking the age restriction off."

The result was two separate properties, the one on Orchard Lane for low-to-moderate-income seniors and the other one, located at 1119 Jersey Street, converted to low-to-moderate-income family apartments and renamed Jersey Street Apartment Suites.

"The property we converted to family is all one-bedroom patio apartments that surround a central courtyard, so each apartment has direct access to the outdoors," Waters said. "For the senior housing, when they exit, they are in a hallway, so they don't have to go out in the cold to get their mail, do laundry or socialize."

The new names for the apartment complexes were chosen to help citizens of Baldwin City become more aware of the properties, which are somewhat hidden, being bordered on two sides by the golf course and on the other two sides by Taub Creek and the Baldwin City Healthcare and Rehabilitation building.

"We don't have drive-by exposure,

so a lot of people don't know we are here," Waters explained, adding that naming the properties after the streets they are located on will help people have an idea of their geographic location.

As for the grant, "The properties are owned by Baldwin Retirement Apartment Complex Inc., a nonprofit entity governed by a nine-member board of directors who are volunteers from the local community," Waters said, adding that the properties are sustained through base rent revenue rather than through government support.

"That's why we are so excited for the grant," Waters said. "It is the only way we could afford to renovate."

As for the Jersey Street apartments, Waters said they hope to renovate them in the future as well.

"We would likely go through the same grant process," Waters said, adding that she is quite hopeful now that they have become so familiar with the process for procuring this particular grant.

But that project will be in the future, she said. "We need to finish this project first—we expect it to be done in early June—and then we will have a big open house for the people of Baldwin City, and also to show appreciation to the people who have worked on and contributed to this project."

Waters, who grew up in Lawrence and whose grandparents and great-grandparents lived in Baldwin City, is



**Workers prepare to pour concrete for Orchard Lane Leisure Living's new sidewalks.**

keeping a before-and-after photo journal of the project, which can be viewed on their Facebook page.

The website for the properties is not yet finished, but should be available next summer. People who are interested in learning more about the apartments can call the office at 785-594-6996.

"We can show the apartments to people, and if they are interested they can fill out an application and we can put them on the waiting list," Waters said. "It is very affordable housing, the rental rates are lower than most in the area, and there is no limit on assets and

a generous income cap."

The amenities are attractive as well, including free wireless Internet service and satellite TV service provided to tenants at cost.

"We work as a team and there is a lot of personal involvement with the tenants; we enjoy them and get to know them well—that's why we do what we do," Waters said of her staff. "It is a very positive, supportive environment and a good way for seniors to meet and socialize with people they have things in common with."

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SHRUS19187Exp. 10/10/2013

### Young people set to lift the spirits of Topeka seniors one Valentine's Day card at a time

Meals on Wheels seniors are set to receive handmade Valentine's Day cards created by youth volunteers from across the country. DoSomething.org, the largest organization for young people and social change, has once again teamed up with AARP Foundation's Mentor Up and the Meals On Wheels Association of America for the second annual Love Letters campaign.

The popular campaign, encouraging young people to create handmade Valentine's Day cards to lift the spirits of older adults this holiday season, runs through February 15, and cards will be included in meal deliveries to Meals on Wheels clients across the country. Young people who sign up at DoSomething.org/loveletters and report back with a photo will be eligible to win a \$10,000 scholarship.

"Last year, DoSomething.org members made over a quarter of a million Valentine's Day cards for homebound seniors," said Naomi Hirabayashi, chief marketing officer at DoSomething.org. "By combining social change with things that young people love, like Valentine's Day and crafts, young people are able to make a huge impact and use their skills."

The cards made as a part of the campaign will be distributed through Meals On Wheels Association of America's network, which serves 2.5 million seniors who are homebound due to limited mobility. The support of the volunteers and meals they provide is critical to helping them maintain enough independence to stay in their own homes.

Actress and singer China Anne McClain, best known for her roles in Disney Channel's *A.N.T. Farm* and the Disney Channel Original Movie *How to Build a Better Boy*, is teaming up to support the campaign through a public service announcement.



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# Social Security to expand field office hours nationwide

Social Security announces as a result of Congress' approval of the fiscal year 2015 budget, the agency will expand its hours nationwide and offices will be open to the public for an additional hour on Mondays, Tuesdays, Thursdays and Fridays, effective March 16. A field office that is usually open from 9:00 a.m. to 3:00 p.m. will remain open until 4:00 p.m. Offices will continue to close to the public at noon every Wednesday so employees have time to complete current work and reduce backlogs.

"This expansion of office hours reaffirms our commitment to providing the people we serve the option of top-notch, face-to-face assistance in field offices even as we work to expand online services for those who prefer that flexibility," said Carolyn W. Colvin, Acting Commissioner of Social Security. "The public expects and

deserves world-class customer service and thanks to approved funding, I am pleased we will continue our tradition of exceptional service."

In recent years, Social Security reduced public office hours due to congressional budget cuts, growing backlogs, and staffing losses. The agency began recovery in fiscal year 2014 by replacing some field office staffing losses and providing overtime support to process critical work. With the commitment of resources in fiscal year 2015, the agency is able to restore some

## WORDS OF WISDOM

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

service hours to the public.

Most Social Security business does not require a visit to a local field office. Many services, including applying for retirement, disability and Medicare benefits, creating a my Social Security account, replacing a Medicare card, or reporting a change of address or tele-

phone number are conveniently available anytime at [www.socialsecurity.gov](http://www.socialsecurity.gov). Social Security also offers assistance via a toll-free number, 1-800-772-1213 (Voice) and 1-800-325-0778 (TTY). Representatives are available from 7:00 a.m. to 7:00 p.m., Monday thru Friday.

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# ESTATE PLANNING

## Reasons to Plan

Last month's column encouraged resolving to create or update plans for your incapacity or death, and highlighted provisions of an existing plan that might warrant review. This month looks at some other circumstances that warrant planning.



*Bob Ramsdell*

First, the baseline: If you die without a Will, Revocable Living Trust, or some other provision for the distribution of your property (such as an effective joint tenancy or POD/TOD designation), who gets it and the share they receive is determined by the Kansas laws on intestate succession. This may or may not be what you want.

For example, if you die leaving a surviving spouse and children or issue, one-half goes to your surviving spouse and the other half goes to your surviving children or issue, per stirpes. Would you really want your adult children to

receive half of your probate estate if your spouse survives you and will need assets for his or her living expenses and health care?

That said, some people may get by without a Will or Trust. A person without minor children has no need to nominate a guardian. A person without significant assets—particularly no real estate or other property for which a clear record of title is needed—may expect his or her heirs to simply agree on how to divide things up (and not care if they can't). And some assets can be distributed through the use of non-testamentary transfers.

But most people would benefit themselves and those they leave behind by having a Will or Trust. These include:

- Anyone in a blended family who has assets they want to ensure ultimately pass to certain persons; for example, by making their current spouse the lifetime beneficiary of a trust with the remaining assets passing to their children upon the spouse's death.
- Anyone in a committed relationship wanting to leave property to a significant other who is not their spouse, and who therefore would not receive anything under the laws of intestate succession.

- Anyone who wants to give differing shares to their children based upon their circumstances.

- Anyone who wants to make charitable bequests, or bequests to friends and family members who fall outside the provisions of intestate succession.

- Anyone who wants to create a testamentary trust for their minor child—or grandchild—in order to specify the purposes for distributions (education, not three motorcycles at 18), provide for multiple distributions of principal (so the child can do better with the second if he or she blows the first), and include spend-thrift provisions to protect the assets from the child's creditors or spouse.

- Anyone who wants to create a testamentary trust for a beneficiary of any age who needs protection from their inability to handle money, substance abuse / addiction, etc.

- Anyone who wants to create a Supplemental Needs Trust for an incapacitated beneficiary of any age that preserves that person's access to Medicaid and other public benefit programs.

- Anyone who is the parent of a minor child and wants to nominate the person(s) to serve as guardian and raise the child.

- Anyone who is a business owner and wants to include provisions that mesh with an existing business succession plan or create incentives for a child to continue the business.

The reasons for having a Will or Trust can be as varied and unique as

the person for whom it is created. The value of a well-drafted Will or Trust is its flexibility to accomplish many of the things that might be important to you after your death.

Another concern is the possibility of incapacity prior to death. This could occur over time as you age, or quite suddenly if a severe accident leaves you impaired. If you are incapacitated, who do you want to have authority to handle your financial affairs and make medical treatment decisions for you? And if your medical condition becomes terminal, what are your preferences for end-of-life care?

A Durable General Power of Attorney or provision for a successor trustee in a Trust can provide continuity for your financial affairs. A Durable Healthcare Power of Attorney and Living Will & Healthcare Directive can do the same for your medical issues.

The key is to think about what you want to accomplish—both in the event of your incapacity and after your death—and be sure you have a plan in place to make it happen.

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

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## JILL ON MONEY

# 8 year-end tax planning tips

Now that you've survived the holidays, remember that just a few hours spent reviewing your financial life may help boost your bottom line—and put a dent in your holiday shopping bills! Here are eight ideas to consider, which could minimize taxes now that we have entered a new year.



Jill Schlesinger

### 1. Sell winners in taxable accounts.

In 2014 married tax filers with taxable income up to \$73,800 (singles up to \$36,900) still have a zero percent tax rate on long-term capital gains and qualified dividends. If you are at the zero percent capital gains rate now, but expect your income to be higher later, you may want to realize capital gains today at the lower rate. Your taxable income includes the gain, so make sure that you factor that in when you make your decision.

**2. Sell losers.** If you have investment losses in a taxable account, now is the time to use those losers to your advantage. You can sell losing positions to offset gains that you have taken previously in the year, to minimize your tax hit. If you have more losses than

gains, you can deduct up to \$3,000 of losses against ordinary income. This is particularly useful, since your ordinary income tax rate is higher than your capital gains tax rate. If you have more than \$3,000 of losses, you can carry over that amount to future years.

**3. Avoid getting soaked by a wash sale.** If you are starting to clean up your non-retirement accounts to take losses, don't get soaked by the "Wash Sale" rule. The IRS won't let you deduct a loss if you buy a "substantially identical" investment within 30 days, what's known as a wash sale. To avoid the wash sale, wait 31 days and repurchase the stock or fund you sold, or replace the security with something that is close, but not the same as the one you sold...hopefully something cheaper, like an index fund.

**4. Bunch itemized deductions.** Many expenses can be deducted only if they exceed a certain percentage of your adjusted gross income (AGI). Bunching itemized deductible expenses into one year can help you exceed these the 2 percent AGI floor for miscellaneous expenses. To exceed bunch professional fees like legal advice and tax planning, and unreimbursed business expenses such as travel and vehicle costs.

**5. Mail your checks for deductible purchases.** Procrastinator alert! If you're the type of person who waits until the last minute for everything,

take note: To qualify for write-offs of charitable contributions and business expenses, your payments must be postmarked by midnight December 31. The IRS says just writing "December 31" on the check does not automatically qualify you for a deduction; and pledges aren't deductible until paid. Donations made with a credit card are deductible as of the date the account is charged.

**6. Fully fund your college savings 529 plan.** If you find yourself with a little extra year-end cash, or grandma asks what she can do for your kids, consider a 529 plan. Money saved in these programs grows tax-free and withdrawals used to pay for college sidestep taxes, too. You can invest up to \$14,000 in 2014 without incurring a federal gift tax and many states offer state tax deductions for the contributions.

**7. Give appreciated stock or fund shares to charity.** Get in the holiday spirit, with the help of Uncle Sam. One way to lower your tax bill in April is to donate appreciated securities, like

stocks, bonds or mutual funds, to a charity. If you itemize deductions, you'll write off the current market value (not just what you paid for them) and escape taxes on the accumulated gains. The low cost basis does not impact the receiving charity, as long as it is a tax-exempt organization.

**8. Use your gift tax exclusion.** You can give up to \$14,000 to as many people as you wish in 2014, free of gift or estate tax. If you combine gifts with a spouse, you can give up to \$28,000 per beneficiary, per year.

- Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at [askjill@moneywatch.com](mailto:askjill@moneywatch.com). Check her website at [www.jillonmoney.com](http://www.jillonmoney.com).

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### Satisfied

By Connie Michaelis, Marketing Director  
[pr@mccriteretirement.com](mailto:pr@mccriteretirement.com)

"Satisfaction levels at senior living communities remain strong." That was the headline in a recent blog from GlynnDevins, a consulting company for senior living communities. The article went on to say, "For those in doubt about whether they could truly enjoy community living, the proof may very well be in the satisfaction of others. According to information shared by Holleran Consulting LLC in a 2013 conference of 57,900 respondents from 265 senior living communities across 36 states: 89% of independent living residents rate their overall satisfaction as good or excellent. 85% of independent living residents would recommend their community to someone else." It is my experience here at McCrite that most

new residents tell me that they wished they had made the move sooner!

I know I sound like a broken record but retirement living is a wonderful lifestyle. You may be focusing on what you would be losing but there is much more to be gained! Independent living is a blast! So many friends, activities, great food and not to mention the peace of mind with round the clock nursing, maintenance and weekly housekeeping. I predict that you'll be more active and live longer in a community. When I have guests here having a tour, our residents are always eager to tell them how great it is at McCrite. Oftentimes I have to break away from our enthusiastic residents to continue on the tour! You can 'try it out' if you choose. McCrite does not have a big investment fee up front. So you can move in and try it. If you are disappointed for any reason you can simply give us a 30 day notice. You won't know what you're missing until you experience the freedom and independence of McCrite Plaza. When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.

## MAYO CLINIC

### Exact cause of stomach cancer not known, though a number of factors can increase risk

**DEAR MAYO CLINIC:** My mother was diagnosed with stomach cancer and has begun chemotherapy. Her doctors say she may need surgery, too. I know this type of cancer is rare, but what are the survival rates for those who do get it? What causes it?

**ANSWER:** Although it greatly depends on the individual situation, overall the outlook for people diagnosed with stomach cancer is often good after treatment, especially when it is caught early. The exact cause of stomach cancer is not known. However, a number of factors can raise a person's risk for this cancer, including diet, family history and other medical conditions.

In the United States, stomach cancer used to be much more common than it is today. The number of stomach cancer cases has dropped dramatically within the past few decades, and now it

is rare in this country. Stomach cancer is still common, however, in other parts of the world, particularly Japan.

There's a strong correlation between a diet high in smoked, salted and pickled foods and stomach cancer. Other risk factors include smoking, a diet low in fruits and vegetables and eating foods contaminated with aflatoxin-producing fungus. People who have had a bacterial infection with *Helicobacter pylori* also are at a slightly increased risk.

A variety of medical conditions may raise the risk of stomach cancer, too, including stomach polyps; an infection that involves long-term inflammation of the stomach known as chronic gastritis; and vitamin B12 deficiency due to pernicious anemia. In addition, some genetic mutations that run in families can predispose a person to stomach cancer.

There are several kinds of stomach

cancer. The one that makes up the vast majority of cases is adenocarcinoma—stomach cancer that begins in the glandular cells. These glandular cells line the inside of the stomach and secrete a protective layer of mucus to shield the lining of the stomach from acidic digestive juices.

If the cancer has not spread outside the stomach, a typical treatment approach includes chemotherapy followed by surgery to remove the tumor. In many cases, chemotherapy after surgery is recommended, as well.

Research has shown that this approach of using chemotherapy before and after surgery is associated with improved survival when compared to just surgery alone. That's because with stomach cancer, some tiny cancer cells that may be difficult for a surgeon to see can be effectively eliminated by chemotherapy. Chemotherapy before the surgery also is helpful because it can shrink the tumor, making surgical removal easier.

Chemotherapy drugs used for stomach cancer have improved a great deal in the past 15 to 20 years. Before that, not many chemotherapy agents existed that were proven to be effective in treating stomach

cancer. But stomach cancer is usually quite responsive to many of the newer drugs. With the choices available now, doctors are often able to pick a chemotherapy drug that is aggressive against the cancer while minimizing side effects such as nausea, vomiting, weakness and hair loss.

After surgery to remove the cancer and follow-up chemotherapy, your mother will likely have checkup appointments periodically for several years to make sure the cancer is gone. But for now, if she hasn't already done so, it may be helpful for her to have a conversation with her oncologist to discuss her overall treatment plan. That will give her a chance to ask questions and better understand the long-term outlook for her specific situation. - Robert McWilliams, M.D., Medical Oncology, Mayo Clinic, Rochester, Minn.

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

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## HEALTH &amp; FITNESS

## For joint pain – try therapy

Aches and pains can adversely affect your health, especially when they become chronic. If you suffer from painful muscles or aching joints, you should take your problem seriously and act quickly. Consult your doctor. For some pain problems, a short course of medication may prevent your acute pain from becoming chronic. But if pain meds fail to give you relief in



Laura  
Bennetts

a few days, consider physical therapy. We have many non-pharmaceutical solutions for aches and pains. And the sooner you get help, the better. People who wait to heal on their own often adapt awkwardly to their pain, causing other muscle and joint problems—sometimes a whole chain reaction of problems.

So if you're in pain, if your aches and pains are slowing you down or alarming you, I advise trying therapy, without delay.

## Time Does Not Heal All

Acute joint aches can be symptomatically relieved in many ways—by elevating or mobilizing the joint; by icing, heating, or hydrating the painful spot; by massage or rest. But for healing that lasts, you need more than symptomatic relief. Physical therapists have the training and experience to offer lasting solutions. We help you to assess your problem and make a plan for genuine healing. Be prepared to think through which activities make your pain increase and what makes you feel better. Therapists want to know if your sleep is disturbed, if you have difficulty working, standing, lifting, walking, sitting, or driving and (if so) how you are modifying or disrupting your life to cope.

## Why Won't It Stop?

When I first meet my pain patients,

I often find that they have tried for weeks, months or years to resolve their pain problems, trying one method after another—and so far, all of them have failed. But that doesn't surprise or worry me too much. Where there's a will, there's usually a physical therapy method that can help. I ask my patients to describe their problem and tell me whether anything yet seems to have helped—rest, aspirin, whatever. I test their mobility, watch them walk, challenge their balance, and listen carefully to their stories.

What I really want to know is what causes the pain to persist. I'm always eager to learn what caused the pain in the first place, but above all, I need to figure out why the pain lingers. Usually, I find that the patient is doing something that aggravates the pain, or failing to do something that would alleviate it. I search for clues like a detective, keeping an open mind, and I enlist the patients to notice when their pains increase or subside.

## The Pain Detective

When I watch my patients move, I see patterns that explain why their pain persists. For example: A person with back pain complained that she felt weak when she rose from chairs. She demonstrated and I detected weakness in her hip and back muscles that caused her to strain when she tried to get up from a chair. This muscle weakness also caused her to sit hard and abruptly, almost falling into the chair, which caused chronic pain in her lower back. She hurt all the time and was very discouraged. I reduced her pain and swelling with ultrasound and hands-on therapy. After calming her inflammation, I showed her how to strengthen her muscles without increasing her pain and to how to engage her muscles so that she could sit softly again. I saw her twice a week to help her exercise and teach her new exercises as they became appropriate, while calming her pain.

Strengthening of this kind generally takes four-to-six weeks of consistent exercise. That was true for this patient

as well. For several weeks, her pain steadily declined and ultimately she was able to walk and move strongly again, resuming her active life. She had built new muscle fiber and power and she was now genuinely better—not just symptomatically, but really.

## Prevent Chronic Pain

It can take people awhile to feel that they hurt enough to get help. But addressing the problem sooner rather than later is the best way to avoid chronic weakness due to inactivity, chronic pain, or over-reliance on pain medications. Try the following steps, in roughly this order, when you begin to experience pain:

1. In the first 2-3 days, put an ice pack over the painful joint to minimize swelling and muscle spasms. Put a towel between the ice pack and your body to protect your skin from freezing.

2. Take over-the-counter pain relievers according to directions on bottle.

3. Keep moving and walking as much as you can without worsening the pain. Limit the pressure on your joints by limiting your lifting, carrying, and reaching. Be active, but avoid activity that increases your joint pain.

4. See your doctor if Steps 1-3 don't help you within weeks. And don't wait even a week to get help if you have other health problems (like diabetes, arthritis, anxiety, or depression) that limit your ability to take Steps 1-3.

5. Feel free to read about your symptoms on the internet, or talk to friends and family for support, but remember—Your doctor is the actual expert

who can diagnose and help you solve your problem. For example: Pain in your big toe can be caused by bunions, osteoarthritis, gout, or toenail infections. Your doctor is the best person to help you determine what is hurting your toe and get the right medications and treatment for you.

## Warning! Warning!

Pain is a warning sign that you need to take care of your body—that something is really wrong. You need to take that warning seriously and seek a genuine solution, not just momentary relief or an opportunity to mask the pain with medicine.

With many problems—like inflamed tendons or joints—the longer you wait to start therapy, the longer you will delay recovery. It's fine to use pain medications for a couple of weeks to help you sleep and function better. Medication and rest are often effective at first, when the pain is fresh, but if you fail to truly recover, you will need a new course of action.

Try therapy—and try it sooner rather than later. Needless pain should be eliminated, not stoically endured. Therapy can help!

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



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Farhang  
Khosh

As this day approaches, there are some well-known herbs that have been used to celebrate the magic of the day and are associated with romance and love.

Some herbs were used as love charms, in love rituals, magic potions, or written about in a love poem. Discussing the magic in the kitchen first, topping the list is rosemary. Rosemary is an herb that has a long history dating back centuries. Rosemary was frequently used as a head dress for special celebrations, including weddings and celebrations of love and commitment. In culinary terms, rosemary was used in cooking to bind two people together in peaceful love and harmony. In herbal folklore, rosemary symbolizes remembrance.

Second topping the list is basil. Basil is a strong fragrant herb that is used frequently in Mediterranean and Indian cooking. Basil has a variety of flavors and colors that range from deep purple to green. There are many different flavors of basil, including the sweet to spicy. Basil works together with other flavors and plants, especially tomatoes. Each plant complements and enhances the flavor of the other, adding to its beauty and taste. There is a rare tomato dish that doesn't taste good without basil. In Italian folklore, the single women wore basil and, if a single man accepts the basil plant from women, they would fall in love. Basil was used in many love spells and love potions.

Third is the rose. The rose is the

queen of the flowers. No other flower has been written about as much in love songs, poems, and folklore as the rose. In literature throughout history, you find many references to the rose in Shakespeare sonnets, Greek mythology, and the Bible. The rose is considered the universal symbol of love throughout the world.

Fourth is lavender. Lavender flowers were burned to attract the opposite sex. Lavender in used to symbolized devotion and undying love.

Fifth is Calendula. According to folklore, calendula means joy and also wards off evil spirits and thoughts.

Other notable mentions are cardamom and cinnamon, which were said to inspire passion and wild recklessness. Cinnamon sticks were burned to speed up a love affair. Dill was sprinkled around the home to protect and strengthen existing love. Finally, there's the Honeysuckle, whose sweet scent comes out under the moonlight. Honeysuckle is a climbing vine that resembles two lovers intertwined. Drinking honeysuckle tea is supposed to inspire dreams of love and passion.

So as this Valentine's Day approaches consider creating some magic in the kitchen for your loved ones.

—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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# SENIOR CALENDAR

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

*If you would like to include your event(s) in our monthly calendar, please call Kevin Groenhagen at 785-841-9417. You may also add events on the Kaw Valley Senior Monthly Facebook page.*

## ARTS/CRAFTS

### SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

Pancake feed and market with arts, crafts, gifts, baked items and more. Open to the public. Pancakes are \$4 for all you can eat, free to shop. 8 a.m.-12 noon. Moose Lodge, 1901 N. Kansas Ave. TOPEKA, 785-250-6788

### 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 Final Friday of every month. See website for participating locations. LAWRENCE, 785-842-3883  
finalfridayslawrence.wordpress.com

### FEB 2-23 BASIC FELTING TECHNIQUES

Felting is an age-old craft that creates beautiful pieces by applying moisture, heat and pressure to wool. This introductory class will teach techniques of wet felting, needle felting and recycling felt. Students will create two and three dimensional pieces, pre-felts and apply basic surface design techniques. All supplies are provided. Closed class meets Mondays, 6:30-8:30 p.m. at Lawrence Community Building, 115 W. 11th Street. Fee. Enroll at LPRD.org or at Lawrence Community Building. LAWRENCE

### FEB 6 & 7 HIDDEN ART LOCKED AWAY

Artwork produced by inmates of the US Penitentiary and the US Disciplinary Barracks at Ft Leavenworth. Takes place at the Riverfront Community Center, 1223 S Esplanade. Preview Fri 4-8 p.m.; Sale Sat 9 a.m.-5 p.m. FT. LEAVENWORTH, 913-682-4459

### FEB 21 FELT WORKSHOP

Learn to make the world's oldest fabric. Options to do art project or jewelry project. All materials provided. Fun and easy. Babcock Hobby room, 1700 Massachusetts St., 10 a.m.-2 p.m. Fee. Contact Sophia at sophiacompton560@gmail.com. LAWRENCE

## BINGO

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

**SUNDAYS, WEDNESDAYS & FRIDAYS  
CAPITOL BINGO HALL**  
Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays, 2050 SE 30th St. TOPEKA, 785-266-5532

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

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

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

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

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

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

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

## DAY/SHORT TRIPS

**FEB 18  
KANSAS STATE CAPITOL TOUR**  
The Kansas State Capitol is an impressive public monument as well as the working offices for the governor and legislators. Over a century after it was originally completed, a significant preservation and restoration project was recently honored with the Medallion Award for Rehabilitation from the Kansas Preservation Alliance. Join us for a guided tour of the building, famous murals and visitor center. 9 a.m.-12 p.m. Fee. Transportation provided from Community Building. Registration deadline Wednesday, February 4. LAWRENCE, 785-832-7920  
www.lprd.org

■ CONTINUED ON PAGE 19

## EDUCATION

**ONGOING**  
The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website. LAWRENCE, 785-843-8544  
themerc.coop/classes

**EVERY OTHER MONTH MARCH-NOVEMBER  
AARP SAFE DRIVING COURSE**  
Stormont-Vail is pleased to offer the AARP Safe Drivers Course at Pozez Education Center on March 10 and 11 from 10 a.m.-3 p.m. This course reviews helpful tips and completion could help get you a discount on your auto insurance. Registration required, please call. Cost: \$15 per person for AARP Members, \$20 per person for non-members. Please bring your AARP card to class. TOPEKA, 785-354-5225

**FIRST MONDAY OF EACH MONTH  
MEDICARE MONDAYS**  
Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m. TOPEKA, 785-580-4400

**FIRST & THIRD FRIDAYS OF EACH MONTH  
HEALTHWISE AFTER 55**  
Television program offers interviews on

■ CONTINUED FROM PAGE 18

health topics of interest to seniors as well as a 20-minute exercise segment. Aairs 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. Aairs from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, 785-354-6787

**FEB 2  
HEALTHWISE PROGRAM 55-NEW FACES, SAME GREAT PROGRAM**  
Presentation with lunch to follow at 12:30 p.m. Speaker-Dana Dobbie-Blindt, RNC, CHC. Thornton Place, 11:45 a.m. Free. Call for reservations. TOPEKA, 785-354-5225

**FEB 5  
HEART FAILURE-PACEMAKERS AND DEVICES**  
Koffee Klatch. Speaker-Christine Curtis, APRN. Aldersgate Village, 9:30 to 10:30 a.m. Free. Call for reservations. TOPEKA, 785-354-5225

**FEB 9-APR 5  
DRIVE AWAY THE WINTER DOLDRUMS PROGRAM**  
Are you feeling inactive or stagnant? Winter weather got you down? Challenge yourself and

help drive away the winter doldrums by participating in this free, do-on-your-own program. During this eight-week period, participants must complete a minimum of eight weekly challenges (sent by e-mail to you on Monday of each week). These include health screenings, fitness, nutrition and personal wellness goals. Successful participants will receive a small wellness-related incentive at the end of the eight-week period. Deadline to enroll is Friday, February 6, at noon. Contact Aynsley Anderson at (785) 505-3066 or aynsley.anderson@lmh.org, or Janelle Martin at (785) 505-3070 or janelle.martin@lmh.org. LAWRENCE

**FEB 11  
HEALTHWISE PROGRAM 55-NEW FACES, SAME GREAT PROGRAM**  
Speaker-Dana Dobbie-Blindt, RNC, CHC. Dessert and Coffee. Arbor Court, 2-3 p.m. Free. Call for reservations. TOPEKA, 785-354-5225

**FEB 12  
ISSUES AND SOLUTIONS FOR AGING UROLOGY**  
Lunch Bunch. Presbyterian Manor, 11:30 a.m.-12:30 p.m. Fee. Call for reservations. TOPEKA, 785-354-5225

■ CONTINUED ON PAGE 20



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FEB 16

**HEALTHWISE PROGRAM 55-NEW FACES, SAME GREAT PROGRAM**

Speaker-Dana Dobbie-Blindt, RNC, CHC. Dessert and Coffee. Lexington Park Independent Living, 2-3 p.m. Free. Call for reservations. TOPEKA, 785-354-5225

FEB 17

**SENIOR SUPPER AND SEMINAR**

This month's topic: "1 in 3 Have 140/90 (or Hypertension)." Presented by Christina Salazar, MD, of Cardiovascular Specialists of Lawrence. Come and learn more about the prevention, diagnosis and treatment of high blood pressure. Seniors are invited to come and dine at LMH for \$5.50 and enjoy a healthy three-course meal prepared by the Unidine chefs, plus conversation with others. Advance reservations are required and must be made at least. Supper: 5 p.m., Educational presentation: 6 p.m. LAWRENCE, 785-749-5800

FEB 17

**ISSUES AND SOLUTIONS FOR AGING UROLOGY**

Lunch Bunch. Brewster Place Main Building, 11:30 a.m.-12:30 p.m. Fee. Call for reservations. TOPEKA, 785-354-5225

FEB 17-MAR 17

**CREATING FAMILY ARCHIVES**

This is a chance for family members to tackle a winter project together. A class designed for those who have a box of pictures, clippings and other family ephemera with which they are someday going to do something. Learn about different types of family archives and area resources to guide you in preserving your family history. Tuesdays, Lawrence Parks and Recreation, 7-8:30 p.m. Fee. Location: Carnegie Building. Instructor: LPRD staff and Community Partners. Register at the Community Building, 115 W. 11th St. LAWRENCE, 785-832-7920 or www.lprd.org.

FEB 23

**HEALTHWISE PROGRAM 55-NEW FACES, SAME GREAT PROGRAM**

Speaker-Dana Dobbie-Blindt, RNC, CHC. Coffee Klatch. First Apartments, 9:30-10:30 a.m. Free. Call for reservations. TOPEKA, 785-354-5225

FEB 24

**HEART FAILURE- PACEMAKERS AND DEVICES**

Speaker-Christine Curtis, APRN. Dessert and Coffee. McCrites Independent Living, 2-3 p.m. Free. Call for reservations. TOPEKA, 785-354-5225

FEB 25

**HEALTHWISE PROGRAM 55-NEW FACES, SAME GREAT PROGRAM**

Speaker-Dana Dobbie-Blindt, RNC, CHC. Dessert and Coffee. Atria Heathstone, 2-3 p.m. Free. Call for reservations. TOPEKA, 785-354-5225

FEB 26

**FUNDAMENTALS OF ESTATE PLANNING**

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 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; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview 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 1 1/2 hours with time for questions. Carnegie Building – East Wing, 200 W. 9th St., 2-3:30 p.m. LAWRENCE, (785) 749-4200

MAR 9

**SENIOR SUPPER: HEALTHWISE 55 CLINIC INDOOR FAIR**

Meet the Nutritionist, Medication Counselor, and Health Insurance Counselors available free of charge through HealthWise 55. Free Blood Pressure checks available. Supper at 5 p.m. Presentation from 6-6:30 p.m. Pay fee at the door. Stormont-Vail HealthCare, Pozez Education Center. Parking-Please enter through Stormont-Vail HealthCare Main Entrance. Volunteers will be available with mobility assistance, if requested. We offer an alternative parking solution to those attending Senior Suppers. Aldersgate Village and Brewster Place offer free transportation from the parking lot of Grace Episcopal Cathedral (West side of parking area) to the Main Entrance of Stormont-Vail HealthCare. The bus will be in the parking lot at 4:45 p.m. and leave at 5 p.m. Let Health Connections know you are utilizing this option when you call to make your Senior Supper reservation. TOPEKA, 785-354-5225

**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 1

**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 6

**WINDSYNC**

Hailed by the Houston Chronicle as "revolutionary chamber musicians," WindSync is a

fresh and energetic ensemble based in Houston, Texas. WindSync's mission to inspire audiences through innovative, interactive chamber music concerts and educational programs drives their highly creative approach. The group pioneers unconventional performance practices that enhance their original musical concepts including the addition of costumes and choreography as well as new projects dedicated to teaching tolerance through music education in schools. White Concert Hall – Washburn University, 17th and Jewell Streets, 7:30 p.m. Fee. TOPEKA, www.topekacca.org

FEB 6

**SPLIT LIP RAYFIELD**

Split Lip Rayfield has carved out their own genre of music with their unique sound and instrumentation. Often described as a mix of bluegrass and country with an accent of metal, no other band delivers the experience of the homemade gas-tank bass played by Jeff Eaton, sets the mandolin strings on fire like Wayne Gottstine, or makes the banjo sing like Eric Mardis. Together, they burn up speakers and stages alike providing an unforgettable experience. This is one trio not to miss. The Columbian Theatre, 521 Lincoln Ave., 7:30 p.m. Fee. WAMEGO, 800-899-1893 www.columbiantheatre.com

FEB 10

**BRASIL GUITAR DUO**

Brasil Guitar Duo, 2006 winner of the Concert Artists Guild International Competition, presents a seamless blend of classical guitar duets combined with traditional Brazilian works. They have performed internationally in major concert halls, with top orchestras and at festivals throughout Europe, Asia, South America and the United States. Duo members João Luiz and Douglas Lora met in São Paulo, Brazil, as teenage guitar students and have been performing together for more than 15 years. They released several well-received CDs in the last decade. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. LAWRENCE, 785-864-2787 lied.ku.edu/events/brasil-guitar.shtml

FEB 13

**FREE STATE STORY SLAM**

Stories told live. Extraordinary, witty, suspenseful: whatever yarns you have, spin them. This is a don't-miss occasion to hear and share whoppers, MOTH-style, the second Friday of each month. Raconteurs step up to the mic to bring laughs, tears, surprise, amazement, and the occasional awkward moment. All are welcome, bring a tale to tell on the theme for the evening, or just come to eavesdrop. Never the same story, or evening, twice. Adults 18+ only. Live music and social hour starts at 7 p.m. Slam starts at 7:30 p.m. Cocktails throughout. Lawrence Arts Center, 940 New Hampshire St. LAWRENCE, (785) 843-2787 lawrenceartscenter.org/story-slam

FEB 20, 21, 22, 27, 28, MAR 1, 6, 7, 8

**MUSIC MAN**

Not all plans march to the beat of the drummer. This is true for "Professor" Harold Hill, a quick-speaking transient salesman who poses as a marching band outfitter and instructor in

the small town of River City, Iowa, in 1912.

The town, hesitant at first to accept the newcomer, falls victim to the professor's schemes. The local librarian, however, is not so easily swayed, doing some detective work to expose the professor's fraud. She has a change of heart after watching her brother blossom as a result of this fictitious band. Can love and a librarian change this con man's ways? The Columbian Theatre, 521 Lincoln Ave., 7:30 p.m. for Friday and Saturday performances and 2 p.m. for Sunday performances. Fee. WAMEGO, 800-899-1893 www.columbiantheatre.com

FEB 21

**MENOPAUSE THE MUSICAL**

Set in a department store, four women with seemingly nothing in common but a black lace bra on sale, come to find they have more to share than ever imagined. The all-female cast makes fun of their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats and chocolate binges. A sisterhood is created between these diverse women as they realize that menopause is no longer The Silent Passage, but a stage in every woman's life that is perfectly normal! Topeka Performing Arts Center, 214 SE 8th Ave., 7:30 p.m. TOPEKA, 785-234-2787 www.tpactix.org/event-listings.html

FEB 24

**KODO**

Kodo erupted onto the world stage in 1981, introducing enthusiastic audiences to the ancient taiko drumming traditions of Japan's remote Sado Island. Since then, they have awed and inspired audiences with their powerful drumming and mesmerizing choreography. Kodo turns traditional Japanese drumming and music into a sensational expression of artistic excellence that is sure to entertain audiences of all ages. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. LAWRENCE, 785-864-2787 www.lied.ku.edu/events/kodo.shtml

FEB 26

**DON WILLIAMS**

There are few American classics these days, but Don Williams is certainly one of them. With a warm hickory baritone that balances strength with a gentle concern, he draws his listener into the intimate world of an old friend, someone who cares deeply about you and the quality of your life ... and who will always offer a hand when you need it. Topeka Performing Arts Center, 214 SE 8th Ave., 7:30 p.m. TOPEKA, 785-234-2787 www.tpactix.org/event-listings.html

FEB 26

**ETHEL WITH GUEST ARTIST ROBERT MIRABAL**

The pioneering string quartet ETHEL and Grammy Award-winning Native American flutist Robert Mirabal present Music of the Sun, a program inspired by the Native American sun mythology. Uniting the string quartet and Native American flutes (Tdoop - Pootse) and drums (Mooloo) with the spirited voices of

local choir members, ETHEL and Mirabal create a cross-cultural contemporary music event that is not to be missed. Lied Center of Kansas, 1600 Stewart Dr., 7:30 p.m. LAWRENCE, 785-864-2787 lied.ku.edu/events/ethel.shtml

FEB 27-MAR 28

**HANDS ON A HARD BODY**

For 10 hard-luck Texans, a new lease on life is so close they can touch it. Under a scorching sun for days on end, armed with nothing but hope, humor and ambition, they'll fight to keep at least one hand on a brand-new truck in order to win it. In the hilarious, hard-fought contest that is Hands on a Hard Body only one winner can drive away with the American Dream. Topeka Civic Theatre & Academy, 3028 SW 8th Ave. See website for showtimes. TOPEKA, 785-357-5211 www.topekacivictheatre.com/productions/508

FEB 27-MAR 14

**MEET ME IN ST. LOUIS**

Musical in the Art Deco Theatre in historic downtown Leavenworth. Performing Arts Center, 500 Delaware. 8:00 p.m. LEAVENWORTH, 913-651-0027 www.rcplv.com

FEB 27 & 28

**KANSAS SILENT FILM FESTIVAL**

Enjoy silent comedy and dramatic films with live musical accompaniment at the 19th annual festival. Films include "The Little Church Around the Corner," "The Birth of a Nation," and "The Sea Hawk." White Concert Hall – Washburn University, 17th and Jewell, 7-10 p.m. on Friday, and 9 a.m.-10 p.m. on Saturday. Free. TOPEKA, www.kssilentfilmfest.org

MAR 2

**TOPEKA FESTIVAL SINGERS: PIPES & PERCUSSION**

Help celebrate Topeka's historic excellence in the choral arts with the Topeka Festival Singers' 31st season. White Concert Hall – Washburn University, 17th and Jewell, 7:30 p.m. Fee. TOPEKA topekafestivalsingers.org/main/index.php

**EXHIBITS/SHOWS**

FEB 20

**TOPEKA RV & SPORT SHOW**

If you are a fan of the great outdoors, this is the perfect event for you! The annual show boasts one of the largest displays of RVs and campers for sale under one roof. There something for every outdoor enthusiast, including hunting, fishing, outfitters and camping exhibits. The Kansas University Calendar Girls will be autographing calendars from 12-3 p.m. Kansas Expoentre, One Expoentre Dr. TOPEKA, 785-235-1986 www.ksexpo.com

**HEALTH & FITNESS**

ONGOING

**PERSONAL TRAINING**

Need help reaching your fitness goals? Law-

rence Parks and Recreation has certified personal trainers to help you make your workouts safe, productive and successful. Training and registration are available at all recreation centers. For more information, contact Gayle Sigurdson. LAWRENCE, 785-832-7920

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

MONDAYS THROUGH FRIDAYS

**A.M. WALKING CLUB**

Need exercise? Come to the East Lawrence Recreation Center from 7-10 a.m. You'll get your heart pumping and have a great time building friendships with fellow walkers. FREE! Lawrence Parks and Recreation. For more information, contact Stephen Mason. LAWRENCE, 785-832-7950

MONDAYS THROUGH FRIDAYS

**PICKLEBALL - OPEN PLAY**

Monday-Friday at the East Lawrence Center. For competitive, recreational and beginning players. Call the East Lawrence Center for specific days and times. There is no charge for open play. LAWRENCE, 785-832-7950

TUESDAYS

**BLOOD PRESSURE CLINIC**

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

TUESDAYS, WEDNESDAYS & THURSDAYS

**JAZZERCISE LITE**

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

TUESDAYS AND THURSDAYS

**FLEXERCISE**

This exercise program emphasizes safe and beneficial movements and routines that will increase your flexibility, strength and endurance. Meets from 8:30-9:30 a.m. at East Lawrence Recreation Center, 1245 E. 15th St. Closed. Fee. Enroll at LPRD.org or at East Lawrence Center. LAWRENCE, 785-856-6030

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

TUESDAYS AND THURSDAYS

**ZOSTAVAX (SHINGLES) CLINIC**

HealthWise 55 Clinic. 8 a.m.-noon. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, 785-354-6787

WEDNESDAYS

**NUTRITION CLINICS**

Meet with a Registered Dietitian to discuss your nutrition needs and questions. HealthWise 55 Resource Center, 2252 S.W. 10th Ave., 8 a.m.-noon. Free. Call for an appointment TOPEKA, 785-354-6787

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 WEDNESDAY OF THE MONTH

**FREE HEARING CONSULTATIONS**

Dr. Matthew J. Brown of Kaw Valley Hearing is pleased to announce that every first Wednesday of the month he will be offering free hearing consultations. Call today to schedule your desired appointment time or stop in the first Wednesday of each month. If you currently wear hearing aids stop in for a free clean and check of your existing hearing aids. LAWRENCE, (785)748-8034

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**

Arbor Court, 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

FOURTH THURSDAY OF EACH MONTH

**BLOOD PRESSURE CLINIC**

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

FEB 4

**CHOLESTEROL SCREENING**

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/

test. East Information Desk, Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, 785-749-5800

FEB 21

**HEALTHY HEARTS FAIR**

Plan to join us for this annual event focused on screenings and information about cardiovascular disease and its prevention, diagnosis and treatment. Low-cost full lipid (cholesterol) profile blood work screening (\$20 if registered by 2/13, \$25 at the door), BMI, blood pressure screening, fingerstick blood glucose, and heart attack and stroke risk appraisals, plus lots of information about cardiovascular disease from LMH departments, LMH affiliated physician practices and LMH community partners. The only fee is for the blood work; no fee or registration necessary to attend the screenings and exhibits. Blood work: 7:30-10 a.m., screenings and exhibits: 8-10:30 a.m. To enroll in advance for blood work and the discounted price, call the LMH Lab at (785) 505-6179 to request a registration form from a "health fair specialist." LAWRENCE

MAR 4

**CHOLESTEROL SCREENING**

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$8/test. Lawrence Public Library. Sponsored by Lawrence Memorial Hospital, 9:30-11 a.m. LAWRENCE, 785-749-5800

**HISTORY/HERITAGE**

JAN 25-MAR 1

**BLEEDING KANSAS 2015 SERIES**

A series of talks and dramatic interpretations on the violent conflict over the slavery issue in Kansas Territory 1854-1861. **January 25** - "The Kansas Statehouse Restoration" - Barry Greis, statehouse architect. Remarks by Matt Veatch, state archivist, Kansas Historical Society. This program is a Kansas Day commemoration. **February 1** - "Railroad Empire Across the Heartland: Rephotographing Alexander Gardner's 1867 Westward Journey Through Kansas" - John Charlton, photographer, Kansas Geological Survey, University of Kansas. Remarks by Nancy Sherbert, curator of photographs, Kansas Historical Society. Charlton will sign copies of his book after the presentation. Books will be available for purchase at Constitution Hall the day of the event. **February 8** - "John Brown vs. W.B. 'Ft. Scott' Brockett." The history of Bleeding Kansas and the Battle of Black Jack are debated in first-person portrayals by Kerry Altenbernd, as abolitionist John Brown, and Jeff Quigley, as proslavery advocate W.B. Brockett. **February 15** - "James Montgomery, The Original Jayhawker" - Max Nehrbass, Labette Community College history instructor. Historian Rich Ankerholz will portray James Montgomery. **February 22** - "If It Looks Like a Man: Female Soldiers and Lady Bushwhackers in the Civil War in Kansas and Missouri" - Diane Eickhoff & Aaron Barnhart, authors and historians. **March 1** - "John Brown's Money Man: George Luther Stearns, Abolitionist" - Dr. Charles E. Heller, author & historian. Heller will sign copies of his book after the presenta-

■ CONTINUED FROM PAGE 21

tion. Books will be available for purchase at Constitution Hall the day of the event. Presentations begin at 2 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., Lawrence, 1-2 p.m.

### WEDNESDAYS

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

### FRIDAYS

Clinton Place, 2125 Clinton Parkway, Lawrence, 9-10 a.m.  
Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.  
Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

## LAWRENCE PUBLIC LIBRARY BOOK TALKS

**THIRD TUESDAY OF EACH MONTH**  
Midland Adult Day Care, 319 Perry St., 10 a.m.  
Cottonwood Retirement 1029 New Hampshire, 2 p.m.  
Babcock Place, 1700 Massachusetts St., 3 p.m.

**THIRD WEDNESDAY OF EACH MONTH**  
Brandon Woods, 1501 Inverness Dr., 10:30 a.m.  
Prairie Commons, 5121 Congressional Circle, 1 p.m.

**FOURTH WEDNESDAY OF EACH MONTH**  
Presbyterian Manor, 1429 Kasold Dr., 9:45 a.m.  
Presbyterian Manor-Asst. Living, 1429 Kasold Dr., 11 a.m.  
Pioneer Ridge-Asst. Living, 4851 Harvard Rd., 1 p.m.  
Arbor Court, 1510 St. Andrews Dr., 2:30 p.m.

## MEETINGS

### 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 6-9 p.m. on Sundays at the Knights of Columbus, 2206 E. 23rd St. LAWRENCE

### 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

### MONDAYS

**GRIEF SUPPORT GROUP**  
12-week adult group for recent loss. Midland Hospice, Building A, 4-5 p.m. Please call for start dates and information packet. TOPEKA, 785-232-2044

### FIRST MONDAY OF EACH MONTH INDIVIDUAL BEREAVEMENT SUPPORT

Individual appointments are available, 5:30-7:30 p.m., as well as phone support. Other times are available. No cost. Call Terry Frizzell. TOPEKA, 785-271-6500; 785-230-6730 on first Monday between 5:30 and 7:30 p.m.

### 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 CAREGIVER SUPPORT GROUP

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

### FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

### FIRST TUESDAY OF EACH MONTH BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Food Court, Restroom Entrance). Free. TOPEKA, 785-354-6787

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

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

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

### FIRST TUESDAY OF EACH MONTH TOPEKA AREA OSTOMY SUPPORT 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. TOPEKA, 785-295-5555

**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. TOPEKA

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

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

### TUESDAYS & THURSDAYS WATER AEROBICS CLASSES

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

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

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

### FIRST WEDNESDAY OF EACH MONTH KAW VALLEY OWL (OLDER WOMEN'S LEAGUE)

Meetings are held at the United Way building, 2518 Ridge Ct. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson. LAWRENCE, 785-691-7314

### 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 email to liv.frost@lmh.org. LAWRENCE

### 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

### EVERY OTHER THURSDAY GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 10:30 a.m. Please call for start dates and information packet. TOPEKA, 785-232-2044

### EVERY OTHER THURSDAY GRIEF SUPPORT GROUP

Ongoing adult group. Midland Hospice, Building A, 5:30 p.m. Please call for start dates and information packet. TOPEKA, 785-232-2044

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

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

### ONE SATURDAY EACH MONTH LAWRENCE DEATH CAFE

At a Death Cafe people, often strangers, gather to eat cake, drink tea, and discuss death. A Death Cafe is a discussion group about death rather than a grief support or counseling session. Group meets once a month on a Saturday from 2 to 4 p.m. To learn more, contact cwhiston@sunflower.com or visit www.facebook.com/pages/Lawrence-Death-Cafe/520304204753986?ref=hl. LAWRENCE

### SECOND MONDAY, SEP-MAY LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club. LAWRENCE, 785-331-4575

### SECOND MONDAY OF EACH MONTH GRIEF AND ENCOURAGEMENT GROUP

For those who have lost loved ones. Sponsored by Hospice Care of Kansas. Meets at Brook-

### ■ CONTINUED FROM PAGE 22

wood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Nancy Cook. TOPEKA, 913-599-1125

### SECOND MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Meets at the Topeka Shawnee County Public Library, 1515 SW 10th Ave., 3:30-4:30 p.m. TOPEKA, 785-235-1367 www.jhwakaaa.org

**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 WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

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

### SECOND WEDNESDAY OF EACH MONTH DIABETES EDUCATION GROUP

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

### SECOND WEDNESDAY OF EACH MONTH SOROPTIMIST INTERNATIONAL OF TOPEKA

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

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

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

### SECOND & FOURTH FRIDAY OF EACH MONTH ALZHEIMER'S/CAREGIVER SUPPORT GROUP

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

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

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

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

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

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

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice. TOPEKA, 785-286-2329 or 785-231-0763

### THIRD TUESDAY OF EACH MONTH STROKE SUPPORT GROUP

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

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

The Lawrence chapter of the National Active 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 FRIDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

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

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

p.m. For more information about the Widowed Persons Service Program, please call Julie. TOPEKA, 785-357-7290

### FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice. LAWRENCE, 785-841-5300

### FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd., 1 p.m. TOPEKA, 785-235-1367, EXT. 130

### FOURTH 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.tgstopeka.org

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

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

### FOURTH FRIDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

## MISCELLANEOUS

### WEDNESDAYS WILD WEE WEDNESDAYS AT THE DISCOVERY CENTER

After the big kids are off to school, bring your lil' ones to the Discovery Center for special

activities just for them. Preschoolers can explore their senses, create crafts and learn about the different animals at the Discovery Center. Parents, guardians, and child care providers can meet other parents and talk with early childhood professionals. Free coffee is available. 4400 SW 10th Ave., 10:30 a.m.-12 p.m. TOPEKA, 785-783-8300 www.kansasdiscovery.org

### SECOND FRIDAY OF EACH MONTH SCIENCE NIGHT LIVE: SCIENCE OF CHAIN REACTIONS

The second Friday of each month, the Kansas Children's Discovery Center opens its doors exclusively to adults, 21+. Science is fun...at any age. Science Night Live provides visitors the opportunity to have fun and learn about science in a unique setting. We mix music and dancing, drinks and fun, playful science and creative arts for discovery after dark. Each Science Night Live features a unique science theme, as well as tasty spirits and fun. 4400 SW 10th Ave, 6-9 p.m. TOPEKA, 785-783-8300 www.kansasdiscovery.org

### THIRD SATURDAY OF EACH MONTH COFFEE & CONVERSATION

Arbor Court at Alvamar, 1510 Saint Andrews Dr., 3 p.m. Open to the public. LAWRENCE, 785-841-6847

### FEB 14 SIXTH ANNUAL KAW VALLEY SEED FAIR

Start a love affair with seeds. Seed exchange, education, vendors. Free admission. Douglas County Fairgrounds, 2110 Harper St., Building 21, 9 a.m.-3 p.m. Free admission. LAWRENCE

### FEB 20 ANNUAL CHILI & VEGETABLE SOUP SUPPER

Includes cornbread, crackers, relishes, drink and dessert. Take-Out Available. Community Invited. Delicious! Kansas Avenue United Methodist Church, Fellowship Hall, 1029 N Kansas Ave, 4-6:30 p.m. Fee. TOPEKA

### MAR 10 10TH ANNUAL RESOURCE FAIR FOR SENIORS

Sponsored by the Lawrence Area Partners in Aging (LAPA) and Hy-Vee. Exhibits featuring a wide range of business and organizations. Drawings for Hy-Vee gifts cards, courtesy of LAPA and Hy-Vee. CHAMPSS orientation and sign up in the club room. And much more. Hy-Vee, 3504 Clinton Parkway, 10 a.m.-1 p.m. Free. For more information, call Cheryl Messerschmidt. LAWRENCE, 785-841-2200



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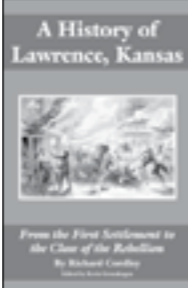


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# A LOOK AT BOOKS

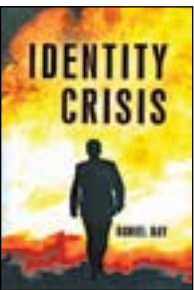
The March 2015 issue of Senior Monthly will be the final one containing my column, A Look at Books. If you have any comments or questions, however, please send them to me at A Look at Books, Attn: Tom Mach, PO Box 486, Lawrence, KS 66044.



Tom Mach

**Identity Crisis** by Daniel Day (WestBow Press ISBN 978-1-4908-1101-7)

This suspense novel is about a man who is the lone survivor of a train wreck in which 183 passengers were killed. This man is described as being both tall and fit; yet although he is shaken by the incident, he is able to make his way to a hardware store in Reading, Colorado, to report the accident. Unable to identify himself, he is not able to get a job at that store but eventually finds work as a ranch hand. A person there gives him a name as Mr. U, and throughout the story he identifies himself as such. As he works at different jobs during the following months, Mr. U destroys a drug ring, reports a hit-and-run accident, exposes a mob of criminals, assists an elderly woman with no money, helps two women in a homeless shelter, and com-



forts a distraught, special-needs child. Who is this man who wants to do good for others? This book reminds me of *The Fugitive*, a TV series about a man looking for the person who killed his wife. But in this novel, Mr. U is looking for his own identity.

**Purgatory: Explained by the Lives & Legends of the Saints** by Fr. Francis Xavier Schoupe (Catholic Book Club ISBN 978-1-928116-00-4)

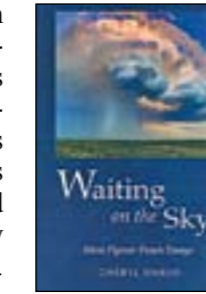
While this book does not go through an extensive argument as to why purgatory exists, it may expand a believer's vision about what is meant by purgatory. It contains many true accounts of apparitions and revelations by such saints as St. Bridget, St. Margaret Mary, and many others concerning souls who await final purification before entering heaven. Schoupe's book describes what purgatory is like, how long a soul might expect to be there, and how we can help shorten their time in purgatory. This book has two sections. The first deals with the need for God's justice while the second deals with His mercy. This book shows you the pains of purgatory, provides details of the sufferings of these souls, suggests the probable location of purgatory, and the physical evidence which some of these souls have left behind. This is one of those books where Catholics may want to read not only to fortify their belief in purgatory but to illustrate how even



the slightest transgression or an unacquainted sinful habit may result in a soul being in that place for a long time.

**Waiting on the Sky—More Fly-over People Essays** by Cheryl Unruh (Quincy Press ISBN 978-0-692-20495-5)

This author loves Kansas and it shows in her collection of 72 short essays about the state. Her essays are grouped into seven categories: Our Kansas, Community, Ordinary Time, The Elements, Departures, Being a Kid, and Navigating Our Lives. She provides the reader with a historical perspective—that Kansas has 105 counties, four seasons, one Cowtown and “home to aviators, astronauts, and cowboys.” Some of Unruh's notable essays include her reminiscing about the day she was in the second grade and got lost in a crowded gift shop in Dodge City. When that happened, a sixth-grader helped her find her way back to her father. Unruh's book includes memories of her old Pawnee Rock Library, how locking your car years ago was unnecessary, the day her church was demolished due to its decaying structure and the open Kansas sky where “the frumpy clouds move in and unpack their suitcases.” What is particularly great about this *Waiting on the Sky* is that each essay is only two pages in length, allowing the reader to enjoy snippets from this book whenever time permits. Highly recommended!



**On the Other Side of Brokeback Mountain** by Cal Stevens (CreateSpace ISBN 978-1-4783-6192-3)

*On the Other Side of Brokeback Mountain* is an interesting mixture of stories based on the author's personal experience in growing up in Wyoming and fictional stories consistent with what the author knew about the lives and nature of people in the region. One story, “Reflections of a Wyoming health necessity that is as close as your kitchen faucet—water. It's vital all an old and uneducated ranch hand when you might think hydration is less important.”



“Staying hydrated is a very important component of staying healthy,” says physician assistant Tricia A. Howard, who has memories flooding through a faculty member at South University, him. He recalls how he was bullied at Savannah College of Health Professions and teased at school and abused by his father at home. At 16, he is forced to stay hydrated when they are doing vigorous exercise or in very hot weather, but they don't realize the importance of making sure they are getting enough water every day.”

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

# The easiest thing you can do for your health and looks: Drink more water

(BPT) - You probably already know that exercising and eating right are key ways to improve your health. But, you may be overlooking one major of a Wyoming health necessity that is as close as your cowboy,” is about kitchen faucet—water. It's vital all an old and uneducated ranch hand when you might think hydration is less important.

“Staying hydrated is a very important component of staying healthy,” says physician assistant Tricia A. Howard, who has memories flooding through a faculty member at South University, him. He recalls how he was bullied at Savannah College of Health Professions and teased at school and abused by his father at home. At 16, he is forced to stay hydrated when they are doing vigorous exercise or in very hot weather, but they don't realize the importance of making sure they are getting enough water every day.”

**Why water is important**  
Sixty percent of your body weight is made up of water. Since water carries nutrients to cells in your body, and flushes toxins from vital organs, Howard says it is important to replace what you lose daily.  
“Our bodies are always losing water—even when we breathe we are losing small amounts,” she says. “So, it is important to know how much water you need daily and to make a point of drinking it.”  
**Your daily intake**  
Howard says men need three liters, or 13 cups, of water a day. Women should drink 2.2 liters or nine cups daily.  
“If you drink water with each meal, and at least one glass between each meal, you will be very close to what you need to drink every day,” Howard suggests.  
And there is good news if you want some variety. Howard says beverages

like milk and even coffee can take the place of some of the water that you need to drink daily.  
“Drinks that are high in water, and low in calories, are acceptable substitutions for water,” Howard explains. “But watch out for sugary, high-calorie drinks that will cause weight gain.”

### Beauty benefits

Howard says the benefits of staying

properly hydrated every day go beyond good health. Staying hydrated also approves the appearance of your skin.  
“Drinking a glass of water is one of the easiest things any of us can do,” Howard says. “It is important to how your body works on the inside, and how it looks on the outside. Adding this simple step to your daily routine is well worth the many benefits.”

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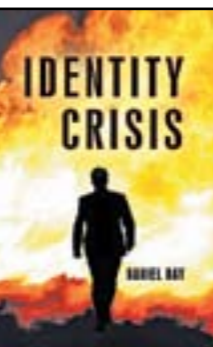
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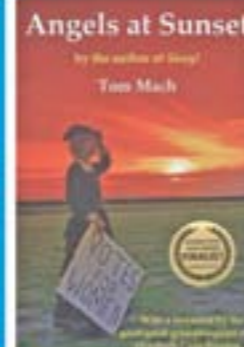

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**HUMOR**

**Hadley and the Robo Caller**

Mark Twain's 19th century quote, "Everybody complains about the weather, but nobody does anything about it," has a 21st century counterpart: "Everybody complains about robocalls but nobody does anything about them." That was true until Hadley Wilkins decided he was sick and tired of getting robocalls.



Larry Day

Hadley Wilkins is the electronic genius. You'll probably recall that it was Hadley who made super hacker Henry Histoid stop hacking residential cell phones all over the country.

It's a fact that thousands of people have called to complain about robocallers—those electronic phone nuisances who call several times a week. Ring! You answer, a robo voice says, "Please press one now." When you press "one" and wait a bit, a live operator tells you he/she can do something good for you like cut your credit card interest rate. Next the operator asks for the number on your credit card. Then you're done.

Consumer support organizations can't shut down the robocallers because the robocalls are produced by untrace-

able digital auto-dialing machines. It doesn't do you any good to be on the national "Do Not Call" registry. Robocallers ignore the registry ban. Robocall centers make thousands of calls a day. You can't avoid robocalls with "caller ID" because robocallers use technology to disguise the originating phone number.

One day, Hadley said, "I've had it." He designed a robocall system of his own. Hadley's robocall message was a loud "btfsplk." That's the sound you make when someone has annoyed you and you stick your tongue between your pursed lips and blow out air. Some people call "btfsplk" a "Bronx cheer."

Once Hadley perfected the "btfsplk" sound, he found the name and personal phone number of Cody Wolfeson, the chief executive officer of the nation's largest robocall corporation. Mr. Wolfeson received Hadley's robocall on his personal phone about five minutes after he got home from work. He checked the caller ID. It was blank. He ALWAYS got a caller ID.

"What the...?" said Wolfeson and pressed the answer button.

A loud "btfsplk" came from the earpiece. "If you would like to hear this message again, please press 'one' now. If you wish to cancel any further 'btfsplk' calls, please press 'nine' now." An angry Wolfeson pressed nine.

A raucous braying sound erupted

from the phone. Wolfeson pressed the "off" button. The phone remained on and connected to the to the robocall. "That was frustrating, wasn't it?" the voice on the phone said. Then, "If you wish to hear a pig grunt, please press 'seven' now. If you wish to hear a rooster crow, please press 'five' now." Enraged, Wolfeson hurled the phone across the room. It struck a far wall and fell to the floor. The robo voice continued to rise from the plastic shards that remained of the phone.

Wolfeson carried the shards to the garage, slammed them on the cement floor and tromped on them. The voice continued.

By now Wolfeson was thoroughly spooked.

"What do you want?" he screamed at the ghostly robo voice.

"Stop robo calling my home," said the voice.

"Who ARE you? asked Wolfeson.

"I'm an angry citizen who your benighted company has been calling three times a day."

"But who ARE you? How can I stop the calls if I don't know who you are?"

"You're an electronic genius, figure it out. You have 48 hours. If you don't stop robocalling my phone, every business you work with, every person you know will get 'btfsplk' calls from me. Goodbye."

The ruined phone went silent.

That night Wolfeson assembled a crack team of robocall experts and gave them the task of shutting off robocalls to "the voice's" phone. Thirty-six hours into the project they had narrowed the possible phones to several thousand, but could make no more progress.

"Stop robocalls to all of those phones," ordered Wolfeson. "I don't care what it costs the company."

After 48 hours with no call from the voice, Wolfeson decided he was safe. It was only then that he gave orders to limit robocalls to any one phone to two.

But Hadley never got another one.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction-sometimes intentionally-all his life.

**PET WORLD**

**Officials hope to have a protocol soon regarding pets and Ebola**

**Q:** Can dogs and cats get the Ebola virus? If the answer is no, as I believe it is, why did they kill that dog from Spain? - S.H., Chicago, IL

**Q:** I'm worried about a full-out Ebola epidemic eventually coming to America; it's inevitable. And since so



Steve Dale

many people in this country live with pets, what will happen to them? - J.K., Lubbock, TX

**Q:** Will this be how it happens in America: When a family member is diagnosed with Ebola, pets will be killed and the rest of the family quarantined? I'm not sure as cases (of Ebola) mount that this is a viable plan. What is the plan for animals? - T.A., Louisville, KY

**A:** The American Veterinary Medical Association (AVMA) is working side by side with the U.S. Centers for Disease Control and Prevention (CDC) and various public health officials regarding the concerns expressed here about Ebola and animals—from the pets who share our beds to food-producing animals.

Dr. Ron DeHaven, AVMA CEO, says, "Like you, we've received many inquiries; certainly the public is concerned. We're working to create a specific protocol, though there remain many unknowns."

DeHaven continues, "What's challenging is that we don't know a lot about how Ebola behaves in various species. We do believe dogs can get Ebola. Dogs appear to mount an immune response so they don't get sick. The big question then is if they don't get sick from the virus, are they capable of spreading the virus to people or other animals? These are questions

that we just don't have answers to."

Personally, rather than euthanizing the dog belonging to the Spanish victim of Ebola (earlier In October), I think it might have been more beneficial to human medicine and obviously for the dog's family to quarantine the animal.

After a necropsy (animal autopsy) is conducted, there's nothing more to be learned from a dead animal. A living dog may have offered clues. For example, if physicians and veterinarians can learn why dogs don't get sick from

Ebola, this knowledge could be the key to creating more effective drugs and a vaccine for people. Also, had that dog been allowed to live, more might have been discovered regarding virus transmission from animals to people.

A Dallas, TX, county judge took a completely different route from the judge in Spain who ordered the dog there be euthanized. Instead, Dallas Ebola-stricken health care worker Nina Pham's dog—a King Charles Spaniel named Bentley—has been moved to an undisclosed location and is under the care of Dallas Animal Services.

DeHaven warns, "Let's keep this all in perspective. In the U.S., human cases remain very isolated, and there have been no pets identified with Ebola."

Updates will be posted as they warrant at [www.avma.org](http://www.avma.org).

- Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 144, Buffalo, NY. 14207. Send e-mail to [PETWORLD@STEVE DALE.TV](mailto:PETWORLD@STEVE DALE.TV). Include your name, city and state.

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## WOLFGANG PUCK'S KITCHEN

### Start your day with a healthy breakfast

I believe that the best way to begin a new approach to eating is with breakfast. It only makes sense. Each new day is like a new year, offering you a clean slate and a fresh start. Make the right choices with your first meal of the day, enjoying recipes prepared with healthy ingredients that not only satisfy and fill you up but also bring you pleasure, and it becomes easier for you to go on eating sensibly,



Wolfgang Puck

and more sparingly, for the rest of the day—and the days, weeks and months ahead. The approach reminds me of the old saying that, for greater health, you should always breakfast like a king, lunch like a prince and dine like a pauper.

My recipe for Whole Wheat, Walnut and Blueberry Buttermilk Pancakes, adapted from my recent book “Wolfgang Puck Makes It Healthy,” is a great example of that principle. You’ll feel like you’re feasting when you sit down to three robust pancakes, topped with warm, glistening Fresh Berry Compote. Yet, each serving

(not counting the fat-free berry mixture) contains only 392 calories, fewer than a third of which come from fat; and you can make the recipe even lower in fat, about 26 percent of total calories, by leaving out the walnuts, although their fat is high in heart-healthy omega-3 fatty acids. (If you want a change of pace, and a relatively slight indulgence, you could also serve them with a light drizzle of pure maple syrup instead of the berry compote. Or try other nuts instead of the walnuts; or drop slices of ripe banana into each pancake in place of the blueberries.) The pancakes provide additional nutritional benefits, as well, with about 5 grams of dietary fiber and almost 13

grams of protein per serving.

Did I mention that they taste great, too?

They’re also easy to make. The batter takes only about a quarter hour to prepare. And it benefits from sitting overnight in the refrigerator, which lets the flavors develop and the whole wheat flour soften. You can prepare it up to 12 hours in advance.

Just think: You’ll have something delicious, and healthy, to look forward to in 2015.

#### WHOLE WHEAT, WALNUT AND BLUEBERRY BUTTERMILK PANCAKES

Makes about 12 pancakes, serves 4

- 1/4 cup (60 ml) walnut pieces
- 4 large cage-free egg whites
- 2 large cage-free egg yolks
- 1 cup (250 ml) buttermilk
- 2 tablespoons canola oil
- 1/2 cup (125 ml) pastry flour
- 1/2 cup (125 ml) whole wheat flour
- 1 tablespoon sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- Fresh Berry Compote (recipe follows)
- Nonstick cooking spray

Put the walnut pieces in a small, heavy, ungreased skillet. Cook over low heat, stirring almost continuously to prevent scorching, until the nuts are fragrant and have darkened slightly but are still a shade or two lighter than you want, 3 to 5 minutes. Transfer immediately to a heatproof bowl; their residual heat will continue to cook and dark them slightly as they cool.

In a clean mixing bowl, use a hand mixer on medium speed or a wire whisk to beat the egg whites until they form soft peaks that droop slightly when the beaters or whisk are lifted out. Set aside.

In a separate bowl, whisk the egg yolks until smooth and slightly frothy.

Whisk in the buttermilk and oil.

In a large mixing bowl, sift together the pastry and whole wheat flours, sugar, baking powder, salt, cinnamon and ginger. Make a well in the center, pour the egg yolk mixture into the well, and whisk just enough to incorporate it into the dry ingredients. Fold in the walnuts. With a rubber spatula, gently fold about one-quarter of the egg whites into this batter to lighten it. Then, in two more batches, lightly fold in the remaining egg whites until fully incorporated. Cover the bowl with plastic wrap and refrigerate at least 30 minutes or, better, overnight.

About 10 minutes before cooking the pancakes, prepare the Fresh Berry Compote. Keep it warm.

Heat a large nonstick griddle over medium heat.

Spray the hot griddle with nonstick cooking spray. Using a 1/4-cup (60-ml) ladles or measure, pour the batter onto the griddle to form pancakes, spacing them about 1 inch (2.5 cm) apart. Scatter some blueberries onto the surface of each pancake as it’s formed. Cook until the undersides of the pancakes are golden brown and the surface is covered with small bubbles, 3 to 4 minutes. With a spatula, turn the pancakes over and con-

tinue cooking until the other sides are browned, about 3 minutes more. As the pancakes are done, transfer them to a heated platter. Repeat with any remaining batter.

To serve, present the pancakes on the platter or arrange them slightly overlapping on individual heated plates. Transfer the berry compote to a sauceboat or serving bowl and pass it at the table.

#### FRESH BERRY COMPOTE

Serves 4

- 3/4 cup (185 ml) fresh blueberries
- 3/4 cup (185 ml) fresh raspberries
- 3 tablespoons honey
- 1 tablespoon grated orange zest
- 3 ounces (85 ml) fresh orange juice
- Pinch kosher salt

In a nonreactive saucepan, combine the berries, honey, orange zest, orange juice, and salt. Bring to a simmer over medium heat, stirring occasionally, and continue simmering just until the berries have given up some of their juices and have turned slightly syrupy, 3 to 4 minutes. Transfer to a serving bowl and keep warm.

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## KIPLINGER ON TRAVEL

### How to visit New York City on a budget

By Cameron Huddleston  
Kiplinger

New York is notoriously expensive. Year after year, it tops Kiplinger’s list of costliest places to live. Just visiting it can cost an arm and a leg. The average daily hotel room rate is \$281, and the average cost of dinner in a restaurant is \$43 per person, according to the city’s official marketing and tourism organization NYC and Company. Add in the cost of other meals, transportation and entertainment, and you could easily spend \$500 a day in the Big Apple.

However, there are plenty of ways to keep the costs associated with a trip under control. If you’re planning a visit to New York, consider these tips to save money getting there, staying there, eating there and having fun there.

#### Getting to New York

Take the bus. The cheapest way to get to the city if you live on the East Coast is the bus. A one-way ticket can cost less than what you’d pay to fill up your car’s gas tank. For example, an advance-purchase Greyhound bus ticket for travel in October from Raleigh, N.C., to New York cost \$45 versus \$52.95 to fill up a 15-gallon tank at the average East Coast gas price of \$3.53 a gallon (and you’ll need to fill up more than once for a drive of that distance). A one-way Amtrak train ticket for the same route would cost \$90.

Consider alternate airports. The price of an airline ticket can vary dramatically depending on which New York area airport into which you fly. For example, round-trip flights in mid-October from Dallas to Newark Liberty International Airport (15 miles from Midtown Manhattan) are about \$70 less than flights to LaGuardia Airport and John F. Kennedy International

Airport in New York, according to a search on Kayak.com.

Get a discount on parking. If you do drive, don’t pay the exorbitant rates hotels charge for parking. Look for a nearby parking garage, which likely will charge less—especially if you use a coupon. For example, Icon Parking Systems has more than 400 coupons for discounted parking rates in its garages throughout the city.

#### Staying in New York

Share a bathroom. Several hotels offer great rates (by New York standards, that is) on accommodations with shared baths. For example, you can get a room for two at The Jane for \$145 a night if you’re willing to share a bathroom—whereas rooms at The Jane with private bathrooms cost at least \$325.

Check economy hotel chains. Even budget hotel chains aren’t particularly cheap in New York, but they’re good deals compared with many other accommodations in the city. Apple Core Hotels, for example, operates a La Quinta, Ramada and three independent hotels in Manhattan. A queen room at the Ramada was available for \$205 a night in mid-October.

Rent a room or apartment. Manhattan Getaways offers furnished rooms in residents’ apartments starting at \$120 a night and private apartments starting at \$200 a night. Or check for rooms or apartments at Airbnb.com, VRBO.com and HomeAway.com. Apartments can be ideal accommodations for large families and for people looking to save money by cooking their own meals.

Consider hostels. If you don’t mind bunking with strangers, hostels offer truly bargain rates. For less than \$60 a night, you can stay in a dorm-style room at Hostelling International and take advantage of its free nightly happy hours and free Wi-Fi. Broadway Hotel and Hostel, which claims

to be a boutique hostel, has dorm-style rooms with shared baths for \$45 and up.

Couch surf. If you’re traveling solo, you might be able to score free accommodations through the Couchsurfing site or app, which connects members with people willing to spare a couch for the night for free.

#### Getting around New York

Take public transportation. You can save a lot by taking public transportation rather than taxis around New York. For example, you can get a seven-day unlimited MetroCard for \$30. You could easily pay more than that for cab fares in just one day. If you’re worried about getting lost or ending up on the wrong train, you can download the free New York Subway Map app (iPhone and iPad) or NYC Bus & Subway Maps app (Android) for help navigating the subway system.

#### Dining in New York

Use discounted gift cards. You can dine out for less by purchasing discounted gift certificates for local eateries at Restaurant.com and discounted gift cards for chain restaurants at Cardpool.com and Gift Card Granny.

Take advantage of daily deals. Check Groupon and other daily deal sites for New York restaurants and bars offering discounts during your stay.

Enjoy cheap eats. There’s plenty of good food to be found in New York for bargain prices. Time Out New York has a guide to the best cheap eats in the city.

#### Having fun in New York

Take advantage of free attractions. Some of the city’s most well-known attractions actually are free. You can

wander the 843-acre Central Park—or take a guided tour—for free. Walk across the Brooklyn Bridge, visit St. Patrick’s Cathedral, see the Statue of Liberty and Ellis Island from the Staten Island Ferry, play a song on the big FAO Schwarz piano and much more. Plenty of museums also are free or accept contributions, such as the American Museum of Natural History. And you can even take a free walking tour of the city with groups such as Big Apple Greeter.

Buy passes for multiple attractions. Get a discount on entrance fees by buying a pass to multiple attractions. For example, the CityPASS provides admission to six major attractions for 43 percent less than what you would pay if you bought tickets individually for each attraction. The New York Pass offers admission to 80 attractions with one-, two-, three- or seven-day passes. If you saw three attractions a day with the seven-day pass, you could save \$400.

See Broadway shows at a discount. There are plenty of ways to save on tickets to Broadway shows, from timing your visit to coincide with Broadway Week when you can get two tickets for the price of one to buying discounted tickets the day of a show at TKTS Discount Booths in New York City’s Times Square, the South Street Seaport and Brooklyn. See How to Save on Tickets to Broadway Shows for more tips.

- For more on this and similar travel topics, visit [Kiplinger.com](http://Kiplinger.com).

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# 5 questions you should ask your pharmacist **Pharmacist**

■ CONTINUED FROM PAGE 34

(BPT) - A visit to the pharmacy can be about more than just picking up prescriptions or supplies for the medicine cabinet. It can actually be an important, and convenient, time to ask your pharmacist key questions that could impact your health.

Dr. Andria Fetterman, a faculty member in South University Savannah's School of Pharmacy, encourages people to use their pharmacist as a resource for information about everything from prescription medication to lifestyle changes. Fetterman says there are five key questions you should frequently ask your pharmacist.

## What can I expect from this medication?

Fetterman says whether you're picking up an over-the-counter remedy or a prescription, you should feel free to ask your pharmacist what to expect from the medication.

"Many medications have potential

side effects that you should be aware of before you take them," advises Fetterman. "It may be something as mild as a little stomach discomfort or drowsiness, but knowing what to expect will help you handle any potential side effects. Also, knowing what to expect could keep you from blaming any new, unrelated symptoms on your medication."

You should also ask how long it will take for your medication to make you feel better. Fetterman says most antibiotics should have you feeling better in three to five days, but an anti-depressant may need to be in your system for three weeks before you begin to feel its effects. If a prescription medicine doesn't seem to be working in the proper time frame, you should let your doctor know. Remember that sudden discontinuation of some medications, without proper professional advice, can be costly to your health.

## How long should I take an over the counter medication before I call my doctor?

Over-the-counter medicines can provide relief for a number of ailments, but sometimes you need to see a doctor either for a prescription or a correct diagnosis of your symptoms. Fetterman says your pharmacist can help guide you when you're not sure if it is

time to see a doctor.

"A pharmacist can give you advice on how quickly you should see symptom relief with an over-the-counter medication," says Fetterman. "Many times, people will treat themselves too long with over-the-counter medicine or will switch from one product to another looking for relief, and many

■ CONTINUED ON PAGE 35

times don't go to a physician when they need to."

## How do I manage my condition?

"When someone leaves the doctor's office after a diagnosis, they may be scared or shell-shocked," Fetterman explains. "There may be questions about medication or daily management that they didn't think to ask. That's where a pharmacist can help."

Fetterman uses Type 2 diabetes and high blood pressure as examples. "A pharmacist can counsel you about weight loss, healthy eating and ways to promote cardiovascular activity. With proper disease management, some patients can actually reduce or eliminate their need for prescription medication altogether."

## Do these medicines mix?

Fetterman says it is important to ask a pharmacist about whether any new medication will mix well with other things you are already taking.

"Dietary supplements, herbal sup-

plements and over-the-counter medicines can interact or interfere with prescription medications. When you are having a prescription filled, your pharmacist should ask you about all other medications that you're taking. If you're on prescription medication, check with the pharmacist before beginning any new over-the-counter supplements or medication to make sure it is safe."

## What should I do about my persistent, minor symptoms?

Fetterman says you should never hesitate to ask a pharmacist about a persistent, minor symptom that might be bothering you.

"If you're having a non-specific or persistent symptom that you think is minor, you should still ask your pharmacist about it," says Fetterman. "A pharmacist can recommend an over-the-counter medicine that may relieve symptoms, but can also advise you to see a doctor about your symptom rather than ignoring it."

"A pharmacist can be a great source of health information. All you have to do is ask."

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

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B	U	O	Y	S	J	U	S	T	A	B	O	U	T
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S	W	E	E	T	E	N	E	D		H	E	L	O

### JUMBLE ANSWERS

Jumbles: NATAL ICILY EIGHTY FRACAS

Answer: The drama class got in trouble because they were -- "ACTING" SILLY

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