

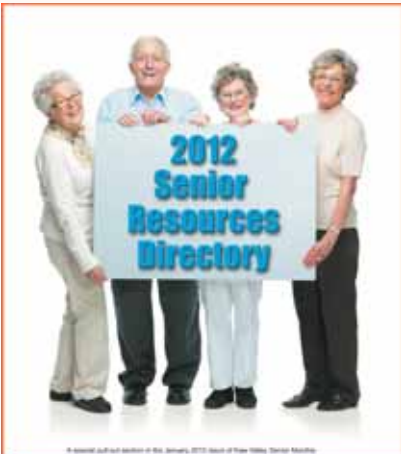
Kaw Valley **Senior** **Monthly** **FREE!**

January 2012

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 11, No. 7

INSIDE



This month's issue of Senior Monthly features a 16-page "Senior Resources Directory," which includes dozens of phone numbers and listings for organizations and businesses that deal with senior issues. See inside.



Like Kaw Valley Senior Monthly on Facebook and read senior news from other sources, get details about events that were submitted to us after publication, and share your comments.

www.seniormonthly.net

KEVIN GROENHAGEN PHOTO



DeVore guides guests through Topeka's railroad history.

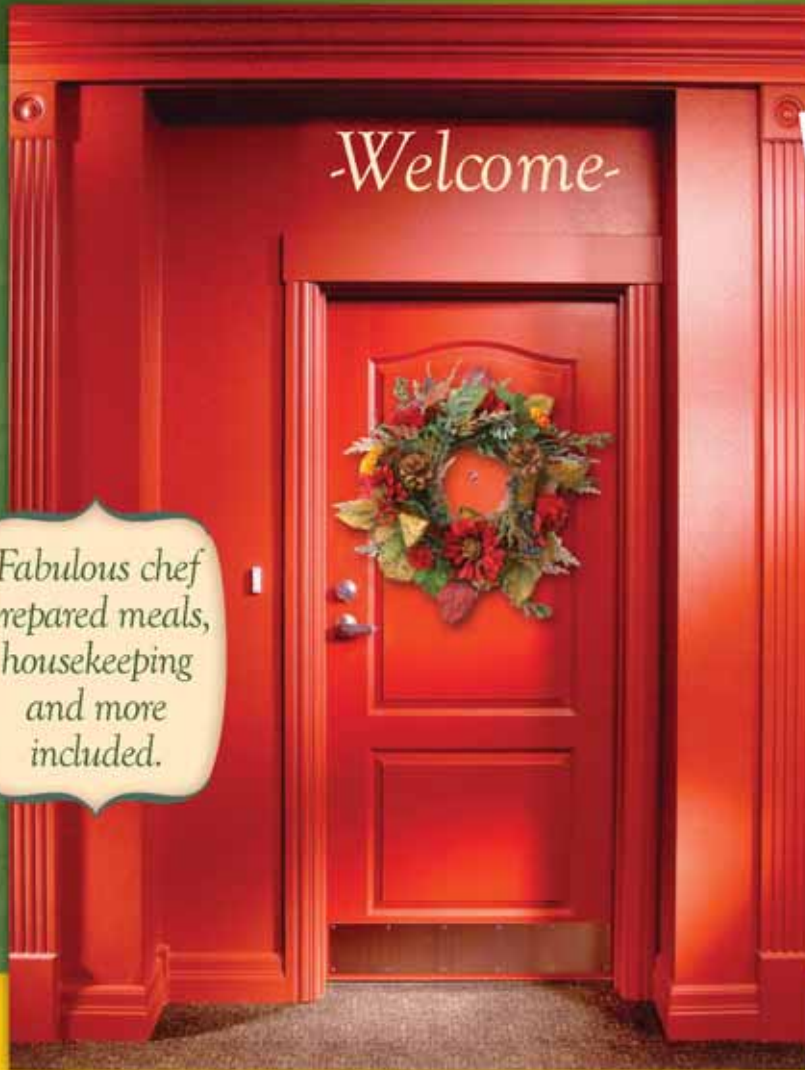
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DeVore volunteers as a Great Overland Station docent

By Kevin Groenhagen

Gale DeVore spent more than 30 years, including six years on active duty, as an officer in the United States Air Force. However, when it came time to volunteer a few hours a week as a retiree, he chose trains over planes.

For the past four or five years, DeVore has served as a volunteer every Tuesday at the Great Overland Station in Topeka.

"I'm what they call a docent," DeVore said. "When people come in, I take them on tours through the station. I tell them the history of the station, tell them about the exhibits we have, and talk about the architecture. We talk about the overall condition of the station, the model train in the front, and the simulators that the engineers used to train with."

The history of the Great Overland Station began 85 years ago this month when the Union Pacific Railroad opened a passenger station in Topeka. The building, designed by renowned architect Gilbert Stanley Underwood, featured a 34-foot ceiling and ornate glazed terra cotta ornamentation. It was considered one of the finest passenger stations on the Union Pacific

line.

Between 1869 and May 1, 1971, Union Pacific operated passenger service over its "Overland Route." Amtrak, a government-owned corporation, then took over intercity passenger train service in the United States.

From 1971 to 1988, the building was used for railroad offices.

"After that, the building fell into a state of disrepair," DeVore said. "Transients were in here. In fact, they started a fire that went through the ceiling in 1992."

It appeared that Union Pacific would raze the building. However, Topeka Railroad Days, Inc. (now Railroad Heritage, Inc.) secured a lease from Union Pacific to prevent its demolition. Six years later, Union Pacific donated the building to Topeka Railroad Days, Inc. The Great Overland Station Project Team was established to preserve the station and transform it into a railroad heritage museum. In June 2004, the Great Overland Station opened its doors again as a museum and education center.

According to DeVore, part of the restoration included a father-and-son team that used old photos to reproduce the paintings on the station's ceiling. In addition, three replicas of

KEVIN GROENHAGEN PHOTO



Gale DeVore kneels beside the cornerstone of the Santa Fe YMCA, which stood at 700 E. 4th St. President Theodore Roosevelt traveled to Topeka by train on May 1, 1903 to dedicate the YMCA, which was used primarily by Santa Fe Railroad employees.

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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

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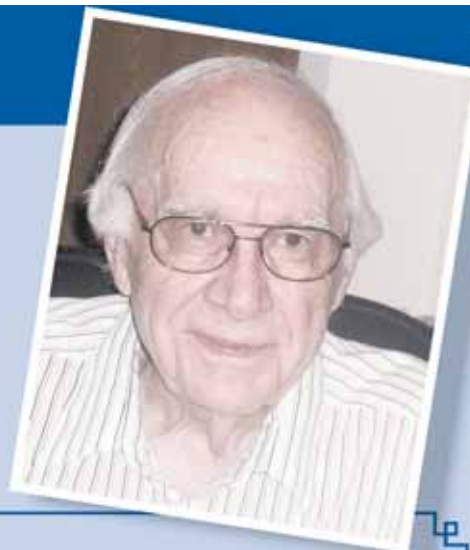
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Gale DeVore

■ CONTINUED FROM PAGE THREE

the station's original chandeliers hang from the ceiling.

"The chandeliers each weigh 900 pounds and have 120 bulbs," DeVore said. "They have to come in here with a cherry picker to change the bulbs. Obviously, they wait until several need to be replaced before they do that."

Like other volunteers, DeVore initially read and studied a booklet on the history of the station before he began giving tours. However, he notes that the volunteers also learn things from people who had something to do with the Union Pacific or Santa Fe railroads.

"It is especially interesting when I take retirees of Union Pacific or Santa Fe through," DeVore said. "They had an exhibit here in 2009 that dealt with Mexicans and the railroads. It was interesting to hear stories about what they had to go through."

The locally produced exhibit, "Making Tracks: Mexicanos and the Railroads in Northeast Kansas,"

chronicled how railroad jobs attracted Mexican immigrants to Topeka. According to PBS, "One estimate shows 16,000 Mexicans were working on the railroad in the West by 1908; the mass of Mexicans hired for railroad work hit its zenith between 1910 and 1912." The descendants of many of these Mexicans continue to live in Topeka.

Currently, "The People's Kind of Railroad: The Santa Fe, the City, the State, and the Nation" is showing through January 28. The exhibit explores the Atchison, Topeka, and Santa Fe Railway throughout its 152-year history and transition to today's BNSF Railway.

In addition to Union Pacific and the Santa Fe, the Chicago, Rock Island & Pacific Railroad and the Missouri Pacific Railroad came through Topeka. In celebration of this heritage, the Great Overland Station holds the Topeka Railroad Festival every year in August. The festival features tours of the station, re-enactors, entertainment, and vendors.

While railroads have a long history in Topeka, there are constant reminders at the Great Overland Station that

KEVIN GROENHAGEN PHOTO



The Great Overland Station

trains continue to roll through the city.

"Between 80 and 100 trains pass by the station every day," DeVore noted. "You wouldn't think that. That surprised me. But they go by here 24/7."

On September 30, 2006, Railroad Heritage, Inc. dedicated an All Veterans Memorial. The Corridor of Flags (BNSF Memorial Plaza) connects this memorial to the Great Overland Station.

"You can buy commemorative bricks to put out on the plaza," DeVore said. "All of the 50 states' flags

are represented on the plaza, starting with Delaware on the east and ending with Hawaii on the west. At the base of each flagpole, there is a bronze plaque with the name of the state, the year it joined the Union, its capital, and other state-specific information."

In addition to housing a museum, the Great Overland Station has facilities available for wedding receptions, high school reunions, and other events.

The Great Overland Station also hosts Harvey House luncheons. In the

■ CONTINUED ON PAGE FIVE

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Gale DeVore

■ CONTINUED FROM PAGE FOUR

spring of 1876, Fred Harvey took over the restaurant at the Santa Fe depot in Topeka. He recruited young women to work as Harvey Girls—he preferred that term to “waitresses”—at Harvey Houses along the Santa Fe Railroad line from Kansas to California.

“Of course, this was a Union Pacific station, so it didn’t have anything to do with Harvey,” DeVore said. “He worked with Santa Fe. Harvey ensured that Santa Fe put out a good meal. With the Harvey House luncheons here, the ladies come in and volunteer. They dress up just like the Harvey Girls. Harvey opened his first restaurant right here in Topeka. The original Harvey Girls received 30 days of training and made 15 to 20 dollars a month plus tips, which was good money back then. He had an elaborate menu. Back in 1888, the price for a meal was 75 cents.”

Seventy-five cents may seem like a bargain for a meal. However, 75 cents in 1888 was the equivalent of about \$18 today.

DeVore urges anyone interested in railroad history and/or Topeka history to stop by the Great Overland Station for a tour.

“A tour of the station takes anywhere from 30 to 45 minutes,” DeVore said. “Most of the tours we do involves door traffic, although we do have scheduled tours for groups as well. When people come in, we ask them if they want a tour guide—a docent—to take them through, or if they want to go through on their own. If they want to go through on their own,

we give them an information sheet. If they have questions later, we’ll answer them for them.”

If you’re retired and are looking for something to do for a few hours a week, DeVore suggests you consider volunteering at the Great Overland Station.

“The station is always looking for volunteers,” he said. “I just love volunteering here. I enjoy talking to people.”

DeVore and his wife both grew up on farms in southern Iowa. He was

serving at McConnell Air Force Base in Wichita when he retired from the military and decided to stay in Kansas. In addition to retiring from the Air Force, he also retired from the U.S. Postal Service and Washburn University.

The Great Overland Station is located at 701 N. Kansas Avenue. For more information about the Great Overland Station, including hours of operation, exhibits, and volunteer opportunities, please call (785) 232-5533 or visit <http://www.greatoverlandstation.com>.

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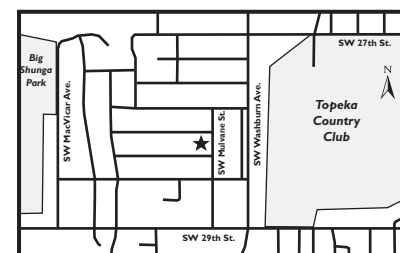
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Many fond memories of breaking horses

Editor's note: *We have to hold an article originally scheduled for the January issue for a future issue. Therefore, I am replacing it this month with a March 25, 1980 Dixon (Ill.) Evening Telegraph article about my grandfather, Frank Langholf. Frank died in Jefferson County, Kan., in 2000. Reprinted with permission of Sauk Valley Media. - Kevin Groenhagen*

By Irlene Hughes

OREGON, IL - Frank Langholf, the son of a man who broke horses for a living, has many tales to tell of how he followed in his father's footsteps. Later he became a farmer.

Born in 1902 to Fred and Estelle (Babb) Langholf, he lived in Rochelle.

His father broke more than 100 head of horses on various farms such as the Countryman, Carpenter, Boyle, etc., and was known as the best "horse breaker" in the community. The family moved to the Chana area where they broke horses for John H. Roe and also broke saddle horses for girls who rode side saddle.

The family moved to the Willy Cross farm and started farming in 1905 and raised eight children, of which Langholf was the third born.

Langholf says, "My mother was scared to death of horses and watched fearfully for the children and their father as they continued to break wild horses. However, due to her husband's insistence, she became well acquainted with the horses and drove anything you could hitch to a double surrey or top buggy as anyone."

In spite of many injuries received

from horses, Langholf says, "I never have given up breaking horses or liking them." He has at different times received a broken arm and leg, and broken both feet at the same time.

In 1927 Langholf started farming for himself and remembers, "It was strictly a dairy farm. The ground was so poor there was no chance to raise any crops the first year. The farm was located northwest of Flagg Center."

Langholf used horsepower to put in his crops. He put four head behind and a lead team of two and pulled a big eight-foot tandem disk. He bought his first tractor in 1928 but kept his horses.

Langholf used his tractor to grind feed for his own use and for all the neighbors.

Also, because there was no electricity, they used the kerosene lights for the house and barn. Langholf says, "When it was windy, we would light the lantern in the house, put a jacket around it, bring the handle up through the jacket, and run like heck to the barn to keep the lantern from blowing out."

He was living there when the Depression hit and in the spring of 1930 he moved to a farm near Chana and continued dairying. Shortly after, another move was made to a farm south of Chana which had 300 acres of marginal ground.

He paid \$3 per acre cash rent and raised about 60 head of dairy cattle. The owner told him, "don't come down here and expect to raise hogs because they won't live."

Deciding to prove him wrong, Langholf turned to the old-fashioned way of farming. He says, "Book farmers tell you that you must have lime

and rock phosphate on the land but during the 12 years I lived there, I never put one shovelful of lime or phosphate on the land and averaged about 1,000 head of hog per year."

Langholf bought 200 to 300 feeder pigs a year. He sowed 90 acres of oats, and also seeded some sweet, red and alsike clover and some timothy. He made enough hay to fill the hay mow and fed the rest to the livestock.

He declared, "In all the 12 years, I NEVER bought a bushel of corn but I did buy alfalfa hay for dairy cattle. This hay was purchased for 50 cents per bale or under, delivered and put in the hay mow."

He added he had bought thousands of bushels of oats—not at the elevator—but from farmers at threshing time. The hogs never got any corn until they were up to 145 pounds in weight. He then shipped his butchers to Chicago.

The production on his 60 acres went from an 800 bushel total in 12 years to 100 to 130 bushels per acre. "The sweet clover raised there and the manure from the livestock increased the fertility to that extent," he asserted.

In 1948 the family moved to Oregon Trail Road west of Oregon where Langholf leased 380 acres for one year and in the fall of 1948 he bought the farm known as the "Old Castle Farm." This farm was modern in every way and had running water and electricity, but the land (135 acres) had a

lot of undergrowth and ditches which Langholf had to clear off.

The man of many varied interests sold the farm in 1969 and retired to an Oregon apartment. At that time his last crop of corn made 175 bushels per acre over the scales at Chana elevator.

Langholf kept 60 acres of timberland and is presently cutting and selling firewood for fireplaces and wood stoves. On the right-of-way back to the timber, he has cleared one and one-half acres where he expects to have everything a gardener can raise for the table and canning.

Langholf says with a twinkle in his eye, "I provide all the neighbors, widows, bachelors and good looking ladies with their summer vegetables."

He and his wife, the former Alice Canfield who died in October 1965, had a family of eight children: Marie Schier, Oregon; Jean Canfield, Chana; Francis Langholf, Mt. Carroll; Marilyn Toler, Virginia; Evelyn Graf in California; Bruce Langholf, Franklin Grove; Glenn Langholf, Ashton; and Karen Groenhagen, Oregon.

In conclusion, Langholf said, "I have many and varied experiences in training horses, raising dairy cattle and hogs, but I have enjoyed most of all working with soil - sand, clay, and all kinds - to make better production. I always moved on the poorest farms and enjoyed building them up and watching them grow."

Martin Creek Place

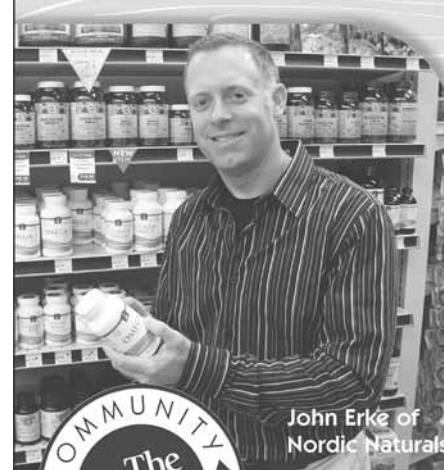
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GUEST COLUMN

When is good medical care too much medical care?

After practicing medicine for over 30 years, I have made some discoveries—one of which is that caring for people approaching the end of their lives is very rewarding. I am convinced that there is no other area



Jerry
Old, MD

of medicine where there is so much need and so much potential to touch a patient's very existence.

As the newest medical specialty, Hospice and Palliative Medicine is not well understood by the public or the medical profession. Death is an uncomfortable topic in our society.

However, good end-of-life medical care is something modern medicine must provide. After all, modern medicine is often part of the problem. By curing many of the acute ailments, we have created chronic disease. With all the possible therapies available today, the dying process has become more complex, and takes longer than it did a century ago when infectious diseases were rampant.

People are now living an average

of 30 months after they receive a terminal diagnosis. In addition to the human impact, there is also a huge economic impact. By some estimates, the average patient will spend 75% of the entire healthcare dollars they have spent during their entire lifetime, during those last 30 months.

Physicians must treat suffering as

well as disease. Sometimes while treating the disease with modern technology, we become a source of the suffering itself. It is often so much easier for us to simply keep pursuing an unlikely cure, than to have that difficult conversation with the patient and their family about allowing a "natural death." The wise healthcare provider knows when to transition from cure to palliation.

Knowing when to stop aggressive therapies and embrace symptom management, as well as end-of-life education and support, is the noblest thing that medicine can do. If we continue to treat only disease, we will always ultimately fail; if we treat the person,

everyone wins. We recognize the hospice professionals throughout the state. Their skill and compassion provide comfort and dignity for those on their end-of-life journey.

- Jerry Old, MD is chief medical officer with Hospice Care of Kansas and Hospice Care of the Midwest. He is also geriatric clerkship director and associate professor at the KU School of Medicine-Wichita. A nationally recognized author and speaker on end-of-life issues, Dr. Old is board certified in both Family Medicine and Hospice and Palliative Medicine. He was in private practice in southeast Kansas for many years.

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PERSONAL FINANCE

What does investment landscape look like in 2012?

As an investor, you know that 2011 was a somewhat “choppy” year, with the financial markets going through many ups and downs. So what can you expect in 2012?



Harley Catlin and Ryan Catlin

As baseball Hall of Famer Yogi Berra is quoted as saying: “It’s hard to make predictions — especially about the future.” And these words are certainly applicable for anyone who would like an accurate forecast of the investment climate.

Yet we do know of some factors that may affect your portfolio in the months ahead. Here are a few of them:

- **Strong business fundamentals** — This past year, all the noise about the debt ceiling debate, the size of the U.S. deficit and the European financial situation tended to drown out some fairly good news: U.S. businesses’ balance sheets were strong for the most part, borrowing costs remained low, and corporate profits were good — and corporate profitability remains a key driver of stock prices. Heading into 2012, these fundamentals continue to look positive, which may bode well for investors.

- **Europe’s debt crisis** — Greece’s economic problems made a lot of news in 2011, but they weren’t the end of the story in Europe, as major financial difficulties also face Italy, Spain, Portugal and Ireland. It’s by no means clear how these problems will be resolved, so don’t be surprised to see them lead to intermittent, if short-lived, shocks to the markets.

- **Election-year patterns** — As you’re well aware, we’re voting for president in 2012. But you might be surprised to learn that the S&P 500 index has shown negative returns in only three of the last 21 presidential

election years. Coincidence? No one can say for sure — and at this point, no one can say if this pattern of positive returns will continue during this election year. Still, it’s an interesting phenomenon. So there you have it: the good, the bad and the quirky. Take them all together, and you still may not be able to foresee what will happen with the markets this year, but you’ll have a lot to think about.

But instead of trying to predict what will happen in 2012, you may be better off following these tried-and-true investment strategies:

- **Diversify your holdings.** By spreading your money among a wide range of investments, you can reduce the effects of volatility on your portfolio. Keep in mind, though, that diversification, by itself, can’t guarantee profits or protect against loss.

- **Don’t ignore your risk tolerance.** If you worry excessively about market fluctuations, you may have too much risk in your portfolio, which means you may need to make some changes.

- **Always look at the “big picture.”** Financial markets will always fluctuate. But if you can keep your focus on your long-term objectives, and make decisions accordingly, you can avoid overreacting to short-term events.

Like other years, 2012 will bring with it periods of both turbulence and smooth sailing. But by making the right investment moves, you can still chart a course that can allow you to move ever closer to your future goals.

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

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

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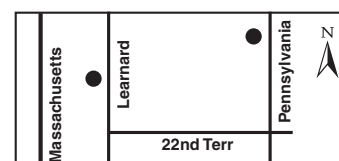
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HEALTH & FITNESS

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Laura Bennetts

football player has spent months if not years under the care of a therapist. So athletes know therapy, and therapists, all too well.

That isn't true for the public in general. Many people think that physical therapists are like Daphne on Frasier—live-in caretakers. Others see us as massage specialists. But in reality physical therapists are medical professionals who treat the large majority of physical problems that aren't diseases.

If you have chronic pain or numbness, if you have joint problems, if you're injured, if you have trouble talking or walking or getting dressed or getting out of the shower—ou're likely to see a therapist, either a physical therapist (a PT) or a specialist in one of our sister disciplines, occupational therapy (OT) and speech therapy (ST).

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Myths Abound

If your car broke down, would you fix it yourself? If you're a master mechanic, maybe. But what about your fridge? Your washing machine? What if you need heart surgery? Obviously, for most major and complex problems, you need expert help. But even people who grasp that simple point

often think that they can cure their physical woes themselves, just by going to a gym or applying an ice pack or resting quietly.

You should definitely take care of yourself, but if you have a chronic or acute physical problem, if you're recovering from surgery and feeling pain or weakness, you shouldn't wait to get professional help. You might have a stress fracture in a bone or a severe strain that needs immediate evaluation and care. Lifting weights or exercising the wrong way might make the injury worse. Avoiding exertion might weaken you further. Even using a cane incorrectly can hurt more than help.

A professional therapist knows how to help you reduce your pain, reactivate muscles that are weakened by pain, and prescribe the right sequence of exercises to get better without reinjury. Self-help is vital—but you need the guidance of a therapist, who will

educate you on how to exercise safely and how to use ice, heat and other modalities to prevent or recover from injuries.

Magic Meds?

It is also widely and wrongly believed that medications cure pain. But actually, when you take a pain medication for an inflamed shoulder, the medication only affects your brain's perception of the pain—it doesn't heal your shoulder or reduce the potential for persisting pain. That's why you need PT.

PT reduces the problem that causes the pain. If you have an inflamed shoulder, we apply heat, ice, and ultrasound for a few minutes to reduce the tissue inflammation; we stretch the tight shoulder joint, and then prescribe exercises to strengthen the injured muscles that have gotten weak.

What causes chronic shoulder pain? Why does it start? Why does it continue? Why can't you sleep at night? The PT will answer these questions and help you ensure that your problem doesn't recur.

Unsung No More

You won't be surprised to learn that, in my biased opinion, therapists

are the unsung heroes of healthcare. We're injury prevention experts, home safety planners, case managers, shoe experts, balance coaches, speech trainers, work safety evaluators, strength experts, breathing and swallowing trainers, wheelchair experts and caregiver trainers. We wear many hats to provide holistic care to our highly diverse patients.

It is a privilege to help people feel better, avoid surgery, regain their strength, and return to activity. I treasure my profession, and I expect—and even welcome—confusion about my work. Every misconception is an opportunity for correction. Explaining therapy is a kind of exercise for the therapist—and exercise is good!

- 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 (785-842-0656) and Baldwin Therapy Services LLC (785-594-3162). For details about these clinics, see <http://lawrencetherapyservices.com>. For answers to your therapy questions, you can write to Laura c/o laurabennetts@hotmail.com.

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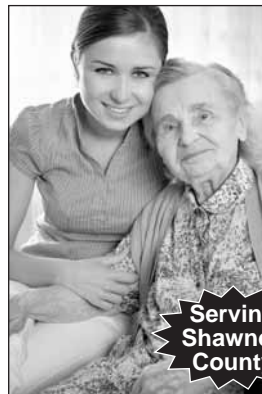
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HEALTH & FITNESS

Obesity is a growing epidemic

Now that the holidays are over and the new year is here, many people are faced with the problem of weight gain. Overeating during the holidays is typically an outcome due to all the luxurious meals and sweets that come with the festivities. People are left with an expanding waistline and pounds on the scale. Losing weight often tops the New Year's resolution chart for many people. Obesity is reaching epidemic proportions in the United States.



Dr.
Farhang
Khosh

portions in the United States.

Obesity is from the Latin *obesita*, which means "stout, fat, or plump." Hippocrates was the first to recognize obesity as a medical disorder. Obesity is defined as 20-30% above the normal body weight for someone of the same age, gender, and height. Obesity is typically considered a long-term condition that often persists for many years. Researchers believe that many factors, including poor diet, overeating, inactivity, pregnancy, medications, medical conditions, genetics, stress, gender, and age, may contribute to a person becoming obese.

Obesity can have serious long-term effects on health. Individuals who are overweight have an increased risk of developing many life-threatening illnesses, including heart disease, high blood pressure, stroke, diabetes, osteoporosis, and cancer. Other complications due to obesity include depression, sleep apnea, physical discomfort, fertility problems or sexual dysfunction.

According to the American Heart Association, obesity was associated with nearly 112,000 deaths in 2005. In 2010, no state had a prevalence of obesity less than 20%. Thirty-six states had a prevalence of 25% or more; 12 of these states had a prevalence of 30% or more. The state of Kansas has a 29.4% rate of obesity, which needs to be addressed very seriously. The World Health Organization (WHO) predicts that overweight and obesity may soon replace the more traditional public health concerns, such as under nutrition and infectious diseases as the most significant cause of poor health.

In the United States, obesity is considered an epidemic. More than half of all Americans are considered overweight. Standard treatments for obesity involve exercise programs, healthy diet, appetite suppressants, medications or surgery. Alternative treatments for obesity include diet, exercise, medicinal plants, dietary supplements, examining food intolerance and vitamin deficiencies. Patients who are overweight or obese are encouraged to exercise. Research shows that regular exercise can help individuals live longer and have healthier lives. Exercise can help prevent illnesses, such as heart disease, stroke, diabetes, and cancer. In general, overweight patients should participate in 45-60 minutes of moderate exercise (e.g., brisk walking, yoga, jogging) each day in order to prevent becoming obese. Patients who were formerly obese are encouraged to participate in 60-90 minutes of moderate exercise each day along with a healthy, well-balanced diet, in order to prevent gaining the weight back.

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

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RETIRE SMART

After the supercommittee, what next for Social Security, Medicare?

Older Americans might be thinking they dodged a bullet when the deficit cutting supercommittee process ground to a halt without an agreement. Many were watching the negotiations warily, worried that Social Security or Medicare benefits might be cut as part of a grand bargain on the deficit.



Mark
Miller

But even though the supercommittee has morphed into a super collapse, that doesn't mean seniors can breathe easy. The supercommittee stalemate reflects a fundamental ideological disagreement between Republicans and Democrats about taxation and the role of federal entitlement programs. The future of entitlement programs will be a central point of debate throughout the 2012 elections. The results next November just might settle the argument and set the stage for legislative and policy action in 2013 and beyond.

Republicans have been crystal clear about their plans for Social Security and Medicare. Tune in to any of the GOP debates and you'll hear promises to privatize both programs, and to cut benefits.

For example, Mitt Romney has proposed a "premium support" option for Medicare that would let seniors choose between traditional fee-for-service Medicare or receiving a cash contribution toward purchase of a private plan in a federally-sponsored Medicare marketplace. Romney's proposal is a cousin of the privatization plan proposed by Rep. Paul Ryan, and endorsed by the House of Representatives earlier this year.

Call it premium support or a voucher—these proposals all have one thing in common: They would transform Medicare from a program of defined benefits to one of defined contribu-

tion. Much like the transition from defined benefit pensions to defined contribution 401(k) plans, the change would shift risk -and cost - from the government to seniors.

Newt Gingrich, Michelle Bachman and Rick Perry all want to give workers the option of choosing a private investment account as an alternative to Social Security. While this choice may sound reasonable and harmless, it would be the beginning of the end for Social Security, which relies on mandatory participation to work properly. (And, the constitutionality of the mandatory FICA tax was settled by the Supreme Court in 1937.)

Perry and Alan Simpson—who served as co-chair of President Obama's deficit reduction commission—both have labeled Social Security a Ponzi scheme. (Social Security and a Ponzi scheme are as different as night and day. The perpetrators of Ponzi schemes lie to their investors; Social Security is an open and transparent system that issues an annual report every year prepared by trustees who project the program's future 75 years into the future.)

Most Democrats favor preserving Social Security and Medicare in their current form, but it's not always easy to tell where they really stand. President Obama made it clear during the debt ceiling negotiations last summer that he'd be willing to accept a higher Medicare eligibility age. He also has signaled receptivity to cuts in Social Security benefits, probably through a change in the formula used to determine cost-of-living adjustments (COLAs) or higher retirement ages.

Social Security shouldn't even be part of the deficit debate, since it doesn't contribute a dime to the deficit and its long-range solvency problem can be fixed easily by eliminating the cap on income subject to the payroll tax.

Medicare's ballooning cost reflects the broader problem of exploding healthcare expenditures in our economy; higher eligibility ages or privatization would only shift costs elsewhere without getting at the root problem.

Voters have been speaking fairly clearly on this issue, as well. A recent national poll by the Pew Research Center found that 58 percent agree that keeping entitlement benefits as they are is more important than cutting the deficit.

And support for a government role in supporting the elderly isn't limited to older Americans. Pew reports that Millennials are just as likely as GenXers, Baby Boomers and seniors to say the government does too little—not too much—to support seniors. Nearly 90 percent of those polled say the programs have been "good for the country over the years," and that cuts across at least 80 percent of all age groups polled.

At the same time, it's not a slam dunk that older voters will support Democrats next year. Many are angry about the Obama administration's health care reform law (wrongly, I think), and Pew finds a general tilt toward Republicans in the possible presidential match-ups. The Tea Party has an especially interesting conflict here; most Tea Partiers want to see their entitlements maintained at the same time that they support tax cuts and shrink-

ing the size of government.

"The most important demographic segment of the Tea Party movement is baby boomers, and they care about their Social Security and Medicare benefits," says Fred Lynch, a professor of government at Claremont McKenna College and the author of "One Nation Under AARP: The Fight Over Medicare, Social Security, and America's Future."

"A day of reckoning is coming. They will have to choose."

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

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WORDS OF WISDOM

"The crucial distinction between a Ponzi scheme and Social Security is that Social Security is mandatory." - Charles Krauthammer

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DEAR MAYO CLINIC: Can doctors tell if a sinus infection is bacterial or fungal? I've heard that some chronic infections can be related to a fungus.

ANSWER: Using lab tests, doctors can differentiate between a sinus infection that's caused by bacteria and one caused by fungus. Most acute sinus infections aren't caused by fungus. Sometimes, they're due to bacteria. More often, though, they result from viruses, like those that cause colds or other respiratory tract infections. Fungal sinus infections are rare and are mainly seen in people whose immune systems aren't working normally, such as those who've had chemotherapy or an organ transplant.

The second part of your question about chronic infections being associated with a fungus is actually related to another topic: chronic sinusitis. Some people who have sinus symptoms, such as a stuffy nose, nasal drainage and a decreased sense of smell, assume they have a sinus infection. If the symptoms appear after a cold, that may be true. An infection caused by bacteria, can often be effectively treated with antibiotics. Viral infections typically go away without treatment. And once an infection is gone, symptoms usually fade. But if nose and sinus symptoms persist longer than 12 weeks, the condition is classified as chronic sinusitis. Probably what you've heard about is that some research has linked chronic sinusitis to fungus.

Doctors used to believe that chronic sinusitis was a bacterial sinus infection that couldn't be effectively treated. But then it was found that steroids—medications used to reduce inflammation—could temporarily clear sinusitis even in patients who didn't take antibiotics. Because steroids won't usually clear an infection, the logical conclusion was that, more likely, the problem was something causing inflammation in the sinuses.

The key question is: What drives the inflammation of chronic sinusitis?

Various causes have been proposed, including allergies, irritants, an immune reaction to fungus, a reaction of the immune system against a toxin made by bacteria, and persistent inflammation of bone.

What you've heard about fungus being related to sinusitis is likely due to research done at Mayo Clinic that started more than 10 years ago. That research pointed to the possibility that, in some people, a fungus in the air may lead to chronic sinusitis. These people appear to have a change in their immune systems—possibly triggered by a previous cold or other respiratory infection—that causes part of their defense system, called eosinophils, to attack the fungus.

Eosinophils are one of the major types of disease-fighting white blood cells. Eosinophils usually attack parasites and aren't usually active when your body is fighting a viral, bacterial or fungal infection. But for reasons that are still under investigation, in some situations the body's immune system is altered slightly, and a certain protein in the fungus appears to the immune system to be just like a parasite. So, eosinophils attack it. Actually, the 'problem' is just a mild-mannered fungus that most people have no reaction to when they breathe it in. But the resulting immune response in the people who are affected can cause the inflammation and symptoms of chronic sinusitis.

If you have ongoing sinus symptoms and suspect chronic sinusitis, see your doctor for an assessment of your condition and a treatment plan that fits your situation. - John Pallanch, M.D., Otorhinolaryngology, 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, or write: MedicalEdge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit www.mayoclinic.org.*

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SENIOR CALENDAR

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

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

ART/ENTERTAINMENT

JAN 8

SOUTH PACIFIC

Set on a tropical island during World War II, South Pacific is an epic musical romance. A young Navy nurse falls for a French plantation owner, while a Marine begins a passionate affair with an island girl.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu/season/index.shtml>

JAN 12

LIVING THE DREAM'S DRUMMING FOR THE DRUM MAJOR DRUMLINE EXTRAVAGANZA

The Topeka Performing Arts Center is pleased to partner with the Living the Dream Foundation in presenting the Martin Luther King, Jr. Drumming for the Drum Major Extravaganza.

Living the Dream developed this event to showcase the talented youth of Shawnee County. In its 5th year, Drumming for the Drum Major will now feature high school drumlines from all over Northeast Kansas. This free event is a fundraiser and monetary contributions will be accepted. Admission is two canned goods. Event Time: 7 p.m.

TOPEKA, (785) 234-2787

<http://www.tpactix.org>

JAN 13-FEB 4

THE LAST NIGHT OF BALLYHOO

The Last Night of Ballyhoo takes places in Atlanta, Georgia, in December of 1939. Gone with the Wind is having its world premiere, and Hitler is invading Poland, but Atlanta's elitist German Jews are much more concerned with who is going to Ballyhoo, the social event of the season. Event times: 6 p.m. Dinner & 8 p.m. Show Friday & Saturday 7 p.m. Show Wednesday & Thursday 12:30 p.m. Brunch & 2 p.m. Fee. 3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

JAN 15

INTERSTRING

Bob Bowman, bass; Todd Strait, drums; Danny Embrey and Rod Fleeman, guitars. This talented foursome entertained us in May 1992 and January 1998. While the individual members have been back many times with other groups, they are long overdue in coming back as a group.

Event Time: 3-5 p.m. Call for ticket prices. 420 SE Sixth Avenue.

TOPEKA, (785) 379-5169

<http://www.topekajazz.com>

JAN 20

WTCT RADIO PLAYERS

This group of players celebrate the radio plays of the 30's, 40's, and 50's! 3028 SW 8th Avenue., 8 p.m. Fee.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

JAN 20-29

BLOODY MURDER

Spoof on an Agatha Christie classic. Characters in a British murder mystery rebel against their author in this comedic spoof of the classic Agatha Christie murder mystery filled with gun shots, poison, knives, hidden identities and dead bodies. Theatre Lawrence, 1501 New Hampshire.

LAWRENCE, (785) 843-7469

JAN 21

THE SENIOR CLASS

An offshoot of Laughing Matters, this company of zany actors are all over age 50! Humor not suitable for all audiences. Show time: 8 p.m. Fee. 3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

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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, TOPEKA,
6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

LEGIONACRES

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

ARAB SHRINE

1305 KANSAS AVE., TOPEKA
MINI BINGO 6:30 PM, REGULAR BINGO 7 PM
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SUNDAYS & TUESDAYS

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(785) 235-5050

EDUCATION

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

JAN 7

10,000 STEPS A DAY

This program is designed to increase daily steps to 10,000 and thus improve health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log daily steps. Only fee is \$10 for the pedometer. This program is also available to take out to groups of 5 or more. Enrollment required. Lawrence Memorial Hospital, 9-10:30 a.m. LAWRENCE, (785) 749-5800

JAN 12

PREDIABETES CLASS

A free class for those at risk for developing diabetes or have already been told that they have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and avoiding potential complications. Sponsored by LMH Diabetes Education Center, 12-1:30 p.m.

LAWRENCE, (785) 749-5800

JAN 17 & 24

SEVEN STEPS TO STRESS MASTERY - A BASIC STRESS MANAGEMENT COURSE

Do you have difficulty managing the stress in your life? Plan to attend this two session class that offers basic stress management information. Participants will learn why we need to manage stress, seven stress erasers, how the mind contributes to stress, and how to make stress management skills a habit. Registration in advance is required due to class space limitations. Fee. Lawrence Memorial Hospital, 6-8 p.m.

LAWRENCE, (785) 749-5800

JAN 31

PREVENTING FALLS

One third of those over age 65 and one-half of those over age 75 have a fall each year. Falls are the leading cause of injuries resulting in death to those in their senior years. Join LMH Community Education, LMH Therapy Services and the staff of Meadowlark Estates for a free program to educate about the prevention of falls in the senior population. A limited number of lunches will be available at 12:30 p.m.

Advance reservation by January 24 is required for lunch. Call (785) 842-2400 for a lunch reservation. The educational program will be held at 1:30 p.m.. Program to be held at Meadowlark Estates, 4430 Bauer Farm Drive

EXHIBITS/SHOWS

JAN 20-APR 29

EXHIBIT - YOU ARE HERE: PUTTING KANSAS ON THE MAP

The answer to "Where are we?" can usually be found on a map. Maps provide us with information about what's around us and who we are. They help define Kansas and make it known to the world. This unique exhibit will present many maps that are very rare and seldom displayed. It also offers art work and objects related to maps and mapmaking. Highlights include the world's earliest printed map, a 1540 map of the New World, and an 1823 map label-

■ CONTINUED ON PAGE 15

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■ CONTINUED FROM PAGE 15

**FIRST & THIRD TUESDAYS 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 TUESDAYS OF EACH MONTH
GRIEF SUPPORT GROUP**

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

TUESDAYS**GRIEF & LOSS SUPPORT GROUP**

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

TUESDAYS**GRIEF & LOSS SUPPORT GROUP**

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

TUESDAYS & THURSDAYS**WATER AEROBICS CLASSES**

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

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

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

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

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

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

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

THURSDAYS**GRIEF & LOSS SUPPORT GROUP**

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

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

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

**FIRST & THIRD THURSDAY OF EACH
MONTH****TRANSITIONS SUPPORT GROUP**

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

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

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

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

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

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

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

SECOND MONDAY 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. 11 a.m.
TOPEKA, (785) 235-1367, EXT. 130

**SECOND & FOURTH TUESDAY OF EACH
MONTH****GRIEF SUPPORT GROUP**

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

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

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

SECOND TUESDAY OF EACH MONTH**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 (search Good Earth Herbs)
LAWRENCE

■ CONTINUED ON PAGE 17

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■ CONTINUED FROM PAGE 16

SECOND & FOURTH TUESDAY OF EACH MONTH

SCRAPBOOK MEMORIES

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

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH DIABETES EDUCATION GROUP

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

SECOND THURSDAY OF EACH MONTH NAACP MEETING - LAWRENCE CHAPTER

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

SECOND SATURDAY OF EACH MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD MONDAY OF EACH MONTH ACTIVE PRIMETIMERS

For ages 50+. Seniors group for friendship fun and travel. Luncheon meeting every third Monday at the Holidome. Reservations needed Thursday prior to meeting. Call Elsie for more information. LAWRENCE, (785) 224-5333.

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH STROKE SUPPORT GROUP

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

THIRD WEDNESDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W. 6th in Lawrence. A program begins at noon, followed by lunch and a

short business meeting. First time lunch is free! NARFE's mission is to defend and enhance benefits career federal employees earn. Employees from all branches of government are welcome and encouraged to attend. For more information, please call Betty Scribner, membership chairman. LAWRENCE, (785) 843-7481

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

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

THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH

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

FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF EACH MONTH TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF EACH MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

■ CONTINUED ON PAGE 18

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■ CONTINUED FROM PAGE 19

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

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

**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

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

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

call Mary for reservations.
LAWRENCE, (785) 331-4247

MISCELLANEOUS

**JAN 21
ANNUAL KAW VALLEY EAGLES DAY**

Come celebrate the return of bald eagles to area lakes and rivers. There will be live bald and golden eagles and other wild critters to help us appreciate the return of these glorious animals. Free State High School, 4700 Overland Dr. LAWRENCE, (785) 843-7665

**JAN 28
KANSAS DAY BUSINESS EXPO**

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PAOLA, (913) 294-4335
<http://www.paolachamber.org>

**JAN 28
EAGLE DAY**

Annual event celebrating the bald eagle. New

this year: bus rides available (first come first served) to see live eagles in the wild at 10 a.m. and 3 p.m. Meet at the north entrance of Free State High School. Dress for the weather! Lawrence Free State High School, 4700 Overland Dr.

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TRAVEL TROUBLESHOOTER

The ticket vouchers that never were

When Joseph Barclay cancels his flight to Paraguay, his online travel agency issues a voucher that can be used within a year. But now the company claims there is no voucher. Is the money lost?

By Christopher Elliott

Tribune Media Services

Q: We recently canceled a trip from Minneapolis to Asuncion, Paraguay, that we had booked on Delta Air Lines through Expedia. We were issued two flight vouchers, which we are trying to redeem. But Expedia isn't letting us.

The vouchers - one for \$1,186, the other for \$936 - were supposed to be valid until Jan. 15. But when I called Delta to cash them in, we were told the vouchers had already expired in September.

I tried phoning Expedia, but had to endure exceedingly long hold times, a fax signal late into that hold time, more holding with music and more recordings letting me know how there are better ways to contact Expedia, which don't apply to my case, and then having my call dropped.

I emailed Expedia, but was told that Delta did not issue any flight credits. Expedia claimed it had no au-

thority to circumvent or to override the airline's policies.

I have the electronic vouchers. Can you help me get Expedia to do the right thing? - Joseph Barclay, New Hope, Minn.

A: If Expedia sent you vouchers that were valid for a year, you should have been able to use them, no questions asked.

I've never quite understood why airlines or online travel agencies issue vouchers that expire. It makes sense from a company's point of view—after all, you don't want a lot of outstanding IOUs floating around out there—but why do customers put up with it? I mean, do we allow our money to expire?

There was no excuse for keeping you on "hold" and then hanging up on you, either. Unfortunately, that's not unusual when you're dealing with a huge online travel agency. During peak times, calls get dropped and good customers have to listen to many minutes of recorded messages that don't pertain to them, before they do.

You were right to start an email chain, for a number of reasons. First, you had a real voucher from Expedia - undeniable proof that you had credit. Second, email is a far more efficient and trackable way of dealing with a

grievance. When you didn't get anywhere, you forwarded the entire chain to me, which showed your efforts to get this case resolved.

In reviewing the correspondence, I can see Expedia didn't give your problem the attention it deserved. First it sent you a form letter saying it was too busy, and asking you to call (which you had already done) and then it sent you another terse reply, saying the vouchers hadn't been issued by Delta.

But how could it say that when you had sent them the vouchers?

I publish the names of some higher-ups at Delta and Expedia on my customer service site, On Your Side (www.onyourside.com) which might have been your next option. But I decided to contact Expedia on your behalf, instead.

Expedia agreed to research your claim. It found that when you initially called to postpone your flights in February, a representative canceled the tickets, instead. Expedia later reviewed the fare rules and realized that only ticket changes were allowed, and that cancellations resulted in lost value. In other words, the Expedia representative misunderstood the tick-

et terms.

Expedia refunded your tickets and allowed you to rebook your flights, as agreed.

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

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WOLFGANG PUCK'S KITCHEN

A light and flavorful holiday break

By Wolfgang Puck

Tribune Media Services

I recently talked about how many of us find ourselves in need of good, satisfying meals to cook at home during the lull between holiday parties. But there's another kind of meal many home cooks need at this time of year: a change of pace from all those filling, multi-course seasonal menus.

After all, just how many roasts and casseroles can one person actually cook or eat in a single month?

That's why I want to suggest taking a break to prepare something light and easy during the festive season. How about having a salad for dinner at least one night this month?

All sorts of salads feel perfectly in season as autumn turns to winter. Consider kale, for example, the leaves stripped from their ribs, torn into bite-sized pieces, and tossed with a warm dressing of olive oil, vinegar, and crispy bacon pieces. Or how about a classic Waldorf-style salad of chopped apples and celery, tossed with lemony mayonnaise and some toasted walnuts? Salads of bitter greens like radicchio, endive, and arugula, with crumbled goat cheese, toasted pine nuts, dried cranberries or cherries, and a light balsamic vinegar dressing are perfectly seasonal, too.

And what better salad for dinner could there be during the festive season than the classic Caesar? With its bite-sized pieces of ruffled pale-green-and-white romaine lettuce, crunchy brown croutons, pungent and zesty dressing, and snow-like dusting of freshly grated Parmesan, it looks like a celebration in a bowl. The textures and flavors are especially satisfying, making a generous portion of Caesar salad an ideal light, yet satisfying main course. And that's especially so if you decide, as I sometimes do, to top each portion of the salad with some grilled, broiled, or sauteed shrimp, fish fillet (such as salmon), chicken breast, or even sliced steak, lamb, or pork. (You could also add these proteins, if you like, to the other types of cold-weather salads mentioned above.)

Let me add one important note here about Caesar salad. Especially considering today's heightened awareness of legitimate concerns about food safety, any recipe including raw or partially cooked eggs calls for caution over the slight risk of food-borne illnesses, especially salmonella. You can reduce this risk by using the freshest, cleanest, refrigerator-stored grade-A or grade-AA eggs you can buy, checking to make sure their shells are intact. When separating the eggs, take great care that the yolks or whites do not come into contact with the exterior of the shells.

To go with my Caesar salad, I'm also including a recipe for Garlic-Herb Bread. Add a glass of wine, and you have a complete, satisfying yet light meal. Better still, these recipes can also double as highlights of a holiday entertaining dinner or buffet!

WOLFGANG'S CAESAR SALAD

Serves 6 as a main course

- 2 large grade-A or grade-AA cage-free egg yolks
- 6 tablespoons fresh lemon juice
- 2 tablespoons minced garlic
- 2 tablespoons Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon crushed red pepper flakes
- 4 anchovy fillets, mashed with a fork
- 1-3/4 cups vegetable oil
- 2/3 cup extra-virgin olive oil
- Salt
- Freshly ground black pepper
- 2 large heads organic romaine lettuce, thoroughly rinsed and dried, leaves torn into 1-to-2-inch pieces
- 1-1/2 cups freshly grated Parmesan

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

cheese

3 cups Garlic Croutons (recipe follows)

In a mixing bowl, whisk together the egg yolks, lemon juice, garlic, mustard, Worcestershire sauce, pepper flakes, and mashed anchovies. While whisking continuously, slowly pour in the oils in a thin, steady stream until a thick, creamy emulsion forms. Season to taste with salt and pepper.

Put the lettuce in a large salad bowl. Sprinkle with the Parmesan, reserving a few spoonfuls for garnishing. Drizzle with just enough of the dressing to coat the leaves, reserving the rest to pass at the table. Toss well. With salad tongs, transfer to individual large serving plates or shallow pasta bowls. Garnish with some of the croutons, passing more at the table. Serve immediately.

CROUTONS

Makes 4 to 6 cups

- 1 loaf sourdough bread, crusts trimmed, cut into 1/2-inch cubes
- Extra-virgin olive oil, for drizzling
- Salt
- Freshly ground black pepper

Preheat the oven to 400 degrees F. Place the bread cubes in a large mixing bowl. While tossing the cubes by hand, drizzle with the olive oil until they are lightly, evenly coated. Season to taste with salt and pepper, tossing again.

Spread the cubes evenly in a single

layer on a baking sheet. Bake until golden brown and crispy, about 10 minutes.

WOLFGANG'S GARLIC-HERB BREAD

Serves 6 to 8

- 10 to 15 garlic cloves, peeled and coarsely chopped
- 1/2 cup coarsely chopped fresh basil leaves
- 2 fresh sage leaves, coarsely chopped
- 1 small sprig fresh rosemary, leaves coarsely chopped
- Pinch dried red pepper flakes
- Salt
- 3/4 cup extra-virgin olive oil
- 1 long loaf Italian bread
- Freshly grated Parmesan cheese (optional)
- Shredded mozzarella cheese (optional)

Preheat the oven to 500 degrees F.

In a blender, combine the garlic, basil, sage, rosemary, pepper flakes, and a pinch of salt. Blend until pureed. With the blender running, slowly drizzle in the olive oil.

With a bread knife, cut the loaf crosswise into slices 1/2 inch thick. Place them on a baking sheet. Brush with the garlic-herb mixture. If desired, sprinkle with Parmesan and mozzarella. Bake on the upper rack of the oven until golden brown, about 5 to 7 minutes.

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

PET WORLD

Animal-assisted therapy helps patients feel better

David Frei may be best known for popularizing dog shows. Before his voice accompanied dog shows, few paid attention. Now, millions watch the National Dog Show each Thanksgiving Day; and in February Frei will be the voice of the Westminster Dog Show. Still, as much as Frei loves the world of dog shows, he's even more enthralled about the world of showing what dogs can do.



Steve Dale

In 2007, Frei founded an animal-assisted therapy group called Angel on A Leash. Through the program, Delta Society Certified therapy dogs visit a variety of renowned health care facilities around the country, including the Ronald McDonald Houses of New York City and Memphis; Morgan Stanley Children's Hospital/Columbia University Medical Center, New York; Children's Hospital of Wisconsin, Milwaukee; St. Jude's Children's Hospital, Memphis; and Memorial Sloan-Kettering Cancer Center, New York.

The dogs help people feel better, and in many instances work with professional occupational and physical therapists to help people actually get better. There are two general types of therapy programs that use pets. Animal-assisted activities or petting programs feature dogs (and sometimes cats) who visit a facility - and are pretty much just there to be petted.

"That's not insignificant," says Frei, author of "Angel on a Leash: Therapy Dogs and the Lives They Touch" (BowTie Inc., Irvine, CA, 2011, \$16.95), who offers examples of scientific studies which have demonstrated how simply petting a dog or a

cat is healthful, stimulating hormones that promote healing.

Taking things a step further are formal animal-assisted therapy programs overseen by medical professionals. These programs provide goal-directed therapy. For example, a stroke victim may be asked to brush a dog or toss a tennis ball using an affected arm. The patient may not view such activity as therapy, and the dog is simply being a dog, but it is very much genuine therapy. "Except that because it doesn't seem like therapy, and because dogs are the therapists, it sometimes works faster and better than traditional therapy," Frei says.

Frei met Cherilyn (now his wife) when she was working on a masters degree in theology and writing a thesis on dog-assisted therapy. Frei gave it a try himself, visiting an extended care facility in Seattle with a Brittany named Belle.

"We were told this one guy (the patient) wouldn't respond much; he was a very unhappy person," Frei recalls. "And I thought, 'Oh, great, our first visit, and it's not going to go well.'"

The old man didn't pay any attention to Frei as he walked in, but then he saw Belle. "Well, instantly, he lit up," says Frei. "He talked only to the dog, 'Come here you knucklehead,' he said and used that excited voice we all use to call dogs. The administrator couldn't believe what he was seeing. Belle even jumped into (the man's) lap, which was against the rules, and something she was trained not to do. But at that moment, it was the best thing. Whatever was going on between them was amazing. In a split second, this totally non-responsive old man sprung to life."

Frei adds, "As we began to leave, the man said, 'Son, when I die, would you take care of this dog?' What a moment that was," recalls Frei. "He apparently thought this was his dog. It was so sweet."

When Frei first began visiting facilities on his own several years ago, many administrators were dubious about the value of canine visitors.

Since then, science has demonstrated the undeniable value of animal-assisted therapy. Many dogs in programs around the country have succeeded in changing and even saving lives.

Of course, not all dogs are suited for this sort of work. It's also a trick to match the right dog with the right program for that individual pet.

Frei calls he and Cherilyn's Cavalier King Charles Spaniel, Angel, "my little princess." Every Monday night, the little dog visits Sloan-Kettering Cancer Center's Women's Health Center to see patients recovering from or facing surgery. "She's very soft and gentle, and very happy to be petted and talked to," says Frei.

Meanwhile, the couple's Brittany is a regular at the Ronald McDonald House in New York City, where the dog is surrounded by children, all wanting to play. "Our dog just says, 'Bring it on,'" Frei comments. "It's the right program for her."

The stories in Frei's book, he says, pretty much explain why he was so motivated to create Angel on a Leash. "I

know it sounds kind of corny, but when over and over again you witness these miracles, and see what these angels can do—it's very compelling. Anyone who does animal-assisted therapy can tell you the same thing."

- Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.

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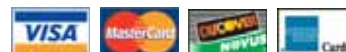
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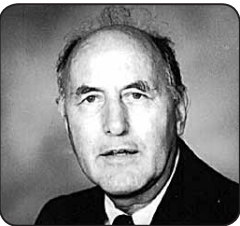
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HUMOR

Potty Trained

Dr. Joe Balkanian is the Beamer B. Blatz professor of Anthropologic Excretology at Letongaloosa Community Junior College, where I used to teach. Joe is known affectionately by leading academics in the United States and around the world as the Potty Professor.



Larry Day

Years ago Joe was denied tenure at LCJC. Senior members of the faculty were miffed because Joe was very popular with students and because he refused to assign grades based on the sacred bell-shaped curve. The same professors dismissed Joe's research as "derivative." After Joe was denied tenure, administrators at LCJC let him teach one more year while they sought a replacement.

With his academic career in the toilet, Joe decided to gather data on public restrooms. He called it "potty research." Joe counted every stall and urinal in every public restroom in Letongaloosa and vicinity. He used linear regressive analysis to plot the data. Academic journals, intrigued by his unique topic, published his arti-

cles. Joe devised an analytical tool he called the "potty paradigm." Other researchers began using his paradigm to analyze their data. Institutions began inviting Joe to give lectures and to lead seminars in the U.S and overseas.

Harvard invited Joe to join its faculty. After that he became a chaired professor at St. Wizzington University. A few years later Dr. Ima Farseer, dean of the Department of *et. al., et. al.* at Letongaloosa Community Junior College, convinced Beamer Blatz, owner of Blatz Sanitation and Waste Disposal, to fund a chair in anthropologic excretology at LCJC. She offered the position to Joe Balkanian, and he agreed to return to LCJC.

As time went on, Joe's research caught the attention of corporate executives and they showered him with research grants and lucrative consulting contracts. Joe used the money to attract gifted graduate students and put them to work on his research projects. He trained them so well that after a few years Joe's doctoral students were serving in faculty positions at prestigious universities and as executives for big corporations.

But then things began to get nasty between two of Joe's most successful scholars, Dr. Sam Ponds and Dr. J. Compton Walker. Both were professors at topflight universities. Both taught and did research on 19th century European excretological history. And they disagreed on everything from

the evolution of chamber pots during the reign of England's King William IV to the architecture of outhouses in the first Napoleonic Empire.

Doctors Ponds and Walker assailed each other's research in academic journals and low circulation trade publications. They argued vehemently at seminars and symposia. Their rivalry became so venomous that it began attracting wide attention on social networks and in the mainstream media.

That's when their mentor, Dr. Joe Balkanian, got involved. For Joe it was one thing to do battle in the trenches of academe. But it was something else entirely when the antics of the two fractious young Turks and their colleagues were featured in articles in *The New Yorker*, the *New York Times*, and were discussed on national television talk shows.

After a particularly acrimonious encounter at a symposium in Philadelphia, Joe invited his two former students to dinner at a five-star restaurant near the hotel where the symposium was being held. They refused to be seen together in public, even with him. Finally he got them to agree to come to his hotel room for a night cap.

Ponds arrived first. Joe fixed him a drink. There was a knock at the door. It was Walker. He strode into the room and embraced Ponds. The two whacked each other on the back like long lost buddies.

"What in the Sam Hill is going on?" asked Joe.

"It's Guerrilla Theater, professor," said Ponds.

"We're raising public awareness of our academic discipline," said Walker.

"What you're doing is trashing an academic field of study," said Joe.

"On the contrary, professor, we're making the field more relevant, just as you did years ago. When you were a young Turk your toilet research turned a public spotlight on some of academia's pottiest practices. We're doing the same thing. We're just using a different spotlight."

Joe was silent for several seconds, then he raised his glass and called for a toast.

"Here's to potty training," he said.

- 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.



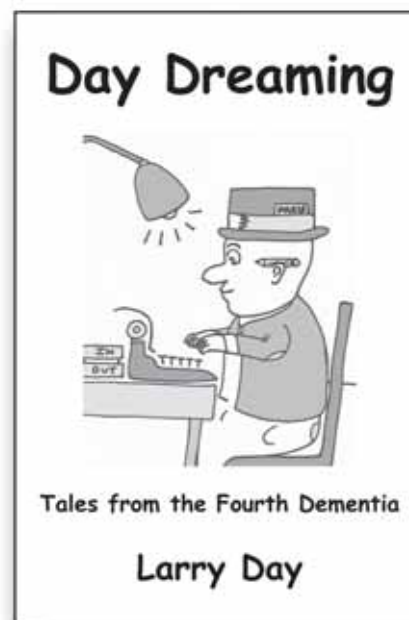
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Larry Day's new book, *Day Dreaming: Tales from the Fourth Dementia*, is now available! To order, please visit www.seniormonthly.net/books or call Larry Day at (785) 830-0277.

PUZZLES & GAMES

CROSSWORD

ACROSS

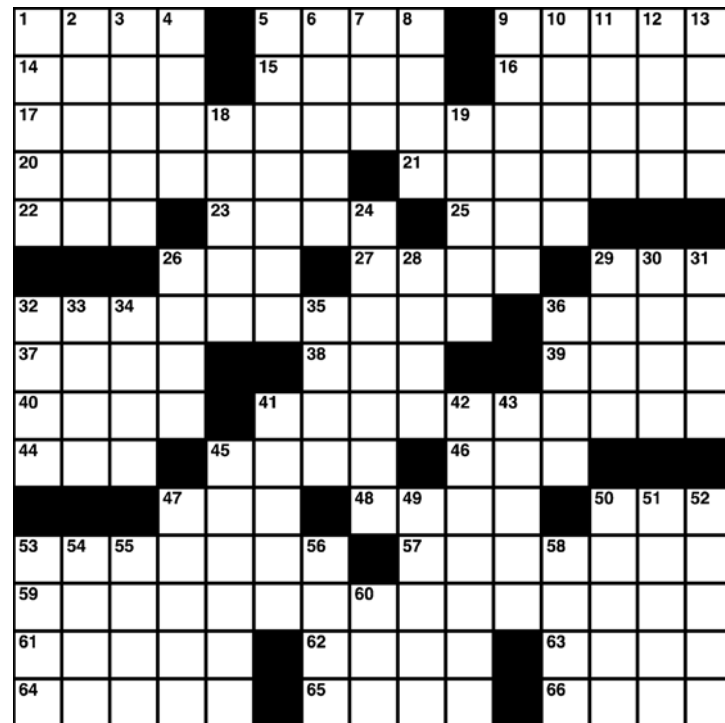
- 1 English horn, e.g.
- 5 No Doubt lead singer Stefani
- 9 Hard stuff
- 14 Old apple treatment
- 15 Gaelic tongue
- 16 Part of A/V
- 17 "Will you marry me?" is one
- 20 Play flawlessly on the green
- 21 Gets ready for market, as livestock
- 22 "Stillmatic" rapper
- 23 Commoner
- 25 4:00 English drink
- 26 Levi's alternative
- 27 Big pitcher
- 29 General Arnold of WWII
- 32 Steak au poivre flavoring
- 36 Danish toy brand
- 37 Sacha Baron Cohen alter ego
- 38 See red?

- 39 Orenburg's river
- 40 Elizabeth of "Jacob's Ladder"
- 41 Administrative area on Ireland's south coast
- 44 Street sign abbr.
- 45 Shroud of gloom
- 46 Much
- 47 __ anglais: English horn
- 48 Fall short
- 50 GI entertainers
- 53 Bit of moral fiber
- 57 Skateboarder's wear
- 59 Bit of wedding toast effervescence
- 61 Peregrine's place
- 62 Reason to warn boaters
- 63 Caramel candy brand
- 64 Pollster's find
- 65 Sardine's cousin
- 66 Wilson of "Drillbit Taylor"

DOWN

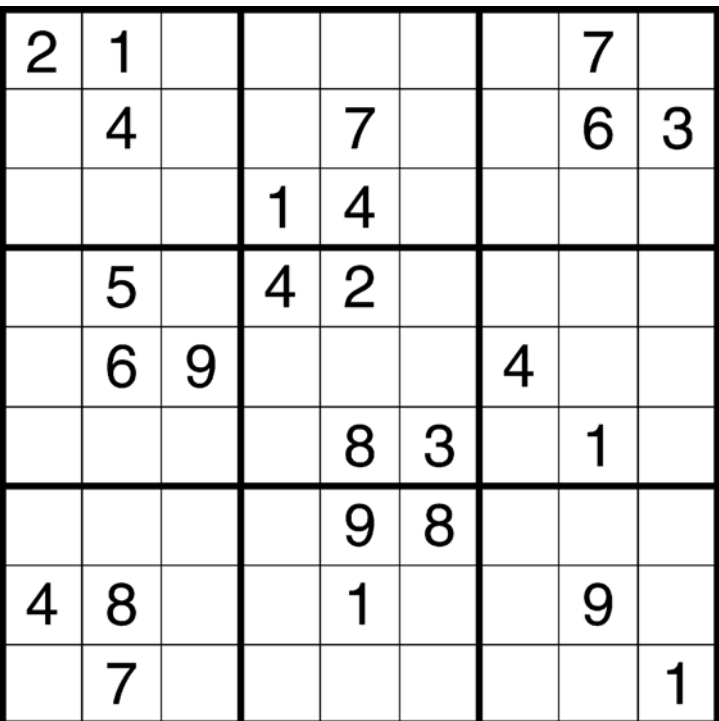
- 1 Lustrous synthetic
- 2 2010 tennis retiree

- Dementieva
- 3 Alleviates
- 4 Pearl __ earring
- 5 Less violent
- 6 Authored
- 7 Lawyer's letters
- 8 Bordeaux ball team?
- 9 Turkey-roasting tool
- 10 "I'm __ here!": "Bye!"
- 11 Comic strip dog
- 12 Mount sacred to Judaism
- 13 Geologic periods
- 18 Indian capital
- 19 Unlike leftovers
- 24 Old English epic poem
- 26 Org. for Paula Creamer
- 28 Birdhouse songbird
- 29 Po' boy relative
- 30 Ice cream thickener
- 31 Mexican War president
- 32 Bear with a hard bed
- 33 Mountain sign no.
- 34 Turpentine source
- 35 Not nerdy
- 36 "Peanuts" fussy budget
- 41 "Cheers" barmaid
- 42 Hotel room choice
- 43 New Eng. school since 1701
- 45 Asked, burst open, extracted, or broke, as



- the ends of this puzzle's four longest answers
- 47 Curry flavoring
- 49 "The Jungle Book" pack leader
- 50 Violin stroke
- 51 H(tm)tel room
- 52 Cineplex name
- 53 Gibberish singing style
- 54 Mother of Chaz
- 55 A bit beyond raw
- 56 Breakfast order
- 58 River to the Mediterranean
- 60 Slangy dismissal

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

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JUMBLE
 THAT SCRAMBLED WORD GAME
 by Mike Argirion and Jeff Knurek

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

LIVIG
 BYRIN
 LARIUT
 GRACIT

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

Print answer here: _____

SCRABBLE BRAND
 G2 R1 A1 M3 S1

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2nd Letter Double

Triple Word Score

PAR SCORE 250-260
 BEST SCORE 337

FIVE RACK TOTAL
 TIME LIMIT: 25 MIN

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

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

Answers to all puzzles on page 26.

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PUZZLES & GAMES

BRIDGE

No way out

By Tannah Hirsch

Tribune Media Services

North-South vulnerable. South deals.

NORTH

♠-K 4
♥-Q 10 8 3
♦-A Q 8 4
♣-10 9 6

WEST

♠-Q J 10 7 6 3
♥-9 5
♦-10 5
♣-K Q 3

EAST

♠-9 8 5 2
♥-7
♦-K J 9 7
♣-8 7 4 2

SOUTH

♠-A
♥-A K J 6 4 2
♦-6 3 2
♣-A J 5

The bidding:

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

Opening lead: Queen of ♠

Here's another deal that illustrates the difference in approach between the average player and the expert. With finesses in both minor suits, the way to victory is to ignore them.

West's weak jump overcall in spades and East's bold raise to game pushed North-South to an uncomfortable level. With 10 tricks in hearts on ice, four spades down two would have been a good sacrifice. However, we can't blame South for pushing on to no man's land.

West led the queen of spades, taken

in hand. Declarer drew trumps in two rounds ending in dummy, cashed the king of spades for a diamond discard, then cashed the ace of diamonds and exited with a low diamond. Whichever defender won would be in trouble.

Suppose East wins and returns a club. Declarer plays low, West wins but is endplayed. If West has a diamond to return, declarer simply covers with the queen, ruffs East's king and gets a club discard on the 13th diamond. If East returns a diamond, de-

clarer simply discards a club. Either the queen of diamonds will win or declarer will discard his remaining loser on the high diamond. Needless to say, a spade return gives declarer a ruff-sluff and eliminates one of the losers.

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

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Kansas nursing homes with three years of poor inspection trends

Each year Kansas Advocates for Better Care (KABC) provides citizens a listing of Kansas nursing homes cited with 10 or more deficiencies for each of the home's three most recent inspections. The national average of deficiencies cited during an inspection in a nursing home is 8, and in Kansas the average is 14.

The range of deficiencies cited in Kansas nursing homes for the most recent inspection period is 0 to 51. For three consecutive years, 81 Kansas nursing homes have exceeded the national average of deficiencies cited. Sixteen of the homes listed are not-for-profit corporations, while 65 of the homes are for-profit corporations.

By federal mandate, inspection surveys occur every 15 months in Kansas nursing homes. Nursing home inspections are mandated by federal law to ensure that frail elders and vulnerable adults who live in nursing homes are provided care according to standards set by state and federal regulations. Inspection teams are made up of nurses employed by the Kansas Department on Aging. There are currently 347 licensed nursing homes in Kansas.

For the convenience of Kaw Valley Senior Monthly readers, Senior Monthly has posted the list of the 81 Kansas nursing homes that have exceeded the national average of deficiencies for three consecutive years. To view the list, please visit www.seniormonthly.net/kabc.

KEVIN GROENHAGEN PHOTO



The Windsor of Lawrence hosted a Holiday Open House on Thursday, December 8. Guests enjoyed the sights, sounds, and flavors of the season, including hors d'oeuvres prepared by The Windsor's executive chef and three trees decorated for the holidays.

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

SCRABBLE BRAND GRAMS SOLUTION

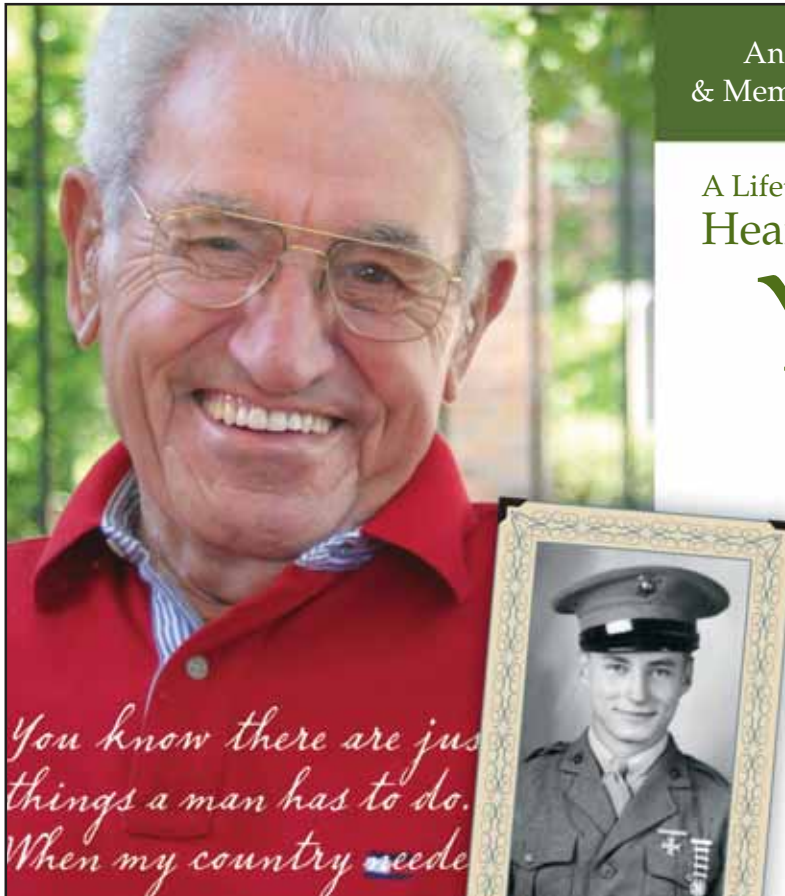
D ₂	I ₁	O ₁	R ₁	A ₁	M ₃	A ₁	RACK 1 =	61
T ₁	R ₁	U ₁	S ₁	T ₁	E ₁	E ₁	RACK 2 =	57
E ₁	L ₁	L ₁	I ₁	P ₃	S ₁	E ₁	RACK 3 =	59
F ₄	I ₁	L ₁	B ₃	E ₁	R ₁	T ₁	RACK 4 =	62
E ₁	X ₈	P ₃	L ₁	O ₁	R ₁	E ₁	RACK 5 =	98
PAR SCORE 250-260							TOTAL	337

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JUMBLE ANSWERS

Jumbles: VIGIL BRINY RITUAL TRAGIC

Answer: The trial lawyer liked to barbeque because he enjoyed -- GRILLING



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Presbyterian Manor calls for entries for Art is Ageless® juried exhibit

Lawrence Presbyterian Manor has issued a call for entries in January for the Art is Ageless® juried exhibit to be held February 27 through March 2. Entries of artistic works will be accepted from any area artist who is 65 years of age or older to exhibit and/or compete for an opportunity to be featured in the 2013 Art is Ageless calendar.

Local competition winners will join winners from 17 Presbyterian Manors of Mid-America communities to be judged at the system level, and some of those winning pieces will be featured at an art exhibit in Kansas City, Mo., in May to celebrate Older Americans Month.

Having a creative outlet benefits the mind, body and spirit. "Every

year we have seen the exhibit grow and become more inclusive of artists throughout our area," said Maclyn Pettengill, Marketing Director. "We're expecting this to be the best year yet for creativity and the variety of works on exhibit."

Entry forms and information can be picked up at Lawrence Presbyterian Manor, 1429 Kasold, or by contacting Pettengill at 785-841-4262 or mpettingill@pmmma.org. Artists may choose to enter the exhibit only. For the competition, works are to have been completed in the past five years (since January 2007). There are nine categories, as well as designations of amateur or professional. Works to be entered for judging need to be at Presbyterian Manor by February 29.

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