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January 2013

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Vol. 12, No. 7

INSIDE



This month's issue features a 12-page "Senior Resources Directory," which includes dozens of phone numbers and listings for organizations and businesses that deal with senior issues. See inside.

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KEVIN GROENHAGEN PHOTO



Goodall 'falls' into making jewelry.
See story on page three



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Goodall's jewelry making grows into part-time business

By Kevin Groenhagen

Nancy Goodall literally fell into making jewelry while on a skiing trip.

"I was in Colorado with my family and they were all skiing," she said. "I don't like to ski, so I went shopping in downtown Frisco. On those older streets, sometimes where you're walking isn't really level. I tripped and kind of fell on my hands. I looked up to see if anyone was looking. As I looked to my left, I saw this great bead shop called Luna's Bead & Glass. So I brushed myself off and went inside. The gal there was so good. She sat me down and taught me how to bead and how to do the clasp. So I put together earrings and a necklace that day. That was smart of her because I walked out with about \$300 in supplies."

Later, Goodall, who says she has always loved jewelry, decided she would try to make her own dichroic glass jewelry.

"I was buying these dichroic fused glass necklaces," she said. "I was spending so much money on them that I thought, 'Surely, I should be able to make one of those myself.' So I took several classes. Dichroic glass is art glass with a metallic coating. The coating is put on in a vacuum chamber. It's a fairly detailed pro-

cess. They have to make sure that there's no dust or anything else in there. They then spray on the metallic coating. They basically bake it on, so it's very sturdy."

Dichroic literally means "two colors." Dichroic glass actually dates back to the 4th century AD, as seen in the Lycurgus cup. However, modern dichroic glass was developed by NASA, the Department of Defense, and their contractors during the 1950s and 1960s. In fact, one aerospace engineer, Murray Schwartz, was so impressed with the beauty of dichroic glass that he left the aerospace industry in 1971 and turned his attention to designing dichroic stained glass windows, mobiles, and other artwork.

"They make so many different types of art glass that you have to know the reactive properties of the glass," Goodall said. "Some of the glass contains copper, and when you put it with other colors containing sulfur you get really cool effects, like black rings around the edges. It's fascinating to see how one reacts with the other."

Goodall learned another jewelry-making technique, wire wrapping, after making a wrong turn.

"I was going to a bead show in Kansas City," she said. "The bead

KEVIN GROENHAGEN PHOTO



In addition to making jewelry, Nancy Goodall designs decorative plates, dichroic glass boxes, and many other pieces of art.

show was to the left, and I took a right classroom, so I ventured in strictly to instead. There were people in the

■ CONTINUED ON PAGE FOUR

Kaw Valley
SeniorMonthly

Kevin L. Groenhagen
Editor and Publisher

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Marie Thompson at Drury Place

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

-Regina Stultz, Marie's daughter

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Nancy Goodall

■ CONTINUED FROM PAGE THREE

ask them where the bead show was. They were making wire-wrapped pendants that were just gorgeous. So I asked, 'Do you have room for one more?'"

The instructor, Dale Nichols from California, made room for Goodall. She says that Nichols ended up becoming her mentor.

"He is a wonderful teacher and has shared a lot of his techniques and knowledge with me, so now I've developed from that," she said. "I've developed a wire-wrapping technique that I call 'Impeccable Wire Wrapping' because it's very precise."

Goodall's hobby eventually caused her daughter to become a bit concerned.

"She looked around and saw more jewelry than I could ever wear in my lifetime," Goodall said. "So she finally said, 'Mom, you have to sell some of those. They're taking over the house.'"

Goodall took her daughter's suggestion and, since 2006, has been selling her jewelry and other artwork at arts and crafts shows and other venues. Her daughter and husband help her with the shows.

"They help unload everything," Goodall said. "It's really a physical thing to get ready for the shows. It's difficult. I could not do it on my own. You have to put up a tent and carry huge, heavy boxes. Some of the glass pieces get really heavy. Between the three of us, we're able to man the

shows. Now we've gotten to where we'll even do two or three shows a weekend. One of us might be in Wichita, another in Kansas City, and the third in Topeka. I have enough inventory that we divide it three ways and go for it."

Goodall's busiest time for the shows is between September and December. Most of the shows are in Kansas or states contiguous to Kansas, although she has travelled as far as Florida for a show.

"My rule is I'll go anywhere as long as I know someone who lives there who can give us free lodging," Goodall said with a laugh.

In addition to the work during the shows, Goodall puts in a great deal of work prior to the shows.

"When I have a show coming up, I get up early in the morning, work a couple of hours, and then go to work full-time," said Goodall, who is an attorney and works as a trust officer with CoreFirst Bank & Trust. "After work, I run home for a bite to eat. I also music direct at the Topeka Civic Theatre & Academy. My next show coming up is *Hairspray*. I'll get home from the theater between 9:30 and 10:30, and then work on jewelry again for a couple of hours."

According to Goodall, the best-selling items at the shows tend to change from year to year. Her current bestselling item is something she just started making this year. She takes wine bottles and makes them into cutting trays, cheese trays, and bread trays.

"It's 'upcycling,' which is kind of

a new term for recycling," Goodall said. "Several of the restaurants in Topeka save their empty wine bottles for us. We do a pick up once or twice a week. I actually fuse the bottles to themselves. I heat the bottle and one side falls down to the other side. Then I decorate the top side. You can also bring the sides up, and use the bottle to hold dips. That item has been a huge seller for us."

Goodall doesn't have to travel far for her best show of the year since she holds it every December in her own home.

"I make a point to use that show to debut a bunch of new styles that I haven't had there before, just to keep it fresh," she said. "A new item this year is a multi-tool that I created a decorative glass element for. Anything that has a flat surface is game for me."

After December, Goodall usually takes a one- or two-month break from making jewelry. She'll use that break to develop new designs and take classes. She also attends an annual jewelry making convention in Las Vegas.

"They bring in the best from all over the world," she said. "These are the people who are developing new techniques. I'll take a few classes at the convention. Every once in awhile, I'll teach a wire-wrapping class there."

Goodall has also been teaching wire wrapping locally for about five years. She usually teaches two to four classes a quarter in Topeka, Law-

rence, and Wichita.

"The main thing with glasswork and wire wrapping is that anyone can do it," she said. "It really doesn't take someone who is extremely artistic to do it. I didn't have art classes in high school or college. I just observed what others were doing and, after awhile, you realize that you have your own style. I used to think that my work looked like everyone else's. But, little by little, you develop your own style. That's what came as a surprise to me. People now look at my pieces and ask, 'Did Nancy Goodall do that?' Now I am definitely sure that I have a style, where as before my art was derivative of a lot of other people's pieces."

According to Goodall, designing and putting together a piece can take from an hour to a day or longer, depending on how complicated the item is.

"Any time I do a design, I first decide what I'm going to make," she said. "Then I will just do a sketch of

■ CONTINUED ON PAGE FIVE

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Nancy Goodall

■ CONTINUED FROM PAGE FOUR

it. Or, as in the case of the multi-tool, I'll just stare at it until a design pops up in my head. I'll just keep looking and keep looking, and think, 'Okay, color-wise what am I going to start with?' I usually put together elements as I'm thinking about it in color. With glass it's really wonderful because you can melt them all together, and then twirl them around so that it looks really fancy. Or you can do it architecturally so that you put different sized circles with squares."

"The first step is fusing it all together," Goodall continued. "You have a few different options there. You can do a full fuse where everything is flat, and it all kind of melts into itself. Or you can do what is called a tack fuse. That's a fuse where it still maintains some of its shape. It rounds off the sides, but there are still some raised parts and some lowered parts. Another decision is whether I want to create a scene, like mountains and a lake, or do I just want to do a collage of colors and textures. After

doing the fuse, I have to decide if I'm going to slump the piece. That means either I can create my own mold or use a mold from a company, and then place the item on top of the mold. That's how I usually do plates."

The kiln process alone takes eight to 10 hours.

"If you heat up glass too quickly, it will crack," Goodall explained. "So you have to heat it up in stages. Once it gets to the melting stage, then you have to lower the temperature in stages. If you don't do it correctly, it may not crack right then, but it will later. The process is called annealing."

Goodall initially started with a five-inch kiln, and made a lot of jewelry using it. However, she later decided she wanted to do larger pieces, such as vases, bigger plates, and wall hangings.

"I love big glass pieces, like wall hangings," she said. "Right now I'm working on a really large wall hanging that will have three different sections. So I went from a five-inch kiln to a huge kiln that takes up the majority of the wall. It's a Skutt coffin glass kiln. It's shaped like a coffin. A small person could fit inside. They do make

COURTESY PHOTOS



Several examples of Nancy Goodall's designs, from upper left, clockwise: "Upcycled" cheese tray/cutting boards made from wine bottles; Ring made using wire wrapping with stone added; "African Tundra" bead crochet and lampwork necklace; Multi-tool that Goodall designed a decorative glass element for.

kilns that are one or two sizes larger, but those are for industrial use."

For more examples of Goodall's designs, visit her website at www.NancyGoodallDesigns.com.

For information about her classes, Goodall can be reached at (785) 267-6707 or designer@NancyGoodallDesigns.com.

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Lawrence Public Library to close, re-open at new site

The Lawrence Public Library will be closed Monday, January 7, until Monday, January 21, to move to its temporary location at 700 New Hampshire Street. The library will operate at this location while the building on Vermont Street is being renovated. Materials loaned prior this time will not become due until the re-opening at the new site on January 21. Reserves will be available. Please contact the library for details on retrieving materials.

The Vermont street building and the outdoor bookdrop on Kentucky street will not be open after January 7. Please return materials to 700 New Hampshire Street.

The library expects to be at the temporary site until mid-2014. Though regular services will be offered as closely as possible, the new site will cause some services to be adapted to the new site with others offered at locations throughout the community. The Bookmobile, BookTalks and regular senior programming will follow their usual

schedules. Programs will be held at other locations and announced at later dates.

The library will keep the com-

munity abreast of changes, but it is requested that the public please check the library website, www.lawrence-publiclibrary.org, the library Face-

book page as well as contacting the library by phone, 785- 843-3833, for updates to these dates or changes in services.

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Valdivia draws on experience to open home care business

By Billie David

When Topeka resident Cindy Valdivia was laid off because a local retirement community closed the department she was working in, she decided to do what she knew and enjoyed most.

"I was working as a companion and they closed the home health department, so I decided to go ahead and start my own business," she said.

So she opened Angel Wings Companion Care in Topeka just over a month ago.

Many people would be hesitant to take on the responsibility of opening their own business, but Valdivia has had plenty of experience in that area.

"I wasn't intimidated at all," she said. "I used to have my own shop in Salina 10 years ago—it was a consignment store—and I also had a licensed candy business"

Another experience she could draw on was her 30 years of working with seniors, including work as a CNA, nurse's aide and medication aide, plus 10 years working in the activities department at the Topeka United Methodist home.

Valdivia also was employed as a community administrator for property that housed seniors as tenants.

"I just like working with seniors," Valdivia said of her work history. "My grandparents raised me. I didn't know for years that they weren't my

parents. They were up in years when they took me in."

At this point, Valdivia is the only employee of Angel Wings Companion Care, but she hopes to expand once she has enough clientele.

"There's a big market," she said. "As baby boomers get older, there's more need."

Valdivia believes her business will succeed because she enjoys what she is doing.

"We have a lot of fun," she said. "We get a lot of work done, but we enjoy doing it. We build a good relationship together."

The goal of Angel Wings Companion Care is to help clients stay in their own homes by assisting them with the daily routines and chores that they need help with, Valdivia said.

These include light housekeeping, picking up prescriptions, getting groceries or running other errands, doing laundry or changing lines, preparing meals, helping with pet care, orga-

WORDS OF WISDOM

"Be at War with your Vices, at Peace with your Neighbours, and let every New-Year find you a better Man." - Quoted in Benjamin Franklin's 1755 *Poor Richard's Almanac*, December

nizing the mail, reminding clients to take their medications, and providing guidance with bathing, dressing and grooming.

Angel Wings Companion Care can help meet social needs as well, including providing companionship, escorting the client to visit family and friends, or accompanying the client to medical appointments, reading, help-

ing with crafts, playing games, or just providing someone to take a walk with.

To learn more about Angel Wings Companion Care, people can call Valdivia at 785-829-1431 and she can send a brochure and business card.

"I would be happy to go to somebody's home and discuss their needs with them," she said.

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Financial wellness can be yours in 2013

By **Bill Holthaus**

Social Security Assistant District Manager in Topeka, KS

January is Financial Wellness Month — a great time to think about your own financial future. It also happens to be at this time that many people make resolutions for the New Year. Why not combine the two and make your own financial wellness a resolution for 2013?

Here are our suggested resolutions for your financial wellness.

Start your financial plan with your Social Security Statement. The online Statement is simple, easy to use, and provides estimates you should consider in planning for your retirement. It provides estimates for disability and survivors benefits, making the Statement an important financial planning tool. Your Statement allows you to review and ensure that your earnings are accurately posted to your Social Security record. This feature is important because Social Security benefits are based on average earnings over your lifetime. If the information is incorrect, or you have earnings missing from your record, you may not receive all the benefits to which you are entitled in the future. www.socialsecurity.gov/mystatement

Work the numbers. Once you get your online Statement, you can use the other free resources provided by Social Security. Use our Retirement Estimator, where you can get a personalized, instant estimate of your future retirement benefits using dif-

ferent retirement ages and scenarios. Visit the Retirement Estimator at www.socialsecurity.gov/estimator

Once you are in the know, choose to save. The earlier you begin your financial planning, the better off you will be. Social Security replaces about 40 percent of the average worker's pre-retirement earnings. Most financial advisors say that you will need 70 percent or more of pre-retirement earnings to live comfortably. You also will need other savings, investments, pensions or retirement accounts to make sure you have enough money to live comfortably when you retire. Visit the Ballpark Estimator for tips to help you save. www.choosetosave.org/ballpark

org/ballpark

Do some light reading. Learn more about Social Security, the benefit programs, and what they mean to you and your family, by browsing through our online library of publications. In particular, our publication entitled "When To Start Receiving Retirement Benefits" provides helpful information regarding the things you should consider when making a decision on when to collect retirement benefits. Many of our publications also are available in audio format and other formats. Our library at www.socialsecurity.gov/pubs is always open.

Help someone you love. Sometimes we get the most satisfaction out

of helping someone else. If you have a grandparent, parent, relative, or friend who could benefit from Social Security, share our website and the features of our online services with them. You can even help a loved one apply for Social Security benefits in as little as 15 minutes — or for Extra Help with Medicare prescription drug costs. Whether you forward a publication or sit down to help someone apply for Social Security, the place to go is www.socialsecurity.gov.

There are a number of ways you can celebrate Financial Wellness Month, so start off the New Year by looking out for your own financial wellness at www.socialsecurity.gov.



Honey Do Month



We all know that February is best known for Valentine's Day. A time set apart to show your loved ones how much you care. A couple of things you might not be aware of:

- ♥ 141 million Valentine's Day cards are exchanged annually, making Valentine's Day the second-most popular greeting-card-giving occasion.
- ♥ Over 50% of all Valentine's Day cards are purchased in the 6 days prior to the 14th.
- ♥ There are 119 single men (never married, widowed or divorced) who are in their 20s for every 100 single women of the same age.
- ♥ There are 34 single men age 65 or older for every 100 single women of the same age.
- ♥ Women purchase 85% of all valentines.
- ♥ Men buy most of the millions of boxes of candy and bouquets of flowers given on Valentine's Day.
- ♥ Alexander Graham Bell applied for his patent on the telephone, an "Improvement in Telegraphy," on Valentine's Day, 1876.

This February NuSound Hearing Center would like to help you show your honey how much you care. Because the American Speech- Language-Hearing Association recommends that every adult have their hearing tested every 10 years once you graduate high school and every 3 years once you reach the age of 50, NuSound has declared February "Honey Do" month.

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Social Security recipients to receive a 1.7% 'raise' in 2013

By Kristine Warren

Social Security District Manager in Topeka, KS

As we ring in a new year, we can expect to see a number of changes. Social Security is no exception: in 2013, people who receive Social Security or Supplemental Security Income (SSI) payments will see their benefits increase.

Beginning in 2013, a 1.7 percent cost-of-living adjustment (COLA) was applied to all Social Security and SSI payments. The average monthly Social Security benefit for a

retired worker in 2013 is \$1,261 (up from \$1,240 in 2012) and the average monthly Social Security benefit for a disabled worker in 2013 is \$1,132 (up from \$1,113 in 2012). These changes were reflected in SSI payments dated December 31, 2012 and Social Security payments dated in January 2013.

For people who receive SSI, the maximum federal payment amount has risen to \$710 (up from \$698).

Other Social Security changes in 2013 are worth noting. For example, a worker now pays Social Security tax on up to \$113,700 of annual income

(up from \$110,100 in 2012). A worker earns one credit after paying taxes on \$1,160 in earnings in 2013 (up from \$1,130). As always, a worker may earn a maximum of four credits each year and a person generally needs 40 credits (or 10 years of work) to be eli-

gible for retirement benefits.

To learn more about these and other changes for 2013, visit the Social Security website at www.socialsecurity.gov, and read our fact sheet about the changes at www.socialsecurity.gov/pressoffice/factsheets/colafacts2013.htm.



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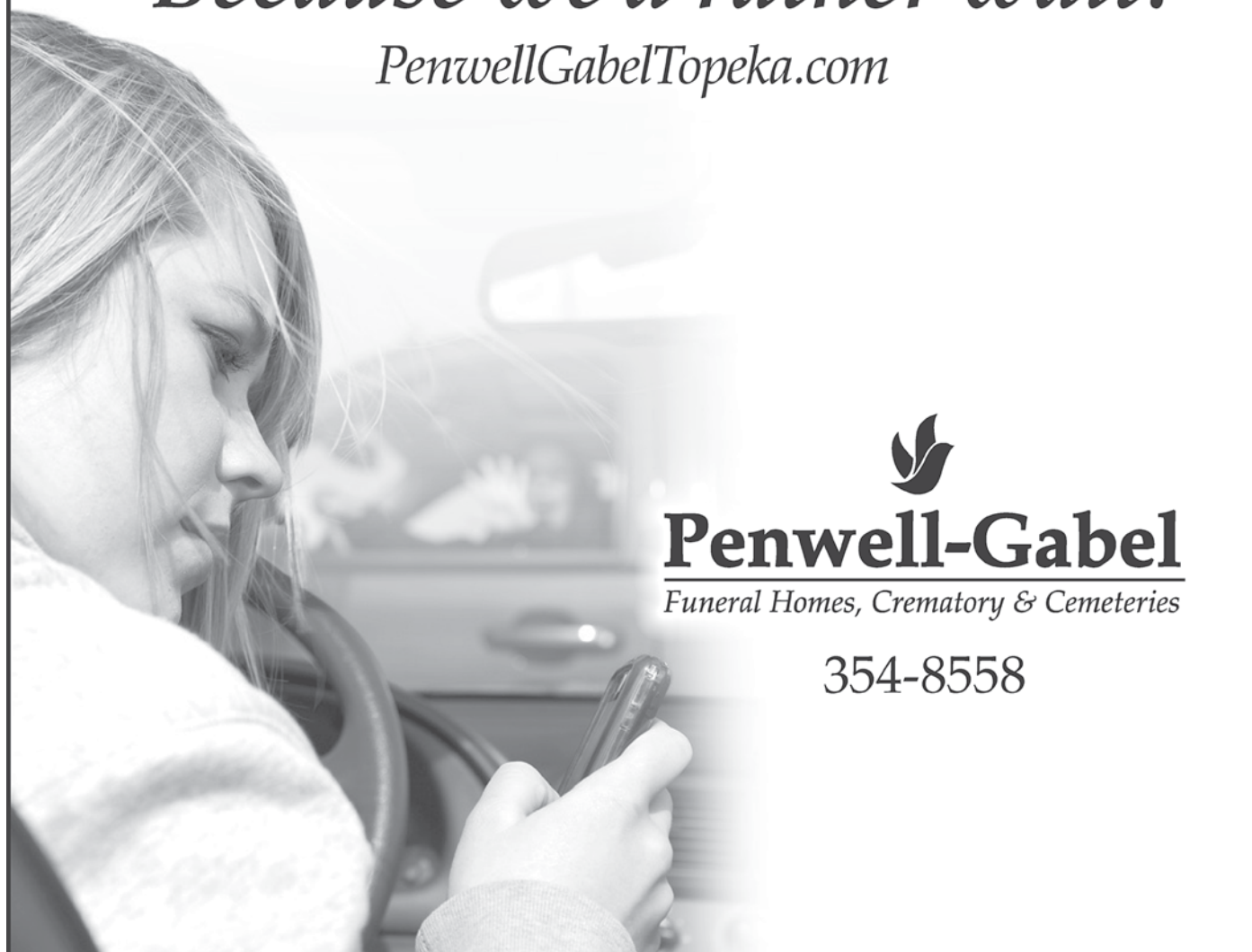
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United Way of Greater Topeka awards \$1.6 million

United Way of Greater Topeka is pleased to announce new and renewed grants for 2013. "We are excited to take another step toward meeting our 10-year goals through a \$1.6 million investment in the community," said Dave Kuzanek, community impact committee chair. "We know we would not have been able to take these steps without the hard work of our community volunteers. United Way of Greater Topeka is grateful for all the support we receive through people giving, advocating and volunteering."

For six weeks this fall, more than 145 volunteers from diverse backgrounds in 16 separate panels came together to review applications from organizations across our community. They committed more than 1,500 hours to make sure that United Way investments were targeted at moving the needle on the critical goals determined by the board in January 2011.

"Volunteers who participated in the process took their role very seriously," Kuzanek said. "Empowered by the board of directors, these volunteers felt the weight of making every dollar count."

Through the most recent community investment panels, volunteers determined funding in the following categories:

- Basic Needs \$625,000
- On-grade Achievement \$426,059
- Early Education \$358,761
- Financial Stability \$106,653
- Substance Abuse \$100,000
- Eat, Move, Live \$34,400

With the most recent funding decisions made by community volunteers, United Way's commitments over the next three years exceed \$6 million.

ABOUT THE 10-YEAR COMMUNITY GOALS

Education

• School Readiness: Increase by 50 percent the number of children ready to read by kindergarten.

• On-Grade Achievement: Reduce by 50 percent the achievement gap in third grade reading and sixth grade math for our most vulnerable children.

Income

• Financial Stability: Cut the number of financially unstable families in our community in half (financially unstable is defined as those spending 40 percent or more on housing).

Health

• Obesity: Reduce by 10 percent the number of adults who are overweight or obese.

• Substance Abuse: Reduce by 20 percent the number of sixth through 12th graders who illegally use alcohol, tobacco and marijuana

ABOUT BASIC NEEDS SUPPORT

In addition to focused work toward community goals, United Way

remains committed to supporting the five areas of Basic Needs.

- Shelter
- Rent/Utility Assistance
- Food
- Health Access/Prescriptions
- Safety from Domestic Violence

ABOUT UNITED WAY OF GREATER TOPEKA

United Way is committed to creating long-term sustainable change in

our community. Success in the areas of education, income, and health are determined by measurable result and the impact on community goals. United Way continues to be committed to basic needs, more specifically in the areas of shelter, rent and utility assistance, food, healthcare and prescriptions, and safety from domestic violence. For more information visit our website at www.unitedwaytopeka.org.

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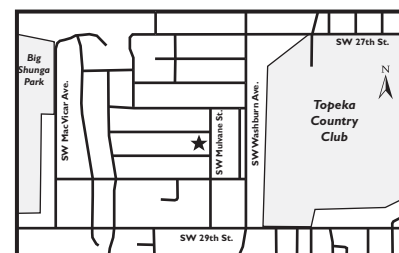
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Focusing on diabetes in the older adult population

(BPT) - In the U.S., there are nearly 26 million people living with diabetes and more seniors have diabetes than any other age group—10.9 million, or 26.9 percent, of all people age 65 and older.

“Currently, one in four Americans over the age of 60 is living with diabetes and there is a great need for further education among older adults,” says Dr. Vanessa Jones Briscoe, Chair of the Older Adult Subcommittee and Board Member for the American Diabetes Association.

In 2012 the American Diabetes Association launched its Senior Signature Series. The series looks to expand education and outreach efforts to seniors across the country. The series includes half-day educational events for individuals age 50 years and older to learn more about diabetes, numerous resources, helpful materials and health screenings. Its goal is to educate older adults about how they can reduce their risk of diabetes and its complications. Because of its great success in 2012, the series

will be back in 2013, and will include even more dates and locations across the country.

“Through continuing our Senior Signature Series, the American Diabetes Association will provide the tips and resources needed to help seniors address the challenge of preventing type 2 diabetes and keeping diabetes treatment from impairing their lifestyle, or slowing them down,” Briscoe says. “The educational resources in the series are important not only for those older adults living with diabetes, but for their family members or caregivers as well.”

One way to reduce your risk of developing diabetes, or to better manage it, is physical activity. Benefits include:

- Improving your A1C, a test that measures your average blood glucose (sugar) control, blood pressure and cholesterol
- Having more energy
- Burning calories to help you lose or maintain your weight
- Keeping your joint flexible

• Improving your balance to prevent falls

• Lowering your risk for heart disease and stroke

Almost all older adults who develop diabetes have type 2 diabetes, and older adults with diabetes often have high blood pressure, high cholesterol, infections that heal slowly and they are at risk for heart

attack, stroke and kidney failure. Seniors with diabetes are also more likely to have memory problems and depression. Awareness and education is critical in helping seniors to lead healthier lives.

For more information, or to download the “Living Healthy with Diabetes” guide for adults 55 and up, visit diabetes.org.



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Bart named new KanCare ombudsman

Kansas Department for Aging and Disability Services Secretary Shawn Sullivan has announced the appointment of attorney James Bart, Lawrence, to serve as KanCare Ombudsman for the State of Kansas.

KanCare is Kansas' innovative new system to provide Medicaid services to consumers in an integrated care model through three new health plans, or managed care organizations (MCOs), beginning January 2013.

Mr. Bart will be responsible for assisting consumers with unresolved access, service and benefit problems, in particular individuals participating in a Home and Community Based Services (HCBS) Waiver program or those receiving other long-term care services through KanCare.

"Mr. Bart has the ideal background and experience to help KanCare consumers and assist them in reaching successful, fair resolutions of any problems they might have with the health plans and their providers," Secretary Sullivan said. "They will find him to be a strong, effective, caring ally in getting their problems addressed promptly and satisfactorily."

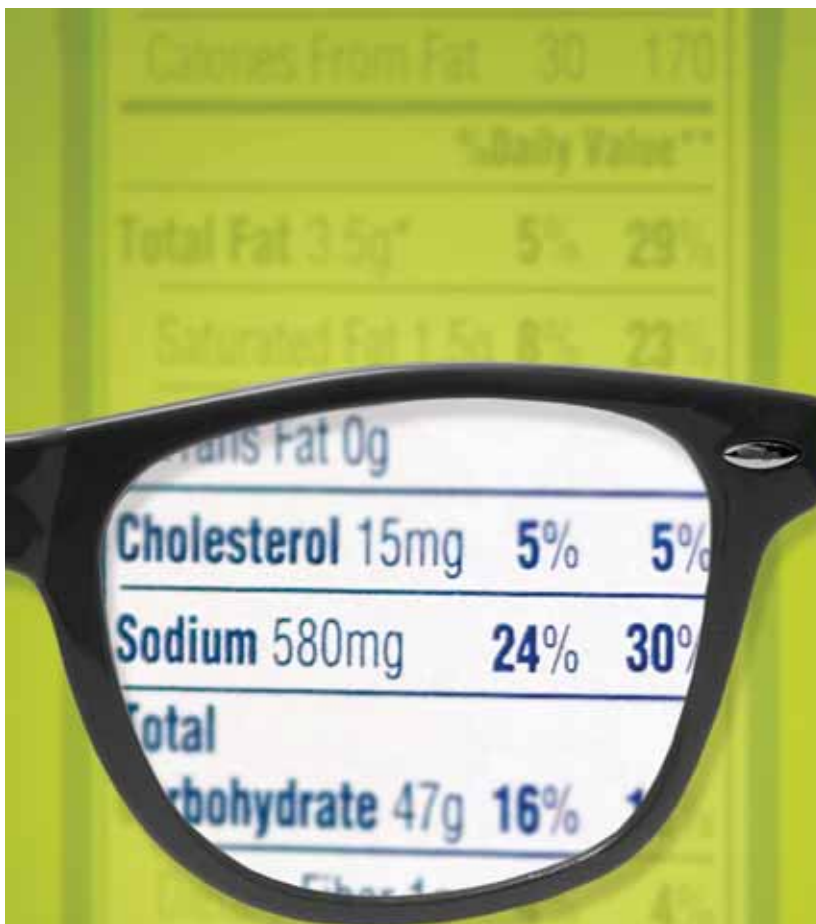
Mr. Bart, a graduate of Creighton University School of Law, also holds a Bachelor's degree in Industrial Relations and Human Resource Management from the University of Iowa. He has broad experience in advocacy and non-profit work. Mr. Bart currently serves on the Kansas Council on Developmental Disabilities as a parent representative, is a past vice-chair of the Council and was previously leader of the Council's executive committee. He also is a former member of the ARC of Douglas County, which provides services to individuals with developmental disabilities and their families in Douglas, Jefferson, Osage and Franklin counties. In that capacity, he was active in disability supports and training projects. Mr. Bart has completed the Kansas Council on Developmental Disabilities' in-depth

advocacy training in community-based outreach and graduate network development. He is also a graduate of "Special Education Law Boot Camp,"

conducted by Wrightslaw.

Mr. Bart's Office of KanCare Ombudsman will be located in the New England Building, 503 S. Kansas

Avenue in Topeka. The Kansas Department for Aging and Disability Services will provide that office with administrative and other services.



#1

EASY TIP

READ LABELS

About 90 percent of us eat more sodium than is recommended for a healthy diet, and too much sodium increases your risk for high blood pressure. Sodium hides in places you don't always expect. So always compare products and focus on the amount of sodium per serving. Learn where sodium hides, and make healthier choices.



SIMPLE WAYS TO REDUCE SODIUM



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PERSONAL FINANCE

Make some New Year's (financial) resolutions

Once again, it's time to make some New Year's resolutions. This year, in addition to promising yourself that you'll hit the gym more often, learn a new language or take up a musical instrument — all worthy goals, of course — why not set some financial resolutions?

debt. Over the past few years, Americans have done a good job of lowering their debt burdens. Of course, the economy is still tough, and it can be challenging to avoid taking on new debts. But the less debt you have, the more you can invest for your retirement and other important objectives.

- **Rebalance your portfolio to accommodate your risk tolerance.** If you spend too much time worrying about the ups and downs of your investments, then your portfolio's potential for volatility may be too great for your individual risk tolerance. On the other hand, if you continually see little growth in your holdings, even when the financial markets are going strong, you may be investing too conservatively — especially if you are willing to take on some calculated risk to potentially boost your returns. So review your portfolio at least once in 2013 to see if it needs to be "rebalanced" to fit your risk tolerance.

- **Get some help** — Navigating the investment world by yourself is not easy. For one thing, there's a lot to know — different types of investments, changing tax laws, the effects of inflation, interest rate movements, and much more. Furthermore, when you're making investment decisions on your own, you may have a hard time being objective — so you might end up investing with your heart, and not your head. The need for knowledge and objectivity point to the advantages of working with an experienced financial professional — someone who understands both the financial markets and your individual needs and goals.

These aren't the only financial resolutions you could make for 2013 — but if you follow through on them, you may well need to make fewer ones when 2014 rolls around.

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



Harley Catlin and Ryan Catlin

Consider these suggestions:

- **Boost your retirement account contributions.** If your income will rise this year, consider putting more money into your employer-sponsored retirement plan, such as a 401(k), 403(b) and 457(b). You typically contribute pre-tax dollars to your plan, so, the more you put in, the lower your taxable income. Plus, your money can have tax-deferred growth potential.

- **Don't over-react to the headlines.** Lately, you've heard a lot about the "fiscal cliff," political paralysis, the debt ceiling and other Really Scary Topics. These issues are not insignificant — but should they keep you from investing? After all, in any given year, you won't have to look hard to find warnings and negative news events — and many people do use these ominous-sounding headlines as a reason to head to the investment "sidelines" for a while. But if you're not investing, you're unquestionably missing out on opportunities to make progress toward your financial goals. So, instead of focusing on the news of the day, make your investment decisions based on the fundamentals of those investments you may be considering, along with your goals, risk tolerance and time horizon.

- **Keep whittling away your**

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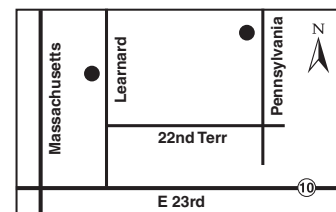
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HEALTH & FITNESS

Tips for a Healthy New Year

People collect all kinds of things. I collect tips for healthier living. In my work as a health professional, I share these tips with patients all the time. Here are ten of my favorites to keep you well in 2013.

1. Prevent Falls

Every year, one third of people 65 or older fall. In 2010, 2.3 million older adults fell so hard they went to the ER. Here are four good ways to reduce your chance of falling:



Laura
Bennetts

- Exercise for better balance and strength. Walk regularly and, if you need help to exercise safely or in your home, consult a physical therapist.
- Consult your pharmacist or doctor. Make sure that any medications you take, whether prescribed or over the counter, don't make you dizzy.
- See your eye doctor yearly. Keep your eyesight sharp.
- Consult an occupational therapist about hazards in your home. Are the pathways well lighted and clear of clutter? Do you have electrical cords crossing the floor? Is your shower safe? Do you leave your cane or walker in the car? If you reply "Yes" to any of these questions, a therapist

can help you.

2. Keep Health Records Handy

Open a file in your computer and list your medications, allergies, and health diagnoses. Shrink the type size to 8, with two inch margins on each side. Print this list, cut it out (it should be about the size of a credit card) and put it in your purse or wallet. You can even get it laminated at a copy shop, if you want it to last.

You can update this list anytime and share it with your doctor or pharmacist or anyone else who needs to see it. If the print is hard to read, you can carry a key-chain magnifying glass.

3. Don't Wait Until Friday

If you might need medical help, call immediately. Talk to an advice nurse to see if your problem warrants swift action. If so, see your doctor before the weekend. Otherwise, you may wind up racing to the emergency room on Saturday or Sunday.

4. Keep Your Feet Happy

You need shoes that fit in both width and length, with arch support. If you're unsure about a shoe at a store, try this: See if you can fold it in half, pressing the toe towards the heel. If you succeed, that shoe is NOT supportive enough for daily wear. And you should shop for shoes after noon, when, due to normal daily swelling, your feet are slightly larger than in the morning.

5. Don't Take It Too Easy

Often, people with injuries think they should stay off their feet. That can be an error. Every day you spend

in bed weakens you a bit. And time spent needlessly in chairs or wheelchairs can weaken you. If you're weak from lack of exercise, you need exercise, not just rest. If you're ill, get medical help quickly. And waiting for pain to subside without exercise or treatment, can weaken you, too. Ask to see a physical therapist, asap.

6. Equipment Makes You Independent

Many people fear that canes or crutches will weaken them. But the opposite is often true. If a cane or a crutch helps you stay active, you will grow stronger, not weaker. When you use a cane or crutches, you walk farther with less risk of falling.

7. Get the Right Equipment

Of course, not all canes or crutches are right for you. If you borrow a cane from a taller friend, the cane will be too tall—you need a cane that's the right length. And you need to use it properly. Say that your left hip is painful. If so, you need the cane in your right hand, to press down when you step out with your left foot.

Getting help from a therapist to get the right cane, and training, is a must.

8. Age Is No Excuse

An elderly man was once told to ignore the pain in his left leg. "At your age, you should expect some aches and pains." But, he replied, "my right leg doesn't hurt, and it's the same age." He had a point. Don't blame your age if your joints ache, your bladder leaks, or you have trouble sleeping. Many of your limbs and organs are fine, and they're just as old as the ailing parts.

9. That's What They Do

Whatever your ailment, seek your doctor's advice. Don't worry about seeming like a worry wart or taking

too much of your doctor's time. That's what doctors do. Make a list of your concerns and make the effort to get the medical help you need.

10. Posture Counts

Many pains are caused by poor posture. If your neck hurts, or you have back pain, check your posture with a mirror. Avoid squishy couches or low-slung chairs. And if you find yourself slouching after standing (say, in line or at a party), you can walk around a little or lean gently against a wall or grocery cart. If you're sore in the morning, think about your sleeping posture. Is your mattress supportive? Is your pillow keeping your head and neck aligned?

Remember...

Little changes in daily routines can have big effects. So before you rush out to buy new products that may not really help you, see what you can do yourself. Get advice from an occupational or physical therapist. A timely tip can have tiptop results.

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



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HEALTH & FITNESS

25 tips for fighting holiday weight gain

This is the time of year when many people realize they have eaten too much throughout the holidays and put on some extra weight. The national average weight gain during the holidays is actually less than what we were told. There are some debates about the actual amount we gain during the holidays. So, the good news is that for many years we were



Dr.
Farhang
Khosh

told that the average is between seven to 10 pounds, but in reality it could be one to three pounds. One should realize that this is just an average, which means one can gain only one pound, while another could gain five or more pounds. However, there are many programs—everything from supplements to exercise programs—to promote weight loss. The following is a list of 25 suggestions to help you shred those extra pounds.

1. Set realistic weight-loss goals. It is recommended to aim for one-half to one pound per week.
2. Keep track of daily dietary intake. Those who keep track of everything they eat lose twice as much weight as those who don't.
3. Motivate yourself.
4. Don't do it alone. Those who have others dieting with them lose more weight than going it alone.
5. Lose the excuses and move it by exercising.
6. Pay attention to portion sizes.
7. Get the junk food out of the house. If the high calorie food is in the house, you'll be tempted to eat it.
8. Avoid hunger. Eat regular meals and snacks. Make sure you have plenty of protein foods to keep you feeling full longer.
9. Keep produce on hand. Keep vegetables such as broccoli or carrots in the refrigerator.
10. Keep fruits like grapes, apples and pears around the house. These

foods are easy to eat without having to do much cutting and slicing when you are hungry.

11. Cut out the liquid calories. Eliminate soda, sugary drinks, and sports drinks. These drinks are often loaded with sugar and put calories on a person.

12. Eat slowly and enjoy every bite. Those who eat more slowly have shown in clinical research to get full faster without consuming all the calories.

13. Drink water before meals. Drinking 16 ounces of water before a meal can help you eat less and lose more.

14. Don't eat after 7:00 p.m.

15. Treat yourself occasionally. If you're craving chocolate, go outside and buy a small portion of the food that you love.

16. Get plenty of sleep. Scientists have found that sleep deprivation increases levels of a hunger.

17. Weigh yourself regularly, but don't be obsessed about it.

18. Reward yourself. When you meet a goal of losing those five pounds, treat yourself to something besides food.

19. Eat foods with healthy fats such as olives, salmon, nuts, and seeds, which will help to keep you full longer.

20. Don't skip meals. Your body will go into a fat-storing starvation mode, making it harder to lose weight.

21. Meditation can help you cope with stress, which can help you avoid those feel-good carbs.

22. Acupuncture has been shown over the years to be very helpful with weight loss and decreasing hunger.

23. Create emergency packs filled with healthy foods such as nuts, fruits or sliced vegetables to help you avoid unhealthy temptations.

24. A pedometer can help keep track of your steps. If you're not getting 10,000 steps a day, you're not getting enough exercise.

25. Take every opportunity to move around, even if it is only in small ways. Studies show fidgety people tend to be skinnier.

- 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

Lessons from Sandy

As the East Coast recovers and rebuilds after Superstorm Sandy, it is important to heed some hard lessons. The most important of which is clear: if you're in the path of such a storm, you need to follow official warnings and evacuation instructions. Many residents in the northeast ignored evacuation orders for Sandy. This type of stubbornness not only puts you at risk, but it also puts



Jill
Schlesinger

first responders in harm's way. Some older folks didn't want to leave, which makes it more important for younger relatives, friends and neighbors to encourage and assist them.

It's also important to create and communicate emergency plans among family members. What are the procedures that your family will follow? Where will everyone meet, and how will you stay in touch? Who will be responsible for older relatives, and what are the contingency plans for a prolonged power outage? If you live in a place where storms frequently knock out your electricity,

you may want to consider purchasing a generator. Michael Goodman, CPA/PFS, CFP, of Wealthstream Advisors says "if a generator is affixed and connected to your home, versus one that is on wheels and can be rolled away, the cost can be used to increase the cost basis of a home when you sell it."

The time to review and become familiar with the terms and details of your homeowner's and auto insurance policies is not in the aftermath of a severe event, but before it occurs. Many flood victims find out quickly that most standard homeowners' policies cover structural and water damage only in limited circumstances, like when a tree falls and knocks a hole in a roof or breaks a window and allows rain to fall inside. Most policies don't cover damages that result from rising water unless the homeowner lives in a designated flood zone and has purchased insurance through the federal government's National Flood Insurance Program.

There is a safety net available for those who experience flood damage but whose policies do not cover the damage: Residents living in declared disaster areas could be eligible for federal assistance. To apply online, go to www.disasterassistance.gov; apply via smartphone at <http://m.fema.gov>; and to apply by phone, call 800-621-3362 or TTY at 800-462-7585 for people with speech or hearing disabilities.

If you know a storm is coming and that you could be affected, it's smart to take pre-storm pictures or video. Once the damage has occurred, take another set of photos before you move anything. You should then make a list of damaged or lost items and include their date of purchase, value and receipts, if possible. Don't make permanent repairs until the insurance company has inspected the property and you have agreed on the cost of repairs. However, you should inform the insurance company if you need to make temporary repairs to prevent further damage to your property.

Remember that all settlement offers from insurance companies can be negotiated, so don't go nuts when you first review the adjuster's written assessment. Adjusters should account for regional differences in the cost of materials and contractors, but if they don't, you can make a case for a higher amount. For that reason, it is imperative not to cash or deposit the first check from the insurance company until you review the full report and agree with all items and costs. Some red flags include omissions of damaged items, partial or incomplete

measurements, and low-ball contractors' costs. If you see a problem, return the first check and request that the adjuster revise the report. Then request a check from the insurance company for the correct cost of the damage.

If you run into a brick wall with your insurance company, you will have to create a paper trail. In addition to calling, register all complaints in writing. It will help to be courteous and specific about the problem when you document it. Be sure to ask for a resolution within a reasonable time frame. If problems persist, contact your state's insurance commissioner. Keep working the process—it can take patience and persistence, but ultimately, you have to be your own advocate.

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

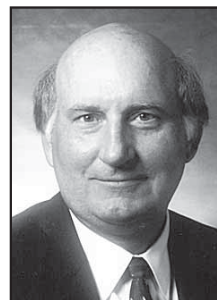
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Proton beam therapy affects less healthy tissue than standard radiation

DEAR MAYO CLINIC: What's the difference between standard radiation therapy and proton beam therapy? How do doctors decide which one to use?

ANSWER: Both standard radiation therapy and proton beam therapy can be used to treat tumors. A key difference is that standard radiation passes through a person's body. In contrast, proton beam therapy delivers radiation to the tumor, where it stops. Because the proton beams stop, less healthy tissue is exposed to radiation, and the risk of side effects is lower.

Protons are a component of all matter. Atoms have protons and neutrons together in the central nucleus with electrons surrounding them. Radiation is the energy released from atoms as either a wave, such as an X-ray, or a tiny particle of matter, such as a proton. Radiation therapy can be used to kill cancerous and noncancerous tumors.

Standard radiation therapy uses X-rays. Because X-rays have no mass, they cannot be stopped from traveling all the way through the body. Proton beam therapy directs protons into a tumor. Because protons have mass, how far they travel and where they are placed can be controlled.

For example, a person who has a tumor near the back of one lung and is treated with standard radiation therapy may receive a dose through the back. As the X-ray leaves the body, the rest of the lung, the heart and other tissues in front of the tumor also receive radiation. With proton beam therapy, protons are directed inward from the back and stop in the tumor, delivering radiation to the tumor but none to organs or tissue in front of it.

Because much of the healthy tissue around the tumor does not receive radiation with proton beam therapy, side effects are less likely than with standard radiation therapy. In addition, because radiation can be more precisely controlled using proton beam therapy, the amount of radiation delivered to the tumor can often be safely raised, potentially increasing the treatment's effectiveness and possibly decreasing the number of

treatments needed.

Proton beam therapy can be used for many kinds of tumors. It is particularly useful in sites near critical organs or for tumors located deep within the body, when concern about damage to healthy organs and tissue may require that the standard radiation treatment dose be decreased. In particular, proton beam therapy is often a reasonable option for brain, esophageal and lung cancers.

Proton beam therapy can also be a good choice for children. With radiation therapy, there is an increased risk that children will develop another tumor sometime during their lifetime due to the radiation. Proton beam therapy lowers that risk because the child's body is exposed to less radiation than that from standard radiation therapy. Proton beam therapy also lowers the risk of damage to children's brain cells, decreasing the potential for long-term memory and thinking problems.

Proton beam therapy, although applicable in a variety of situations, is unlikely to completely replace standard radiation therapy. Standard radiation is typically a better choice for skin cancers or other surface-level tumors. In addition, proton beam therapy is not a treatment option for cancer that has spread, or metastasized, to other parts of the body through the bloodstream. Standard radiation is useful and effective at decreasing symptoms related to metastatic cancer.

The expense of the large equipment required for proton beam therapy also makes it unlikely that this therapy will be widely available in the near future. Finally, although this therapy appears to hold promise for treating a wide array of tumors, additional research is ongoing to determine the most effective way to use proton beam therapy. - Steven Schild, M.D., Radiation Oncology, Mayo Clinic, Scottsdale, Ariz.

- *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: Medical Edge 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 12

RACHMANINOFF & PAGANINI

Marquez - Donzon No. 2; Rachmaninoff - Rhapsody on a Theme of Paganini; Stravinsky - Firebird Suite. Kyle Wiley, Conductor candidate and Steven Spooner, Soloist. Admission fee. White Concert Hall, 17th & Jewell Streets, 7:30 p.m.

TOPEKA, (785) 232-2032

www.topekasympphony.org

JAN 18-27

FOX ON THE FAIRWAY

A comedy by Ken Ludwig. Enjoy a romp that pulls the rug out from underneath the stuffy denizens of a private country club. Filled with golf jokes, mistaken identities, slamming doors, and over-the-top romantic shenanigans, it's a furiously paced comedy that recalls the Marx Brothers' classics. Lawrence Theatre, 1501 New Hampshire.

LAWRENCE, (785) 843-7469

www.theatrelawrence.com

JAN 18-FEB 9

LOVE, SEX AND THE IRS

Here is a wild farce with twists of fate, sight gags, mistaken identities and hilarious comic lines. Jon Trachtman and Leslie Arthur are out of work musicians who room together in New York City. To save money, Jon has been filing tax returns listing the pair as a married. The day of reckoning comes when the Internal Revenue Service informs the "couple" they're going to be investigated by a Mr. Spinner. Leslie masquerades as a housewife, aided by Jon's fiancée, Kate. Complicating matters further, Leslie and Kate are having an affair behind Jon's back. Jon's mother drops in unexpectedly to meet her son's fiancée, and Leslie's ex-girlfriend shows up demanding to know why Leslie has changed and won't see her anymore. Please call for dates, times and ticket prices. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. TOPEKA, (785) 357-5211

www.topekacivictheatre.com

JAN 27

ANDREW TYSON, ROBUST ROMANTIC PIANO

Born in 1986 in Durham, North Carolina, Andrew Tyson is emerging as a distinctive and intriguing musical voice. The opportunity to perform at the Lied Center of Kansas is one of three special prizes he was awarded for achievements during his Young Concert Artists audition. Tyson has worked with many orchestras and string quartets, including the Brentano String Quartet, which will also be performing at the Lied Center. He is currently a master's student at The Juilliard

School, studying with Robert McDonald. Lied Center, 1600 Stewart Dr.

LAWRENCE, (785) 864-2787

www.lied.ku.edu/events/andrew-tyson.shtml

JAN 27

HARLEM GLOBETROTTERS

Harlem Globetrotters 2013 "You Write the Rules" World Tour lets you vote for your favorite, wackiest rule at www.harlemglobetrotters.com and then see the winning rule in action at the game. "Magic Pass" allows you to spend time on the court with the Globetrotters pregame. "Magic Pass" sold separately. Soft/rubber soled shoes must be worn on the court. One Expocentre Drive, 2 p.m.

TOPEKA, (800) 745-3000

FEB 2

AN EVENING WITH SUZANNE VEGA AND DAUGHTER RUBY FROOM

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

LAWRENCE, (785) 864-2787

www.lied.ku.edu/events/suzanne-vega.shtml

FEB 3

THE SENIOR CLASS

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

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

FEB 4

FRITZ AND FRIENDS

Don't miss this special evening by Ottawa Suzuki Strings as they celebrate the music of Fritz Kreisler, one of the greatest violinists of all time. Featuring special guest Terry Durbin as Fritz Keisler Tickets are now on sale. First Baptist Church, 4th & Hickory, 7 p.m.

OTTAWA, (785) 242-0242

www.ottawasuzukistrings.org

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

■ CONTINUED ON PAGE 19

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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

EDUCATION

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TOPEKA, (785) 354-5225

JAN 8
THE STEPS TO SUCCESSFULLY QUITTING SMOKING
Thinking about quitting smoking? Plan to attend this special class that covers the basic steps to successfully quitting. Topics include: ways to break the smoking habit, pharmaceutical and nicotine replacement assists, preventing weight gain after quitting, and dealing with stress during the quit process. This program is free. Advance enrollment requested. 6-7:30 p.m. Please call LMH Connect Care.
LAWRENCE, (785) 749-5800

JAN 9
PRE-DIABETES 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. Lawrence Memorial Hospital, 12-1:30 p.m.
LAWRENCE, (785) 749-5800

JAN 12
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. Please call LMH Connect Care.
LAWRENCE, (785) 749-5800

JAN 15 & 22
SEVEN STEPS TO STRESS MASTERY – A BASIC STRESS MANAGEMENT CLASS
Do you have difficulty managing the stress in your life? Plan to attend this two session class that offers basic stress management instruction. Participants will learn why we need to manage stress, seven stress erasers, how the mind controls and contributes to stress, and how to make stress management skills a habit. Registration in advance is required due to class space limitations. \$25/person. Lawrence Memorial Hospital.
LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

OCT 5-JAN 27
LASTING IMPRESSIONS
Lasting Impressions, prints from the Pruitt Collection. Event cost: Free Gallery Hours: Tuesday 10 a.m.-7 p.m. Wednesday-Friday 10 a.m.-5 p.m. Saturday & Sunday 1-4. 17th & Jewell Streets
TOPEKA, (785) 670-1124
www.washburn.edu/mulvane

HEALTH & FITNESS

MONDAYS THROUGH FRIDAYS
FIT FOR LIFE
LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist partici-

pants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee.
LMH KREIDER REHABILITATION SERVICES
LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

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

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

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

FIRST THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC
HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free.
TOPEKA, (785) 354-6787

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

■ CONTINUED ON PAGE 20

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SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free. TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

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

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

JAN 2

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$6/test. HealthSource room, Lawrence Memorial Hospital, 8:30-10 a.m. LAWRENCE, (785) 749-5800

JAN 14

BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI

One-hour class that will focus on balance exercises with Tai Chi movements incorporated. Designed to be fun as well as improve functional strength and balance. The instructors are Registered Physical Therapists who will assist you with progression through the appropriate level of exercises for you. Monday/Wednesday class. Fee. Advance enrollment required as class size is limited. Lawrence Memorial Hospital. LAWRENCE, (785) 749-5800

JAN 15

BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI

One-hour class that will focus on balance exercises with Tai Chi movements incorporated. Designed to be fun as well as improve functional strength and balance. The instructors are Registered Physical Therapists who will assist you with progression through the appropriate level of exercises for you. Tuesday/Thursday class. Fee. Advance enrollment required as class

size is limited. Lawrence Memorial Hospital. LAWRENCE, (785) 749-5800

FEB 6

CHOLESTEROL SCREENING

See January 2 description. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m. LAWRENCE, (785) 749-5800

FEB 9

HEALTHY HEARTS FAIR

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

HISTORY/HERITAGE

JAN 6, MAR 3, APR 7 & MAY 5

KANSAS TERRITORIAL CHARACTERS

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

LECOMPTON, (785) 887-6520

JAN 27-FEB 24

LECOMPTON'S 2013 BLEEDING KANSAS PROGRAM SERIES

The 17th annual "Bleeding Kansas" program series presented on five consecutive Sundays at 2 p.m. at Constitution Hall State Historic Site. Suggested donation \$3 adults. Jan. 27 "Kansas"

First Territorial Elections & the Lecompton Constitution" a "Kansas Day" program by Kris Kobach, Kansas Secretary of State Feb. 3 "A Few Words in Figures: Breaking John Brown, Jr.'s Civil War Cipher" by Bill Hoyt, Pittsburg State University Feb. 10 "James Henry Lane: Popular Sovereignty Advocate for Territorial Kansas" by Donna Devlin, Smith Center (Kansas) Public Schools Feb. 17 "The Big Divide: A Complete Guide to Historic and Civil War Sites in the Missouri-Kansas Border" by Diane Eickhoff & Aaron Barnhart, authors Feb. 24 "Bleeding Kansas: The Real Start of the Civil War" by Robert C. Jones, President, Kenesaw (Georgia) Historical Society. Constitution Hall State Historic Site, 319 Elmore St. LECOMPTON, (785) 887-6520
www.lecomptonkansas.com

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

■ CONTINUED ON PAGE 21

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FRIDAYS

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

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

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

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

MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS
WATER AEROBICS CLASSES
OrthoKansas, P.A. offers aquatic programs and

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

FIRST MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please

join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 2:15-3:45 p.m. LAWRENCE, (785) 842-0543

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

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

FIRST & THIRD TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES

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

FIRST & THIRD TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

FIRST & THIRD TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

Harvard Rd., Lawrence, 10:30 a.m.

TUESDAYS GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS & THURSDAYS WATER AEROBICS CLASSES

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

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

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

Meetings are held at the United Way building, 2518 Ridge Ct.. Social time begins at 1:30 p.m.

■ CONTINUED ON PAGE 22

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■ CONTINUED FROM PAGE 21

and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson. LAWRENCE, (785) 832-1692

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

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

**THURSDAYS
GRIEF & LOSS SUPPORT GROUP**

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

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

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

**FIRST THURSDAY OF EACH MONTH
PARKINSON MEETING**

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

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

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

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

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

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

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

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

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

**SECOND TUESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

United Way Peaslee Room, 2518 Ridge Ct., 1-2 p.m. LAWRENCE, (785) 235-1367 or (800) 798-1366

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

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

**SECOND TUESDAY OF EACH MONTH
KAW VALLEY HERBS STUDY GROUP**

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

**SECOND TUESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

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

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

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

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

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

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

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

**SECOND THURSDAY OF EACH MONTH
CAREGIVERS SUPPORT GROUP**

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

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

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

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

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

**SECOND SATURDAY OF EACH MONTH
HAPPY TIME SQUARES 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
CAREGIVER SUPPORT GROUP**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

■ CONTINUED ON PAGE 23

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■ CONTINUED FROM PAGE 22

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 TUESDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Countryside United Methodist Church, 3221 SW Burlingame Rd, 1-2 p.m.

TOPEKA, (785) 235-1367 or
(800) 798-1366

FOURTH WEDNESDAY OF EACH MONTH

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

RETIRED GOVERNMENT EMPLOYEES

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

LAWRENCE, (785) 478-0651

MISCELLANEOUS

SUNDAYS

CHURCH SERVICES

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

LAWRENCE, (785) 841-6845

JAN 6

ANNUAL EPIPHANY SERVICE

A pageant, special readings, and musical numbers are planned for this inspirational service. Light refreshments, including chocolate, will be served. Many nativity scenes will be on display. Public invited. Kansas Avenue United Methodist Church, 1029 N. Kansas Ave., 4 p.m.

TOPEKA, 785-234-0507

JAN 19

17TH ANNUAL KAW VALLEY EAGLE DAY

The event is free, open to all ages and will take place from 9 a.m.-4 p.m. There will be numerous hands-on activities for kids, presentations including live bald eagles, and guided field trips to Clinton Lake to observe eagles in their natural surroundings. Free State High School, 4700 Overland Drive.

LAWRENCE, (785) 842-0475

FEB 2

SOUPER BOWL SATURDAY

Enjoy homemade soup in your handcrafted ceramic bowl. More than 500 handmade ceramic bowls produced by area artists, community members and students at the LAC will be on sale. The bowls range in price from \$10 to \$50 and all money raised will support the LAC ceramics department. Lawrence Arts Center, 940 New Hampshire.

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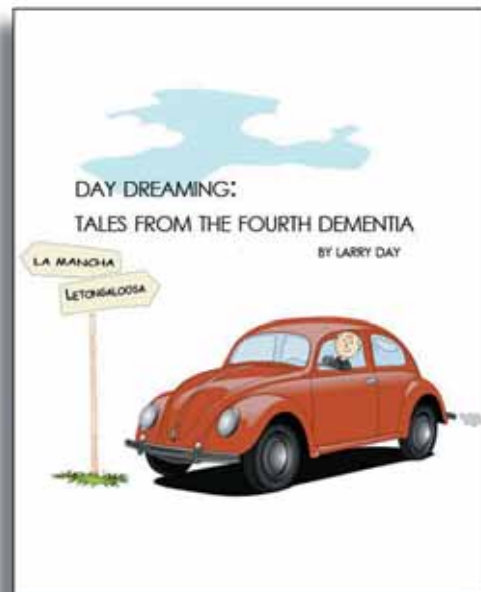
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Four myths about Social Security

By Phong Nguyen

Social Security Operations Supervisor in Lawrence, KS

Like any other successful and long-standing program or organization, there are a number of myths surrounding Social Security. Some of them are grounded in truth but just slightly misconstrued. Others are completely out of line with the truth. Let's take a look at a few.

Myth 1: Social Security is just a retirement program.

Social Security is more than a retirement program. It provides benefits to retirees, survivors, and people with disabilities who can no longer work. In fact, almost seven million disabled workers and nearly two million of their dependents get Social Security disability benefits. Six and a half million dependents of deceased workers (including two million children) get Social Security survivors benefits. Social Security is more than

just retirement.

Myth 2: I don't need to save because Social Security will take care of me when I'm retired.

Social Security was never intended to be a person's sole income in retirement; it should be combined with pension income and personal savings and investments. Your Social Security Statement, available at www.socialsecurity.gov/mystatement, is a great place to get an idea of what to expect during retirement. You can also visit our Retirement Estimator at www.socialsecurity.gov/estimator.

Myth 3: If I work after I retire, I'll be penalized.

Once you reach your full retirement age, there is no penalty and no limit on the amount you can earn. You can determine your full retirement age by visiting www.socialsecurity.gov/retirecharted.htm. The earnings limit for workers who are younger than "full" retirement age (age 66 for people born in 1943 through 1954)

is \$15,120 in 2013. (We deduct \$1 from benefits for each \$2 earned over \$15,120.) The earnings limit for people turning 66 in 2013 is \$40,080. (We deduct \$1 from benefits for each \$3 earned over \$40,080 until the month the worker turns age 66.) Keep in mind that if we withhold some of your benefits due to work, we will re-compute your monthly benefit amount when you reach full retirement age to account for those months that we withheld your benefit. There is no limit on earnings for workers who are full retirement age or older

for the entire year.


Myth 4: To apply for benefits or do business with Social Security, I need to go to an office.

Not only is this false, but we encourage you to do business with us the most convenient and fastest way: at www.socialsecurity.gov. At our website, you can apply for benefits, use our Retirement Planner, get an estimate of your benefits, request a replacement Medicare card, and much more. You'll find it all — along with answers to your questions — at www.socialsecurity.gov.

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How to talk to a loved one about the difficult subject of hearing loss

(BPT) - Full of festive gatherings, this time of year brings us close to friends and family. But if you know someone suffering from hearing loss, it may be hard for you both to fully enjoy time together. You can help improve your loved one's quality of life by addressing the problem with understanding and care. With a few simple steps, you can start the conversation and help find a solution.

From not being able to hear during family dinners and having grandkids disinterested in conversations due to lack of understanding to requiring the TV or radio to be unreasonably loud, a number of different scenarios can be indications of just how much hearing loss affects normal activities and communication.

Rather than simply applying short-term solutions, such as speaking louder, leaving the room when the TV is on or repeating yourself constantly, help a loved one find a better solution. When approaching someone about hearing loss, remember he or she may be in denial or self-conscious about the problem. Here are a

few steps to follow to help the process go smoothly:

Step 1: Conversation starters

Using the phrase "I've noticed recently..." is a great conversation starter. Give real examples that demonstrate the hearing problem: for example, explain how you've noticed the grandchildren don't want to play games with Grandma or Grandpa any longer because they get frustrated they can't be heard. Or, perhaps you've noticed the person isn't talking on the phone much anymore; suggest that you're worried about him or her becoming withdrawn or isolated from friends.

Step 2: Conduct a casual hearing test

After you've had the initial conversation, a person with hearing loss may still be hesitant to visit a hearing care professional, so an easy interim step is to go online and conduct a hearing test in the comfort of your own home. Visit www.Starkey.com and have your loved one answer five short questions and then listen to a series of tones. It only takes a

few minutes and will give you both a basic understanding of any hearing loss issue that exists. It also provides an idea of what some parts of a professional hearing evaluation might be like to reduce fears. While online, you can browse through different types of hearing aids to see how advanced technology is creating virtually invisible, easy-to-use options for anyone.

Step 3: Make an appointment

Hearing loss can affect a person's ability to learn, socialize and enjoy life. It also can affect personal safety, such as when important phone calls or alarms are not heard. Help your loved one make an appointment with a hearing care professional for an expert diagnosis so the hearing loss can be addressed.

If your loved one has a trusted physician, see if there is a hearing care professional he or she recommends. Then offer to take your loved one to the appointment - this not only provides support during a difficult time, but also ensures that the appointment isn't missed. At the appointment, feel free to ask questions about treatments and different hearing aid options.

Remember, hearing loss is cumulative. By allowing loved ones to ignore the issue and delay treatment, the problem and its impacts will continue to grow. By offering your support and helping a special loved one find a solution, you both benefit from better communication and hopefully a renewed connection.

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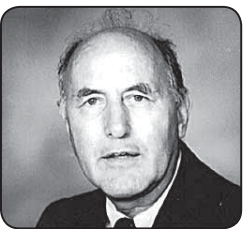
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HUMOR

The Loser Bowl

Ribby Von Simeon was miffed back in 2011 when the Letongaloosa Community Junior College football team went 0 and 10 for the sixth straight season. To soften the pain he decided to do a spoof about the nation's obsession with post-season bowl games. He created and financed the Loser Bowl.



Larry
Day

People don't realize how wealthy Ribby Von Simeon is. Most people think of him as a professor who teaches horticultural dynotomics at Letongaloosa Community Junior College.

But Ruthless Ignacio Balderdash San Bernadino Cortez Ruiz Von Simeon—known to everyone, for obvious reasons, as Ribby—is very wealthy. He is the only son of the late Balderdash Von Simeon, founder of the Von Simeon newspaper, broadcasting and movie empire and the grandson of Ruthless Von Simeon, the notorious 19th century mining tycoon.

Ribby was already in his forties when he came into his inheritance—a huge trust fund. By that time he was living simply but comfortably as an adjunct professor at LCJC.

Ribby had already invested in one extravagant venture. He had purchased a decommissioned ocean liner that had figured in a treasured memory of his childhood and transported the vessel piece by piece to Kansas. Then he had the ship put back together, refurbished, and moored it

on top of a hill outside Letongaloosa, where it sits today.

The Loser Bowl endeavor began with a team selection process. Ribby hired experts to look for the two worst college football teams in the country. They turned out to have identical records: zero wins and 10 losses in each of the past 12 football seasons. Neither team had won a game in this century. The teams were the Bengal Bearcats from Throckmorton University in Mijita, Texas, and the Trojan Lancers from Carmichael University in River Bend, Pennsylvania.

Early in 2012, Ribby's Loser Bowl executives contacted administrators at the two universities. They were adamantly opposed to having their schools participate in the Loser Bowl. Getting a "yes" involved generous contributions to the universities' sports programs, building funds, curriculum, faculty, student government, and the alumni association. After that, the universities got enthusiastic.

The game was to be played in the LCJC's stadium and seats were reserved for each school. The other seats were to be sold on a first-come-first-serve basis.

Ribby hoped for a sell out crowd, but he certainly didn't anticipate what happened next. The jet set on the East and West coasts became aware of the game and suddenly the Loser Bowl was the "in" place to be.

Ribby had set up a separate Loser Bowl office and had hired a staff.

Well before the tickets went on sale, big shots from all over the country began calling and demanding tickets. Ribby's staff was polite but firm in telling them "no." The staff put the most difficult calls through to Ribby. Here is a typical exchange:

"Hello."

"This is Burgman Overmeyer,"

"Yes, sir, how can I help you?"

"My executive assistant tells me your staff won't sell her 15 tickets to that Loser Bowl thing."

"That's right sir, the game is sold out."

"I said I'm Burgman Overmeyer."

"Congratulations, sir."

"Listen here. You sell me 15 tickets to that blasted game or I'll have your job."

"Just a moment sir," Ribby conferred with his assistant, then came back on the line.

"Mr. Overmeyer, you're CEO of Blakeland Chemicals, correct?"

"That's right, so what."

"I own your company, sir."

"Who IS this?"

"It's Ruthless Balderdash Von Simeon, sir."

There was a long pause, then: "Mr. Von Simeon, I apologize. I had no idea..." Click.

The Loser Bowl game turned out to be a doozy.

The Bengal Bear Cats won the toss, elected to receive, and scored. The extra point attempt failed.

The Trojan Lancers ran the kick off back for a touchdown. The extra point attempt failed. And so it went, score for score. When time ran out in the fourth quarter the score was 86-86. The game went into overtime. After two overtimes, the score was 98-98. In the sudden death overtime, neither team could score. LCJC stadium doesn't have lights, so the game was called on account of darkness.

The Bengal Bear Cats ended their season 0-10-1.

The Trojan Lancers ended their season 0-10-1.

Ribby, ended the season happy.

- 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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PET WORLD

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

Q: We lost our Soft-Coated Wheaten Terrier, and it's still very difficult to talk about and deal with the loss. Poor Gracie, our other dog, has also had a tough time, and it's been heartbreaking. I think Gracie is still waiting for McGee to come home. There's no way to tell her that's not going to happen. How can we help Gracie through this difficult period? - S.O., Chicago, IL.



Steve Dale

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

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

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

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

Try to keep a regular schedule for Gracie's activities, so there's a consistent structure to her life. Feed her and take her for walks at about the same time you always have. Playing

with a dog's favorite toy is probably the best antidote (for dogs who enjoy play), and the exercise is a great outlet for both you and your pet.

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

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

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

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

The most likely possibilities for your dog's problem are food allergies or environmental allergies. You mention that you tried to change the dog's diet, but it's necessary to transition to a specific single-protein prescription diet or homemade diet (one specifically recommended by your veterinarian). Those are the only choices for a reliable food trial, and your dog must remain on the new diet for several months, without a scrap of table food or unapproved dog treat. Your veterinarian should oversee the food trial.

If you did go through a proper food trial, then environmental allergy

seems the most likely culprit. Since your veterinarian is unsure about the next steps, it might be best to request a referral to a veterinary dermatologist.

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually,

he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.

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WOLFGANG PUCK'S KITCHEN

An elegant seasonal salad

Sometimes it can be difficult to think of winter, which began on Dec. 22, as a salad season. After all, salads are so often associated with the fresh new growth of springtime. But, in fact, you can easily find so many delicious ingredients at this time of year to turn into all kinds of refreshing salads that reflect the season.



Wolfgang
Puck

Winter brings a generous harvest of hearty leaves for salads, including arugula, curly endive (also known by the French term frisee), radicchio, escarole, and various kinds of cabbages. All of these are characterized by robust, sometimes bitter flavors and substantial textures that seem to express more of the way you want a salad to be when the winds are blowing cold or the snow is falling.

Then, of course, there are all kinds of seasonal fruits that you can put into winter salads. Apples and pears are among the most obvious candidates, and both make excellent choices. So are citrus fruits, especially tangerines—and their close cousins mandarins, Clementines, and Satsumas, as well as grapefruit and oranges. And remember that dried fruits and nuts further enhance salads when sprinkled in as garnishes.

And don't forget other treats you can add to winter salads. Cheeses are among my favorite selections, adding creamy richness to contrast with the robust greens, along with a hint of saltiness. And meats, especially those from the deli section, can elevate the satisfaction that any salad delivers.

Start thinking about combining all these categories I've mentioned, and you begin to realize how much vari-

ety there can be in winter salads. You can serve them for all sorts of occasions, from casual family dinners to the most elegant dinner parties.

One of my favorite winter salads, in fact, makes an ideal first course for a holiday meal, whether Christmas dinner or a New Year's Eve gathering. It highlights fresh pears, at their peak right now with a wide range of varieties available, from yellow or red Bartletts to green or red Anjous, Comice to Bosc to Concorde pears. (You can also use slightly crispier Asian pears.) Complementing their sweet, juicy flavor are chunks of the cream-filled mozzarella known as burrata, wafer-thin slices of the velvety cured Italian ham known as prosciutto (substitute thin slices of any other ham you like, if you wish), and mounds of baby arugula leaves. A little bit of light dressing based on sweet, slightly spicy, almost syrupy late-harvest white wine ties all these flavors and textures together in perfect harmony.

So, here's to autumn salads - and to a wonderful start to your festive meal!

PEAR AND PROSCIUTTO SALAD WITH LATE-HARVEST-WINE VINAIGRETTE

Serves 4

2 tablespoons sweet white late-harvest dessert wine such as ice wine (Eiswein)

2 teaspoons balsamic vinegar, preferably aged

1 teaspoon Champagne vinegar

Salt

Freshly ground black pepper

1 tablespoon extra-virgin olive oil

4 ripe but firm organic pears, halved, seeded, and cut lengthwise into slices 1/4 inch thick

1/2 pound burrata (cream-filled mozzarella) or fresh buffalo mozzarella, at room temperature, cut into 4 slices

4 thin slices of prosciutto

2 cups organic baby arugula leaves, about 1-1/2 ounces

In a small bowl, combine the wine, balsamic vinegar, and Champagne vinegar. Season lightly to taste with salt and pepper, stirring until the salt has dissolved. Whisking continuously, slowly drizzle in the olive oil until fully incorporated. Set this dressing aside.

With a small, sharp knife, carefully cut each pear lengthwise in half. Using the knife, a melon baller, or a sharp-edge teaspoon, carefully cut out the stems, cores, and seeds from each pear half. Then, use the knife to cut each half lengthwise into wedges about 1/4 inch thick.

Put the pear slices in a shallow dish and drizzle them with 1-1/2 tablespoons of the dressing. With clean fingers, gently toss the slices to coat them with the dressing, taking

care not to break the slices.

Attractively arrange the pear slices on individual chilled serving plates, setting the empty shallow dish aside. Place a piece of burrata or buffalo mozzarella cheese in the middle of or alongside the pear slices on each plate. Lightly drizzle a little more dressing, a scant 1 teaspoon per serving, over the cheese and around the pears. Drape a slice of prosciutto partially over the cheese and pears on each plate.

In the shallow dish in which you dressed the pear slices, put the arugula and drizzle the leaves with the remaining dressing. Mound the arugula on top of each salad. Serve immediately.

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TRAVEL TROUBLESHOOTER

Insurance doesn't cover lost frequent-flier miles

Charles Stewart's wife is hospitalized in England and misses her return flight. Thank goodness she has travel insurance, which covers the cost of her return flight. But what about the miles she spent? Are they lost?



Christopher Elliott

Q: My wife used her Delta frequent flier miles for a trip to Manchester, England, to visit her mother. She bought trip insurance through Allianz. Two days before she was supposed to return, she called me to let me know she had been taken to the

hospital with severe stomach pain.

She was diagnosed with a virus and given medication, but had to return to the hospital. I had to change her return date twice before she could make the flight home. Delta charged \$253 and 20,000 miles to make the change.

My wife was diagnosed with a ruptured appendix and hospitalized immediately when she returned. Because of the amount of infection, removing the appendix was impossible and so she was put on antibiotics.

We made a claim with Allianz for the cost of changing her flight, but Allianz would only cover the \$253. We've asked Delta to consider the circumstances that made this date change necessary and reimburse our frequent flier account with the 20,000 miles, but it won't. Can you help? - Charles Stewart, Dallas

A: I'm sorry to hear about your wife's

medical condition. It's a good thing you had travel insurance, and Allianz was correct to cover your change fee.

I think you might have avoided some of these problems by calling Allianz sooner. Many insurance companies also offer 24-hour emergency medical assistance services, and can help you find a hospital that can diagnose and treat your problem.

Allianz could have also advised you about your next steps and assisted your wife in getting home. (For example, even the basic Allianz policy covers you for up to \$50,000 of an emergency medical transportation.)

A case like this underscores the need for reliable insurance while you're traveling, if not through a travel insurance company, then through some other type of medical coverage. For example, a company like International SOS offers medical assistance, international health care and security services and could have given your wife a quick diagnosis and delivered her to a hospital with American standards.

Delta's policy on redepositing miles is clear. According to the airline, Delta SkyMiles members who

want to cancel or make changes to their wholly unused award ticket need to do so at least 72 hours before their original flight departure time to be eligible to redeposit unused award ticket miles or to reissue an award ticket.

I've seen Allianz cover miles on past claims, but before I approached the company, I decided to ask Delta to take another look at your wife's case. It reviewed her request and decided to return the 20,000 miles as an exception.

- 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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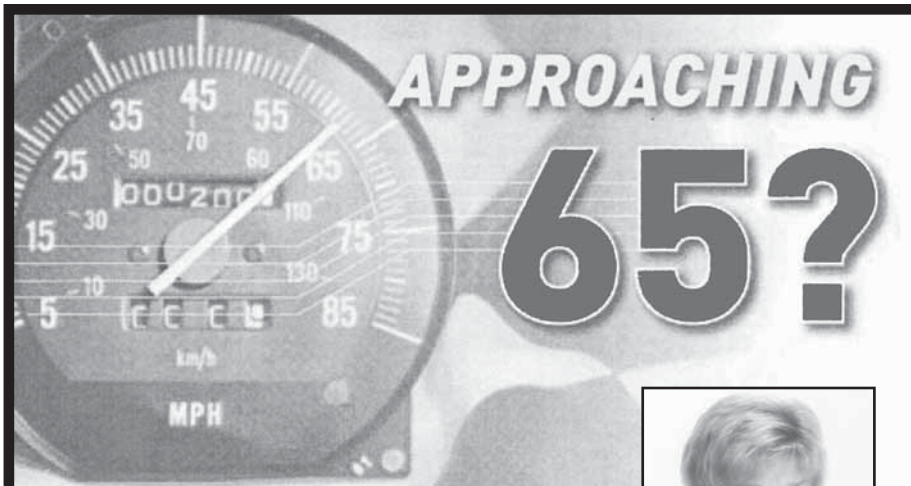
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PUZZLES & GAMES

BRIDGE

Killed By The Crocodile

Goren on Bridge: By Tannah Hirsch

Tribune Media Services

East-West vulnerable. North deals.

NORTH

♠-K 4

♥-K Q J 9

♦-Q J 6 4 2

♣-J 2

WEST

♠-A J 10 7 3

♥-A 8 2

♦-9 5

♣-Q 9 8

EAST

♠-9 6 2

♥-7 6 4

♦-A K 10 3

♣-K 10 4

SOUTH

♠-Q 8 5

♥-10 5 3

♦-8 7

♣-A 7 6 5 3

The bidding:

NORTH	EAST	SOUTH	WEST
1♦	Pass	1NT	Pass
Pass	Pass		

Opening lead: Jack of ♠

Ask any experienced tournament player which form of the game is the toughest and the answer you will get is board-a-match teams. Whether you win a board by 10 points or 1,000, you earn the same 1 victory point. How important a trick can be is highlighted by this deal from the recent Fall North American Championships.

These days, it is difficult to find anyone in the tournament world passing aceless 12-13 point holdings. Here it resulted in North-South reaching a dreadful one no trump contract that might have been doubled.

West, Ralph Katz of Burr Ridge, Ill., attacked with the jack of spades, won with the king in dummy. The king and queen of hearts were allowed to win and a low heart to the ten lost to the ace. West exited with the nine of diamonds, covered by the jack and taken with the king. East reverted to a spade, and West took the next four tricks as East discarded a low card from each minor.

West increased the pressure on declarer by returning the nine of clubs,

covered by the jack and king and taken by the ace. Declarer returned a low club and, had Katz followed low, East would have won with the ten but been endplayed into surrendering a diamond trick to the queen. But Katz shot up with the queen of clubs, swallowing his partner's ten—the crocodile coup—and the defenders took the rest of the tricks for down three.

How important was the extra undertrick? At the other table East-West made nine tricks in a spade contract but lost the board by 10 points - 140 to 150.

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

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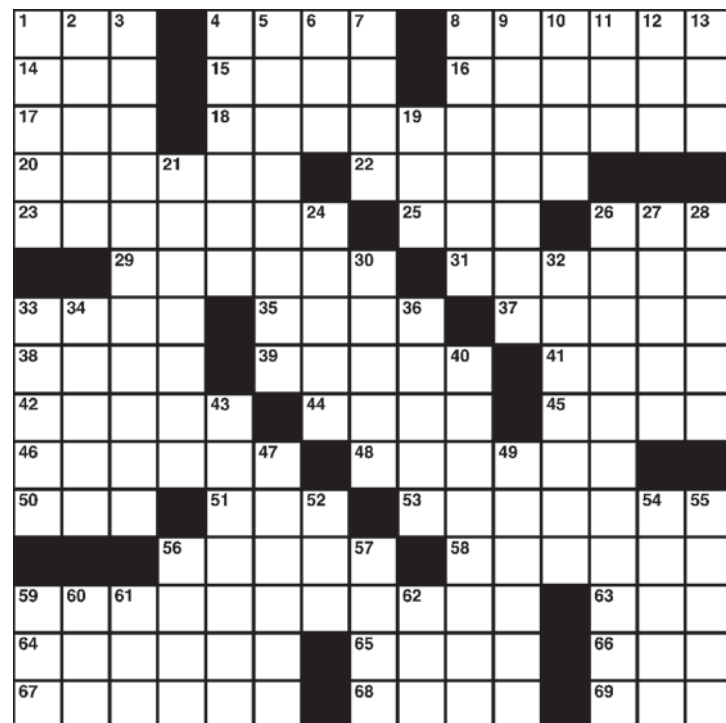
- 1 Tuck's partner
- 4 Carpet type
- 8 Summer brew
- 14 Stuff to be smelted
- 15 Grape grower's prefix
- 16 "It's unnecessary"
- 17 Word with marked or masked
- 18 *Typical Valentino roles
- 20 Declared
- 22 Itch scratchers
- 23 Full sets of chromosomes
- 25 Potpie piece from a pod
- 26 Western treaty gp.
- 29 It's up when you're angry
- 31 Safe and sound
- 33 Race circuits
- 35 ___ Mountains: Eurasian border range
- 37 Mozart's "Cosi fan ___"
- 38 Med school subj.

- 39 Cheesecake on a wall
- 41 Crane component
- 42 Conveyed, as water through a main
- 44 Centers of attention
- 45 Corp. money VIPs
- 46 Audiophile's setup
- 48 Bothers persistently
- 50 Musical ability
- 51 English channel, briefly
- 53 Swing by for a visit
- 56 Former CBS News anchor Couric
- 58 Response
- 59 *Cold War symbol
- 63 Org. for piece lovers?
- 64 Poses (for)
- 65 Wheel attachment
- 66 Aussie runner
- 67 Pint-size
- 68 For fear that
- 69 Free (of)

Down

- 1 Chinese menu

- assurance
- 2 Hopping mad
- 3 *Quaint means of communication?
- 4 Like vows
- 5 *Was in charge of
- 6 Picnic crasher
- 7 Enter
- 8 Taking the place (of)
- 9 Car radiator need
- 10 They may be self-sealing: Abbr.
- 11 Kickoff aid
- 12 Suffix with musket
- 13 Spots on TV
- 19 Cat's pause?
- 21 Place for Pop-Tarts
- 24 Letter flourish
- 26 *To whom "Howdy, stranger" is often said
- 27 Threepio's buddy
- 28 What keeps bloomers up?
- 30 Talked a blue streak
- 32 Wheel covers
- 33 Run out, as a subscription
- 34 Santa ___ racetrack
- 36 "Star Wars" mastermind
- 40 Girlish hairstyle (and what the starts of the answers to starred



- clues are?)
- 43 Fiasco
- 47 More than right, in triangles
- 49 Shakespearean verse
- 52 Columbus in N.Y.C. or DuPont in D.C.
- 54 Nuclear pioneer Enrico
- 55 Hoax
- 56 Was aware
- 57 List-ending abbr.
- 59 Little devil
- 60 Microsturgeons?
- 61 Poem of praise
- 62 Logger's tool

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			4	1	3	8	7			
							6			
6		1	2							4

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.

NEPEC

○ ○ ○ ○

DATUC

○ ○ ○ ○

UNDIPT

○ ○ ○ ○

HONUKO

○ ○ ○ ○

Answer: " ○ ○ ○ ○ ○ ○ ○ ○ " ○ ○ ○ ○

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○ ○ ○ ○ ○ ○ ○ ○

I₁ U₁ R₁ F₄ M₃ N₁ F₄

RACK 1

○ ○ ○ ○ ○ ○ ○ ○

A₁ I₁ I₁ V₄ T₁ L₁ R₁

Double Word Score
RACK 2

○ ○ ○ ○ ○ ○ ○ ○

A₁ E₁ U₁ H₄ P₃ R₁ C₃

1st Letter Triple
RACK 3

○ ○ ○ ○ ○ ○ ○ ○

A₁ I₁ P₃ P₃ N₁ S₁ R₁

RACK 4

○ ○ ○ ○ ○ ○ ○ ○

E₁ O₁ M₃ T₁ L₁ B₃ R₁

RACK 5

PAR SCORE 215-225
BEST SCORE 272

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 34

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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Know the facts about winter gas mileage

(BPT) - Winter and colder temperatures are notorious for creating difficult driving conditions that can place strain on drivers and their vehicles. And as the temperature drops this winter, so will your gas mileage.

Colder temperatures mean cold oil, tires and cold air in the carburetor—all factors that reduce gas mileage. With higher prices lingering at the gas pumps, a few fuel-saving tips can help protect your miles per gallon (MPG) this winter.

Warm your car up the right way

Many people believe the myth that you must warm your car up in the winter. The truth is that idling your car actually destroys your MPG and isn't necessary.

Modern cars don't require a warm-up, even when the temperatures drop below zero, according to AAA. Modern engines, those built since about 1990, have fuel injection systems rather than carburetors and need no more than 10 to 30 seconds to get oil moving through the engine properly.

Auto experts recommend driving moderately in cold weather to allow the engine and other systems to warm up slowly and reduce wear and tear. So even though many people choose to warm up their car in the winter for personal comfort or to defrost windows, idling a vehicle for more than even one minute is simply wasting gas.

Get your car winter ready

From changing the oil to checking the tire pressure on a regular basis, improving your winter gas mileage is easier than you might think.

"Your vehicle's motor oil becomes thicker in colder temperatures, which adds stress to the engine," says Jim Rossbach, CHS director of technical services and quality. "Try a thinner grade of oil to keep your engine running smoothly in the colder months."

Rossbach recommends using a high-performing synthetic oil like Cenex Maxtron, which is designed to perform well in low temperatures and improve fuel economy.

Proper tire inflation can also improve fuel economy by up to 3 percent, according to the U.S. Department of Energy. It is important to check tire pressure several times throughout the winter when colder temperature can reduce tire pressure at a rate of one pound per square inch (PSI) for every 10 degrees change.

Lighten the load

Extra weight from cargo or snow also reduces fuel efficiency. Cleaning out your car and clearing off heavy snow is an easy way to get better gas mileage.

In the past, carrying sandbags in the trunk was a common method for gaining more traction and helping rear-wheel drive cars perform better on snow and ice. Today, most cars are front-wheel drive with the engine over the front wheels, creating that same grip. Carrying extra weight does

not add traction on snow and ice, but simply lowers your fuel economy.

For more gas-saving tips and to

learn how you can nominate someone for a free tank of gas, visit www.tanksofthanks.com.

CROSSWORD SOLUTION

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

SCRABBLE BRAND GRAMS SOLUTION

M ₃	U ₁	F ₄	F ₄	I ₁	N ₁		RACK 1 =	<u>14</u>
T ₁	R ₁	I ₁	V ₄	I ₁	A ₁	L ₁	RACK 2 =	<u>70</u>
U ₁	P ₃	R ₁	E ₁	A ₁	C ₃	H ₄	RACK 3 =	<u>66</u>
P ₃	A ₁	R ₁	S ₁	N ₁	I ₁	P ₃	RACK 4 =	<u>61</u>
T ₁	E ₁	M ₃	B ₃	L ₁	O ₁	R ₁	RACK 5 =	<u>61</u>
PAR SCORE 215-225							TOTAL	<u>272</u>
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SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: PENCE DUCAT PUNDIT UNHOOK

Answer: What the quack doctor did when the police arrived -- "DUCKED"

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ATTENTION ADVERTISERS

Amazing Aging!
For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

FALL 2012

Our Mission
Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- Is a 501(c)(3) non-profit organization
- Is funded by tax deductible contributions, federal funds, state and local government funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability

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Enjoying their CHAMPSS meals at Dillon's are four friends, clockwise from left, Marcella Kramer, Alice McMurdo, Shirley Biller and Anita Garber.

Dillon's offers five more opportunities for CHAMPSS cardholders

Seniors who hold CHAMPSS (Choosing Healthy Opportunities and Plan Solutions for Seniors) cards have five more options to use their cards for lunch and dinner: 1) In Topeka, the first to partner with Jayhawk Area Agency on Aging in the CHAMPSS program, also allows seniors to choose breakfast in addition to lunch and dinner; 2) Dillon's will offer fried chicken one day a week (Wednesday); 3) In Topeka, the program allows seniors to choose to dine at Dillon's; 4) In Topeka, the program allows seniors to choose to dine at Dillon's; 5) In Topeka, the program allows seniors to choose to dine at Dillon's.

Kim Stuebbs, Dillon's District Manager, is enthusiastic about offering the CHAMPSS program and says, "Dillon's is both excited and honored to partner with JAAA to welcome CHAMPSS customers to use participating locations in Topeka, for Dillon's, the program means so much more than just a meal."

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The Winter 2013 issue of *Amazing Aging!*, the Jayhawk Area Agency of Aging, Inc.'s newsletter, will be included as a pull-out section in the February issue of *Kaw Valley Senior Monthly*, which is distributed throughout the Topeka and Lawrence area.

JAAA advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

When you advertise your services and/or products in *Amazing Aging!* you help JAAA fulfill its mission and reach thousands of seniors in Shawnee, Jefferson, and Douglas counties.

Advertising Deadline is January 15.

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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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