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INSIDE



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Wolfgang Puck's recipe for Chicken Breasts Stuffed with Goat Cheese and Fresh Herbs keeps chicken breasts moist and flavorful. - page 26

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KEVIN GROENHAGEN PHOTO

Louie Torrez was just seven years old when he attended the first Fiesta Mexicana in Topeka in 1933. He served as grand marshal of the fiesta's parade last year, the fiesta's 75th anniversary.

Torrez, church prepare for Fiesta Mexicana

By Kevin Groenhagen

Our Lady of Guadalupe Church will celebrate the 76th anniversary of its Fiesta Mexicana in Topeka this month. Few know the history of the fiesta—as well as the history of Mexican-American immigration in Topeka—as well as Louie Torrez, one of the church's elders.

"My father came to the United States in 1911 during the Mexican Revolution," Torrez said. "He worked in Texas for awhile. Then he went

to work for the Santa Fe Railroad in Kansas. He left my mother and their four children in Mexico. The boss liked my father so well that he told him to go back to Mexico to get his family. He said his job would be waiting for him when he got back to Kansas."

The Torrez family was far from alone in their move to the United States. According to PBS, "One estimate shows 16,000 Mexicans were working on the railroad in the West by 1908; the mass of Mexicans hired

for railroad work hit its zenith between 1910 and 1912."

Torrez was born in Pauline, Kan., in 1925. Six months after his birth, the family of nine moved to the Oakland community in Topeka. (A 10th member, another son, was born after the move.) Torrez has lived in the community ever since then.

According to Torrez, by 1914 about 20 Mexican families lived in the Oakland community. The families built Our Lady of Guadalupe Church

■ CONTINUED ON PAGE THREE



Louie Torrez

■ CONTINUED FROM PAGE ONE

that year at the corner of Crane and Branner. Priests belonging to the Order of Augustinian Recollects, a Roman Catholic monastic order, served the church until 1984, while nuns from the Sisters of Charity of Leavenworth served as teachers in the church's school, which the parishioners built in 1921.

On August 17, 1933, the church held the first Fiesta Mexicana to raise funds for the school.

"Of course, we had fiestas before then," Torrez said. "They called them *jamaicas*. They were just one day or one evening. I'm not sure, but I think we started with a three-day fiesta in 1933. I have a statue of Our Lady of Grace from the first fiesta. I won it playing bingo and I have had it ever since then."

According to Our Lady of Guadalupe's Web site, "Initial Fiestas were small events, held tightly within Topeka's Mexican barrio. Parishioners and extended family were the only attendees and food items were cooked from the home and brought to the church grounds to sell."

Unfortunately, Torrez was unable to attend every Fiesta Mexicana when he was a young man since he served as a soldier in World War II.

"I was wounded in France," Torrez said. "It was just before the Battle of the Bulge. Praise God the battle was over before I got to my outfit. They were going to send me back to the front. The day before I returned to my outfit, the battle was over. There was still a chance we could get shot at since some of the Germans didn't know that the battle was over."

After the war ended, Torrez returned to civilian life and eventually began working at the Veterans Administration (VA) Hospital in Topeka.

In 1947 the parishioners built a new building for Our Lady of Guadalupe Church. In 1953, funds raised from fiestas were used to build a larger school to accommodate increasing student enrollment.

In 2006 the elementary schools at Our Lady of Guadalupe Church and Sacred Heart Church, founded by

Volga Germans in the Oakland community, merged to form the new Holy Family School. Each church retains a school building. The parishioners at Sacred Heart hold a Germanfest every June to raise funds for the school.

"I really got involved with the fiesta after I retired," said Torrez, who retired from the VA in 1980. "But while I was still working, I would help out on my days off. I worked every night last year for two or three hours. I used to work eight hours or more, but I can't stand as long as I used to. The younger workers always ask me if I'm doing okay. I serve the enchiladas, so they call me 'Enchilada Man'"

Why does Torrez, now 83, continue to volunteer for the fiesta?

"First of all, I do it because of the school," Torres explained. "Second, I do it for the church. But, most of all, I do it for myself. I really enjoy it. It's a lot of fun. I get to see people I haven't seen for awhile."

The fiesta has many other volunteers and Torrez is quick to acknowledge their contributions.

"The volunteers started preparing for the fiesta in January," Torrez said. "I think they've made 10,000 tamales. Can you imagine that? During the fiesta, people will start coming in at 4:00 in the morning to cook the tamales. They'll cook at least 1,500 a day. It's a lot of work. The volun-

FIESTA 2009 SCHEDULE

- July 10 Fiesta Mexicana Parade and Street Party
- July 11 Coronation Ball, Ag Hall, Ks Expocenter
- July 11 Fiesta 5K Run/Walk, Oakland Comm. Center
- July 11 Fiesta Golf Tournament
- July 12 Opening Mass, 10 a.m.
- July 14-18 Fiesta Mexicana, Carnival, Food Sales, Entertainment
- July 19 Closing Mass, 10 a.m.

teers are just wonderful. I wish we could give each and every one credit so people would know who they are."

According to Torrez, the tamales are the most popular items available during the fiesta. Other items include tacos, tostadas, enchiladas, burritos, rice, and beans.

In addition to food sales during the fiesta, fiesta queen and king candidates hold food sales in the Marlo Cuevas Ballandran Activities Center for three months prior to the fiesta. The king, queen, prince, and princess in the 2008 Royalty Court raised over \$111,000 during the fundraising campaign.

"I have a great-grandniece who once raised over \$96,000 in three months," Torrez said.

While the first Fiestas Mexicana were small community get-togeth-

ers, the modern Fiesta Mexicana is much larger.

"The fiesta is known all over the United States," Torrez explained.

"We get visitors from everywhere. My relatives from New York are all coming back to Topeka for the fiesta."

And while the fiesta initially covered just a quarter of a block, it now covers several blocks in the Oakland community. The parade and street party have been moved to downtown Topeka to accommodate larger crowds. The fiesta also includes a carnival, 5K run/walk, golf tournament, coronation ball, and many bands and dancing groups.

For more information about Fiesta Mexicana, including visitor information, fiesta activities, and entertainment schedule, please visit www.olg-parish.org/fiesta.

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

Kaw Valley Senior Monthly
 Editor and Publisher
 Kevin L. Groenhagen

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Cooper's Home Care offers one-on-one care

By Billie David

Lillian Cooper, owner of Cooper's Home Care, has been drawn to nursing and caring for others for as long as she can remember.

"I think it was just an inborn gift," she said. "When we were kids, we would make rag dolls, and Mama would stuff them with cotton, and when she made the clothes, I would always dress mine as a nurse."

So when Cooper's mother suffered a stroke in 1996, it was only natural for Cooper to take her in and care for her. Then her aunt Rosie came to live with her as well.

"So I had my mama and my aunt in my house," she said.

Cooper was commuting to Kansas City to her job as a nursing supervisor at the time, and it was then that she learned that she could turn her personal care into a business.

The timing was perfect. The state of Kansas had just begun to offer classes for licensing Home Plus care providers.

Within a year she was licensed in Home Plus, boarding care, assisted living, day care, and hospice.

Cooper's Home Care provides individualized care in a small-group home setting. With no more than eight residents to each of the three homes and a staff-to-resident ratio of 1:3, each resident's needs and personality can be taken into consideration when planning recreational and therapeutic activities, as well as overall care.

"It's a home away from home," Cooper said. "It's private, individualized,

with one-on-one care. We keep the residents involved in what they like to do. If we can connect with the residents intellectually, it gives us a base for care planning and meeting their needs. This involvement also gives the resident a sense of value and being a part of—and belonging in—their community."

For example, Cooper said, one resident had worked for many years as a secretary, so they provided her with plenty of paper and cards that she liked to tear up and file. Another resident is very domestic and enjoys doing laundry, so she is given a big basket of laundry, which she can fold and refold as much as she wants.

Located at 2421 Ridge Court, 2138 Learnard Avenue, and 2139 Pennsylvania Street, Cooper's Home Care currently offers assisted living, boarding care, Home Plus, respite care, adult daycare, and long-term care.

Services include dietary planning, personal care, recreational activities, music therapy, laundry, transportation and private rooms. In addition, the staff can administer medicine and provide diabetic care, glucose monitoring, insulin injections, lab work, IV therapy and gastro-tube feeding.

"It is private pay, and we can bill

Medicaid and nursing home insurance," Cooper said.

Cooper's business reflects a current trend in healthcare—that of giving individualized care in a holistic environment with an aging-in-place option that helps residents maintain the status quo.

"If you take fish out of water, they will eventually die," Cooper explained. "At Cooper's, residents don't have to move out of a home environment, so they don't lose their will to live."

For more information about Cooper's Home Care, please call (785) 865-2525.



Cooper

Mrs. Cooper goes to Washington

By Billie David

Lillian Cooper witnessed a part of our nation's history when she decided to go to Washington, D.C., for the January inauguration ceremony for the 44th president of the United States.

"It was something I never thought I would do before," she said. "It never even entered my mind that I would ever go to D.C."

In fact, Cooper was a supporter of Hillary Clinton early in the presidential race. But when Colin Powell, whom she admires, came out in support of Obama, Cooper paid attention.

"I watched and recorded every debate, and I listened to them again," she said. "And I did a lot of research."

The result was a change of mind as well as the decision to attend the ceremony in Washington.

Although Cooper was excited to be there, she wasn't actually able to see very much because of an incident involving a lady who fell from the platform at a subway station.

The station lost its power and was shut down, and Cooper had to climb over 50 steps, battling

claustrophobia all the way.

"It was cold and windy and I couldn't see, but I just had to be there," she said. "I could hear the cannon, but I didn't get too far because there was just so many people."

Later, however, when she looked at photos of the event, she realized that she was closer than she thought.

Cooper brought home plenty of souvenirs from Washington, and she is saving them for her grandchildren so that they can understand what the event meant to her.

"When I was in high school they didn't teach Black History," she explained. "I didn't know that slaves built the White House. Seeing Obama in a place that black slaves built... We had been deprived of our ancestry back then. Martin Luther King started it, but I think Obama has taken up the torch."

Asked what the highlight of the trip was for her, Cooper answered that it was being a part of history in the making.

"That I was on the grounds—just the feeling. I don't even have the words. It was awesome," she said.

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AARP to hold driving safety class

Registration is being taken for the AARP Driving Safety Class to be held on Thursday and Friday, August 20 and 21, at the Lawrence Public Library.

The class will run 10:00 a.m.-3:00 p.m. each day with an hour lunch break. The class is taught by an AARP trained instructor. Class materials are provided. No driving or testing is involved. An insurance discount is possible for those completing the two day program. A \$12 fee

for AARP members or \$14 for non-members may be paid at the first class session but registration is required due to limited room space.

Another session will be held at the library in October if you are unable to attend the August class or other classes that are held locally. Contact Pattie at the Library, (785) 843-3833, extension 115 to sign-up for the August or October session or for more information on the driving classes.

Meals on Wheels needs summer help

Help is needed to deliver meals to the homebound and shut-ins all over Topeka. Meals on Wheels is asking for help from the community to get the meals delivered during the summer months. A typical delivery route consists of 10 to 15 stops. Meals are picked up at Stormont-Vail HealthCare or an outlying site between 10:45 and 11:30 a.m. It normally takes 45 to 60 minutes to deliver a route. New volunteers will be trained. To volunteer or for more information please call Meals on Wheels at (785) 354-5420

Meals on Wheels delivers approximately 700 meals daily to home-

bound frail and elderly residents of Shawnee and Jefferson counties. The agency is partially funded by the Jayhawk Area Agency on Aging, Kansas Department on Aging, Shawnee County, City of Topeka, United Way of Greater Topeka and client contributions.

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

Presbyterian Manors of Mid-America has issued a call for entries in its 29th annual Art is Ageless™ juried exhibit to be held in August during Artists' Appreciation Month. Entries of artistic works will be accepted from any area artist who is 65 years of age or older to exhibit and/or compete for an opportunity to be featured in the 2010 Art is Ageless calendar.

"Each year we have seen the exhibit grow and become more inclusive of artists throughout our communities' area," said Maclyn Pettengill, marketing director. "We're adding a general Christmas category, and we're expecting this to be the best year yet for creativity and the variety of works on exhibit."

Entry forms and information can be picked up in this area at Presbyterian Manor - Lawrence, 1429 Kasold Dr., or by contacting Pettengill at (785) 841-4262 or mpettengill@pmma.org. More information is also available online at presbyterianmanors.org.

Artists need to have been at least

65 years old when the work was created, and works are to have been completed in the past five years (since January 2004). There are seven categories for various mediums and a general Christmas category. Up to three entries may be made by a single artist with no more than two entries in a single category. Works to be entered for judging need to be at Presbyterian Manor - Lawrence by July 24. Artists may choose to enter the exhibit only.

Art is Ageless began in 1980 as a competition for residents and employees throughout the Presbyterian Manors system to appear in an annual calendar. Since then, the competition has grown to encompass preliminary judging and exhibits at the local level with winners in each category photographed for submission to the corporate office for final judging.

Presbyterian Manors of Mid-America is a not-for-profit network of 17 locations in Kansas and Missouri focusing on active living and wellness. From townhomes and apartments

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Sack-lunch series continues at Lawrence library

The Summer Sack-Lunch series continues in July with topics covering practical knowledge of home computer care to emotional concerns of coping with loss and physical information of the interaction of food and medications and how to most effectively take them. Programs are held from noon-1:00 p.m. on Thursday mornings in the Library Gallery Room. Each presentation in the series is an individual topic, so you may attend all or any one of them. Because time is a precious commodity, each program is designed to be within the hour. No registration is necessary and all programs are free and open to the public. Drinks and a light dessert will be provided. Please bring your lunch and participate in a conversation that will give hope, comfort and support through education on healthy caregiving and aging.

July 2: **"Doc Talk"** with Lisa Mitchell, R.N. How to have an efficient and informed doctor's visit. She will discuss knowing what questions to ask, what information that needs to be brought with you, what a doctor can or cannot tell you and much more.

July 9: **Food & Drug Interactions.** Pat Hubbell, Pharmacist from Sigler Pharmacy will explain why certain foods and drugs do not go well together, why certain drugs should be taken at certain times, the interaction of drugs and will answer other questions that you may have about the medications that you take.

July 16: **"Telling the Stories of Healing"** with Karen Roberts, ARNP. In recent years, it has been found that journaling and the writing of the healing experience has become a major

part of many patients successful recovery. Why? How does one do it?

July 23: **Home Computer Care.** Tired of asking your grandson to come fix your computer? Frustrated by "it's so easy to do"? Know that you should be doing something to keep your computer up to date but not sure how to do it? Dreux Doty, the Technology manager of Midland Care will talk you through the basic

care of your computer. And he won't charge you \$60 for the hour!

July 30: **Exploring Grief & Loss.** Gwen McClain, Bereavement Counselor with Midland Care, will talk about the emotional, physical and psychological aspects of losing a loved one.

The Summer Sack-Lunch Series is presented by the Midland Care Hospice Services with the support of the

Senior Outreach Services of the Lawrence Public Library who thank the presenters and their employers for volunteering their time and talents for this series. For more information on the series or any of the topics, contact Lucas Houk, Midland Care Community Liaison, (785) 220-4558 or Pattie Johnston, Senior Outreach Services at the Library, (785) 843-3833, extension 115.

Ask Donna How the Health Center at Brandon Woods is Simply the Right Choice



Donna Hill,
Community Outreach
Director

When you hear the term "health center," you typically don't think of restaurant-style dining and spa bathing. But the Health Center at Brandon Woods is far from typical. The following are answers to some frequently asked questions about our health center.

"What makes the Health Center at Brandon Woods one of the area's best choices for health services?"

The Health Center at Brandon Woods offers everything from recuperative care to skilled nursing services. The Health Center also includes The Arbor, a specialized memory care neighborhood for individuals with Alzheimer's and other memory impairments. You can feel confident knowing that our professionally trained nurses and therapists are always providing compassionate support. We emphasize each resident's personal potential through engaging activities, companionship and support. It's a perfect combination of providing the best care while achieving the highest level of independence. With our solid reputation spanning two decades, we're simply the right choice.

"What services are available in the Health Center at Brandon Woods?"

Our services were designed to build a firm foundation for quality health services set to your schedule including:

- Skilled nursing services
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"What is Brandon Woods' philosophy of resident-empowered services?"

Our resident-empowered philosophy is about providing residents with a choice-driven life. We encourage individuals to make their own lifestyle decisions. It begins the day you move in when you complete a lifestyle profile form. This information is used to build health services set to your schedule. You rise, rest, bathe and eat when you desire.

As a testament of our philosophy of resident-empowered services, our Health Center was recognized by the Kansas Department on Aging in 2008 as an award winner in the initiative entitled "Promoting Excellent Alternatives in Kansas Nursing Homes" (PEAK). Brandon Woods was one of only 11 communities in the state of Kansas to earn this prestigious award.

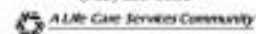
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DCCOA to hold public input session

The Douglas County Coalition on Aging (DCCOA) will hold a community meeting on Wednesday, July 15, from 3:00-4:30 p.m. at the Community Health Center, 200 Maine. The session will review data in the areas of transportation, housing and public safety in Douglas County. Participants will examine information and draw conclusions to direct future actions of the coalition. Members of the public and professionals in the fields of transportation, housing and public safety are encouraged to attend. Transportation is available by calling (785) 865-6925.

Population projections for citizens over age 55 in Douglas have already surpassed state population projections through the year 2020. This growth directly affects economic development, public policy, and services. In addition to tracking state and national trends, the DCCOA is committed to including local voices in the process of collaboration that

is essential to successful planning.

Older adults and those who care for them are invited to attend and provide direction to policies that will ensure that Douglas County is a welcoming, inviting, and livable home. The current generation of older Americans is healthier, wealthier and better educated than previous groups. Their perspective on the issues of transportation, housing and public safety is unlike previous generations and gives new insight toward future needs.

The Douglas County Coalition on Aging seeks a livable community for all, with a focus on the needs and contributions of the aging. This

quarterly community meeting is the first in a series planned for public input to direct the work of the DCCOA. Members of the public and private sector are encouraged to join

efforts in meeting the current and future needs of older adults across Douglas County. For further information on this forum or DCCOA, call (785) 842-0543.

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Meet Malindi

Malindi Alexander is an Occupational Therapist with Lawrence Therapy Services and Baldwin Therapy Services. Malindi received a Master of Science in Occupational Therapy from the University of Kansas in 2005, and a Bachelor of Science in Occupational Studies from the University of Kansas. She began working at Lawrence Therapy Services in 2005.

Malindi specializes in treating patients with arthritis, balance problems, neurological disorders, visual impairments, dementia and general debility. Malindi's services are available in the clinic or in your home.



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Post-acute rehab unit to break ground at Pioneer Ridge Retirement Community

Lawrence's first post-acute rehabilitation facility will break ground this week. Pioneer Ridge Post-Acute Rehab will be built as an addition to the 60-bed Pioneer Ridge Skilled Nursing Center located at 4851 Harvard. The 18-bed unit will provide intensive therapy with the goal of maximizing patient recovery to enable patients to return home.

Pioneer Ridge Post-Acute Rehab will provide a rehabilitation experience completely separate from the skilled nursing facility; and will treat patients who have orthopedic issues such as fractures, joint replacements, post-surgical, post-stroke or neurological issues, or a variety of medical concerns that result in a need to regain abilities. The average length of stay is usually three to four weeks. The center will have its own entrance, dining room and living room. A majority of patient rooms will be private.

"The design concept will be similar to our Lexington Park Post-Acute building in Topeka. Patients there often don't even realize the unit is attached to a skilled nursing facility. They appreciate the improved room amenities, the increased therapy intensity, the return-to-home focus by nursing and the close medical management from a doctor specializing in Rehab Medicine. The patient and family feel they are partners with ev-

eryone working to get them back to their home as soon as possible," said Ed Schulte, PhD, Director of Rehab Services for Midwest Health.

"We are proud to be the first to bring this high level of post-acute care to Lawrence," said Marie Vogel, Administrator of Pioneer Ridge Retirement Community. "In addition to our assisted living and skilled nursing facilities, we are very pleased to add this to the continuum of care provided at Pioneer Ridge."

"With the addition of the 18 skilled nursing beds in a free standing facility, we will better serve Lawrence patients and families with their post hospitalization needs related to orthopedic, neurological and general medical issues," said Dr. Shari Quick, MD, a specialist in rehab medicine, who will be providing on-site patient assessment and medical management. "We will be able to offer an environment where comprehensive nursing, physical therapy, occupational therapy, speech therapy and discharge planning can be provided while assisting a patient with their transition back to home."

Pioneer Ridge Post-Acute Rehab will be built at a cost of \$1.8 million and is expected to be completed by January. Pioneer Ridge, owned by Midwest Health Management, is the only locally owned retirement community.

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Charitable uses for life insurance benefits

Time and time again, Americans have shown their generosity to charities— including those offering disaster relief after natural disasters. Most Americans give generously to their favorite charities, churches and local community organizations to share their good fortune each year. While we make donations because we want to help these charities carry out their missions, an added benefit is the tax savings. If you are in-



Joe B.
Jones

clined to give, but wonder how to maximize your donation, consider the gift of life insurance.

Life insurance is an affordable way to make substantial charitable gifts, and can be used in a variety of ways to meet your charitable objectives. Here are a few of the benefits:

- **Give a Larger Donation** – The death benefit of a life insurance policy is a much larger amount than the premiums paid, so ultimately, you can give more to the charity.
- **Access Cash Values** – A charity-owned policy allows the organization to access and use cash values accumulated in the donated policy as needed.
- **Share Tax Benefits** – With proper ownership arrangements, the life insurance death benefit is not subject to estate tax or income tax. Charities receive proceeds on a tax-free basis upon the donor's death.
- **Avoid Probate** – Death benefits are transferred without the delay and cost of probate court. The contractual nature of life insurance also

dissuades disgruntled heirs from protesting.

Structure of Life Insurance Gifts

Giving life insurance is a winning strategy because it allows donors to make contributions they might not otherwise be able to give comfortably within their lifetime. There are numerous ways to structure the ownership of life insurance policies for charitable gifts. For example, you could name an organization as the beneficiary of a life insurance policy, purchase a policy making the charity the owner (or name the charity the owner of an existing policy) or use the life insurance as a wealth replacement tool.

One option is to simply name a charity as the primary or contingent beneficiary on an existing life insurance policy. As the owner, you would not receive an immediate income tax deduction and the death benefit would be included in your estate. However, estate taxes are offset by an estate tax charitable deduction. Cash dividends received from a whole life policy can also be given to charity.

Over time, your family's insurance needs may change and donating an existing life insurance policy can be an ideal use of a policy once needed for other purposes. To donate an existing policy, the policyowner transfers ownership of the policy to a charity. If the policy is not paid-up, the annual dividend may cover any future premiums due. If the annual dividend is not larger than the premium, the donor can continue to pay the premium for a policy owned by the charity or give money directly to the charity to pay all or part of the premium due. In either case, the original policyowner receives an income tax deduction equal to the lesser of the policy's cost basis or its fair market value along with any premiums paid by the donor or cash

given to the charity to cover the premium payment.

Finally, life insurance can be an effective wealth replacement tool as part of an estate plan. If money, property or other assets are given to a charity, the donor is entitled to an immediate income tax deduction. The tax savings from the deduction can be used to purchase a life insurance policy to replace the wealth heirs would have received.

Leaving a Legacy

Using the benefits of life insurance is an innovative way to provide meaningful, and often much greater, financial support to a favorite charity, regardless of the ownership structure. A good financial representative can help you determine if using life

insurance in your charitable giving is appropriate and guide you through the transfer strategies and tax consequences. Working in conjunction with your legal and/or tax consultant, he or she can help offer solutions for your particular situation.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (Northwestern Mutual)(NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, KS. To contact Joe, please call 785-856-2136, e-mail him at joe.jones@nmfn.com or visit his Web site at www.joe-jones.com.



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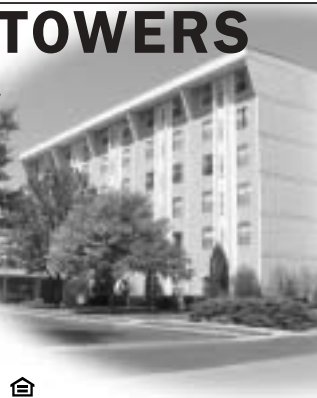
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Charitable giving and your taxes

You've probably heard that "generosity is its own reward." This may be true, but when you make a charitable gift to a non-profit organization, your generosity also could reward you—especially when you file your taxes.

In fact, you can get at least three types of tax benefits:

- **Immediate tax deduction** - You can deduct your charitable gift



Harley Catlin and Ryan Catlin

from your current income taxes. So, for example, if you give \$1,000 in cash to a charitable group this year, and you are in the 28 percent tax bracket, you could deduct \$280 from your taxes on your 2007 tax return.

- **Avoidance of capital gains taxes** - Instead of writing a check for \$1,000 to a charitable group, you might want to donate appreciated assets, such as stocks. Suppose that you have been holding shares of a specific stock for several years. Let's assume that you bought these shares

for \$250, and that they are now worth \$1,000. If you were to give these shares to a recognized charitable group, you would get the \$280 tax deduction based on the shares' current market value. Furthermore, because you are not selling the shares, you will avoid having to pay any capital gains taxes on your \$750 profit.

- **Potential reduction in estate taxes** - By removing an appreciated stock from your estate, you may be providing a tax break to your heirs, if your estate is large enough to generate estate taxes. Under current law, today's \$1.5 million federal applicable exclusion amount will increase over the next several years; the federal estate tax will be repealed in 2010 and will return in 2011 with a \$1 million exclusion, unless Congress passes new legislation.

Charitable-giving methods

Depending on your circumstances, you might find it advantageous to establish a charitable giving vehicle, such as one of the following:

- **Charitable remainder trust** - If you own large amounts of shares of an appreciated stock, you may want to donate some or all of them to a charitable remainder trust. The trust can then sell the stock, reinvest the proceeds and pay you a lifetime income stream. You'll defer capital gains taxes on the sale of your stocks, and you can use the income to help diversify your portfolio or pay for some living expenses. When you die, the remaining proceeds of the trust go to the charitable group that you have chosen in your trust.

- **Private foundation** - If you have a very large estate, you may want to create a private foundation

to distribute assets to charities. After you've established a private foundation, it will typically distribute 5 percent of the fair market value of its assets each year to the charities you've chosen. Unlike a CRT, contributions to private foundations do not allow for donors to receive an income stream.

Before establishing any of these charitable giving arrangements, consult with your tax and legal advisors. But no matter how you choose to make your charitable gifts, don't hesitate to be as philanthropic as you can afford. By helping out those organizations that do valuable work, you'll unquestionably be making a good investment.

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

POINT-COUNTERPOINT

Point: "Well, our job is to bash the president, that's what we do." - *Newsweek* editor Evan Thomas responding to a question on whether the media are unfair to Bush on the TV talk show *Inside Washington*, February 2, 2007.

Counterpoint: "I mean in a way Obama's standing above the country, above—above the world, he's sort of God." - Evan Thomas on *Hardball*, June 5, 2009.

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Eco•juvenation: Go green to protect your skin

"Go green to stay young." That's the motto of what I'm calling eco•juvenation. The idea is to protect yourself and the planet from harmful chemicals—to stay young by keeping the environment clean and green. Ecological sustainability, viewed in the right light, is also personal sustainability.



Laura
Bennetts

Last month, I cited air fresheners as an example of chemical-laden products that can harm your health and the environment. Indoor air pollution can hurt your lungs and enter your bloodstream. When you spray fresheners in your bathroom, the chemicals float onto nearby surfaces, leaving traces on your toothbrush, on the walls and on your towels. These chemicals can build up in your body and affect your health as you grow older. So, to stay young and healthy, you should ventilate your home by opening the windows. It's also wise to clean with baking soda or natural cleaners and to use safe-scented products (either unscented or safely scented with natural oils like orange or eucalyptus).

Finding the right products for your home and personal hygiene will improve your health, slow the aging process, and preserve the planet. And the wrong products can hurt you quite badly—so you need to be able to tell the difference. In what follows, I focus on cosmetics, personal care products, and sunscreens.

What Price Beauty?

Care products that we use everyday—shampoo, lotion, cosmetics, hairspray, soap, deodorant, and nail polish—may put us at risk of hazardous chemical exposure. Unfortunately, the FDA does not regulate the ingredients in personal care products or mandate health-related testing. The manufacturers of cosmetics for instance, are not required to confirm the safety of the chemicals in the products or prove the claims they use to sell their products. So, buyer beware!

The good news is that you can learn what you need to know to care for your skin and scalp healthfully. I explain this below in connection with sunscreens.

Sun Hazards – and Solutions

One personal care product that can help you all year is sunscreen. Ideally, sunscreens protect you from the damaging and aging effects of sunlight. But many commercially popular sunscreens actually damage and age your skin, rather than the reverse. Thanks to the Environmental Working Group (EWG) we have detailed and unbiased evaluations of cosmetics and personal care products, with two criteria as the guiding principles—safety and effectiveness.

The EWG's Web site, www.cosmeticsdatabase.com, enables you to easily research products by either names or ingredients, and to get safety ratings for those products. They provide data, for example, on over 800 sunscreen products. And they found that over 600 of those products (80 percent, four out of five) are either ineffective or contain harmful chemicals.

Safe and Effective

You want your sunscreen to be safe and effective:

- "Safe" means that the product does not expose you to harmful chemicals. So avoid sunscreens with the harmful chemicals oxybenzone or benzophenone-3. These chemicals, which enter the skin, cause allergy and hormone problems. You should also avoid sunscreens with bug repellent and sunscreen sprays or powders. If possible, select fragrance-free sunscreen to reduce further your chemical exposure.

- "Effective" means that the sunscreen blocks not only UVB light but UVA light. So you want a product with "SPF 30" protection. This is also the desired level for face lotions or moisturizers that include sunscreen. Often cosmetics provide far less protection—say, SPF 15. But SPF 15 strength is not enough to stop the UVA light that causes wrinkles and cancer. You should also read the fine print on the label to ensure that the sunscreen contains zinc oxide or titanium dioxide. If so, you can check the EWG site to ensure that the sunscreen con-

tains enough of one or the other of these crucial ingredients (at least 7 percent). Anything less does not provide "full spectrum protection," which means protection from damaging UVB light as well as UVA light. Don't just trust claims on the bottle that say "full spectrum sunscreen"; often these claims are misleading. You need at least 7 percent zinc oxide or 7 percent titanium dioxide.

Your Skin, Your Life

Sunscreens are recommended by the American Cancer Society to stop the growing epidemic of skin cancer, which now yields over one million cases each year. Take care of yourself and your family by taking the following eco•juvenating steps:

1. Avoid midday sun by seeking shade, wearing a hat, and using sunglasses. Apply sunscreen to your face, neck, ears, hands, arms and other exposed areas daily. The backs of your hands are exposed to sunlight daily, not only when you're outdoors exercising or gardening but when you're driving as well.

2. Avoid tanning booths, since tanning lights have just the same effect as the sun. They bake your unprotected skin and have potentially

carcinogenic effects.

3. Apply sunscreen 30 minutes before you go outside. Use SPF 30-level products; use lotions rather than sprays or powders; apply these lotions liberally; reapply them every two hours; and replace your sunscreen tube yearly, at the latest.

And it's always wise to think for yourself. Be wary of ads that claim "all day protection" or "blocks all harmful rays." The same applies to ads for wrinkle creams that claim to make you look 20 years younger. In reality, these creams may contain chemicals that age your skin and body.

You can, and should, research the effectiveness and safety of these products for yourself. You'll be glad you did. The eco•juvenating results will be lasting and visible. And share what you learn with friends. I'm grateful to Jean Rosenthal for sharing her knowledge about EWG!

- Laura Bennetts, MS PT, is a physical therapist with 27 years experience. She co-owns Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).

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Take steps to prevent dehydration this summer

Summer is here! It is a time for people to be outdoors after a long winter. Adults and children are spending time outside in the hot sun gardening, swimming, baseball games or barbecues. This is a good time to remind everyone about dehydration and how to protect your-



Dr. Farhang Khosh

self when out in the sun. In order to prevent dehydration one must understand what dehydration is.

Up to 75 percent of the body's weight is made of water. Most of the water is found within the cells of the body. Dehydration occurs when there is too much water lost, not enough water taken in or, most commonly, it is a combination of the two. Certain groups of people—those with diarrhea, vomiting, sweating excessively, diabetes, burn victims, infants, pediatric patients

and the elderly—are more susceptible to dehydration.

What are the signs of dehydration? The signs of dehydration vary from person to person, but included are some of the most common symptoms. Signs of mild dehydration include thirst, loss of appetite, dry skin, flushing, dry or cotton mouth, fatigue or chills. Signs of severe dehydration include increased heart rate or respiration rate, decreased sweating or urination, extreme fatigue, nausea, muscle cramps or headache. Emergency help needs to be summoned immediately if a person is experiencing muscle spasms, vomiting, shriveled or sunken skin, not producing any tears, racing heart rate, confusion, seizures, chest pain, blurred vision, confusion or unconsciousness due to dehydration. Complications due to dehydration can be kidney failure, shock, coma or death. Children and the elderly are more susceptible than teenagers or adults.

As often is the case in medicine, prevention is the most important first step in the treatment of dehydration. How is dehydration treated? Fluid replacement is the treatment for de-

hydration. This may be attempted by replacing fluid by mouth, but if this fails, intravenous fluid (IV) may be required. When rehydrating orally it is better to have frequent, small amounts of fluid (using a teaspoon or syringe for an infant or child) rather than trying to force large amounts of fluid at one time. Drinking too much fluid at once can bring on more vomiting. Examples of fluid replacement include: water, clear broths, and popsicles or replacement fluids such as Pedialyte or Gatorade.

Dehydration is best avoided by drinking plenty of water. The greater amount of water lost through perspiration the more water that must be consumed to replace it and to avoid dehydration. Even a healthy person must drink plenty of fluids every day and more when the weather is hot or while exercising. If

possible, schedule activities in the morning and not in the heat of the day. Those with working environments outside need to take frequent breaks and rehydrate more often. A useful rule of thumb for avoiding dehydration during strenuous activity involves monitoring the frequency and color of urination. If one develops a full bladder at least every 3-5 hours and the urine is only lightly colored or colorless, chances are that dehydration is not occurring. If urine is deeply colored, or urination occurs only after many hours or not at all, water intake may not be adequate to maintain proper hydration. Remember: Do not wait for signs of dehydration; Prevent them.

- 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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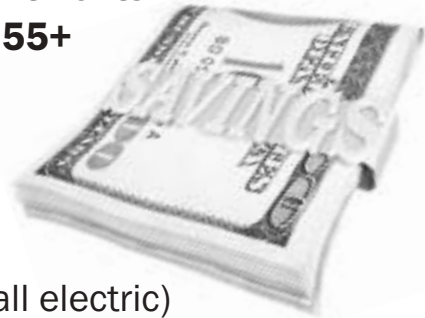


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How one entrepreneur decided to take the leap

Some people start businesses later in life because they want to; others do it out of necessity after a job loss.

Steve Vernon is among the fortunate ones who made the leap to entrepreneurship on his own. He took early retirement in 2006 from Watson Wyatt Worldwide, the employee benefits consulting firm, where he



Mark
Miller

was a vice president and consulting actuary. At age 53, he left a solid, secure job to start Rest-of-Life Communications, a sole proprietorship focused on educating people about retirement transitions.

"I had worked at Watson Wyatt for 25 years, helping large companies manage their retirement programs. I felt that was long enough, and I didn't want to be the only worker hanging on until retirement. And I saw that vast numbers of baby boomers weren't going to have a traditional retirement—they hadn't saved enough, weren't paying attention to their health and long-term care issues. These things just weren't being discussed.

"Meanwhile, as an actuary myself, I could see the longevity trends and that there was a good change I would live to 90. Did I want to keep doing the same thing I'd been doing for another 20 years? Or was I going to do something that gave me a sense of mission that I would be passionate about—a reason to get up in the morning?"

Vernon took some small steps toward independence while at Watson Wyatt by raising his profile as a speaker and writing two books about retirement education—"Don't Work Forever! Simple Steps Baby Boomers Must Take to Ever Retire" (2004, John Wiley and Sons) and "Live Long and Prosper: Invest in Your Happiness, Health and Wealth for Retirement and Beyond" (2004, John Wiley and Sons).

The books helped set the stage for a fulltime move. He saw going into business for himself as a way to address retirement education at the individual level fulltime, and get a better work-leisure balance in his own life.

"I had enough resources saved that I didn't need to keep up the corporate pace, and I could do exactly

what I wanted to do, which is to provide people with unbiased, trusted information to help them prepare for retirement. "I saw a need in society for my expertise; my kids were through with college, my mortgage was paid, so I thought, why not?"

Vernon's business today is focused on a workshop series, an e-mail newsletter and a series of DVDs and books his company has produced on retirement education (<http://www.restoflife.com>). The business is positioned as an unbiased provider of advice, since Vernon isn't selling financial advisory services or products. "I'm not selling anything, so I can tell it like it is. And as an actuary, I can go fairly deep on the financial side of things."

He says he doesn't make as much as he did working for a big consulting firm, but has adjusted happily by "downsizing" his life. That included selling the house where he raised his two kids and moving into a smaller, less expensive townhouse near the ocean north of Los Angeles in Ventura County, where he runs the business out of a home office.

Sole proprietorships like Rest-of-Life are by far the most common form of startup, and we're likely to see more businesses like Vernon's as

baby boomers retire from primary careers—voluntarily or through layoffs. The key benefits of working on your own are the lower cost of starting up and a flexible schedule. Vernon says he does miss the social camaraderie of an office environment, but finds that the network of new associates he's developed as an entrepreneur fills most of the gap.

He believes the ideal candidate for a startup is someone who leaves a fulltime job voluntarily after taking the time to develop a plan and test the waters.

But he also sees a positive side to starting up out of necessity. "There are a lot of people starting businesses not because they want to, but because they've lost a job," he notes. "Sometimes people need that good

kick in the pants to get started, even though it's a very distressing and upsetting process."

Beyond that, Vernon emphasizes the importance of a realistic business plan. "The old saying is—find your passion and most likely you'll wind up broke. In many cases, your passion won't make much money for you. You need to be sure there's a market for what you want to do, and then be very conservative in your projections."

(Millions of Americans are re-inventing retirement, and Mark Miller is helping write the playbook for new career and personal pursuits of a generation. Mark blogs at www.retirementrevised.com; contact him with questions and comments at mark@retirementrevised.com)

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Numbness in thigh may be nerve problem

By Robert H. Shmerling, M.D.
Tribune Media Services

QUESTION: I've been experiencing numbness in the right side of my right thigh. At night, when I go to bed, that numbness turns into a hot burning sensation. What might cause this kind of numbness? Can it be treated?

ANSWER: Numbness is usually a symptom of a nerve problem. Compression, inflammation, trauma, or diseases associated with nerve damage (especially diabetes) are the most common causes of nerve disease (doctors call this neuropathy). Neuropathy can also occur for no identifiable reason.

A common example of a temporary nerve problem is when your "foot falls asleep." This usually follows a prolonged period of sitting or lying in one position, when a nerve that brings sensation to the foot is compressed.

There are a number of reasons you may have numbness in the thigh. The most common cause of thigh numbness without other symptoms is compression or irritation of the nerve that supplies the skin of the upper, outside part of the thigh, called the lateral femoral cutaneous

nerve. This condition is called meralgia paresthetica. Common triggers include obesity; trauma; constrictive clothing, such as a heavy equipment belt; and diabetes.

Other possible causes of thigh numbness include problems with nerves that connect to the lateral femoral cutaneous nerve. For example, nerves in the lower back connect to the nerves of the thigh, so disc disease that compresses nerves in the lower back may cause numbness in the thigh.

It's likely that your doctor can find out the cause of your numbness just by reviewing your symptoms and performing a physical examination. No special tests are necessary to diagnose meralgia paresthetica. However, an MRI of the lower back or nerve conduction testing may be helpful if the cause is not clear after your doctor performs a physical exam.

Treatment includes removing or avoiding compression of the lateral femoral cutaneous nerve. Symptoms will usually go away over time after a person loses excess weight and wears loose clothing.

For painful or particularly bothersome symptoms, a nerve block—an injection of a corticosteroid mixed with

a Novocain-like numbing medication intended to interrupt nerve signals—may be recommended. Medications that may lessen symptoms of nerve irritation include gabapentin (Neurontin), carbamazepine (Tegretol), and amitriptyline (Elavil). For the most severe cases, surgery to decompress the nerve is a treatment of last resort.

(Robert H. Shmerling, M.D., is associate physician at Beth Israel Dea-

coness Medical Center and associate professor at Harvard Medical School. He has been a practicing rheumatologist for over 20 years at Beth Israel Deaconess Medical Center, Boston, MA.)

(For additional consumer health information, please visit www.health.harvard.edu.)

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16 • July 2009

SENIOR CALENDAR

KAW VALLEY SENIOR MONTHLY

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

JUL 10 MY FAIR LADY

My Fair Lady is one of the American Theatre's greatest musical classics. With "I Could Have Danced All Night," "On the Street Where You Live," "Get Me to the Church on Time" and "I've Grown Accustomed to Her Face," it's no wonder everyone - not just Henry Higgins - falls in love with Eliza Doolittle. Call for dates, times and ticket information. Topeka Civic Theatre. TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

JUL 18 SENIOR CLASS

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m. TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

BINGO

SUNDAYS & TUESDAYS
AMERICAN LEGION POST NO. 1
3800 SE MICHIGAN AVE, TOPEKA,
6:30 PM, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS
CAPITOL BINGO HALL
Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Wednesdays and Fridays.
2050 SE 30TH ST, TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS
AMERICAN LEGION POST NO. 400
3029 NW US HIGHWAY 24, TOPEKA,
6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS
LEGIONACRES
3408 W. 6TH ST, LAWRENCE, 7:00 PM,
(785) 842-3415

WEDNESDAYS, THURSDAYS & SUNDAYS
MOOSE CLUB
Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,
Sundays, 6:00 p.m.
1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS
3110 SW HUNTOON, TOPEKA, 6:30 PM,
(785) 235-9073

WEDNESDAYS
PINECREST APARTMENTS
924 WALNUT, EUDORA, 12:30-1:00 PM,
(785) 542-1020

WEDNESDAYS & FRIDAYS
EDGEWOOD HOMES
1600 HASKELL, STE 188, LAWRENCE
10:30 AM-12 NOON, (785) 760-1504

THURSDAYS
BABCOCK PLACE
1700 MASSACHUSETTS, LAWRENCE
10:30 AM-12 NOON, (785) 842-6976

FRIDAYS
EAGLES LODGE
1803 W. 6TH ST, LAWRENCE, 7:00 PM,

(785) 843-9690
FRIDAYS
BALDWIN SENIOR CENTER
1221 INDIANA, BALDWIN CITY
12 NOON-1 PM, (785) 594-2409

FRIDAYS
ARAB SHRINE
1305 KANSAS AVE., TOPEKA
MINI BINGO 6:30 PM,
REGULAR BINGO 7:00 PM
(785) 234-5656

BOOKMOBILE

MONDAYS
Prairie Commons, 5121 Congressional Circle,
Lawrence, 9:00-10:00 a.m.
Babcock Place, 1700 Massachusetts St., Law-
rence, 10:30-11:30 a.m.

WEDNESDAYS
Brandon Woods, 1501 Inverness Dr.,
Lawrence, 9:00-10:00 a.m.
Presbyterian Manor, 1429 Kasold Dr., Law-
rence, 1:30-2:30 p.m.
Drury Place, 1510 St. Andrews Dr.,
Lawrence, 1:00-2:00 p.m.

FRIDAYS
Vermont Towers, 1101 Vermont St.,
Peterson Acres, 2930 Peterson Rd.,
Lawrence, 11:15 a.m.-12:00 p.m.
Lawrence, 1:30-2:30 p.m.

BOOK TALKS

THIRD TUESDAY OF EACH MONTH
COTTONWOOD RETIREMENT CENTER, 1029 NEW
HAMPSHIRE ST., LAWRENCE, 2:00 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST.,
LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH
BRANDON WOODS, 1500 INVERNESS DR.,
LAWRENCE, 10:30 AM
PRAIRIE COMMONS, 5121 CONGRESSIONAL
CIRCLE, LAWRENCE, 1:00 PM
WINDSOR HOUSE, 3220 PETERSON RD.,
LAWRENCE, 2:15 PM

FOURTH WEDNESDAY OF EACH MONTH
PRESBYTERIAN MANOR, 1429 KASOLD RD.,
LAWRENCE, 9:45 AM
SENIOR CENTER, 745 VERMONT ST.,
LAWRENCE, 1:30 PM

CLASSES/LECTURES

ONCE A MONTH
AARP'S 55 ALIVE SAFE DRIVING COURSE
Monthly classes are held at Stormont-Vail.
Call to make reservation.
TOPEKA, (785) 354-5225

JUL 14
PRE-DIABETES CLASS
This free class is for those at risk for develop-
ing diabetes or who have already been told
that they have pre-diabetes. Topics include
preventing or delaying Type 2 diabetes, diet,
exercise, weight loss, medications, and avoid-
ing potential complications. Meeting Room A,
Lawrence Memorial Hospital, 12:00-1:30 p.m.
LAWRENCE, (785) 749-5800

JUL 15
FOODS FOR HEALTHY LIVING
Presented by Dr. Mary Vernon and sponsored
by Heart of America Hospice. Lawrence Pres-
byterian Manor, 1429 Kasold Dr., 6:00 p.m.
Free, but an RSVP would be appreciated.
LAWRENCE, (800) 396-7778

JUL 20
SAFETY FOR SENIORS
Falls and home accidents are one of the lead-
ing causes of injury and even death for the

■ CONTINUED ON PAGE 17

Harbor House...where we celebrate life in the moment...at the moment...one simple, joy-filled moment at a time...

Harbor House caters to the needs of family members that can no longer be cared for at home due to Alzheimer's or dementia. We meet our residents right in their own world; right where they are—wherever that may be. We accomplish this with a team that is specifically trained in the most cutting edge methods of working with memory impaired individuals. With only 8 residents and always a minimum of 2 professional staff on duty, our residents (and families too) enjoy the individualized care and attention that can only be found in the small intimate home environment. Residents are quick to find Harbor House easy to call "home."



HARBOR HOUSE Memory Care Residence

For more information or appointment and tour call Kitty at
(785) 760-5508

Enjoy more information and pictures at our web location at
lawrencemarketplace.com/harborhouse



■ CONTINUED FROM PAGE 16

senior adult. Come and learn safety tips to help keep yourself safe from these as well as other potentially preventable incidents including foodborne illness, crimes against seniors, medication errors, and more. Lawrence Memorial Hospital. LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

APR 4-OCT 31
A CENTURY OF RAILROADING IN JACKSON COUNTY, KANSAS (1860 TO 1960)
 See model trains, train and depot pictures and fashions from 1860 to 1960! Hear railroad songs and stories of railroad life! Saturdays and Sundays. Roebke House Museum. HOLTON, (785) 364-4991
<http://www.holtonks.net/jchs>

JUN 19-SEP 13
THE ART OF MARC BROWN: A RETROSPECTIVE
 The exhibit showcases many of Brown's delightful pencil, pen and ink water color illustration featuring Arthur the aardvark. Museum is open: 10:00 a.m.-7:00 p.m., Tues.; 10:00 a.m.-5:00 p.m., Wed.-Fri.; 1:00-5:00 p.m., Sat. and Sun. Free. Mulvane Art Museum. TOPEKA, (785) 670-1124

JUL 4
WALTER P. CHRYSLER CAR SHOW
 View more than 100 classic and show cars in beautiful City Park. Wamego City Park, Ash & 4th St. WAMEGO, (785) 456-7849
<http://www.visitwamego.com>

JUL 10
2009 POMONA DAYS AUTO SHOW
 Sponsored by Pomona Lion's Club! Car show near Ottawa. City Park. POMONA, (785) 566-8834

JUL 11 & 12
COMMEMORATIVE AIR FORCE - 2009 AIR EXPO
 The historic aircraft of the Commemorative Air Force (CAF) once flew the skies in military battles around the world. The 2009 Air Expo will delight military aviation enthusiasts by showcasing many of these aircraft, restored to their former beauty and in flying condition. The planes will give flying exhibitions and will be available to give rides for donations. New Century Air Center. OLATHE, (913) 397-6376
<http://www.kcghostsquadron.org>

AUG 1-NOV 1
THE WIZARD OF OZ: THE EXHIBIT
 Oz is coming to the Great Overland Station! Celebrating 70 years since the debut of the movie The Wizard of Oz, the exhibit will feature a great variety of artifacts and collectibles from the collection of native Topekan, Jane Albright. TOPEKA, (785) 232-5533
<http://www.greatoverlandstation.com>

FAIRS/FESTIVALS

JUL 9-11
SALUTE: FESTIVAL OF WINE & FOOD
 Every year, more than 600 people travel from near and far to attend this celebrated event. The fun begins with the Mass Street Mosey where attendees stroll through designated downtown businesses, sipping wine and sampling delicious foods. The festival continues with a gourmet Winemaker dinner and concludes with the highlight of the weekend - the Grand Tasting. More than 200 wines on hand, as well as gourmet treats from some of the best restaurants and caterers in town.

LAWRENCE, (785) 842-0550
<http://www.salutewinefest.com>

JUL 10
FIESTA MEXICANA PARADE & STREET PARTY
 Street Party begins at 5:00 p.m. and Parade at 8:00 p.m. in Downtown Topeka. Come enjoy music, food and entertainment. TOPEKA, (785) 232-5088

JUL 10 & 11
2009 POMONA DAYS
 Pomona Days celebrates with a car show, BINGO, carnival, 5K Run, Horseshoe Tournament and much more! POMONA, (785) 566-3386
<http://www.visitottawakansas.com>

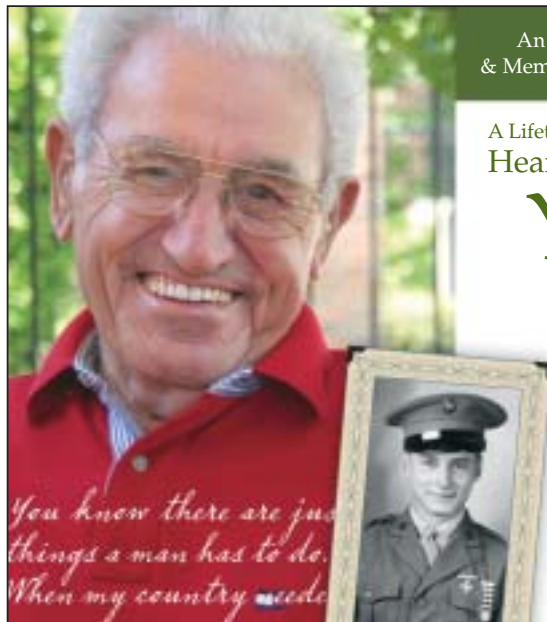
JUL 14-18
76TH ANNUAL FIESTA MEXICANA
 Festival features authentic Mexican foods, crafts, music on three stages and carnival excitement for all ages. Since 1933, this week-long event has celebrated Topeka's Hispanic culture. The activities last from 4:00-11:00

p.m. Our Lady of Guadalupe Church. TOPEKA, (785) 232-5088
<http://www.olg-parish.org/fiesta>

JUL 16-19
FRANKLIN COUNTY FAIR & RODEO
 One of the oldest fairs in Kansas, 2009 will mark the 145th annual. Livestock and 4-H judging begins Wednesday; Thursday night is the annual community BBQ and youth rodeo; Friday night is the annual livestock sale; Saturday night is the finals of the PRCA rodeo at 8:00 p.m.; and Saturday the fair is the annual demolition derby. Each day event-goers can view exhibits, enjoy the carnival and rides in the Midway, and sample the hearty fair food. OTTAWA, (785) 255-4554
<http://www.visitottawakansas.com>

JUL 17 & 18
AMELIA EARHART FESTIVAL
 13th annual event honoring Atchison's favorite daughter. Friday evening lakeside concert features nationally-recognized country music art-

■ CONTINUED ON PAGE 18



You know there are just things a man has to do. When my country needs...

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SOUTH TOPEKA - 3917A SW TOPEKA BLVD. • 785-268-7899 • M-F 10-6, SAT 10-4

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■ CONTINUED FROM PAGE 17

ists. Activities throughout the day on Saturday include a 2K/8K Fun Run, arts and crafts fair, carnival rides, food vendors, two entertainment stages, speakers' symposium with women of distinction, award luncheon, aviation displays, riverfront activities including live music, aerobic performances over the Missouri River and a spectacular fireworks display choreographed to music and staged over the river.
ATCHISON, (913) 367-2427
<http://www.atchisonkansas.net>

JUL 23-26

SHAWNEE COUNTY FAIR

There will be 4-H Horse Show on July 18-19 and there will be other 4-H exhibits. Free admission and parking. Kansas Expocentre. TOPEKA, (785) 235-1986

JUL 27-31

ANNICK COUNTY FAIR

Annual county fair complete with livestock shows, food and clothing exhibits, carnival rides and games! Bring your family for a night of fun and games.
HOLTON, (785) 364-4125

AUG 1-9

DOUGLAS COUNTY FREE FAIR 2009

Live music, carnival, 4-H exhibits, demolition derby, antique tractor pull and a variety of races and contests.
LAWRENCE, (785) 843-7058

AUG 3-8

JOHNSON COUNTY FAIR

Carnival, demolition derby, parade, animals, contests and other activities. Free admission and parking.
GARDNER, (913) 856-8860
<http://www.jocokansasfair.com>

FARMERS' MARKETS

APR 15-NOV 17

DOWNTOWN TOPEKA FARMERS' MARKET

Farm fresh vegetables, crafts, home baked goods, food, plants, herbs and wood products all handmade. Begins at 7:30 a.m. until noon. Every Saturday.
TOPEKA, (785) 234-9336
<http://www.topekafarmersmarket.com>

APR 25-NOV 7

LAWRENCE FARMERS' MARKET

Offering fresh fruits and vegetables, baked goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat and artisan crafts. Live music every Saturday morning.
LAWRENCE, (785) 331-4445
<http://downtownlawrence.com/farmersmarket.html>

MAY 22-MID OCTOBER

PERRY-LECOMPTON FARMERS' MARKET

Held from 5:00-7:00 p.m. every Tuesday and Friday in the Fast Trax parking lot, 2115 Ferguson Rd.
PERRY, (785) 597-2307

FOURTH OF JULY

JUL 4

4TH OF JULY PARADE

View one of the largest and longest running Independence Day parades in Kansas and stick around for the fireworks in the evening.
WAMEGO, (785) 456-7849
<http://www.visitwamego.com>

JUL 4

FOURTH OF JULY

Join the July 4th fun. Bring a picnic as you watch the fireworks extravaganza, show begins at dusk. Downtown.
LAWRENCE, (785) 749-1504

JUL 4

SPIRIT OF KANSAS

An old-fashioned 4th of July celebration with a variety of food booths, arts, crafts and enter-

tainment. Events held throughout the day.
Lake Shawnee, 3937 SE 29th St.
TOPEKA, (785) 267-1156

HEALTH

MONDAYS THROUGH THURSDAYS FIT FOR LIFE

LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-on-one instruction on aerobic and cardiovascular equipment. Especially helpful for those with osteoporosis, balance problems, post CVA/stroke, knee/hip replacement, arthritis. Fee. Mondays through Thursdays, 9:00-11:00 a.m. or 2:00-5:20 p.m. at LMH. Tuesdays and Thursdays 8:00-11:00 a.m. At LMH South.
LMH KREIDER REHABILITATION SERVICES
(785) 840-2712

TUESDAYS, WEDNESDAYS AND 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

BLOOD PRESSURE CLINIC

Conducted at Stormont-Vail's Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary.
TOPEKA, (785) 354-6787

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 9:00 a.m.-1:00 p.m. and 3:00-6:00 p.m. No appointment necessary.
LAWRENCE, (785) 856-6030

TUESDAYS AND THURSDAYS

SENIORISE PROGRAM

Seniorise is a specialized program for women over 60 years of age, in January. The focus of the program is on balance, movement, low impact cardio aerobics, and strength training for toning. In addition, there's a strong emphasis on flexibility and range of motion to improve and/or increase joint mobility and quality of life. Senior classes are held at Body Boutique from 11:00 a.m. to noon. Fee.
LAWRENCE, (785) 749-2424

FIRST AND THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m.
TOPEKA, (785) 233-1750, EXT. 252

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH

INFORMATION
Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.
WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

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

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

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

JUL 1

CHOLESTEROL SCREENINGS

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there

may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 8:30-10:00 a.m.
LAWRENCE, (785) 749-5800

JUL 13

BONE DENSITY SCREENING

Advance appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Note: this is NOT the same as a DEXA scan which is ordered by a physician and scans the hips and the spine. That is done through Radiology. Lawrence Memorial Hospital, 4:00-6:00 p.m.
LAWRENCE, (785) 749-5800

JUL 24

BONE DENSITY SCREENING

See July 13 description. Lawrence Memorial Hospital, 9:00-11:00 a.m.
LAWRENCE, (785) 749-5800

JUL 30

BONE DENSITY SCREENING

See July 13 description. Lawrence Memorial Hospital, 9:00-11:00 a.m.
LAWRENCE, (785) 749-5800

AUG 5

CHOLESTEROL SCREENINGS

See July 1 description. Lawrence Memorial Hospital, Atrium, 3:00-4:30 p.m.
LAWRENCE, (785) 749-5800

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST AND 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 AND 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
4:00-5:00 PM, (785) 840-3140

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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 3:00 p.m. in Conference E of LMH.
LAWRENCE, (785) 830-8130

FIRST TUESDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

Heart of America Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Heart of America Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2:00 p.m.

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.
3:00-4:00 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

FIRST AND 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. Pozz Education Center, 1505 SW 8th St.
TOPEKA, (785) 478-4947 or (785) 296-8349

FIRST WEDNESDAY OF EACH MONTH

OLDER WOMEN'S LEAGUE

Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2:00 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at (785) 832-1692.

FIRST WEDNESDAY OF EACH MONTH

INVESTMENT UPDATES

Sponsored by Brian Casebeer, an Edward Jones financial advisor. Guest speaker. 634 S. Kansas Ave., 7:30-9:00 a.m.
TOPEKA, (785) 233-0366

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 6:00-9:00 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

Midland Hospice, 200 SW Frazier Circle.
3:00-4:00 p.m.
TOPEKA, (785) 232-2044

THURSDAYS

CANCER SUPPORT GROUP

This group is open to anyone living with cancer. If you are interested or have questions, please call for more information. LMH Oncology Center.
LAWRENCE, (785) 505-2768

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).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

FIRST AND THIRD THURSDAY OF EACH MONTH

GRIEF SUPPORT GROUP

3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.

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 2:00 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.
(785) 331-4575

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on

■ CONTINUED ON PAGE 19

■ CONTINUED FROM PAGE 18

Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m.
TOPEKA, (785) 235-1367, EXT. 130

SECOND TUESDAY OF EACH MONTH LOSS AND GRIEF SUPPORT GROUP

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

SECOND TUESDAY OF EACH MONTH NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES (NARVE)

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

SECOND AND FOURTH TUESDAY 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., 6:30-8:00 p.m. LAWRENCE, (785) 842-0543

SECOND AND FOURTH WEDNESDAY OF EACH MONTH ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP

For patients with early stage Alzheimer's. SEABROOK UNITED CHURCH OF CHURCH (785) 234-2523

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 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 6:00 p.m. Lawrence Memorial Hospital, Meeting Room A. LAWRENCE, (785) 505-3062

SECOND THURSDAY OF EACH MONTH NAACP MEETING - LAWRENCE CHAPTER

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

SECOND SATURDAY OF EACH MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander. LAWRENCE, (785) 843-2584 www.happytimesquares.com

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

THIRD TUESDAY OF EACH MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 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 WEDNESDAY OF EACH MONTH RETIRED GOVERNMENT 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. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

THIRD THURSDAY OF EACH MONTH WIDOW'S LUNCHEON

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations. TOPEKA, (785) 271-6500

THIRD THURSDAY 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. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m. BALDWIN CITY, (785) 842-0543

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. 11:00 a.m.-1:00 p.m. For more information about the Widowed Persons Service Program, please call Julie. TOPEKA, (785) 357-7290

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

PIONEER RIDGE ASSISTED LIVING LIBRARY 4851 HARVARD, LAWRENCE, 6:30 PM (785) 344-1106

FOURTH WEDNESDAY OF THE 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. 1:00 p.m. TOPEKA, (785) 235-1367, EXT. 130

FOURTH WEDNESDAY 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. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m. LAWRENCE, (785) 842-0543

FOURTH WEDNESDAY OF THE 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 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December. TOPEKA, (785) 233-5762 <http://www.tgstopeka.org>

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

JUL 7 GRIEF SUPPORT GROUP

Aldersgate Village, Manchester Lodge, 7220 Asbury Lane, 2:00 p.m. Sponsored by Heart of America Hospice. TOPEKA, (785) 228-0400

JUL 7 SCRAPBOOK MEMORIES

Heart of America Hospice, 3715 SW 29th St., Suite 100, 6:00 p.m. All supplies provided (except photos). TOPEKA, (785) 228-0400

JUL 14 GRIEF SUPPORT GROUP

Pioneer Ridge Assist Living, 4851 Harvard Rd., 10:30 a.m. Sponsored by Heart of America Hospice. LAWRENCE, (785) 841-5300

JUL 14 SCRAPBOOK MEMORIES

Heart of America Hospice, 1420 Wakarusa, 6:00 p.m. All supplies provided (except photos). LAWRENCE, (785) 841-5300

JUL 21 SCRAPBOOK MEMORIES

Heart of America Hospice, 3715 SW 29th St., Suite 100, 6:00 p.m. All supplies provided (except photos). TOPEKA, (785) 228-0400

JUL 27 GRIEF SUPPORT GROUP

Presbyterian Manor, 1429 Kasold., 4:00 p.m. Sponsored by Heart of America Hospice. LAWRENCE, (785) 841-5300

MISCELLANEOUS

JUL 6-9 AVIATION EDUCATION

History, principles of flight, structures, power plants, weather, Forbes Tower, 190th ARW, and 108th Aviation Battalion (HELOS). Fee. Forbes Field. TOPEKA, (785) 862-3303

JUL 16 SIDEWALK SALE

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Casebeer receives Partner's Award from Edward Jones

Edward Jones Financial Advisor Brian Casebeer of Downtown Topeka recently received the Partner's Award for his outstanding sales and service efforts over the past year.



Casebeer

"When you work for a firm that is known for its outstanding service," Casebeer said, "it's quite an honor to be singled out for your service record."

James D. Weddle, Edward Jones' managing partner, added, "Brian is an outstanding member of the Edward Jones team who personifies the ideal financial advisor, someone

who is 100 percent dedicated to serving the financial needs of his clients. I am very pleased to present this well-deserved award."

Edward Jones provides financial services for individual investors in the United States and, through its affiliates, in Canada and the United Kingdom. Every aspect of the firm's business, from the types of investment options offered to the location of branch offices, is designed to cater to individual investors in the communities in which they live and work. The firm's 12,000-plus financial advisors work directly with more than 8 million clients—to understand their personal goals—from college savings to retirement—and create

long-term investment solutions that emphasize a well-balanced portfolio and a buy-and-hold strategy. Edward Jones embraces the importance of building long-term, face-to-face relationships with clients, helping them to understand and make sense of the investment options available today.

Edward Jones, which ranked No. 2 on FORTUNE magazine's "100 Best Companies to Work For 2009," is headquartered in St. Louis. The Edward Jones interactive Web site is located at www.edwardjones.com, and its recruiting Web site is www.careers.edwardjones.com.

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By Margaret Baker

Iain Pears: *Stone's Fall* (Random House Audio Books, ISBN 978-0-7393-5437-7) CD.

Financier John Stone has died from a fall through his second-story library. He had become one of the most powerful men of Europe, able to manipulate markets, industries, even countries—perhaps even arrange wars. He was also known to be afraid of heights; the second floor windows were closed and locked.

John's will gives a substantial sum to a middle-aged woman in Switzerland who had never known or met him, a substantial income to his beloved wife Elizabeth, and the balance to his illegitimate and unnamed child.

An illegitimate child? No one knows anything about one. Since the will cannot be finalized until the child is found, Elizabeth calls in a detective, a free lance reporter recommended by an editor as being someone whose work habits and drive indicate he is ready for more responsibility. The pay is much higher, so he readily agrees to leave the world of journalism (which has given him a lot of possible leads).

This search is the first of three sections in this intriguing novel. The second is one of the leads the detective finds, a man who realized that national spying would need to be reorganized in recognition of the advent of an industrialized military. John Stone's rise coincides with this.

The concluding section is John Stone's own tale, which ties together seemingly unconnected plot lines while giving the reader a lesson in the financial considerations of both modern war and espionage.

The audio version uses three readers, one for each voice. Roy Dotrice for 1909, John Lee for 1890, and Simon Vance for 1867.

An unforgettable novel, magnificently plotted!

Diana Killian: *Docketful of Poesy* (Perseverance Press, ISBN 978-1-880284-97-1) tpb.

Killian's Poetic Death series combines mystery, humor, adventure and romance.

Grace Hollister, an American high school English teacher on sabbatical in the Lake District, specializes in

the Romance Poets—Shelley, Lord Byron, etc.

In an earlier story, Grace helped an ex-jewel thief find a lost work by Byron. She wrote up the tale, and Hollywood wants to make it into a film. They plan to shoot the movie in the Lake District.

Grace has returned to her family in California. The film company desires her presence during the filming.

Grace would love to return—she realizes she's in love with Peter Fox, the ex-thief whom the authorities aren't positive about the "ex."

The Hollywood cast and crew are as eccentric as one expects, but they are dying off, one by one. Why? By whom?

Steven Michael Farney: *It's Time to Play!* (Leathers Publishing, ISBN 978-1-58597-435-1) hc

Farney's well-researched account of the reign of Jack Gardner, Kansas State basketball coach from 1940-1953, with the war years off as Gardner trained pilots for the Navy.

Gardner, Captain of the 1932 USC team, went on to earn a Masters while assisting coach Sam Barry and coaching the Los Angeles Athletics to the Southern Pacific AAU championship. He then successfully coached a high school and a junior college to consistent championships before leading Kansas State out of its doldrums and into the national stage.

Each year's high points (and lows) are described in fluid and succinct language, with pictures of the teams, their records, and the collegiate finals.

Much of the antagonism between Gardner and K.U.'s Phog Allen come up, further enlivening the reading.

Robert W. Walker: *Dead On* (Gale/Cengage: Five Star. ISBN 978-1-59414-781-4) hc

Disgraced Atlanta cop Marcus Rydell survived a shoot-out in which his three partners are killed. Rydell apparently froze, not firing a shot.

No one trusts him to watch their backs, and he's down to being a private investigator with darn few cases.

When Rydell starts to eat his gun,

Dr. Kat Holley comes on the scene. The man who killed Rydell's mates is now a hunted fugitive, a well-trained psychotic deviant survivalist in the Georgia/Tennessee border. He has crossed the line—jumped gleefully over it—and wants to inflict pain on them as badly as they want to bring him down.

Very violent, very dark look at the mind of a maniac whose pleasure derives from inflicting as much pain as possible before death releases his victims.

Jamie Freveletti: *Running from the Devil* (Wm. Morrow, ISBN 9778-0-06-1684227) hc

As this thriller opens, biochemist Emma Caldrige is asleep on an airliner en route from Miami to Bogota, awakening to find that the plane has been hijacked and ordered to land in the mountains of Venezuela and Columbia's border. She is ejected,

unhurt, and can only watch while the other passengers are herded up by the guerrillas. Another passenger, a government agent, was also thrown far enough to be overlooked.

Emma's avocation is marathon running. That, combined with her biochemistry background, gives her the skills to survive in the forest.

Emma was carrying an invention, a volatile biological weapon ingeniously disguised. Enemies have plans to auction it off. Emma was the hijacking target.

Action starts off with a screech and just gets ratcheted up every page. Not for bedtime reading!

- Margaret Baker can be reached through Kaw Valley Senior Monthly or e-mailed at glencoe@knetconnect.net.



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The Democrats say they want a "truth" commission. However, they want to limit their "investigation" to the Bush years.



Of course, if one really wants to examine the truth about Iraq and the war against terrorism, you also have to look at the Clinton administration's record. Download a free copy of *What Really Happened: The Story of Clinton Inc.'s Efforts to Rewrite Bill Clinton's Record on Iraq and Terrorism* at www.sinsofthehusband.com/wrh.pdf

Uncommon Courtesy

My friend Ethan Pontleroy was forced by his accountants to make a trip to New York City recently.

Ethan lives here in Letongaloosa in a posh section of town called La Mancha, where the streets are winding and the house numbers are hand painted on Spanish tile. He had inherited a pile of money from a distant relative.



Larry Day

Ethan invested his fortune with a struggling young Wall Street broker named Albert Upprite because Upprite published in his business brochures and Web site that he was an Eagle Scout. Upprite eschewed stock derivatives and all financial concupiscence. He invested Ethan's money in solid commodities and in companies that actually made things.

When the economy melted, Ethan and Albert Upprite's only other client, a little old lady from Dubuque, were sitting pretty. So pretty in fact that it frightened Ethan's New York City accountants. They dived into Upprite's transactions to discover—and try to cover up—the nefarious skullduggery that they were certain had led to Ethan's solid prosperity.

When they could find nothing amiss they concluded that young Upprite was not to be trusted, and suggested that Ethan fire him. Ethan refused. They insisted, so Ethan fired them. Then he flew to New York to hire a new set of CPA's.

Ethan had a terrible time getting around Manhattan. Every time he

flagged down a taxi, someone would jump in front of him and take it. This happened especially in bad weather.

Instead of vexing him, the cab shut out phenomenon fascinated Ethan. He decided to stay in New York and do research on it. For the next several days Ethan flagged down cabs in good weather and bad in various parts of Manhattan. He noted the times, the places, and the number of times someone shut him out. Sometimes as he waited for cabs he had his left arm in a sling. Other times he leaned on a single crutch. His data showed virtually no difference in shut outs whether he appeared able bodied or disabled. Bad weather correlated significantly with increased shut outs.

The record was six straight shut outs in a 10-minute period during the evening rush hour at Fourteenth and Broadway. A close second was five straight shut outs between 8:02 a.m. and 8:12 a.m. at Forty Second Street and Park Avenue.

What intrigued Ethan most, however, were two cases of reverse-shut out. Twice—once when he appeared able bodied and once when he wore the sling—Ethan was standing behind someone who was trying to wave down a cab. To his surprise when the cab stopped the individual stepped aside and opened the door for him.

Ethan decided to focus the rest of his research on the reverse shut out phenomenon. He withdrew \$5,000 in hundred dollar bills. At 7:30 the next morning he was at Forty Second and Park Avenue carrying a brief case with 10 long white envelopes containing \$500 each. During that rush hour he either caught the cabs he had flagged or was shut out of them. There were no instances of reverse shut-out.

That afternoon during rush hour



Plugging body piercing.

at Fourteenth Street and Park Avenue someone flagged down a cab then stepped aside and gave it up to Ethan. Ethan handed that person one of the \$500 envelopes before the cab pulled away.

It took Ethan three days to give away the first four envelopes as the result of reverse shut outs. The next day he gave away the remaining six envelopes in less than an hour during morning rush hour. He was amazed.

Riding back to his hotel Ethan heard the reason on the cab's radio. A caller told Oscar Cabrera, WQXZ radio's volatile talk show host, that a man had given her five hundred dollars after she stepped aside and let

him have a cab that she had flagged down. Cabrera cursed at the woman and called her a treacherous liar. He cut her off with a blast of his goat horn, but it was too late—an urban legend had been born.

A couple of weeks after Ethan got back to Letongaloosa the *Sentinel Dispatch Telegram Chronicle* carried an item about two men in New York City who got into a fistfight after they had both tried to give a stranger the same flagged-down taxicab.

- 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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ANSWER: You do not supply dimensions, but the image sent shows



Danielle Arnet

what appears to be a carte de visite. CDVs, as they are known, are a category in early photography. They consist of a small photo, usually an albumen print, mounted onto a 2 1/2- by 4-inch thick paper card. The concept originated with a photographer in Paris.

Hugely popular in the 1850s and '60s, the photo cards became a worldwide fad. A precursor of today's personal and business cards, CDVs were central to proper etiquette in an era when visiting was a ritual.

Having a card made involved going to a studio for a sitting, so portrait cards prevailed. Some later cards feature scenic views. Collecting personalities became so popular that CDVs were the collector card passion of their time!

Thanks to the popularity of CDVs, later generations have a historical record of famous and celebrated people of the time.

Value depends on subject, condition and rarity. Collectors buy what pleases them, and Civil War CDVs are a definite category. And in that arena, Stonewall Jackson is popular.

If the portrait is indeed a CDV, you'll know by measurements. Assessing an early photo that is not a CDV is another matter. Key www.stereoviews.com to see a gallery, with prices, of CDVs including Civil War personalities.

According to www.artfact.com, a collection of three Stonewall CDVs, including one from a Lexington, Va., photographer, sold with related material for \$650 at Leland Little Auction in North Carolina. Green Valley Auctions in Mt. Crawford, Va., has sold similar material. Maine auctioneer James D. Julia recently sold a Civil War photo album with 130 CDVs of soldiers and officers for \$13,225.

QUESTION: You wrote about sell-

ing Lladros and advised a reader to try "California and Midwestern houses." Names of "houses," whatever that means, please. I want to sell Lladros I bought in Spain. --Skip, Green Valley, Ariz.

QUESTION: Your reply to a Lladro collector left me puzzled. Please explain what you mean by "houses." What is a regional house? --Martha, cybercollector

ANSWER: Abject apologies. Neglecting to put the word "auction" before "houses" was where I blew it. On the up side, it's great to see that the column has smart readers who read carefully!

What I call regional auction houses are brick-and-mortar businesses based in differing areas of the country. Some are large, some small. As example, in this country, Bonhams and Butterfields is based in California but has outposts worldwide. James D. Julia is in Maine, but holds sales off-site. Leslie Hindman and Wright20 are in Chicago, but their reach is vast. Mention Skinner, and Boston comes to mind.

Since the advent of the Internet, most auctions have become global. They happen simultaneously in person, by telephone and online. Some regional auction houses specialize in local consignments, but their sales are also carried on the net.

When it comes to Lladros, a local auction may or may not yield best results for your goods. You need to scope out the type of goods sold there.

My advice was to think beyond local venues. A regional house out of your area may have success with decorative arts that start at high reserve, but also have marketplace sales where Lladros and good collectible porcelains sell. An auction in your area may offer the same. Best bet is to contact several with descriptions, images and pertinent info. Then make a smart choice.

A collectibles dealer re-buys at less than half retail value. With retail at a low, it makes sense to see when you can get top dollar. But be realistic; the market has changed.

I know of no list enumerating all auction houses. "Schroeder's Antiques Price Guide: 26th Edition" (Collector Books, \$17.95) has a contact list covering many; it's a very good source, but not all-inclusive.

QUESTION: The stitched pictures and the prints used to hang in relative's houses. Any value? --Helen, Columbus Grove, Ohio

ANSWER: Photos show religious heart icons rendered in crude hand-

work. Stitched words in German implore Herz Jesu and Heilige Maria. I date the pair in the first quarter of the 20th century.

Early and fine stitchery is prized. But these pieces are neither. The frames are standard. There are collectors for primitive religious art, so I'd post them on eBay and see where the market takes them.

Others are standard period reli-

gious prints whose frames are worth more than the art.

- Danielle Arnet answers questions of general interest in her column. Send e-mail to smartcollector@comcast.net or write Danielle Arnet, c/o Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Please include an address in your query. Photos cannot be returned.

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Border collie sees mailman as 'bad guy'

QUESTION: Please advise if the feline herpes virus can be treated successfully. From what I understand, it's a chronic condition and it spreads easily. In your opinion, should shelters euthanize the cats because of this problem? - G.A., Washington Crossing, PA

ANSWER: First, let me explain what the feline herpes virus is. The one-phrase answer is that the feline



Steve Dale

herpes virus is the cat version of the common cold. Dr. Jan Scarlett, director of Maddie's Shelter Medicine Program at Cornell University College of Veterinary Medicine, Ithaca, NY, says, "Often the condition is chronic, appearing with sneezes, snuffles and/or runny eyes, and rarely other ocular changes. Sometimes these signs progress and become serious, even leading to infection, but usually not. Once treated, the symptoms disappear for months or years before reoccurring, if the reoccur at all."

It seems stress is the most common trigger to cause an onset of feline herpes. Also, feline herpes is as infectious among cats as the common cold is in people. No wonder cats in shelters are prone. Kittens, in particular, are susceptible.

Many agents can cause upper respiratory infections in cats. Rhinotracheitis is caused by the feline herpes virus. There's a vaccine for feline calicivirus, also associated with oral ulcers, gingivitis and inflammation of the mouth, as well as upper respiratory signs. In some kittens, the feline calicivirus may even be fatal.

Bordetella Bronchiseptica, known as the cause of kennel cough in dogs, may affect cats, though symptoms are generally mild. Another cause of respiratory distress is mycoplasma, which may also cause ocular changes, and may lead to pneumonia. Generally, all of these disease agents—including the feline herpes virus—fall under the umbrella of upper respiratory disease.

The problem is that shelters sometimes have to make hard choices. While eliminating cats with symp-

toms won't totally eliminate the spread of the herpes virus in shelters, it may help some. Also, when there's no space for healthy adoptable cats, those less healthy might be euthanized to make space. An serious breakout can spread out of control, and may even shut down a shelter. Still, in a perfect world there's no reason to euthanize a cat with symptoms of feline herpes, unless the disease progresses and the pet becomes very ill. Shelters must make their own individual choices.

Scarlett agrees, adding, "While you generally may not want to adopt a cat who's actually sick from the virus, adopting one with the disease but not symptomatic is perfectly reasonable. By lowering stress with a slow introduction to your existing cats, you may never see symptoms of the feline herpes virus."

QUESTION: Our Border Collie wants to "eat" the mailman. Once someone is in our home, Hector is just fine. Therefore, I asked the mail carrier to come in for coffee one day, but he took one look at our snarling dog and said 'no thanks.' How can we help Hector relax around delivery people? - G.S., Baltimore, MD

ANSWER: "Here's what happens: The mail carrier approaches the house and begins to drop the letters (in the mailbox), then the dog barks," explains legendary New York City-based dog trainer Carol Lea Benjamin. "The mail carrier goes away, and the dog thinks, 'Wow, I did my job well. I scared that guy off. And if he was a good guy he wouldn't have gone away so fast.'" Through practice, Hector becomes even better at this. For some dogs with little else to do, "scaring" off the mail carrier is the focus of their days.

Benjamin, author of "See Spot Sit" (Skyhorse Publishing, New York, NY; \$12.95), begins her advice with the obvious: Try to keep your blinds or shades closed. Still, many dogs may bark as incessantly when they hear the familiar sound of the mail carrier.

Benjamin explains that while she understands your logic, it's not a good idea for the perceived "bad guy" to enter the house. Your dog would pick up on the mail carrier's well-placed fear, and besides that's simply not the carrier's job.

"The good news is, you have a highly trainable Border Collie who likely lives to work," says Benjamin,

who's owned Border Collies for years. Give Hector a job, and make it fun, she suggests. For example, the job may be to find some toys. And as a reward, your dog gets lots of praise for a job well done and also receives treats. Once you have the task down without a distraction, try it when mail carrier walks by. The long-term goal is for you to command Hector to find his toys whenever the mail carrier walks by. Unfortunately, there's no way to potentially control the behavior when there's no adult to supervise, except to keep Hector in a room where he can't see or hear the mail carrier.

If you're not sure how to train Hector, check out a local dog class.

"Remember, all Border Collies benefit by tons of exercise, and taking advantage of the fact that your average Border Collie is a whiz kid," Benjamin says.

QUESTION: My 13-year-old cat, Mittens, has tumors. Last August, he had two more tumors removed. This February, he had another tumor removed, and now he was two more of them. We once had two ferrets who each had tumors we didn't catch on

time. Then our female cat died of a tumor near her liver. We don't want to lose this cat. Do you have any advice about whether or not we should have Mittens' tumors new removed? - V.M., Tulsa, OK

ANSWER: Dr. Alice Mills, a feline practitioner in Lexington, Ky., points out that there are many potential explanations for tumors, particularly in older cats. "Some cats may be tumor factories, creating benign tumors over and over again. Tumors, though, may also be potentially malignant. I've had too many (tumors) fool me over the years. That's why I almost always suggest removing them, and biopsying."

Cancer in ferrets is exceedingly common, and even learning about it early might not have mattered. But in cats, it may be different. Many cancers found on the surface of the skin may be treatable and the odds of success increase with early intervention.

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

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Keeping boneless chicken breasts moist and flavorful

By Wolfgang Puck
Tribune Media Services

Even the most creative, artistic chef's creation usually happens for a smart culinary reason. One of the best examples I know of that fact is a chicken breast recipe I developed when I first opened Spago on Hollywood's Sunset Strip back in 1982, a dish that still holds up and tastes just as fresh and delicious today.

Chicken breasts, as the millions of people for whom the lean meat is a primary protein source these days know, can turn dry with cooking, and can taste bland even when still moist. But by stuffing chicken breasts under the skin with a moist filling, and serving them on top of a simple sauce, you can create a truly succulent and delicious main course.

Trying to figure out a creative way to achieve those goals back in 1982, I turned to goat cheese. At the time, it was very trendy, though today you can find it in any well-stocked supermarket. People loved its creamy consistency and tangy taste, and it was already popular at Spago on pizzas, in pastas, and even sautéed on a mixed green salad.

So why not use it as a chicken breast stuffing? I just crumbled the goat cheese and added some chopped fresh herbs and a little black pepper. (You could also flavor it with other ingredients that sound good to you, such as chili flakes, chopped sun-dried tomatoes, minced jalapeño chili, or slivered prosciutto.)

Roasting the chicken breasts quickly in a hot oven was the ideal way to cook them. Sautéing or grilling, after all, might disturb the skin and lead to a loss of the delicious stuffing.

While the chicken cooked, I had

time to prepare a terrific, simple, fresh-tasting sauce, nothing more than an enhanced vinaigrette dressing. I quickly sautéed some golden, trumpet-shaped chanterelle mushrooms, a rarity at the time but now available in many markets. (If you like, you can use other fresh mushrooms, cut up if they're larger.) Then, after they cooled briefly, I tossed the mushrooms with sweet onion, more fresh herbs, oil, and vinegar.

With the sauce spooned onto individual serving plates and the roasted chicken breasts cut into halves and arranged on top, the result was a dish that appealed to the eye, the nose, and the mouth. It still gets great reactions more than 25 years later.

But what, you may ask, about the added fat of leaving the chicken's skin on and having a goat cheese filling? Well, nobody says you have to eat the skin. And the filling is just 1 1/2 ounces (45 g) per serving. In short, it's a delicious and satisfying tradeoff, well worth making.

Chicken Breasts Stuffed with Goat Cheese and Fresh Herbs

Serves 4

STUFFED CHICKEN BREASTS:

- 6 ounces fresh creamy goat cheese
- 1 bunch fresh chives, finely chopped
- 1/2 bunch Italian (flat-leaf) parsley, leaves finely chopped
- 1/2 bunch fresh thyme, leaves finely chopped
- Freshly ground black pepper
- 4 boneless chicken breast halves, skin left on

WILD MUSHROOM AND SWEET ONION VINAIGRETTE:

- 2 tablespoons unsalted butter

- 6 tablespoons extra-virgin olive oil
- 12 ounces fresh chanterelles or other fresh mushrooms

- Salt
- Freshly ground black pepper
- 1 medium sweet onion such as Maui, Walla Walla, Vidalia, or Texas Sweet, cut into 1/4-inch dice
- 1 bunch fresh Italian (flat-leaf) parsley, leaves finely chopped
- 1/2 bunch fresh thyme, leaves finely chopped
- 1/2 bunch fresh basil leaves, finely chopped
- 1/3 cup walnut oil
- 1/4 cup rice wine vinegar

Preheat the oven to 400 degrees F. (200 degrees C).

Meanwhile, crumble the goat cheese into a mixing bowl. Add the chives, parsley, and thyme, along with pepper to taste, and stir well.

Insert your finger at one spot under one edge of the skin on a chicken breast and move your finger to form a pocket underneath the skin, leaving the skin still attached to the breast. Repeat with the remaining breast halves. Insert an equal amount of the cheese mixture into the pocket on each breast. Gently

pat down on the skin to spread the cheese mixture evenly.

Put the chicken breasts skin up in a roasting pan and roast them until cooked through, 15 to 20 minutes. Cover with aluminum foil and keep warm.

While the chicken is roasting, prepare the vinaigrette. Heat a large skillet over high heat and add the butter and 2 tablespoons of the olive oil. As soon as the butter has melted, add the mushrooms and sauté, stirring continuously, until they are just lightly browned, 3 to 5 minutes. Season them to taste with salt and pepper and transfer them to a large mixing bowl to cool.

When the mushrooms have cooled to lukewarm, add the onion, parsley, thyme, and basil. Pour in the remaining olive oil, the walnut oil, and the vinegar. Toss well, seasoning to taste with salt and pepper.

To serve, spoon the vinaigrette in the center of each plate. Transfer the chicken breasts to a cutting board, cut each in half, and arrange the halves on top of the vinaigrette on each plate. Serve immediately.

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Digital TV: Keeping seniors connected

The June 12 transition to digital TV has passed and the nation has transitioned to digital broadcasting. In the wake of the transition, some senior adults need assistance if their TV screens went blank. Some communities have extra volunteers on hand or have increased partnerships with community organizations to help with installations. FCC contractors might also be in your community to assist.

Rescanning. Some stations will change their channel number, not just from the analog number but from what they were using before the transition. Persons who were already using a converter box may believe the channel was "lost," but in reality it just changed number. See www.dtv.gov for a listing of stations and channel numbers.

FCC installation contractors. The FCC has provided grants and con-

tracts around the country for in-home installation assistance and second-level troubleshooting. You can find out what installers are your area at www.dtv.gov/map.htm.

"Geek Squad" help. Best Buy's Geek Squad is available in 31 states, including Kansas and Missouri, but do not call your local Best Buy. Rather, call 877-229-3889, daily from 8:00 a.m. to 11:00 p.m. Central Standard Time, to request free assistance for converter box installation or with reception problems. Customers may contact the Geek Squad through Tuesday, June 30.

Sources: Digital TV: Keeping Seniors Connected Campaign; National Association of Area Agencies on Aging

- This article was made available by the Kansas Senior Press Service, a partnership of the Kansas Department on Aging and Johnson County Human Services & Aging.



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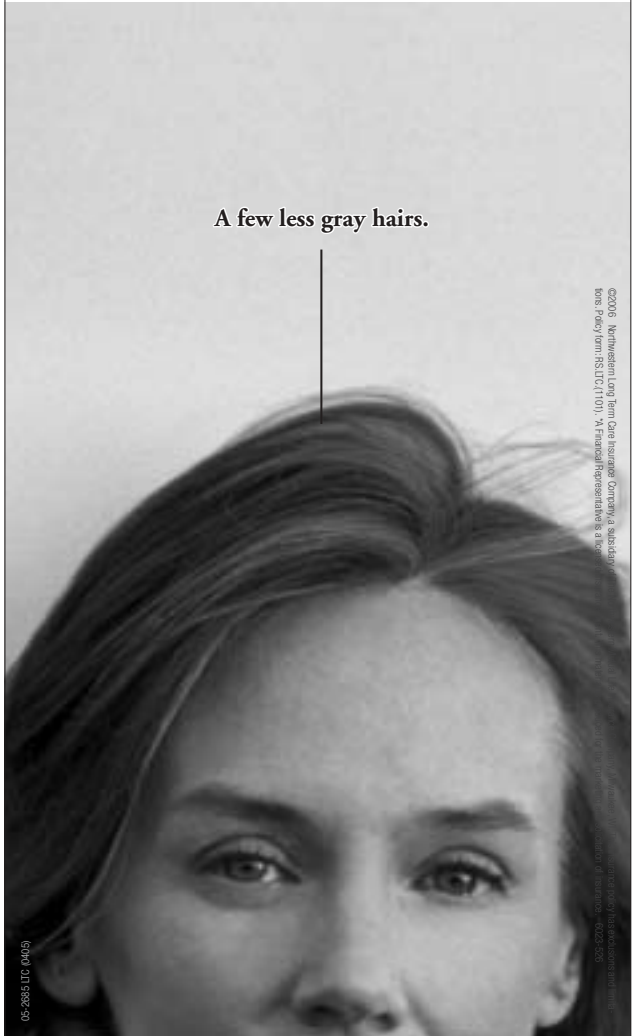
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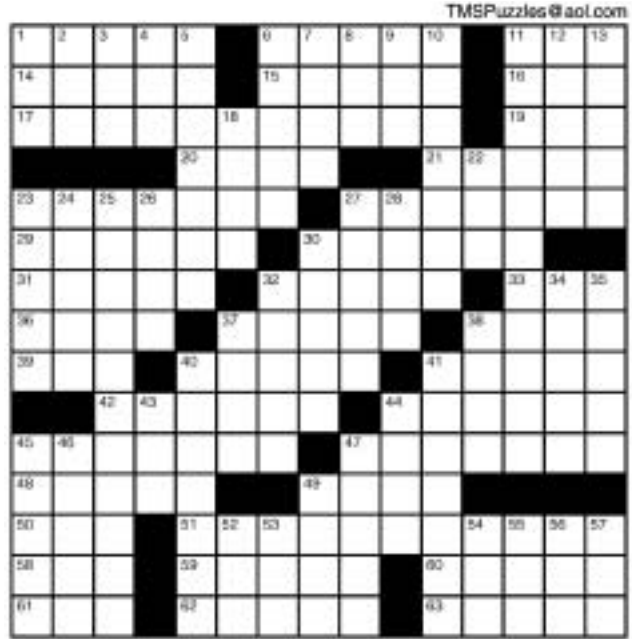
ACROSS

- 1 Native-born Israeli
- 6 Grown-up
- 11 Scrooge expletive
- 14 Narcotic from poppies
- 15 Window elements
- 16 Baseball stat
- 17 Sharon's wireless
- 19 Rower's need
- 20 Amounting to nothing
- 21 Slack
- 23 Pilchard
- 27 Adhesive label
- 29 Warns
- 30 Readers' decks
- 31 The present time
- 32 French peasant dance
- 33 Bikini top
- 36 ___ 500
- 37 Went a few rounds
- 38 Feathery scarves
- 39 Napoleon's marshal
- 40 City in Provence
- 41 Diner seating choice
- 42 Greens courses
- 44 Biting midge
- 45 Waltzing lady
- 47 Ruling house of Great Britain
- 48 Asserts
- 49 Barak of Israel
- 50 Top
- 51 Torquato's lariat
- 58 Wee bit
- 59 Smith and West

- 60 Mistake
- 61 Some
- 62 Actress Adreee
- 63 Purview

DOWN

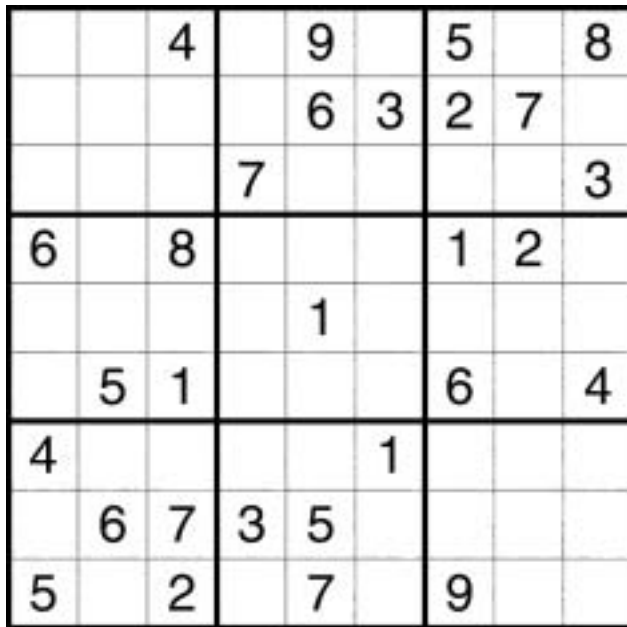
- 1 Mayday!
- 2 Likely
- 3 Short life story
- 4 Operate
- 5 Creature comfort
- 6 Newton's fruit
- 7 Actress Arlene
- 8 One in Toledo
- 9 Dykstra or Deighton
- 10 "Murder in the Cathedral" dramatist
- 11 Garth's library
- 12 Degrade
- 13 Employment source
- 18 Catches rays
- 22 Sept. follower
- 23 Glossy fabric
- 24 Single-handedly
- 25 Helen's cuddly bear
- 26 Sturdy cart
- 27 Rescues
- 28 Walked (on)
- 30 Levies
- 32 Meir of Israel
- 34 Proportional relationship
- 35 Peter of Peter & Gordon
- 37 Hall or Pitt
- 38 Fleming's spy
- 40 Nothing but headliners



By Eugene R. Puffenberger
Houston, TX

- 41 Software lots
- 43 Broadcast
- 44 Papal name
- 45 Valletta's land
- 46 Of birds
- 47 "___ Life Is It, Anyway?"
- 49 Salinger girl
- 52 Gator tail?
- 53 Diego or Jose
- 54 Javelin's path
- 55 Full-house sign
- 56 Drench
- 57 Mine find

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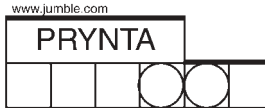
SUDOKU: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.
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JUMBLE

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



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Answer here:



THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion



WHAT THE GENERAL DEMANDED WHEN HE SENT THE SECRET MESSAGE.

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

Note to our readers: Tribune Media Services has discontinued Magic Word and Trivialities. Answers to all puzzles on page 30.

BRIDGE

Jackknifed!

By Omar Sharif and Tannah Hirsch

North-South vulnerable. West deals.

NORTH
 ♠ K 10 6 2
 ♥ 10 6 4 2
 ♦ 7 5 3
 ♣ A 8

WEST
 ♠ A 9 8 7 3
 ♥ 5
 ♦ A Q 8
 ♣ K Q 10 3

EAST
 ♠ J 5
 ♥ Q 8
 ♦ 10 9 6 4 2
 ♣ J 7 6 2

SOUTH
 ♠ Q 4
 ♥ A K J 9 7 3
 ♦ K J
 ♣ 9 5 4

The bidding:

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

Opening lead: King of ♣

Frequently, you have to combine more than one technique to produce a happy result. Consider this deal from a team match.

The South hand seems a mite strong for a balancing bid of two hearts. However, South discounted the queen of spades and did not give full weight to the diamond honors, so the quiet reopening bid did ample justice to the holding. Once North raised, however, South gladly went on to game.

At both tables the opening lead was the king of clubs. Both Souths made the avoidance play of allow-

ing the king to win—East had to be kept off lead at all costs. Since East's silence in the auction marked West with the ace of diamonds and possibly the queen as well, a lead through declarer's tenace in the suit might prove fatal.

The club continuation was taken in dummy, and a round of trumps was drawn with the ace. One declarer drew a second trump, ruffed a club on the table, and then led a spade to the queen and West's ace. The defender exited with a spade and South took the percentage play of finessing the ten—since West held the long spades, the odds favored that defender to hold the jack. This was not the day to play the percentages. East won and shifted to a diamond—down two.

The other declarer improved on this line considerably. Before drawing a second trump, declarer ruffed the remaining club on the table, then came to hand by drawing the last trump. Now a low spade was led toward the king. Since West could not afford to rise with the ace, the king won and a spade to the queen fetched the jack and secured the contract.

But the contract would have been made even if West held the knave! In with the ace of spades and unable to lead a diamond, West would be forced to lead a black suit. A spade would set up the ten as a parking spot for a losing diamond while there was a trump on the board as an entry, and a club would allow South to ruff in dummy while discarding a diamond from hand.

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Amount: One-life Two-life

Amount: \$5,000 \$25,000 \$50,000
 Other: \$ _____

1st Person's Name: _____
 Birthdate or age: _____ (Month/Day/Year)

2nd Person's Name: _____
 Birthdate or age: _____ (Month/Day/Year)

Address: _____
 City: _____ State: _____ ZIP: _____

Phone () _____
 E-mail: _____

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Pioneer Ridge Assisted Living is thrilled to offer an sizzling summer special designed to keep seniors healthy with loads of activities and socialization without going out in the heat. Through the end of July all seniors who move into PRAL will have the \$2,000.00 community fee waived!



4851 Harvard Lawrence, Kansas 66049 ph: 785.749.4200 www.pioneer-ridge.com

CROSSWORD SOLUTION



SUDOKU SOLUTION

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

Submit Your Senior Monthly Classified Ad

Just take the number of words in your classified ad (20 word minimum) times 15 cents times the number of months you would like your ad to run.

Example:
20 words x .015 x 4 mos. = \$12.00

Pick your own classified category (e.g., For Sale, Help Wanted, etc.), and mail your ad along with a check or money order to:

Groenhagen Advertising
2612 Cranley St.
Lawrence, KS 66046

JUMBLE ANSWERS

Jumbles: WHOSE DOUSE WIN-NOW PANTRY

Answer: What the general demanded when he sent the secret message - NOT A WORD

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CLASSIFIEDS

HOUSEHOLD APPLIANCE REPAIR

CALL DAVE BALES FOR ALL VACUUM CLEANER, SEWING MACHINE AND LAMP REPAIR. Fast and courteous pickup and delivery to your home or business. And don't forget Dave stocks bags and belts for Kirby, Panasonic, Filter Queen, Electrolux, and other models. Kirby Shampoo available to ! Dave also specializes in Antique table and Antique floor lamp repair. Just call 843-7811 and Dave will be out to help you! Serving Lawrence, Ks., since 1974.

EMPLOYMENT NEEDED

I NEED WORK, FT-PT. Topeka, Lawrence areas. 40-year-old man. Sturdy, dependable, fast learner, friendly, multi-talented. Construction, carpentry, welding, painting, yardwork. Also experienced in home support for elderly or handicapped. Need 4'-5' x 8' used utility cart. Church and professional references. Cell 785-318-0264.

VOLUNTEER NEEDED

VOLUNTEER NEEDED for reading mail, disseminating it, reading legal documents, running errands etc stat please. 1.785.841.0067.

COLLECTABLES

I WILL LIST YOUR ANTIQUE OR COLLECTABLE ON EBAY FOR FREE. No charge unless your item sells for your price. I am an approved trading assistant registered with eBay to sell for others. I have been an AARP member since 1997, and I have been selling on eBay since 1998. We can purchase your items outright for cash, or handle your Estate Tag Sale. Call any time. Pat Kindle. 785-865-5049.

VOLUNTEER NEEDED

DESPERATELY IN NEED OF A READER 3 hours per week, an errands running. Using my Car please. However you must be able to drive a stick shift Vehicle. 1.785.841.0067, or contact me via sceressa@hotmail.com.



Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.



25

silver anniversary



lawrence otolaryngology
associates, p.a.

**\$500.00 off
a pair of Phonak
hearing instruments
from the
CORE Technology Collection**

at Lawrence Otolaryngology

Consult appointment must be held
prior to 8/1/09 to receive discount.

Lawrence 785.841.1107
Ottawa 785.242.3300



Circulation News

A Lawrence Memorial Hospital Update

Tired of sitting on the bench?

Nearly 43,000 people in our region may be at risk for vascular disease. That's why Scott Gard, M.D., a double board-certified vascular and general surgeon from Lawrence Vascular Surgery, is committed to providing the highest quality of care for patients with or at risk for vascular disease.

Because the symptoms of most vascular conditions are not obvious until the disease reaches an advanced stage, it's important to talk to your doctor if you have any of the following risk factors:

- Diabetes
- High blood pressure
- Smoking
- High blood cholesterol
- Family history of atherosclerotic problems and circulatory problems

**LAWRENCE
VASCULAR
SURGERY** 

Affiliated with Lawrence Memorial Hospital

1112 W. 6th Street, Suite 218
Lawrence, Kansas
785-841-9600
lmh.org

