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KEVIN GROENHAGEN PHOTO



Dr. Irving A. Cohen

SENIOR
profile

Cohen helps patients lose weight naturally

By Kevin Groenhagen

After Dr. Irving A. Cohen retired from his position with the Colmery-O'Neil VA Medical Center in Topeka, he began taking a personal interest in weight reduction.

"I was trying to do all the right things that authorities were recommending and the government was

pushing," Cohen said. "I was trying to watch my blood pressure and weight. However, I gained 50 pounds or so."

Cohen had a good reason to be concerned about his blood pressure and weight. Everyone on his father's side of his family had died young from heart disease.

Cohen decided to look at the re-

search on weight reduction and determined that the experts had missed the boat. During the 1970s, the federal government set goals encouraging a reduction in dietary fat and an increase in carbohydrates for all Americans. According to Cohen, this was the take-off point of a low-fat fad. Unfortunately, that fad, which the

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Dr. Cohen

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government continues to promote today, has greatly contributed to the obesity epidemic in this country.

Reacting to the new dietary guidelines, food processors developed low-fat products that were loaded with both high levels of carbohydrates and appetite-enhancing stimulants to cover the bland taste of substitute ingredients. Just as farmers fatten livestock by feeding them carbohydrate-rich grains and Sumo wrestlers bulk up by eating rice carbohydrates, Americans gained weight after eating these carbohydrates.

Cohen eventually developed a computer model to predict the fat-burning potential for weight-reduction diets. He compared its predictions for an optimum diet to other weight-reduction diets. When he did, he found that two important historic weight-reduction diets relied on these same principles. One was developed by Dr. Wilhelm Ebstein, a 19th century German physician-scientist. Unfortunately, Cohen had to travel to Washington, D.C., to read an English version of Ebstein's work. The other was the weight-reduction method of Hippocrates, which Ebstein had cited in his work. After having a French version of Hippocrates' work translated into English, Cohen found that the 2,400-year-old dietary advice of the father of rational Western medicine fit well with his 21st century computer model. This led Cohen to call his weight-reduction program the "New Hippocratic Diet."

While you can lose weight with almost any diet that allows you to eat less than you need, most will leave you hungry. According to Cohen, the New Hippocratic Diet reduces hunger by maintaining steady fat-burning. Without this steady fat-burning state, known as ketosis, our bodies continue to store more and more energy in the form of fat.

In order to maintain a state of ketosis, Cohen's diet calls for a starting point of 60 grams of fat, 40 grams of protein, and 10 grams of carbohydrates each day.

"If you burn about 2,000 calories each day, this mixture should provide about 37 percent of your energy needs, maintain a moderate to strong state of fat-burning, and result in a about two pounds of weight loss each week," Cohen explained.

Eating more grams of fat than carbohydrates goes against what the federal government has recommended. However, as Cohen noted in his book, *Dr. Cohen's New Hippocratic Diet Guide:*

How to Really Lose Weight and Beat the Obesity Epidemic, the belief that eating fat makes you fat is a myth.

"Eating more food than your body needs makes you fat, in whatever form it takes!" Cohen writes. "Your body is programmed to take any extra energy you provide and store it for emergencies and lean times. Ounce for ounce, fat does contain more energy than any other food, but that fact is meaningless. To store fat, your body needs to receive a signal from a high insulin level. A high sugar level drives that insulin level! The quickest way to get fat is to stuff yourself with any form of carbohydrates that will turn into sugar."

To help his patients with their diet plans, Cohen's book includes a list of "foods to clear out" and a list of "foods to stock." Foods to clear out include sugar, honey, corn syrup, maple syrup, grains, peas, beans, alcoholic beverages, and all foods that contain monosodium glutamate (MSG). These foods are responsible for food cravings. Foods to stock include liquid calorie-free sweetener, meats and poultry without added broth, fresh and frozen green vegetables, lettuce, salad mixes, spinach, nuts, MSG-free canned tuna packed in olive oil, and real cheese, real sour cream, real heavy whipping cream, real butter, and real mayonnaise.

Cohen emphasizes the importance of reading labels and knowing what

ingredients really are.

An example Cohen cites in his book is the use of "natural coloring" on labels. Food industry regulators have chosen "present in or produced by nature" for their definition of "natural." Using this definition, any product is "natural" if it is made from something that ever grew, moved, or crawled. Therefore, "natural coloring" on a strawberry ice cream or strawberry yogurt label may actually be cochineal dye, a red dye made from the dried and pulverized bodies of female cochineal insects of the beetle family *Dactylopiidae*. This dye might also appear on labels as "carmine" or "cochineal extract."

MSG is another ingredient to look out for on food labels.

"The food manufacturers don't want you to know that they put MSG in their foods to make them taste better," Cohen said.

One example of hidden MSG is "vegetable broth," which is often added to packaged meats and fish.

"Vegetable broth is not like someone's vegetable soup," Cohen explained. "That broth is a chemical broth."

Other aliases for MSG you might find on labels include hydrolyzed vegetable protein, hydrolyzed soy protein, vegetable protein, yeast extract, and fermented soy product. According to Cohen, you should never trust the phrase "No Added MSG"

when you see it on a label.

Cohen also advises to watch out for hidden sugars when buying sugar substitutes.

To make his point, he grabs a packet of a popular brand of saccharin in powder form. The first ingredient listed on the label is dextrose, which is a natural carbohydrate derived from corn. Other brands of artificial sweeteners in powder form use maltodextrin, which is also a carbohydrate derived from corn.

"It's all right if you have just one packet," Cohen said. "However, it can cause a problem when you have several a day."

Therefore, Cohen prefers that his patients use liquid, calorie-free sweeteners, although he notes that he has seen one brand of stevia leaf extract in powder form that uses inulin fiber instead of dextrose or maltodextrin. Stevia is a naturally sweet, zero-carbohydrate herb native to Paraguay.

Cohen realizes that there has been a debate going on for decades about the potential health risks associated with sugar substitutes.

"Remember, the debate about supposed harm from sugar substitutes is largely hypothetical, but the health risk from sugar is real and devastating," he writes. "Do not be afraid of sugar substitutes, be very afraid of sugar."

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Midland Care to open adult day health program in Lawrence

By Billie David

The saying, "When one door closes another one opens" became a real experience recently for Heidi Pickerell, Vice President of Program Development for Midland Care. In this case, the door in question was the door to the former Woodlawn Elementary School building in North Lawrence.

Midland originally planned to open an adult day health program last year, but plans changed because the identified renovations were too costly for the limited amount occupancy available.

"It was just too cost prohibitive," Pickerell explained.

Then the possibility of opening the center in the former schoolhouse materialized with the added benefit that Midland will actually own the building instead of renting it, which will enable Midland to remodel the ample space just the way they want it. The Center will include the fine points they have picked up along the way, like making sure the bathrooms have a larger door and plenty of room for bariatric clients.

So with the help of architect David Livingood of Treanor Architects PA, they drew up plans and are now busy with the actual remodeling.

When it's finished, there will be a large area for activities such as painting and woodworking, plus a dining area with plenty of room to seat 40 people, and nearby there will be nooks and spaces for privacy and quiet moments. Beyond the eating area will be a library. Outdoors, center officials hope to have a community garden.

The building sits in a quiet neighborhood in North Lawrence, and Pickerell said that they are very grateful for all of the support that they have received from the North Lawrence Neighborhood Association.

Another Lawrence organization whose support they are grateful for is the Lawrence Senior Center, which previously provided an adult day care center. That center, however, which has since been discontinued, was based on the social model. Midland will offer a medical model instead.

A social model is based on social activities, Pickerell explained, while a medical model can meet the needs of the frail and cognitively impaired as well. The medical model can assist with medications, personal care and bathing, and licensed or certified caregivers can monitor and watch out for changes in the participants.

With a medical model, participants can remain in a day health care program longer, and thus can stay in their own homes longer.

"Most individuals want to go home at the end of the day, and with adult day health care they can," Pickerell said.

In fact, that's one of the things Pickerell appreciates most about her work with adult day health care. "When participants ask me when they can go home, I can honestly say that it won't be long," she said.

An adult day health center can also benefit caregivers because they can be reassured that their loved ones are being looked after in a stimulating, stress-free, failure-proof environment where trained staff members are on hand to meet individual needs. And when employees know that their loved ones are safe, it frees them to concentrate on their jobs, increasing productivity and benefiting their employers as well.

"I've been in adult day health a long time, and I know that people want to keep their loved ones at home as long as possible," Pickerell said. "But it can be a full-time job and it can be stressful. If the caregiver



The former Woodlawn Elementary School building will be home to Midland Care's new adult day health program in Lawrence.

can find relief, they can do it longer."

The use that clients make of the daycare facility may differ according to the needs of the family, with participants attending anywhere from one to five times a week. One participant may stay for only one day a week while the caregiver keeps an appointment, socializes or takes a nap, while another participant may attend full time, five days a week, so that the caregiver can go to work.

A typical day for a participant may be a morning arrival followed by morning coffee and a continental breakfast, which provides opportunities to socialize and exchange pleasantries. Then there is an activity time that includes exercise, crafts and outings. Participants can engage in gardening, card games, dominoes, or volunteer activities, such as sewing, that benefit the community. In addition, people in the community are invited to give presentations, sing or provide other kinds of entertainment.

One important aspect in the Midland day health experience is the failure-free environment. For example, participants may have trouble attending to any given activity for

more than a minute or two at a time, which can create frustration on the part of the caregiver. But in a day health care setting, participants are allowed to move on to the next activity without disapproval.

"Here, there's no failure," Pickerell said. "It's designed so that they are not going to mess up."

For those concerned about the cost of such a program, the Veterans Administration may provide help for qualifying veterans, and the services are also covered by Medicaid's Home and Community Based Services (HCBS) program and a number of long-term health insurance programs, as well as private pay options.

Midland Care, located at 319 Perry Street, plans to open the first week in August.

"We're doing pre-enrollment now," Pickerell said, adding that people are encouraged to call and pre-enroll early because of limited occupancy. Pre-enrollment will begin the second week in July, and people can call Midland at 842-3627 or visit the Web site at www.midlandcare.org for more information.



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Dr. Cohen

■ CONTINUED FROM PAGE THREE

And if sugar is something to fear, we have more reason to fear it today than ever before. According to Cohen, the average American consumed about four pounds of sugar (not counting maple syrup) every year at the time of the Revolutionary War. *U.S. News & World Report* reported in 2005 that the average American consumed 114 pounds of sugar in 1967 and 142 pounds of sugar in 2003. Given that, it should be no surprise that nearly two-thirds of Americans are either overweight or obese. Along with the higher incidence of obesity, we see more cases of hypertension, cardiovascular disease, and type II diabetes.

"With the New Hippocratic Diet, we can get most type 2 diabetics off medication, and their test results are better than when they were on medication," Cohen said. "I'll have another book, *Reversing Diabetes*, out soon that is an expanded version of the plan to help those with type 2 diabetes."

The *New Hippocratic Diet* also includes a chapter on meal plans and recipes to help Cohen's patients start their diets. He expects to publish a companion cookbook for his diet plan some time this fall. His patients came up with many of the recipes in the cookbook.

Cohen entered medical school as a "mature" student after starting out in the computer field.

"I became more interested in helping people," Cohen said. "I started my residency in internal medicine. But I realized I was seeing people 20 or 30 years after they should have

been helped. It's one thing to see someone with heart disease after 30 or 40 years of smoking. It's another to get them to stop smoking when they're younger so they won't develop heart disease. I found out that there was a recognized medical specialty for preventive medicine, so I changed specialties."

Cohen also holds a Master of Public Health degree from John Hopkins University, and served as chief resident of Preventive Medicine at John Hopkins University, where he supervised other physicians in the largest non-governmental Preventive Medicine program in the nation. He holds certification in Addiction Medicine by the American Society for Addiction Medicine, was an adjunct professor in the History of Medicine at the University of Kansas Medical Center, and served as the Robert Hudson Fellow in the History of Medicine.

In addition to his own weight-loss program, Cohen directs the weight-loss program at the Marian Clinic in Topeka. Founded by the Sisters of Charity of Leavenworth in 1988, the Marian Clinic provides health care to uninsured, low-income individuals and families. Cohen works with patients to help them lose weight before they develop hypertension, high blood pressure, and diabetes.

In an effort to educate the public about his weight-loss program, Cohen offers free seminars through his practice, Preventive Medicine Associates. He'll conduct his next seminar in Topeka on Saturday, July 10.

For more information about Cohen's weight-loss program, his books, or his seminars, please visit www.PreventiveMedicineAssociates.com or call (785) 783-7779 or 1-888-933-9833.

Neuvant House holds open house, ribbon cutting



Neuvant House of Lawrence, along with the Lawrence Chamber of Commerce, held a ribbon-cutting ceremony on Friday, June 18, at 1216 Biltmore Drive in Lawrence. After the ribbon cutting the facility was open for tours. In addition, Neuvant House and some of the local businesses that had a hand in building Neuvant House hosted a tailgate party/fundraiser for Alzheimer's in the parking lot of the building. The open house continued on June 19 and 20 with live music by local musicians and Alzheimer's fundraisers each day. Above Lisa Nielsen, vice president of Neuvant House, prepares to cut the ribbon as Julie Joslin, the facility's administrator, staff members, and guests look on.

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Kiplinger's includes Topeka on 'Cities for the Next Decade' list

Kiplinger's Personal Finance on May 26 unveiled their Top Ten Cities for the Next Decade list, on which Topeka ranked 10th in the nation. But even more telling of the city's success are some of the statistics they used to determine their rankings.

Research conducted by Kiplinger's and the Martin Prosperity Institute, ranked Topeka 17th in the nation, and first among Kiplinger's top 10 cities, in its percentage of workforce in the "Creative Class." The study puts 37 percent of Topeka's working population with jobs in the creative class, which includes scientists, engineers, educators, writers, artists, entertainers, and others who "inject both economic and cultural vitality into a city and help make it a vibrant place to live," according to the magazine.

The magazine's research also listed Topeka as 26th in the nation, and first among Kiplinger's top 10 cities, in cost of living. The index, in which

average cost of living is a score of 100, gives Topeka a score of 88. Cost of living factors in several aspects, from prices of housing to commodities such as gas and groceries.

"While this is an incredible honor and wonderful news, it comes as no surprise to us at all. We've long touted Topeka as an innovative, vibrant community, and it's fantastic to see others outside the city recognizing it," said Doug Kinsinger, president and CEO of the Greater Topeka Chamber of Commerce. "A lot of that credit is due to the highly-involved organizations within the Topeka and Shawnee County community, as well as the fantastic corporations who set up here."

A podcast accompanying the Kiplinger's story talks about how the city selection process was conducted, and how the top ten communities aren't simply doing the right things now, but the things that will keep them successful in the future.

KIPLINGER'S TOP 10

1. Austin, Texas
2. Seattle, Washington
3. Washington, DC
4. Boulder, Colorado
5. Salt Lake City, Utah
6. Rochester, Minnesota
7. Des Moines, Iowa
8. Burlington, Vermont
9. West Hartford, Connecticut
10. Topeka, Kansas

The kind of factors they looked at included if a city had a "low barrier of entry," where people felt it was easy to get involved and fit in; if the community had interesting, creative, innovative things happening within it; and collaboration between local government, business and educational organizations.

"A lot of these places that we discovered among our top places, they all have this grassroots, cooperative effort that is noticeably lacking in other places," Senior Editor Bob Frick says in the podcast.

On Kiplinger's Web site, each of

the top 10 cities is profiled, with a video accompanying each city. In its first day on the site, Topeka's video proved surprisingly popular.

"On the day the Best Cities package launched on Kiplinger.com, Topeka's video had 4,063 plays. It surpassed the number of video plays for Austin, the number one city on the list," said Kathryn Walson, the Kiplinger's author who wrote about Topeka.

The complete story is in the July issue of Kiplinger's Personal Finance. Visit www.kiplinger.com to read stories, watch the videos, and vote for Topeka on Facebook.

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Compact exercise kits are great for traveling

By Eric Heiden, M.D.
Tribune Media Services

When summer vacations roll around, folks often leave their exercise routines behind with their cares. But studies show that after 10 to 20 days without exercise, most people begin to display symptoms of detraining on all physical fronts. So it's important to couple your travel with exercise, not only to burn off the extra calories a vacation tends to include but also to retain the hard-won fitness gains you've made to date this year.

To incorporate exercise into your vacation plans, try exploring local offerings in your favorite activity. Ask your brother-in-law to take you with him to work out at the gym. Do laps at the pool (or lake). Or call around a new city and find classes in a form of dance you've never tried before.

If possible, travel armed with a compact exercise kit. Mine contains three things: a jump rope, resistance stretch bands and walking shoes. Jumping rope is ideal for getting a concentrated aerobic workout with minimal equipment, space and time. You can squeeze in a 10-minute aerobic burst while your fellow travelers are taking a shower or checking their e-mail. Avoid jumping rope if you have heart disease, Achilles tendon problems, plantar fasciitis or any other condition that makes jumping an issue. For everyone else, it's a great way to fit some aerobic exercise into a day otherwise spent staring at paintings or riding in a car.

Resistance stretch bands are underrated stars in anyone's workout kit. With resistance stretch bands, you can work almost every muscle group in your body, even in a very small space, and—if you quicken the pace—you can use resistance bands to maintain your aerobic fitness as well.

A good brisk walk is almost always possible, even when flight cancellations or talkative relatives conspire to prevent you from going anywhere. Walk the concourse or the stairs. Or ask tourist information, hotel staff or someone with good local knowledge to point out streets, trails, tracks, beaches or malls that are safe for you to walk. Avoid walking in unfamiliar towns by yourself, however. Stick to times of the day when others will be around, and tell someone your route and when you expect to be back. During your run or walk, don't be distracted by listening to music or talking on your cell phone. Remain aware of landmarks and surround-

ings so you won't get lost. And always carry an ID, the address of your hotel or other lodging, and \$20 or so in local currency just in case you need a snack or cab fare back.

An event looming upon your return home can't hurt your exercise motivation while traveling. In the midst of training for an organized bike ride, a business trip forced my one of my co-authors on "Faster, Better, Stronger," DeAnne Musolf, to find cycling opportunities on the fly. She was surprised to discover that many hotels in Germany kept bikes for guest use. Concierges kept maps of great regional rides on file. Local cycling clubs she e-mailed in advance in Switzerland were helpful finding bikes and even joined her on rides, while waitstaff at restaurants offered tips on weather and fitting in a ride on a tight schedule, such as riding to a town high in the nearby mountains, then taking the narrow-gauge train back. She found mountain biking tours through commercial adventure companies, and—if all else failed—at most train stations she was able to rent a cruiser bike, complete with a basket and a bell.

- Eric Heiden, M.D., a five-time

Olympic gold medalist speed skater, is now an orthopedic surgeon in Utah. He co-authored "Faster, Better, Stronger: Your Fitness Bible" (HarperCollins)

with exercise performance physician Max Testa, M.D., and DeAnne Musolf. Visit www.fasterbetterstronger.com. © 2010 Tribune Media Services, Inc.

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Foraging is green eating at its purest

By Cara Smusiak
Naturally Savvy

When people think of eco-friendly foods, they often think of organic foods and family farms. But foraging for wild foods is perhaps the purest way to eat green.

Foraging is harvesting indigenous, wild plants and fungi, as well as fishing and hunting—it's all about eating what the land provides. Because foraged plants are indigenous, they are best suited for the soil in your area, so they grow efficiently and in abundance, without the care, tending and treatments required of farming. And since most people forage close to home, the carbon footprint of your foraged foods is almost zero.

While many people think foraging is for people who live out in the country, nothing could be further from the truth. Urban dwellers can forage both in the city, and in outlying areas.

Journalist and urban forager Becky Lerner lived off foods she foraged for a week last May, chronicling her culinary adventure at CultureChange.org. Her mission was to eat only foods she foraged from along sidewalks, in parks and wilderness areas, and in yards (gardens were off limits) in Portland.

Lerner, who writes about foraging at FirstWays.com and teaches introductory urban foraging, writes that foraging isn't just about finding sustenance during emergencies. "At its core, wild food offers you a deeper way to explore your relationship to the land outside your door, to recognize the gifts Gaia (the Greek goddess of the Earth) has left for you."

Foraging might sound fun at first, but it isn't as easy as swinging by the local market. You have to put in the time, and you need to know which plants and fungi are edible, and which ones will cause illness or even death. Books on local wild foods and the foods of aboriginal peoples in your area are a good place to start, but it's important to spend time learning about the edible plants in the field, so to speak, side-by-side with a local foraging expert.

Lerner recommends Wild Food Adventures in Portland, and Steve Brill, who hosts a variety of foraging events across the Eastern U.S. Many local colleges also offer non-credit summer classes in foraging.

If you just want to get a taste of foraging without investing too much effort, there are a few easily recognizable edible plants out there to get started with.

Dandelions

Dandelions may be a nuisance to most homeowners but they're also an edible and delicious plant. Dandelion greens are crammed full of nutritious vitamins, minerals and antioxidants, and they're tasty in a salad, particularly early in the season (bitterness increases in the summer), or in the late fall after the first frost. Dandelion flowers are also edible—pluck the petals and throw them in a salad, or use the whole flower to make Dandelion wine. Note: Be sure that the area where you're foraging for dandelions

has not been sprayed with pesticides.

Pine Cone Seeds

We often think of pine cones as decoration during the holidays or nuisance as they riddle the ground, but the seeds in the pine cones are a good source of nutrition. Break off the scales and look for the seeds underneath; each scale should have two seeds. The seeds can be eaten raw or they can be toasted, and they're great on their own, or to add a crunch in a salad.

Chives

With a lavender-colored flower and tubular, hollow leaves, chives are as pretty as they are tasty. Growing across North America, chives are the smallest species of the onion family, and they taste quite similar

to green onions or scallions. The leaves are the edible portion, but they lose their flavor when cooked, so they're best when raw, particularly if chopped and sprinkled on salads, soups, potatoes, and other foods.

Foraging isn't for everyone, but it's worth testing out what nature has to offer. Who knows—you may discover a love of cabbages with a side of dandelion salad.

- Cara Smusiak is a journalist and a senior editor at NaturallySavvy.com, a Web site that educates people on the benefits of living a natural, organic and green lifestyle. For more information and to sign up for their e-newsletter, visit NaturallySavvy.com.

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ANSWER: Patients at the top of the list are given consideration when a potential organ becomes available. But time on the list is only one factor when the transplant team decides who will receive the transplanted organ.

Many factors may preclude a given individual from receiving the available organ, such as:

The immunology isn't right: Even when blood types are matched or compatible, a recipient's antibodies can react to the antibodies present in the donated organ, causing rejection of the transplanted organ.

With living donors for kidney transplants, this antibody screening is done early to know if a potential donor is a good match. With deceased donors, the lab test may be in the works as the recipient is called in for possible transplant surgery. If the antibodies indicate a mismatch, the transplant team considers other possible recipients. This situation can occur with kidney, pancreas, heart and lung transplants.

The organ is the wrong size: A liver, heart or lungs from a 12-year-old child or 5-foot-2-inch adult may not be adequate for a potential recipient who is 6 feet 3 inches tall. These organs will perform better in smaller recipients. For kidneys and pancreas, size usually isn't a concern.

The organ isn't healthy enough: This situation comes up with liver transplants. When a medical team harvests organs, they may find that the liver is fatty, inflamed, or cirrhosis is present. While other organs from this donor may be available, an unhealthy liver would not be transplanted.

Where you live: In reality, there is no single waiting list. Organs are made available through 11 regions in the United States, and the differences in typical waiting times are huge. Some regions, because of higher population density and/or fewer donors, have longer wait times. The national mean waiting time for a kidney transplant is 1,763 days, according to the Organ Procurement and Transplantation Network. The mean waiting time in region 4 (Texas and Oklahoma) is as low as 1,203 days, and in region 5 (Arizona, Cal-

ifornia, Nevada, New Mexico and Utah), it's as high as 2,047 days. In region 9 (New York and Vermont), the mean waiting time is 2,520 days.

The regional differences in wait time occur for other organs, too. Wait times for transplant depend not only on how sick you are, but where you live. Work is under way to improve this situation. A small percentage of patients have the flexibility and resources to travel where organ availability is best. But, right now, some patients are penalized by geography.

If there's a possibility that a donated organ will work for a given individual, we'll do everything we can to make the transplant happen. But sometimes the situation is a no-go. That decision may be made after a potential recipient has been called to the hospital. Some patients may be alerted to a potential donated organ two or three times before the transplant occurs. While we strive to minimize these no-go situations, they occur perhaps 15 to 20 percent of the time.

In 2009, more than 106,000 people in the United States were waiting for organs to save their lives,

and about 28,500 transplants were performed. The best way to assure that patients receive lifesaving transplants is to increase the number of donors. To learn more about organ donation, visit <http://OrganDonor.gov>. - David Mulligan, M.D., Hepatology/Transplant Surgery, Mayo Clinic in Arizona

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu, or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit www.mayoclinic.org.)
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Long-term care list of women's concerns

Women experience extra challenges in life unique to their half of the population, one of them being their longer life span. The average woman can expect to live to age 80.2, which is 6.8 years longer than a man. Add to that the fact that in our society today, experts say, for the first time, more women are living without a husband than with one.



Joe B. Jones

A woman's longer life means a she has an increased chance of suffering a chronic illness which requires care. This fact alone raises questions around who will provide care in your later years, and at what price? Who will decide these issues? By including long-term care planning in your retirement plans, you can provide answers to some of these questions and maintain some control over the long-term care options.

Potential risks ahead

The high cost of long-term care makes it imperative for women to learn what potential risks are ahead and to plan accordingly for those risks. As a woman in America today, you also need to consider in your planning whether or not you are likely to become a caregiver. Sixty-one percent of caregivers in this country are women, mostly middle-aged. However, 13 percent are age 65 or older. Women are at greater

risk of bearing the costs—financial, physical and emotional—associated with providing care to others.

For these reasons, long-term care insurance is fundamentally a women's issue. How will you be cared for if you become unable to do simple things, such as eat, dress, use the bathroom or get in and out of bed alone? Could you do these things for someone else and still work and take care of yourself?

The costs of such care can be overwhelming, even for those prepared. Typical safety nets, such as Medicaid, may not cover the entire cost, even after you are able to qualify. And while Medicaid will pay for certain types of long-term care, eligibility usually comes only after contributing most of any income you receive and exhausting most assets.

For an ever-growing number of people, long-term care insurance has become an essential part of retirement funding. And there are many factors to consider when choosing a long-term care insurance policy. For this reason it's important to work with a professional who understands your needs and can design a policy that gives you the best protection you can afford.

It's also important to look at the track record of the company providing the insurance. To ensure that coverage will be there when you need it most, make sure the company is well established, with a solid history of treating its policyholders well. Choose a company that has been given the highest possible ratings for financial security from the insurance rating services.

And buy early, while you are still

insurable and premiums are more affordable in your 40s and 50s. The plan you establish now can spare you and your family the anguish of depleting your assets to pay for your or their long-term care. By planning ahead, you can reduce the risk of losing your independence and help ensure your continued financial security to live your life your way.

- Joe B. Jones is a Financial Representa-

tive 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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Are municipal bonds right for you?

Tax season "officially" ended on April 15. Yet you can explore tax-smart investment opportunities all year round. And when you're looking at the fixed-income side of your portfolio, you may want to consider two possibilities: municipal bonds and Build America Bonds.



Harley Catlin and Ryan Catlin

You've probably heard of municipal bonds, but you may not be familiar with how they work. You can find two key types of municipal bonds: General obligation bonds finance the daily operations of a municipality or school district, while revenue bonds finance hospitals, utilities, airports, affordable housing and other public works. So when you purchase a "muni," you are helping support a community.

Of course, your investment will bring you some tangible benefits,

too. First, you'll receive regular interest payments. Furthermore, these payments typically are exempt from federal income taxes — and possibly state and local income taxes, too. If you're in an upper income bracket, you may find munis to be especially valuable. (Keep in mind, though, that some "private activity bonds," which are typically used to finance airports, housing or stadiums that can benefit private entities, may be subject to the alternative minimum tax, or AMT.)

Build America Bonds (BABs) share some similarities with tax-free municipal bonds, although BABs are taxable investments. BABs provide capital to municipalities so that they can build or improve infrastructure, including schools, roads, public buildings and so on. The U.S. Treasury pays state or local government issuers a subsidy equal to 35 percent of the interest they pay investors for buying the bonds.

BABs have proved quite popular among institutional investors, such as pension funds, that typically don't benefit from tax-free municipal bonds. But are they right for you?

It all depends on your individual

situation. If you owned a BAB, your interest payments would be federally taxable, but you might get some state tax breaks if you live in the state where the bond is issued.

Many BABs have long-term maturities, which may not be a problem if you're buying the bond for its steady interest payments and plan to hold it for its entire life. But if you think you might want to sell your bond before it matures, be aware that longer-term bonds, by their very nature, are subject to greater interest rate risk than shorter-term bonds — that is, longer-term bond prices will be more affected by interest rate movements.

Furthermore, you'll have to consider credit risk — the possibility

that the issuer of your bond will default or be unable to make payments. Remember, the municipality issuing the bond, not the federal government, backs a BAB. Although past performance is not a guarantee of future results, municipal bonds' historical default rates have been low.

Ultimately, you'll need to consult with your tax advisor before purchasing either a municipal bond or a BAB. Like all investments, they can provide you with benefits, but you need to be absolutely sure of what you're getting.

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



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Coping with arthritis and knee pain

Arthritis can be a pain in the knee.

Half of everyone over 65 is said to have arthritis in one or more joints—and for people over 80 the number is 75 percent. Knee arthritis in particular is a very common cause of pain. The problem is that arthritis can stretch the ligaments in the knee until it bends outwards or inwards. This is a painful condition



Laura Bennetts

that may ultimately require joint replacement. But surgeons say that replacement surgery should be delayed as long as possible, and that other treatments should be tried until surgery is truly unavoidable. No one, of course, is eager to have surgery. And as excellent as surgical skills and technologies have become, replacement joints may not last longer than 15 or 20 years.

Luckily, there are other treatments to help strengthen your knee and keep you active.

Step 1: Consult Your Doctor

Not all knee pain is caused by arthritis. If you suffer knee pain, you should see your doctor to learn the cause. Knee pain can be caused by conditions such as irritated knee caps, torn ligaments or cartilage, or inflamed tendons (tendonitis). You need to know exactly why you hurt

to get the right treatment and reduce stress on the joint.

Coping With Arthritis

Often, of course, knee pain is caused by arthritis. So if your knees hurt, you may need to understand and cope with arthritis. Basically, arthritis causes degeneration of the knee joint. The cartilage (meniscus) that absorbs shocks can be worn down, leaving bone pressing on bone. Arthritic inflammation can make the smooth shiny bony surfaces of the joint rough and pitted. The tendons and ligaments that keep the knee joint stable can swell up, making walking painful and difficult.

None of this is much fun. And we're still largely in the dark about why some people are unusually susceptible to arthritis, or why arthritis affects knees more than the other leg joints. But fortunately we do know a lot about treating knee arthritis, and knee pain in general.

Treatment

Once your pain is diagnosed, you should seek treatment ASAP. Whether arthritic or not, painful knees grow weak and unstable, causing persisting pain. You have several non-surgical treatment options, including pain medications, anti-inflammatory medications, and physical therapy. The best and quickest results come from combining medications with therapy. One of the main benefits (and goals) of therapy is to enable you to cut down on your pain medications as you get stronger and your pain decreases.

Let's Start with Exercise

Exercise works wonders—or rath-

er, YOU work wonders when you exercise. Your physical therapist will help you exercise in the best way possible. This will help you decrease your pain, increase strength, regain range of motion, and increase joint stability.

Therapists use modalities such as ultrasound, electrical stimulation and infrared light therapy to reduce joint swelling and pain. Exercise also increases the flow of synovial fluid in the joint, bringing nutrients through the increased blood flow. The muscles around your knee joint, when strengthened maximally, will work with your cartilage to absorb the impact on the joint when you walk. The joint parts will work together to make your knee stable and decrease the energy you need to walk.

Splash and Lift

Exercising in water is often good for people with knee and hip arthritis. Water exercise builds muscular endurance. This improves your ability to move or exercise continuously—so that you can walk, say, 20 rather than 10 minutes. Water exercise strengthens and stabilizes the knee joint, which is vital for ease in walking. And you can further improve knee stability (for walking in snow or on stairs or in other difficult circumstances) by exercising with weights or by doing standing exercises in the gym. The best stabilizing exercises include: half squats, sitting leg presses, standing toe raises, single leg exercises, and weight lifting.

Helpful Hints

Here are several other things to watch for if you have knee pain.

1. Back pain. People with knee pain often hurt their backs by bending at the waist to reach things on the floor. Better is to use a long-handled reacher.

2. Walking with a limp. If one knee hurts, you probably shift your weight to your other leg. But this may cause back or hip pain by causing you to walk with uneven steps or limping. Better is to use a cane (in the hand opposite the painful knee) to avoid limping.

3. Foot and ankle pain. If your knee bows inward or outward, your ankle and foot will suffer stress as well. You may benefit from improved arch support, or perhaps from a knee brace.

4. Falling. If your right knee hurts, you are more likely to fall to the right side if your knee buckles. You can decrease the chance of falling—and fracturing a hip or wrist—by using a cane in your opposite hand (in this case, the left hand).

Kneed Help? Get Help!

Knee pain shouldn't keep you home this summer. Treatment and proper exercise can make your knee stronger—and you'll feel better.

- Laura Bennetts, MS RPT, is a physical therapist with a masters degree from the University of Southern California and 28 years of professional experience. She owns Laurence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services (785-594-3162). If you have questions, please write to Laura c/o laurabennetts@hotmail.com.



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Turmeric: The old spice or the new medicine?

Turmeric (*Curcuma Longa*) is one of the oldest known spices. Turmeric has been used in South Asia, especially in India, for at least 5000 years. Turmeric has been grown in India since ancient times. It reached China by 700 AD, East Africa by 800



Dr. Farhang Khosh

AD, and West Africa by 1200. It was introduced to Jamaica in the 18th century. Today, turmeric is widely cultivated throughout the tropics. It is believed that turmeric was used as dye for ceremonial and cosmetic purposes. It is associated with fertility and prosperity, and brings good luck if applied to a bride's face and body as part of the ritual purification before a wedding.

In medieval Europe, turmeric became known as Indian Saffron since it was widely used as an alternative to the far more expensive saffron spice. Turmeric has become the key ingredient for many Indian, Persian, Thai, and Malay dishes, not only in curry, but also in masak lemak, rendang, and many more.

Turmeric has a long history of medicinal use in South Asia, cited in Sanskrit medical treatises and widely used in Ayurvedic and Unani medicines. Susruta's Ayurvedic *Compendium*, dating to 250 BC, recommends an ointment containing turmeric to relieve the effects of poisoned food. Also, in many Old Persian texts, especially in Avicenna's books, turmeric is regarded as a "Medicine from earth."

Turmeric has been traditionally used for disorders of liver such as jaundice, inflammation, diabetes, di-

arrhea, asthma, cough, and to slow lactation. Also, it has been used externally to fresh wounds and to insect stings, and to help the healing process in chickenpox and smallpox.

In recent years turmeric has gained a lot of popularity for its medicinal properties in western medicine. Curcumin is thought to be the primary pharmacological agent in turmeric. In numerous studies, Curcumin's anti-inflammatory effects have been shown to be comparable to the potent drugs hydrocortisone and phenylbutazone as well as over-the-counter anti-inflammatory agents such as Motrin. In recent research it has been suggested the use of Curcumin in inflammatory conditions such as Crohn's and Ulcerative colitis and Rheumatoid arthritis.

Research conducted at UCLA and published in the *Journal of Biological Chemistry* (December 2004), which has been confirmed by further research published in the *Journal of Agricultural and Food Chemistry* (April 2006), provides insight into the mechanisms behind Curcumin's protective effects against Alzheimer's disease. In addition, Curcumin has been studied and used for the following conditions: cystic fibrosis, cancer prevention, adjunctive therapy in prostate cancer, improved liver function, cardiovascular protection, and lowering cholesterol.

Possible side effects of turmeric include: upset stomach in a high dose if taken for a prolong time; it may increase risk of bleeding if taken in a large dose; it may lower blood sugar; hair loss; and it should be avoided by people with active gallstones. As always, consult with your physician before taking turmeric or any other supplements.

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

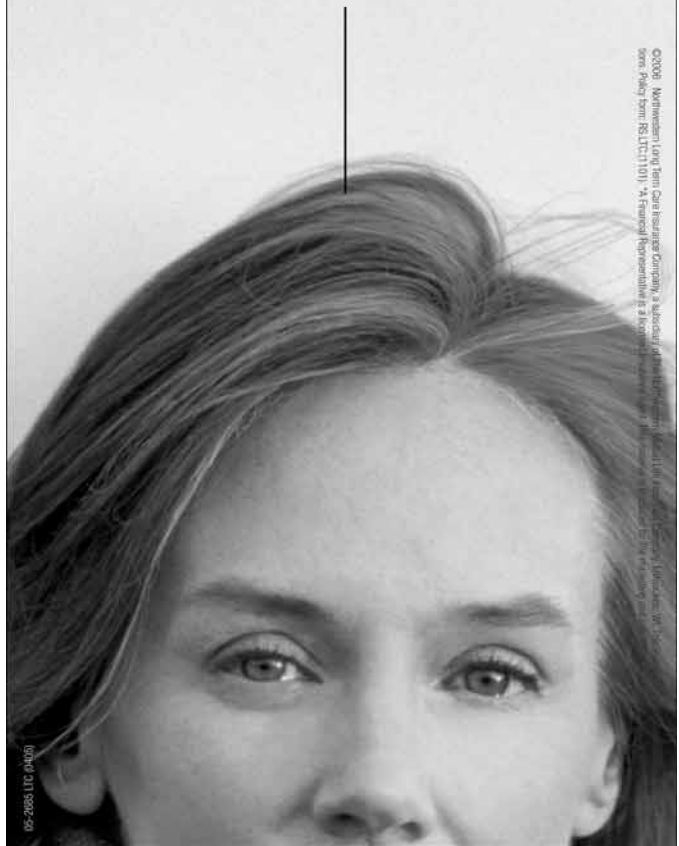


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Questions loom about option for long-term care insurance

In the din of debate over health care reform legislation, one of the bill's most important features went almost unnoticed—a public option for long-term care insurance.

The law signed into law earlier this year establishes a national insurance program for purchasing community living assistance services and



Mark Miller

ny. LTC insurance offers a way to protect your assets and insure that any unmet care needs will be covered. But private LTC coverage hasn't taken off, probably due to the complexity of policy choices and the simple fact that none of us are too eager to set aside money now for a visit to a nursing home later. Then there's expense; annual premiums can run \$3,000 or more for policyholders who buy LTC coverage in their 50s.

These hurdles have held back sales of LTC policies. Ninety percent of people over age 55 have no LTC coverage, says Mark Meiners, a professor of health administration and policy at George Mason University. The largest provider of LTC coverage is Medicaid, the federal and state-administered insurance program for low-income Americans. Medicaid funds about 49 percent of all LTC, but getting coverage requires spending down most of your assets.

CLASS is an attempt to expand coverage by providing a basic, inexpensive LTC option. The program will be deployed mainly through the workplace as an opt-out choice in benefit plans. Employers don't have to participate, but the opt-out feature will be important for those that do. It means employees will be in unless they make an active decision to drop out.

And, while CLASS is aimed mainly at the workplace, there also will be a public exchange where policies can be purchased by those working for companies that don't participate, or for self-employed people.

CLASS participants would pay an insurance premium via payroll deduction, currently projected at \$123 per month. After a five-year vesting period, CLASS would provide a benefit of no less than \$50 per day to pay for LTC. Two ad-

ditional, very significant features make CLASS different than most private coverage: There will be no lifetime or dollar cap on benefits, and insurers can't turn away applicants due to a pre-existing condition. CLASS becomes effective in 2011, but Meiners doesn't expect plans to appear in workplace benefit plans until January, 2013.

But the success of CLASS will depend largely on how it's implemented and the program faces some complex challenges. "I worry about how it will be put forward," says Meiners, who is a supporter of the general CLASS concept. "A lot of factors will make it difficult for this to work."

One obstacle is pricing. A national survey of 1,000 employed Americans last fall by the American Council of Life Insurers found broad support for a public option LTC program such as CLASS—73 percent of respondents reacted positively to the idea.

But support dropped sharply when proposed premium prices were mentioned, and 95 percent said they were not likely to participate if the premium was set at \$110 per month. That suggests employers could have

a tough time getting employees to stay in CLASS. And employers could decline to participate out of concern that the program will be more trouble than it's worth.

A limited benefit period would be one way to reduce premium costs. Meiners notes that the lifetime care benefit is extremely generous compared with private LTC policies—but it's a "sacred cow" among CLASS proponents and not likely to be altered anytime soon, he says.

Another worry is what Meiners calls "the selection issue. If the only people who opt for CLASS are those who can't be insured elsewhere and everyone else opts for private coverage, that's a significant problem. You need younger, healthier people to get in and stay in to balance against the cost of uninsurable people."

(Mark Miller is the author of the forthcoming book, "The Hard Times Guide to Retirement Security." He publishes <http://retirementrevised.com>, recently named the best retirement planning site on the web by Money Magazine. Contact him with questions and comments at mark@retirementrevised.com)

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support (CLASS for short). The new plan, which will be rolled out over the next several years, was a top priority of the late Sen. Ted Kennedy.

CLASS should help raise the profile of long-term care insurance (LTC)—an important financial tool that doesn't make it into most retirement plans. Long-term care needs can throw a monkey wrench into even the best-designed retirement plan.

About one-third of Americans turning 65 this year will need at least three months of nursing home care sometime during their lives, according to the Center for Retirement Research at Boston College (CRR). Another 24 percent will need more than a year of care, and 9 percent will need more than five years.

Medicare covers only a small portion of long-term care needs, and the cost of a semi-private room averages \$79,000 per year. CRR calculates that the mean lifetime exposure to long-term care costs for our 65-year-old couple is \$260,000, with a five percent risk of a \$570,000 expense.

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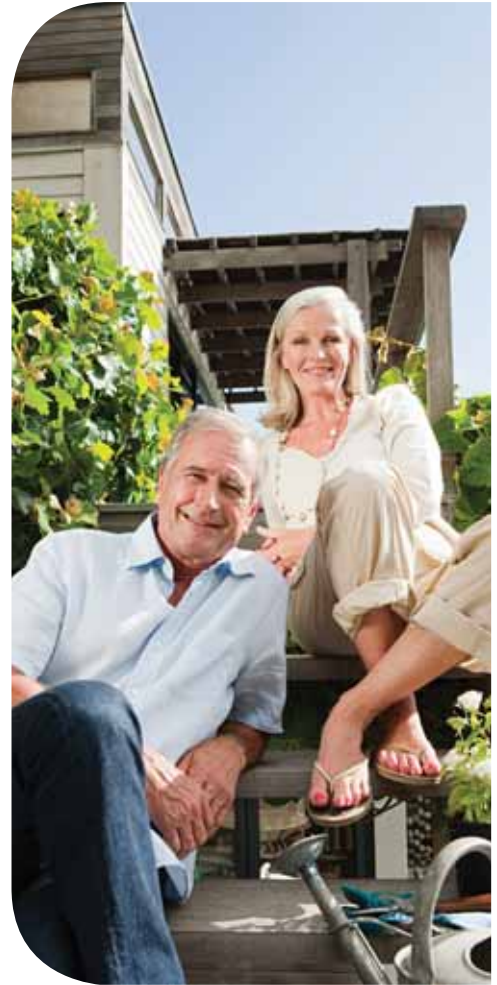


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Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. Please confirm any event you plan to attend.

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

ART/ENTERTAINMENT

JUN 2-JUL 14

SUMMER BAND CONCERTS

Pack up the family and bring your lawn chairs or blankets! Join the Lawrence City Band for a free concert in South Park.
LAWRENCE, (785) 832-7930

JUN 24-AUG 29

BUDDY - THE BUDDY HOLLY STORY

"Buddy" opened in London's West End in 1989 and has been thrilling audiences on Broadway and on tour around the world for the past 20 years. It tells the story of Buddy Holly's short yet explosive career and features his classic songs. The New Theatre, 9229 Foster.

OVERLAND PARK, (913) 649-0103
<http://www.newtheatre.com>

JUN 25-JUL 11

13

The first Bath House Players show of the summer centers around 12-year-old Evan Goldman, whose parents are about to divorce, causing him to move from New York City to Appleton, Ind., so he will have to celebrate his bar mitzvah away from everyone he knows in a town where, he says, "UFOs go to refuel." Call for ticket prices and showtimes. 700 SW Zoo Parkway.
TOPEKA, (785) 368-0191

JUL 9

CHORAL TRADITIONS

Choral Traditions by the Kansas Choral Directors Association. Performance at 7:30 p.m., 701 SW 8th Avenue. Free.
TOPEKA, (785) 235-3457
<http://www.gracecathedraltopeka.org>

JUL 10

SUMMER SUNSET CONCERT SERIES AT OLD PRAIRIE TOWN

Bring your family out for this fun-filled evening to listen to some wonderful local artists performing at their best. Bring your own lawn chair and enjoy the beautiful Old Prairie Town setting, while listening to some great music! This is a family friendly event and children are welcome! Show time: 6:00-9:00 p.m. Admission: \$2 per person, 10 and under free.
TOPEKA, (785) 368-2437

JUL 11

GLEN CAMPBELL

Country Hall of Fame star Glen Campbell will be performing some of his greatest

hits, including "Wichita Lineman," "Rhine-stone Cowboy" and many more. Topeka Performing Arts Center.
TOPEKA, (785) 234-2787
<http://www.tpactix.org>

JUL 16

JULY ART WALK

Sponsored by Baldwin Community Arts Council, Friday between 7:00-9:00 p.m. downtown Baldwin. Come enjoy the Art work along with a Band Concert and Ice Cream Social.
BALDWIN CITY, (785) 594-3200
<http://baldwincitychamber.com>

JUL 16-AUG 14

FIDDLER ON THE ROOF

One of the best musicals ever written returns to the Topeka Civic Theatre. In the village of Anatevka, Tevye, a poor dairyman, tries to instill in his five daughters the traditions of his tight-knit Jewish community face of changing social mores and the growing anti-Semitism of Czarist Russia. Rich in historical and ethnic details, Fiddler on the Roof has touched audiences around the world. Call for more information ticket prices and times.
TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

JUL 18

JAZZ IN JULY

Craig Treinen Jazz Quartet will perform at the Ted Ensley Garden Pergola. Admission is free and begins at 6:30 p.m. Bring your lawn chairs and enjoy the great jazz band at the best spot in Topeka.
TOPEKA, (785) 267-5611

JUL 23-AUG 1

DISNEY'S MY SON PINOCCHIO

A new and enchanting take on the classic tale of an aging toymaker and his puppet-Pinocchio. This is a family friendly musical appropriate for all audiences and is a magical mix of heart warming fairytale and action-packed adventure. Gage Park, 700 Zoo Parkway.
TOPEKA, (785) 368-0191
<http://www.topeka.org/parksrec/hocker.shtml>

JUL 24

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 & 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

ARAB SHRINE

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

SUNDAYS

MOOSE CLUB

Sundays, 6:00 p.m.
1901 N KANSAS AVE, TOPEKA, (785) 235-5050

BOOKMOBILE

MONDAYS

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

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr.,
Lawrence, 9:00-10:00 a.m.
Presbyterian Manor, 1429 Kasold Dr., Lawrence,
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

JUN 15-JUL 20

KANSANS OPTIMIZING HEALTH/LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Meets Tuesdays June 15 through July 20. Do you have or care for someone with arthritis, diabetes, heart or lung disease or another chronic condition? This six week KDHE program developed by Stanford University and facilitated by LMH and K-State Research and Extension will cover self-care strategies to help reduce pain, cope with fatigue, exercise safely, eat well, manage stress, use medications effectively, and set and meet personal goals. Participants should be working in partnership with a healthcare provider before attending this class. Advance enrollment required as class size is limited. Fee. Lawrence Memorial Hospital, Meeting Room A.
LAWRENCE, (785) 749-5800

JUL 9

TOOTH CARE THROUGH THE YEARS

Presented by Dr. Chris Leiszler, DDS. Dental health and hygiene effects one's total well being. The BrownBag NoonTime Talks are held each Thursday in the Lawrence Public Library Gallery Room from noon-1:00 p.m. You are welcome to bring your lunch as the presentations are informal. Drinks and dessert are provided. No registration is necessary. These programs are presented by the

■ CONTINUED ON PAGE 17

Are you overweight, or diabetic, or have medical conditions worsened by weight.

You CAN help yourself. Despite advances in treating diseases, life expectancy is going down. Overweight, obesity and diabetes are increasing at alarming rates. **Diet pills, shakes and outrageous promises are not the answer.**

We help you help yourself. Our unique plan **guides you** in what actually works. Succeed at a program for life. Bring down your weight, reduce medication, and lower your risks. You will be backed by medical supervision and by the support of your peers.

What is different about our plan?

1. We are led by a physician who is residency-trained and Board-Certified in Preventive Medicine.
2. You remain in the care of Irving Cohen, MD, MPH, Fellow, American College of Preventive Medicine, who can coordinate your needs.
3. You are **NOT prescribed diet pills** and we **DO NOT sell food, supplements or similar products.**



Have you read Dr. Cohen's **New HippocraticSM Diet Guide** How to Really Lose Weight and Beat the Obesity Epidemic? Buy it at www.HippocraticDiet.com or your favorite bookstore.

Call now to get information, schedule an appointment or to reserve a seat at our next **Free Seminar in Topeka July 10, 10 AM - noon** call or check our website for other locations & dates

Preventive Medicine Associates
1919 SW 10th Ave., Topeka
www.PreventiveMedicineAssociates.com
(785) 783-7779 or 888-933-9833



■ CONTINUED FROM PAGE 16

Senior Outreach Services of the Lawrence Public Library and Midland Care. For more information on these programs, call Pattie at the Library.

LAWRENCE, (785) 843-3833 EXT.115

JUL 15

USER'S GUIDE TO EARS & HEARING

Presented by Wendy Blackwell of Blackwell Hearing Center. One of the most common concerns of growing older is the loss of hearing. Wendy will talk about normal changes in hearing as one ages and also the common problems that can occur. The BrownBag NoonTime Talks are held each Thursday in the Lawrence Public Library Gallery Room from noon-1:00 p.m. You are welcome to bring your lunch as the presentations are informal. Drinks and dessert are provided. No registration is necessary. These programs are presented by the Senior Outreach Services of the Lawrence Public Library and Midland Care. For more information on these programs, call Pattie at the Library.

LAWRENCE, (785) 843-3833 EXT.115

JUL 19

UNDERSTANDING HEART FAILURE

Roger Dreiling, MD, Cardiologist from Cardiovascular Specialists of Lawrence, will present this informative program about heart failure, also known as congestive heart failure. Heart failure occurs when the heart can no longer pump adequate blood to the rest of the body. Dr. Dreiling will discuss this condition, its diagnosis, and the recommended treatment strategies which may allow patients to live a productive life. This program is free but advance registration is requested, please. Lawrence Memorial Hospital auditorium, 6:30-7:30 p.m.

LAWRENCE, (785) 749-5800

JUL 21

PREDIABETES CLASS

This free class is for those at risk for developing diabetes or have already been told that they have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and avoiding potential complications. Lawrence Memorial Hospital, Meeting Room E, 12:00-1:30 p.m.

LAWRENCE, (785) 749-5800

JUL 29

10,000 STEPS A DAY CLASS

The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log their daily steps. \$10/person. This program is available to take out to groups of five or more confirmed registrants. Lawrence Memorial Hospital, Meeting Room A, 6:00-7:30 p.m.

LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

MAY 21-JUL 9

U.S. ARMED FORCES AROUND THE WORLD

Private collectors and the Kansas National Guard Museum have collaborated to present this exhibit featuring military artifacts from 1940-2008. Included is "History of Military Flight," a new exhibit developed by Jerry Holley, Holley Museum of Military History, The Great Overland Station.

TOPEKA, (785) 232-5533
http://www.greatoverlandstation.com

JUL 17

HEARTLAND ANTIQUE CAR SHOW

Annual antique car show. Visitors view an amazing group of beautiful, well maintained antique cars. Downtown Park Square.

Paola, (913) 294-4335
http://www.paolachamber.org

FARMERS' MARKETS

APR 17-NOV 20

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 from April until November.

TOPEKA, (785) 234-9336
http://www.TopekaFarmersMarket.com

APR 10-NOV 20

SATURDAY DOWNTOWN LAWRENCE FARMERS' MARKET

The Saturday Downtown Lawrence Farmers' Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets. 7:00-11:00 a.m.

LAWRENCE, (785) 331-4445
http://lawrencefarmersmarket.com

MAY 4-OCT 26

TUESDAY LAWRENCE FARMERS' MARKET

The Tuesday Market is located in the public parking lot between 10th and 11th streets on the east side of Vermont Street. 4:00-6:00 p.m.

LAWRENCE, (785) 331-4445
http://lawrencefarmersmarket.com

MAY 6-OCT 28

THURSDAY LAWRENCE FARMERS' MARKET

The Thursday Market is located at southwest corner of Sixth & Wakarusa, in the parking lot of the shopping center where you can find the Salty Iguana. 4:00-6:00 p.m.

LAWRENCE, (785) 331-4445
http://lawrencefarmersmarket.com

FAIRS/FESTIVALS

JUL 13-17

77TH 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

JUL 14-18

FRANKLIN COUNTY FAIR & RODEO

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 16 & 17

AMELIA EARHART FESTIVAL

14th annual event honoring Atchison's favorite daughter. Friday evening lakeside concert features nationally-recognized country music artists. 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 31-AUG 7

DOUGLAS COUNTY FREE FAIR 2008

Live music, carnival, 4-H exhibits, demolition derby, antique tractor pull and a variety of races and contests. Douglas County Fairgrounds.

LAWRENCE, (785) 843-7058

AUG 5-7

2010 LANE AGRICULTURAL FAIR

Don't miss the oldest continuous fair in Kansas! The City of Lane leaves no one out by providing activities for the whole family. The Lane Fair Association will have concessions all three days. Lane Fairgrounds.

LANE, (785) 867-3298

HEALTH

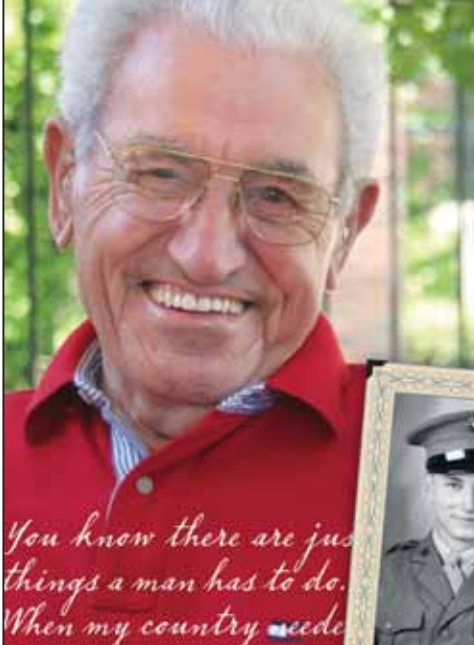
MONDAYS THROUGH THURSDAYS

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

An Assisted Living
& Memory Care Residence



the
Windsor
OF LAWRENCE

A Lifetime in Every Face, A story in Every Smile.
Hear the Story, Share a Lifetime.

You will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living & Memory Care combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing needs.

Call (785) 832-9900
or visit us at
3220 Peterson Rd.
Lawrence, KS 66049

*Respecting Values, Protecting Dignity,
Supporting Independence.*

■ CONTINUED ON PAGE 18

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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 7

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. \$6/test. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

JUL 9

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, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

JUL 12

BONE DENSITY SCREENING

See July 9 description. Lawrence Memorial Hospital, HealthSource Room, 4:00-6:00 p.m. LAWRENCE, (785) 749-5800

JUL 26

BONE DENSITY SCREENING

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

AUG 4

CHOLESTEROL SCREENINGS

See July 7 description. Lawrence Memorial Hospital, HealthSource Room, 3:00-4:30 p.m. LAWRENCE, (785) 749-5800

AUG 4

BONE DENSITY SCREENING

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

HERITAGE/HISTORY

JUN 1-JUL 31

FIRST HAND HISTORIES

First Hand History is comprised of 12 different panels assembled from the Southeast Region of the National Archives holdings. This exhibit tells intriguing stories of people who once inhabited this land. Free and open to the public. 1515 SE Monroe, 9:00 a.m.-5:00 p.m. TOPEKA, (785) 235-3939

AUG 1-SEP 30

CLAIMING CITIZENSHIP: AFRICAN AMERICANS & WORK PROGRESS ADMINISTRATION

The photographs in this exhibition illustrate the lives of African American people at work, at home, and in various public venues. Topics include: claiming/entacting; expertise and authority; public dignity; community bonds; rights to associate/organize; financial; sovereignty; legal personhood. Free and open to the public from 9:00 a.m.-5:00 p.m. Daily. 1515 SE Monroe. TOPEKA, (785) 235-3939

MEETINGS

FIRST MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

Facilitated by Heartland Hospice and open

to any who have lost loved ones. Call Terry Frizzell or just show up. Meets at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6:30 p.m. TOPEKA, (785) 271-6500

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

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

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

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3:00 p.m. in Conference E of LMH. LAWRENCE, (785) 830-8130

FIRST TUESDAY OF THE MONTH 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

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.

FIRST TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

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

WEDNESDAYS AND SUNDAYS

OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 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

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 TRANSITIONS SUPPORT GROUP

Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location. 3:00 p.m.

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 Life Services Office. Health Agency Main Library. TOPEKA, (785) 232-7765

SECOND MONDAY, SEPT-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

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

SECOND MONDAY OF 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. 11:00 a.m. TOPEKA, (785) 235-1367, EXT. 130

SECOND AND FOURTH MONDAY OF THE MONTH ALZHEIMER'S/CAREGIVER SUPPORT GROUP

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 7:30 p.m. LAWRENCE, (913) 831-3888

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

(NARVRE)

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

SECOND TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

SECOND TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES

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

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 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 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

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 TUESDAY OF EACH MONTH STROKE SUPPORT GROUP

For those recovering from a stroke, and/or their family and friends. Meets at 4:00-5:30 p.m. For more information call LMH Kreider Rehab Center. LAWRENCE, (785) 505-2712

THIRD WEDNESDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

■ CONTINUED ON PAGE 19

■ CONTINUED FROM PAGE 18

ner, membership chairman.
LAWRENCE, (785) 843-7481

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. A social support group to re-engage life after the death of a loved one. 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 THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Baldwin Healthcare Center, 1223 Orchard Lane, 1:00-2:00 p.m.
BALDWIN CITY, (785) 594-6492

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11:00 a.m.-1:00 p.m. For more information about the Widowed Persons Service Program, please call Julie.
TOPEKA, (785) 357-7290

FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

Presbyterian Manor, 1429 Kasold., 4:00 p.m.

Sponsored by Heart of America Hospice.
LAWRENCE, (785) 841-5300

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 EACH MONTH CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 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 EACH MONTH TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.
TOPEKA, (785) 233-5762
<http://www.tgstopeka.org>

FOURTH THURSDAY OF EACH MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards. 5:30 p.m. at 17th and

Stone. For additional information, e-mail pdpatterson@juno.com.
TOPEKA

FOURTH FRIDAY OF EACH MONTH RETIRED GOVERNMENT EMPLOYEES

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

FOURTH FRIDAY OF EACH MONTH AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. New and interested members welcome. Please call Mary for reservations.
LAWRENCE, (785) 331-4247

MISCELLANEOUS

FIRST WEDNESDAY OF EACH MONTH WINE TASTING

Come taste four different wines for only \$10. Please call for reservations. April 1-December 1. 4005 SW Gage, 4:30-6:00 p.m.
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Making Medicare make sense

Answers to some of the most commonly asked Medicare questions

QUESTION: How will people with Medicare benefit in the near future from the new Affordable Care Act?

ANSWER: People with Medicare should have recently received important information from the Centers for Medicare & Medicaid Services, (CMS), the federal Medicare agency that explains some of the immediate benefits they may see from the new Affordable Care Act. That information, outlined in a mailing sent to all beneficiaries, provides them with timely facts about the important new law so they can learn how their Medicare benefits will either "stay the same" or "change and improve." The new law not only strengthens Medicare, but also ensures the guaranteed benefits that beneficiaries have come to rely upon don't change.

The first benefit that several million Medicare beneficiaries will receive is a one-time tax free check for \$250, if they enter the Part D donut hole and are not eligible for Medicare Extra Help. The donut hole—or coverage gap—is the period in the prescription drug benefit in which the beneficiary pays 100 percent of the cost of their drugs until they hit the catastrophic coverage. Next year, in 2011, all beneficiaries who enter the coverage gap will get a 50 percent discount for covered brand name Part D drugs, and by 2020 Part D program benefits will no longer have a gap in coverage.

To get this check, you will not need to take any action at all. That means there is no need to pass along any personal information like bank account information or your Medicare or Social Security number to get the \$250 check. The rebate will come in the form of a check made out to you and it will be mailed to the address Medicare has on file. Medicare has all the information it needs to mail the check so you don't need to respond to any phone calls asking for information. Any calls

you get are most likely scams.

If you have hit the coverage gap you should expect to get your rebate check within about 45 days. This may be delayed slightly if Medicare doesn't get information timely from your Medicare drug plan showing that you have actually reached the coverage gap.

If you don't get your rebate check when you believe you should, your first call should be to your prescription drug plan to ensure that they have sent the information to Medicare. You may also want to contact Social Security to ensure they have the correct address on file, especially if you have recently moved. If you have not been able to get satisfaction from your plan, you should contact 1-800-MEDICARE, which is 1-800-633-4227, to start the complaints process. In some cases there may be a discrepancy between you and the plan as to whether you have hit the coverage gap.

In addition to the rebate check, the new mailing outlines other benefits available under the Affordable Care Act. Beginning next year, in 2011, Medicare beneficiaries will get preventive care services like colorectal cancer screening and mammograms without cost-sharing, in addition to an annual "wellness visit."

Currently, Medicare covers a one-time preventive physical exam within the first 12 months that one enrolls in Medicare Part B. The exam includes a thorough review of your health; education and counseling about the preventive services you need, like certain screenings and shots, and referrals for other care. The "Welcome to Medicare" physi-

cal exam is a great way to get up-to-date on important screenings and shots and to talk with your doctor about your family history and how to stay healthy.

But, thanks to the Affordable Care Act, beginning next year, in 2011, all Medicare beneficiaries can receive a physical exam every year, not just once.

The law also includes new tools to help fight fraud by helping Medicare crack down on criminals who are seeking to scam seniors and steal taxpayer dollars. CMS is reminding beneficiaries, their families and caregivers

to be on the alert for any scams asking for personal information. CMS has learned from implementing previous major pieces of health reform legislation, like Medicare Part D that unfortunately new opportunities for Medicare beneficiaries also bring new opportunities for scam artists to try and defraud seniors.

Because Medicare is a trusted resource for beneficiaries and their family members, the mailing encourages them to log on to www.medicare.gov or call 1-800-MEDICARE, which is 1-800-633-4227, to get their questions

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Selections from Mayhem in the Midlands

By Margaret Baker

Mayhem in the Midlands, an absolutely wonderful three-day mystery book convention, is sponsored by the Omaha libraries. It's limited to the first 200 registrants, so everything is the right size for easy discussions. Registrants listen to panels and often find themselves dining or drinking with the author you just heard on a panel. And here are some magnificent books I brought back!

•
Nancy Pickard: *The Scent of Rain and Lightning* (Ballantine Books, hc, ISBN 978-0-345-4710-7)

Kansas City author Nancy Pickard's last novel, *The Virgin of Small Plains*, won numerous awards and was the Read Across Kansas choice this year. Her latest is no less an example of great storytelling with deft, solid characterizations.

Once again, it is a cold case that starts the tale. A young father is slain, his wife disappears, and the only survivor is their three-year-old daughter, Jody. Twenty-three years later, Jody is informed by her three uncles, the ones who took her in and raised her, that her parents' killer, a short-tempered youth who had just been fired, has been released from prison. His commutation has been the life work of his son, Collin Crosby, who always believed in his dad's innocence.

It is a small town, and Jody has grown up close to the Crosby home. She knows she will see the man she believes destroyed her family on the streets.

Pickard draws us into the life of a small prairie town, with its entanglements, gossip, and secrets, some abysmally dark. There's a lot more than potluck dinners.

•
Helen Simonson: *Major Pettigrew's Last Stand* (Random House, hc, ISBN 978-1-4000-6893-7)

Widower Major Pettigrew (Retired) is the epitome of the proper British gentleman in Edgecomb St. Mary's (a proper small town). Mrs. Ali, widow of the Pakistani general storekeeper, is also framed by the culture of her place. Each is experiencing difficulties. The Major's younger brother has died suddenly, and the widow won't give him their father's prized shotgun. In fact, she expects him to hand over his, since the price at auction will be much higher for a matched pair. His only son expects to get his half immediately. Neither seems to give a hoot

about the Major's attachment to the guns his own father so highly valued.

Mrs. Ali's husband specifically left the store to her (they had no children). But her family believes women should not be in public that way, and expect her to give the store to a nephew and retire to be a drudge for the rest of the family.

As their friendship ripens over discussions of poetry and authors, Edgecomb St. Mary's society and the Pakistani society are increasingly alarmed.

A wonderful depiction of the differences and similarities of cultural collisions, and a protagonist (The Major) you'll wish lived down the street. For laughs, be sure to read the Country Club Dinner to end all country club dinners.

•
Howard Bryant: *The Last Hero* (Random House Audio Books, ISBN 978-0-3077-3688-8. Read by Dominic Hoffman on 8 cds)

If you are a fan of our national sport, here's a good biography of Hank Aaron, the man who broke Babe Ruth's home run record, and did it without steroids. 'Nuff said!

•
Steig Larsson: *The Girl Who Kicked the Hornet's Nest* (Alfred Knopf, hc, ISBN 978-0-307-26999-7)

If you've been vacationing on Jupiter for a few years, you may not have heard of Larsson's trilogy. Larsson, a Swedish author, came out of the blue with the first of a planned three-book series around a very unique, psychologically damaged girl, Lisbeth Salander, a computer hacker genius who saves the bacon of unjustly disgraced journalist Mikael Blomkvist. The publisher bought it, and asked for the remaining two manuscripts. Happy ending? No, unfortunately middle-aged Larsson died of a heart attack within a few months.

This is the third, and final, novel. It will make little or no sense if you haven't read the first (*The Girl with the Dragon Tattoo*, now being made into a film) and the second (*The Girl who Played with Fire*).

There's a lot of action and a lot of character development here.

•
Carl Brookins: *Bloody Hall* (Echelon Press, trade paperback, ISBN 978-1-59080-570-1)

Brookins' places his academic mystery in an urban college with no campus, that owns a building or two and rents floors in others. No quadrangle, no students lounging on the

library lawn. Most students are non-traditional, many a bit older and employed in the city.

Jack Marston directs the Office of Student Services, making him a member of the administration (also unusual in academic mysteries, which usually feature faculty or students with antipathy at the least and paranoia at the maximum about the non-teaching administration.)

Student Stuart Jamison is found dead in the theatre lobby where Jack was one of the actors practicing for Ibsen's *Enemy of the People*. Jack is asked to handle the matter.

But Jamison's records don't exist. Not even from the math award he'd won—someone has carefully excised absolutely everything.

Twists and turns and red herrings and some wonderful descriptions of some academic mainstays most collegians will recognize!

•
James Rollins: *Doomsday Key* (Wm. Morrow, hc, ISBN 978-0-06-123140-7. Also available in paperback from Harper)

Looking for a thriller with some elements of history? Rollins combines history, science, and adventure in this thriller.

As most know, the Doomsday Book was commissioned by England's first King William (the Conqueror) ostensibly as a guide for taxation. Like our modern census, all people and all land and business holdings were enumerated, which in the 11th century meant traveling into the edges and creases of the entire country.

Many villages were found "wasted," a term which still means death to all inhabitants. Pestilence and epidemics were widespread in a time before bacteria and viruses, etc., were known about.

Rollins combines this with the apocalyptic vision of St. Malachy, which much like the Mayan calendar implies the world is nearing its end (or at least humanity's part in it), primarily from overpopulation and the attempts to provide nourishment for the masses.

Anything more will be giving away the plot, what is fiction and what is fact. It is a nibble-your-fingernails trip from Stonehenge to bees' Colony Collapse Disorder.

•
Robert B. Parker: *Blue-Eyed Devil* (Random House Audio Books, ISBN 978-0-3077-3647-8. Read by Titus Welliver on 4 cds)

Parker died while at his typewriter,

so we won't have any new westerns with Virgil Cole and Everett Hitch, so enjoy them while we have them!

Amos Callico is the Chief of Police in Appaloosa, a western frontier town in the 1800s. He's headed for the governorship and eventually the presidency, and that takes a lot of money. He's getting it by charging "protection money" from the businesses, and has a dozen bullies as police.

In ride Cole and Hitch, who cleaned up Appaloosa in an earlier novel. Cole bought a house in town and he and Hitch just planned on living retired. Callico sees his plans falling apart.

Two major gunfights and numerous single shoot-em-ups later, peace is restored to Appaloosa.

A truly enjoyable western in the style of Louis L'Amour!

•
Lee Child: *61 Hours* (Random House Audio Books, ISBN 978-0-7393-6593-9. Read by Dick Hill on 11 cds. Also available in regular print (Dell) and large print (Random House Large Print)

Jack Reacher, a loner with tremendous background in military skills, is traveling through South Dakota in the wintertime. He catches up with a tour bus and pays to ride along for Mt. Rushmore. The weather is foul, and the bus skids off the ice. The temperature is well below zero, and it takes time for the nearest town, Bolton, to send help.

Bolton is spooked already as one of their most loved citizens is targeted. She was a witness to a major drug deal, and those involved feel she must be silenced before the trial. Most of their small force is detailed to prevent it.

Complicating everything is the recently-completed federal prison. It brings jobs and work, but the contract requires the Bolton police to immediately send ALL officers to the town perimeter if trouble erupts. The town expects the siren to go and the murder to take place in the absence of the police. Jack agrees to help. He's under no obligation to leave Bolton if/when the siren wails.

There's an old cold war site nearby inhabited by a gang of bikers. Jack suspects the site is not as abandoned as it looks.

A whiz-bang of an adventure, with the reader aware of the time line (hence the title).

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

Heavenly Redemption

Horace "Chip" Grover was back living in his swank condominium overlooking the boiling sulphur pits of hell.

In life Chip had been one of the slickest, most talented media spin meisters the world had ever seen. Chip was so good, in fact, that when he died the devil escorted him through the gates of hell. Then Chip helped convince the heavenly host to accept former FBI chief J. Edgar Hoover into heaven.



Larry Day

At that time, Hoover was in limbo and the devil didn't want him in Hades because Hoover might subvert the demons. Chip mounted a successful spin campaign that soon had heaven's limbo liaison team clamoring to usher J. Edgar Hoover through the Pearly Gates.

Chip didn't get to enjoy his coup for very long because he is a gambling addict and Hades' casinos are terribly cruel.

After the casinos cleaned Chip out, he ended up on hell's skid row. But the Baby Boomers came to Chip's rescue. The Baby Boom generation had an enormous impact on every segment of society. And lately the boomer population has started affecting the life beyond. As Baby Boomers began to pass through the veil into eternity, large numbers of them ended up in limbo because Boomers had invented innovative ways to sin, and had discovered creative ways to do good. For many, their eternal status was unclear.

Heaven's executives realized that if Satan claimed most of limbo's boomer population, it would affect the balance of power. So they put pressure on heaven's Limbo Liaison Team to claim all the Baby Boomer souls it could. Satan responded by yanking Chip Grover back from skid row, signing him up for Gamblers Anonymous, and putting him to work creating a spin campaign to win boomer souls for Hades.

A key player in the devil's effort was sultry Tanya Alonzo, the chief negotiator for hell's Division of Limbo Affairs. Tanya and her team were negotiating with Micaiah, the chief of heaven's Limbo Department, and his team. The fate of thousands of Baby Boomer souls, caught between heaven and hell, hung in the balance.

Armed with Chip Grover's spin techniques, Tanya's limbo team won most of the baby boomer souls in the first round of negotiations. Then quirky fate intervened.

Micaiah, heaven's chief negotiator, and Tanya Alonzo spent a lot of time together dealing with tough Baby Boomer limbo cases. After one particularly long and difficult session, Micaiah and Tanya looked at each other and something flashed between them. They were barely able to resist the urge to fly into each other's arms. Against all odds and against all the rules, the two were in love.

Love had snared Tanya Alonzo, who in life had been the ruthless CEO of Mangldorf Mining and Smelting, Inc., and who, beyond the veil, was one the devil's most loyal staffers. Love also grabbed Micaiah, who in life had been a mighty warrior for the forces of righteousness, and who, beyond the veil, commanded legions of the heavenly host.

Late one night Chip Grover's door chimed. Standing there, holding

hands, were Tanya Alonzo and Micaiah.

"Chip, we need your help!

"What's the problem?"

"We're in love," cried Tanya and Micaiah together.

"Wow," said Chip, "Does the boss know?"

"Not yet. We haven't told anyone but you," said Tanya.

"What do you want me to do?" asked Chip

"Micaiah says he's willing to defect to hell, but I can't let him do that. I obviously can't go to heaven. So we're stuck."

"You'd do anything for Micaiah, right?" asked Chip.

"Anything," said Tanya.

"And you would do anything for Tanya, right, Micaiah?"

"Absolutely anything," said Micaiah.

"Then you can apply for a Love Conquers All Exemption. With a LCA Exemption Tanya can get into heaven."

"You're spinning us," said Tanya.

"No I'm not. There's a little known clause in the heavenly host book of rules. I'll have to do a bit of spinning to make the heavenly host think that the LCA rule applies to you two."

"Can you do that?" asked Tanya.

"It'll be easy," said Chip.

"Satan will be ticked with you,"

said Micaiah.

"He'll rant and rave," said Chip, "But he still needs me on the Baby Boomer project. I'll be all right."

And he was.

- 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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Help! My refund is missing in action

Dara Chuang's flights are rescheduled, and eventually canceled. But her airline can't refund the money back to her credit card because she closed her account. It's been months, and there's still no sign of the money. Can this refund be saved?

By Christopher Elliott

Tribune Media Services

QUESTION: I'm hoping you can provide me some direction. I recently booked three tickets for my parents on American Airlines for my wedding in the Caribbean. The flights kept changing, and due to overnight layovers and schedule constraints, I ended up having to cancel their flights with American Airlines and re-book with another airline.

American Airlines agreed to issue a full credit. But a problem arose because I have closed the original Chase credit card account that I paid for their tickets with. When I spoke to American Airlines, they said that if Chase rejected the credit, they would be able to issue a paper check refund.

This is where the fun began. For

the last three months, I have been trying to track down my credit with Chase bank. For whatever reason, they do not have any record of my credit card account in their system when I try to call their credit card customer service number.

I finally received a letter saying that they were waiting for a response from American Airlines. I've tried to call and write the American Airlines refunds department to see if they have received the letter, but have heard nothing. I feel like I'm getting the runaround from everyone. Can you help? - Dara Chuang, Houston

ANSWER: You are getting the run-around from everyone. American Airlines should have been able to reissue the credit as a check when Chase rejected its payment.

Why didn't it? I can tell you why, in principle: Travel companies, and especially airlines, are fast to take your money but slow to return it. It's just part of their corporate DNA.

In practice, I don't know why this particular refund took so long. I asked American about your case several times (more on that in a moment) and I'm not even sure if it knows.

This was preventable. When you're waiting for a refund back to a credit card, it's best to delay any changes to your account. Some are unavoidable—for example, if your credit card is stolen, you need to cancel the card immediately. But short of that, I'd postpone any kind of upgrade, downgrade or revision to your card. Changing your credit card account can confuse a travel company, causing further delay on top of an existing delay, or in extreme cases, leading to an outright denial of a refund.

I post the names, numbers and email addresses of American Airlines' customer service executives to my Web site (<http://www.elliott.org/help/american-airlines>). An appeal to one of them might have been helpful. But American isn't the only company to blame for this problem. Your credit card company could have done better. A written appeal to someone higher up at Chase might have helped.

I'm not sure if calling Chase or American helped your case. An email is probably far more efficient and gets you faster results. Phoning may make you feel better, but there's lit-

tle evidence it accelerates a refund of this type. Here's another thought: In the future, try making a reservation through a travel agent instead of directly with an airline. An agent would be able to help you with a refund, at no extra charge.

I contacted American on your behalf, and after a few more weeks of trying to track down your money, it finally sent you a check for the full amount of your airfare.

(Christopher Elliott is the ombudsman for National Geographic Traveler magazine. You can read more travel tips on his blog, elliott.org or e-mail him at elliott@ngs.org).

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No evidence linking canned tuna (for people) to cats' seizures

QUESTION: I've had cats since I was a kid, and canned tuna (for people) never did them any harm. I fed our six-year-old cat, Snuggles, tuna as a periodic treat. Snuggles began to have seizures. While the seizures are now controlled and infrequent, a friend sent me an e-mail explaining

Urbana, IL, agrees that tuna is in no way toxic to cats when offered in reasonable amounts.

Both experts do warn against a daily canned tuna (for people) diet as a substitute for cat food. Over time, such a tuna-heavy diet may create mercury toxicity, or toxicity due to bioaccumulation might cause neurological effects. In any case, meals of mostly tuna are not complete and balanced for cats.

You're right that seizures don't happen "just because." However, finding the explanation may be challenging. Kirk says, "The cat could have a liver shunt or liver disease." Another explanation, more common for causing seizures in older cats than yours, could be a brain tumor. Genetics could also be playing a role.

What seems most important is that the seizures are being controlled, and you've wisely brought in a veterinary neurologist to manage Snuggles' seizures.

I, too, have received an e-mail warning about tuna causing seizures in cats, but the warning offers no source.

The good news is, when it comes to treats you have many choices, so there's no need to offer canned tuna to cats if you feel uncomfortable. Having said that, when we open a can of tuna we share a morsel with our cat—and it's nothing that I worry about.

(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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Steve Dale

that I should cut out the tuna since it was responsible for the seizures. I asked a neurologist, who said the seizures might be genetic but were just as likely unexplainable. I don't believe things are just unexplainable. The tuna probably was at fault. Don't you think you should tell your readers to stop offering canned tuna as a treat? - T.R., Miami, FL

ANSWER: There's no medical evidence associating canned tuna—offered in small amounts—with any neurological problems, including seizures. Dr. Claudia Kirk, a veterinary nutritionist and Department Head-Small Animal Clinical Sciences at the University of Tennessee College Veterinary Medicine-Knoxville, concurs. "I am not aware of any data that shows levels of toxins in canned tuna are sufficient to cause acute toxicity in cats," she says.

Dr. Steven Hansen, veterinary toxicologist and director of the ASPCA Animal Poison Control Center in



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Stir-frying a shrimp salad for summer

By Wolfgang Puck
Tribune Media Services

From the moment years ago when I first peeked inside a Chinese restaurant kitchen, I've been fascinated by chefs who can handle a wok expertly. I love watching as they cut up ingredients into small pieces that will cook quickly and uniformly; heat the big, curved metal pan; and then add the food and quickly stir, tossing it all around the interior of the pan.

Even the most complicated recipes seem to be done in an instant with a flurry of activity. It's like witnessing the cooking equivalent of a food processor at work.

So I was really excited when we first opened my Asian-fusion restaurant Chinois on Main in Santa Monica, Calif., back in 1983. I hired experienced Asia-trained chefs, and I was ready to learn.

"Teach me how you stir-fry," I asked them. I couldn't wait to learn classic Chinese techniques.

"We're not 'wok-boys,'" they replied, a term they used for lower-tier kitchen workers. "We want to learn French-style cooking, like sautéing!"

So we decided to see if it all really mattered. Side by side, we cooked the same dish, one very similar to the stir-fried shrimp in the recipe I share with you here, me using a saute pan and one of my Chinese chefs using a wok. And guess what? The results came out very similar.

The lesson I learned is that, if you use high heat and a good metal saute pan with curved sides, one big enough to allow you to move the food around freely and rapidly, you don't necessarily need a wok to stir-fry. It's just like a rapid-fire version

of sauteing, with all the food cut up into bite-sized pieces.

From that point on, a real East-West exchange happened in the kitchen at Chinois. I did become good at stir-frying in a wok, and I also learned important lessons about the artful yin-yang balancing of sweet and sour flavors, soft and crispy textures.

And I taught my chefs a few things, too. For example, I remember the look of surprise on their faces when I stopped them from cooking spinach in the wok as a base for stir-fried seafood. Instead, I suggested that we use baby spinach leaves raw, lightly dressed with vinaigrette, to turn the stir-fry into a refreshing hot-and-cold salad—adding yet another yin-yang dimension to our food.

It's something you can do easily to with this recipe, which works well as an appetizer or a light main dish and is equally delicious with plump sea scallops. However you use it, feel free to cook the stir-fry in a wok or sauté pan, just as long as it's large enough to let you cook the seafood quickly.

You'll become an accomplished Asian-fusion cook in no time!

STIR-FRIED SHRIMP SALAD

Serves 4 to 6

CHINESE VINAIGRETTE

- 3 tablespoons rice wine vinegar
- 2 tablespoons soy sauce
- 2 tablespoons peanut oil
- 1 tablespoon Asian-style toasted sesame oil
- 1 teaspoon honey
- Juice of 1/2 lemon
- Salt

Freshly ground black pepper

SHRIMP SALAD

- 8 cups (2 l) loosely packed organic baby spinach leaves
- 1 bunch enoki mushrooms, 3 to 4 ounces (90 to 125 g)
- 2 dozen raw extra-large shrimp, preferably wild-caught domestic, about 1-1/2 pounds (750 g) total weight, shelled and deveined
- Salt
- Freshly ground white pepper
- 2 tablespoons peanut oil

First, prepare the vinaigrette. In a small bowl, whisk together the vinegar, soy sauce, peanut oil, sesame oil, honey, lemon juice, and salt and pepper to taste. Set aside.

For the salad, pick through the spinach leaves to remove any wilted ones. Put the leaves in a colander and rinse under cold running water. Then, dry them thoroughly with a clean kitchen towel, paper towels, or

a salad spinner. Transfer to a large mixing bowl. Add the enoki mushrooms and toss with just enough of the vinaigrette to coat the ingredients lightly, reserving at least 2 tablespoons of the dressing.

Mound the spinach mixture on individual serving plates.

Season the shrimp lightly but evenly with salt and white pepper. Heat a wok or a large saute pan over high heat until it's very hot. Add the peanut oil and, as soon as it's hot enough to swirl easily, add the shrimp and stir-fry them, stirring continuously with a long-handled spoon, just until they've turned uniformly white and pink and have just a hint of golden color, about 3 minutes. Add the reserved dressing and very briefly stir and scrape to deglaze the pan and coat the shrimp.

Arrange the shrimp evenly on top of the salad. Serve immediately.

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Myths about the aging brain revealed

(ARA) - Who says you can't teach a mind new tricks at any age? Recent research shows that Americans have the power to positively influence their brain function throughout life - an important realization that is especially relevant for the more than 78 million baby boomers in the United States. Brain health is one of the top health-related concerns of aging populations and has been identified by the Centers for Disease Control as a public health priority.

"The fear of memory loss and losing brain capacity looms large among the minds of boomers," says Dr. Majid Fotuhi, a leading neurologist and author of "The Memory Cure." "But we can maintain and even improve our brain health as we age. In fact, our brains have the ability to grow and change throughout life."

Dr. Fotuhi debunks four common myths surrounding the brain and aging.

1. The brain stops growing after childhood.

A decade ago, many experts would have scoffed at the idea that the brains of adults, particularly older adults, could grow or develop in any significant way. But that has changed. Research increasingly suggests that each time a new skill is learned, such as playing an instrument, speaking a foreign language or even dancing, new pathways are formed and areas of the brain

may grow, even well into the later years. Physical and mental exercise can alter specific brain regions, improving in cognitive function. Brain growth isn't just for kids.

2. Once I start experiencing memory loss, it's all downhill and there's not much I can do.

Actually, there are a number of things you can do to improve your memory throughout life, even if you are already noticing changes. Exercise, challenging mental activities, social engagement and diet adjustments have all been shown to have positive effects on cognition and memory. In fact, a new study published online in May in *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*, showed that healthy people with memory complaints who took algal DHA capsules for six months had almost double the reduction in errors on a test that measures learning and memory performance versus those who took a placebo, a benefit roughly equivalent to having the learning and memory skills of someone three years younger. DHA (or docosahexaenoic acid) is an omega-3 fatty acid and a building block for the brain. Algal DHA products comparable to those used in this study can be found at major retailers like Walmart, CVS and Walgreens under the Algal-900 product name—look for the life's DHA seal on these supplements to ensure you are getting an algal DHA source. For more infor-

mation on foods, beverages and supplements that contain algal DHA, visit www.lifesdha.com.

3. Memory problems must mean Alzheimer's disease.

Many people, young or old, worry that mild forgetfulness must be a sign of Alzheimer's disease. But most people are worrying needlessly—research shows that more than 80 percent of people will never get Alzheimer's disease. Some experts now believe that it is time to redefine everyone's understanding of age-related memory loss and dementia. Emerging research indicates that many people experiencing memory loss and dementia actually have mixed pathologies in their brains. In fact, very few senior citizens have "pure Alzheimer's disease." Instead, late-life cognitive impairment may in fact be a result of multiple "hits" to the brain, from a variety of risk factors such as hypertension, obesity, sedentary lifestyle, chronic stress, head trauma and poor diet. The good news? There is the opportunity to influence brain health and function by incorporating lifestyle

factors like exercise, a healthy diet, stress reduction and intellectual and social engagement. Regardless of family history, the choices a person makes in life may be able to slow the progression of age-related cognitive decline or help prevent it altogether.

4. Brightest equals youngest.

Today's society does place an emphasis on age but, keep in mind, people over 65 rule the country. The majority of legislators, CEOs, doctors, lawyers, judges, economists and CEOs are not in their 30s or 40s, but seasoned veterans who bestow several decades of experience and expertise. Along with gray hairs come both knowledge and wisdom and you do not have to look far to find inspiring stories of accomplishment, creativity and reinvention in the second half of life. To see some inspiring profiles of aging and learn more about the actions you can take to ensure that you build and maintain a mind that is healthy and beautiful for an entire lifetime, go to beautiful-minds.com.

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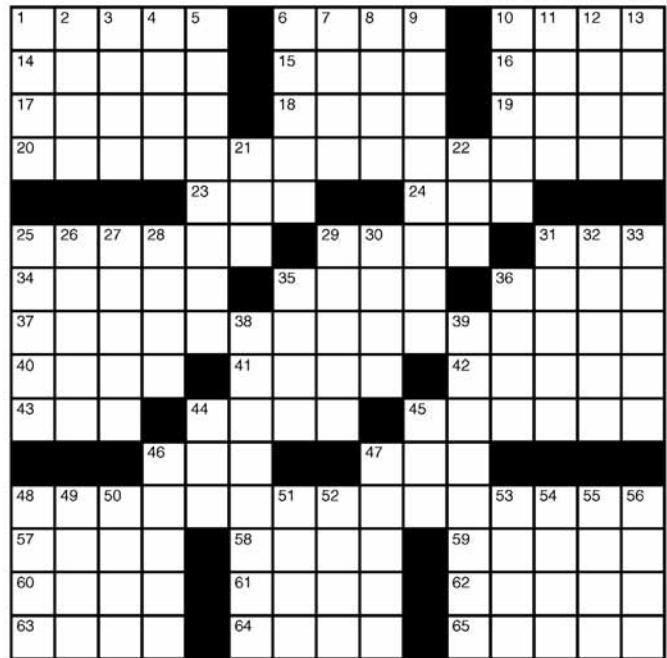
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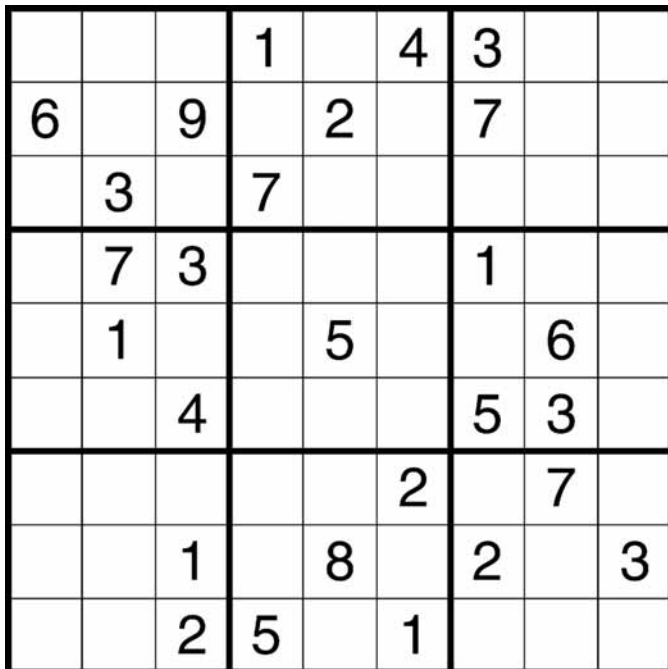


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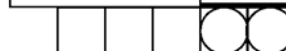
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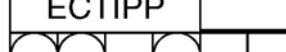
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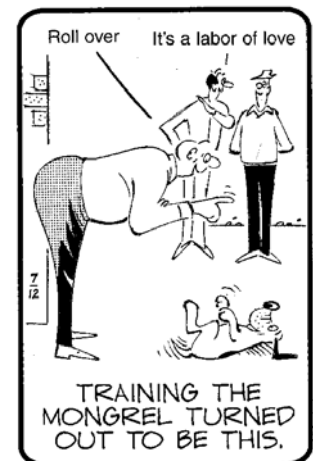


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THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion



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



BRIDGE

Each Trick In Each Time

By Omar Sharif and Tannah Hirsch

North-South vulnerable. South deals.

NORTH

- ♠ K 5 2
- ♥ K 10 9
- ♦ 8 6 3
- ♣ A 7 5 4

WEST

- ♠ Q J 9 8
- ♥ 8 5
- ♦ A Q J 7
- ♣ Q 10 3

EAST

- ♠ 10 7 6 4
- ♥ 7 6 2
- ♦ 10 9 5
- ♣ J 9 6

SOUTH

- ♠ A 3
- ♥ A Q J 4 3
- ♦ K 4 2
- ♣ K 8 2

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Dbl	Rdbl	1♠
Pass	Pass	2♥	Pass
4♥	Pass	Pass	

Opening lead: Queen of ♠

"Good day, Mr. Phelps. South can claim nine tricks at no trump. However, judging his hand of 17 high-card points and a good five-card major as being too strong for a 15-17 point one no trump, he opened one heart and, as a result, landed in a dangerous four-heart contract. Should South fail, the instability could topple his government. Afternoon tea is being served at the club and play has been suspended for refreshments.

"Your mission, should you choose to accept it, is to find a way to make four hearts and to get it to South before the game resumes. As usual,

should you fail in your mission, you and your group will be publicly humiliated!"

With nine tricks on top, it seemed that the only way to a 10th is to find clubs 3-3 and to endplay West with the third round of clubs so that the king of diamonds would be protected from a lead through. However, it was apparent that, when South cashed the king of clubs, West could jettison the queen, allowing East to win the third club.

With only minutes left before play resumed, the "Mission Impossible" crew had found the winning line. Declarer must permit West's queen of spades to hold the first trick. West can do no better than continue with spades. Declarer wins, draws two rounds of trumps ending in dummy and cashes the king of spades, discarding a club from hand. The king and ace of clubs are cashed and a club ruff sets up a long club in dummy. Declarer gets back to the table with the king of hearts, discards a diamond on the 13th club and claims his contract.

Disguised as a waiter, Phelps entered the card room carrying a tray with an ice bucket. Pretending to trip, he spilt ice all over South. In the process of cleaning up, he slipped South a note with the solution. The contract was made, and the free world was once again saved by the clandestine organization.

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

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The many faces of remembering

By Nadine Friesen

Re-mem-ber: To retain in the memory; keep in mind; remain aware of.

It seems we are always trying to remember something; the items on the grocery list we left at home, the appointment we missed last week or location of the cell phone. There are also people we don't want to forget, particularly those who are no longer physically present with us because of death. Remembering is one of the best ways to continue to love. It is

also true that remembering can wear many different faces and those faces sometime peek out at us when we least expect them.

There is the **face of sadness** as we reflect on all that we miss since that person is gone. While we may want to avoid the sadness, facing and embracing it generally lessens rather than increases it.

The **face of regret** may cause us to think of all the coulda/woulda/shoulda's that can be part of any relationship. They may stem from our own lack of response or from what

we felt we missed from the one who died.

Remembering includes acknowledging the regrets when they exist but also recognizing the **face of gratitude**. Bringing to mind all the good things we loved and enjoyed about the one who has died; giving thanks for the positive and ongoing ways that their life has impacted our own.

Remembering someone after a death often requires time for sorting through the memories. Time doesn't heal all wounds but it does allow for clarification and new perspective. When sorted and processed, the most painful memories can fade and the best and most treasured can rise to the surface as the **face of new perspective** begins to show up more frequently.

The **face of hope** is closely related. Hope that maybe life can have purpose and joy again. Hope that one has opportunity to encourage and live out the qualities of the one who died, and in so doing, keep their memory alive and their influence active.

The word "remember" also means to know by heart. Those who have been a significant part of our lives are part of us forever. We remember, know and love them by heart and they continue to give us courage to face the future.

- Nadine Friesen is a bereavement coordinator with Hospice Care of Kansas and is a presenter at caregiver conferences around Kansas.

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

JUMBLE ANSWERS

Jumbles: JUICY EXERT PEOPLE PEPTIC

Answer: Training the mongrel turned out to be this - HIS "PET" PROJECT

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POINT-COUNTERPOINT

POINT: "We will not rest until this well is shut, the environment is repaired, and the cleanup is complete." - President Barack Obama, May 26, 2010

COUNTERPOINT: "President Barack Obama hit the golf course Saturday with Vice President Joe Biden." - *The Hill*, June 19, 2010

NOSTALGIA NOTEBOOK

July 1940

Births

- July 7:** Ringo Starr, British drummer (The Beatles)
- July 13:** Patrick Stewart, English actor
- July 13:** Paul Prudhomme, American celebrity chef and cookbook author
- July 18:** Joe Torre, American baseball player and manager
- July 18:** James Brolin, American actor and director
- July 22:** George Clinton, American musician
- July 22:** Alex Trebek, Canadian game show host
- July 26:** Mary Jo Kopechne, American aide to Ted Kennedy (d. 1969)

Events

- July 10:** The Battle of Britain begins.
- July 15:** The Democratic Party begins its national convention in Chicago, and nominates Franklin D. Roosevelt for an unprecedented third term as president.
- July 27:** Bugs Bunny makes his debut in the Oscar-nominated cartoon short, *A Wild Hare*.

July 1950

Births

- July 5:** Huey Lewis, American rock singer
- July 18:** Sir Richard Branson, British entrepreneur
- July 26:** Susan George, British actress

Events

- July 4:** President Truman signs public law 600 (Puerto Ricans write own constitution).
- July 4:** The first broadcast by Radio Free Europe.
- July 5:** Law of Return passes, guarantees all Jews right to live in Israel.
- July 8:** General Douglas MacArthur named commander-in-chief, UN forces in Korea.
- July 10:** "Your Hit Parade" premieres on NBC (later CBS) TV.
- July 19:** NY Yankees obtain their first black players, Elston Howard and Frank Barnes.
- July 27:** President Truman promises aid to Taiwan.
- July 29:** Pee Wee Reese hits the 3,000th Dodger home run.

July 1960

Births

- July 5:** Pruitt Taylor Vince, American actor
- July 7:** Kevin A. Ford, American astronaut
- July 14:** Kyle Gass, American music singer-song-writer-guitarist/actor
- July 14:** Jane Lynch, American actress

Events

- July 1:** A Soviet MiG fighter north of Murmansk in the Barents Sea shoots down a 6-man RB-47. Two United States Air Force officers survive and are imprisoned in Moscow's dreaded Lubyanka prison.
- July 4:** Following the admission of Hawaii as the 50th U.S. state the previous year, the 50-star flag of the United States debuts in Philadelphia, Pennsylvania.
- July 11:** Harper Lee releases her critically acclaimed novel *To Kill a Mockingbird*.
- July 13:** U.S. Senator John F. Kennedy is nominated for president at the Democratic National Convention in Los Angeles.
- July 25:** The Woolworth's counter in Greensboro, North Carolina, the subject of a sit-in which sparked sit-ins and pickets across the southern United States in February 1960, serves its first black customer.

Lawrence Memorial Hospital now buying locally grown food

Lawrence Memorial Hospital is helping the community in more ways than ever by purchasing locally grown food to serve in the hospital's cafeteria.

Fresh seasonal vegetables, meat, poultry and even edible flowers are just some of the products LMH is purchasing from local businesses, including Amy's Meats, Clark Farms, Pinwheel Farm, and Tomato Alley.

The idea to work with the local community had been in the works for awhile until it became a reality last year for LMH's Food Services Director, Debbie Miers.

Buying locally provides LMH with the opportunity to better the community by supporting local busi-

nesses. "We are working with the very same people you will find at the downtown Farmer's Market on Saturdays," said Miers.

In addition to supporting local businesses, buying locally grown food allows LMH to cut down on its carbon footprint. Food is no longer being transported from Topeka and Kansas City, making the hospital's food services more environmentally friendly.

According to Miers, the switch to buying local has not been cheaper or more expensive for the hospital. However, the quality of food has been outstanding. "The public response to the switch has been very positive," said Miers. "We are a community hospital helping the community."

GETTING MARRIED?



If you're planning your wedding, or helping someone else plan theirs, please check out the 2010 Northeast Kansas Wedding Guide. An online version is available at:

www.seniormonthly.net/weddings

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Hospital Quality Matters

Ranked in the nation's top 10% for outstanding patient experience.

Thanks to you, Lawrence Memorial Hospital has achieved national recognition for exemplary service to patients. Lawrence Memorial Hospital ranks among the top 10% in the nation for Outstanding Patient Experience™ by HealthGrades, the leading independent healthcare ratings organization.

According to recent reports, today's patients are choosing to stay loyal to hospitals that provide the best overall patient experience. When it comes to quality care, that's one of the most important reasons patients in our community choose Lawrence Memorial Hospital.



Visit www.lmh.org/qualitymatters to learn more about our clinical outcomes and why quality matters.

