

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

July 2012

Serving Active Seniors in the Lawrence-Topeka Area since 2001

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INSIDE



From a young age, Stephanie Gigous-Moore knew she wanted to work with seniors when she grew up. When she learned about Seniors Helping Seniors in 2009, she realized it would be a perfect fit for her. - page 6



Steve Julian was bitten by the space bug after Russia launched Sputnik in 1957. In May, he became a posthumous astronaut. - page 8

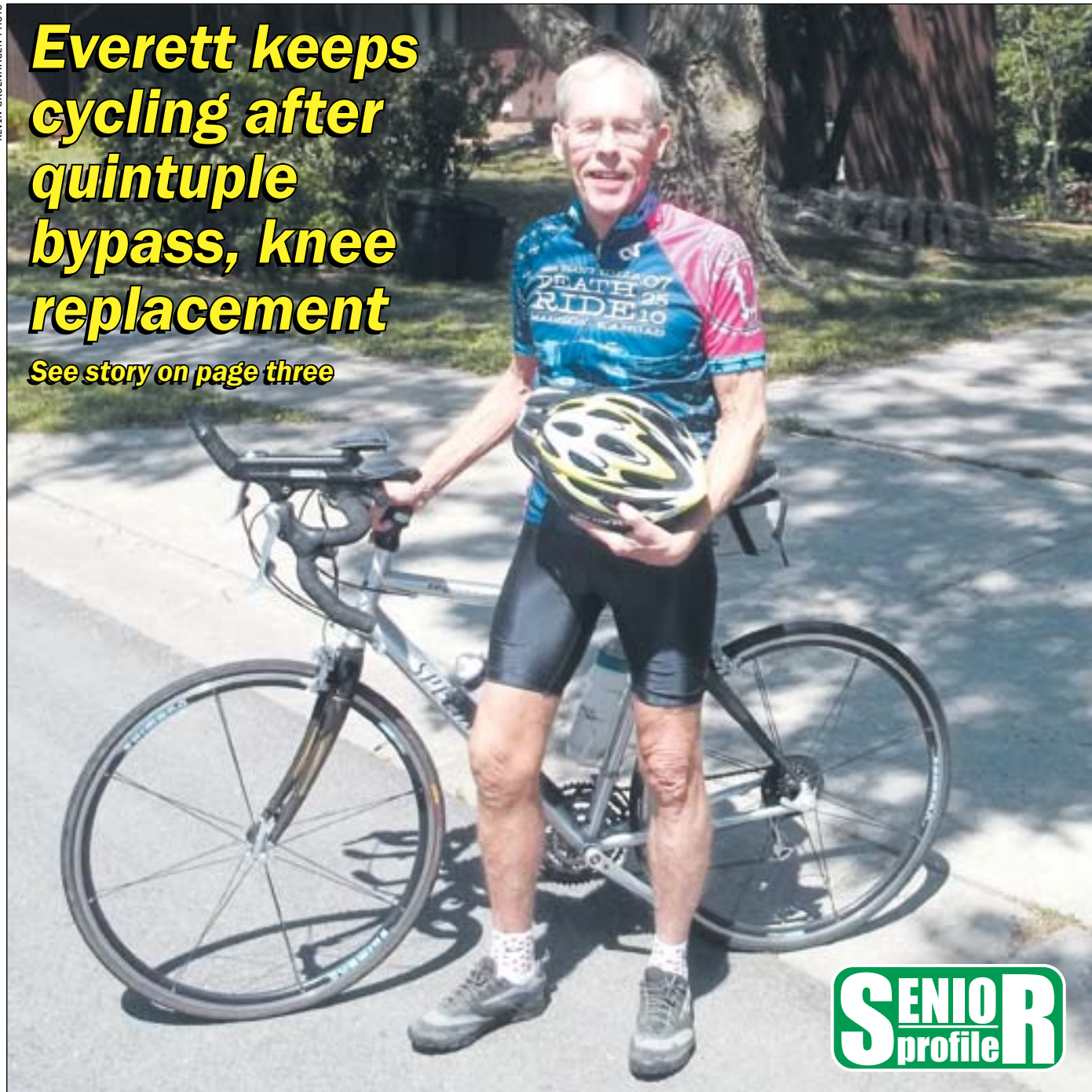


Wolfgang Puck's creme brulee tart with fresh "earth berries" is out of this world. - page 29

KEVIN GROENHAGEN PHOTO

Everett keeps cycling after quintuple bypass, knee replacement

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Find Out What They Have To Say

We asked families how they felt about the living experience of their loved ones living at Legend at Capital Ridge. Nothing is more comforting than hearing it straight from the source. These are just some of the heartfelt thanks our families had to share.

"At this time of year, we reflect on things we are thankful for and have made an impact on our lives. Legend Assisted Living at Capital Ridge is one of those things that I am so grateful for and has been a lifesaver for our family. This is the third assisted living facility that my parents have lived at - but it is the only one that I can call their home. Legend is beautiful, comfortable and the activities available help keep them engaged in life. They are happy and most important have their dignity. It is not easy to be dependent on others when you have been responsible for yourself all of your adult life. Legend staff and residents have forged a community that has given my parents purpose and a place they call home, hopefully for the rest of their lives. Thank you so much,"

~Cynthia Shepard, daughter of Charles and Donna Eissler



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~Marva Early, Power of Attorney and Executor for Aunt

"If anyone I know is considering assisted living for themselves, or a loved one I make sure I tell them about Legend at Capital Ridge. I let them know how happy we are and how much better physically and mentally my mother is. Yes, she is happy to be here too!"

~Lynn McKinsey daughter of current resident



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Quintuple bypass, knee replacement fail to stop Everett

By Kevin Groenhagen

Dr. Grover Everett, 71, has always been athletic. In fact, he received a scholarship from the University of North Carolina for track and cross country. As a college student, he won three Atlantic Coast Conference championships in the two-mile run and cross country. His team also won championships in cross country.

After college, Everett continued to run long distances. In fact, he was a runner for 47 years. Last fall, he had his right knee replaced. Since the high impact associated with running can wear out his new knee, he no longer runs. However, thanks to an activity he began casually while still in college, he is able to continue with a challenging exercise regimen.

"I had an old, three-speed English bike that I bought when I was pursuing my Ph.D. in chemistry at Harvard," Everett said. "I brought it with me to Lawrence when I came to KU in 1966. I always biked to work at KU, but that was just riding through town. I eventually got a much better bike and had that bike for almost 30 years. That's when I started doing longer rides in the country."

Everett has been riding seriously for nearly 40 years, including participation in the last 37 Octogintas in Lawrence. The Lawrence Bicycle

Club organizes the Octoginta, which is an 80-mile ride (there is also a 40-mile option) held in October.

"The 80-mile rides take a little longer than they used to," Everett said. "I guess I'm doing well to average 14 to 15 miles per hour. When I was younger, I was several miles per hour faster."

The Octoginta includes several "SAG" stations along the way. According to a cycling glossary, a SAG station is a "location along the course of a long mass-participation recreational ride providing mechanical and/or medical assistance to riders in need." A SAG may also serve as a food stop. The term originates from a 1930s British expression about riders "sagging" off the back of a group. Cyclists sometimes describe SAG as an acronym for "support and gear."

"I also usually do the Lizard Under the Skillet," Everett said. "That's always in July, the hottest part of summer. They serve spicy foods at the SAGs. On occasion, they've had jalapeño ice cream. It's a fun ride. We start at Broken Arrow Park in Lawrence and then head south. We go through Wellsville, come back around through Le Loup and Baldwin City. They try to pick roads that

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Dr. Grover Everett before a recent ride

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Kevin L. Groenhagen
Editor and Publisher

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Grover Everett

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aren't heavily traveled and the ride is on Sunday when there is less traffic."

The Lawrence Bicycling Club also organizes Lizard Under the Skillet. According to the club's website, "As legend goes, it was SO hot that the lizard crawled out of the pan and into the fire in order to find some shade. Cyclists have joined that lizard time and time again, happily pedaling under the scorching, Kansas July sun." The ride includes 30-, 40-, and 62-mile options. Everett goes with the 62-mile option, which is what cyclists call a "metric century," i.e., 100 kilometers.

On June 24, Everett traveled to Atchison to participate in the Amelia Earhart Century Ride. Participants could ride either 100 miles or 100 kilometers. Although he has done 100-mile rides in the past, he opted for the 100-kilometer ride this year.

"I had this new knee put in just eight months ago," Everett said. "I'm trying to get my artificial knee used to the hills. It still hurts a bit, but it's coming along."

Everett owns both a road bike and a mountain bike. He used his road bike on the rides mentioned above. He used his mountain bike, which is designed to withstand the stresses of off-road use, when he participated in the Flint Hills Death Ride.

"The Flint Hills Death Ride is 80 miles on gravel roads through the Flint Hills," Everett said. "It's one of those rides where only 60 to 70% of the people finish. They try to make it

as tough as possible. I've done that ride three times."

Ironically, Everett's closest brush with death did not occur on the Flint Hills Death Ride or any other ride. It came from a threat he didn't even realize was there.

"I had had atrial fibrillation for years," Everett said. "Four years ago, my doctor did a battery of tests before treating my atrial fibrillation. After the tests, he said, 'You know, you're all clogged up. We need to replace five coronary arteries.' I never had any symptoms. I must have built up collateral arteries because just before my surgery I was biking at the same level that I do now. I never had any real problems except for this arrhythmia and very rapid heartbeat. In less than a week, they had me on the operating table."

Everett believes hereditary factors played a role in his heart condition. His father, who was also a track runner in his youth, died suddenly of a heart attack at the age of 66.

"My father never had any symptoms, either," Everett said. "That may have happened to me if I hadn't had those tests done."

The quintuple bypass set Everett back several months, but he was determined to get back into his exercise routine.

"They told me after my heart surgery that I could walk," he said. "I was eager to do something. They said I should start with a five-minute walk three times a day. I tend to push things a little harder. I was very soon walking quite a number of miles a day. Then I got on my bike. Within three months of my surgery, we were sched-

Start Cycling the Right Way

While cycling is a great way for seniors to exercise, those who have not ridden a bicycle for several years should not attempt to ride a long distance right away. Consult with a doctor before starting any new exercise regimen. Once your doctor gives you the green light, start slowly. Everett advises new cyclists to start someplace like the levee in Lawrence, where there is no traffic. "You can ride at your own pace and, if you fall, it's not hard pavement," he said.

Once you have gained more confidence with your cycling skills, you might consider riding where there is traffic. The City of Lawrence publishes a "Lawrence Bicycle Rideability Map" to help you find the best route for your skill level. The map is available online at www.lawrenceks.org/mpo/bike_map.

Make sure you wear a helmet, regardless if you're in traffic or not, and are familiar with safe cycling practices. You can learn more at bicyclesafe.com.

Items you should carry on a bike ride include a spare tube, a patch kit, tire levers, pump, multi-tool, cell phone, identification, and water or some other drink for hydration. In general, athletes need at least 16 ounces of fluid per hour. On longer rides, you should also bring along some food. According to EasyCycling.com, you should eat carbohydrate foods that supply you with energy slowly over a long time period. Some examples of these foods include oat-based cereal bars, dried fruit, bananas, fruit cake, commercially formulated energy bars, energy drinks, and gels.



uled to go to the Galapagos Islands. The doctor said, 'Well, in your case, I think you can handle it.' I actually did snorkeling and swimming, but

didn't dive down deep like our guide did. I'm a certified scuba diver, and I would have loved to have done that.

■ CONTINUED ON PAGE FIVE

Grover Everett

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I just didn't feel strong enough yet."

Today, Everett typically cycles 30 to 40 miles several times a week. Although he rides with a woman in her 60s once a week and some Saturdays with two younger men, he usually prefers to ride alone.

"There's not many people my age who want to ride the way I do," he explained. "I enjoy the scenery in the countryside. That's one advantage to riding alone. You can actually look at things as you go by and you don't have to keep track of where everyone else is. These people who ride in draft lines, one right behind the other, have to watch the bike ahead of them. You can't really look around."

Carolyn, Everett's wife of more than 48 years, has always supported his running and biking, and has nursed him through many injuries. She enjoys cycling as well.

"My wife likes to bike around North Lawrence because there is little traffic, and the houses there are interesting," Everett said. "So we

take our bikes on the car over there. I'll go on the levee and she'll bike around North Lawrence for about an hour. She'll then drive back home and I'll bike back home because I'll go out for another hour or two on the hills east of Lawrence."

The Everetts are quite familiar with the levee trail.

"For his Eagle Scout project, my son put up mile markers years and years ago on the levee," Everett said. "They were posts that he routed out for half miles and miles."

The posts have since been replaced by markers on the ground.

According to Everett, the City

of Lawrence is making an effort to be more bike-friendly. In fact, the League of American Bicyclists has recognized the city as a Bicycle Friendly Community at the Bronze level since 2004. However, when he visits his daughter in Boulder, Colo., which is one of three cities to be recognized at the Platinum level, he can't help but to be a bit envious.

Everett retired from KU in 1999.

"My last three years at KU I volunteered to teach the beginning chemistry courses because no one else wanted them," he said. "There are usually 900 to 1,000 students in those classes. I rather enjoyed it. I kind of

developed an extrovert persona in front of the class and became kind of a showman. It was much different from my introverted former self."

Today the professor enjoys being a student.

"I do a lot of studying, too, to keep my brain active," he explained. "I usually spend a couple of hours in the morning studying. I get used textbooks from the bookstore. I've gone through several textbooks on geology, astronomy, biology, physics, and meteorology. I have five or six notebooks filled with notes I have taken. I'm just like a student getting ready for an exam."

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Seniors Helping Seniors founder inspired by Mother Teresa

By Billie David

Stephanie Gigous-Moore knew from a young age what she wanted to do when she grew up. She just didn't know how she was going to do it.

"I always wanted to work with seniors since I was a little child," said Gigous-Moore, who is managing partner of the Topeka/Lawrence franchise of Seniors Helping Seniors, which she co-owns with her husband, Corey Moore.

"I thought the only way was to be a nurse, and I didn't want to do that, so I worked in the corporate world until this came along."

Gigous-Moore first learned about Seniors Helping Seniors from a business magazine. That was in 2009.

"I thought, 'Oh my gosh, that's perfect!'" she said.

But she didn't take any steps beyond a preliminary investigation. She called the telephone number to learn more about it, but she felt that as a newlywed she would need to put the dream on a back burner until all the

pieces fell into place. By January of 2011, she decided that she was ready to make the jump.

Gigous-Moore went to Pennsylvania four times for the interview process and was able to open her business in July of 2011.

She also met Kiran Yocom, chairwoman of Seniors Helping Seniors, there. In fact, Yocom was one of the main reasons she was attracted to the business. The other attraction was the concept of peers helping one another in a mutually beneficial way.

Yocom, who founded the company, was born and raised in India.

"As a small child she met Mother Teresa, and she worked with her for 14 years. That experience changed her direction," said Gigous-Moore, who added, "I could never have met Mother Teresa, but Yocom exudes the same love and care."

Because of her experience with Mother Teresa, Yocom decided that she wanted to devote her life to helping others, so when she moved to the United States, she volunteered as a

senior companion to the homebound.

It was in that capacity that Yocom noticed a young person cleaning the kitchen for one of her clients while listening to music through headphones.

Yocom thought about how much more pleasant the situation would be if the person cleaning the kitchen was

someone her client could connect with.

Yocom also realized that there are many seniors who have retired but who are quite able to contribute and who would prefer doing something more meaningful than sacking gro-

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Seniors Helping Seniors

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ceries, and she decided to start a business that would match seniors who need help to those who want to help others.

This concept resonated with Gigous-Moore because of her own experienced with her family members pitching in to help so that her grandmother could remain in her own home.

"She had five kids helping her," Moore said, "but it became too much because they had full-time jobs, kids and grandkids."

So her children enlisted the help of home health care, but the person who came to help was young and couldn't relate to her, so the grandmother promptly fired her.

Seniors Helping Seniors started in Pennsylvania and began franchising seven years ago. There are now franchises in 32 states, with over 150 offices.

Seniors Helping Seniors provides

the same type of services as other home health care businesses, including light housekeeping, meal preparation, transportation, yard work, companionship, overnight care, and help with pets, with the goal of helping seniors stay in their own homes for as long as possible.

"We do in-home care," Gigous-Moore said. "That concept is not anything new, but the concept of Seniors Helping Seniors is to provide that care from a peer who understands what it is like to age."

They also take steps to ensure that there is a good fit between the customer and the provider.

"When we acquire a customer, we do a personality profile," she said. "We ask about things like interests, hobbies and work experiences, and we look for a care provider who matches."

One of Gigous-Moore's first tasks was to recruit caregivers, so she put a classified ad in the newspaper. She received over 100 phone calls in response to the ad but hired only three

people out of that pool of potential caregivers.

"The franchise rules are very specific about who can work," Gigous-Moore said, adding that they look for a motivated person with the heart of a volunteer.

More information is available on the website at seniorshelpingseniors.com/TopekaLawrence. If a potential customer wants help, they can ask for a free in-home assessment by calling 785-272-0090 in Topeka or 785-842-0090 in Lawrence.

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Steve Julian: Posthumous Astronaut Steve Julian

By Marsha Henry Goff

When SpaceX's Falcon 9 rocket was launched from Kennedy Space Center on May 22, its Dragon capsule carried supplies for the International Space Station, the first non-government vehicle to dock there. However, for many of the people who crowded Florida's Jetty Park to watch the night launch, the second stage of the rocket carried a secondary but extremely precious cargo: vials containing the ashes of their loved ones which, with a successful launch, may orbit the earth for several years. One of those vials contained the remains of Steven Mark Julian, my brother-in-law.



Julian family was proud of Steve as he became an insurance agent and then a life insurance consultant assisting agents working for a brokerage company. After Steve's death, his company established a highly coveted award that is given annually in his name.

On October 4, 1957, a day after his 7th birthday, Steve was bitten by the space bug when Russia launched Sputnik. For the rest of his life, he was fascinated by space and continued to arrange his work schedule so he could watch televised launches long after they became routine for most

When Steve was diagnosed with a rare cancer in 2004, it was not long after extensive surgery before he

Americans. Because he was watching the only network to televise live the launch of Challenger on January 28, 1986, he knew about and mourned the tragedy before some media outlets interrupted their scheduled programming with news that the rocket carrying the shuttle had exploded.

Although his childhood dreams of becoming an astronaut were never realized, Steve's life was full. During his high school and college years, he worked in a grocery store, advancing after graduation to night manager. He married the love of his life, my sister Vicki, and fathered two sons, Chris and Ryan. Our



Long-distance shot of the Falcon 9 rocket on its launch pad at Kennedy Space Center.

returned to work and resumed his rigorous exercise schedule. He embraced Relay for Life and proudly walked the survivor's lap. A medicine held the cancer in check for a year, but failed when the cancer mutated. As Steve

and Vicki traveled from Houston to Chicago, chasing an elusive cure, it became obvious to Steve and all of us who loved him that he was in a battle he could not win.

In palliative care, Steve spoke to Vicki of cremation and she immediately recalled their earlier conversation when the ashes of Gene Roddenberry, creator of Star Trek, were sent into orbit in 1997. An Internet search located Celestis, the company responsible for launching into space Roddenberry, Timothy Leary and others, both famous and not. Vicki promised Steve that he posthumously would become the astronaut he always wished to be.

After several launch delays resulting in canceled and rescheduled flights and hotel reservations, Vicki, her sons, daughter-in-law and my husband Ray and I flew to Florida for the launch which was expected to occur on May 19. Out on the jetty in the middle of the night, we watched across a wide expanse of ocean for the launch of the rocket which also carried the ashes of L. Gordon Cooper, one of America's original Mercury 7 astronauts, and James Doohan, better known as Scotty on Star Trek. Excite-

ment grew as we saw the light on the horizon grow brighter, knowing it resulted from the engines firing on the rocket. The countdown reached "Lift-off" but the rocket failed to rise. High pressure in one of the rocket's engines caused the computer to shut down all engines and abort the launch.

Ray and I could not rearrange our schedules for a second launch attempt planned for May 22, but Vicki was determined to witness the fulfillment of her promise to Steve. While I watched the 3:44 a.m. launch on NASA's website from our home in Lawrence, Vicki and her children were standing on the jetty. As the rocket carrying the ashes of 320 people, representing 18 countries, rose in the dark sky, Vicki, her promise kept, threw up her arm in triumph and shouted a fitting tribute for her native Kansas husband: "Ad astra, Steve!"

Note: Those interested in learning more about Celestis and its mission of launching cremains into space orbit, onto the moon, or beyond our universe via Voyager, may view its website at www.celestis.com. Steve Julian's profile may be read at: <http://celestis.com/memorial/newfrontier/julian.asp>



NASA photo of the May 22 night launch of SpaceX's Falcon 9 rocket carrying supplies to the International Space Station and the ashes of 320 individuals into orbit. One launch viewer reported, "As the rocket rose into the sky, it took on the appearance of the Star of Bethlehem carrying 320 souls upward."

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ReBath Topeka introduces new walk-in bathtub

After months of researching and planning, ReBath LLC has announced its franchises, including ReBath Topeka, will begin offering their own unique walk-in tub. ReBath LLC's research led them to design a walk-in tub with specific features centering on safety, comfort and easy install and service.

Walk-in tubs are not a new bathroom remodeling commodity. ReBath, who has been selling both American Standard safety tubs and SanSpa walk-in tubs, knows the market is saturated with different walk-in tub styles. Knowing this fact, ReBath set out on a mission: to design the highest quality walk-in tub, with the most features, for the best price. According to representative Steve Provencio, ReBath was able to do just what they had envisioned.

After months of surveying franchise owners and studying competitors' models, ReBath came up with a design that incorporated the most imperative features concerning safety, comfort, service and install.

Unlike many walk-in tubs on the market, the ReBath Select walk-in tub features a 22" out-swing door, which allows for easy transfer from the tub to wheelchairs or walkers. An important safety feature of the out-swing door is its easy access capability in an emergency situation. Walk-in tubs with doors that open inward make it nearly impossible for a caregiver or an emergency response team to get the person out of the tub until it drains, because of the high water pressure on the door. An out-swing door does not have this problem with water pressure, permitting the emergency personnel or care giver to open the door, even if all the water has not drained.

Strategically placed grab bars are another safety feature on the ReBath Select walk-in tub. As demonstrated by Provencio during a webinar, one grab bar is at the top of the tub, on the same side as the door, to help him step over the low threshold and turn himself around. Another grab bar is located on the far wall so he can lower himself into the seat without trouble.

Much of the feedback ReBath received from franchises centered on customer concerns about the comfort

of a walk-in tub. Customers are often concerned with two main issues: how fast will the tub fill and drain and will the seat be positioned in a comfortable spot.

ReBath thinks that they have resolved any issues customers could have regarding these two areas. Unlike other walk-in tubs, ReBath has made sure that their tub is the fastest on the market regarding filling and draining time. Based on a house's average water pressure, the ReBath Select walk-in tub, which has a capacity of 50 to 60 gallons, fills in approximately three to four minutes and drains in about the same time.

ReBath thinks it has not only resolved any concerns customers may have regarding the seat, but has surpassed expectations and created the "perfect" seat. The ReBath Select walk-in tub features a uniquely angled, contoured seat for maximum surface space and comfort. The angle of the seat is designed to allow the customer to sit just low enough to feel relaxed but not so low that he will feel as if he is sliding down.

Like other models, ReBath's Select walk-in tub comes in four styles: soaker, air massage, whirlpool massage and dual massage. The air massage model comes with 18 air jets that blow warm air into the bath to give the customer a relaxing experience. The whirlpool model comes with eight jets, four directional, which can be adjusted to face different ways, and four mounted.

ReBath's Select walk-in tub offers several unique features, including a pitched foot rest with jetted air massage, touch control buttons for ease of operation, and the quietest water pump on the market, made by Syl-lent™.

The shell of ReBath's new walk-in tub is made from cast acrylic white gloss. Unlike some competitor models that use a cheaper version of the acrylic shell, ReBath's Select walk-in tub is made to be more durable and repel more stains. As with most of ReBath's products, the Select walk-in tub's shell and door seal come with a lifetime warranty.

To get more information about the features of ReBath's new Select walk-in tub or a free in-home estimate, call



ReBath LLC will begin offering its own walk-in tub. The new tub features a 22" out-swing door, which allows easy access capability in emergency situations. The tub will be available at ReBath Topeka.

1-800-BATHTUB and enter your zip code to be connected with your local ReBath franchise.

About ReBath Topeka: ReBath Topeka is a franchise of ReBath LLC, which sells patented DuraBath SSP™ acrylic products. ReBath Topeka is a bathroom remodeling company that specializes in the tub and shower area, installing tub and shower replacements, tub to shower conversions and

walk-in tubs in as little as one day. ReBath Topeka can also remodel the rest of the bathroom in as little as two days. The service areas are located in Northeastern Kansas including the counties of Douglas, Geary, Jackson, Jefferson, Lyon, Osage, Pottawatomie, Riley, Shawnee, and Wabaunsee.

For more information about the services ReBath Topeka offers, visit www.rebathkansas.com.



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Baseball, Social Security numbers tell stories

By Norm Franker

Social Security District Manager in Lawrence

Just as Social Security is an American cornerstone, baseball is America's pastime.

Baseball is an annual rite of summer and a game that is known for its numbers. Joe DiMaggio's 56-game hitting streak, Cal Ripken's record 2,632 consecutive games played, and Hank Aaron's 755 career home runs all tell stories greater than the numbers themselves. Mention any one of these numbers to a baseball fan and you're sure to call to mind memories and stories.

Social Security's numbers tell stories too. The first lump sum Social Security payment of 17 cents was made to Ernest Ackerman in 1937. The first monthly Social Security check of \$22.54 went to Ida May Fuller in January of 1940. This year, about 55 million Americans will receive \$760 billion in Social Security benefits. The average monthly benefit for a retired worker in 2012 is \$1,229.

An estimated 159 million workers are covered under Social Security — that's 94 percent of the workforce. Fifty percent of workers have no private pension coverage and 31 percent have no savings set aside specifically for retirement. These and other numbers make it easy to appreciate the value of Social Security.

Social Security is more than just retirement benefits. Disabled workers and their dependents account for 19 percent of the total benefits paid, while survivor's benefits account for 12 percent. Almost one in four of today's 20-year olds will become disabled before reaching age 67, and the majority of these workers have no long-term disability insurance besides their Social Security coverage. About one in eight of today's 20-year olds will die before reaching age 67.

Baseball and Social Security: America's pastime and America's retirement program. Both have long and storied histories and associations with statistics.

Learn more about Social Security by visiting www.socialsecurity.gov.

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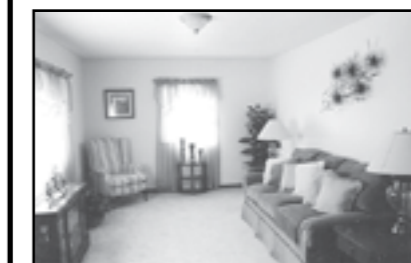
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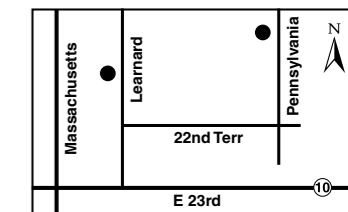


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Braa selected as President Elect of Kansas Bankers Association Trust Division Board

Barbara J. Braa, CornerBank vice president and trust officer, was chosen as President Elect of the Kansas Bankers Association (KBA) Trust Division Board during the annual MoKan Trust & Financial Services Conference in May. Braa has served on the board since 2008. The KBA Trust Division Board is co-host for the MoKan Trust and Financial Services Conference, serving trust officers from a multi-state region, and is host to the Kansas Trust Conference held in October, which exclusively serves Kansas trust professionals.



Braa

ments facing the trust industry, such as legislation, regulation, investment strategies and technology. By keeping up with recent industry developments, the Trust Division board assists Kansas trust officers in providing competent advice to their customers.

Braa is a vice president and trust officer at CornerBank in Lawrence. She has more than 20 years of investment experience and has lived in the Lawrence area for 30 years.

CornerBank is a \$280 million, full-service community bank that is comprised of facilities and staff located in Lawrence, Winfield, Arkansas City, Wellington, Douglass, Oxford and Wichita.

Village to Village Network director to speak at 'Eastside Village Lawrence' meeting

Most seniors prefer to "age in place" in the homes they love as they grow older. However, as physical abilities decline with age, this often becomes challenging.

The "village" concept, which has been growing across the country, is a big step towards meeting this challenge.

Villages are grassroots organizations run by volunteers and paid staff to coordinate access to affordable services.

Members of a village contact the coordinator whenever they need assistance. The coordinator will then find a volunteer to meet the need. It's all about neighbors helping neighbors.

Some local elders, including members of the Lawrence Douglas County Advocacy Council on Aging, are working to promote a

village-type organization in east Lawrence, east of Massachusetts Street.

A community meeting is being held on Thursday, July 19, at 7 p.m. at the East Lawrence Recreation Center, 1245 E. 15th St. Judy Willett will be at the meeting to help Eastside Village Lawrence get the ball rolling. Willett is the founder director of the Beacon Hill Village in Boston, Mass., and the national director of the Village to Village Network.

Please plan to attend the meeting to learn what Eastside Village Lawrence is all about.

To learn more about villages, see vtvnetwork.org or beaconhillvillage.org.

If you have any questions or would like to be part of the organizing group, contact Bonnie Uffman at (785) 856-0057 or bonuff@gmail.com.

Social Security goes country

By Norm Franker

Social Security District Manager in Lawrence

Note: It may seem crazy, but there are 20 country song titles or lyrics in this column (including the one in this sentence). Can you circle all of them?

You probably think of July 4 as Independence Day. Did you know that it is also National Country Music Day?

A new holiday? Not by any means. In fact, you might even say it's been around forever and ever Amen. It was in the 1950s that the Country Music Deejay Association decided to start the holiday. It's been celebrated every year since.

Social Security's been around nearly as long as country music — since the 1930s. Social Security was signed into law during the same depression era that found Gene Autry singing "Take Me Back To My Boots and Saddle." Since its dust-bowl beginnings, Social Security has helped many silver-haired daddies (and mammas who let their babies grow up to be cowboys) get back in the saddle again.

By helping many older Americans stay out of poverty, Social Security is used to being told "I will always love you" and that "you were always on my mind." Not to mention, "If you've got the money, honey, I've got the time."

These days, retirees live longer than ever. Today's average 65-year old can expect to live another 20 years. About 55 million Americans will receive \$760 billion in Social Security benefits this year; the average monthly benefit for a retired worker in 2012 is \$1,229.

But let's give them something to talk about: Social Security is more

than retirement. The agency could cry, "People who say 'Social Security Retirement' never even called me by my name." That's because Social Security also pays disability and survivors benefits, as well as Supplemental Security Income, or SSI.

Whether you're at the start of your career, working 9 to 5, or well into mid-career, you should give some thought to planning your future retirement. To help you plan, visit our Retirement Estimator at www.socialsecurity.gov/estimator. It'll help you determine how much you need to save to harvest a comfortable retirement.

Are you at the end of a career? Ready to take this job and shove it? There's no reason to walk the line to your local Social Security office, even if you are king of the road. The easiest way to apply for retirement benefits is online, at www.socialsecurity.gov. Being away from your friends at work may make you so lonesome you could cry, but at least you can count on a monthly Social Security payment. They may even begin to sing about the day of the month "when our old-age pension check comes to our door." Or, in most cases, by direct deposit to your bank account.

Here's a word of advice for Lucille and Ruby. You may have picked a fine time to take your love to town, but if you were married for 10 years or more, and are not remarried, you may qualify for Social Security benefits based on your ex's work history — whether your exes live in Texas or anywhere else.

Were you able to find all 20 song references? Here's an easier challenge: find everything you need related to Social Security at www.socialsecurity.gov.

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HEALTH & FITNESS

Home is where you heal (part 2)

Consider the plight of a person who returns home after surgery and needs help to recover successfully. In Part 1, I explained how to get in-home help, including help with shopping, cleaning, cooking and post-surgical care, and transportation to appointments. This kind of advance planning allows you to focus on your recovery when you get home, rather than struggling to find help.



Laura Bennetts

In this month's column, I explain how occupational and physical therapy can expedite your recovery, and help make your life easier after surgery.

Need a Knee?

Say that you want to replace an arthritic knee with an artificial joint. Your friends may worry you with stories about the difficulty of post-surgical recovery, but stay calm—just visualize how great it would be to stroll along the lake next summer. Your new knee should help you a lot, and therapy can help to ensure that your recovery goes smoothly and swiftly.

Even before the surgery, you can get help from therapists. Here's how.

1. Consult an Occupational Therapist:

An Occupational Therapist (OT) can help make your home safe and convenient for bathing and dressing. Does your bathroom need grab bars next to the toilet or in the shower? An OT will help you select the correct equipment and ensure that it's installed in the right spot for your height.

Your doctor can prescribe occupational therapy for you, so don't hesitate to ask. Doctors take these requests very seriously because they want you to be ready to return home safely after surgery.

2. Consult a Physical Therapist:

A Physical Therapist (PT) can design a safe exercise program that will strengthen you before your surgery. For example, if your knee is painful, you probably avoid putting your full weight on that leg, and that weakens the muscles around knee. Therapy will strengthen you so that your recovery after surgery is easier and less painful.

If you do physical therapy before the surgery, you will learn the same exercises you will be doing after the surgery to get stronger. Confer with your surgeon and get a prescription for therapy if you want to go into surgery stronger.

Successful Surgery—Now What?

You're likely to move gingerly, or with some limitations, when you first come home after surgery. So the odds are good that, for a while at least, you'll need help getting around the house. Occupational and physical therapists can both help you. Here are some examples of what's possible:

1. Look, No Hands! Since people who have knee surgeries are likely to use walkers for several days post-surgery, you won't be able to carry anything. Attaching a basket or a bag to your walker can help you solve that problem. Be sure the walker is the right size for your height. A PT can help you with this.

2. Watch the Steps! You should be able to walk, but initially you're likely to be slow, unsteady, weak, and unable to handle stairs. If your bedroom is upstairs, you may need to arrange to sleep downstairs until you recover sufficiently to go upstairs. An OT can help you with this.

3. Practice Makes Perfect! Once your incision heals you can take showers again, but you may find that you can't climb over the edge of your tub because your leg is stiff and weak. Learning how to use a shower bench can help. Getting the right shower

chair before surgery will ensure that you are safe when the time comes to enjoy a shower. An occupational therapist will measure your bathroom to recommend the right equipment and show you how to use it safely before your surgery.

Know Your Benefits

Review your therapy benefits before your surgery. What coverage do you have for therapies? What coverage do you have for inpatient therapy in the hospital right after surgery? How about out-patient therapy, outside the hospital, after your surgery and later? You'll need professional help to regain the strength and range of motion in your knee to enable you to walk freely and easily. So call the number on your medical insurance card to find out what therapies you're eligible to have. For post-surgical patients, therapy is essential to recovery—and it's covered by most

insurance plans.

Go Slow

Let your friends and family run errands for you. Avoid ambitious home projects while you're recovering. You can be as active as your surgeon permits you to be, but you should also take time to rest and heal. You'll be fatigued because your body is putting a lot of energy into the healing process. And healing at home is the most important home project you will ever have.

- Laura Bennetts, PT, earned

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



HEALTH & FITNESS

Osage-orange tree's hedge apples

Hedge apples are a very common sight. You can see them on the ground or hanging from trees in the late summer or fall. Hedge apples, sometimes called hedge balls, Osage-orange, horse-apple green brains, mock orange, bod ark balls, and bow wood, are an unusual tree fruit. This



Dr. Farhang Khosh

yellow-green, grapefruit-sized fruit can sometimes be found at farmers' markets, supermarkets, garden centers, and in other locations. However, few people know anything about this peculiar fruit.

The hedge apples are produced by the Osage-orange, or *Maclura pomifera*, tree. The Osage-orange is a small tree that commonly grows 30 to 40 feet tall. The leaves of the Osage-orange are green and turn yellow in the fall. The twigs of the tree are armed with long spines. The stems have a milky sap when cut. The female trees produce 3- to 5-inch-diameter fruit, which usually ripen in September or October, and then fall to the ground. This "hedge apple" is the fruit. The Osage-orange is a member of the mulberry family.

The Osage-orange is native species to eastern Texas, southeastern Oklahoma, and southwestern Arkansas. This region was also the home of the Osage Indians, hence the common name of Osage-orange. White settlers moving into the region found that the Osage-orange tree possessed several important qualities. It was a tough and durable tree that tolerated poor soil, wind, and heat. During the mid-19th century, it was planted in the Midwest by farmers.

The wood of the Osage-orange tree is extremely hard, heavy, tough, and durable. It also shrinks or swells very little compared to the wood of other trees. The wood is used for

fence posts, insulator pins, treenails, furniture, and archery bows. In fact, many archers consider the wood of the Osage-orange to be the world's finest wood for bows, hence the name Bo dark or bow wood.

The wood is also used for dyes. The fruits of the of the Osage-orange, the hedge apples, are used for insect control. Placement of hedge apples around the foundation or inside the basement is claimed to provide relief from cockroaches, spiders, Boxelder bugs, crickets, and other pests. The use of hedge apples as a pest control solution is folklore. There is no scientific evidence to confirm the claims of the hedge apple's effectiveness as an insect repellent.

The hedge apple's average lifespan in an air-conditioned house is two to three months. Hedge apples should be discarded once most of the green on the fruit has disappeared.

The milky juice in the fruit of the Osage-orange may cause irritation to the skin. While the fruit has been suspected of being poisonous to livestock, studies conducted in several states have shown this to be negative. However, the fruit does cause death to livestock because the hedge apple can become lodged in the esophagus causing the animal to suffocate.

So as we deal with summer and bugs, maybe one should consider a natural remedy such as hedge apples.

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

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RETIRE SMART

Company loyalty should stop at your 401(k)

When a work colleague asked me to review his 401(k) account allocation, I exclaimed, "Holy smokes—you sure do have a lot of company stock in there!" He was surprised at my reaction because he "only" had 30 percent of his total investments in the stock, and, after all, "it's been an amazing performer, so I figured I would hold on to it for a while."



Jill Schlesinger

It's time to talk about why investing in your company stock inside of your 401(k) plan can be dangerous. One name that might jog your memory about the topic is Enron. When the energy firm went bust in 2001, over 60 percent of its 401(k) plan was invested in Enron's stock. The high percentage was partially due to employee confidence in the company and partially due to the company's internal rules that prohibited employees from selling their positions in company stock. As a result, Enron's bankruptcy not only vaporized jobs, it also wiped out retirement savings for thousands of employees.

Even before Enron made headlines, I recall warning clients against investing too much of their retirement accounts in company stock. But in many cases, the dot-com bubble was too strong a force. People would say, "My company stock is up way more than the market, so I'm fine with the risk." I would counter that if something went wrong in the company, not only would the clients' jobs be at risk, so too would their retirement savings. My advice was to limit exposure to company stock to 5 to 10 percent of the overall account balance.

After the dot-com bubble burst, financial advisers hoped for substantive pension and 401(k) reform in the Pension

Protection Act of 2006 (PPA). The law mandates that employees be able to sell company stock at any time, which was a vast improvement over the previous rules allowing companies to dictate when employees could sell company stock. The law also requires plan sponsors to provide education about the importance of diversification, which is always a positive. However, when it comes to shares that a company grants through retirement plan matches, the change was minimal: Employees still can be forced to hold on to these shares for as long as three years, a virtual eternity for investors.

In the end, the law fell far short of what is needed to protect retirement plan participants. In my view, the government would better serve future retirees by banning the inclusion of company stock inside 401(k) plans entirely. Unfortunately, there's a financial incentive for companies to fight that change: Employees represent a large pool of would-be investors and tend to be among the most loyal of stockholders, sitting on big positions due to inertia and faith.

Short of a ban, it would make sense to prohibit companies from matching 401(k) contributions with their stock and to limit the amount of money that participants can maintain in the company stock, perhaps to a maximum of 20 percent. The good news is that corporate America is ahead of lawmakers on the issue. According to benefits consulting firm Aon Hewitt, only 12 percent of companies provide a company stock match, down from 45 percent in 2001. And only 1.2 percent of plans that provide a stock match bar employees from selling that stock immediately.

If you purchase company stock in your 401(k), or your company matches in the stock, the best way to manage the risk is to select automatic rebalancing every six months. By doing so, you will ensure that you sell the stock and diversify your account with other investment choices. If you don't know how to diversify, take a risk assessment test with your plan provider, which should guide you. If your plan doesn't offer automatic

rebalancing, make a note to rebalance the account every six months. While it is a chore, remember: the stock that looks good now, can harm you later.

Nobody wants to get Enroned!
- Jill Schlesinger, CFP, is the Editor-at-Large for www.CBSMoneyWatch.com.

com. She covers the economy, markets, investing or anything else with a dollar sign on her podcast and blog, *Jill on Money*, as well as on television and radio. She welcomes comments and questions at askjill@moneywatch.com.
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MAYO CLINIC

Variety of causes can be at root of rhabdomyolysis

DEAR MAYO CLINIC: What is rhabdomyolysis? How common is this condition, and who's at risk for getting it?

ANSWER: Rhabdomyolysis is a rare condition in which muscle cells break down and release a substance into the blood that can lead to kidney failure. Most often, it's seen in people who've suffered major injuries or trauma. Rhabdomyolysis may also develop in response to certain medications, dietary supplements or drugs. In some cases, rhabdomyolysis may affect athletes such as weight lifters and marathon runners.

When a muscle is severely damaged, its fibers may break down and leak a protein pigment called myoglobin into the bloodstream. Myoglobin, when it reaches the kidneys, can block the tiny tubes within the kidneys, leading to serious kidney damage and, in some cases, kidney failure. In addition, a muscle that suffers extreme damage often retains a large amount of fluid from the blood, lowering the body's fluid supply and reducing blood flow to the kidneys. That can cause further kidney damage.

Symptoms of rhabdomyolysis include extremely painful muscle aches, muscle weakness, and dark or cola-colored urine. Rhabdomyolysis requires immediate medical attention, and people who have this condition

are usually hospitalized. Treatment involves giving intravenous fluids to flush the myoglobin through the system, rehydrate the body and prevent kidney failure. If treatment isn't started quickly, injury to the kidneys can be permanent.

Rhabdomyolysis has a variety of causes. Many cases result from crush injuries to the muscles that can be seen in people who've been in vehicle accidents or have suffered other serious trauma. Heatstroke can cause rhabdomyolysis, as can a bite from some types of snakes whose venom causes severe muscle damage.

Some medications and drugs may also lead to rhabdomyolysis. For example, cholesterol-lowering statin medications have been linked to rhabdomyolysis, although this side effect is uncommon. The higher the dose of the statin drug, the greater the risk. Excessive alcohol use and overdoses of drugs such as cocaine, heroin and amphetamines may cause the severe muscle damage that triggers rhabdomyolysis. There also have been reports that some nutritional supplements, as well as performance-enhancing drugs such as creatine supplements and anabolic steroids, are associated with rhabdomyolysis and kidney failure.

Athletes who push their bodies beyond their physical limits are at particular at risk for developing



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this disorder. For instance, people who do a lot of weight lifting may develop rhabdomyolysis if they lift more than their muscles can physically handle. If they lift in a confined space with poor ventilation where their bodies may become dehydrated, the risk of rhabdomyolysis is even higher.

Marathon runners are also at risk for rhabdomyolysis. Some studies have shown that at the end of a marathon, runners' kidney function can drop by almost 60 percent and many experience profound dehydration, which can quickly lead to full-blown rhabdomyolysis.

To prevent rhabdomyolysis, pay attention to your body as you work out and stay within your limits. If you're involved in strenuous weight lifting or if you're training for a marathon for the first time, consider

working with a sports trainer. The trainer can help you find and respect your body's boundaries. In addition, drinking plenty of fluids when you exercise and being wary of supplements, particularly performance-enhancing substances, can help you avoid muscle damage that may lead to rhabdomyolysis. - John Graves, M.D., Nephrology and Hypertension, Mayo Clinic, Rochester, Minn.

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

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SENIOR CALENDAR

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

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

ART/ENTERTAINMENT

JUN 6-JUL 11
SUMMER BAND CONCERTS
 Annual Summer Wednesday evening band concert. Pack up the family and bring your lawn chairs or blankets! Join the Lawrence City Band for a free concert in South Park. 12th and Massachusetts.
 LAWRENCE, (785) 832-7930
 Dates: 7/13/12 - 8/11/12

JUL 13-AUG 11
THE SOUND OF MUSIC
 When a postulate proves too high-spirited for the religious life, she is dispatched to serve as governess for seven children of a widowed naval Captain. 6 p.m. Dinner & 8 p.m. Show Friday & Saturday 7 p.m. Show Wednesday & Thursday 12:30 p.m. Brunch & 2 p.m. Event fee. 3028 SW 8th Avenue.
 TOPEKA, (785) 357-5211
 www.topekacivictheatre.com

JUL 20
WTCT RADIO PLAYERS
 This group of players celebrate the radio plays of the 30's, 40's, and 50's! Show time: 8 p.m. Fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue.
 TOPEKA, (785) 357-5211
 www.topekacivictheatre.com

JUL 21
THE SENIOR CLASS
 An offshoot of Laughing Matters, this company of zany actors are all over age 50! Humor not suitable for all audiences. Show: 8 p.m. Fee. 3028 SW 8th Avenue.
 TOPEKA, (785) 357-5211
 www.topekacivictheatre.com

BINGO

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

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

MONDAYS & THURSDAYS
AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m.
 TOPEKA, (785) 296-9400

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

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

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

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

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

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

EDUCATION

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to make reservation.
 TOPEKA, (785) 354-5225

JUL 9
ADULT BALLET
 Up your strength and agility. Sport and art! Library Auditorium, 7 p.m. For more information, contact Pattie Johnston, Senior Outreach Services, at the Lawrence Public Library.
 LAWRENCE, (785) 843-3833 extension 115

JUL 14
DIGGING INTO LAWRENCE'S PAST
 July Meet at Oak Hill cemetery at 10 a.m. and learn about abolitionists, Jayhawkers and other citizens of Lawrence's past. For more information, contact Pattie Johnston, Senior Outreach Services, at the Lawrence Public Library.
 LAWRENCE, (785) 843-3833 extension 115

JUL 30
EVERYTHING YOU WANT TO KNOW ABOUT SWOLLEN LEGS, NON-HEALING WOUNDS AND DIABETIC FEET
 Come and hear Scott Robinson, MD and Phyllis Ragley, DPM of the LMH Wound Healing Center as they discuss the latest advances in treatment strategies for some of the more common problems referred for treatment at the Center. This program is free but advance enrollment is requested. Lawrence Memorial Hospital, 6:30-8 p.m.
 LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

JAN 1-DEC 31
FREEDOM'S FRONTIER & KANSAS-NEBRASKA ACT EXHIBITS

■ CONTINUED FROM PAGE 18

Pre-statehood exhibit. Documents and exhibits providing insight into the Bleeding Kansas and pre-statehood era star in Lawrence newly refurbished 1904 Carnegie Library, 200 W. 9th St.
 LAWRENCE, (785) 865-4499
 www.freedomsfrontier.org

JUN 16-SEP 16
INSIDE PEANUTS
 Inside Peanuts works by Charles M Schulz, the creator of Peanuts, from the Charles M Schulz Museum in Santa Rosa, CA. Event Cost: Free Gallery Hours: Tuesday 10 a.m.-7 p.m. Wednesday - Friday 10 a.m.-5 p.m. Saturday & Sunday 1-4 p.m. Washburn Campus, 17th & Jewell Streets.
 TOPEKA, (785) 670-1124
 www.washburn.edu/mulvane

JUL 1-31
8TH ANNUAL INTERNATIONAL MINIATURE JURIED ART SHOW & SALE
 International juried miniature art exhibit & sale. Prospectus available on the Web site. Artists from all over the world will exhibit in this annual juried miniature art show & sale. For prospectus please send SASE to Jean Cook, 35357 W. 263rd St, Paola, KS 66071. Miami County Historical Museum, 12 E Peoria St.
 PAOLA, (913) 294-4940
 www.artkc.com

JUL 27
FINAL FRIDAYS
 Celebration of Art in Downtown Lawrence. Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of every month.
 LAWRENCE, (785) 842-3883

■ CONTINUED ON PAGE 19

FAIRS/FESTIVALS

JUL 5-7
SALUTE: FESTIVAL OF WINE & FOOD
 Every year, more than 600 people travel from near and far to attend this celebrated event. The fun begins with the Mass Street Mosey where attendees stroll through designated downtown businesses, sipping wine and sampling delicious foods. The festival continues with a gourmet Winemaker dinner and concludes with the highlight of the weekend—the Grand Tasting. More than 200 wines on hand, as well as gourmet treats from some of the best restaurants and caterers in town. Various locations.
 LAWRENCE, (785) 842-0550
 www.salutewinefest.com

JUL 12-14
RICHMOND FREE FAIR
 Come join the fun at the 83rd annual Richmond Free Fair. Each year hundreds of people visit this quaint town in southern Franklin County for fun and games. Take part in a horseshoe pitch tournament, co-ed volleyball, the Saturday night fair dance, watch the parade and see hundreds of 4-H exhibits from surrounding counties.
 RICHMOND, (785) 835-6365
 www.visitottawakansas.com

JUL 18-21
FRANKLIN COUNTY FAIR & RODEO
 One of the oldest fairs in Kansas, 2012 will mark the 148th annual. Livestock and 4-H judging begins Wednesday; Thursday night is the annual community BBQ and youth rodeo; Friday night is the annual livestock sale; Saturday night is the finals of the PRCA rodeo at 8pm; 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. Fairgrounds - 17th & Main Street.
 OTTAWA, (785) 255-4554
 www.visitottawakansas.com

JUL 29-AUG 5
DOUGLAS COUNTY FREE FAIR
 Live music, carnival, 4-H exhibits, demolition derby, antique tractor pull and a variety of races and contests. Douglas County Fairgrounds, 2120 Harper St.
 LAWRENCE, (785) 843-7058
 www.visitlawrence.com

JUL 30-AUG 3
2012 JACKSON COUNTY FAIR
 Annual Jackson County 4-H Fair & carnival. Jackson County contains several of the most active 4-H groups in the state. Toby's Carnival provides all the thrills and the classic carnival rides. Hwy 75 & 5th St.
 HOLTON, (785) 364-4125

FARMERS MARKETS

THURSDAYS THROUGH OCTOBER
COTTIN'S HARDWARE & RENTAL FARMERS MARKET
 Vendors, live music, Free State beer, public chess tables. Located in the parking lot behind Cottin's Hardware & Rental, 1832 Massachusetts St.
 LAWRENCE

APR 14-NOV 17
SATURDAY MARKET - LAWRENCE
 The first Saturday in May is the market's grand opening. On October 6, the regular Saturday

Hours change from 7-11 a.m. to 8-11 a.m. 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.
 LAWRENCE, (785) 331-4445
 www.lawrencefarmersmarket.com

APR 14-NOV 3
DOWNTOWN TOPEKA FARMERS MARKET
 12th and Harrison, South of the Judicial Building. 7:30 a.m.-Noon.
 TOPEKA, (785) 249-4704
 www.topekafarmersmarket.com

MAY 1-END OF OCTOBER
TUESDAY MARKET - LAWRENCE
 The Tuesday Market is located in the public parking lot between 10th and 11th streets on the east side of Vermont Street. 4-6 p.m.
 LAWRENCE, (785) 331-4445
 www.lawrencefarmersmarket.com

MAY 3-END OF OCTOBER
THURSDAY MARKET - LAWRENCE
 The Thursday Market is located at southwest corner of Sixth & Wakarusa, in the parking lot of the Wakarusa Crossroads shopping center. 4-6 p.m.
 LAWRENCE, (785) 331-4445
 www.lawrencefarmersmarket.com

MAY 5-OCTOBER 13
BALDWIN CITY FARMERS MARKET
 Saturdays, 7:30-Noon. Downtown Baldwin City.
 BALDWIN CITY, (785) 594-3200
 www.baldwincitychamber.com

■ CONTINUED ON PAGE 20

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TUESDAYS

BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

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TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of

Wakarusa at the intersection of Research Park Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No appointment necessary. LAWRENCE, (785) 856-6030

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free. TOPEKA, (785) 354-6787

FIRST & THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

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

FRIDAYS

BLOOD PRESSURE CHECKS

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

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

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

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

JUL 11

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by finger-stick. No appointment or fasting necessary. \$6/test. Drop into the LMH Healthsource Room, main level. Lawrence Memorial Hospital, 8:30-10 a.m. LAWRENCE, (785) 749-5800

JUL 28

SENIOR SUMMER FAIR

All seniors, family & friends are invited to attend the Senior Summer Fair! Taste treats, snacks & beverages, lot's of vendor specials Certified Nutritionist to answer your questions. Special offers on gym memberships. Gift Bags and door prizes! Plenty of free samples! Yoga and exercise tips sponsored by: Seniors Helping Seniors, Natural Grocers and Body Boutique. Natural Grocers, 1301 West 23rd St., 10 a.m.-1 p.m. LAWRENCE

JULY 4 EVENTS

JUL 4

4TH OF JULY CELEBRATION AT FORT LEAVENWORTH

Annual celebration with concert, concessions and fireworks. Events start at 4 p.m. with concessions, games, concert, "Salute to the Union" at 8 p.m. and fireworks at dusk over Merritt Lake. In case of rain, fireworks at dusk on the 5th of July. Merritt Lake. FORT LEAVENWORTH, (913) 684-1702

JUL 4

FOURTH OF JULY - LAWRENCE

Join the July 4th fun. Bring a picnic and enjoy the music as you watch the fireworks extravaganza. Kansas River Levee, Across from Burcham Park. LAWRENCE, (785) 749-1504

JUL 4

SPIRIT OF KANSAS CELEBRATION

An old-fashioned 4th of July celebration held at Lake Shawnee from 10 a.m. to dark with arts

■ CONTINUED ON PAGE 21

and craft vendors, car show, food, free children activities, entertainment, sporting events, and televised fireworks at 10 p.m. In the evening there will be a water-ski show. TOPEKA, (785) 267-0040

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

Clinton Place, 215 Clinton Parkway,

Lawrence, 9-10 a.m.

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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



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MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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LAWRENCE, (785) 838-7885
www.OrthoKansasPA.com

FIRST MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

Facilitated by LMH Chaplain Angela Lowe.

■ CONTINUED ON PAGE 22

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Topeka, KS 66606

319 Perry St.
Lawrence, KS 66044



Meets in the LMH Chapel, 2nd floor. Lawrence Memorial Hospital.

LAWRENCE, (785) 505-3140

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL

4-5 PM, (785) 840-3140

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

LAWRENCE, (785) 842-0543

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

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

LAWRENCE, (785) 830-8130

FIRST & THIRD TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES

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

FIRST & THIRD TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

TUESDAYS GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS & THURSDAYS WATER AEROBICS CLASSES

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

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

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve New-

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE

Meetings are held at the United Way building, 2518 Ridge Ct.. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson. LAWRENCE, (785) 832-1692

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

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

THURSDAYS

GRIEF & LOSS SUPPORT GROUP Midland Hospice, 200 SW Frazier Circle. 3-4 p.m. TOPEKA, (785) 232-2044

FIRST THURSDAY OF EACH MONTH LAWRENCE AREA PARTNERS IN AGING

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

FIRST & THIRD THURSDAY OF EACH MONTH TRANSITIONS SUPPORT GROUP

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

FIRST FRIDAY OF EACH MONTH STROKE SUPPORT AND RECOVERY GROUP

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

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

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

SECOND MONDAY OF EACH MONTH GRIEF AND ENCOURAGEMENT GROUP

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

SECOND MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11 a.m. TOPEKA, (785) 235-1367, EXT. 130

SECOND & FOURTH TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

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

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

SECOND TUESDAY OF EACH MONTH HERBS STUDY GROUP

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

SECOND & FOURTH TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES

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

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

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

SECOND WEDNESDAY OF EACH MONTH DIABETES EDUCATION GROUP

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

SECOND WEDNESDAY OF EACH MONTH SOROPTIMIST INTERNATIONAL OF TOPEKA

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

SECOND THURSDAY OF EACH MONTH CAREGIVERS SUPPORT GROUP

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

SECOND THURSDAY OF EACH MONTH NAACP MEETING-LAWRENCE CHAPTER

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

SECOND SATURDAY OF EACH MONTH HAPPY TIME SQUARES SQUARE DANCE CLUB

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

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH STROKE SUPPORT GROUP

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

THIRD WEDNESDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

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

THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH

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

FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

FOURTH THURSDAY OF EACH MONTH TOPEKA GENEALOGICAL SOCIETY

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

ing cards. 5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com. TOPEKA

FOURTH FRIDAY OF EACH MONTH RETIRED GOVERNMENT EMPLOYEES

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

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

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

Recycling symbol with text: Please recycle this copy of Kaw Valley Senior Monthly when you are through with it.

MISCELLANEOUS

SUNDAYS VESPER SERVICES

Drury Place, 1510 St. Andrews, 4 p.m. Open to the public. LAWRENCE, (785) 841-6845

MONDAYS CATHOLIC COMMUNION

Drury Place, 1510 St. Andrews, 2:30 p.m. Open to the public. LAWRENCE, (785) 841-6845

JUL 14 ART & WINE STROLL

Art & Wine Stroll. Stroll around Paola, Kansas' downtown square and enjoy Kansas wines and

local art. Bands will perform in the Gazebo from 5-9 p.m. Must be 21 years of age to enjoy wine tasting. Tickets and wrist bands may be purchased in the park. Visit www.paolatourism.org for more information. Event time: 6-9 p.m. Paola's Downtown Square. PAOLA, (913) 269-1639 www.paolatourism.org

JUL 19 SIDEWALK SALE

Dawn to dusk shopping in Downtown Lawrence. Come early and shop the bargains galore as merchants slash prices on their inventory. LAWRENCE, (785) 842-3883

Hill Crest advertisement featuring a photo of a house and text: Experience a peaceful lifestyle with a hometown feeling. 785-542-1755 • 703 West 8th Street, Eudora HillCrest@CohenEsrey.com • www.CohenEsrey.com

Seniors Helping Seniors advertisement with text: Your parents want to stay home now you don't have to worry. Celebrate Age. At Seniors Helping Seniors we celebrate older American's and what they contribute to our community every day. We know the value of their wisdom, experience, and their passion for helping others; that's the reason we hire seniors as our caregivers. Our caregivers understand the challenges that come with aging, and can really relate to those they are helping. Our goal is that your loved one will enjoy having our seniors there to help. We take time to match your loved one with the right caregiver based on their hobbies, interests, and life experiences. We know that seniors want to remain independent at home, and with Seniors Helping Seniors, you can. SENIORS Helping SENIORS® ...a way to give and to receive®. Topeka 272-0090, Lawrence 842-0090. find us on facebook at: www.facebook.com/shskansas www.seniorshelpingseniors.com

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Amazing Aging serves families in Shawnee, Douglas and Jefferson counties. The Summer 2012 issue will be inserted in at least 7,000 copies of the August issue of Kaw Valley Senior Monthly, which is distributed throughout the Topeka and Lawrence area. **DEADLINE FOR THE SUMMER ISSUE IS 7/15/2012.**

For more information, please call Kevin at 785-841-9417

HUMOR

One Apps-manship

Trinity Celeste Van Dam and Gertie Louise Boggs were juniors at Letongaloosa High School. Society had stacked the cards in Trinity Celeste's favor—she was rich and pretty—but nature and nurture had stacked the cards against Trinity Celeste. She was dumb and spoiled. Society stacked

“The prime minister will lay a wreath at the soldier’s tomb.”

Troy gazed at Trinity Celeste. She shook her head ever so slightly. Troy’s eyes pleaded. Trinity Celeste shrugged.

“Troy,” said Mr. F again, and raised his pen to mark his score sheet.

Just then the bell sounded. Class was over. It was Friday. Troy was safe until Monday. He waited outside the classroom for Trinity Celeste.

“Do you know her?” Troy asked pointing with his chin as Gertie Louise walked down the hall.

“Sure. She’s a know-it-all dork.”

“I’m going to ask her to the prom.”

“You’re going to what?”

“I’m going to ask her to the prom. I’ve got to pass Old F’s oral exam Monday. She can help me.”

“You’re going to take that dork to the prom instead of me?”

“I said I was going to ASK her to the prom,” said Troy. “I didn’t say I was going to TAKE her to the prom.” They both smiled. Troy trotted off to catch up with Gertie Louise.

Troy turned on the charm. Gertie Louise was smitten. She agreed to help him prepare for the exam. Troy and Gertie Louise worked on grammar practice sheets all weekend.

By late Sunday Gertie Louise knew her task was hopeless. Still smitten, she worked out a set of simple hand signals that she could flash to Troy during the oral exam.

In the meantime, faced with an empty weekend, Trinity Celeste called dorky Dudley Dorfman. Dudley had a 4.0 GPA, and loved fiddling with electronic gadgets. He had worshipped Trinity Celeste since fifth grade. That weekend Trinity Celeste asked Dudley to go to the prom—the same way that Troy had asked Gertie Louise.

Monday afternoon, with Gertie Louise’s help, Troy passed his oral exam. After school Trinity Celeste and Troy unceremoniously dumped their dorky prom dates.

That was a big mistake. The scorned Louise used a ruse to get teachers to confiscate Troy’s and Trinity Celeste’s cell phones. She pur-

loined the cell phones from the teachers’ desks and gave them to Dudley. Dudley added certain cell phone apps he had invented. Oblivious, Troy and Trinity got their cell phones back at the end of the school day.

The theme of the Letongaloosa High School junior prom that year was “Text Time.” According to the rules the prom goes—even best friends--had to **text** each other before **talking** to each other in person.

Prom night was a disaster for Trinity Celeste and Troy. Every time they

tried to text someone, or someone tried to text them, their cell phones sounded loud belching noises, or loud noises that sounded like flatulence. Working at the refreshment counter Gertie Louise and Dudley wore beatific smiles as they watched their tormentors’ humiliation.

- 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.



Larry Day

the cards against Gertie Louise—she was poor and plain—but nature and nurture stacked the cards in Gertie Louise’s favor. She was smart and resourceful.

Another character in this story is Troy Parker. Troy was Letongaloosa High School’s most gifted athlete. Intellectually speaking, Troy was one set of shoulder pads short of having a full football uniform. Trinity Celeste and Troy were, naturally, boyfriend and girlfriend.

It was late spring. The junior prom was just a week away, and Mr. Fotheringham’s dreaded oral grammar exams were underway in fifth period. Troy was especially anxious. He needed a passing grade from Mr. F to be eligible to play football next fall. Today Mr. F was grilling students orally on word pairs:

Gertie Louise received this word pair:

“How will the rain **affect** the outcome of the game?”

“How will the rain **effect** the outcome of the game?”

“Affect,” said Gertie Louise

“Correct.”

That was Louise’s extra credit question. She had correctly answered the first five questions in a row.

“That’s another ‘A’ for you, Gertie Louise,” said Mr. F.

“You’re next, Troy,” he said.

“The prime minister will lie a wreath at the soldier’s tomb.”



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Christopher Elliott

6,000 JetBlue miles, with a transaction fee of \$100. The interface stated that the estimated processing time was five to eight business days.

More than eight days passed, and

my account hadn't been credited. So I contacted Points.com. I was told a "system issue" would delay my transfer, but that it would eventually happen.

A few days later I checked in again, sending an email to Points.com. The response: "Our records show that your trade is now completed." But I still didn't have my miles.

I contacted JetBlue last week and was told that it would "investigate." I called again today, and was told that they had submitted a request (their turn of phrase) but "their hands were tied" until Points.com completed the transaction.

Points.com is giving me the metaphorical finger and True Blue claims they can't help. I'm out \$100 and 6,000 American Airlines miles. Can you offer any guidance please? - Jonathan Govias, Boston, Mass.

A: Those points should have been transferred to you account immediately. When they weren't, Points.com should have tracked them down quickly, and without any additional prompting from you.

Let's back up and explain what Points.com does, for the uninitiated. The site allows you to consolidate all of your loyalty programs in one place and trade or transfer miles between programs, for a fee.

I'm a Points.com member, myself. I'm a reluctant participant in a few loyalty programs, even though I'm on record as being a loyalty-program skeptic. My account balances are strictly tourist-level, because I'm not a serious collector, but for many travelers, being a card-carrying elite is important. I understand that.

But here's something I don't understand: Why pay \$100 to transfer \$60 worth of miles? Frequent flier miles are valued at around one cent a mile, give or take. So 6,000 miles would only be worth \$60. You must have had a really good reason for doing that.

From your correspondence, I see that you tried to keep an email trail, right up until you received a response that said "do not reply." I'm not sure

why any company would accept an email and then tell you not to reply. That doesn't sound like customer service at all, and Points.com is hardly alone in doing this.

I contacted Points.com on your behalf. It responded to you, apologizing for the missing points and for its "do not reply" policy. It promised to review its email practices and posted your missing 6,000 frequent flier miles to your account.

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

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WOLFGANG PUCK'S KITCHEN

Strawberry season

Growing up in Austria, one of the big reasons I loved this time of year was the arrival of erdbeeren. I later learned that in English they were called "strawberries," a name that may have had to do with the straw sometimes piled around the plants to protect the fragile berries, or with the



Wolfgang Puck

fact that the profuse fruits look like they are "strewn" around the plants.

To me, though, "earth berries" seemed like a better name. Whether we found them growing in the wild, bought them in the market, or picked them in our home garden, erdbeeren felt like a wonderful sweet, fragrant, juicy gift from Mother Earth.

So I still feel like celebrating when strawberry season comes around. And yes, I know that strawberries can be found year-round today, thanks to modern agriculture and global shipping. But none of that year-round fruit could possibly taste or smell better, or be better for our planet, than strawberries locally grown in season.

That's why right now I enjoy fresh strawberries in so many ways. Of course, I eat them straight from the farmers' market, just giving them a quick rinse before I bite into them and savor their sweet juices. I'll slice them and use them as a topping for ice cream or serve with whipped cream on top of store-bought or homemade shortcake, pound cake, or angel food cake. I'll lightly saute them with a little butter and sugar and enjoy them as a sauce with souffled or regular pancakes.

And sometimes I like to hide them in a dessert, yielding a wonderful surprise like the strawberry filling inside my recipe for Creme Brulee Tart. The fruit's combination of sweetness and perfume with a touch of acidity

makes them a perfect complement for the custard cream of a classic creme brulee. A tart shell made from store-bought puff pastry adds extra flavor and texture—though you should feel free to leave out the pastry and prepare the dessert in individual ceramic ramekins, still hiding the sliced strawberries in their bottoms.

Making a perfect, classic custard requires some perseverance, as you'll need to whisk together the eggs and sugar over (but not touching) simmering water for quite a while. But the results are well worth the effort. For the brulee (meaning "burnt") topping of caramelized sugar, you can use a broiler or one of the handy small propane torches now widely sold in kitchen stores. Either way, watch carefully to get the desired dark caramel crust without burning the sugar.

You'll know your work has paid off when both you and your guests delight at the surprise layer of strawberries—experiencing the joy we all should feel when these berries from the earth appear.

CREME BRULEE TART WITH FRESH STRAWBERRIES

Serves 8 to 10

CUSTARD:

- 6 large cage-free egg yolks
- 1/2 cup sugar
- 3 cups heavy cream
- 1 vanilla bean, cut in half lengthwise with a small, sharp knife
- 7 tablespoons unsalted butter, cut into small pieces, at room temperature

CREME BRULEE TART:

- 1/2 pound store-bought frozen puff pastry, thawed following package directions
- 3/4 cup sliced fresh organic strawberries, plus additional whole strawberries for serving
- 1/4 cup sugar

The night before or morning before you plan to serve the tart, prepare the custard. Put the egg yolks and 1/2 cup sugar in a large metal bowl. Select a saucepan big enough

for the bowl to rest comfortably on its rim. Add enough water to the pan to come close to but not touching the bottom of the bowl. Bring the water to a boil, then adjust the heat to maintain a simmer.

Rest the bowl above but not touching the water in the pan. With a wire whisk, and steadying the rim of the bowl using a pot holder, whisk the yolks and sugar until the mixture is light and thick enough to form a ribbon when the whisk is lifted out. (This may take many minutes; be strong and patient!) Remove the bowl from the heat.

Gradually whisk in the cream. Add the vanilla bean. Return the bowl to the saucepan, adjust the heat to maintain the barest simmer (take care that the water does not boil), and cook, stirring frequently, until the mixture thickens to a custard that will adhere to a tablespoon without dripping, about 45 minutes.

Remove the bowl from the heat. A few pieces at a time, whisk in the butter until thoroughly incorporated. Place a fine-meshed strainer over a bowl and pour the custard through the strainer, pressing it through with a rubber spatula. Cover with plastic wrap and refrigerate for at least 6 hours or overnight.

On a lightly floured work surface, use a rolling pin to roll out the puff pastry to a circle with a thickness of about 1/4 inch and a diameter of just

over 12 inches. Pierce it all over with the tines of a fork.

Place a flan ring on a baking sheet. Lightly roll the pastry around the rolling pin and unroll it onto the ring. Gently press the pastry into the ring. Refrigerate for 20 minutes.

Meanwhile, preheat the oven to 350 degrees F.

Line the pastry in the ring with parchment paper or coffee filters. Fill the shell with aluminum pie weights or dried beans. Bake until the pastry is golden brown, about 25 minutes. Remove from the oven and let cool to room temperature. Remove the paper or filters and pie weights.

A short while before serving, preheat the broiler (unless you have a small propane kitchen torch). Evenly spread the sliced strawberries over the bottom of the shell. Pour in the chilled custard, smoothing the top with a long-bladed metal spatula. Just before serving, sprinkle the 1/4 cup sugar evenly over the custard. Place the tart under the hot broiler, near the heat, until the sugar caramelizes, 1 to 2 minutes, watching carefully to prevent burning; or use the kitchen torch, following manufacturer's directions, to caramelize the sugar.

Use a sharp knife to cut the tart into wedges and serve, garnished with whole strawberries.

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

PET WORLD

Don't go overboard sharing beers with your dog

Q: Our dog, Molson, likes beer, especially the foam. I don't see a thing wrong with that. He'll sit in my lap and share a cold one. My wife thinks I'm sick. What do you think?
- S.H., Cyberspace



Steve Dale

A: As a guy, I'm in your camp. We share beers with our best buddies, at least according to TV beer commercials. Keep in mind, though, that two or three slurps is enough for most dogs, even less for a small dog. Not that you're encouraging canine alcoholism, but truly a weekly tasting, or a couple of samples a month, is plenty. Better yet, check this out: Chicago veterinarian Dr. Sheldon Rubin told me about the Branding Villa Pub in the U.K. serving "Fido-friendly beer," a non-alcoholic beverage made of malt, hops and meat extract. Yum.

There's also Bowser Beer, a non-alcoholic drink (chicken or beef) with malt barley and "glucosamine for joint health." Dogs can drink from the bottle, but many prefer it poured over their nightly meal. You can even put custom labels on the bottles with your dog's picture (bowserbeer.com).

Q: Our Boxer, Brewski, quickly goes through his toys, chewing them up and even swallowing some of the pieces. What toys would you suggest for him? He's always chewing, and especially likes having objects in his

mouth when he gets excited. - C.P. Cyberspace

A: Chicago dog trainer Laura Monaco Torelli says to first visit your veterinarian. "Rule out the possibility that your dog isn't chewing excessively in an effort to relieve some sort of oral discomfort," she says.

Having a Rhodesian Ridgeback at home with a similar problem, Monaco Torelli can relate. She's found that elk antlers (available at some specialty pet stores and online) take time for her dog to chew through. You might also try the co-called Super Kong toys (which are made of a harder rubber and might be seen on an X-ray should Brewski swallow any pieces). A simple, inexpensive sterilized bone (available at most pet stores and online) might be a good choice. Also, you could stuff low-fat peanut butter or another treat inside these bones, so the focus isn't on chewing as much as getting the yummy out.

Many more heavy duty toys are available at specialty pet stores and online. In any case, whenever you offer Brewski a new toy, please supervise.

One goal might be to curb your dog's chewing habit, since dogs can break their teeth when they overdo it.

Monaco Torelli, a certified Karen Pryor Academy instructor, says young Boxers can be busy dogs, always in need of something to do. Try hiding treats around the house with Brewski on a "sit/stay" many rooms away. When you release him, teach him to find the treats, or a hidden toy. Games which focus on thinking as well as physical activity tend to tire dogs. If Brewski is sleeping, he's not chewing.

Monaco Torelli even suggests keeping a diary. Maybe on certain days Brewski gets less exercise, and with less to do, he chews more. Perhaps, over time, you can discern a pattern.

As for Brewski walking around with a toy when he's excited, that's a common trait among many sporting breeds and individual 'mouthy' dogs like yours. When people come to visit, teach Brewski to retrieve his favorite plush toy (only if he doesn't chew it up), or a Kong, so he can have something in his mouth (aside from beer) when he gets excited.

Q: One of our two cats urinates in the bathroom sink. We keep the litter box clean. I've tried lining the sink with plastic or filling it with water, but the male cat still goes there. Any advice? - R.I.H., Chambersburg, PA

A: Cats who relieve themselves on counters, tabletops, stoves, in sinks or similar elevated places may be ill. Before assuming we're dealing solely with a behavior issue, see your veterinarian.

Often, cats who are insecure about using the litter box without being

ambushed by another cat (or disturbed by the family dog or nearby kids causing commotion) prefer a bathroom with a view. I do wonder if one cat is intimidating the other. Sometimes, cats' intimidation techniques are so subtle that's it's hard for mere humans to discern what's going on.

Add at least one more litter box, and preferably two (without covers). Place one box in the bathroom, near where the male is now relieving himself. Place the second box wherever you like, just so it's at least six feet from the other box.

There's much more about inappropriate elimination in my ebook, "Good Cat!" (available wherever ebooks are sold, \$2.99).

- Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2010 Westridge Drive, Irving, TX 75038. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.

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Bridge Haven Care Cottage

Bridge Haven Care Cottage begins expansion project

Bridge Haven Care Cottage, Lawrence, is expanding its residential assisted living home to meet increased community demand.

Construction on the new addition began June 25. New amenities include two additional private bedrooms, an all-season sunroom, a secured backyard with an expansive wandering path, a fully accessible bathroom with a roll-in shower, and an enhanced security system for added peace of mind.

"In partnership with Visiting Nurses of Douglas County, this expansion enables Care Cottage to increase its staff-to-resident ratio higher than the industry standard. Care Cottage will hire additional certified medication aides, so current and future residents will benefit from having the best attentive care," says Executive Director Robert Wilson.

The project is scheduled for completion on September 1, 2012.

Bridge Haven specializes in family-style assisted living and memory care at two locations in Lawrence. Bridge Haven Care Cottage is located at 3109 W. 26th Street, Lawrence. Bridge Haven Memory Care is located at 1126 Hilltop Drive, Lawrence.



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PUZZLES & GAMES

CROSSWORD

Across

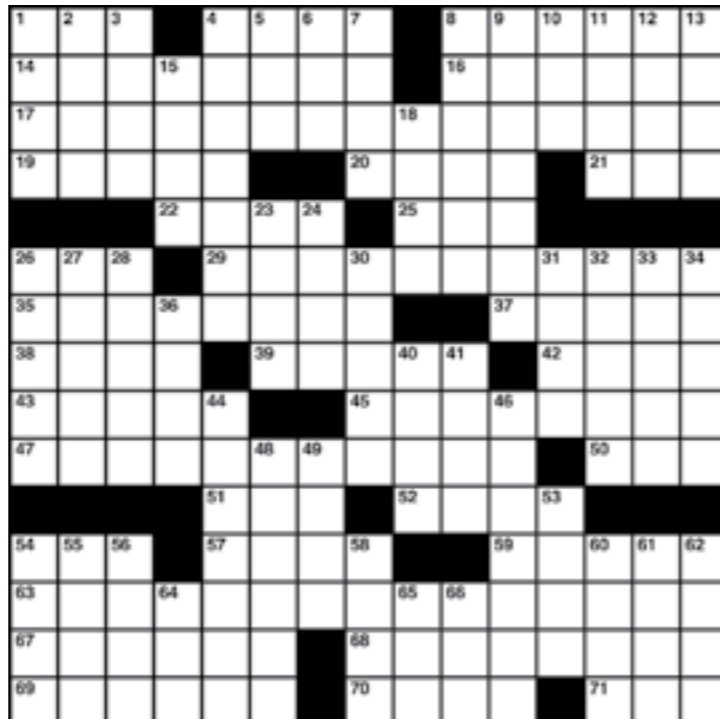
- 1 Pelican State inst.
- 4 Oration setting
- 8 Common slogan spot
- 14 It has many fighters
- 16 Layette item
- 17 Means of turning an herb into energy?
- 19 Chaotic situation
- 20 Garbage tower
- 21 Mo. when asters usually flower
- 22 Stormers of Saruman's fortress, in "The Lord of the Rings"
- 25 Labor party?
- 26 Snake's warning
- 29 Herb lovers' chat organized by Sarah Palin?
- 35 "The Gods Must Be Crazy" setting
- 37 Care for
- 38 Q.E.D. word
- 39 Synopsis
- 42 Reclined
- 43 One putting away

- groceries
- 45 Unrestricted
- 47 Herb eaten with a nightcap?
- 50 Quaint contraction
- 51 Negative link
- 52 "High Voltage" rockers
- 54 ___ dye: methyl orange, e.g.
- 57 Eagle's tail?
- 59 Iraqi port
- 63 Remark on another encounter with an herb?
- 67 Sign of a page-turner?
- 68 Secret metaphor
- 69 Slug relatives
- 70 Naval backbone?
- 71 Two before iota

Down

- 1 They may be chocolate
- 2 Phillips of "I, Claudius"
- 3 ___ Minor
- 4 Discuss business, in a way
- 5 Starfish appendage
- 6 Party host's bagful

- 7 Gig arrangements
- 8 In addition
- 9 Single white male who likes the cold?
- 10 Norse underworld goddess
- 11 Goddess with cow's horns
- 12 Intentionally provoked reaction
- 13 Fill-in
- 15 Military wind
- 18 Wile E. Coyote's supplier
- 23 Whaling adverb
- 24 Arab's father
- 26 Olympic event since 1968
- 27 John's running mate
- 28 Like the color of some roofing
- 30 Goldsmith's "The ___ of Wakefield"
- 31 Break
- 32 Frank covering
- 33 Last Supper query
- 34 Tijuana toddlers
- 36 "Up and ___!"
- 40 Swedish group that won the 1974 Eurovision Song Contest
- 41 Tiny time meas.



- 44 Decision about issues
- 46 Flake
- 48 Lobbies
- 49 City near Provo
- 53 Batting ___
- 54 Puts in
- 55 Horse Ranch Mountain's national park
- 56 Gymnast Korbut
- 58 Computer support?
- 60 Fill
- 61 Reaction from a bad crowd?
- 62 Tolstoy's Karenina
- 64 Ring of shells, perhaps
- 65 ___ out a living
- 66 Ball balancer

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PUZZLES & GAMES

BRIDGE

You be the judge

By Tannah Hirsch
Tribune Media Services

Both vulnerable. South deals.

- NORTH
 - ♠-Void
 - ♥-10 4
 - ♦-J 8 7 5 3
 - ♣-A K J 6 3 2
- WEST
 - ♠-Q J 10 9 7
 - ♥-5
 - ♦-A K Q 10 2
 - ♣-10 5
- EAST
 - ♠-A 8 5 4 2
 - ♥-K 3 2
 - ♦-9 6 4
 - ♣-8 7
- SOUTH
 - ♠-K 6 3
 - ♥-A Q J 9 8 7 6
 - ♦-Void
 - ♣-Q 9 4

The bidding:
 SOUTH WEST NORTH EAST
 1♥ 1♠ 2♣ 2♠
 6♥ Pass Pass Pass

Opening lead: King of ♦

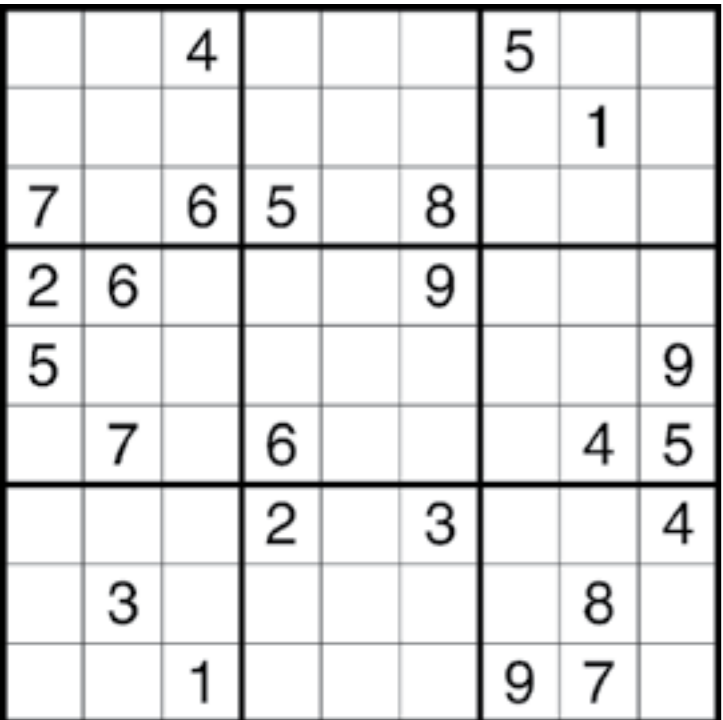
Six hearts was the contract at both tables. At one table, declarer ruffed two diamonds in hand and two spades in dummy. He cashed the ace of trumps and started on clubs, hoping to discard his king of spades on the fourth club. Unfortunately, the third club was ruffed and the ace of spades

was taken—down one. Former world champion Fred Hamilton was the declarer at the table where this auction transpired. He, too, received a diamond lead and ruffed in hand, but immediately led a trump to the ten and king. No matter what East did, declarer would win the next trick, draw trumps and run the clubs to land his slam. Could the defense have done better? Perhaps! At trick two East must allow the ten of hearts to win, presenting declarer with a chance to go wrong. If declarer guesses to continue by taking the heart finesse, he will still get home. If he tries to drop the king, he will be defeated.

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

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



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

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JUMBLE THAT SCRAMBLED WORD GAME by Mike Argrison and Jeff Kuzarek

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

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 HOYBIS

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

Ans: "O O O O O"

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Answers to all puzzles on page 34.

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town architectural walking tour, meet President and Mrs. Eisenhower at Brandon Woods, and a book talk by author Laura Moriarty. All who finish will get a backpack, a book, coupons from local businesses plus the chance to win one of over 15 grand prizes, including iPads, Ereaders, and gift cards from The Raven Book Store, Au Marche, Brits, Salon di Marco, 715, the Community

Mercantile and Downtown Lawrence Association. For more information, contact Pattie Johnston, Senior Outreach Services, at the Lawrence Public Library, (785) 843-3833 extension 115. Sign up is available at the Library or on the Bookmobile.

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D	O	G	E	A	R					S	K	E	L	E	T	O	N
S	N	A	I	L	S					K	E	E	L		E	T	A

SUDOKU SOLUTION

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

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M	I	S	F	I	T		RACK 3 =	11	
S	H	O	P	B	O	Y	RACK 4 =	71	
R	I	S	I	B	L	Y	RACK 5 =	62	
PAR SCORE 220-250								TOTAL	299

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JUMBLE ANSWERS
 Jumbles: CARGO TOXIN
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 Answer: The songwriter was in demand because his work was -- "NOTE" WORTHY



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