

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

June 2010

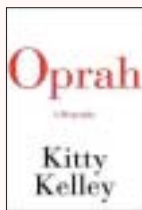
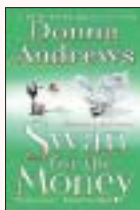
Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 9, No. 12

INSIDE



Looking for something to do? Our calendar section includes art walks, festivals, musicals, and other events you can attend during June. - page 16



Margaret Baker reviews Kitty Kelley's *Oprah*, Tony Hays' *The Divine Sacrifice*, and several other books in her "Bookshelf" column. - page 22



Wolfgang Puck shares a simple recipe for Sweet Corn Chowder with Bacon and Jalapeño Cream. - page 26

KEVIN GROENHAGEN PHOTO



SENIOR
profile

Jackie Loneski with her homemade peanut brittle and snickerdoodles

Loneski supports troops through Baking GALS

By Kevin Groenhagen

While reading an article in *Taste of Home* magazine last year, something clicked with Jackie Loneski.

According to the article, Susan Whetzel, who has an online blog called "She's Becoming Dough-

messtic," wanted to boost the morale of her cousin, who had been deployed to Iraq. She called on her fellow foodies on the Internet to make homemade treats for him and his fellow soldiers. Whetzel thought her cousin might receive four or five boxes of goodies. However, to her great surprise, he had gotten 60 boxes.

That was in July 2008. Today Whetzel's project for her cousin has grown to be an organization of thousands of bakers who send treats to thousands of men and women in uniform in Iraq and Afghanistan every month. When Loneski read about the organization, Baking GALS

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Loneski

■ CONTINUED FROM PAGE ONE

(GALS stands for "Give A Little Support"), she knew she had to get involved.

"My husband is a Vietnam War veteran," Loneski said. "He served two tours in Vietnam and spent 20 years in the Army, retiring as a colonel. I have heard his stories about what it is like to be far from home while serving in the military. I thought this would be a great way for me to connect to young people who are putting their lives on the line for us. For the grace of God, one of my grandchildren could be over there. This would provide a little moral support for people who have given up so much. My husband says, 'Where were you people when I was overseas? I never got big boxes of cookies and candy.' So he's a big supporter of what I do. He loves it."

Kansas Jayhawk fans know Loneski's husband, Ron, as the 6' 4" forward who, along with Wilt Chamberlain, et. al., narrowly lost to the North Carolina Tar Heels in triple overtime in the 1957 NCAA championship basketball game.

Loneski joined Baking GALS last November after becoming a registered member on the organization's Web site, www.bakinggals.com. For the safety of the troops, Baking GALS must approve every member's account.

After becoming a registered member, Loneski was ready to start baking.

"Baking GALS sets up teams," she said. "Every team has a team manager. There's usually between 10 and 20 members on each team. There is a limit of 20 members per team. We sign up for teams during the second half of each month. You can sign up for more than one team if you want to. We then start sending packages during the first few days of the following month. Team managers e-mail team members the names and addresses of the service members we send packages to. We also get a little information about each service member. For security reasons, we are not allowed to share that information with others."

The Department of Defense discontinued "Any Service Member" mail for overseas military personnel after the terrorist attacks of September 2001. Therefore, it is important that packages mailed to service members have actual names and addresses on them.

On May 12, Loneski was busy preparing a box of goodies in her kitchen as part of Baking GALS's Round 19. In addition to homemade pea-

nut brittle and snickerdoodles, she had a package of beef jerky, tuna and crackers, and macaroni and cheese ready to add to the package.

"The fellow I have this month also said that the troops like lip balm and sunblock, so I'm including them as well," Loneski said. "You can send anything you want as long as it doesn't have pork in it because the packages are going to Muslim countries. You can also put a little note or letter in the box for them."

Baking GALS members can mail any size box they want. Loneski prefers, and Baking GALS recommends, priority mail APO/FPO flat rate boxes. Baking GALS also encourages members to affix Baking GALS stickers to packages so that service members know where the packages came from. The stickers, which use a modified version of J. Howard Miller's "We Can Do It" poster from World War II, can be purchased from www.zazzle.com, or members can download the artwork from the Baking GALS Web site and print their own stickers.

In addition to sending goodies to troops in Afghanistan and Iraq, Baking GALS members also send packages to recovering warriors at National Naval Medical Center in Bethesda, Md., and another Veterans Administration hospital in California.

For Loneski, Baking GALS is an ideal way for her to show her sup-

port for the troops.

"I have always liked to cook," she said. "With Baking GALS, I don't have to leave home to do volunteer work, and I can do it when I want to. You don't have to do it every month."

Sign ups for Baking GALS's Round 21 opens on June 16 and closes on June 19. Shipments will take place

July 1-10.

If you would like learn more about Baking GALS, or if you would like to suggest the name and address of a service member to be added for a future shipment, please visit Baking GALS Web site at www.bakinggals.com. Loneski also invites those interested in Baking GALS to call her at (785) 841-3054.

Loneski shares two of her recipes

According to Jackie Loneski, her recipe for snickerdoodles and her grandmother's recipe for peanut brittle produce treats that travel well to Iraq and Afghanistan. Here are those recipes:

BUTTERY SNICKERDOODLES

Ingredients

- 2 3/4 c. flour
- 1 tsp. baking soda
- 1 stick butter
- 1/2 c. Crisco
- 1 3/4 c. sugar
- 2 eggs
- 2 tsp. cream of tartar
- 1/4 tsp. salt
- 2 tbs. cinnamon

Instructions: Sift together flour, cream of tartar, baking soda, and salt. Cream butter, Crisco, and sugar for two minutes. Beat in eggs. Add dry ingredients and combine. Roll into balls and roll in cinnamon and sugar. Bake at 400 degrees for 10 minutes, turning pan after five minutes in lower 1/3 of oven.

PEANUT BRITTLE

Ingredients

- 2 c. sugar
- 1 c. white syrup
- 3 tbs. butter
- 2 tsp baking soda
- 1 tsp vanilla
- 1 lb. raw peanuts
- 1/2 c. water



Instructions: Bring water to a boil, then add sugar and syrup. Cook until it forms a brittle ball. Add peanuts and butter. Cook until it turns a golden brown. Add baking soda and vanilla. Stir and spread quickly with a fork as thin as you can on greased foil. Store in air-tight containers.

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Kaw Valley Senior Monthly

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This Father's Day, teach an old dad a new twist

By Norman Franker

Social Security District Manager in Lawrence, KS

Who says you can't teach an old dad new twists? All across the nation this Father's Day weekend, people are telling their fathers, grandfathers, and other special men in their lives about a new "twist" in the law that may help them qualify for extra help paying for costs associated with their prescription drugs.

When you're spending time with Dad, ask him if he can use some help paying for his prescription drugs. If so, tell him about the Medicare Prescription Drug Plan and the extra help available through Social Security.

If Dad is covered by Medicare and has limited income and resources, he might be eligible for extra help to pay for his monthly premiums, annual deductibles, and prescription co-payments. The extra help is worth an average of \$3,900 per year.

If you're met with a resistant, "No, I've looked into it before and I don't qualify," then let him know the law changed in January 2010. As volunteer spokesman Chubby Checker will tell you, a new "twist" in the law makes it easier than ever to qualify for the extra help.

Thanks to this new "twist" in the law, we no longer count any life insurance policy he has as a resource, and we no longer count as income any financial assistance he receives regularly from someone else to pay his household expenses like food,

mortgage or rent, utilities or property taxes.

Don't take our word for it, see Chubby Checker's rocking message online at www.socialsecurity.gov/prescriptionhelp.

To qualify, he must be receiving Medicare and:

- Have income limited to \$16,245 for an individual or \$21,855 for a married couple living together. Even if his annual income is higher, he still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples in which income may be higher include if he or his wife:
 - Support other family members who live with them;
 - Have earnings from work; or
 - Live in Alaska or Hawaii; and
- Have resources limited to \$12,510 for an individual or \$25,010 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. We do not count his house or car as resources.

You can help Dad fill out an easy-to-use online application for your dad at www.socialsecurity.gov/prescriptionhelp. To apply by phone or have an application mailed to you, call Social Security at 1-800-

772-1213 (TTY 1-800-325-0778) and ask for the Application for Help with Medicare Prescription Drug Plan Costs (SSA-1020). Or go to the nearest Social Security office.

You and your dad can learn more about the Medicare prescription drug plans and special enrollment peri-

ods, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

Maybe it's been a few years since Dad did the Twist. But saving an extra \$3,900 a year on prescription drugs may help put a new spring in his step.



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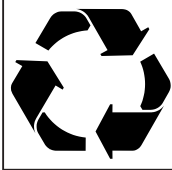
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SHICK offers training, volunteer opportunities

Are you interested in volunteering to help Medicare beneficiaries make informed decisions about their health insurance options? Are you a professional who works with Medicare beneficiaries and would like to learn more about their health insurance to provide better service? Are you a caregiver, family member, or friend of a Medicare beneficiary and would like to know more about your loved one's health insurance options?

If you answered yes to any of these questions, please consider a training course to become a certified Senior Health Insurance Counseling for Kansas (SHICK) counselor.

SHICK will offer training on Medicare Parts A/B on June 10, Medicare Parts C/D on July 15, and update training on August 12 from 8:00 a.m. to 5:00 p.m. You can attend all training sessions, or just those that interest or apply to you. Lunch and refreshments will be provided.

Medicare experts will offer training on:

- Medicare Hospital & Medical insurance (Parts A/B);

- Advantage & prescription drug plans (Parts C/D);
- how to use the Medicare.gov Web site; and
- update training for veteran SHICK counselors.

For more information and to register, please call Matthew at Douglas County Senior Services at (785) 842-0543 or e-mail him at matthew1@sunflower.com.

WORDS OF WISDOM

To a father growing old nothing is dearer than a daughter. - Euripides

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years. - Mark Twain

The most important thing that a father can do for his children is to love their mother. - Theodore M. Hesburgh

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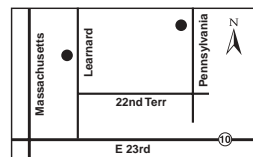


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Legend at Capital Ridge opens welcome center

Legend at Capital Ridge, a Legend Senior Living residence, is pleased to announce that they have opened a welcome center at 2110 SW Brandywine Lane, Suite 140 in Topeka. A ribbon cutting ceremony was held April 27. The welcome center offers helpful information about services, features, and benefits of living at Legend at Capital Ridge, located at 1931 SW Arvonnia Place in Topeka.

Legend at Capital Ridge Assisted Living & Memory Care Residence will provide daily assistance to older adults who can no longer live alone, but don't require the advanced level of skilled medical care provided by a nursing home. The care model emphasizes a homelike residential design and programming developed to help older adults maintain a rich quality of life.

Reflections Memory Care at Legend at Capital Ridge combines beautiful private suites with state of the art life enrichment programs and trained staff to meet the needs of individuals with memory impairments such as Alzheimer's Disease and other dementias.

The residence is currently under construction and is scheduled to open late 2010. Legend Senior Living is a privately held company founded in 2001 by Timothy Buchanan and is dedicated to providing quality services and housing to senior adults. Legend Senior Living owns and operates Independent Living and Assisted Living Residence in Kansas, Oklahoma, and Florida. For more information about Legend at Capital Ridge, call (785) 272-9400.



Ribbon cutting at Legend at Capital Ridge's welcome center

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Library offers brown bag noon-time talks

Including all that you want to do during the summer can be a challenge. The Lawrence Public Library understands, so free, hour-long programs will be offered in a short, informal series each Thursday from noon to 1:00 p.m. in the Library Gallery Room from June 3 through July 15.

Presentations will include cell phones and recent new electronics, vision and aging, day-trip suggestions, hearing loss, "decluttering" your house, and other interesting topics. For a complete

listing and dates of particular programs, check the library Web site at www.lawrencepubliclibrary.org, or contact Pattie at the library at (785) 843-3833, extension 115.

No registration for any of the programs is required. Come for all or come for one.

Bring your lunch. Drinks and desserts will be provided.

The Brown Bag Noon-time Talks are presented by the Senior Outreach Services of the Lawrence Public Library and Midland Care Hospice Services.

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Unique partnership reinvents ‘aging in place’

Brewster Place joins forces with HC Lifecare to give seniors renewed life at home

2010 may be the year for reinventing what it means to “age in place.” Thanks to an exciting new partnership between HC Lifecare and Brewster Place’s “Brewster at Home” initiative, the senior population of Kansas has an unprecedented opportunity to thrive.

Combining quality social interaction from Brewster at Home with the latest wellness systems from HC Lifecare provides an unmatched opportunity for seniors to remain independent in their own homes longer, delaying or potentially avoiding the need for assisted living.

HC Lifecare is the care systems division of Home Connections, whose founder is dedicated to helping people live fuller, more connected lives through technology since 1998. HC Lifecare features the latest, most comprehensive home care technology for aging seniors, their families, and caregivers.

“Technology enhances both peace of mind and quality of life, complemented perfectly by the human element of services from Brewster at Home,” explains Home Connections

President, Aaron Koker. “Together we provide a true and authentic solution for staying in your own home longer than would otherwise be possible.”

HC Lifecare’s innovative systems unobtrusively learn the household routine, allowing caregivers to be notified by phone, text or e-mail should something unusual occur. Systems include numerous smart home devices, automated reminders, brain strengthening tools, computer-less e-mail, automated alerts to family or caregivers, etc.

By utilizing a simple concierge touchscreen, seniors will have one-touch access to Brewster’s signature services, family communications, pictures, health stats, and more. Bluetooth enabled wellness devices can systematically track vital data such as blood pressure, weight, glucose and oxygen levels, automatically notifying the senior’s approved family or caregivers to potentially dangerous developments in real time.

Combining smart home systems from HC Lifecare with the human element of Brewster Place means local

seniors can achieve an active, independent life at home like never before. Surprisingly affordable, Kansas seniors can stay in their own home, with the benefit of technology and social interaction from these two respected organizations, at a fraction of the cost typically associated with

care facilities in our state.

Tom Akins, VP of Development & Planning for Brewster Place, says both organizations are dedicated to continually enhancing the quality of life for seniors in Topeka and beyond. Aging in place will never be the same.

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Tipping point: Happy memories or household hazards?

While clutter is not a problem unique to seniors, conditions of aging including strokes, brain trauma and dementia can lead to disorder and chaos that could threaten seniors' home safety and independence, experts say. It's a problem all too familiar to family caregivers.

"A lifetime accumulation of possessions combined with an influx of daily junk mail, bills, newspapers and magazines can quickly overwhelm seniors who are struggling physically, mentally or emotionally," said Gail Shaheed, owner of the Home Instead Senior Care serving Shawnee and Douglas Counties.

Experts say even seniors who simply don't know how to part with their possessions are vulnerable. The risks are many from slipping on loose papers to the threat of fire to the health effects of mold and mildew. Clutter can also interfere with family relationships and leave adult children wondering if the only inheritance awaiting them is a big mess.

"Spring is a great time for family caregivers to help seniors de-clutter for their own health and well-being," Shaheed said.

"Cluttering—for those with this tendency—probably has been happening for years, but a 'trigger episode' such as going into a wheelchair or a health issue could worsen the problem," said Katherine "Kit" Anderson, CPO-CD, president of the non-profit National Study Group on Chronic Disorganization (NSGCD) and a certified professional organizer. While the source of clutter can be anything from outdated medications to a kitchen full of unused pots and pans, paper is the biggest clutter culprit, Anderson said.

"It's sort of the elephant in the room," added Dr. Catherine Roster, a University of New Mexico clutter researcher. "People don't want to acknowledge there is a problem, which creates an underlying anxiety, stress, guilt or embarrassment that can have a negative effect on their mental health and productivity. There are a lot of issues including

economics. When there is general disorganization, people lose important documents and can't find bills and then miss payments. So some serious issues start affecting them. All the research shows that people are slow to recognize the problem."

In order to identify potential trouble, Home Instead Senior Care is alerting family caregivers to watch for the signs in a senior's home that indicate clutter creep could become a problem including piles of mail and unpaid bills, difficulty walking safely through a home and frustration on the part of a senior trying to organize.

"Family caregivers can become just as overwhelmed as seniors," said Shaheed. "We suggest a three-step plan where the family caregiver brings three bins—one for the stuff

the senior wants to keep, one for donations, and the other for trash. Sometimes seniors just need a little help."

For additional info you may contact your local HISC office in Lawrence at 856-8181 or in Topeka at 272-6101.

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Maxed out of your retirement plan contributions? Try adding an annuity to your retirement portfolio

How long do you expect to live? These days, we hear more and more about unprecedented gains in longevity. In fact, IRS tables show that a 65-year old today can expect, on average, to live to age 86. Many will live much longer than that.



Joe B.
Jones

The prospect of living a longer life is positive news—assuming you have the retirement income you need to afford the lifestyle you want. The problem is few Americans today may be able to count on pension plans and Social Security to support them fully in retirement; most will have to come up with another way to help ensure financial security.

Of course, Individual Retirement Accounts and employer-sponsored plans such as 401(k)s are typically the first-line of “attack” when it comes to investing for retirement. But what if you’ve maxed out your contributions or you don’t qualify for one of these plans?

In that case, an annuity may be a welcome addition to your retirement portfolio. It can help bridge the “gap” between your existing re-

tirement plans and your Social Security benefits ... and the retirement you hope to enjoy. That’s because an annuity provides both the tax-deferred compounding offered by other retirement savings vehicles plus other unique advantages.

Maximum opportunity to build your savings

Almost anyone can invest in an annuity—there are no income tests or other criteria to purchase a non-qualified contract. There are also no annual IRS contribution limits, as with IRAs and employer-sponsored plans. This means you can contribute as much or as little as you like in any given year within the issuing company’s guidelines. What’s more, your contributions can come from any source, not just earned income (as is required with an IRA or qualified retirement plan); you can use other savings, assets from the sale of a business, a lump-sum inheritance, or other resources to fund your annuity contract.

With an annuity, you’re not required to start taking distributions from your account at age 70 ½ (the required minimum distribution age for IRAs and 401(k) plans).

The ability to postpone payments until you need the income means your contributions have more time to grow tax-deferred for your retirement.

As with other retirement savings vehicles, if you take a withdrawal

from an annuity prior to age 59 ½, your distribution may be subject to contractual withdrawal charges, income taxes, or a 10 percent IRS early withdrawal penalty.

Benefits you can plan on

Many annuities provide guarantees that can give you a sense of certainty, especially in today’s uncertain markets. Fixed, deferred annuities offer a fixed rate of interest. It’s important to remember that all guarantees in annuities are backed solely by the claims-paying ability of the issuer.

Some variable annuities include a fixed interest option, which ensures that your money will earn a minimum interest rate for a specified period of time. And most annuities also offer a death benefit that guarantees your beneficiaries will receive a guaranteed amount should you die before a certain age, and before your annuity payments begin.

Payout options to meet your specific needs

When it comes time to take income from your annuity, most con-

tracts provide a range of income plan options.

You can elect to take your distribution as a lump sum or as an income stream. One income plan, however, is unique to annuities: and that’s the ability to convert your contract into an income stream that you can’t outlive.

Under the right circumstances, an annuity can be an attractive investment for those seeking a source of retirement income. To learn more, consult a financial services professional or tax consultant to see whether an annuity would benefit your overall retirement program.

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

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Retirees must make (at least) five key financial decisions

When you're working, you have a financial strategy that is largely based on one goal: saving money for a comfortable retirement. You'll likely have to make many adjustments over several decades to ensure that you stay on track saving and investing. But once you retire, a



Harley Catlin and Ryan Catlin

new goal arises — investing so you can remain retired. To help yourself achieve this goal, you will need to make a number of investment decisions.

Which of these decisions are most important? Here are five to consider:

- **How much will you spend each year?** Before you can pursue an appropriate investment strategy, you'll need to know about how much you'll spend each year. Estimate your costs for housing, food, travel, entertainment, insurance, gifts

— everything. Keep in mind that your expenses will likely change annually, especially for items such as health care. Don't forget about inflation, which will likely cause your expenses to increase over the years.

- **How should you balance your investment portfolio to provide sufficient income and growth opportunities?** Clearly, you'll need your investments to provide a source of income during your retirement years. At the same time, you will need some growth potential to overcome the effects of inflation, which can erode your purchasing power. Consequently, you will need a mix of income- and growth-oriented investments, with the proportions depending on your risk tolerance and your lifestyle.

- **How much should you withdraw each year from your investment portfolio?** The answer depends on several factors, including your retirement lifestyle, the size and performance of your investment portfolio, inflation, your estimated life expectancy and the size of the estate you'd like to leave. This decision is important, because the amount you withdraw each year will directly affect how long your money lasts.

- **From which accounts should you begin taking withdrawals?** You may have built three different types of accounts: taxable, tax-deferred and tax-free. It may be a good idea to take withdrawals from your taxable accounts first, thereby allowing your tax-deferred accounts, such as your Traditional IRA and your 401(k), more time to compound and potentially increase in value. If you have a tax-free account, such as a Roth IRA, save it for last to maximize the compounding on money on which you will never pay taxes. (Roth IRA earnings grow tax-free if you've had your account at least five years and you don't begin taking withdrawals until you're at least 59-1/2.) That said, this is just a rule of thumb.

- **When should you take Social Security?** You can begin taking Social Security as early as age 62, but

your monthly checks will be considerably larger if you wait until your "normal" retirement age, which is likely 65 or 66. But if you need the money, you may be better off by taking Social Security at 62 and giving your tax-deferred accounts more time to potentially grow.

As you can see, you'll need a lot of expertise to successfully manage your financial and investment situations during retirement. If you don't already work with a financial advisor and a tax professional, now would be a good time to start. Once you've got your financial strategy in place, you'll be better prepared to enjoy an active, fulfilling retirement.

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



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Heal thyself!: 'Do it yourself' at home

Many surgeries no longer require extensive hospital stays. But even if you expect to stay just one night—to have your gall bladder removed or to have shoulder surgery—you need to get help to ensure a full recovery. Prepare a checklist of friends, family and service providers who can help in the event of illness. You will need more help than you might think not only in the hospital but at home. And you will have a variety of transportation needs, too. So you need to consider:



Laura Bennetts

How can you be most effectively prepared?

Plan Ahead

You need detailed post-surgical plans before you enter surgery. If you have complications resulting from the surgery, you will have to stay in the hospital longer than you may have expected. If everything goes well, you may go home sooner than you anticipated, or even the day of the surgery. Or you may need to move to another unit or facility for your recovery once you no longer need in-hospital nursing care.

If you're lucky enough to return home promptly, you will still need help for a good long time (weeks or even months) with everyday tasks such as shopping, cooking and cleaning, and laundry. And if you have to stay in the hospital or a nursing facility for awhile, your friends or family should visit you regularly, to ensure that your needs are being met fully. Even in excellent health care settings, patients can fall through the cracks; the nursing staff may be overwhelmed by a sudden influx of patients or there may be a moment when it isn't clear whether you're due home on Friday or Monday. So planning ahead to get help from friends and family will ease your mind and speed your recovery. And you can get non-medical help in-home, at hourly rates, from a variety of public and private agencies.

An Example

Say that you decide to have surgery to replace a degenerated knee with an artificial joint. Once you schedule your surgery date, you need to plan your recovery. An occupational therapist can help you make your home convenient and safe for

post-surgical recovery, and a physical therapist can design a pre-surgery exercise program to improve your healing potential. Also, you are likely to have post-surgical mobility problems that may require you to get help at home. Both occupational and physical therapists help you solve such problems. For instance:

1. Since you're likely to use a walker 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.

2. You'll be able to walk, but you'll be slow, off-balance, 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.

3. Once your surgical incision is healed you can begin showering again, but you may not be able to step over the edge of your tub yet because your leg is weak and stiff. Learning from a therapist how to use a shower bench can help.

About the Incision

If you need help with an incision, your insurance may cover a visiting home-health nurse. But if not, you may need to learn to change a simple dressing yourself or have a family member do so. Discuss this possibility ahead of time with your surgeon and find out if dressing supplies will be provided or if you will need to buy something from a pharmacy. You can get disposable gloves from your pharmacy to wear when removing and putting on dressings to prevent infection.

Calling All Chauffeurs

You'll need someone to drive you to appointments in the weeks after surgery. You may be restricted from driving after surgery to allow healing or because you can't drive safely on your prescribed medications. But it's important to go to your scheduled appointments so that your doctor can monitor your recovery, reevaluate medications, and take needed blood tests. So be sure that you get as much transportation help as you will realistically need. Don't be self-effacing about this or reluctant to ask for help. You need what you need!

Your Responsibility

You're responsible for your own recovery and, when problems arise, you need to get appropriate medical advice and assistance. Many people tend to pooh-pooh their own concerns ("I'm sure this isn't important, the doctor has better things to do than to listen to me"). That isn't productive—and, in fact, your doctor has nothing better to do than to help you. So, instruct

your friends or relatives that you will need to call your doctor:

1. If you have any concerns about your medications.

When you get your medications, read the enclosed explanation of possible side effects. Call your pharmacist with any questions. Once you start taking your medications, take them exactly as recommended and for as long as instructed. If you have unpleasant or unexpected side effects, call your doctor immediately to find out what to do. Some side effects, like skin rashes, might seem minor, but they could precede a serious reaction.

2. If you notice anything wrong with your incision.

You need to follow your doctor's instructions in caring for your incision. If the doctor doesn't want you to open the dressing at all, leave it sealed until you see the doctor. If your incision doesn't feel right, call the doctor. If you are changing your own dressing, call if you notice redness or drainage of the incision that seems new.

3. If you have a question about how much you are allowed to do.

After surgery your doctor will give you guidelines indicating how much weight you can lift, how long to

wear your arm sling, or how much weight you can put on your leg. If you see a therapist in the hospital, you may get program of beginning home exercises. It is best to follow all instructions until you get a referral for additional therapy (either in-home or at an outpatient clinic), or until your doctor gives you further instructions. If you are ready for more challenging exercises, you should consult your doctor and ask to see a licensed therapist.

Slow Down

Let your friends and family run errands for you. Avoid ambitious home projects while you're recovering. Be as active as you are allowed to be, but take time to rest and heal. You'll be fatigued because your body is putting a lot of energy into healing after surgery. And healing yourself is the most important home project you will ever have.

- Laura Bennetts, MS PT, is a physical therapist with 28 years experience. She co-owns Laurence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).

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Take a deep breath and drink Chamomile tea

Chamomile, or the Latin name *Matricaria recutita*, is an ancient medicinal plant that was well-known throughout Egypt, Greece, and Rome. Common names for chamomile include German or Hungarian chamomile, Bodegold chamomile,

United States and Europe chamomile has widespread use as a refreshing tea, as an ingredient in cosmetics, as a dye and in other external preparations, including salves, and ointments and vapor rubs.

Rob McCaleb, president of the Herb Research Foundation in Boulder, Colorado, estimates that over one million cups of chamomile tea are consumed worldwide each day, which could make it the most widely consumed herbal tea. Chamomile is quite a popular herb and it can be found as a drug in the pharmacopeia of many different countries. The National Institutes of Health lists over 100 specific ailments and conditions that chamomile has traditionally been used for.

Recent research has shown that chamomile has specific anti-inflammatory properties, anti-bacterial properties, anti-allergenic properties, and sedative properties. Other scientific research confirms chamomile's traditional uses for the plant as being an effective antispasmodic, anti-septic, stomachic, antipyretic, and anti-fungal. Recent studies have focused on the ability of chamomile to help fight infection and inflammation.

One study reported that chamomile helps antibiotics work better when it comes to clearing up bladder infections. Another test showed that chamomile was superior to hydrocortisone for easing skin inflammation. Specifically, chamomile may be used for the following conditions:

- Nerve aide: to relieve restlessness, aid in sleep, insomnia, as a relaxant, stress relief, menstrual cramps, anxiety
- Children's aid: to relieve colic, teething problems
- Digestive aid: to aid in digestion after meals, antispasmodic, gastritis, colitis
- Topical aid: rashes, wounds, hemorrhoids, ulcers, burns, eczema
- Pregnancy: morning sickness

- Anti-septic properties: anti-bacterial, anti-fungal, mouth wash
- Allergies

Chamomile is related to ragweed, and people allergic to ragweed should steer clear of this herb. People taking blood thinners should also avoid chamomile because it contains coumarin, a substance that thins the blood and may enhance the effects of blood thinners if taken in a large quantity.

So after a long day at work and when you need something to help relax you, why not brew up a cup of chamomile tea? Enjoy and relax.

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



Dr. Farhang Khosh

true chamomile, sweet false chamomile, and wild chamomile. It looks like a daisy and is very commonly used as a tea for a sleep aide. Chamomile has been used throughout history for numerous medical ailments. In the Middle Ages people used this plant for asthma, colic, fevers, inflammations, nausea, nervous ailments, skin disorders, children's ailments, sleep aids, and cancer.

However, there are other ways to use this amazing plant besides for medical purposes. Chamomile is the national flower of Russia. In the



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Retirement calculators can offer host of problems

How much do you need to save for retirement? You can get an idea by using any of the dozens of retirement calculator tools offered for free on the Internet.

But a recent study by actuarial experts on retirement forecasting shows that many popular calculators have serious flaws. These problems could lead to serious miscalculations when you're plotting your retirement.



Mark Miller

The report by the Society of Actuaries analyzed 12 retirement calculators created by financial services firms, software companies, nonprofits, and government for consumers and financial planning pros. All but one of the six consumer calculators were free and they had a host of problems.

"These tools take a project that is fairly complex and boil it down to something simple," says John Turner, an economist and co-author of the report. "They don't ask you to consider a lot of important variables."

So it's buyer beware when it comes to online retirement calculators. Here's a rundown of the key things to look out for; you can find a more detailed analysis in an article I wrote recently for CBS MoneyWatch.com (<http://tinyurl.com/299faxj>).

1. Social Security Projections. Most retirees get a third or more of retirement income from Social Security. Yet many retirement calculators don't gather the detailed information needed to project these benefits accurately, Turner says. "They often project Social Security income using a bare minimum of informa-

tion: typically your current earnings, your age, and the year you expect to retire," he says. The Social Security Administration offers the best projection tool, customized to your actual earnings history (<http://www.socialsecurity.gov/estimator/>)

2. Rate-of-Return Assumptions. Three of the free calculators used preset future investment rate-of-return assumptions that you can't change, and their percentages varied widely. One, created by the U.S. Department of Labor's Employee Benefits Security Administration, assumed a 5 percent average annual return from 401(k)s; several others assumed 10 percent. If a calculator won't let you choose your anticipated rate of return, either be sure you're comfortable with its assumption or walk away.

3. Life Expectancy. It's impossible to know how long you'll live, of course. On average, 65-year-old men can expect to live another 17 years, and women another 20 years. Some calculators, the study found, automatically input life expectancy figures. But they fail to account for differences by race, income, and gender. And they also don't take into consideration that you or your spouse might live longer than the averages.

If a calculator forces you to make a longevity prediction, base it on your family history and your health. If you're married, use different life expectancy numbers for you and your spouse, since women tend to live several years longer than men.

4. Housing. The calculators make very different assumptions about what you'll do with your house at retirement. "Some assume you won't liquidate your home; others assume you will sell and downsize," Turner says. Very few of the tools analyze the impact on your finances of carrying a mortgage into retirement.

Among the free calculators re-

viewed, only the U.S. Department of Labor calculator lets you plug in home equity when calculating your retirement assets.

5. Inflation. None of the free calculators—and few of the professional tools—listed inflation as a retirement-planning risk. Some of the tools let you plug in just one percentage forecast, even though inflation can fluctuate widely over time. Others put in their own default inflation rate, ranging from 2.3 to 4.6 percent. That spread can make a huge difference in how much the purchasing power of your assets will shrink over a 25-year retirement.

6. Spouses. Few of the free calculators helped couples forecast retirement income for a surviving spouse. They rarely let users enter separate information for both spouses and run numbers with differing life expectancies for them, for example. When the calculators recommended annuities for retirement income (most didn't), none suggested buy-

ing one with a survivor's benefit.

Some of the calculators allow for separate entry of data for each spouse, but even these typically assume that both people retire at the same time. Spousal issues regarding Social Security benefit claims can be complex—beyond the capability of any online calculator.

If you're married, calculate retirement income needs for you and your spouse together and separately, using different life expectancy scenarios. This will help ensure that the one who lives longer won't run out of cash. "Doing the 'what-ifs' can help you see just how differently things can turn out," says Turner.

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

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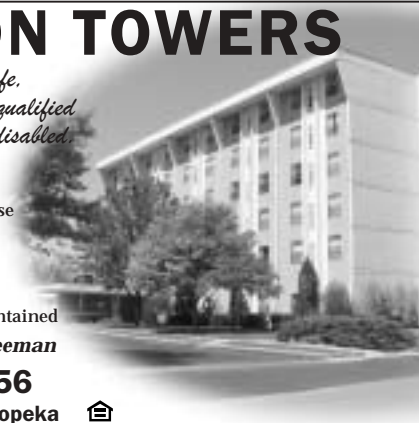
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DEAR MAYO CLINIC: I'm an active 84-year-old man and was diagnosed with asthma and COPD a few years ago. My pulmonologist prescribed two medications—Advair and Spiriva—that seem to do the same thing. Why would I need both medications and are there other options?

ANSWER: The medications you mention include three drugs because Advair contains two different medications. Spiriva is approved for treating chronic obstructive pulmonary disease (COPD). Advair is approved for both asthma and COPD. For people with moderate to severe COPD, research has shown a number of benefits with triple therapy like yours.

COPD is a lung disease that blocks airflow and makes breathing difficult. In most cases, the lung damage that leads to COPD is caused by cigarette smoking. But other irritants can cause COPD, too, including cigar or pipe smoke, air pollution and certain occupational exposures. In some cases, COPD results from a genetic disorder that causes low levels of a protective protein called alpha-1-antitrypsin.

Asthma occurs when the airways in the lungs (bronchial tubes) become inflamed and constricted. This may be triggered by allergies or viral infections. During an asthma attack, the airways thicken due to inflammation, the muscles of the bronchial walls tighten, and the airways produce extra mucus that increases obstruction.

A number of medications help control symptoms of COPD and asthma. Bronchodilators relax the muscles around your airways to make breathing easier and relieve coughing and shortness of breath. It may seem odd to take two drugs that do almost the same thing. But, there are two classes of bronchodilators: beta-agonists and anti-muscarinics. They work using different mechanisms to open up airways. Examples of short-acting bronchodilators are albuterol and ipratropium. Long-acting bronchodilators include tiotropium (Spiriva, an anti-muscarinic) and salmeterol and formoterol (Serevent and Foradil, both beta-agonists). Salmeterol is the long-acting bronchodilator in Advair. Several studies have found that using the two types of bronchodilators that you're taking, along with an inhaled corticosteroid, results in better control of COPD symptoms, better exercise tolerance and better pulmonary function.

Inhaled corticosteroid medications (such as the fluticasone in Advair) are essential to the treatment of asthma in all but the mildest cases. They are also used to treat people with COPD who have frequent "exacerbations"—temporary worsening of symptoms, often brought on by infections or exposure to irritants. These drugs work by reducing airway inflammation, which helps you breathe more easily.

If you develop side effects that seem to be caused by a medication, talk to your doctor. Alternative drugs may be effective. One alternative for treating asthma is a leukotriene blocker, such as montelukast (Singulair). Theophylline is an alternative for both asthma and COPD. Recent studies have shown substantial benefit using theophylline in doses lower than employed in the past.

You did not say if you are a smoker, but for those who smoke and have COPD, the most essential step in any treatment plan is to stop all smoking. It's the only thing proven to slow the progression of COPD and to improve survival with COPD. Smokers who need help quitting should talk to their doctor about strategies for quitting, including medications that might help. Annual influenza immunization is also very important for those with asthma and COPD.

Some pessimists assert that asthma and COPD are not curable. While that is true of most chronic illnesses, in fact, many cases of mild asthma go into remission or show few symptoms with effective therapy. Most cases of COPD are mild and require little treatment beyond smoking cessation, immunizations and occasional bronchodilator use. For more severe cases of both asthma and COPD, symptom control and quality of life can be greatly improved with effective use of medications and pulmonary rehabilitation. Prompt, aggressive treatment of exacerbations is

a high priority for those with moderate to severe asthma or COPD. Chronic oxygen therapy is needed only for the most severe cases. Surgery, including lung transplantation and lung volume reduction, are beneficial for a limited subset of persons with very severe COPD. - Paul D. Scanlon, M.D., Pulmonary and Critical Care Medicine, 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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Let us drop off fresh copies of Senior Monthly every month for your patients/clients to read.

Contact Kevin at kevin@seniormonthly.net or 785-841-9417.

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

MAY 28-JUN 19

LAUGHTER ON THE 23RD FLOOR

Peer into the office of the zany comedy writing team of a 1950s television variety show with this hilarious comedy. Laughter on the 23rd Floor was inspired by Neil Simon's youthful experience as a staff writer on Sid Caesar's Your Show of Shows, and includes all the attendant comic drama as the harried writing staff frantically scrambles to top each other with gags while competing for the attention of star madman, Max Prince.

TOPEKA, (785) 357-5211

<http://www.Topekacivictheatre.com>

MAY 30

EVENING CONCERTS IN THE PARK

Music by the Marshall's Civic Band. Bench seating available or bring your lawn chair.

TOPEKA, (785) 368-2449

JUN 2-JUL 14

SUMMER BAND CONCERTS

Pack up the family and bring your lawn chairs or blankets! Join the Lawrence City Band for a free concert in South Park.

LAWRENCE, (785) 832-7930

JUN 3

EVENING CONCERTS IN THE PARK

Music by the Topeka Jazz Workshop. Bench seating available or bring your lawn chair.

TOPEKA, (785) 368-2449

JUN 5

SENIOR CLASS

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

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

JUN 5 & 6

MULVANE MOUNTAIN/PLAINS ART FAIR

2010 Mountain Plains Art Fair features artwork by over 90 artists from 17 states. Great art, food, music and hands-on activity for children. Admission is \$6; Children under 12 Free. Mulvane Art Museum, Washburn University.

TOPEKA, (785) 670-1124

<http://www.washburn.edu/mulvane>

JUN 6

VIDEO OPERA: FROM THE HOUSE OF THE DEAD BY JANACEK

Video Opera: From the House of the Dead by Janacek. Free Admission. Marvin Auditorium at the Topeka Shawnee County Public Library at 2:30 p.m.

TOPEKA, (785) 580-4400

JUN 11

KCK SECOND FRIDAY ARTWALK

Explore various art galleries throughout downtown. Event features live music, comedy and surprises. Special restaurant discounts in conjunction with the artwalk. 625 Minnesota Avenue, various downtown locations.

KANSAS CITY, KS, (913) 371-0024

<http://www.kckartsnetwork.com>

JUN 11-27

CURTAINS

There's a murder in the cast—anyone could have done it! A Boston police detective 'who cares as much for musical theater as justice'

comes to investigate. Will he find the killer? Will he save the show? Will love prevail? Lawrence Community Theatre.

LAWRENCE, (785) 843-7469

<http://www.theatre.lawrence.com>

JUN 17-26

SEUSICAL THE MUSICAL

The Baldwin City Community Theatre will present their summer musical, Seusical the Musical, outdoors on the grass lot east of the Lumberyard Art Center. Performances will be held June 17, 18 and 19 and June 24, 25 and 26. Tickets will be sold at the gate.

BALDWIN CITY, (785) 595-7440

<http://baldwintheater.com/>

JUN 18

JUNE ART WALK

June Art Walk downtown Baldwin City sponsored by Baldwin Community Arts Council.

Time: 7:00-9:00 p.m.

BALDWIN CITY, (785) 594-3200

<http://baldwincitychamber.com>

JUN 24-AUG 29

BUDDY - THE BUDDY HOLLY STORY

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

OVERLAND PARK, (913) 649-0103

<http://www.newtheatre.com>

JUN 25-JUL 11

13

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

TOPEKA, (785) 368-0191

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

3800 SE MICHIGAN AVE, TOPEKA,

6:30 PM, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Wednesdays and Fridays.

2050 SE 30TH ST, TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA,

6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

LEGIONACRES

3408 W. 6TH ST, LAWRENCE, 7:00 PM,

(785) 842-3415

WEDNESDAYS, THURSDAYS & SUNDAYS

MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,

Sundays, 6:00 p.m.

1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

3110 SW HUNTOON, TOPEKA, 6:30 PM,

(785) 235-9073

WEDNESDAYS

PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1:00 PM,

(785) 542-1020

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE

10:30 AM-12 NOON, (785) 760-1504

THURSDAYS

BABCOCK PLACE

1700 MASSACHUSETTS, LAWRENCE

10:30 AM-12 NOON, (785) 842-6976

FRIDAYS

EAGLES LODGE

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

(785) 843-9690

FRIDAYS

ARAB SHRINE

1305 KANSAS AVE., TOPEKA

MINI BINGO 6:30 PM,

REGULAR BINGO 7:00 PM

(785) 234-5656

BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle, Lawrence, 9:00-10:00 a.m.

Babcock Place, 1700 Massachusetts St., Lawrence, 10:30-11:30 a.m.

WEDNESDAYS

Brandon Woods, 1501 Inverness Dr.,

Lawrence, 9:00-10:00 a.m.

Presbyterian Manor, 1429 Kasold Dr., Lawrence,

1:30-2:30 p.m.

Drury Place, 1510 St. Andrews Dr.,

Lawrence, 1:00-2:00 p.m.

FRIDAYS

Vermont Towers, 1101 Vermont St.,

Peterson Acres, 2930 Peterson Rd.,

Lawrence, 11:15 a.m.-12:00 p.m.

Lawrence, 1:30-2:30 p.m.

BOOK TALKS

THIRD TUESDAY OF EACH MONTH
COTTONWOOD RETIREMENT CENTER, 1029 NEW
HAMPSHIRE ST., LAWRENCE, 2:00 PM

BABCOCK PLACE, 1700 MASSACHUSETTS ST.,

LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH

BRANDON WOODS, 1500 INVERNESS DR.,

LAWRENCE, 10:30 AM

PRAIRIE COMMONS, 5121 CONGRESSIONAL

CIRCLE, LAWRENCE, 1:00 PM

WINDSOR HOUSE, 3220 PETERSON RD.,

LAWRENCE, 2:15 PM

FOURTH WEDNESDAY OF EACH MONTH

PRESBYTERIAN MANOR, 1429 KASOLD RD.,

LAWRENCE, 9:45 AM

SENIOR CENTER, 745 VERMONT ST.,

LAWRENCE, 1:30 PM

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail.

Call to make reservation.

TOPEKA, (785) 354-5225

■ CONTINUED ON PAGE 17

INSERT YOUR FLYERS IN SENIOR MONTHLY FOR AS LITTLE AS \$275.00!*



FULL COLOR

Printing on gloss text paper for incredibly low rates. Options include 8.5" x 5.5" or 8.5" x 11", and insertion in copies of Senior Monthly delivered in Topeka and/or Lawrence. Contact Kevin at 785-841-9417 or kevin@seniormonthly.net for more information.

*Includes flyer design and printing!

■ CONTINUED FROM PAGE 16

JUN 1 & 2

AARP DEFENSIVE DRIVING

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. AARP has offered the course in the classroom for 25 years. You can expect to learn about current rules of the road, how to operate your vehicle more safely in today's increasingly challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time. No testing. Fee: 10:00 a.m.-3:00 p.m, Lawrence Memorial Hospital, Meeting Room D. LAWRENCE, (785) 749-5800

JUN 15-JUL 20

KANSANS OPTIMIZING HEALTH/LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

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

JUN 21

BEYOND KEGELS: THE LATEST ADVANCES IN TREATING WOMEN'S URINARY INCONTINENCE

Two thirds of people experiencing the common problem of urinary incontinence are women. Plan to attend this free seminar to find out more about the latest non-medical, medical and surgical treatments for this condition. Speakers will include representatives from Lawrence OB/GYN Specialists, Lawrence Urology P.A., and LMH Kreider Rehab. Refreshments and door prizes. Advance enrollment recommended please. Lawrence Memorial Hospital, Auditorium. LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

MAY 21-JUL 9

U.S. ARMED FORCES AROUND THE WORLD

Private collectors and the Kansas National Guard Museum have collaborated to present this exhibit featuring military artifacts from 1940-2008. Included is "History of Military Flight," a new exhibit developed by Jerry Holley, Holley Museum of Military History, The Great Overland Station. TOPEKA, (785) 232-5533 <http://www.greatoverlandstation.com>

MAY 30-JUN 20

A WALK THROUGH JERUSALEM

Experience this ancient city through exhibits and activities for all ages. This free event is co-hosted by Temple Beth Shalom and the Islamic Center of Topeka. Grace Episcopal Cathedral. Mon.-Thu., Sat 9:00 a.m.-7:00 p.m.; Sat., 9:00 a.m.-5:00 p.m.; and Sun., 1:00-5:00 p.m. TOPEKA, (785) 235-3457

JUN 18-20

ANTIQUÉ SHOW AND SALE

Stop by and view some incredible antiques and possible purchase a few that might interest you. Check out the treasures you my find. Call the Expocentre for time and ticket prices. TOPEKA, (785) 297-1000

JUN 26

2ND ANNUAL ALL MOPAR CAR SHOW

Sponsored by Regional Performance Mopar

(RPM) Car Club-Topeka, KS. 10:00 a.m.-3:00 p.m. with Awards at 2:00 p.m. Cost to enter show is \$20. Pomona Lake-Michigan Valley Area. Door prizes, kids activities, food and drinks.

POMONA, (785) 478-4219 <http://www.rpmtopeka.org>

JUN 26 & 27

SUNFLOWER PIECEMAKERS QUILT SHOW

There will be demonstrations, craft & gift sales table by Sunflower Piecemakers members, and Miniature Quilt Auction on And of course the 150-200 quilts on display by members of Sunflower Piecemakers. Ottawa Middle School. OTTAWA, (785) 242-1411 <http://www.visitottawakansas.com>

FARMERS' MARKETS

APR 17-NOV 20

DOWNTOWN TOPEKA FARMERS' MARKET

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

APR 10-NOV 20

SATURDAY DOWNTOWN LAWRENCE FARMERS' MARKET

The Saturday Downtown Lawrence Farmers' Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets. 7:00-11:00 a.m. LAWRENCE, (785) 331-4445 <http://lawrencefarmersmarket.com>

MAY 4-OCT 26

TUESDAY LAWRENCE FARMERS' MARKET

The Tuesday Market is located in the public parking lot between 10th and 11th streets on the east side of Vermont Street. 4:00-6:00 p.m. LAWRENCE, (785) 331-4445 <http://lawrencefarmersmarket.com>

MAY 6-OCT 28

THURSDAY LAWRENCE FARMERS' MARKET

The Thursday Market is located at southwest corner of Sixth & Wakarusa, in the parking lot of the shopping center where you can find the Salty Iguana. 4:00-6:00 p.m. LAWRENCE, (785) 331-4445 <http://lawrencefarmersmarket.com>

FAIRS/FESTIVALS

JUN 3-6

OLD SHAWNEE DAYS

Take a step back in time, witness life as our ancestors lived by walking the grounds of Shawnee Town during Old Shawnee Days, an annual festival honoring our heritage. Shawnee Town is the pride of the City of Shawnee. Shawnee Town & Herman Laird Park. SHAWNEE, (913) 631-5200 <http://www.oldsawneedays.org>

JUN 5 & 6

MULVANE MOUNTAIN/PLAINS ART FAIR

2010 Mountain Plains Art Fair features artwork by over 90 artists from 17 states. Great art, food, music and hands-on activity for children. Admission fee. Children under 12 free. Mulvane Art Museum, Washburn University. TOPEKA, (785) 670-1124 <http://www.washburn.edu/mulvane>

JUN 5 & 6

GERMANFEST

Games, mini train, booths, crafts, fancywork, oral auction, bingo, and more. Two buffet lines in the church hall serving an authentic, homemade, German menu including sauerbraten, pork and sauerkraut, krautstrudels, German potato salad, noodles & sage balls. Also serving delicious fried chicken, mashed potatoes and gravy, green beans, rolls, and delectable desserts. Sacred Heart - St Joseph Parish, 312 NE Freeman Ave. TOPEKA, (785) 234-3338 <http://www.sacredheartstjosephcatholic.org>

JUN 16-20

JOHN BROWN JAMBOREE

The John Brown Jamboree features a parade, a carnival, concerts and other entertainment, an arts and crafts fair, a fishing derby, a baby contest, a 5K run/walk and other family fun activities! John Brown Memorial Park, 10th and Main Street. OSAWATOMIE, (913) 755-4384 <http://www.osawatomiaks.org>

JUN 18 & 19

JAYHAWKER DAYS

Celebrate with live country music, street dance, hog roast, camel rides, kids' activities and more. WILLIAMSBURG, (785) 746-5618

JUN 18-20

PLANES, TRAINS & AUTOMOBILES FESTIVAL

Father's Day celebration of Planes, Trains, and Automobiles (and vintage motorcycles)! BALDWIN CITY, (785) 594-3200 <http://www.baldwincitychamber.com>

JUNE 24-26

RINGING ON THE RANGE - HANDBELL FESTIVAL

The American Guild of English Handbell Ringers Area VIII proudly presents over 500 handbell ringers in concert at the Kansas Expocentre. Free and open to the public. Topeka, (785) 297-1000 <http://www.areaviii.org>

JUN 25 & 26

KANSAS CITY KANSAS STREET BLUES FESTIVAL

World-renowned blues festival features live entertainment, food and family fun. 13th and State Ave. KANSAS CITY, KS (913) 268-3105 <http://www.kckstreetbluesfest.com>

JUN 25 & 26

ST JOHN'S MEXICAN FIESTA

Authentic Mexican food, live entertainment, games and so much more. John's Catholic Church, 1234 Kentucky St. Lawrence, (785) 843-0109

JUN 25 & 26

TERRITORIAL DAYS

125th anniversary reenactment of the marriage of President Eisenhower's parents, David Eisenhower and Ida Stover, who met while students at Lane University and were married in Leocompton in 1885. Tours, crafts, carnival, reenactments, pioneer skills, demonstrations and historic museums. LECOMPTON, (785) 887-6148 <http://www.lecomptonterritorialdays.com>

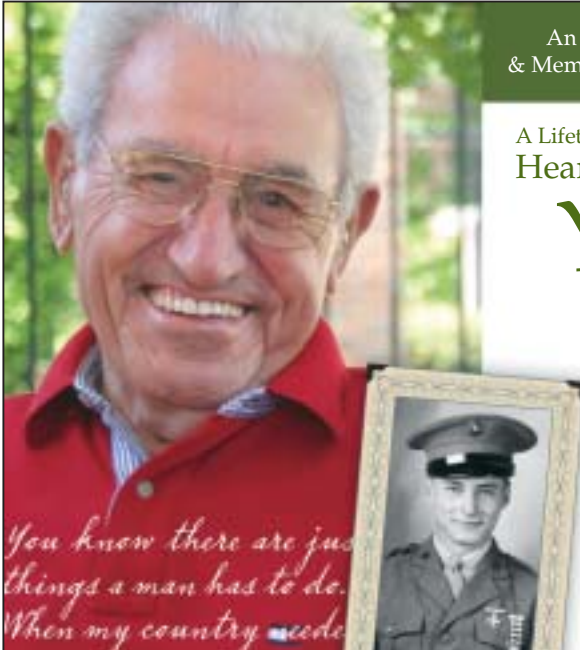
FOURTH OF JULY

JUL 3 & 4

SPIRIT OF KANSAS FESTIVAL

An old-fashioned 4th of July celebration with a variety of food booths, arts, crafts and entertainment. Events are held throughout the day. Lake Shawnee. TOPEKA, (785) 267-1156

■ CONTINUED ON PAGE 18



An Assisted Living & Memory Care Residence

the Windsor
OF LAWRENCE

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

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

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

*Respecting Values, Protecting Dignity,
Supporting Independence.*

■ CONTINUED FROM PAGE 18

841-5300 or 1-800-396-7778. Pioneer Ridge Assisted Living, 4851 Harvard Rd., Lawrence, 10:30 a.m.

SECOND TUESDAY OF EACH MONTH NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES (NARVRE)
Meets at 9:30 a.m. at Coyote Canyon Buffet. TOPEKA, <http://www.narvre.com>

SECOND TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

SECOND TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES

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

SECOND AND FOURTH TUESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m. LAWRENCE, (785) 842-0543

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer. LAWRENCE, (785) 832-9900

SECOND WEDNESDAY OF EACH MONTH DIABETES EDUCATION GROUP

The Diabetes Education Center provides a free monthly program for those with diabetes and their support persons, at 6:00 p.m. Lawrence Memorial Hospital, Meeting Room A. LAWRENCE, (785) 505-3062

SECOND THURSDAY OF EACH MONTH NAACP MEETING - LAWRENCE CHAPTER

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

SECOND SATURDAY OF EACH MONTH HAPPY TIME SQUARES DANCE CLUB

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

THIRD TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES

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

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

THIRD TUESDAY OF EACH MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice. TOPEKA, (785) 286-2329 or (785) 231-0763

THIRD TUESDAY OF EACH MONTH STROKE SUPPORT GROUP

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

THIRD WEDNESDAY OF EACH MONTH RETIRED GOVERNMENT EMPLOYEES

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. A social support group to re-engage life after the death of a loved one. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations. TOPEKA, (785) 271-6500

THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m. BALDWIN CITY, (785) 842-0543

THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH

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

FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

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

FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m. TOPEKA, (785) 235-1367, EXT. 130

FOURTH WEDNESDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m. LAWRENCE, (785) 842-0543

FOURTH WEDNESDAY OF EACH MONTH TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF EACH MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF EACH MONTH RETIRED GOVERNMENT EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except

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

FOURTH FRIDAY OF EACH MONTH AARP CHAPTER 1696

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

MISCELLANEOUS

FIRST WEDNESDAY OF EACH MONTH WINE TASTING

Come taste four different wines for only \$10. Please call for reservations. April 1-December 1. 4005 SW Gage, 4:30-6:00 p.m. TOPEKA, (785) 271-8646

JUN 18 A CELEBRATION OF OUR NATION'S HEROES

7th annual fundraising gala to benefit The Great Overland Station and All Veterans Memorial. 5:30-9:00 p.m. call The Great Overland Station to reserve your places. TOPEKA, (785) 232-5533 <http://www.greatoverlandstation.com>

Start talking about it now, before a crisis occurs. Most people have ideas about the way they wish to face the end of their life. We can help.

Hospice Care

2900-H Oakley Avenue, Topeka
785-273-4357 • 1-800-HOSPICE
www.hospicecareofkansas.com

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Residency-Trained and Board-Certified in
Preventive Medicine and Public Health

Order it at bookstores, natural food stores, Amazon or www.HippocraticDiet.com call 1-800-247-6533 for book orders

ISBN 978-0-8820111-8-5

Wal-Mart donates van to Meals on Wheels

Meals on Wheels of Shawnee and Jefferson Counties has been awarded \$15,000 through a Wal-Mart Foundation grant to the Meals On Wheels Association of America (MOWAA). The money will provide the local agency funds for a much-needed cargo van, which is critical to continue serving seniors in our neighborhoods.

This financial support is desperately needed as many Meals on Wheels programs across the country are struggling to survive during this economic downturn. The "Wal-Mart Foundation Impact Grant" is intended to help Meals on Wheels for Shawnee and Jefferson continue to meet the long term equipment needs of providing meals to our seniors in Shawnee and Jefferson Counties.

Last year, many Meals On Wheels programs were forced to change or reduce their services, but the Wal-Mart Foundation stepped in to help restore those meals. This year, the Wal-Mart Foundation is spending more than \$2 million nationwide to make sure Meals On Wheels programs have the equipment they need to maintain their operations into the future.

"Seniors have been hit especially hard in this economy and we feel a responsibility to help," said Margaret McKenna, president of the Wal-Mart Foundation. "We're proud to support Meals on Wheels programs across the U.S., which work on the front lines of ending senior hunger."

"Thanks to the Wal-Mart Foundation Impact Grant, we now have better tools to keep feeding seniors for years to come," said Jane Metzger, President and CEO of Meals on Wheels. "This grant will help us provide the next meal to many of our clients in need and will truly make a difference for the seniors of our area. The ability to transport the food to areas across the two counties is key to our operation. The new van helps assure that no interruption of service will occur because of aging equipment."

"The Wal-Mart Foundation has once again stepped up to the plate as a powerful partner in the fight to end senior hunger," said Enid Borden, president and CEO of MOWAA. "They are our largest corporate partner to date and their support will make a tremendous impact in helping our programs sustain meal service

as well into the future. We can't thank the Wal-Mart Foundation enough for joining us in our national movement to end senior hunger in America by 2020."

Late last year MOWAA released a groundbreaking study revealing six million seniors in America face the risk of hunger. The report, entitled,

"Senior Hunger in the United States: Differences across States and Rural and Urban Areas" was sponsored by MOWAA and shows that the number of seniors facing the hunger risk jumped an astonishing 20 percent in just one year. The Wal-Mart Impact Grant Program is intended to help combat the problem of senior



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Historical mystery set in King Arthur's court

By Margaret Baker

Tony Hays: *The Divine Sacrifice* (Forge, hc, ISBN 978-0-7653-1946-3) Second in the Arthurian mystery series

Hays takes the reader back to the early days of King Arthur, through the eyes of his one-armed Welsh counselor, Malgwyn ap Cuneglas.

It isn't Camelot, though many of the players are already on stage. Arthur and Malgwyn have traveled to Glastonbury Abbey to investigate rumors of rebellion. He finds (the future Saint) Patrick is there, investigating outbreaks of Pelagius, a major heresy of the time.

Yes, there's a murder or two to solve to save the future honors for Patrick and Arthur! Those who have missed Ellis Peter's *Brother Cadfael* should enjoy this well-written historical mystery set in a tumultuous period of British history.

Kitty Kelley: *Oprah* (Random House Audio Books, read by author on 16 cds, ISBN 978-0-3077-4924-6)

This is an unauthorized biography, which means both warts and halo. Since Oprah refused any cooperation, and all her employees and guests must sign confidentiality contracts, author Kelly went back to the 2,000+ interviews Oprah gave (most in the early years of her career) and the shows themselves.

Yes, the warts are there—Oprah's self-absorption, the suppression of her teenage prostitution, her illegitimate son born when she was 14, until outed by family members, drug use, some "padding of her résumé." To her employees she is both generous and controlling.

But Kelly also covers how Oprah turned her life around with her strict father's encouragement, the part school forensics played, the difficult path for a large black woman.

Readers will learn of her major projects, the inside look at her weight problems, the part Stedman Graham plays in her life, of the autobiography pulled at literally the last moment.

A remarkable woman, a remarkable story.

Donna Andrews: *Swan for the Money* (St. Martin's Minotaur, hc, ISBN 978-0-312-37717-0) Eleventh in the Meg Langslow mystery series

More in the mood for a humorous mystery? This will fit the bill. Author Andrews always gives us fresh plotting and well drawn characters.

Meg's parents are heavily into growing roses. Meg, ever the optimist, thinks this should be an innocuous hobby to keep them, especially her dad (an eccentric genius if ever there was one) out of trouble.

The Caerphilly Garden Club is having its first rose show, and Meg has volunteered to help. She doesn't realize serious rose growers have the same mentality for winning that rugby players exhibit.

The event will be held in widowed Mrs. Winkleson's mansion, decorated in black and white, down to the livestock in the pasture and the emotionally-deprived Maltese terrier. Needless to say, she is trying to propagate a true black rose.

The dog is kidnapped, Mrs. Winkleson is poisoned, and what happens to livestock born "with the wrong color scheme"?

Lots of thorns among the buds!

Declan Hughes: *City of Lost Girls* (Wm. Morrow, hc, ISBN 978-0-06-168990-1)

Irish author Hughes gives readers a taut mystery within the Irish motion picture industry in this new P.I. Ed Loy tale.

Ed's friend, film director Jack Donovan, is filming an historical epic in Dublin. Donovan always works with three friends, known in the field as the Gang of Four. This same crew worked with him twenty years ago when they produced a film in Malibu, California. During production three girls disappeared. They never showed up, but they were characterized as runaways hoping to become stars and not looked for too thoroughly.

Now, however, girls are disappearing from the Dublin set. They are not footloose and fancy free, but have family and friends. To Jack, the publicity might ruin the film, especially if the media makes the connection to the Malibu missing girls. He hires Ed to work on the case, and keep it out of the spotlight.

Ed strongly suspects one of the Gang of Four is responsible, but how to determine which one, why, and what happened to the girls?

Laura Crum: *Going, Gone* (Perseverance Press, trade pb, ISBN 978-1-880284-98-9)

11th in the Gail McCarthy mystery series

Gail McCarthy, veterinarian, her husband Blue and son Mac are taking a camping mini-vacation on land near Monterey, California, bringing along their three riding hoses.

They will camp on friend Lonnie's land and see if Gail's elderly lame horse Gunner will fit in Lonnie's retirement horse pasture.

But Lonnie is under arrest for the suspected double murder of Lonnie's girl friend and her brother, the auctioneer at the local livestock auction. Gail and Blue do not believe Lonnie guilty, and investigate.

This well-crafted story should appeal especially to those who love horses—wonderful descriptions of the bond between man and equine!

Kate Carlisle: *If Books Could Kill* (Obsidian, pb, ISBN 978-00-4451-22891-8)

Second in the Bibliophile mystery series

Carlisle's first mystery, *Homicide in Hardcover*, burst onto the scene last year, nominated for the major awards. And her second is even better!

Heroine Brooklyn Wainwright was raised in a commune which survived its infancy and flourished by accepting moral capitalism (no, not an oxymoron!). She's a book restoration expert, and she's in that role attending the Edinburgh Book Festival. Her parents and sister are going to meet her before vacation in Scotland.

Unfortunately her ex, Kyle McVee, is also there and shows her his original copy of a book about a scandal concerning Queen Elizabeth I sure to embarrass the royal family and make oodles of money. She's still thinking of all the implications when he gives her the book for her analysis of authenticity.

On a night tour of murder scenes, Brooklyn finds Kyle's body in one of the tableaux. Her sometime boyfriend Derek, head of an international private investigation company, shows up just as the constabulary considers Brooklyn the prime candidate.

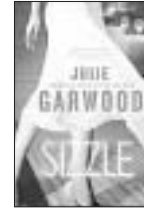
Was Kyle killed because of the book, or something much more recent? Kyle was no saint, as Brooklyn learned during her short marriage.

Julie Garwood: *Sizzle* (Random House Audio Books, read by Susan Deniker on 8 cds, ISBN 978-0-7393-5766-8. Print edition from Ballantine)

This modern-day romance/mystery follows Lyra Prescott, film

production student finishing her senior project, a documentary on a forgotten local park.

Driving home one day she comes across a yard sale in an upper-class housing area. Books are piled on



the lawn, and Lyra (a confirmed bibliophile) can't let them stay. The lady of the house is giving everything away to get even with her conniving husband, a loan shark. He arrives, screams, they go into the house and she shoots him and commits suicide.

When bad things start happening to Lyra, the yard sale deaths would seem to be the cause. A friend brings FBI agent Sam Kincaid to protect her—Sam's recuperating from injuries on the job. He's also handsome and charming.

In addition to a cunning plot with more than the usual red herrings, Garwood gives the reader a nice combination of mystery and romance.

Michael Marshall: *Bad Things* (Wm. Morrow, hc, ISBN 978-0-06-143440-2)

John and Carol Henderson's world seems perfect. They are a good looking couple, financially set, parents of four-year-old Scott and infant Tyler, in a lovely northwest Pacific lakeside home.

Then Scott walks off the end of the jetty and dies. The coroner reports that Scott didn't drown (he was a good swimmer) but was dead before his body went into the water.

Bad things do happen to good people.

Four years later the couple are divorced, Carol is almost a zombie, and John is only one step up from homelessness. He still has good instincts, and acts upon them. When a woman calls to tell him she has information about his son's death, he returns to Murdo Pond to meet her.

What if we lived in a world where "magic potions" existed, and some people could make them for others to use? This innovative mystery/thriller posits what the effects of guilt are upon those who purchase them, when they realized the full unanticipated consequences were?

A touch of the supernatural in an intriguing psychological thriller.

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

Down on the Cube Farm

Jennie Lou badged-in and walked straight to the break room. She needed a sugar fix before heading to her cubicle. The machine took her money, but no candy dropped into the dispensing tray.

Jennie Lou pressed the coin return. Nothing happened. She slapped the glass with her open palm, "Bam!" Nothing. She pounded on the metal beside the glass. Bam!! Bam!!! Nothing. She made



Larry Day

a fist, and whacked the machine three times hard: "Bam!! Bam!!! WHAM!" "Ouch," yelled Jennie Lou. Sucking the heel of her right hand, she badged herself through the door with her left. She walked down the center aisle past two big blocks of cubicles and turned right at the third. On her row she passed two cubicles and then dropped into her chair.

Her right hand still ached, but she typed her user name and password on preliminary screen. That brought up a second screen. She typed her user name and password. An error message appeared: "Invalid username or password." "Fudge!," said Jennie Lou. She typed her user name and password again. Up came the invalid username or password message again. "Double Fudge!," said Jennie Lou.

On her third try Jennie Lou was able to log onto the system. She put on the headset, and did a microphone check.

Before she could press the key to take her first call, a voice behind her said, "Jennie, see me before you go on break." It was Richie, her supervisor. "Okay."

Then Jennie Lou answered a string of calls. She listened to callers' questions, and searched the database for information. When it came up, she read the answers verbatim to the caller. That was company protocol. When callers asked things that had nothing to do with the project such as: "Whachur nayme, dollface?," or "May I inquire as to your location?" or "Is this call really being recorded?," Jennie Lou tried hard not to deviate from company protocol.

When it was time for morning break, Jennie Lou walked to a far corner of the supervisors' pod and stopped at Richie's cube.

"Ah...Jennie, thanks for coming by." "Okay." "You clocked in late again." "Yeh, the candy machine stole my money." "Too bad." "Yeh." "I still have to count you late, and you departed from protocol twice yesterday. You know what that means." "Yeh." "Okay." "Okay."

Jennie Lou went to the break room, drank a glass of water, and rubbed her sore hand. It felt better, but her psyche didn't.

Back at her cube, Jennie Lou put on her headset, logged back into the system, and punched up the next call. She spoke the greeting.

She heard static. She spoke the greeting again. There was more static. Then a loud voice said:

"Workers of the Cube Farm ARISE! You have nothing to lose but your headsets!"

Jennie Lou jumped, and stood up. People all around her were jumping up. Some people held their headsets away from their ears with both hands. Everyone had obviously got-

ten the same message.

The voice said: "Hi there, my name is Dan. I've waited for 10 years to say those words. "I used to work at your cube farm. Now I own the place, and I'm going to turn it upside down."

"You people working on the floor are getting a 50-percent pay raise retro-active to January first. You are all getting free health insurance and a bunch of other benefits."

"You vice presidents, managers and supervisors are all going to have to reapply for your positions."

"The experts tell me that the place will go broke in month. I'm going

to prove them wrong. When this call ends, you people on the floor will be able to access the database, but the response protocols will all be gone. Just use your heads, and give answers that make sense. Good luck everyone."

One morning two years later, Jennie Lou used her left hand to push open the door to her big corner office. She was sucking the heel of her right hand. There was a candy bar sticking out of the front pocket of her jeans.

- Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

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I never bought flight insurance!

Angie Zimmerman calls United Airlines to fix a seat assignment and ends up with a mysterious \$35 fee. The airline says it's for insurance, but she insists she never bought the policy. Her credit card sides with United in a dispute. Is she out of options?

By Christopher Elliott
Tribune Media Services

QUESTION: I recently disputed a charge on my credit card from United Airlines and lost. I need your help getting a refund.

Here's what happened: I charged an airline ticket on my Discover card, but I had problems with my seat assignment, so I called the airline to fix it. When I received my bill, there was a separate charge for \$35 on it from United with an explanation that I had bought flight insurance. But I never bought flight insurance.

I tried to contact United, but it is impossible to speak to anyone and if you can, you are speaking with people in India who don't have command of the English language. It's very frustrating.

I sent a letter to United and Discover, disputing the charge. Discover removed the charge, but later reinstated it because United sent a letter stating it was a legitimate charge and that I knew about it. I sent another letter to United and never received a response.

So my response is this: I will never fly on United again, unless I absolutely have no other option. - Angie Zimmerman, El Dorado Hills, Calif.

ANSWER: United shouldn't have billed you for insurance you didn't buy. Except, I'm not entirely convinced you were paying for insurance. At the time you bought your ticket, the major airlines were charging anywhere between \$5 and \$35 just to make a reservation by phone. It's possible that by calling United, you incurred such a fee, but that it was mislabeled as insurance.

You did the right thing by protesting the charge, but phone calls to an airline are pretty much pointless unless your flight is imminent. An e-mail to United through its site would have been far more effective. If that didn't work, you could have taken your case up the

food chain to a supervisor. I publish a list of them on my Web site (<http://www.elliott.org/help/united-airlines/>).

I'm surprised that Discover shrugged off your dispute. Your credit card company is supposed to represent your interests, not the airline's. Unless the airline was able to furnish the credit card company with a transcript of your phone conversation, or a signed credit card receipt, proving that you bought travel insurance would not be easy.

This might be a good opportunity to start shopping around for another credit card. Your dispute was over \$35, but who knows what might happen in the future? Would you want your card to take sides with a business that fraudulently bills you thousands of dollars?

Your only other option—besides contacting me—was to take this matter to small claims court. And although you probably would have won, the costs of filing a case may have exceeded your damages. Even if United had to pay your court costs, it wouldn't have been worth your time.

The only way to avoid a phone fee or insurance charge is to do everything online. I think that's what United would prefer, anyway. But it would have also ensured there would be no miscommunication or cross-cultural crossed wires to worry about.

It's a shame that it's come to this. Of course you should be able to pick up the phone and talk to someone in your own language when you have a question and not worry about getting socked with a fee. But that's not the world we travel in.

I contacted United on your behalf. A representative called you and issued a refund of \$25 to your card. I have no idea why United decided to keep \$10, but it's a resolution you've indicated you're happy with. And it's better than nothing.

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

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Trimming budgies' beaks, dog with Fritos-smelling paws

QUESTION: How often should I have the beaks trimmed on my budgies? - F.S., Indianapolis, IN

ANSWER: That varies greatly depending on the individual bird, says Westchester, IL-based avian veterinarian Dr. Richard Nye (who once played baseball for the Chicago



Steve Dale

Cubs). Birds who have cuddle bones, calcium blocks and natural wood in their cages—and actually use these items—may only need their beaks trimmed once every several years. Birds who refuse to self-file their beaks may require beak trimming as often as once every few months. Genetics is also a factor, determining how fast a beak will grow. Diet plays a role, too. A bird malnourished on an all seed diet or some other inappropriate diet will probably need more frequent visits to the vet for beak trimming. There's also a scaly face mite, which is a common cause of parakeet beaks to overgrow, so there's another reason for a veterinary visit.

QUESTION: I really like your column, and your common sense advice, including your comment that it's OK to buy from a responsible breeder. Can you re-print the column? - C.M., Sunset, ME

ANSWER: Let's face it, many people want purebred dogs. It's true you can find purebreds in shelters, and certainly every dog breed has rescue groups. I endorse both options. I strongly discourage buying dogs (or cats) from pet stores, unless they're shelter animals offered for adoption through legitimate shelter groups. I don't know a responsible breeder who sells to pet stores. Clearly, most puppies for sale in pet stores are from large-scale warehouse breeders or puppy mills.

If you want a purebred dog, there's nothing wrong with going to a quality breeder. With all the questions they ask potential buyers, it may be easier to adopt a child! Certainly, impulsive purchases are avoided, and buyers generally get a breed appropriate for their lifestyle. Contracts normally stipulate spay/neuter, and if, at some point, the buyer can't keep the pet, a breeder typically will take the dog back (rather than allow it to be dumped at a shelter).

Of course, adopting a shelter dog is wonderful, though I am tired of animal rights (AR) groups painting all breeders with the same brush. Conscientious breeders do try to breed for the best health and temperament possible.

If animal rights groups had their way—based on their own statements—there would be no breeding at all. Their mantra is to advocate all breeders go away and to insist that every animal be "Bob Barkerized" (spayed/neutered). If that happened, the American Cocker Spaniels would become as threatened as the African Wild Dog.

QUESTION: Today, I was wiping my dog's paws and noticed that they actually do smell like Fritos. Remembering your column on the topic, I told a friend, who now thinks I'm crazy. Can you reprint that column so I have proof? - J.D., Charleston, NC

ANSWER: In 2009, a reader in Georgia suggested her dog's paws smell like Fritos. I answered that the smell wasn't a figment her imagination or particular to her dog.

Veterinary dermatologist Dr. Karen Campbell, head of specialty medicine at the University of Illinois College of Veterinary Medicine, did wonder about our sense of smell, saying we technically might be smelling "the sweating off the dogs' paws, or maybe the oil gland secretions from their paws, or a combination of both."

After printing Campbell's answer, I received about 100 e-mails and mentions on my Facebook Fan page from readers telling me what their dogs' paws smelled like, some of which I used in a second column. According to readers, dogs' paws variously smell like tortillas, Italian pillow cookies (whatever those are), caramel corn, old newspaper columns (what are those people saying about my columns?), scrambled eggs, even chicken soup. In the end,

POINT-COUNTERPOINT

POINT: "But what troubles me is when I hear people say that all of government is inherently bad.... For when our government is spoken of as some menacing, threatening foreign entity, it conveniently ignores the fact in our democracy, government is us." — Barack Obama, May 1, 2010

COUNTERPOINT: "Society in every state is a blessing, but government, even in its best stage, is but a necessary evil; in its worst state an intolerable one." — Thomas Paine

Fritos received the most votes. One of my favorite comments, from D. P.: "The best thing about smelling my dog's paws: I get all the Fritos smell and none of the calories."

QUESTION: My friend gives a neighborhood cat milk. I seem to remember you saying milk isn't healthy for cats. Am I right? - C.D., Cyberspace

ANSWER: While a small amount

of milk can be given as an occasional treat for some cats, the truth is, many cats don't care for milk. Others are lactose intolerant and milk can upset their tummies.

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

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Summer is the season for fresh sweet corn

By Wolfgang Puck

Tribune Media Services

Corn season comes to us like summertime itself. At first, there are hints of bright sunshine, and then, finally, days and weeks of warm, golden pleasure.

Depending on where you live and what your weather has been like this spring, you may already be seeing fresh sweet corn in your local farmers' markets. By the time summer officially arrives this month, fresh locally grown corn will be available almost everywhere, not only in farmers' markets but also at farm stands and supermarkets alike. And it will stay with us through summer's end and into early fall.

Of course, modern shipping means you can find fresh sweet corn in markets almost always these days. And new hybrids that emphasize sweet kernels mean that such corn won't turn starchy-tasting while it waits to get from the stalk to the table.

But the best-tasting corn will always be ears that have been picked recently and rushed from the farm to your kitchen. You'll know it's good if you buy it from a reputable source. (I always love the corn I get from Chino Farms in Rancho Santa Fe, Calif., not far from San Diego; and I'm sure there are great sources not far from you, too.)

Whatever your source might be, check each ear before buying to make sure that it's fresh. The husks should look bright, crisp, and moist; the corn silk underneath pale golden; the kernels plump and shiny; and the stem end freshly cut.

With corn like that, you'll be ready to make one of my favorite summer recipes: Sweet Corn and Bacon Soup with Jalapeno Cream. It's a perfect balance of flavors, the corn's sweetness complemented by the smokiness and saltiness of the bacon. (Look for organic applewood-smoked bacon, if you can find it, or just use your own favorite supermarket brand.) To give the soup an intriguing consistency, I grate some of

the corn to release its thick, creamy juices, and I stir in some whole sautéed kernels to add crunch to every spoonful.

By the way, my corn chowder is also as delicious chilled as it is hot. If you serve the soup cold, be sure to taste it after chilling and adjust the seasonings if necessary, as cold tends to mute the flavors a bit.

Whether I serve it hot or cold, for a delicious final touch, I top each bowlful at with a spoonful of the jalapeno cream, a mixture of minced fresh chilies, lightly whipped cream, sour cream, lemon juice, and fresh cilantro. This adds a lively spark of flavor. You may want to leave it out for younger guests at your table. My two young sons are very happy without it, and demand the soup for breakfast, lunch, and dinner.

SWEET CORN CHOWDER WITH BACON AND JALAPENO CREAM

Serves 6

10 medium ears of corn, husks and silk removed
 3 tablespoons extra-virgin olive oil
 2 ounces lean bacon, finely diced
 1 organic celery rib, finely diced
 1/2 cup finely diced onion
 1/2 cup finely diced organic yellow bell pepper
 3 cups whole milk
 1-1/2 cups heavy cream
 Salt
 Pinch cayenne pepper
 1/4 cup sour cream
 1 jalapeno chili, halved, stemmed, seeded, and minced
 2 tablespoons chopped fresh cilantro leaves, plus extra whole leaves for garnish
 1/2 teaspoon fresh lemon juice
 Freshly ground white pepper

Set a box grater in a wide, shallow bowl. Holding each ear of corn firmly and carefully keeping your fingers well clear of the grater's surface, coarsely grate the kernels from 6 ears; you should have about 2 cups

of grated corn.

Hold a sharp knife in your dominant hand. With the other hand, hold the stem end of one of the remaining 4 ears of corn, and balance its other end on a cutting board with the ear at a 45-degree angle. Cutting very carefully down and away, with the knife almost parallel to the ear, cut off the kernels several rows at a time, rotating the ear slightly after each cut. Repeat with the remaining ears. You should have about 2 cups of whole kernels.

In a large saucepan, heat 1 tablespoon of the olive oil. Add the bacon, celery, onion, and bell pepper. Cover and cook over low heat, stirring occasionally, until the vegetables have softened, about 10 minutes. Stir in the grated corn, the milk, and 1 cup of the heavy cream, raise the heat, and bring to a boil. Reduce the heat to maintain a gentle simmer and cook uncovered, stir-

ring often, until the soup has thickened, about 20 minutes. Season to taste with salt and the cayenne pepper and keep warm.

Meanwhile, in a large skillet, heat the remaining 2 tablespoons of olive oil over medium-high heat. Add the corn kernels and saute, stirring occasionally, until they are lightly browned, about 7 minutes. Season with a little salt. Stir the cooked corn into the soup and keep warm.

In a blender, whip the remaining 1/2 cup of heavy cream to soft peaks, about 20 seconds. Add the sour cream, jalapeno, chopped cilantro, and lemon juice and blend until thick. Season with salt and white pepper.

Ladle the soup into bowls. Add a generous dollop of jalapeno cream, garnish with cilantro leaves, and serve immediately.

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<p>Serving Topeka Since 1969</p> <p>Open 7 Days A Week 6:00 a.m.-3:00 p.m. 1034 S. Kansas Ave. 785-232-1111</p>	<p>PIZZA CO.</p> <p>Pizza, Sandwiches, Pasta, Salad Bar Family Dining Carryout 500 E Front St. • Perry • 785-597-5133</p>
<p>Old 56 Family Restaurant</p> <p>2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p>	<p>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.</p> <p>912 S. Chestnut Olathe, KS 66061 913-390-9905</p>



WANTED:

Your silver coins! If you have silver nickels, dimes, quarters, half dollars, or dollars you would like to sell, please contact Kevin at 785-841-9417 or groenhagen@sbcglobal.net.

Shumate promoted to chief operating officer

Karen Shumate, RN, MS, CPHQ, has been promoted to Chief Operating Officer for Lawrence Memorial Hospital. In this role Shumate is responsible for guiding operational departments to achieve the best quality, safety, financial, and patient satisfaction outcomes. She has been with LMH since 2000 and most recently served as Vice President for Clinical Services.



Shumate

Shumate received her nursing degree from Newman Memorial Hospital School of Nursing in Emporia, her bachelor's degree in health management from Ottawa University/

Kansas City, and her master's degree in management from Baker University. She worked in operating and recovery room nursing and served as Director of Quality/Risk Management/Compliance at Newman Regional Health in Emporia.

Shumate attained the credential of Certified Professional in Healthcare Quality (CPHQ) in 1996 and is certified in risk management. She has served on the board of the Kansas Association of Risk and Quality Management, the Kansas Chamber of Commerce and Industry, the Lawrence Douglas-County Health Department, and the Douglas County Dental Clinic. She currently serves on the Board for the Kansas Healthcare Collaborative.

Legend at Capital Ridge appoints directors

Legend at Capital Ridge, a Legend Senior Living residence, is pleased to announce the appointment of Ben Rigdon to the position of residence director, and Ashley Gordon to the position of marketing director.

Rigdon has over 15 years' experience in the assisted living industry in Topeka, serving most recently as residence director for four years at an assisted living residence, where he was recognized with the "Outstanding Commitment to Quality Care and Services" award.

Gordon, a Topeka native, graduated from Topeka High School, then went on to complete her bachelors at Knox College in Illinois. Gordon returned upon graduation to hold various positions in the Topeka area, most notably the marketing director for a memory care residence.



Rigdon



Gordon

Legend at Capital Ridge Assisted Living & Memory Care Residence will provide daily assistance to older adults who can no longer live alone but don't require the advanced level of skilled medical care provided by a nursing home. The care model emphasizes a homelike residential design and programming developed to help older adults maintain a rich quality of life.

Reflections Memory Care at Legend at Capital Ridge combines beautiful private suites with state of the art life enrichment programs and trained staff to meet the needs of individuals with memory impairments such as Alzheimer's Disease and other dementias.

The residence is currently under construction and is scheduled to open late 2010. Legend Senior Living is a privately held company founded in 2001 by Timothy Buchanan and is dedicated to providing quality services and housing to senior adults. Legend Senior Living owns and operates Independent Living and Assisted Living Residence in Kansas, Oklahoma, and Florida. For more information about Legend at Capital Ridge, call (785) 272-9400.



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CROSSWORD

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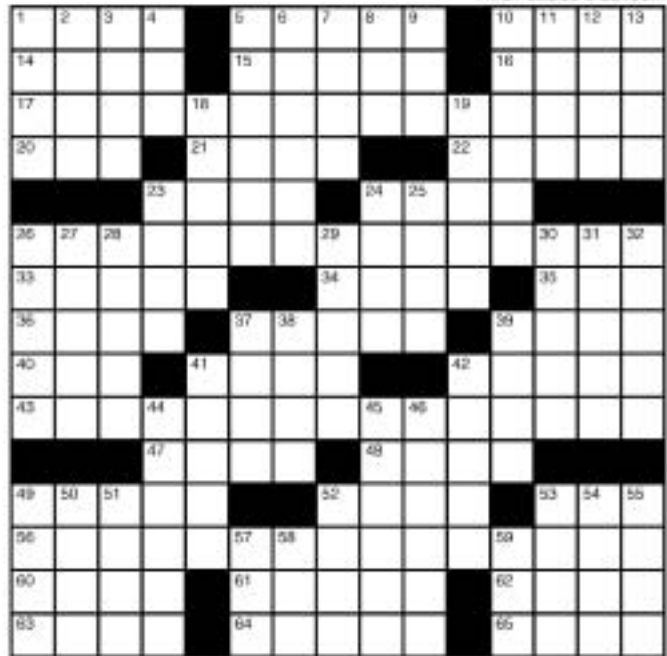
ACROSS

- 1 Lip
- 5 Sturdy fabric
- 10 Comic Silvers
- 14 Inimical
- 15 Maternally related
- 16 Nevada destination
- 17 This puzzle's theme
- 20 Extremity
- 21 Male sheep
- 22 Williams and Devine
- 23 Three squared
- 24 Impudently bold
- 26 Easter treat for Bullwinkle?
- 33 Took the wheel
- 34 Ripken and Coolidge
- 35 Crone
- 36 Kilauea flow
- 37 Substructure for plaster
- 39 Raisin rum cake
- 40 Veneration
- 41 Enterprise crew member
- 42 Indian lute played with a bow
- 43 Unlawful oracles?
- 47 Plane front
- 48 Funeral info
- 49 South Korean city
- 52 Tablet
- 53 Make lace
- 56 Collier's breaches?
- 60 Writer O'Brien
- 61 Small bay
- 62 Albacore or bluefin
- 63 Close

- 64 Battery terminal
- 65 Marquee name

DOWN

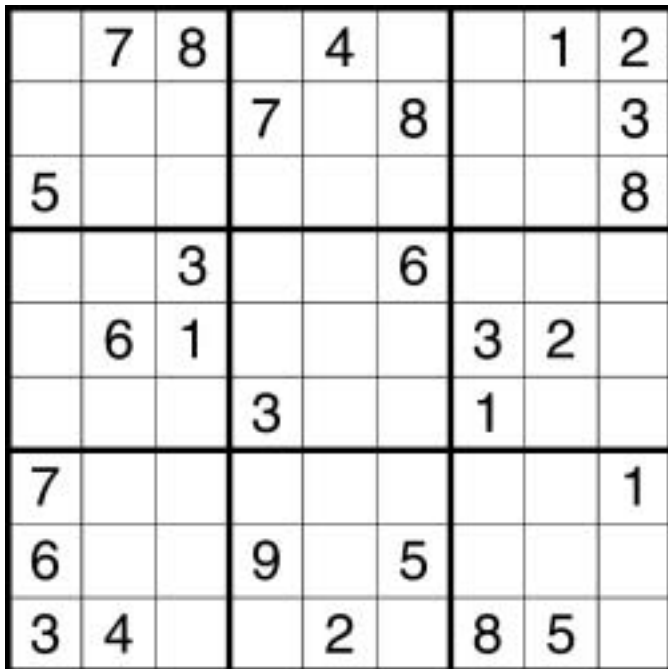
- 1 Secure
- 2 Soon
- 3 Framing upright
- 4 Knight's title
- 5 Part of FDR
- 6 Tooth cover
- 7 Negative votes
- 8 Ice-skater Midori
- 9 Fellows
- 10 Without delay!
- 11 Reindeer bunch
- 12 500-mi. auto race
- 13 Forfeiture
- 18 Cost
- 19 Reheats
- 23 Star burst
- 24 God of Memphis
- 25 Sniggler's prey
- 26 Ike's opponent
- 27 Creep
- 28 Run-down dwelling
- 29 Get out of line
- 30 Chicago hub
- 31 Wooden shoe
- 32 Good grief!
- 37 San __ Obispo, CA
- 38 Der __ (Adenauer)
- 39 Thai cash
- 41 Scrub
- 42 Milk not to cry over?
- 44 Interlocking



By Roger Jurgovan
Potomac, MD

- 45 Stirred up
- 46 Layperson dedicated to religious life
- 49 Fed. Agents
- 50 Coadjutant
- 51 Sicilian resort
- 52 Equestrian sport
- 53 Track tipster
- 54 " __ Karenina"
- 55 Russian ruler
- 57 By way of
- 58 Country hotel
- 59 __ not my job!

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

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JUMBLE THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirion

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

RECEL
○ ○ ○ ○

SEBOE
○ ○ ○ ○

BELTOG
○ ○ ○ ○

SYTTUR
○ ○ ○ ○

www.jumble.com

A: TO ○ ○ ○ ○ ○ ○ ○ ○ A " ○ ○ ○ ○ ○ ○ ○ ○ "

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

Answers to all puzzles on page 30.

BRIDGE

Play or defend?

By Tannah Hirsch

Both vulnerable. South deals.

NORTH
 ♠ 10 4
 ♥ A 8 5
 ♦ 10 9 2
 ♣ K Q J 6 3

WEST
 ♠ Q 9 5 2
 ♥ J 10 9 6 3
 ♦ J 4
 ♣ 9 5

EAST
 ♠ K 7 6
 ♥ 7 4
 ♦ Q 8 5 3
 ♣ A 10 7 4

SOUTH
 ♠ A J 8 3
 ♥ K Q 2
 ♦ A K 7 6
 ♣ 8 2

The bidding:
 SOUTH WEST NORTH EAST
 1NT Pass 3NT Pass
 Pass Pass

Opening lead: Jack of ♥

Study the diagram above, then decide: Would you rather play or defend three no trump after the lead of the jack of hearts?

North has no response other than three no trump to his partner's one-no-trump opening. To look for an 11-trick game contract in a minor with a balanced hand is naive.

Suppose you elect to play. You win the opening lead in hand and lead a club to the jack and ace. You win the heart return and persevere with the king and queen of clubs. Continue with a club to set up a long club in dummy and you are home with one spade trick, three hearts, two diamonds and three clubs.

Just a moment though. East can defend better by allowing the jack of clubs to hold the first trick and winning the second. Now you must use your only entry to dummy to cash your remaining high club, but East can win the fourth club and you have no entry back to the table to cash your long club.

However, don't be in a hurry to switch to the defense. You can improve your declarer play. At trick two lead a club and duck on the board. East can win cheaply, but on regaining the lead you can lead another club and force out the ace, and the ace of hearts is still on the table as your entry to the clubs. Three no trump bid and made.

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

Terry L. Mills, M.D., FAAFP

I would like to take this opportunity to thank and honor the men and women of the United States military for their dedication and selfless service to this country and its citizens. During my 2008 deployment to Al Asad, Iraq, I had the opportunity to witness this dedication firsthand while I was stationed at the 325th Combat Support Hospital. As a physician and member of the U.S. Army reserves, I want to see our veterans get the healthcare they are entitled to.



Terry L. Mills, M.D.

at the University of Kansas Medical School - Wichita, and Medical Director for Hospice Care of Kansas. I stay very active in healthcare and the local community. I am always surprised by the number of people who are not aware that help is available to them when facing life-limiting conditions. Support, love, and care are possible even when cure is not.

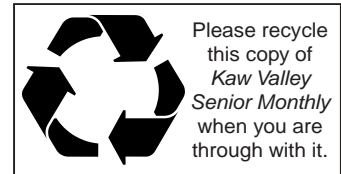
An estimated 1,600 veterans die each day in this country. Advancements in veteran/hospice partnerships are aimed at honoring veterans' preferences for care at the end of life. Veterans facing these issues may be

eligible for the V.A. Hospice Benefit or Medicare Hospice Benefit.

Hospice is not a place; it is a philosophy of care focused on providing physical, emotional, and spiritual support to individuals with life-limiting conditions. This care can be provided in whatever setting you call home by a team of professionals with advanced training. Support is also provided to the family. If you have been diagnosed with a life-limiting condition, please talk with your doctor and V.A. representative to see if you are eligible for the V.A. Hospice Benefit.

As a hospice Medical Director I have seen firsthand the difference this care can make. It is my sincere hope that families will reach out in this difficult time and take full advantage of the services available to them.

- Dr. Mills is an associate medical director with Hospice Care of Kansas.



An issue I face in my practice, and one faced by physicians across the nation, is the challenge of trying to help patients and families facing life-limiting conditions. The strain of caring for a loved one with a life-limiting condition can be overwhelming. As a practicing family physician, clinical faculty member

JUMBLE ANSWERS

Jumbles: CREEL OBESE GOBLET TRUSTY

Answer: Why the band teacher kept the brass section after practice - TO SETTLE A "SCORE"

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CROSSWORD SOLUTION



SUDOKU SOLUTION

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

NOSTALGIA NOTEBOOK

June 1940

Births

- June 1:** René Auberjonois, American actor (*Boston Legal*)
- June 5:** Donald Groenhagen, father of *Senior Monthly's* publisher
- June 7:** Tom Jones, Welsh singer
- June 8:** Nancy Sinatra, American singer
- June 16:** Taylor Gun-Jin Wang, Chinese-American astronaut
- June 17:** George Akerlof, American economist, Nobel Prize laureate
- June 20:** John Mahoney, English-born actor (*Frasier*)
- June 21:** Mariette Hartley, American actress
- June 28:** Muhammad Yunus, founder of Grameen Bank, Nobel Prize laureate

Events

- June 4:** Winston Churchill tells the British House of Commons, "We shall not flag or fail. We shall fight on the beaches... on the landing grounds... in the fields and the streets... We shall never surrender."
- June 18:** Winston Churchill says to the House of Commons: "The Battle of France is over. The Battle of Britain is about to begin."

June 1950

Births

- June 14:** Rowan Williams, Archbishop of Canterbury
- June 30:** Leonard Whiting, British actor (*Zeffirelli* film version of *Romeo and Juliet*)

Events

- June 1:** Mauna Loa in Hawaii starts erupting.
- June 3:** Annapurna I, 10th highest mountain in the world, is first ascended.
- June 23:** Mauna Loa stops erupting.
- June 25:** North Korean troops cross the 38th parallel into South Korea.
- June 26:** The South African Parliament passes the Suppression of Communism Act, No. 44 of 1950.
- June 27:** U.S. President Harry S. Truman orders American military forces to aid in the defense of South Korea.
- June 28:** North Korean forces capture Seoul.

June 1960

Births

- June 6:** Steve Vai, American guitarist
- June 8:** Mick Hucknall, English rock singer and songwriter (Simply Red)
- June 21:** Kevin Harlan, American sports announcer
- June 22:** Erin Brockovich, American environmental activist
- June 28:** John Elway, American football player

Events

- June 7:** U.S. Senator John F. Kennedy wins the California Democratic primary.
- June 9:** Typhoon Mary kills 1,600 people in the Fukien province of China.
- June 15:** Violent demonstrations at Tokyo University result in 182 arrests, 589 injuries.
- June 20:** The Mali Federation between Senegal and the Sudanese Republic (now Mali) gains independence from France.
- June 26:** British Somaliland gains independence from the United Kingdom; 5 days later it unites with the former Italian Somaliland to create the modern Somali Republic.

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Contraindications: The device is contraindicated in patients with: an allergy to titanium or titanium alloy; spinal anatomy or disease that would prevent implantation of the device or cause the device to be unstable in situ, such as: significant instability of the lumbar spine, e.g. isthmic spondylolisthesis or degenerative spondylolisthesis greater than grade 1.0 (on a scale of 1 to 4), an ankylosed segment at the affected level(s), acute fracture of the spinous process or pars interarticularis and significant scoliosis (Cobb angle greater than 25 degrees); cauda equina syndrome defined as neural compression causing neurogenic bowel or bladder dysfunction; diagnosis of severe osteoporosis, defined as bone mineral density (from DEXA scan or some comparable study) in the spine or hip that is more than 2.5 SD below the mean of adult normals in the presence of one or more fragility fractures; and active systemic infection or infection localized to the site of implantation.

Warnings: The X-STOP implant must be placed in the concavity between the spinous processes. Posterior positioning of the implant may result in dislodgement. If correct placement of the implant cannot be achieved due to variant anatomy, the surgeon should consider aborting the procedure because incorrect placement may result in device dislodgement, particularly if the patient experiences a traumatic event.

Precautions: Radiological evidence of stenosis must be correlated with the patient's symptoms before the diagnosis can be confirmed; if the spinous processes at the affected level are not distracted in flexion, the X-STOP system may not be indicated; the safety and effectiveness of the X-STOP device has not been studied in patients with the following conditions: axial back pain without leg, buttock or groin pain, symptomatic lumbar spinal stenosis at more than 2 levels, prior lumbar spine surgery, significant peripheral neuropathy, acute denervation secondary to radiculopathy, Paget's disease, vertebral metastases, morbid obesity, pregnancy, a fixed motor deficit, angina, active rheumatoid arthritis, peripheral vascular disease and advanced diabetes or any other systemic disease that may affect the patient's ability to walk; surgeons should not implant the X-STOP implant until receiving adequate training regarding surgical technique because inadequate training may result in poor patient outcomes and/or increased rates of adverse events; and a stress fracture of the spinous process may occur if strenuous physical activity is resumed too soon postoperatively.

Potential Adverse Events: The following potential adverse events may occur as a result of interspinous process decompression with the X-STOP system; some of these adverse events were reported in the Pivotal Clinical Trial. X-STOP system related: implant dislodgement/migration; implant not positioned correctly; fracture of the spinous process; additional surgery, which could include removal of the X-STOP implant; foreign body reaction; mechanical failure of the device; failure of the device/procedure to improve symptoms and/or function. Surgery Related: reactions to anesthesia; myocardial infarction; infection; blood vessel damage/bleeding; deep vein thrombosis; hematoma; pneumonia; neurological system compromise; stroke; nerve injury or spinal cord damage; paralysis; thrombus formation; wound dehiscence or delayed healing; pain/discomfort at the operative site; and death.

Note: Medication or additional surgery may be necessary to correct some of these potential adverse events.

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