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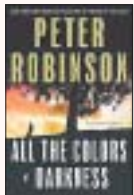
Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 8, No. 9

## INSIDE



Massage is known to reduce the stress that underlies many of the problems that crop up as we age. Massage Envy in Lawrence now makes massages on a regular basis—once considered a luxury—an affordable option for many seniors. - page 5



Senior Monthly columnist Margaret Baker is back to suggest a few books for your reading pleasure. - page 22

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Bob and Joleen Bechtel

KEVIN GROENHAGEN PHOTO

# Bechtels volunteer at hospital, hospice

By Kevin Groenhagen

Joleen Bechtel isn't quite ready to part ways with Lawrence Memorial Hospital (LMH).

"I retired from LMH in February 2007," Joleen said. "After about four months of being retired, I was getting restless. And I knew I would get that way. I talked to Allyson Leland, LMH's director of volunteer services, and volunteered at the hospital. The regular volunteers get kitchen supplies, stock closets, take samples to the lab, or take patients out in wheel-

chairs when they are discharged. However, when I was doing that, I also noticed that there were patients who could also use some assistance. As a nurse, I knew how to do that, but I was not allowed to do that as a volunteer."

Joleen then learned about a nurse volunteer program at St. John's Mercy Medical Center in St. Louis. Sally Rundquist, a clinical supervisor with the medical center, developed that program in 2002. Rundquist's program received one of four American Hospital Association's Hospital

Awards for Volunteer Excellence in 2005. The program also received the Award of Excellence from the Missouri Hospital Association and the Extraordinary Program Award for 2007 from the American Hospital Association.

"I called Sally to learn more," Joleen said. "I then went to Allyson and told her I would like to work on a similar program for LMH. She agreed to help me. I couldn't have done this without her help. During the fall of 2007, Sally came to LMH

■ CONTINUED ON PAGE THREE

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# Bechtels

■ CONTINUED FROM PAGE ONE

to talk to Gene Meyer, our CEO, and others about the program. We got permission to start our own program at LMH last September."

Joleen currently volunteers in the hospital's IV Therapy Department. Her schedule calls for her to volunteer at LMH four hours a week. However, since she continues to develop the hospital's program, she tends to put in more hours than that. In addition to two other nurses who have joined her in the nurse volunteer program, three more nurses will be shadowing Joleen to see if the program is a good fit for them.

According to Joleen, a nurse volunteer at LMH must be licensed with the state of Kansas. In addition, a nurse volunteer cannot be a volunteer at LMH and be an employee of LMH at the same time. Unfortunately, Joleen has found that some retired nurses who would like to become a nurse volunteer have let their licenses lapse.

"Once your license has lapsed, it's a costly process to renew it," Joleen said. "That is why I am now talking to nurses who are nearing retirement and encouraging them to keep their licenses current after they retire. They may not want to volunteer immediately after retiring, but if they decide to do it at a later date, they'll be eligible."

Once nurses become volunteers, they can perform any duty a staff nurse can except give medications, take orders from doctors, and start IVs.

Occasionally, someone will ask Joleen why she doesn't just return to LMH as an employee and get paid for her work.

"When I volunteer, I can come on the days that I want and be there as long as I want," she explained. "That's the beauty of being retired."

That freedom allowed Joleen and her husband, Bob, to leave town last year for a five-week train trip out west.

When it comes to volunteering during retirement, Bob got a head start on Joleen by a few years. He retired in 1999 from his position as a program specialist for the federal government's volunteer programs,

such as the Retired and Senior Volunteer Program, Senior Companions, and Volunteers in Service to America.

Bob has been volunteering as a hospice team member with Douglas County Visiting Nurses, Rehabilitation, and Hospice Care for five and a half years. Hospice is a program that provides palliative care and attends to the emotional and spiritual needs of terminally ill patients at an inpatient facility or at the patient's home. "Palliative" is defined as "relieving or soothing the symptoms of a disease or disorder without effecting a cure."

"Being a hospice team member involves just being there with the patients," Bob said. "We feed nursing home residents or just visit with them for while. We also provide respite care so caregivers can take off for an afternoon for doctors' appointments and other errands."

Bob, who also spent 18 years in the ministry, has even served as interim chaplain for the hospice on three occasions.

Bob's volunteer work with the hospice eventually led to additional volunteer work at LMH.

"Dr. Richard Sosinski is both the medical director for the hospice team and the Palliative Care Consult Team at LMH," Bob said. "After talking with Dr. Sosinski, I learned that his team—which included physi-

cians, registered nurses, and a chaplain—had no volunteers. So I went to Allyson and asked if I could volunteer. That was in June of 2006."

As a volunteer with the Palliative Care Consult Team, Bob helped the team develop a "comfort cart." The comfort cart is an extension of the "comfort care" mission and goal of palliative care. The cart includes a library of 20 to 25 books addressing many of the concerns and questions of patients and their family members. It also contains related pamphlets, CDs of relaxing and inspirational music, and quilts that are made by members of a local church. The quilts are given to palliative care patients when they enter the care of the Palliative Care Consult Team.

"They really value his counseling and ministry experience," Joleen said.

Bob and Joleen were both single during the late 1980s, and had already known each other for several years.

"My sister brought Joleen along with her from Kansas City one weekend when she visited me in Lincoln, Nebraska," Bob said. "Later I came to Kansas City for the wedding of my friend's daughter, and I invited Joleen to go with me. That was our first date. We got married on the first anniversary of our first date."

Joleen then moved to Lincoln to join Bob. She also joined him in his

long commute to work. In addition to working at the federal building in Topeka, Bob, who earned a master's degree in social work, also had a private counseling practice in Lincoln. Therefore, every Sunday the Bechtels drove three and a half hours from Lincoln to Topeka, where Joleen worked Monday through Wednesday and Bob worked Monday through Thursday. Then they would return to Lincoln so they could work there on Friday and Saturday.

In 1993, the Bechtels decided it was time to make a change.

"We wanted to live in Lawrence because we had parents in Topeka and kids in the Kansas City area," Joleen explained. "Our parents were needing our help more, and we wanted to be near our grandchildren."

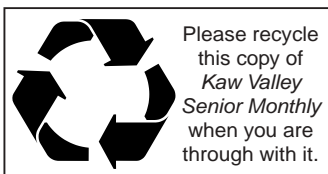
Once in Lawrence, Joleen joined the nursing staff at LMH, and Bob continued with his position in Topeka, albeit with a much shorter commute.

The Bechtels plan to do volunteer work for several more years. In addition, they urge others to become volunteers. If you are interested in opportunities to volunteer at LMH, please call Allyson Leland at (785) 505-3141. Those interested in volunteering with Douglas County Visiting Nurses, Rehabilitation, and Hospice Care can call Sarah Rooney at (785) 843-3738.

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## Kaw Valley Senior Monthly

Editor and Publisher  
Kevin L. Groenhagen

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.

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## Date for all-digital TV postponed

By law, full-power television stations nationwide must begin broadcasting exclusively in a digital format by June 12. The U. S. Congress approved an extension of the deadline, which originally was set for February 17, through passage of the DTV Delay Act.

Many households risk losing television reception unless steps are taken to accommodate digital signal reception. Some stations already have made the switch; others are geared up to make the change February 17; and all others will make the switch before June 12. To preserve your television reception, it is recommended that all conversion steps be in place by February 17.

For more information on the

conversion and the DTV Converter Box Coupon Program, visit [www.dtv2009.gov](http://www.dtv2009.gov) or call 888-388-2009 (877-530-2634 TTY).

Shortly after the new year, the coupon program, which provides two coupons per household, each worth \$40 toward the purchase of eligible converter boxes, reached its authorized funding ceiling. Coupon requests from eligible households are still being accepted, however, and applications are placed on a waiting list, to be processed as funds become available.

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

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# Massage Envy makes massages affordable

By Billie David

Once considered an exotic luxury, massage therapy has managed to attain a place of respect among alternative health options and Massage Envy, a franchise with 580 sites across the United States, has helped to make it affordable and convenient.

Amy Gilliland, who opened Massage Envy in Lawrence with her husband last July, explained why she chose the franchise when her youngest child was ready to start school and she decided it was time to look around for a business she could own.

"It's convenient. It's open seven days a week and we offer same-day appointments," she said of the franchise that was founded in 2001 and began franchising in 2003. "And it's professional. It is clean, well maintained and affordable. It has taken therapeutic massage out of the elite realm and into the lives of everyday people.

Massage therapy has been recognized as benefiting the body because of its ability to reduce stress, improve circulation, help with pain management, improve flexibility and strengthen the immune system.

And that includes seniors, Gilliland said.

"It helps them get around easier. It helps with the stiffness," she said, adding that physical therapy has its place, but it tends to focus on acute or specific problems rather than the whole body, as massage does.

"A lot of doctors in Lawrence are referring people to us to get massage therapy," she said.

As for prevention of health problems, massage is known to reduce the stress that underlies many of the problems that crop up as we age.

"So many people are stressed out, whether they're 15 or 64," Gilliland said.

"Ninety percent of all illness is stress-related. On our own we have trouble relaxing because our lifestyles are not conducive to it," she continued. "Research shows that relaxation is the best way to reduce stress. At Massage Envy, we offer a way to relieve stress on a regular basis."

By a regular basis, Gilliland explained that she means at least once a month but ideally twice a month.

As an adjunct to traditional western

medicine, massage encourages the mind and body to work together, Gilliland said, because rather than relying on pills that reduce outer symptoms and mask health issues it deals with the inner system, inducing natural responses.



an occasional massage one to two times a year is a luxury," Gilliland said, "but Massage Envy makes regular massage affordable.

Located in the commercial area at the southwest corner of Sixth and Warusa streets, Massage Envy is open in the evenings and week-

ends as well as during the day. The business stresses convenience and availability, and its offerings include Swedish, deep tissue, trigger-point, sports, myofascial, prenatal and reflexology.

"We offer all of the different massage modalities, but most of what we do is customize to the client's needs," Gilliland said.

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## Local coalition to host National Healthcare Decisions Day 2009

Dr. Richard Sosinski, MD, Dorothy Kurtz, RN, BSN, Donna Flory, MSW, and Mark Hammell, EMT, will share experiences, information, tools and answer questions as Lawrence participates in a "National Healthcare Decisions Day 2009." This interactive session with area professionals who possess the knowledge to answer the questions we all have but don't know who to ask is hosted by the Coalition to Honor End-of-Life Choices (CHEC). The panel will be moderated by Pattie Johnson and is open to all age 18 and older. The panel will be presenting and answering questions on Thursday, April 16 from 6:30 to 8:30 p.m. in the Lawrence Memorial Hospital Auditorium, 325 Maine.

Bring your questions about how you can control what health care in-

terventions are available to you or what you need to know to make informed healthcare choices. Join Americans across the country to talk to others about your future healthcare decisions.

There is a misperception in the U.S. that only older Americans need to address health care choices related to incapacity. Statistics show that a traumatic brain injury occurs every 23 seconds, most often to persons who are not older adults. Brain injuries, overwhelming infections, Parkinson's, heart failure are just a few of the healthcare events that might necessitate someone making healthcare decisions on your behalf. Each person's decision matters about the type and amount of healthcare intervention they would want others to authorize on their behalf.

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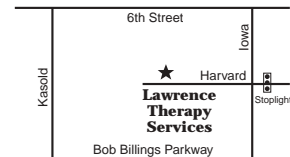
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# Help Meals on Wheels through taxpayer check-off

By Gordon L. Davis

The 2008 individual income tax form again allows for donations to the Senior Citizens Meals on Wheel Contribution Program. If you donate to the fund, 100 percent of your contribution will go to local programs serving in-home meals to home-bound seniors and people with disabilities.

In 2008, more than \$131,000 was contributed through the check-off program, according to Kathy Greenlee, secretary of the Kansas Department on Aging.

The Senior Citizens Meals on Wheels Program is a fund that the Kansas Legislature created in 2002, allowing taxpayers to make a donation to support home-delivered meals. The program is a channel for people who want to support food programs for seniors but perhaps can't participate in ways such as meal delivery.

The intent of the fund is to supplement nutrition services for the elderly and people with disabilities in the community, making it possible for them to live independently in their homes as long as possible. The personal contact with meal volunteers is helpful to the seniors' well-being, and the delivery process is a way to learn of clients' changing needs or of emergencies.

If you will receive a state tax refund this year, indicate on line 37 of the tax form the amount you wish to donate. You may contribute \$1 or more, a portion of your refund, or all of your refund to the Meals on Wheels fund.

If you owe state taxes, indicate the amount you wish to donate in the designated space and write a check for the tax balance plus the amount contributed to Meals on Wheels.

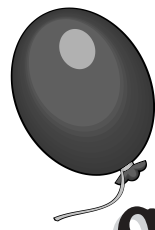
For more information about the

Senior Citizens Meals on Wheels Contribution Program, contact the Area Agency on Aging in your area.

Tax forms are available at many city and county clerk offices, banks, libraries, and other convenient places. To obtain forms by mail, call the Kansas Department of Revenue voice

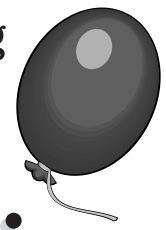
mail system, 785-296-4937. You will be asked to give your name, address, telephone number, and the forms desired. Allow about two weeks for delivery of your forms. Tax forms are also available on the Department of Revenue Web site, [www.ksrevenue.org](http://www.ksrevenue.org).

- Gordon L. Davis is an aging information specialist with the Johnson County Area Agency on Aging. This article was made available by the Kansas Senior Press Service, a partnership of the Kansas Department on Aging and Johnson County Human Services & Aging.



4th Annual Lawrence Area Partners in Aging

## March Madness Senior Resource Fair



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- Jayhawk Area Agency on Aging, Inc.
- Kaw Valley Senior Monthly
- Lawrence Area Coalition to Honor End of Life Choices
- Lawrence Memorial Hospital
- Lawrence Presbyterian Manor
- Lawrence Public Library
- Lawrence Therapy Services
- Pioneer Ridge Retirement Community
- Rumsey-Yost Funeral Home
- Sand Castles, Inc.
- Trinity In-home Care
- Vintage Park Assisted Living

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## GOT A WAITING ROOM?

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Contact Kevin at [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net) or 785-841-9417.

# Enrollment for Medicare Advantage Plan still open

**QUESTION:** Open Enrollment into a Medicare Advantage Plan is still going on until March 31. How does that work, and how is that different than the Medicare Prescription Drug Plan Annual Enrollment Period that ended in December?

**ANSWER:** First here is an explanation of Medicare Advantage Plans:

- Medicare Advantage Plans are health plan options that are approved by Medicare and run by private companies. They are part of the Medicare program and sometimes called "Part C." When you join a Medicare Advantage Plan, you are still in Medicare. With some of these plans, you must get a referral before seeing specialists.

- Medicare Advantage Plans provide all of your Part A (hospital) and Part B (medical) coverage and must cover medically-necessary services. Basically, Medicare Advantage plans replace your original Medicare, and therefore you would still incur the Medicare Part B premium each month. They generally offer extra benefits, and many include Medicare prescription drug coverage. These plans often have networks which mean you may have to see doctors who belong to the plan or go to certain hospitals to get covered services. Some of these plans coordinate and help manage your overall care and can also result in savings to you.

- Medicare pays an amount of money for your care each month to these private health plans, whether or not you use services. Medicare Advantage Plans also include options that provide specialized care for people who need a lot of health care

services. Even if you are out of the service area of the plan, you are still covered for emergency or urgently needed care.

- Types of Medicare Advantage Plans include:

- Preferred Provider Organizations (PPOs);
- Medicare Health Maintenance Organizations (HMOs);
- Medicare Private Fee-for-Service (PFFS) Plans;
- Medicare Special Needs Plans and
- Medicare Medical Savings Account (MSA) Plans

- The Medicare Modernization Act (MMA) of 2003 contained legislation that expanded Medicare Advantage Plan options in almost every area of the nation.

- You can join a Medicare Advantage Plan if:
  - You live in the service area of the plan you want to join
  - You have Medicare Part A and Part B.
  - You don't have End-Stage Renal Disease (permanent kidney failure requiring dialysis or a kidney transplant-which Original Medicare covers).

- You can enroll in a Medicare Advantage Plan when you first become eligible for Medicare. You can switch plans each year between November 15 and December 31, the same time frame for switching your Medicare Prescription Drug Coverage. You can also join or switch plans from January 1, through March 31 of any year, which is called the Medicare Advantage Open Enrollment Period, or (MA OEP), but during this time frame you cannot

change whether or not you have Medicare prescription drug coverage. You can only change prescription drug coverage during the annual enrollment period each year, which is November 15 through December 31.

So now until March 31, if you are in a Medicare Advantage Plan you can switch to a different Medicare Advantage Plan. If your current Medicare Advantage Plan has prescription drug coverage through Medicare

Part D and you would like to switch to a different Medicare Advantage Plan you will have to choose another plan with Medicare prescription drug coverage through Part D. Another option would be to switch to the Original Medicare Plan with a stand-alone Medicare Prescription Drug Plan. Again, the MMA legislation of 2003 does not allow joining or dropping Medicare Prescription Drug Coverage anytime other than annual enrollment.



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A collaboration between the National Archives and Footnote.com has put 47 million World War II documents and photographs online.

The site, [www.footnote.com/wwii](http://www.footnote.com/wwii), contains photographs, enlistment records, and interactive maps relating to World War II.

Highlights include a searchable

image of the USS Arizona Memorial in Hawaii, 80,000 photographs, and nine million "Hero pages" that users may update by themselves.

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

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# Financial strategies for women in their 50s

## Baby boomers feeling the realities of retirement

The leading edge of America's 78 million baby boomers have hit their 60s and are nearing retirement age. But will they be ready financially to enjoy it?

Some pre-retirees could do with a dose of reality: A 2006 study from Boston College shows that a record-high 43 percent of older Americans



Joe B.  
Jones

can't expect to retire at 65 and maintain their living standards. Even bleaker news: Americans on average retire not at age 65, but at 63 (men) or 62 (women). This reality bumps up the number of retirements considered "at risk" to a worrisome 53 percent.

Lower income levels for older women also raise a concern for women approaching retirement. The median income for older women in 2004 was \$12,080 for women (versus \$21,102 for men). Limited finances for females is compounded by the fact that half of older women are widows and/or live alone.

Women, in particular, are on the lacking side when it comes to retirement savings. Nearly 40 percent (39.5 percent) of American women 65 and older are kept out of poverty by Social Security. Moreover, since women outlive men by about

5.3 years, they'll have more years to cover with less.

Flying from "empty nest" to "nest egg." For many 50-something women, "nesting" is top-of-mind like never before. After being left with an empty nest, most women are scrambling to build up their retirement nest egg. Suddenly, these women are re-thinking the larger house they bought in their 40s because it's too much to take care of. They're also celebrating their newly emptied nest by developing new hobbies and traveling. In addition, there are many women around this age who are boarding the same "retirement" boat together. By 2030, the U.S. Census Bureau projects that 54.9 percent of baby boomers will be female. By that time boomers will be between the ages of 66 and 84, and women in that age group will outnumber men by more than 5.6 million.

The good news is there are many retirement-savings strategies women in their 50s—and beyond—can use to their advantage, such as:

**Maintain good credit.** Now more than ever, it's important to keep credit card purchases to a minimum and pay off as much of the monthly balance as possible. For all Americans, credit card debt per household reached a record \$9,312 in 2004—a 116 percent increase over a 10-year period. Women with high credit card balances might consider transferring the amount to a lower-interest credit card. To compare rates and fees of credit cards, visit [www.bankrate.com](http://www.bankrate.com).

Make the most of prime earning

years. Women in their 50s are at their top earning potential; it should be a priority—and maybe even easier—to increase savings for retirement. This is a good time to contribute as much as possible to retirement accounts. It's also wise to consider delaying retirement by even a few years to improve one's financial outlook. This not only shortens the number of years to financially support retirement, it also allows funds already invested to continue to grow and gain in value. Waiting to collect Social Security benefits will increase the overall benefit amount.

**Re-adjust asset allocation.** With retirement only years away, re-adjust one's asset allocation to reflect a shorter time frame before retirement.

**Update estate plans.** Revisit estate plans, such as a will, power of attorney and health care proxy. Also, if applicable, make sure grandchildren are included. Check the accuracy of beneficiary designations and titling on all documents.

**Talk to an estate attorney about additional trust needs.** Women need to take the initiative in trust planning, especially since they generally live longer and ultimately determine how the estate will pass to heirs. Talk with family members and an attorney to decide carefully how financial and medical affairs will be handled in the event of illness, disability or death.

**Maintain insurance coverage.** Verify that homeowner and auto policies are appropriate and double check that there is adequate life and

disability insurance coverage. Declining health impacts older woman's finances: The average older woman spends 20 percent of her income on medical expenses. The majority of those who own life insurance fall short when it comes to having sufficient life insurance based on their family and financial situations, according to *Money* *Magazines*, a Northwestern Mutual survey conducted 2000-2006. Talk with a financial professional to determine what's needed for one's particular situation.

With retirement only a decade or so away, women in their 50s have the power to make the most of their prime earning years. By saving, investing and preparing wisely, women can enjoy their "empty nest-hood" while nurturing and growing their retirement nest egg for years to come.

- Article prepared by Northwestern Mutual with the cooperation of Joe B. Jones. 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. Securities offered through Northwestern Mutual Investment Services, LLC, 627 Monterey Way Lawrence, KS 66049, member FINRA and SIPC. NM is not a broker dealer. To contact Joe, please call 785-856-2136, e-mail him at [joe.jones@nmfn.com](mailto:joe.jones@nmfn.com) or visit his Web site at [joe.jones@nmfn.com](http://joe.jones@nmfn.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 new goal arises — investing so you can remain retired. To help yourself

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 situa-

tions 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.



Harley Catlin and Ryan Catlin

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

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## Choosing a life of integrity

My client had one final wish: to leave her hospital bed just long enough to power a wheelchair through the aisles of a local discount store. She longed to be out among people and do something "normal," like smile at other shoppers, hear piped-in music, and buy her own toothpaste and shampoo. To most of us, this wish doesn't sound very compelling—more like a chore, re-



Vickie  
Hull

ally. But to someone dying from emphysema and dependent on oxygen 24/7, it seemed like an impossible dream.

It is amazing what we take for granted until we can no longer do it. We get so busy going about our days that we forget to appreciate each moment in life. And before you know it, years have passed, leaving us with the question, "where did the time go?"

Well, if you haven't already seen the movie, "The Bucket List," make time to do so. Jack Nicholson and Morgan Freeman play two terminally ill cancer patients who meet in the hospital and decide to fulfill their final wishes before they "kick the bucket." The friends individually formulate their lists and then set off together to create both adventure and meaning in their remaining days.

Erik Erickson, a life span developmental theorist, probably would have liked the idea of a bucket list. Erickson, follower of the psychoanalyst Sigmund Freud, described stages of psychosocial development that he observed people passing through during their lifetime. The stages build on each other and hopefully lead people to become active, contributing members of society. However, to reach that goal, maladaptive outcomes must be avoided. In short, Erickson believed that each of us will face psychological and social dilemmas that we can either spin in a negative or positive way, and this, in turn, will determine how we look back at the value of our life.

Erikson called his final stage of development "ego integrity versus despair." Each older adult will either reflect on life and the person they have become with feelings of self-

worth and accomplishment (integrity) or will look at the past with dissatisfaction and disappointment (despair).

I cannot think of anything worse than reflecting on life with shame, guilt, sadness, anger, resentment, or regret. We all want to leave our mark and know that we mattered in this world to someone. The desired goal for us all is to leave this earth with integrity, knowing we have done our best.

Making a bucket list can help us reach that outcome. Let's take a moment to consider such a list. Maybe there are places you want to visit, both near and far. For example, I would love to see Greece, but I also want to stroll the Konza Prairie in the Kansas Flint Hills. There could be relationships you want to mend or people you'd like to see again (classmates, Army buddies, distant cousins). Is there a hobby you've always wanted to try (sky diving, photography, salsa dancing)? Any books you want to make sure to read? How about learning a new skill like text messaging or web design? Maybe you want to write a letter or poem, make a quilt, or create a painting for each of your grandchildren. You also might want to volunteer your time and talents in some memorable way.

There are endless possibilities for a bucket list. The important point is to make it yours. Include what would be meaningful for you, your heart's desires, both big and small. The idea is to leave behind no regrets, to have no despair. Put on your list those things that you have longed to do, those things that would make you proud and fulfilled, and then set out to make them happen. That way, when the time comes and you must look back at your life, you can do so with integrity.

- Vickie Hull, M.S., LMFT, is a licensed marriage and family therapist at Lawrence Therapy Services, 2200 Harvard. She provides individual, couples, family, and grief therapy. She especially enjoys counseling with medical patients and their families and finding ways for them to create integrity in their relationships.

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# Monolaurin can help boost the immune system

**M**onolaurin is a powerful agent that has been in the spotlight lately. Monolaurin is being touted as capable of helping a wide variety of ailments. What exactly is monolaurin? What does it effectively fight against?

To understand monolaurin we need to first step back and review our food chemistry. Fatty acids called Medium Chain Fatty Acids or Medium Chain Triglycerides are lipids that have been shown to inhibit cer-



Dr.  
Farhang  
Khosh

tain viruses. One of most potent antimicrobial and antiviral lipids has been found in coconut oil and is called lauric acid. Coconut oil contains about 40 to 55 percent lauric acid. Lauric acid is the main saturated fatty acid found in coconut fat and a biochemical derivative of lauric acid is called monolaurin.

So why not drink coconut milk versus taking a supplement with monolaurin? Lauric acid is not as strong as monolaurin. When ingesting coconut oil, only a small percentage of the lauric acid will be transformed by the body into the powerful monolauric acid.

The lauric acid in coconut oil is used by the body to make the same disease-fighting monolaurin that babies make from the lauric acid they get from their mothers' milk. The monolaurin is the substance from the breast milk keeps infants from infections. Lauric acid was originally discovered when microbiologists studied human breast milk to determine the antiviral substances that protected infants from microbial infections. Lauric acid has been shown to protect newborns, whose immune systems are underdeveloped, from viruses such as Respiratory Syncytial Virus (RSV).

How does monolaurin work? Monolaurin works by binding to the lipid-protein envelope of the virus, thereby preventing it from attaching and entering host cells, preventing infection and replication. Monolaurin also destroys the viral envelope, killing the virus.

Monolaurin is effective in fighting viruses, bacteria, and fungi. Monolaurin can help treat the common cold, flu, shingles, herpes, Candida, ringworm, Epstein-Barr virus, chron-

ic fatigue syndrome, influenza, RSV, H.pylori, HIV and Rubella.

Monolaurin is not the type of nutritional supplement you have to take on a daily basis, but only when the need arises. If you start to see the early signs of the flu—like sniffles—you may start taking monolaurin. Antibiotics can kill unwanted micro-organisms, but they also may kill many friendly micro-organisms. Monolaurin, on the other hand, does not appear to have adverse effect digestive bacteria, but rather only on unwanted microorganisms. Plus, monolaurin can reduce the resistance of germs to antibiotics.

Monolaurin is safe. Monolaurin may be safer than many other food supplements that are designed to boost the immune system. One of the safest substances known to man

is breast milk. However, with any supplement it is always best to check with your doctor before taking anything.

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

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## Why recession is a good time to start a business

A friend lost his job recently at age 64. He had been a fundraiser for a major national charitable organization that has seen its donor base hammered by recession and now is cutting headcount. My friend doesn't want to retire—but at the same time he understands that the odds aren't great that he'll find a new job at his age, and with his level of seniority and pay.

Instead, he's thinking of going the entrepreneurial route—and he's



Mark  
Miller

hardly alone. The ranks of older entrepreneurs have been growing quickly in recent years, and even more boomers will take the plunge in 2009. Some will be pursuing long-held start-up dreams, and others will start businesses out of necessity as the recession deepens and layoffs accelerate.

But is it smart to start a business during a recession, when consumer demand and business-to-business spending is falling—especially as a midlife entrepreneur? My answer is yes—with several important qualifications.

**Qualification No. 1:** You need to identify a business where you're confident demand will exist and you have the skills and passion to succeed.

**Qualification No. 2:** Many boomer startups aren't entrepreneurial ventures in the traditional sense. These won't be businesses that involve raising funds, hiring employees and renting office space. Instead, many will start out as bootstrapped self-employment operations, run on a shoestring from a home office. Even these entrepreneurs, however, need to be sure they can fund at least six months of living expenses while they wait for revenue to start coming in.

Qualifications aside, there really is no perfect time to start a business. If you believe there will be long-term demand for your product or service, there's no reason not to get started in a down market.

And midlife can be a perfect time to get going if you have the time and resources to devote to a business. "If you're an empty nester, your living expenses have stabilized and you can devote more hours to the

business," says Anita Campbell, editor of Smallbiztrends.com, one of the best online resources for entrepreneurs. "If you've put away enough money to live on for at least six months, you're well positioned to get going, and reinvest what you make back into the business in the early years."

Managing expenses is critical. And this is where it's important to differentiate between traditional business startups—with their significant capital investments, staff and other overhead—and the smaller, sole proprietor launches I mentioned.

Sole proprietorships are by far the most common form of startup: 85 percent of all business tax returns are filed by companies with no employees, according to the National Association for the Self-Employed (NASE).

The good news about sole proprietorships is that you don't need much start-up capital to get going. Many small enterprises can be started for a few thousand dollars, thanks to the Internet and inexpensive technologies that enable work from home. The key is keeping overhead low. So, while you're working to get revenue coming in the door strike up relationships with other sole proprietors to provide key services, rather than hire employees.

Here are some of the other pluses to consider when starting a business during a recession:

- **Expenses fall.** The expense of running a business declines during a recession. Suppliers are cutting prices, and fees also fall for services such as graphic design and bookkeeping. Corporate downsizing throws a lot of high quality office furniture and equipment on the market at bargain prices—not to mention office space. "You can wind up equipping your business for very little money," says Jeff Williams, principal of Bizstarters, a company that provides coaching and training to would-be entrepreneurs.

- **Angel funders haven't shut down.** If you do need to raise capital to start your business, consider looking for angel investors—wealthy individuals who fund small startups. The credit crunch issues impacting banks don't affect them, notes Campbell. "Angels also aren't underwater like venture capital funds, which are trying to deal with their existing investments and need to return a certain amount to investors. Angels are investing discretionary money and they're more likely to be able to spend a couple years riding out a storm."

Sources of angel investing can include friends and family. You can often find a local angel investor membership organization or club that networks and shares investment leads.

- **Tough times weed out weak competition.** If your business has staying power, you'll find yourself running a more open field, with a great chance to position yourself for real growth in the eventual recovery.

- **The first customer may be your old boss.** Many bootstrap entrepreneurs start businesses in the fields where they formerly worked fulltime in order to leverage their experience and network of contacts. In that situation, your former employer could be your first customer. "They're probably laying people off as fast as they

can, but still need to get work done," Williams says. "That boosts demand for expert external vendors."

- **Certain markets tend to be recession-proof.** Consider anything related to health care or insurance, including services to doctors or medical equipment companies. If President Obama gets the stimulus package he's looking for, anything related to national infrastructure will also be booming.

(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](http://www.retirementrevised.com); contact him with questions and comments at [mark@retirementrevised.com](mailto:mark@retirementrevised.com))

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**Excessive moisture most common cause of skin cracks at corners of the mouth**

By Howard LeWine, M.D.  
Tribune Media Services

**QUESTION:** I have a recurrent problem with the skin at the corners of my mouth. The skin gets irritated with small cracks. It gets better, then for no apparent reason, the problem returns. What could be causing this condition? Can I prevent it from recurring?

**ANSWER:** This condition is called angular cheilitis, also known as angular stomatitis or perleche. The skin cracking at the corners of your mouth can be associated with redness and scaling. The cause is frequent or persistent saliva touching the skin outside the mouth. This can occur because of a poor seal of your lips at the angles of your mouth, braces, ill-fitting dentures, or because you frequently lick the area. Less commonly, this can be the result of an allergic skin reaction to lipstick or face cream, or too vigorous dental flossing. Rarely, the cause of angular cheilitis is a vitamin or iron deficiency.

The cracks in the skin and the excess moisture provide a fertile environment for yeast. The yeast causes a low-grade infection, which may make the corners of the mouth even more irritated.

While the angular cheilitis is active,

you can apply an over-the-counter antifungal cream, such as clotrimazole, then topical hydrocortisone 1 percent ointment an hour later. You can do this two to three times per day. Another option is a cream containing both hydrocortisone and the anti-infective agent iodoquinol (Vytone, also available as generic).

To help prevent a recurrence, don't lick your lips. You want to avoid letting excessive moisture accumulate in the corners of your mouth.

Once the angular cheilitis heals, then use a protective lip balm, preferably one that is hypoallergenic. Make sure the mouth corners are dry before applying, and use it often.

If the condition does not clear, see your physician for a prescription anti-yeast cream such as ketoconazole cream.

(Howard LeWine, M.D. is a clinical instructor of medicine at Harvard Medical School and practicing internist with Harvard Vanguard Medical Associates and Brigham and Women's Hospital in Boston, Massachusetts. He serves as Chief Medical Editor of Internet Publishing at Harvard Health Publications.)

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[www.theetcshop.com](http://www.theetcshop.com)

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# Ways to save money.....

## Shop close to home!

### Live at Prairie Commons Apartments

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- Convenient banking
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- A cozy club house to entertain family & friends





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[www.liveatprairiecommons.com](http://www.liveatprairiecommons.com)



**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 your group would like to be added to our monthly calendar, please call Kevin Groenhagen at (785) 841-9417.

## ART/ENTERTAINMENT

FEB 27-MAR 28

### LITTLE SHOP OF HORRORS

A down-and-out skid row floral assistant becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood. Soon "Audrey II" grows into an ill-tempered, foul-mouthed, R&B singing carnivore who offers him fame and fortune in exchange for feeding its growing appetite. Topeka Civic Theatre.  
TOPEKA, (785) 357-5211  
<http://www.topekacivictheatre.com>

MAR 2  
"ELIJAH"

The Topeka Festival Singers next concert of the season is "Elijah." Concert begins at 7:30 p.m. White Concert Hall, Washburn University.  
TOPEKA, (785) 267-3500

MAR 3

### THE JUNGLE BOOK

Geared for K-5, this is a school time performance for public and school children. From the book by Rudyard Kipling join young Mowgli as he learns the 'law' of the jungle in this time honored adventure. Show is 10:00 a.m. Topeka Performing Arts Center.  
TOPEKA, (785) 234-4545  
<http://www.tpactix.org>

MAR 7

### 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>

MAR 7 & 8

### LAWRENCE YOUTH BALLET COMPANY

Each year, the Lawrence Youth Ballet Company presents a new and charming ballet, usually based on a favorite fairy tale or children's classic. Lawrence Arts Center.  
LAWRENCE, (785) 843-2787  
<http://www.lawrenceartscenter.org>

MAR 8

### TOPEKA YOUTH ENSEMBLE CONCERT

Topeka Symphony Youth Ensemble Concert in White Concert Hall at Washburn University. Call for more information.  
TOPEKA, (785) 232-2032  
<http://www.topekasympphony.org>

MAR 9

### HAIRSPRAY

Hairspray will be performed at 7:30 p.m. Call for more information and ticket prices. Topeka Performing Arts Center.  
TOPEKA, (785) 234-4545  
<http://www.tpactix.org>

MAR 10

### SYMPHONIC BAND & UNIVERSITY BAND

Presented by the KU Department of Music & Dance. Lied Center.  
LAWRENCE, (785) 864-2787

MAR 23

### KELLI O'HARA WITH THE TOPEKA SYMPHONY

Kelli O'Hara with the Topeka Symphony will be performing. Show begins at 7:30 p.m. Fee. Topeka Performing Arts Center.  
TOPEKA, (785) 234-4545  
<http://www.tpactix.org>

MAR 25

### GOLDEN DRAGON ACROBATS FROM CHINA

Performers trained in the rigorous art of acrobatics since early youth, the troupe has garnered international acclaim. Lied Center.  
LAWRENCE, (785) 864-2787  
<http://www.lied.ku.edu>

MAR 28

### SATURDAY NIGHT A "THE DOWN BEAT"

Renowned musician Kelly Hunt takes us on a musical journey through the history of women of song who have left an impression on our hearts, our minds and our social conscience. Free. 1515 SE Monroe.  
TOPEKA, (785) 354-4273  
<http://www.nps.gov/brvb>

APR 2

### CALDER QUARTET

The Calder Quartet uses principles of equilibrium and stability, like their namesake, Alexander Calder, to balance the pairing of traditional chamber music with contemporary and avant-garde works. Lied Center.  
LAWRENCE, (785) 864-2787  
<http://www.lied.ku.edu>

APR 4

### AIN'T MISBEHAVIN'

*Ain't Misbehavin'*, the "Fats" Waller musical review, is a tribute to the music and Black musicians of the Harlem Renaissance in the 1920s and 1930s. Starring American Idol 2003 winner Ruben Studdard and 2003 contestant Frenchie Davis. Lied Center.  
LAWRENCE, (785) 864-2787  
<http://www.lied.ku.edu>

## 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

■ CONTINUED ON PAGE 17

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

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



Join us for the 4th Annual Texas Hold'Em Benefit Tournament, a fundraiser for the Alzheimer's Association. Call Kitty at 760-5508 for more information.

## HARBOR HOUSE Memory Care Residence

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

Enjoy more information and pictures at our web location at  
[lawrencemarketplace.com/harborhouse](http://lawrencemarketplace.com/harborhouse)



■ CONTINUED FROM PAGE 16

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

**FRIDAYS**  
**EAGLES LODGE**  
 1803 W. 6TH ST, LAWRENCE, 7:00 PM, (785) 843-9690

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

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

**BOOKMOBILE**

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

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

**MAR 5**  
**TALKING ABOUT HEALTH AND SELF-CARE**  
**WITH OLDER SPOUSE CAREGIVERS**  
 University of Kansas Gerontology Faculty Col-  
 loquium. Presented by Cynthia Teel, School  
 of Nursing, KU Medical Center. 2023 Haworth  
 Hall, 4:00 p.m.  
 LAWRENCE, (785) 864-4130

**MAR 5**  
**YOUR LEGACY: I TO WE TO ME**  
 Skillbuilders Program. Presented by Jean  
 Humphrey, Jo.Co.Family Life. Skillbuilders is  
 funded by the Community Impact Grant  
 through the United Way of Douglas County  
 and is presented by Dg.Co.Visiting Nurses,  
 Rehabilitation & Hospice Care, Dg.Co.Senior  
 Services and the Senior Outreach Services

of the Lawrence Public Library. Free trans-  
 portation is available by calling Douglas  
 County Senior Services, 842-0453. Refresh-  
 ments will be served. Lawrence Public Library,  
 10:00-11:45 a.m.  
 LAWRENCE, (785) 843-3833, ext. 115

**MAR 9**  
**STRAIGHT TALK ABOUT COLORECTAL**  
**CANCER**  
 In honor of Colorectal Cancer Awareness  
 month, plan to join us for an informative free  
 program about one of the leading cancer diag-  
 noses—colorectal cancer. William Freund, MD  
 of Lawrence Surgery Associates will discuss  
 screening, diagnosis and the surgical treat-  
 ment of colorectal cancer. Eston Schwartz, MD  
 of the Oncology Center at Lawrence Memorial  
 Hospital will discuss the latest information  
 on chemotherapy for this disease. LMH Audi-  
 torium, 6:30-8:30 p.m.  
 LAWRENCE, (785) 749-5800

**MAR 12**  
**ESTATE & LEGAL MATTERS**  
 Skillbuilders Program. Presented by Cheryl  
 Trenholm, Barber Emerson LC. Skillbuilders  
 is funded by the Community Impact Grant  
 through the United Way of Douglas County and  
 is presented by Dg.Co.Visiting Nurses, Rehabili-  
 tation & Hospice Care, Dg.Co.Senior Services  
 and the Senior Outreach Services of the Law-  
 rence Public Library. Free transportation is avail-  
 able by calling Douglas County Senior Services,  
 842-0453. Refreshments will be served. Law-  
 rence Public Library, 10:00-11:45 a.m.  
 LAWRENCE, (785) 843-3833, ext. 115

**MAR 19**  
**MANAGING YOUR MONEY**  
 Skillbuilders Program. Presented by Steve Ham-  
 ilton, VSR Financial Services. Skillbuilders is  
 funded by the Community Impact Grant  
 through the United Way of Douglas County and  
 is presented by Dg.Co.Visiting Nurses, Rehabili-  
 tation & Hospice Care, Dg.Co.Senior Services  
 and the Senior Outreach Services of the Law-  
 rence Public Library. Free transportation is avail-  
 able by calling Douglas County Senior Services,  
 842-0453. Refreshments will be served. Law-  
 rence Public Library, 10:00-11:45 a.m.  
 LAWRENCE, (785) 843-3833, ext. 115

**MAR 26**  
**MAINTAINING YOUR HOME**  
 Skillbuilders Program. Presented by Al Negen,  
 Negen Remodeling. Skillbuilders is funded by  
 the Community Impact Grant through the

United Way of Douglas County and is pre-  
 sented by Dg.Co.Visiting Nurses, Rehabilitation  
 & Hospice Care, Dg.Co.Senior Services and  
 the Senior Outreach Services of the Lawrence  
 Public Library. Free transportation is avail-  
 able by calling Douglas County Senior Services,  
 842-0453. Refreshments will be served. Law-  
 rence Public Library, 10:00-11:45 a.m.  
 LAWRENCE, (785) 843-3833, ext. 115

**EXHIBITS/SHOWS**

**FEB 7-MAR 21**  
**CHINA BEFORE MAO: THROUGH THE**  
**LENS OF A FLYING TIGER**  
**PHOTOGRAPHER**  
 Opening Reception, Friday, February 6, from  
 5:00-8:00 p.m. Flying Tigers Conversations,  
 Tuesday, February 24, 5:00-6:30 p.m. Museum  
 hours: 10:00 a.m.-7:00 p.m., Tues.; 10:00 a.m.-  
 5:00 p.m., Wed.-Fri.; 1:00-5:00 p.m. Sat. and  
 Sun. Admission is free. 1700 SW Jewell.  
 TOPEKA, (785) 670-1124

**FEB 16-MAR 30**  
**QUILTING AFRICAN AMERICAN WOMEN'S**  
**HISTORY: OUR CHALLENGES,**  
**CREATIVITY, AND CHAMPIONS**  
 A collection of powerful artworks that illumi-  
 nate and interpret the rich history of African  
 American women from the beginning of this  
 country's history through the present. Brown  
 v. Board of Education National Historic Site.  
 TOPEKA, (785) 354-4273  
<http://www.nps.gov/brvb>

**FEB 21-MAY 24**  
**CLIMATE CHANGE AT THE POLES:**  
**ANALYSIS AND ADAPTATION**  
 From the perspective of an art museum, the  
 prospect of climate change raises some ele-  
 mental questions. For example, what impact  
 will changing conditions have on current cul-  
 ture, thought, behavior and artistic expression?  
 Can art itself be an agent of change? What  
 will climate change do to our sense of place?  
 Spencer Museum of Art, 1301 Mississippi.  
 LAWRENCE, (785) 864-4710  
<http://www.spencerart.ku.edu>

**MAR 7-MAY 24**  
**BRANCHING SYSTEMS & OTHER TREES**  
 Trees will bring to light the Spencer's rich  
 collection of images and tree-centered works.  
 Spencer Museum of Art.  
 LAWRENCE, (785) 864-4710  
<http://www.spencerart.ku.edu>

**MAR 13 & 14**  
**HOME, GARDEN AND LEISURE SHOW**  
 Annual event featuring over 50 vendors show-  
 casing items for your home, garden and out-  
 door leisure! Friday event hours are 5:00 p.m.  
 to 9:00 p.m. Saturday event hours are 9:00 a.m.  
 to 4:00 p.m. Jackson County 4-H Building.  
 HOLTON, (785) 364-3963  
<http://www.holtonks.net/chamber>

**MAR 14 & 15**  
**"NO PLACE LIKE HOME" LEAVENWORTH**  
**HOME & GARDEN SHOW**  
 Home décor, garden, kitchen & bath, land-  
 scaping, home improvement, decks, hot tubs,  
 stonework, etc. Riverfront Community Center.  
 LEAVENWORTH, (913) 682-2313  
<http://www.leavenworthmainstreet.com>

**APR 3-30**  
**TO ENJOY AND DEFEND OUR AMERICAN**  
**CITIZENSHIP: FIGHTING FOR CIVIL**  
**RIGHTS IN THE SHADOW OF THE**  
**CHINESE EXCLUSION ACT**  
 This important exhibit acknowledges the Chi-  
 nese Exclusion Act of 1882 that had a dra-  
 matic effect on immigrant populations for  
 decades afterwards. Brown v. Board of Educa-  
 tion National Historic Site, 1515 SE Monroe.  
 TOPEKA, (785) 354-4273  
<http://www.nps.gov/brvb>

**APR 4-JUN 7**  
**2009 WASHBURN ART STUDENTS EXHI-**  
**BITION**  
 Exhibition featuring artwork by Washburn  
 University art students. Mulvane Art  
 Museum, 1700 SW Jewell.  
 TOPEKA, (785) 670-1124

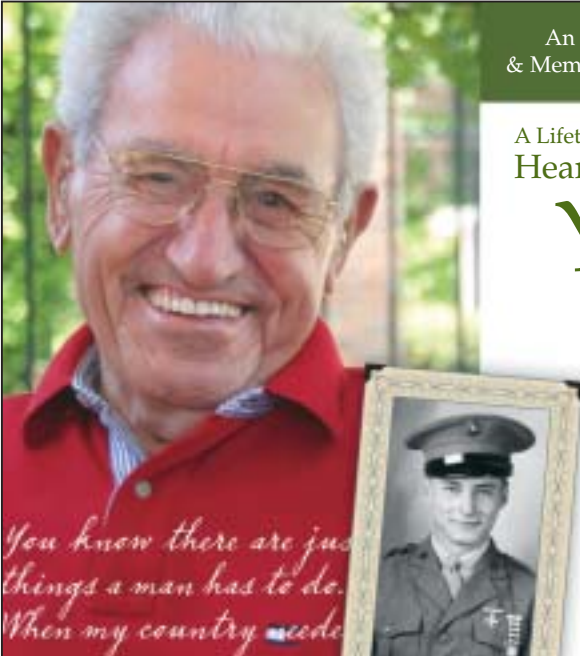
**APR 4-OCT 31**  
**A CENTURY OF RAILROADING IN JACK-**  
**SON COUNTY, KANSAS (1860 TO 1960)**  
 See model trains, train and depot pictures and  
 fashions from 1860 to 1960! Hear railroad  
 songs and stories of railroad life! Saturdays  
 and Sundays. Roebke House Museum.  
 HOLTON, (785) 364-4991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

**HEALTH**

**FIT DAYS THROUGH THURSDAYS**  
**FIT FOR LIFE**  
 LMH Kreider Rehabilitation Services offers

■ 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.

**Y**ou will find what you are looking for  
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Our unique approach to Assisted Living  
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residential setting along with caring  
and helpful staff providing you just the  
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Lawrence, KS 66049

*Respecting Values, Protecting Dignity,  
Supporting Independence.*



## ■ CONTINUED FROM PAGE 17

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

**TUESDAYS, WEDNESDAYS AND THURSDAYS JAZZEXERCISE LITE**

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

**TUESDAYS AND THURSDAYS BLOOD PRESSURE CLINIC**

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

**TUESDAYS AND THURSDAYS SENIORCISE PROGRAM**

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

**FIRST AND THIRD FRIDAYS OF EACH MONTH HEALTH CHECKS**

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

**SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE AND HEALTH INFORMATION**

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

**THIRD THURSDAY OF EACH MONTH MEDICATION CLINIC**

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

**FOURTH THURSDAY OF EACH MONTH NUTRITION CLINIC**

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

**MAR 4****CHOLESTEROL SCREENINGS**

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, Atrium, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

**MAR 5****BONE DENSITY SCREENING**

Advanced appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Individual appointment times must be selected. Note: this is NOT the same as a DEXA scan which is ordered by a physician and is done through Radiology. Lawrence Memorial Hospital, Meeting Room

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

**MAR 9****BONE DENSITY SCREENING**

See March 5 description. Lawrence Memorial Hospital, Meeting Room D, 4:00-6:00 p.m. LAWRENCE, (785) 749-5800

**MAR 30****BONE DENSITY SCREENING**

See March 5 description. Lawrence Memorial Hospital, Meeting Room D, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**APR 1****CHOLESTEROL SCREENINGS**

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

**MEETINGS****FIRST AND THIRD MONDAY OF EACH MONTH****BEREAVEMENT SUPPORT GROUP**

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

**FIRST AND THIRD MONDAY OF EACH MONTH****BEREAVEMENT SUPPORT GROUP**

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

**FIRST AND THIRD MONDAY OF EACH MONTH****CAREGIVER SUPPORT GROUP**

For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information. LAWRENCE MEMORIAL HOSPITAL 4:00-5:00 PM, (785) 840-3140

**FIRST AND THIRD MONDAY OF EACH MONTH****CAREGIVER SUPPORT GROUP**

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

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

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

**FIRST TUESDAY OF EACH MONTH LOSS AND GRIEF SUPPORT GROUP**

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

**TUESDAYS****GRIEF & LOSS SUPPORT GROUP**

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

**TUESDAYS****GRIEF & LOSS SUPPORT GROUP**

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

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

For those who have lost a loved one by sui-

cide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozee Education Center, 1505 SW 8th St. TOPEKA, (785) 478-4947 or (785) 296-8349

**FIRST WEDNESDAY OF EACH MONTH****OLDER WOMEN'S LEAGUE**

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

**FIRST WEDNESDAY OF EACH MONTH****INVESTMENT UPDATES**

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

**FIRST WEDNESDAY OF EACH MONTH****GRIEF SUPPORT GROUP**

Douglas County Visiting Nurses, Rehabilitation, and Hospice Care and Alterra hold a grief support group open to all on the first Wednesday of each month from 2:00-3:00 p.m. at Alterra at 3220 Peterson Road. For any questions, call Steve Satterfield, Hospice Chaplain. LAWRENCE, (785)-843-3738

**FIRST WEDNESDAY OF EACH MONTH****BEREAVEMENT SUPPORT GROUP**

Sponsored by Douglas County Visiting Nurses and Hospice and led by Chaplain Steve Satterfield. Meetings are held at the Windsor Assisted Living Center from 2:00-3:00 p.m. The public is welcome to join members at all meetings. For more information, call Sarah. LAWRENCE, (785) 841-3738

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

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

**THURSDAYS****GRIEF & LOSS SUPPORT GROUP**

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

**THURSDAYS****CANCER SUPPORT GROUP**

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

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

Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch).

**JADE MONGOLIAN BARBEQUE, LAWRENCE**

11:30 AM-1:00 PM

**FIRST AND THIRD THURSDAY OF EACH MONTH****GRIEF SUPPORT GROUP**

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

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

Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2:00 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library. TOPEKA, (785) 232-7765

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

Volunteer service club. (785) 331-4575

**SECOND MONDAY OF THE MONTH****CAREGIVER SUPPORT GROUP**

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m. TOPEKA, (785) 235-1367, EXT. 130

**SECOND TUESDAY OF EACH MONTH****LOSS AND GRIEF SUPPORT GROUP**

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

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

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

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

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

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

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

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

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer.

LAWRENCE, (785) 832-9900

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

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

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

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

**SECOND SATURDAY OF EACH MONTH****HAPPY TIME SQUARES SQUARE DANCE****CLUB**

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

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

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

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

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

■ CONTINUED FROM PAGE 18

**THIRD WEDNESDAY OF EACH MONTH  
RETIRED GOVERNMENT EMPLOYEES**

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

**THIRD THURSDAY OF EACH MONTH  
WIDOW'S LUNCHEON**

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

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

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

**THIRD SATURDAY OF EACH MONTH  
TOPEKA WIDOWED PERSONS BRUNCH**

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11:00 a.m.-1:00 p.m. For more information

about the Widowed Persons Service Program, please call Julie. TOPEKA, (785) 357-7290

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

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

**FOURTH WEDNESDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**

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

**FOURTH WEDNESDAY OF EACH MONTH  
CAREGIVER SUPPORT GROUP**

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

**FOURTH WEDNESDAY OF THE MONTH  
TOPEKA GENEALOGICAL SOCIETY**

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

**FOURTH FRIDAY OF EACH MONTH  
RETIRED GOVERNMENT EMPLOYEES**

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

**MAR 26**

**I CAN COPE®: RELIEVING CANCER PAIN**

Presented by Karen Finkbinder, Pharm.D., Oncology Pharmacist, and Julie McElhaney Tuley, RN BSN OCN, Clinical Coordinator, Oncology. The American Cancer Society and Lawrence Memorial Hospital Oncology Center are co-sponsoring this free program for those with cancer and their family and friends. Meets the fourth Thursday of each month with a new topic each meeting. Participants will have an opportunity to share their concerns with others having similar experiences after a cancer diagnosis. Light refreshments served. Meeting Room A, 5:30-7:30 p.m. LAWRENCE, (785) 505-2768 <http://www.lmh.org>

**MAR 27**

**AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Dr. Jon Heeb, a Lawrence urologist, will give the program. New and interested members welcome. Please call Noreen for reservations. LAWRENCE, (785) 842-6765

**ST. PATRICK'S DAY**

**MAR 14**

**ST. PATRICK'S DAY PARADE**

Watch the parade as it marches through this

charming downtown. After the parade there will be lots of fun things to do around town, including a traditional Irish supper at the Congregational Church. Wear your green and come visit us. TONGANOXIE, (913) 845-9244 <http://www.tongie.org>

**MAR 17**

**ST. PATRICK'S DAY PARADE & CELEBRATION**

Kick off the celebration with a parade, followed by an Irish street fair, activities and more. TOPEKA, (785) 234-9336

**MAR 17**

**ST. PATRICK'S DAY PARADE**

Join the fun and frivolity during the annual St. Patrick's parade featuring a wide array of floats and the St. Patrick's Day Queen and her court. Parade begins at 11th & Massachusetts, travels north through Downtown and across the Kansas River Bridge then turns east on Locust in North Lawrence. LAWRENCE, (785) 749-6677

**MISCELLANEOUS**

**MAR 13**

**FRIDAY THE 13TH TOUR**

At 7:00 p.m. at the Celtic Fox, 8th and Jackson. Fee. TOPEKA, (785) 383-2925 <http://www.ghosttourskansas.com>

**APR 5**

**EASTER HUNT SPECIAL**

"Easter Hunt Special" on the Midland Railway. The trains will take passengers to the former town site of Norwood where the egg hunts will be held. BALDWIN CITY, (785) 594-3200 <http://www.baldwincitychamber.com>

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# Library, Douglas County Senior Services to host benefits clinics

Many federal, state, local and private programs provide benefits to people age 55 and over, but you may not be aware of them or how to file for them. Benefits CheckUp is a free service of the National Council on Aging. It is an interactive Web site that can identify those resources that may assist you in paying for prescription medicines, health care, utilities and other basic living needs.

The Lawrence Public Library and the Douglas County Senior Services are teaming with the local chapter of the Older Women's League to assist those interested in this information by holding five clinics where these resources may be found.

Each individual session will take

20-30 minutes. Walk-ins will be taken, but it is suggested that you register as time is limited at each location.

To enable the volunteers to best assist you, please bring the following information: birthdates; employment history; length of time in current residence; list of current prescription medicines; current income and assets; and estimates of current expenses, including mortgage/rent, utilities, over-the-counter medicines and in-home services.

If you are unable to attend one of the clinics, consider sending a trusted friend or family member. You may also personally access the Web site at [www.benefitscheckup.org](http://www.benefitscheckup.org)

### Clinic Dates & Locations

**Monday, March 9**  
Lawrence Public Library, 5:30-8:00 p.m., Library Auditorium  
**Tuesday, March 10, and Wednesday, March 11**  
Douglas County Senior Services, 9:00-11:00 a.m., Multipurpose Room  
**Thursday, March 12**  
Babcock Place, 2:00-5:00 p.m., Din-

ing Room  
**Friday, March 13**  
Douglas County Senior Services, 1:00-3:00 p.m. Multipurpose Room  
To register for a clinic, call (785) 843-1169.  
For more information on this program, contact Janet Ikenberry at the Douglas County Senior Services, (785) 842-0543.

### WORDS OF WISDOM

"There is nothing stronger in the world than gentleness." - Han Suyin

"The penalty of success is to be bored by the people who used to snub you." - Nancy Astor

"There's place and means for every man alive." - William Shakespeare

"Liberate the minds of men and ultimately you will liberate the bodies of men." - Marcus Garvey

"Large, naked, raw carrots are acceptable as food only to those who live in hutches eagerly awaiting Easter." - Fran Lebowitz

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# Spend St. Patrick's Day with an Irish country village

By Margaret Baker

**Patrick Taylor: *An Irish Country Village*** (Forge, tp, ISBN 0-76533-20023-1)

While I'll admit to being disgruntled that a story set in the 1960s is officially considered an historical novel, this is a great example of story telling.

Newly-minted Doctor Barry Laverty started his assistantship to Dr. Fingal Flahertie O'Reilly in Ballybucklebo, an Irish village in Taylor's first volume (An Irish Country Doctor). We follow Barry through thick (mud) and thin (his few trousers) in this sequel, as delightful as the first, as he learns all the stuff medical school didn't teach.



Readers will find medical cases complicated by adherence to old wives tales, romances, bitter feuds, outsiders, eccentricities, even feline and canine characters (in every sense of that word).

As warm as an evening in the local pub with a snug turf fire, this work seems an amalgamation of James Herriot, Marcus Welby, M.D. (That dates me!!) and PBS's Ballykissangel.

**Mindy Starns Clark: *Shadows of Lancaster County*** (Harvest House, tp, ISBN 0-7369-2447-4)

Annalise Jensen changed her name and moved far from her Pennsylvania Dutch hometown after a horrendous end to a youthful transgression. Still,

when her ex-Amish sister-in-law Lydia calls with news her brother is missing, she knows she must return. She knows her Amish friends and neighbors have forgiven her, but she hasn't forgiven herself.



Bobby's disappearance becomes even more mysterious when masked strangers attack Anna several times, demanding jewelry Anna doesn't know about, let alone.

Dominant plotline revolves around the Amish interbreeding through the years, producing genetic problems.

Parts of this exciting tale take place in the 1800's, told through letters. Nice mix of history, medical DNA abuse, mystery and romance.

**Peter Robinson: *All the Colors of***

***Darkness*** (Wm. Morrow, hc, ISBN 978-0-06-175174-5)

The new DCI Alan Banks and Annie Cabbot!

Annie draws an apparent suicide. Mark Hardcastle, head of costumes and set design for Eastvale Theatre a primarily amateur theatre currently doing Othello, apparently hung himself in the nearby woods.

Laurence Silbert, Mark's partner, is found beaten to death. It looks like murder/suicide, but Annie feels intuitively that there may be more here. Alan is recalled from a long weekend with his present girl-friend, Sophia.

Silbert, they learn, was retired from M16. So is it a matter of spies, Othello, or a love affair gone wrong?

Like all of Robinson's considerable oeuvre, the plot and characters are layered, engaging perhaps because they are so authentic.

**Michael Pearce: *The Mark of the Pasha*** (Poisoned Pen Press, hc, ISBN 978-1-59058-444-6).

Pearce's historical mystery series is set in Egypt during the English occupation, a time and place rarely covered in fictional crime. A shame, because there are lessons for us to learn about our dealings in the modern Middle East.

Welshman Gareth Owen is Mamur Zapt, head of the Khedive's Secret Police. Accordingly, he must solve crimes and prevent assassinations. This time he is dealing with attempted terrorism in the period following WWI.

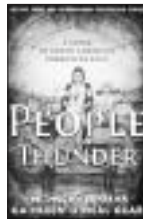


He works by using his observational skills and his knowledge of human nature. And he isn't above using the rising nationalism (both English and Egyptian) to solve cases, expose hidden agendas, and promote true democracy and equality.

**W. Michael and Kathleen O'Neal Gear: *People of the Thunder***. (Forge, hc, ISBN 978-0-7653-1439-0)

A much older historical mystery/adventure, this tale takes place among the North American Indians in what is now the American Midwest long before Caucasian travelers. A ruthless young man desiring extreme power rises. A huge nugget of pure copper, the most valuable mineral known at this time, will help him achieve it. Against him stand three unusual people—an older trader and two disparately extraordinary young women.

Political intrigue and action—lots and lots of action—make this work as a stand-alone. Readers who want more background can check the fifteen earlier works in the series, and in July Forge will publish the next, *Children of the Dawnlands*.



**A.C. Baantjer: *DeKok and the Dead Harlequin*** (Speck Press, tp, ISBN 978-1-908-27-8)

Baantjer's Dutch Inspector DeKok has been a favorite of readers in the Netherlands. Fortunately, H.G. Smit-tenaer and Speck Press have given mystery fans a translation.

DeKok, like the author, is an inspector in the Dutch police force, and like Sherlock Holmes and Nero Wolfe, has a voluble sidekick, in this case, Dick Vledder, who is being generally educated in the skills of solving

criminal puzzles.

The puzzle is a doozy. Pierre Brasel, mild-mannered accountant, has written him a letter indicating that he plans kill a man and escape judicial punishment. He asks for an appointment for DeKok to show him any failures in his planning.

All right, an unusual crazy man. But then the murder does occur, the dead man positioned as a harlequin (wooden puppet). Brasel has an airtight alibi. DeKok has a real puzzle to unravel.

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If you're still on the library list for recent hard cover books, here are new paperback editions, just in time for your thinning wallet, all from Harper Fiction:

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- Laura Lippman, ***Another Thing to Fall***
- Janet Evanovich, ***The Grand Finale***
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- Michele Martinez: ***Notorious***.

- Margaret Baker can be reached through Kaw Valley Senior Monthly or e-mailed at [glencoe@knetconnect.net](mailto:glencoe@knetconnect.net).



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# Cosmic Outsourcing

**B**ack in September 2003 I wrote a column about corporate outsourcing titled "Future Imperfect." In that column I predicted that outsourcing would become the mode in social and cultural sectors as well as in the corporate sector of society.

I predicted that Hollywood would outsource film making.

One of the hit movies of 2009, "Slumdog Millionaire," is based on



Larry Day

a U.S. television show. "Slumdog Millionaire," is set Mumbai, India, and its production leaders and cast come from the Indian subcontinent. Did I nail that one or what?

On the other hand, I made an obviously inaccurate prediction in September 2003 when I said that in 2009 radio talk show host Rush Limbaugh would be fired and his show would be outsourced. I said that Mr. Limbaugh would be replaced on the air by a 27-pound female cockatoo from the jungles of Borneo.

How could I have known that in 2009 President Barack Obama would taunt Mr. Limbaugh publicly and thereby elevate him to new national and international heights. Mr. Limbaugh's victory in that political fire fight gives him every right to say that the joke is on me.

And now I'm going write about my friend the alien. That will surely put my mental status in further jeopardy.

My friend from outer space is named KB-11.2. I call him Kaybe for short. He isn't one of those scary bug-eyed, green-skinned aliens that you read about. Kaybe looks like a giant tuna fish can. Erector Set® arms sprout from the curved sides of his body. Three spindly metal legs drop from the flat underside of his stainless steel torso. He has ball bearing wheels for feet, and three sensor-eyes wave at you from the ends of floppy antennae on the top of his lid.

Kaybe and I have soft drinks at a dingy roadhouse called The Enchantment. The clientele at The Enchantment don't even raise an eyebrow

when Kaybe rolls in the door and joins me at one of the back booths. They're accustomed to seeing unusual folks around the place.

Kaybe and I were chatting in The Enchantment the other night. The topic of corporate outsourcing came up. I bragged to Kaybe that when I call national retail customer service help lines I can tell whether the person on the other end of the conversation is Jamaican, Bangladeshi, Argentine, Romanian or Ukrainian.

"How about the voices from Canis Major and Draco? Can you tell them apart by their accents?"

"What?" I asked.

"You know, when you talk by phone to the folks in the Canis Major Dwarf Galaxy and Draco Dwarf Galaxy. Those two are among your nearest galactic neighbors."

"I don't talk by phone to folks in other galaxies, near or far," I said.

"You mean to tell me that you never call the Medicare Help Line, or the Social Security Help Line, the IRS Help Line, or any other U.S. government phone-in help services?"

"Of course I do. I phone government help lines all the time," I said.

"But what does that have to do with the Canis Major and Draco galaxies?"

"Cosmic Outsourcing," said Kaybe. "Beginning with the Clinton administration and continuing with the Bush administration, the U.S. government has outsourced its entire civilian help line service to low-cost call centers in other galaxies.

"My friend Androge works at a call center on a planet in the Canis Major Dwarf galaxy," said Kaybe. "Androge handles more than 100 U.S. government calls on any given shift. He/she makes the equivalent of ten U.S. cents an hour."

"That's incredible," I said.

"Not really. My cousin OR-72.5 makes only four cents an hour," said Kaybe.

"And you are saying you can tell the aliens who work for cosmic call centers apart?"

"Of course," said Kaybe. "Canis Majors often speak human English with a southern accent. Draco Dwarf beings usually sound like New Englanders. But it can be hard to tell an alien from a genuine human Southerner or New Englander unless you listen carefully."

"So next time I call a U.S. gov-




A plugger's home entertainment center.

ernment helpline and someone says, 'Hey, this is Bubba. How kin ah help yew?' I'll may be speaking to someone in the Canis Major Galaxy?" I asked.

"That's right," said Kaybe.

"Cool," I said.

- 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.



## SkillBuilders




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March 19	Managing Your Money	Steve Hamilton, VSR Financial Services
March 26	Maintaining Your Home	Al Negen, Negen Remodeling
April 2	Copying w/ Special Accessories	Doreen Flory, Social Worker with Peoples
April 9	Gardening	Jennifer Smith, Douglas County Extension Office
April 16	Computer Care & Keeping	Forum: forest-ling your questions
April 23	Home Security & Personal Safety	Gary Spares, Douglas County Sheriff's Office
April 30	Car Care	Richard Haig, Westlake BB
May 7	Searching for Peace	Linda Upstill, Ramsey-Yost Funeral Home
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# Antique purses holding on to their value

**QUESTION:** I have 25 antique purses. Most, I believe, are from 1900 through the early 1940s. How do I learn their value? -Laura, Green Valley, Ariz.

**QUESTION:** How can I authenticate my gold and black ladies compact engraved "Anna Pavlova"? On



Danielle Arnet

the top is a Russian coat of arms from the royal family. There are no marks on gold content. It is heavy for its size. My research indicates that no commercial products were made with the Pavlova name. -Elissa, Plantation, Fla.

**ANSWER:** Small decorated fabric purses from the early years of the 20th century were especially hot in collecting several years ago. They remain popular today.

Often square or rectangular, sometimes decorated with beads and a beaded fringe, the bags were not designed to carry much. But they always look charming hanging on a long chain from milady's arm.

Called vanity bags, reticules, purses or bags, the collectible accessories range from basic fabric drawstring pouches to elaborately beaded confections that sell for hundreds of dollars. Finely beaded examples are especially popular with collectors.

In the early 20th century, tapestry and needlepoint bags were in fashion. Beaded bags had their day a little later. Smart collectors know that tapestry has a design woven into the fabric; needlepoint, or the finer petit point, is stitched onto the fabric. Quality handwork is always more interesting than machine-made fabric, so hand-worked bags realize higher prices. The finer the work, the higher the price.

These days, tapestry bags have lost cachet because value has been affected by a flood of repros. Some are very good.

Bag size and shape is a matter of personal preference. In beaded bags, tiny or micro-beads are more desirable than large beads. Today, a micro-beaded purse showing a scene or landscape or a floral pattern, has more value than the same purse with a Deco geometric or rug pattern. Colorful design is good.

The bag's frame is important. A

fancy metal frame and decorative chain enhance value, especially if made of a precious metal such as silver. Buyers also pay a premium for fancy fringe on the bottom. The longer the better. Fancy is good.

Pedestrian antique bags sell for around \$50. A typical expensive bag with all the design bells and whistles retails at \$200 to \$300 or more.

To see how your bags compare, check [www.pursemasterpieces.com](http://www.pursemasterpieces.com), the site of Lynell Schwartz, author of books on antique purses and purse accessories.

From a photo sent, we observed that the purses were displayed hung on a wall. So we asked Schwartz if this was advisable. Schwartz noted that most purses in the photo were sturdy. Those are OK. But think twice about hanging more fragile hand beaded bags. In time, beading will pull away from hung beaded bags.

On a happy note, Schwartz told us that she is "pretty impressed" with how antique purses and accessories have maintained value. Prices on the best will always remain steady or climb.

The Pavlova compact was a harder call. Schwartz said, "This may have been made for the celebrity and may be very difficult to trace." Credited with creating the role of the dying swan, the Russian prima ballerina lived 1881-1931.

Is the intent to sell or simply to research? Before shopping the compact to an auction house, our smart collector must do some groundwork. Schwartz suggests having the gold content analyzed. Ask a jeweler. While they're at it, have them search for marks. Next, contact a seller/dealer who specializes in Russian items. This is especially important if enamel is involved. The compact may be valuable even if it was not owned by Pavlova. Finally, Schwartz suggests you contact the dancer's family, sending a photo of the compact and an SASE. Ask them to authenticate the piece. If/when you get a note of authentication, keep it with the compact.

Be warned that tracing the family and making contact may be time consuming, frustrating and expensive. Be prepared to pay for assistance.

An alternative is simply paying for a professional appraisal from a certified specialist in Russian items. See FYI.

Armed with whatever info is gleaned, approach an auction house. If selling is not a goal, at least you know what you have.

Schwartz's books include "Purse Masterpieces," "Vintage Purses at Their Best," 2nd ed., and "Vintage Compacts and Beauty Accessories." The first is from Collector Books, the others from Schiffer.

**FYI:** To find a professional appraiser in your area key: [www.appraisersassoc.org](http://www.appraisersassoc.org) (Appraisers Association of America), [www.isa-appraisers.org](http://www.isa-appraisers.org) (International Society

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

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# Cat that uses sink could be ill

**QUESTION:** One of our two cats urinates in a bathroom sink. We keep the litter box clean. I've tried lining the sink with plastic and filling it with water, but the cat still goes there. Can you help? - R.I.H., Chambersburg, PA

**ANSWER:** Cat behavior consultant



Steve Dale

Pam Johnson-Bennett says that in her experience, at least some cats who relieve themselves on counters, tabletops, stoves, in sinks or in similar elevated spots may be ill. Before assuming you're dealing solely with a behavior issue, see your veterinarian.

Johnson-Bennett, author of "Think Like A Cat" (Penguin Books, New York, NY, 2001; \$16.95), says cats who choose high places to relieve themselves are looking for a place with a view. She wonders if one of your cats is intimidating the other. Sometimes, cats' intimidation techniques are obvious. However, it could be that the intimidating pet is so subtle you'd need to speak feline to see what's going on.

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

**QUESTION:** According to the vet, my 16-year-old cat has dental problems. I give the cat tartar control treats. He's eating and doesn't seem to be in pain. I'm worried about spending all the money involved for dental treatment, and about the safety of anesthetizing an old cat. Any thoughts? - P.C., Tacoma, WA

**ANSWER:** If you have a toothache, you simply chew on the other side. Cats do the same thing. What's more, it seems many cats either have a high tolerance for pain and/or are programmed by nature not to telegraph illness. Feline practitioner Dr. Colleen Currihan, of Chicago, IL, says that by the time most cats refuse to chew, the situation is pretty serious and darn painful.

"In older cats, we simply take logi-

cal precautions by doing blood work before any dental procedure," says Currihan. "We weigh risks, considering the cat's overall health, previous reaction to anesthetics, and just how bad the teeth are. However, with quality anesthetics, age in of itself not considered a reason not to anesthetize."

Veterinary dentist Dr. Jean Hawkins, of Boise, ID, points out that your cat could have several more years of quality life—but not if his teeth are in bad shape. You haven't described specifically what the vet is concerned about, but you mention elsewhere in your letter that extracting teeth as a possibility. Your vet may see the beginnings of neck lesions, which occur where the gum line and the tooth meet. This is relatively common, and when it worsens it's exceedingly painful. However, Hawkins notes that teeth merely in need of a good cleaning due to excess tartar and plaque are also a health risk. The bacteria associated with poor teeth can drift through a cat's system, impacting kidney and liver function. The same can be true for people, Hawkins adds, which is why keeping your own teeth clean is so important.

Hawkins says she routinely cleans the teeth of older cats. However, if you doubt your vet's judgment, getting a second opinion seems sensible.

(Steve Dale welcomes questions/comments from readers. Although he can't answer all of them individually, he'll answer those of general interest in his column. Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY 14207. Send e-mail to [PETWORLD@STEVEDAILE.TV](mailto:PETWORLD@STEVEDAILE.TV). Include your name, city and state. Steve's Web site is [www.stevedalepetworld.com](http://www.stevedalepetworld.com); he can be heard Sundays on WGN Radio, 8 to 10 p.m. CST ([www.wgnradio.com](http://www.wgnradio.com) to listen live), and hosts the nationally syndicated "Steve Dale's Pet World" and "The Pet Minute." He's also a contributing editor to USA Weekend.

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## OFF THE WALL

"If you want something done, ask a busy person."

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# A traditional pork loin roast for Easter

By Wolfgang Puck

Tribune Media Services

Every year at Easter, my mother would roast a ham for our family table. It made a glorious main course: deeply browned and glazed outside, rosy pink within, succulent, tender, with the perfect mix of salty and sweet flavors.

I still think first of pork when I'm planning my own Easter meal. And it has to be a roast, which makes the most sense when you want an impressive star for your meal, but don't want to spend too much time working in the kitchen.

I have to admit, however, that I've strayed from ham. I love a good pork loin roast, one of the tenderest, most flavorful cuts you can buy. And I have fun experimenting with different combinations of ingredients that complement the meat's unique qualities, usually adding some form of fruit to play up its sweetness and a creamy sauce to highlight the meat's richness. I'll also sometimes include mushrooms, which complement pork's robust side.

You can find all those elements working in harmony in my recipe for Roast Pork Normandy, a traditional celebration dish from one of France's top apple-growing provinces. You get the flavor of that fruit from golden-brown sautéed apple wedges, as well as from a splash of Calvados—Normandy's traditional apple brandy, available from well-stocked liquor stores. Cream enriches a sauce based on good quality broth and the deglazed drippings from the roasting pan, embellished just before serving with some quickly sautéed mushrooms. Delicious!

Then, of course, there's the pork itself. Go for a pork loin roast with

the bones attached, which will help keep the meat moist and more flavorful as it roasts. Because pork today has been bred to be leaner, I also like to brine the meat overnight in the refrigerator. Letting the uncooked meat soak in this salty solution enhances the juiciness of the cooked roast, and also allows the brine's salty, sweet, and spicy flavors to penetrate every bite.

Let me add one final important piece of advice about the pork: Don't overcook it, which can really dry out lean pork, even a roast that you've brined. Gone are the days when health scares led everyone to cook pork until it was well done. Modern meat industry practices are delivering much safer products to our markets, so you should cook the roast to the point at which it's still slightly pink in the center, judging doneness with the aid of an instant-read thermometer. Then, let the roast rest, covered with foil, while you finish the sauce and garnish. The meat's residual heat will continue to penetrate to the center, so that by the time you carve it the pork will be perfectly done and wonderfully juicy.

Happy Easter!

## ROAST PORK NORMANDY

Serves 4

### BRINE:

- 2 quarts water
- 1/2 tablespoon ground cloves
- 1/2 tablespoon ground ginger
- 2 tablespoons cracked black peppercorns
- 6 bay leaves
- 1/2 pound kosher salt
- 1 1/2 cups honey
- 1 1/2 cups maple syrup

## PORK, APPLES AND SAUCE:

- 2 pounds pork loin roast, with ribs attached
- Salt
- Freshly ground black pepper
- 4 tablespoons Calvados
- 1 cup organic chicken or beef broth
- 1 cup heavy cream
- 2 tablespoons unsalted butter
- 2 Golden or Red Delicious apples, preferably organic, each peeled, cored, and cut into 8 wedges
- 1/2 pound mushrooms, wiped clean, trimmed, and sliced
- 1 tablespoon finely chopped fresh chives

At least five hours before you plan to cook the pork, or the night before, brine it. Put the water, cloves, ginger, black peppercorns, bay leaves and salt in a nonreactive pot large enough to hold the brine and pork together. Bring to a boil over high heat. Reduce the heat to a simmer and stir in the honey and maple syrup until dissolved. Remove from the heat and leave the brine to cool to room temperature.

Rinse the pork under cold tap water. Lower it into the brine and place a clean kitchen weight on top to keep it submerged. Cover the pot and refrigerate overnight.

About 1 1/2 hours before serving time, preheat the oven to 450 degrees.

While the oven preheats, season the roast with salt and pepper. Place it on top of a roasting rack in a roasting pan and put it in the oven. Roast until cooked through but still slightly pink inside, about 40 minutes; the pork should register 150 degrees when an instant-read thermometer is inserted into the center of the roast not touching bone. Transfer the roast to a heated carving board or serving platter and cover with a

double thickness of aluminum foil to keep it warm.

Remove the rack from the pan and pour off excess fat. Place the pan over a burner on the stove, set to medium heat. Add the Calvados and stir and scrape with a wooden spoon to deglaze the pan. Then stir in the broth and continue deglazing. Carefully pour the liquid into a saucepan, stir in the cream, bring to a boil over medium-high heat, and continue boiling, stirring occasionally, until the sauce is slightly thickened, about 15 minutes. Pour through a fine-meshed sieve into a clean pan, cover, and keep warm.

In a large, heavy saute pan over medium heat, melt 1 tablespoon of the butter. Add the apple wedges and saute, stirring occasionally, until tender and golden brown, 7 to 10 minutes.

Meanwhile, melt the remaining butter in another large saute pan over medium-high heat. Add the mushrooms and saute until they just begin to brown, about 4 minutes.

Stir the mushrooms into the strained sauce. Taste the sauce and adjust the seasonings, if necessary, with salt and pepper.

Just before serving, use a sharp carving knife to cut the roast across the grain into slices about 1/2 inch thick. Spoon the sauce and mushrooms onto heated serving plates. Arrange the meat slices, overlapping, on top of the sauce. Garnish with apples, sprinkle with chives, and serve immediately.

(Chef Wolfgang Puck's TV series, "Wolfgang Puck's Cooking Class," airs Sundays on the Food Network. Also, his latest cookbook, "Wolfgang Puck Makes It Easy," is now available in bookstores. Write Wolfgang Puck in care of Tribune Media Services Inc., 2225 Kenmore Ave., Suite 114, Buffalo, N.Y. 14207.)

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# When adult children begin to help their parents

When parents grow older and need increasing care, the adult children often transition into the role of caregiver. In recent years, expressions such as "role reversal" and "parenting the parent" have commonly been used to describe this transition.

However, some experts on aging question the use of these terms.

According to Beverly Pfeiffer, of the University of Missouri Outreach and Extension Elderly-Focused Base Program Team, "The notion that child and parent are 'reversing roles' reflects misconceptions about aging and caregiving. Experts on aging suggest we reframe our thinking about dependence and independence in terms of accepting *another stage of development* in life, rather than role reversal. This can help caregivers to accept a parent's need for help without treating them as children, either in action or tone."

Accepting change in the parent-child relationship is part of the caregiving process. It can be a difficult transition for a child to assume the role of decision-maker, whether it involves ensuring that medication is being taken and that a loved one is eating well, discussing difficult driving decisions, helping to

arrange for support services, or intervening when it may no longer be safe or desirable for a parent to live alone.

So, while the roles may not reverse, they do change. This realization may generate many emotions in both the older parent and the adult child. These emotions need to be recognized, acknowledged, and discussed.

### Promoting comfort in conversation

When talking to someone who is sitting in a chair or a wheelchair or lying in bed, sit down or move

into a position that allows eye contact. This is less tiring for the person you're speaking with, who then does not have to look up at you to converse.

### Prepare a person for what is next

Take time to talk to and reassure the people you are helping or visiting by letting them know what is going to happen next. Describe what you are doing and clarify what you expect them to do.

Even routine actions that are performed a dozen times a day may cause a care receiver to startle, be-

come anxious, or get upset. For example, "scripting" is valuable when helping with positional transfers, assisting with personal care, pushing someone who uses a wheelchair, on community outings, and during social gatherings with relatives and friends.

- Thanks to Gail Yelenek, respite care coordinator at Village Presbyterian Church in Prairie Village, KS for this information. This article was made available by the Kansas Senior Press Service, a partnership of the Kansas Department on Aging and Johnson County Human Services & Aging.

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By Tannah Hirsch

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WEST EAST  
 ♠ Q 9 7 4 ♠ 10 8 5 3  
 ♥ A Q 6 3 ♥ K 10 5  
 ♦ A 10 9 4 ♦ 7  
 ♣ 7 ♣ 10 9 8 5 2

SOUTH  
 ♠ A J  
 ♥ J 9 2  
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West's two-diamond overcall of the strong no-trump opening was a

takeout for the majors. North had a borderline raise to game, and three no trump became the final contract.

This deal would have been over had West chosen to attack with a heart but, reluctant to give declarer a trick he might not have been able to make if he had to break hearts, West selected a low spade. South, Jim Gordon of South Burlington, Vt., realizing that there was still time for the defenders to switch the attack to hearts, elected to capture East's ten of spades with the ace!

A low diamond to the king won and a diamond was returned to the queen and ace. West, convinced by the play to the first trick that his partner held the jack of spades, reverted to a low spade. Declarer won with the jack and rattled off a fast 10 tricks.

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

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

MEDIUM

Solution on page 31

OFF THE WALL

Visitors to Las Vegas are divided into two groups - the haves and the hads.

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# NOSTALGIA NOTEBOOK

## MARCH 1939

### Births

**MARCH 4:** Jack Fisher, former American Major League baseball pitcher  
**MARCH 4:** Paula Prentiss, American actress (*Where the Boys Are*)  
**MARCH 13:** Neil Sedaka, American singer ("Breaking Up Is Hard To Do")  
**MARCH 20:** Brian Mulroney, 18th Prime Minister of Canada  
**MARCH 28:** Tommy Tune, American dancer, choreographer, and actor

### Events

**MARCH 2:** Pope Pius XII (Cardinal Pacelli) succeeds Pope Pius XI as the 260th pope.  
**MARCH 3:** In Bombay, Mohandas Gandhi begins to fast in protest of the autocratic rule in India.  
**MARCH 3:** Students at Harvard University demonstrate the new tradition of swallowing goldfish to reporters.  
**MARCH 26:** The Philadelphia Story, a comedy by Philip Barry starring Katharine Hepburn, debuts at the Shubert Theater in New York City.  
**MARCH 28:** Dictator Francisco Franco assumes power in Madrid.

## MARCH 1949

### Births

**MARCH 3:** Jesse Jefferson, American baseball player  
**MARCH 12:** Bill Payne, American rock musician (Little Feat)  
**MARCH 12:** Natalia Kuchinskaya, Soviet gymnast  
**MARCH 16:** Erik Estrada, Puerto Rican actor  
**MARCH 17:** Patrick Duffy, American actor (*Dallas*)  
**MARCH 21:** Eddie Money, American rock singer  
**MARCH 23:** Ric Ocasek, American rock musician (The Cars)  
**MARCH 26:** Vicki Lawrence, American comedienne and game show hostess

### Events

**MARCH 1:** World heavyweight boxing champion Joe Louis retires.  
**MARCH 2:** The B-50 Superfortress *Lucky Lady II* lands in Fort Worth, Texas, after completing the first non-stop around-the-world airplane flight  
**MARCH 29:** The 21st Academy Awards ceremony is held.

## MARCH 1959

### Births

**MARCH 6:** Tom Arnold, American actor and comedian  
**MARCH 8:** Aidan Quinn, Irish/American actor  
**MARCH 15:** Harold Baines, American baseball player  
**MARCH 17:** Danny Ainge, American basketball player and coach  
**MARCH 18:** Irene Cara, American singer  
**MARCH 22:** Matthew Modine, American actor

### Events

**MARCH 8:** The Marx Brothers make their last TV appearance, in *The Incredible Jewel Robbery*.  
**MARCH 9:** The Barbie doll debuts.  
**MARCH 11:** *A Raisin in the Sun* by Lorraine Hansberry opens on Broadway in New York.  
**MARCH 18:** American President Dwight D. Eisenhower signs a bill allowing for Hawaiian statehood.  
**MARCH 31:** The Dalai Lama leaves Tibet.  
**MARCH 31:** Busch Gardens in Tampa, Florida is dedicated and opens its gates.

## AARP TAX-AIDE PROVIDES FREE TAX HELP

SITE	ADDRESS	CITY	PHONE	OPEN DATE	CLOSE DATE	SITE SCHEDULE	HOURS	E-FILING
Baldwin City Library	800 7th St	Baldwin	785-887-6070	1-Feb	15-Apr	Tues. and Thu.	12-4 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Mon., Tues., Wed., Thu.	1-4 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-887-6070	1-Feb	15-Apr	Saturdays	9 a.m.-12 p.m.	Yes
Olathe Library	201 E Park St	Olathe	913-971-6888	1-Feb	15-Apr	Mon., Tues., Wed., Thu.	10 a.m.-3 p.m.	Yes
Olathe Library	201 E Park St	Olathe	913-971-6888	1-Feb	15-Apr	Saturdays	10 a.m.-3 p.m.	Yes
Olathe Senior Center	311 E Park St	Olathe	913-782-1878	1-Feb	15-Apr	Tues. & Thu.	10 a.m.-3 p.m.	No
Court House Square Apts	235 S Main St	Ottawa	785-865-3985	26-Jan	15-Apr	Wednesdays	1-4 p.m.	Yes
Community Action	621 SE Swygart	Topeka	785-235-9296	26-Jan	15-Apr	Tues. and Wed.	9 a.m.-3 p.m.	Yes
First South. Baptist Church	1912 SW Gage Blvd	Topeka	785-272-0443	26-Jan	15-Apr	Fridays	9 a.m.-3 p.m.	Yes
First United Method. Church	600 SW Topeka Blvd	Topeka	785-233-8100	26-Jan	15-Apr	Wednesdays	9 a.m.-3 p.m.	Yes
Jayhawk AAA	2910 SW Topeka Blvd	Topeka	785-272-8616	26-Jan	15-Apr	Mondays	9 a.m.-3 p.m.	Yes
Lowman Methodist Church	4000 SW Drury Ln	Topeka	785-272-8921	26-Jan	15-Apr	Thursdays	9 a.m.-3 p.m.	Yes

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

**JUMBLE ANSWERS**

Jumbles: CURRY NAVAL ZINNIA ARTERY

Answer: Where the opera star performed - THE ARIA AREA

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**CROSSWORD SOLUTION**

M	E	M	O	E	N	T	E	R	G	O	L	D	
A	M	I	D	F	A	I	R	E	A	V	E	R	
T	I	N	E	F	I	R	M	S	R	A	V	I	
T	L	C	M	O	V	E	A	T	A	C	L	I	P
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P	R	U	N	E	D	A	N	I	S	H	C	H	
R	A	N	G	A	R	E	N	T	G	R	A	M	
E	V	I	L	L	I	T	E	R	P	O	R	E	
P	E	T	E	S	A	S	S	Y	S	P	A	N	

**TRIVIALITIES ANSWERS**

1. Tilda Swinton 2. Danny Boyle 3. Keanu Reeves 4. "I, Robot" 5. Louis Sachar 6. Jon Voight 7. "Ali"

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