

# Kaw Valley **FREE!** Senior Monthly

March 2010

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 9, No. 9

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Lawrence has already been recognized as a "best place to retire." Now a new report suggests retirees could have a greater economic impact than manufacturing in Douglas County. - page 6



Cowabunga! Gary K. Clarke writes a book about his lifetime of animal adventures. - page 8

COURTESY PHOTO



Joyce and Mel Williams

## 'Retired' couple raise grass-fed beef

By Kevin Groenhagen

In September 1994, Mel Williams retired from his position as an aircraft mechanic for Delta Airlines. Shortly after retiring, Mel and his wife, Joyce, moved from their home with 10 acres west of Basehor to a much larger ranch north of Lawrence.

"In Basehor, we raised pigs with our kids for 4-H," Mel said. "My dad had a dairy. I milked cows twice a

day every day, and I knew I didn't want to do that after retiring."

Mel's father had also raised beef cattle, and that's exactly what Mel and Joyce wanted to do at the newly established MJ Ranch.

The Williamses began selling their grass-fed beef in 1995, but didn't really realize what they had until about a decade later.

"I read an article entitled 'Beyond Organic' at [www.eatwild.com](http://www.eatwild.com)," said

Joyce, who was then a registered nurse at Lawrence Memorial Hospital (she retired in 2007). "The article described the health benefits of 100-percent, grass-fed beef."

According to the author of the article, Jo Robinson, "Few consumers realize that many producers of 'organic' or 'naturally raised' animal products raise their animals in confinement and feed them grain—just

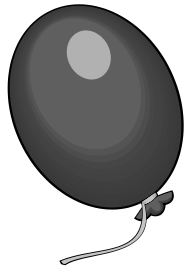
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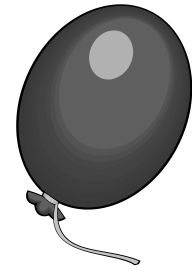
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# Williamses

■ CONTINUED FROM PAGE ONE

like the operators of conventional feedlots." While this grain-fed beef may be organic, it has fewer nutrients than grass-fed beef. Eatwild.com notes that grass-fed beef has two to four times more omega-3 fatty acids than grain-fed beef and is also higher in Vitamin E.

Grass-fed beef can also have three to five times more conjugated linoleic acid (CLA) than grain-fed beef. According to WebMD, CLA "increases metabolism, immunity, and muscle growth. It also reduces abdominal fat, cholesterol, and allergic reactions. Recent animal studies have also shown that CLA may be beneficial in cancer treatment."

Robinson's article also noted that grain feeding increases the level of acid in a cow's digestive tract. This acidic environment speeds the growth of E. coli bacteria. These acid-resistant bacteria are more likely to survive in the digestive systems of humans and potentially cause sickness.

Another concern with grain-fed beef is the use of antibiotics. According to an Associated Press article last December, "Researchers say the overuse of antibiotics in humans and animals has led to a plague of drug-resistant infections that killed more than 65,000 people in the U.S. last year—more than prostate and breast cancer combined. And in a nation that used about 35 million pounds of antibiotics last year, 70 percent of the drugs—28 million pounds—went to pigs, chickens and cows." Thirteen percent of antibiotics administered on farms are not to treat diseases, but to make healthy animals grow faster.

It takes about six months longer to produce 100-percent, grass-fed beef for market. In addition, raising grass-fed cattle is more labor intensive than raising grain-fed cattle. Considering the extra time and work, as well as the health benefits associated with grass-fed beef, the Williamses, who had been selling their beef right along with farmers selling grain-fed beef, realized they had a higher-quality product that deserves a higher price.

"One day I was in Lawrence," Joyce said. "I had no clue what I was going to do, but I went into the Community Mercantile and talked to the meat manager. He agreed to take quite a bit of our beef."

MJ Ranch's beef is now available at several other Lawrence locations, including Checkers Foods, the health market sections in both Hy-Vees, and at Local Burger, a "healthy fast

food" restaurant that strives to provide customers with fresh, organic, local, and sustainable fare.

"I'd also like to get a market for all our steaks," Joyce said. "We wouldn't be able to supply a restaurant with all the steaks they need for a week, but we'd like to supply someone with steaks on an occasional basis."

Joyce also deals with customers directly. She is in Lawrence a couple of times a week to make deliveries to Lawrence customers. In addition, she meets Kansas City-area customers every month or month and half at the Oak Park Mall in Overland Park. The MJ Ranch Web site includes a "Ranch Update" that, among other things, notes when Joyce will make her next Oak Park delivery. During those de-

liveries, customers can buy a variety of cuts and "gourmet ground beef."

"We have a slogan for our gourmet ground beef," Joyce said. "It's 'Go ahead and enjoy your steak in the form of a burger.'"

## FUN FACT

The Williamses' cattle are a Scottish breed known as Black Angus. In 1873, George Grant transported four Angus bulls to Victoria, Kansas, as part of the Scotsman's dream to found a colony of wealthy, stock-raising Britishers. Those accustomed to Shorthorns and Longhorns initially considered the black, hornless bulls to be "freaks." However, according to the American Angus Association, "Grant, a forward thinker, crossed the bulls with native Texas longhorn cows, producing a large number of hornless black calves that survived well on the winter range. The Angus crosses wintered better and weighed more the next spring, the first demonstration of the breed's value in their new homeland."

Today, Black Angus is the most popular beef breed of cattle in the United States, with 324,266 animals registered in 2005.

ing the extreme heat of the summer, and then resume hauling around October 1 through December.

How does the grass-fed beef taste?

"That's all we've ever really eaten, so we don't know what to compare it to" Joyce answered. "But what we hear from customers more than anything is that the taste is better than grain-fed beef."

Counting calves, MJ Ranch has about 180 head of cattle that have never been in a feedlot.

"All of our cows are born and raised here and they are never confined," Mel said. "They're always out in the pasture. In the winter, I unroll the hay for them in the pasture."

During the warmer months, the cows feed on grass in the pasture. The Williamses use a managed intensive grazing system, which keeps the cows in one portion of the pasture, or a paddock, through the use of a temporary electric fence. When the cows have eaten enough of the grass in one paddock, the Williamses move the fence to another paddock. They usually rotate the paddocks on a daily basis, but can do it as often as twice a day. Through this system, usually begin hauling in June and continue to about mid-July. They take several weeks off during the extreme heat of the summer, and then resume hauling around October 1 through December.

MJ Ranch is a member of the American Grassfed Association (AGA), which inspects the ranch every year. As an AGA Certified Producer Mem-

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# Aldersgate Village begins offering home health services

By Billie David

There's an organization in Topeka that is over 100 years old, yet commemorated its 25th anniversary in 2004 and is now celebrating its one-year anniversary.

No, it's not aging backwards. The discrepancy occurs because the organization, originally called United Methodist Home, became the retirement community known as Aldersgate Village in 1979, and last year began offering home care services through the United Methodist Home subsidiary, Aldersgate Village Home Health Services, LLC.

"Aldersgate is striving to be the expert in aging," said Teresa Brown, Aldersgate's director of health services. "We want to be able to say to people, 'if you need services relating to aging, we want to provide it.'"

"The baby boomers are here, and they are demanding more care and better services in their own homes," she added.

The emotional advantage of in-home care is that people are familiar with their own homes—their own space—and they are comfortable there, Brown explained. And if somebody can come in and provide services, even a few hours a week, setting up meds, helping with showers and other personal care needs, then remaining at home becomes possible.

"We can make it happen," Brown said. "It's our job to help you so that you can take care of yourself, or your loved one."

For people who have been married for 50 or more years and who take it upon themselves to care for their ailing spouses—often to their own detriment—having someone come in and help means having time to catch one's breath and take care of one's own health.

"It's incredible, the dedication we see with spouses," Brown said. "It just amazes me."

But with home care, the caretaking spouse can take an occasional break without worry or guilt.

"It is a big sigh of relief," Brown said. "That's just huge, even if it is

just twice a week."

Home care can also provide peace of mind for baby boomers whose aging parents live in a different city, she added, because they can rest assured that their parent's medication schedule is being supervised and that qualified nurses are being proactive in spotting problems and communicating with the client's physicians.

One thing that sets Aldersgate Village Home Care Services apart from many other home health care businesses is that it is licensed through the State of Kansas. This assures the community that Aldersgate is answerable to state requirements such as a high level of licensure, and that its records are subject to inspection at any time, Brown explained.

In addition, state licensing means that a registered nurse is required to do the initial assessment and monitor the client's care on an ongoing basis. They are also required to have each client's plan of care signed by

their physician.

"That keeps the doctor in the loop with what's going on," Brown explained.

Some of the services Aldersgate offers include:

- Medication setup, daily reminders and injections.
- Coordination of physician and medical services and appointments.
- Help with managing medicines received from multiple doctors.
- Wound care and dressing changes.
- Blood pressure and diabetic monitoring.
- Daily living activities such as bathing, dressing, oral hygiene, feeding, incontinence and toileting issues.
- Companion care.
- Transportation.
- Care management and coordination, including social service issues
- Assistance with medical bills and insurance related issues. (Services are billed directly to the client, although some long-term care in-

urance policies may cover home health services. In such cases, Aldersgate staff will fax a copy of the client's bill to the insurance company automatically.

Aldersgate Village itself is the second largest retirement community in Kansas. It is a non-profit Christian organization supported by the United Methodist Church, although members of many other denominations and religions also live there. There is a full-time chaplain available and chapel services are provided on every neighborhood.

Aldersgate Village includes independent living, assisted living, and skilled nursing options. There are four neighborhoods dedicated to dementia care. The nursing staff—including all home care employees—in these neighborhoods have been trained in dementia care.

For additional information or to receive a free consultation call the health care office at (785) 286-7474. People can also call the main number at (785) 478-9440 to schedule an appointment for a tour of the campus. More information about Aldersgate Village can be found at [www.aldersgatevillage.org](http://www.aldersgatevillage.org).



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# Williamses

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ber, MJ Ranch must meet AGA standards, which are "intended to incorporate the attributes of open pasture, humane animal care, no antibiotics, no hormones, the production of nutritious and healthy meats, and to be supportive of American family farms." MJ Ranch is also certified by Animal Welfare Approved (AWA). AWA has the most rigorous standards for farm animal welfare currently in use by any United States organization.

about the welfare of their cattle, the Williamses take steps to protect the land they live on. This includes a sustainable system to provide their cows with water.

"We have a solar-powered water system," Mel explained. "We pump water from a spring-fed pond up to a 1,700-gallon tank."

Using this system, the Williamses can provide water to their cattle in every paddock.

For more information on MJ Ranch and its grass-fed beef, please call the Williamses at (785) 865-2503, e-mail them at [mjranch66044@hughes.net](mailto:mjranch66044@hughes.net), or visit [www.mandjranch.com](http://www.mandjranch.com).

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# Report: Retirees could promote economic development

By Kevin Groenhagen

When you look at a retiree, you might see several things. You might see a parent, a grandparent, a community volunteer, an aging veteran, or a mentor. In addition to those titles, John Glassman, executive director of Douglas County Senior Services (DCSS) and president of the Vantage Pointe Foundation, a private fundraising arm for DCSS and other aging organizations, wants Douglas County residents to start seeing retirees as part of an economic development strategy.

"The retiring migrant may be generating a new industry with major growth segments in real estate, finance, recreation, health care, and retail sales," Glassman explained.

Glassman offered this comment while discussing "The Potential Economic Impact of Attracting Retirees to Douglas County" at Douglas County Coalition on Aging's quarterly community meeting on January 27. The discussion concerned a study conducted by researchers with the Office of Aging and Long Term Care (OALTC) in Kansas University's School of Social Welfare.

OALTC researchers reviewed data

compiled through a contract with Vantage Pointe Foundation to "understand the issues of promoting Lawrence as a premier retirement community." Their study suggests that Douglas County would be wiser to focus on attracting retirees instead of offering incentives for businesses to locate in the county since attracting retirees will not require large investments in tax abatements and infrastructure.

"According to economists Green and Schneider, the economic impact of one new retiree household is equal to 3.7 new manufacturing jobs," Glassman said. "The Senior Journal reports that when seniors move into an area, they create one job for every 1.8 retirees."

Still not convinced that retirees could be a new industry? Then consider that members of the 50+ market have the following:

- \$35,000 average annual salary (\$70,000 per couple)
- 77 percent of the country's personal financial assets
- 80 percent of the savings deposits
- 68 percent of all money market accounts
- 50 percent of all corporate



John Glassman (left) with two Douglas County Senior Services patrons.

stocks

With this level of wealth, some of the benefits of attracting retirees to Douglas County would include increases to the following sectors of the local economy:

- tax base (retail and property)
- bank deposit base and capital

pool

- retail sales
- charitable contributions

Just as chambers of commerce compete to attract companies to their cities, the study indicates that Lawrence and Douglas County will

■ CONTINUED ON PAGE SEVEN

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# Retirees

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have to compete with other municipalities to attract retirees to Douglas County. Of the 78 million baby boomers born between 1946 and 1964, economists predict that 400,000 will relocate to another state after they retire each year for the next 18 years. According to the OALTC study, "These retirees are especially likely to move to towns and small cities within driving distances of metropolitan areas."

In addition to the convenience of living near metropolitan areas, the list of amenities for retirees in Douglas County includes a lower cost of living than the U.S. average, access to the arts and other cultural opportunities, universities, sports and recreation, and quality healthcare.

"When you think about the list of amenities here in Lawrence, and then you look at a list of the amenities a certain sector of retirees—those retiring early—are looking for, it matches up very well," said Dr. Rosemary Chapin, who is the director and creator of OALTC. "College towns are particularly of interest. The National Association of Baby Boomer Women explains the attraction of university communities this way: 'College Towns: For those who would rather hit the books than hit a golf ball, it's worth consideration.' One cannot help but note that Lawrence has both the college and golf courses."

Fortunately for DCSS, the Lawrence Chamber of Commerce, and other organizations that desire to attract retirees to Douglas County, Lawrence has already gained a reputation as a great place for retirees. For example, the November 2002 issue of *Kiplinger's Personal Finance* noted, "Senior citizens are flocking to college towns to enrich their retirement. *Kiplinger's* included Lawrence as one of three towns profiled to give readers "a taste of this new trend." According to *Kiplinger's*, Lawrence is a "cultural oasis smack in the middle of the country."

In 2007, *U.S. News and World Re-*

*port* named Lawrence as one of the 10 best places to retire. The magazine started with a database of 2,000 American places with a population of at least 15,000. They then winnowed that list down to a little over 1,000 places "using criteria that included cost of living, climate, crime rate, access to healthcare, and cultural and recreational amenities. From there, the editors picked the 10 Best Places to Retire. "Lawrence has everything we wanted," Larry Gadt, 65, told the magazine. While still living in Washington, D.C., Gadt and his wife listed what they wanted in a retirement spot: a college

town with a population less than 100,000, a good hospital, and convenient transportation. They found that if it isn't in Lawrence, it's near-

by in Kansas City.

For more information about the OALTC report, please see [www.seniormonthly.net/oaltc.pdf](http://www.seniormonthly.net/oaltc.pdf).

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

# Clarke pens book on lifetime of animal adventures

By Kevin Groenhagen

When *Senior Monthly* profiled Gary K. Clarke in 2005 (see [www.seniormonthly.net/clarke.pdf](http://www.seniormonthly.net/clarke.pdf)), he had just returned from his 135<sup>th</sup> safari in Africa. He went on to lead several more safaris with his business, Cowabunga Safaris. However, a leg ailment forced him to stay closer to home during the past few years.

Finding himself with more spare time than he had expected, Clarke decided to complete a project he had started in 1995. He published the project, a book of his lifetime experiences, last year.

*Hey Mister—Your Alligator's Loose!* chronicles Clarke's life from his childhood interest in animals through his years as director of the World's Famous Topeka Zoo. The title of the book comes from when Schroeder, an alligator that was nearly four feet long, crawled out of his satchel aboard a flight to Des Moines. Clarke had dozed off and initially thought he was dreaming when he heard his fellow passenger shouting. Clarke eventually caught Schroeder before panic spread through the rest of the cabin.

Clarke divided his book into nine parts, with each part covering a dif-

ferent period in his life. Part I covers his childhood and his positions as a zookeeper at the Kansas City Zoo and curator at the Forth Worth Zoological Park. Parts 2-9 cover Clarke's years as director of the Topeka Zoo, from the time the 24-year-old Clarke arrived in 1963—then the youngest zoo director in the country—until he retired in 1989.

When Clarke arrived at the zoo, it had few attractions and was in poor condition. Wanting to make improvements, Clarke organized the Friends of the Topeka Zoo (FOTZ) in 1964. FOTZ is a non-profit membership organization dedicated to the improvement and development of the zoo.

In 1966 the zoo opened the Animals & Man building (formerly called the Large Mammal Building), which currently houses African elephants, hippos, giraffes, lemurs, storks, cranes and several smaller species.

In 1969, the first gorillas in Kansas arrived at the Topeka Zoo. Clarke recounts how the Rotary Club of Topeka helped raised the \$5,000 needed to bring an infant male gorilla from the Dallas Zoo to the Topeka Zoo. The Rotary Club named the gorilla Max,



Gary K. Clarke

after their president, Max Falkenstien, the "Voice of the Jayhawks." Falkenstien flew to Dallas with Clarke and two others, and became the first person to change a gorilla's diaper while 8,000 feet over Kansas.

In 1974 the zoo opened the Tropical Rain Forest, which was one of the first walk-through tropical exhibits of its kind. This facility, which

is approximately 100 feet in diameter and 35 feet tall, is home to more than 100 animals. Clarke also oversaw the addition of Lions Pride—a naturalistic display for African lions—in 1989.

Clarke's book also includes dozens of photos, many illustrations by Alice C. Sabatini, and other materials

■ CONTINUED ON PAGE NINE

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# Clarke

■ CONTINUED FROM PAGE EIGHT

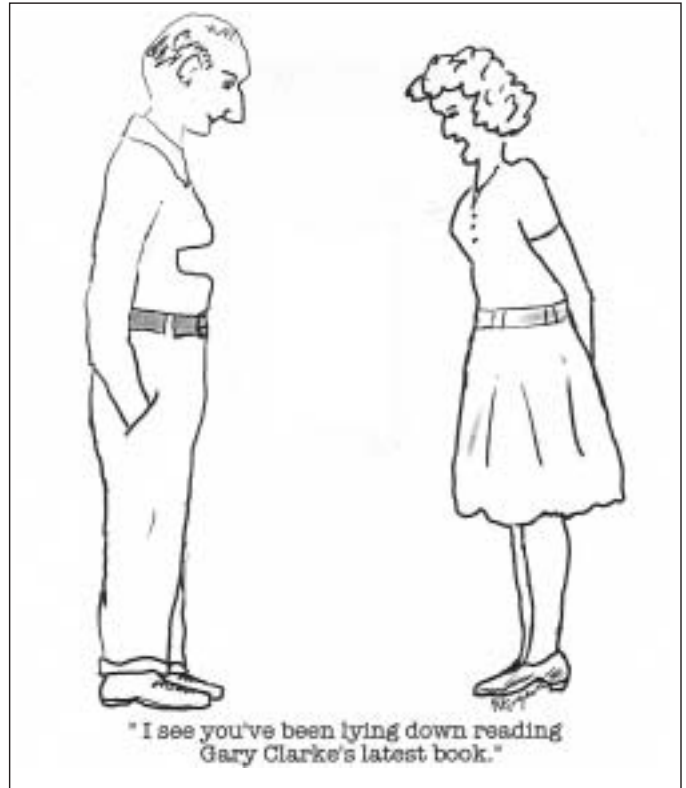
from various sources. At 512 pages (Clarke used larger print, which is great for more mature eyes), the hardcover book weighs in at more than four pounds. However, the material is far from heavy. This is a very funny book. In fact, it is often quite "punny," as when Clarke shares names he has given to animals. There were the "gnus, Weather and Sports," Submarie the hippopotamus, Julius Squeezer the boa constrictor, and Gregory Peccary the peccary (a piglike animal).

And then there was Djakarta Jim. Djakarta Jim, an orangutan at the zoo, had taken an interest in painting. Officials from the Topeka Recreation Commission persuaded Clarke to submit two of Djakarta Jim's paintings in an art contest at the Kansas Recreation and Park Asso-

ciation Conference in Hutchinson. Submitted under the name D. James Orang, Djakarta Jim's "Train from Tokyo" won first prize in the four- to eight-year-old category.

*Hey Mister—Your Alligator's Loose!* is chockfull comical anecdotes that will give the reader hours of chuckles.

*Hey Mister—Your Alligator's Loose!* can be found in Topeka at Barnes & Noble, Hastings, the Kansas Museum of History, the Topeka Zoo Gift Shop, and the Topeka & Shawnee County Public Library. The book is also available at the Raven Bookstore in Lawrence, and online at Amazon.com and BN.com. In addition, Clarke has his book (as well as *I'd Rather Be On Safari*, which offers reflections from his first 100 safaris) available at Cowabunga Safaris' "main camp" at 2108 SW Fairlawn Plaza Drive in Topeka. He requests that you call him first at (785) 272-7604 so he can make sure he is there to sign your copy.



Rod Furgason of Topeka registered his opinion of the weight of Gary K. Clarke's new book in this cartoon.

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# A need-to-know checklist on long-term care

Long-term care planning is a particularly relevant issue in this economic environment of market volatility and rising financial concerns. When people experience difficult times, we tend to take stock of our fundamental needs and re-focus our attention on the basics.



Joe B.  
Jones

You might consider the purchase of long-term care insurance for many reasons, but essentially it helps to protect you and your loved ones from the financial and emotional costs of a chronic illness or injury. Americans are living longer, increasing the likelihood of a chronic illness. More people in the workforce are unable to provide the care needed by them or their loved ones. Today, long-term care insurance is as basic as life insurance.

Once you have determined the necessity of long-term care insurance to protect you and yours, the next step is to critically evaluate key components associated with the purchase of this type of coverage. This three-part checklist offers questions you need answered.

## The Representative

Working with a competent and trustworthy representative is essential to establishing a long-term relationship. Every long-term care insurance decision should be based on your overall financial picture.

Has the representative conducted a thorough analysis of your situation? Each person has a unique

set of circumstances that determine the need for long-term care insurance.

Has the representative earned any of the financial services industry designations? These designations demonstrate the highest commitment to professional development (e.g., CLU, ChFC, CFP, CLTC).

## The Company

The company's reputation and financial ratings are the next most important consideration for buyers. The following questions are helpful when considering working with a company:

Is the company financially strong, and what are its abilities to meet the obligations of policyholders? The role of assigning financial strength ratings in this industry falls primarily to four major, independent third party rating services:

- A.M. Best Company
- Standard & Poor's®
- Fitch Ratings
- Moody's Investors Services

Materials that explain these ratings may be available directly from the company offering long-term care insurance coverage, and are important to be aware of in looking at the variety of options available in the marketplace.

What is the company's history of service? When the company issues updated policies, does it have a history of offering upgrades and enhancements to existing policyowners, as well as to new clients?

What is the company's reputation among consumers? Do you, friends, or family members have other policies with the carrier, and are you pleased with the company's service?

Does the company offer a participating contract? Such contracts may provide dividends to reduce future premiums if the company's ac-

tual experience proves to be more favorable than pricing expectations.

## The Policy

When choosing a long-term care insurance policy, it's important to have an understanding of what the policy can offer.

When will benefits payments begin? Benefits for most long-term care insurance policies begin when the insured gradually or unexpectedly loses independence to the point of needing substantial assistance or supervision. Insurance policies typically require a deductible to be met before benefits are paid. With long-term care insurance, this usually takes the form of elimination period, as the insured pays for care for a pre-determined number of days or weeks after independence has been lost until policy benefits begin.

How much money will I receive? Depending on how much coverage one elects, dollar amounts will vary. Before electing coverage amounts, it's important that one become aware of local care provider options and costs. Average cost of nursing home care statistics usually reflect a semi-private room rate (i.e., multiple people in room), yet some people prefer a private room in a higher end facility, which typically carries a higher price tag. The most common benefits design reimburses for the amount of care expenses incurred up to the selected coverage limits.

To plan for increasing costs of care, consumers can either pay additional premiums for benefits that will automatically increase each year or buy additional coverage in the future as the cost of care increases.

How much does long-term care cost? Cost of the insurance depends on several choices you make about the policy, your age and

health. Long-term care insurance costs less if you purchase it in your 40s or 50s. The cost should be compared to paying for long-term care out of pocket. The average annual cost of a private room in a nursing home is \$76,650; Assisted Living facility is \$41,160; home care varies based on hours of care needed.

How long will the benefits last? Buyers choose the maximum payout of the policy. Most companies express this in a number of years (benefit period) and create a pool of funds to pay for the care. The pool can increase each year if an inflation protection option is chosen. Many policies also offer an unlimited maximum so that benefit payments will continue for the entire duration of the claim.

The purchase of long-term care insurance is a personal and important decision. Evaluating your personal and financial situation, with the assistance of a trusted, knowledgeable financial representative, a solid company and your family will enable you to determine which coverage is most appropriate. Taking this action based on the information in this checklist will enable you to make a good, informed decision in choosing long-term insurance coverage that best meets your needs.

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



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## Can you benefit from current opportunity in municipal bonds?

As the year continues, you may find yourself reviewing your investment strategy to determine if you made the right moves in 2009 to help you achieve your financial goals. And one topic you may well focus on is tax-advantaged investing. Did you do all you could in this area? If not, you



Harley Catlin and Ryan Catlin

might want to consider a popular, but often misunderstood, investment: municipal bonds. And right now, these types of bonds may be more appealing than they've been in many years.

Essentially, a municipal bond is a debt security issued by a state, municipality or county to finance its capital expenditures, such as bridges, highways or schools. The interest you receive from municipal bonds is exempt from federal taxes and from most state and local taxes, especially if you live in the state in which the bond is issued. Nonetheless, if you're like many

people, you might dismiss municipal bonds as conservative investments that usually offer lower yields than taxable Treasury or corporate bonds. (The yield is the return you will receive on your bond if you hold it until maturity.) But what you may not realize is that if you are in one of the upper tax brackets, the tax savings you receive from your municipal bonds may be enough to provide you with a higher yield than you'd get from a comparable Treasury or corporate bond.

Furthermore, in recent months, we've seen something that rarely occurs: municipal bonds yielding as much as, or more than, Treasury bonds—even without taking the tax benefits into account. Why has this happened? For a variety of circumstances, the market has become somewhat "glutted" with municipal bonds; this oversupply has led to lower prices.

And bond prices are inversely related to yields, so the drop in municipal bond prices has led to the higher yields.

Thus far, we've seen that today's municipal bonds feature tax advantages, low prices and relatively high yields. Yet like all investments, municipal bonds do carry some types of risk, including the following:

- **Credit risk** — During difficult economic times, municipalities may be strapped for cash and have trouble meeting their financial obligations — such as scheduled interest payments on their bonds. It's a good idea to invest in a municipal bond whose issuer is considered highly creditworthy, as determined by the ratings it receives from an independent rating agency, such as Moody's or Standard & Poor's.

- **Call risk** — When market interest rates are falling, a municipality

may want to buy back—or "call" — its bonds so that it can reissue new ones at the lower rates. Obviously, if your bond is called, your income stream will be disrupted. That's why you may want to look for municipal bonds that offer call protection—a period of time during which the issuer cannot call the bond.

One final note of caution: Some municipal bonds are subject to the alternative minimum tax (AMT), so, before investing in a muni, consult with your tax advisor.

Once you understand these risks and take the steps we've suggested to address them, you may find that municipal bonds can play a valuable role in your portfolio.

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

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# Tips for a few not-quite-crisis health problems

We often hear about coping with emergencies. You know the drill: warning sirens, bottled water, flashlights, weather radios. But what if you have a sudden health problem? Your health can change as quickly as Midwestern weather, and you need to be ready. Here are some tips about a few not-quite-crisis situations you can be prepared to handle.



Laura Bennetts

### Better safe than sorry

If you suddenly feel ill, you might want to call your doctor or an advice nurse to find out if you should make an appointment. There are a few things you can do first to have more information to report.

#### 1. Check your temperature with a thermometer.

Be sure to tell the nurse whether you've taken any medication that might have lowered your temperature. If you have a temperature above the normal 98.6 degrees F, the nurse will determine if your fever is a significant concern.

#### 2. Keep a list of your medications in your wallet or your purse.

You will need to give the nurse a complete list of all the medications you take. This list should include prescription medications and any over-the-counter medications you take. Be sure, each time you start a new medication, to update your list. This list should include both the names of your medications and your regular dosages.

#### 3. Keep a blood pressure cuff handy to check your blood pressure.

You should take your blood pressure when you're feeling unwell. Write down the result so that you report it to the nurse or doctor. Your blood pressure can be elevated when you're in pain or feeling unwell.

#### 4. Take your blood pressure daily.

You need to know what blood pressure is normal for you, so that you can report this, too, when you call your nurse or doctor. Keep a daily log so that you become familiar with your normal range of pressures. Then you will know if your blood pressure is suddenly above normal.

#### The right tool for the job

If you already have a good thermometer and a blood pressure cuff, these steps will take you under five minutes. But if you don't yet have these items, you need to know what to buy. Here are some hints:

##### 1. So long, Mercury!

If you still have a mercury thermometer, it is time to recycle it. Mercury thermometers are accurate but unsafe because you can easily break them when you shake them to reset the mercury level. Mercury is a toxic substance and old thermometers must be recycled safely through a hazardous waste recycling program in your city. Call your city information line to find out more about how you can recycle the thermometer safely.

##### 2. Go digital, you'll like it.

Digital thermometers are battery powered, easy to use, and have a clear digital read out. You simply turn the thermometer on, place it in your mouth, and wait for the read-out to stop blinking to learn your temperature. Digital thermometers are also inexpensive, easy to handle, and they work quickly. You can buy one at any pharmacy.

##### 3. Monitor your arm...or wrist.

You can monitor your blood pressure with an arm cuff or a wrist cuff.

Both have digital readouts that accurately report your blood pressure and pulse. If you have any trouble with your hands (say, as a result of arthritis), you will find the wrist model easier to position correctly. You can buy either kind blood of pressure cuff at a pharmacy or a medical equipment supply store. **"Who you gonna call?"**

For answers about medications, call your pharmacist. Even if you buy mail-order meds, you should still get to know a local pharmacist. If you're shopping, say, for an over-the-counter sinus medication, ask the pharmacist for a suggestion. Pharmacists also know about dangerous drug interactions, so have your list of medications ready to share.

You should also get to know your doctor well enough to comfortably ask questions about medications and medical problems. This advice can help you make knowledgeable decisions about your own health.

#### Others can help, too

Most people think of doctors and nurses – the usual suspects – when they seek medical help or advice. But other health professionals can help you as well.

1. If you have painful joints or back pain, start with physical or occupational therapy to avoid surgery and unnecessary drugs.

2. If you need a back brace or shoe orthotics, you should see an expert in custom and non-custom braces – that is, an orthotist.

3. Your optometrist is your first line of defense against eye disease. Don't miss your annual checkups for early detection of eye problems.

4. Dentists offer routine checkups that help you catch tooth problems before they become painful and harmful to your health.

#### Act now

Don't hesitate to seek advice or an appointment if you suddenly feel unwell. Call your doctor or nurse or another health professional, depending on your problem. And if you follow the tips outlined above, you'll have all the facts at your fingertips when you make those calls.

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

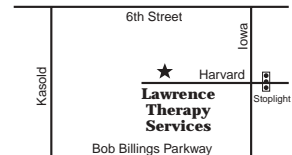
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# Time for your cup of tea

Tea is made from the leaves of the tea plant *Camellia sinensis*. There are many different varieties of tea, including green tea, black tea, oolong tea, yellow tea, and white tea. All tea comes from the same plant, *Camellia sinensis*, but the leaves are processed differently. Green tea leaves are not fermented; they are withered and steamed. Black tea and oolong tea leaves undergo a crushing and fermenting process.



Dr. Farhang Khosh

Tea contains a type of antioxidant called catechins. Catechins are in the highest concentration in white and green teas, while black tea has fewer catechins due to its oxidative preparation. However, research by the U.S. Department of Agriculture has suggested that levels of antioxidants in green and black tea do not differ as much as previous thought and are almost similar. Dry tea has more caffeine by weight than coffee. However, more dried coffee is used than dry tea in preparing the beverage, which means that a cup of brewed tea contains significantly less caffeine than a cup of coffee of the same size.

Flavor can be added to tea during its processing to enrich the tea. Among the best known are Chinese Jasmine tea with jasmine oil or flowers added to it. Earl Grey tea, which contains oil of bergamot, and the Indian Masala chai, which has spices added to it, are also popular.

The Yunnan Province in China is said to be the birthplace of tea and to have the home of the world's oldest cultivated tea tree, which is 3,200 years old. China is considered to have the earliest records of tea consumption, dating back to the 10<sup>th</sup> century BC. Currently, coffee is more popular than tea in the United States, but a cup of black tea is rapidly gaining popularity. Even Starbucks is adding tea to its menu. Ice tea is consumed throughout the United States during the summer and in the South sweet tea (tea sweetened with large amounts of sugar or artificial sweetener and then chilled) is the fashion. Of course, the Boston Tea Party was an act of protest by American colonists against the British Government in which they destroyed

many crates of tea from the British East India Company ships in Boston Harbor. The incident sparked the American Revolution.

Tea has long been used as a medicinal plant. Some tea proponents say that the antioxidants found in green and black tea are 10 times that found in fruits and vegetables. The beneficial effects of tea consumption in the prevention of cancer and cardiovascular diseases have been demonstrated in animal models. Tea plays an important role in improving the beneficial intestinal flora and protecting cell membranes from oxidative damage. Tea may also prevent dental caries, normalize blood pressure, prevent coronary heart disease, diabetes, weight loss, and is effective against certain pathogenic bacteria. Both green and black teas contain a number of antioxidants that may have anti-tumor properties.

So today one might take a break in the afternoon and enjoy a cup of freshly brewed tea.

- 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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## How much money will you really need for retirement?

**H**ow much money will you need to live comfortably in retirement?

One way to calculate the answer is the old income-replacement rule of thumb—to retire comfortably, you must replace 80 percent of your annual pre-retirement income. But at best, this is a rough estimate. For ex-



Mark  
Miller

ample, it doesn't take into account unforeseen spending needs such as higher health care expenses or a long-term care insurance policy.

At the same time, the rule doesn't recognize that some expenses might fall or disappear entirely, such as commuting or maintaining a business wardrobe.

But most important, the income replacement method is wrong for our current hard times economy, because it puts all the focus on wealth accumulation. It doesn't begin with the correct questions: What is the lifestyle I want? How much will I need to spend on basics? What can I afford to spend?

"The replacement ratio method is a good place to start, but it ignores major changes that can result from reduced expenses for dependent children, paying off a mortgage or downsizing major items like your home or cars," says Steve Vernon, an actuary and president of Rest-of-Life Communications, a retirement-education concern.

"It also assumes you'll want the same material standard of living in retirement that you had before. That ignores the possibility that you might be willing to live on less. Often, as people age, they're less interested in material things and more interested in learning, hobbies, volunteering, and spending time with friends and family."

A better approach in hard times is to start with a clean slate. Take the time to ascertain what foreseeable retirement expenses and balance them against the sources of income that you can count on. Here's a checklist of major issues to consider:

**1. What are you spending now?** The first step is getting a precise handle on your current budget. You can do that using any of the major financial-planning software tools or

by tracking what you spend on a spreadsheet for a couple of months. Working with a trusted financial planner is another good way to zero in on what you're really going to need.

**2. Subtract for retirement lifestyle.** Once you've got a good picture of current spending, subtract any regular expenses that won't continue in retirement—for instance, the cost of commuting, dry-cleaning bills, wardrobe and taxes on income for Medicare and Social Security.

**3. Add back in retirement expenses.** Some discretionary expenses could rise in retirement, say, if you plan to travel extensively. And your non-discretionary spending almost certainly will rise, as well. Health care is the expense many of us fail to anticipate; Medicare deducts premium costs from Social Security checks, and you'll probably pay additional premiums for a Medicare supplemental plan and a Medicare D prescription drug plan. Finally, you may want to consider a long-term care insurance policy.

Fidelity Investments has been publishing an annual report on retiree health-care expenses since 2002. In that time, average costs have jumped 50 percent, rising 6.7 percent in 2009 alone. Fidelity reports that a 65-year-old couple retiring in 2009 will need to spend \$240,000 out of pocket to cover medical expenses in retirement, assuming that the man lives 17 additional years and the woman 20.

**4. Inflation.** While the cost of living has been flat lately, the Consumer Price Index has jumped about 3 percent annually over the past 20 years, and can't be expected to stay quiet forever. Most seniors live on fixed income—with the exception of Social Security, which is indexed for inflation. That means inflation must be factored into your retirement planning as a cost that will erode spending power.

**5. Housing and other debt.** It's difficult to overstate the importance of debt reduction as a retirement planning strategy. Avoid carrying a mortgage and other expensive debt—such as credit card balances—into retirement if at all possible. This is one of the best routes avail-

able to cutting expenses and boosting monthly retirement cash flow. That means getting on an aggressive debt-slashing path in the years leading up to retirement. And in some cases, it may make sense to sell your home and move to a less expensive part of the country—or even rent.

**6. Emergency funds.** Budget for the unexpected—home repairs, emergency medical needs or even money

you may want to set aside to help out children or aging parents.

(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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# BPPV the most common cause of vertigo

DEAR MAYO CLINIC: My husband, who is 70, has been having bouts of dizziness and vertigo on and off for a month. His doctor diagnosed him with benign paroxysmal positional vertigo. What causes this? Is there a cure?

ANSWER: Vertigo is a false sensation of rotating, spinning, tumbling or turning. Benign paroxysmal positional vertigo (BPPV) is the most common cause of vertigo. It develops as a result of an inner ear problem. BPPV can usually be resolved with a treatment that's performed in a doctor's office.

Within your inner ear is the vestibular labyrinth, a sensory system that makes you aware of head rotation and movement. It also detects the pull of gravity. This system is important because it allows you to keep your eyes looking straight ahead and have clear, stable vision as you walk, run, move your head or turn your body.

Within the vestibular labyrinth are structures called otolith organs that monitor the movement of your head and its position. Otolith organs contain tiny calcium carbonate crystals that rest embedded in a membrane attached to nerve cells. If, for example, you tip your head, the crystals sink and stimulate the nerve cells, sending impulses to your brain telling you that your head is tipped.

In BPPV, the crystals dislodge from the otolith organs and float into another area of the vestibular labyrinth called semicircular canals. These loop-shaped structures contain fluid and hair-like sensors that monitor the rotation of your head. The crystals incorrectly stimulate the

semicircular canals when you move your head in certain positions. That stimulation sends signals to your brain that indicate your head is rotating in ways it's really not. Those signals also generate inappropriate eye movements (nystagmus), so you experience both an internal sensation of spinning, and you see the world spinning around you because your eyes are jerking back and forth. BPPV results in vertigo, dizziness and balance problems.

BPPV most commonly occurs when you move your head in a certain direction, lie down from an upright position, turn over in bed or sit up in the morning. Moving your head to look up or look down also can cause BPPV symptoms. Usually, the symptoms last for about a minute and disappear after you stop moving. The condition typically comes and goes over a span of several days or weeks.

What causes the crystals to become dislodged isn't always clear. BPPV occurs most often in people age 60 and older, suggesting that aging may be a factor in BPPV development. BPPV may occur after a blow to the head. Less common causes include disorders that damage the inner ear or,

rarely, damage that occurs during ear surgery or during prolonged positioning on your back. In many people, no specific cause for BPPV can be found.

BPPV may go away on its own. In these situations, the crystals may float back to where they're supposed to be, or they may be reabsorbed into vestibular labyrinth fluid. If BPPV doesn't resolve by itself, evaluation and treatment in a doctor's office is the next step. Family physicians, internists, physical therapists, neurologists and otolaryngologists are most likely to be familiar with BPPV and its treatment.

BPPV treatment involves a series of head movements known as the canalith repositioning procedure. The goal is to move the crystals out of the semicircular canals and back into the otolith organs. The canalith repositioning procedure consists of several slow, simple maneuvers for positioning a patient's head. Each position is held for about 30 seconds after BPPV symptoms or abnormal eye movements stop.

After the procedure, the patient must avoid lying flat or placing the treated ear below shoulder level for a day. A person who has had this

treatment may need to sleep with his or her head elevated on several pillows the night after the procedure. This allows time for the crystals to settle into the correct area of the vestibular labyrinth and be reabsorbed by the inner ear fluid. The canalith repositioning procedure is usually effective after one or two treatments.

Sometimes patients who continue to have symptoms are instructed how to perform the repositioning procedure on their own. In very rare situations, when the canalith repositioning procedure isn't effective, a surgical procedure may be recommended in which a bone plug is used to block the portion of the inner ear that's causing dizziness. - Scott Eggers, M.D., Neurology, Mayo Clinic, Rochester, Minn.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge@mayo.edu](mailto:medicaledge@mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).) © 2010 Mayo Foundation For Medical Education And Research. Distributed By Tribune Media Services Inc. All Rights Reserved.



Sometimes, the toughest subjects are the most important.

DEALING WITH CHANGES that occur as people age can be challenging for everyone involved. Not knowing what to expect can cause anxiety. Misinterpreting what's happening can lead to decisions they sometimes regret. That's why so many people count on us to help them understand moving to a retirement community and how it can help them or their loved one live a happier, healthier, more fulfilled life. Any conversation about retirement living and what it can mean to your family usually starts with a question. We welcome yours. **Just ask.**

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

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

## ART/ENTERTAINMENT

FEB 19-MAR 7

### THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

This musical is a hilarious tale of overachievers' angst chronicling the experience of six adolescent outsiders vying for the spelling championship of a lifetime. 700 Zoo Parkway. TOPEKA, (785) 368-0191

FEB 25-MAR 7

### RABBIT HOLE

Winner of the 2007 Pulitzer Prize. The drama charts a family's bittersweet search for comfort in the darkest of places and for a path that will lead them back into the light of day. Lawrence Community Theatre. LAWRENCE, (785) 843-7469 <http://www.theatrelawrence.com>

MAR 1

### SILLY & SWEET

The Singers perform to words of love, nature, amusement and who knows what else? Come hear the "lighter" side of choral singing as you're guaranteed to have a good time. White Concert Hall, Washburn University. TOPEKA, (785) 267-3500

MAR 5-APR 3

### CURTAINS

Boston's Colonial Theatre is host to the opening night performance of Robbin' Hood!, "a new musical of the Old West." But when the curtain falls, the show's star who can't act, can't sing, and can't dance suddenly drops dead! An impromptu funeral ceremony is interrupted by the arrival of a homicide Lieutenant, who locks the entire cast in the theatre until he can find the murderer. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

MAR 7-10

### MUSIC BY CHILDREN

Lawrence Children's Choir performs. The Lawrence Children's Choir, Inc. offers programs to young singers regardless of race or color, national origin, ethnicity, gender, disability or religious beliefs. LCC presently serves more than 150 children, ages preschooler through 9th grade. Grace Episcopal Cathedral, 701 SW 8th Ave. Fee. TOPEKA, (785) 235-3457 <http://www.gracecathedraltopeka.org>

MAR 12

### LARRY GATLIN AND THE GATLIN BROTHERS

Multi-Grammy nominated and winners Larry Gatlin and the Gatlin Brothers will perform at 7:30 p.m. Tickets go on sale February 5. Call for ticket information. Topeka Performing Arts Center. TOPEKA, (785) 234-2787 <http://www.tpactix.org>

MAR 13

### 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 17

### THE CAVATINA DUO

With Eugenia Moliner, from Spain, on flute and Denis Azabagic, from Bosnia, on guitar, the Cavatina Duo has won numerous competitions and expanded the original repertoire for guitar and flute with commissioned works from composers around the world. Their repertoire spans baroque, classical and contemporary periods, as well as original works based on their native Spanish and Balkans folklore. White Concert Hall. Fee. TOPEKA, (785) 357-8702 <http://www.topekacca.org>

MAR 27

### NO STRINGS ATTACHED

Topeka Symphony Orchestra Concert: "No Strings Attached" Handel: Music for the Royal Fireworks; Dvorak: Serenade for Winds; Joplin: The Entertainer; Weill: Threepenny Opera. White Concert Hall, Washburn University. Fee. TOPEKA, (785) 232-2032 <http://www.topekasympphony.org>

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

3800 SE MICHIGAN AVE, TOPEKA, 6:30 PM, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

### CAPITOL BINGO HALL

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

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA, 6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

### LEGIONACRES

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

WEDNESDAYS, THURSDAYS & SUNDAYS

### MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m., Sundays, 6:00 p.m. 1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

3110 SW HUNTOON, TOPEKA, 6:30 PM, (785) 235-9073

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

### EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE 10:30 AM-12 NOON, (785) 760-1504

THURSDAYS

### BABCOCK PLACE

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

FRIDAYS

### EAGLES LODGE

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

FRIDAYS

### ARAB SHRINE

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

## BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

## BOOK TALKS

THIRD TUESDAY OF EACH MONTH

COTTONWOOD RETIREMENT CENTER, 1029 NW 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 4

### SURVIVING AND THRIVING

A Skillbuilders program presented by Donna Flory, MSW. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice. LAWRENCE, (785) 843-3738

MAR 8

### GENEALOGY WORKSHOP

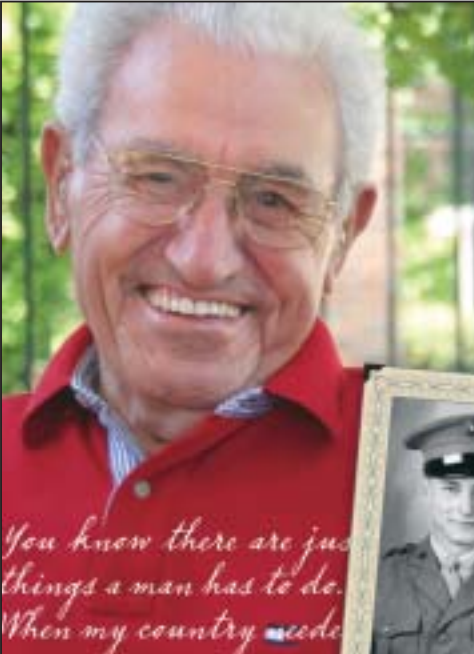
General techniques for traditional and on-line searching will be demonstrated and discussed at the Lawrence Public Library. If you are a beginner or are experienced in searching your family tree, you will find helpful information. Members of the Douglas County Genealogical Society will be available for questions. No registration is necessary for this free workshop. The library auditorium has wireless access to the Internet. You are invited to bring your laptop to participate. Please contact Pattie Johnston if you would like more information on this program. LAWRENCE, (785) 843-3833, ext. 115

MAR 11

### ESTATE AND LEGAL MATTERS

A Skillbuilders program presented by Cheryl Trenholm, Attorney, Barber Emerson, L.C. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m.

■ CONTINUED ON PAGE 17



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■ CONTINUED FROM PAGE 16

For more information, call Sarah Randolph at VNA Hospice.  
LAWRENCE, (785) 843-3738

MAR 15 & 16

**AARP DRIVER SAFETY PROGRAM**

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

MAR 18

**GARDENING FOR ALL SEASONS**

A Skillbuilders program presented by Jennifer Smith, Douglas County Extension Office. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.  
LAWRENCE, (785) 843-3738

MAR 25

**DON'T FEAR YOUR ELECTRONICS**

A Skillbuilders program presented by Pattie Johnson, Lawrence Public Library, and Mary Gauthier, retired Business Teacher. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.  
LAWRENCE, (785) 843-3738

APR 1

**STRENGTHENING YOUR SPIRITUAL WELL-BEING**

A Skillbuilders program presented by Paul Reed, VNA Hospice Chaplain. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more

information, call Sarah Randolph at VNA Hospice.  
LAWRENCE, (785) 843-3738

APR 8

**MANAGING YOUR MONEY**

A Skillbuilders program presented by Steve Hamilton, VSR Financial. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.  
LAWRENCE, (785) 843-3738

APR 15

**CAR CARE**

A Skillbuilders program presented by Richard Haig, Westside 66 Auto. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.  
LAWRENCE, (785) 843-3738

APR 15 & 16

**AARP DRIVING SAFETY**

This refresher course will cover basic driving techniques, tips for adjusting to physical changes plus in hearing and vision and updates on new federal and state driving laws. A fee of \$12 for AARP members or \$14 for non-members will cover the instruction and workbook. Due to space limitations, registration is required. If you are unable to attend this session, classes will be held at later dates as well as at other locations. To register for this class, contact Pattie at the library.  
LAWRENCE, (785) 843-3833 extension 115.

**EXHIBITS/SHOWS**

FEB 1-MAR 31

**COLOR OF FREEDOM: JOURNEY ALONG THE UNDERGROUND RAILROAD**

An exhibition of 50 paintings, etchings and drawings by Joseph Holston created to capture the essence of the courage and determination required to escape; and to enhance understanding of the condition of slavery and the powerful instinct towards freedom. Admission is free. Exhibit hours: 9:00 a.m.-5:00 p.m. Daily. 1515 SE Monroe.  
TOPEKA, (785) 235-3939

■ CONTINUED ON PAGE 18



*Not typically what one thinks of when looking for a "dementia care facility"*



*Catering to the needs of family members who can no longer be cared for at home or live alone because of some type of dementia, Harbor House associates are specifically trained and skilled in the ever changing world of the individual of those with memory impairments and behavior challenges. Both of which are mainstream and "the norm" at Harbor House.*

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■ CONTINUED FROM PAGE 17

MAR 5

**JEWELRY ART SHOW AND SALE BY LILIAN CARTWRIGHT**

Please join us for a one-of-a-kind Jewelry Showing featuring Cre8shuns by Lilian Jewelry & Artifacts inspired by the World. This showing is in participation with the First Friday Art Walk. Open to the public. 1101 SW Topeka Blvd. TOPEKA, (785) 266-8787

**HEALTH**

**MONDAYS THROUGH THURSDAYS FIT FOR LIFE**

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

**TUESDAYS, WEDNESDAYS AND THURSDAYS JAZZERCISE LITE**

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

**TUESDAYS AND THURSDAYS BLOOD PRESSURE CLINIC**

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

**TUESDAYS AND THURSDAYS FREE BLOOD PRESSURE CLINIC**

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9:00 a.m.- 1:00 p.m. and 3:00-6:00 p.m. No appointment necessary. LAWRENCE, (785) 856-6030

**TUESDAYS AND THURSDAYS 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 3 CHOLESTEROL SCREENINGS**

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$6/test. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

**MAR 4 BONE DENSITY SCREENING**

Advance appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Note: this is NOT the same as a DEXA scan which is ordered by a physician and scans the hips and the spine. That is done through Radiology. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**FEB 6 BONE DENSITY SCREENING**

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

**MAR 16 BONE DENSITY SCREENING**

See March 4 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**APR 7 CHOLESTEROL SCREENINGS**

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

**HERITAGE/HISTORY**

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

MAR 17

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

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

MAR 21

**JACKIE ORMES: THE FIRST AFRICAN AMERICAN WOMAN CARTOONIST**

Chronicles the life of a multi-talented woman who became a successful cartoonist. Orme's cartoon characters-Torchy Brown, Candy, Patty-Jo, and Ginger-delighted readers of the African American newspapers such as the Chicago Defender and Pittsburgh Courier between 1937-56. This biographical presentation provides an invaluable glimpse into the history and culture of that era. As a member of Chicago's black elite. 1515 SE Monroe. TOPEKA, (785) 235-3939

APR 1-30

**A CASE ABOUT DIVERSITY: THE AFFIRMATIVE ACTION LAWSUITS AT THE UNIVERSITY OF MICHIGAN**

A traveling exhibit about two 2003 US Supreme Court decisions regarding race and admission policies. In 2003 the Supreme Court ruled on two admissions cases at the University of Michigan. Grutter v. Bollinger et al. concerned a woman who claimed she was denied admission to the U-M Law school because she was white; the plaintiffs in Gratz et al v. Bollinger et al made similar charge against the University's College of Literature, Science, and the Arts. 1515 SE Monroe. TOPEKA, (785) 235-3939

**MEETINGS**

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

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

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

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

**FIRST AND THIRD MONDAY OF EACH MONTH**

**BEREAVEMENT SUPPORT GROUP**

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

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

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

**FIRST AND THIRD MONDAY OF EACH MONTH**

**CAREGIVER SUPPORT GROUP**

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

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

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

**FIRST TUESDAY OF THE MONTH SCRAPBOOK MEMORIES**

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

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

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

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

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

**TUESDAYS**

**GRIEF & LOSS SUPPORT GROUP**

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

■ CONTINUED ON PAGE 19

**AARP Tax-Aide provides free tax help**

SITE	ADDRESS	CITY	PHONE	OPEN DATE	CLOSE DATE	SITE SCHEDULE	HOURS	E-FILE
Baldwin City Library	800 7th St	Baldwin	785-594-3411	1-Feb	15-Apr	Mon., Wed., Fri.	9 a.m.-12 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-842-0543	1-Feb	15-Apr	Mon., Tues., Wed., Thu.	1-4 p.m.	Yes
Lawrence Senior Center	745 Vermont St	Lawrence	785-842-0543	1-Feb	15-Apr	Saturdays	9 a.m.-12 p.m.	Yes
Jefferson County Services	410 Liberty St	Oskaloosa	785-863-2637	1-Feb	15-Apr	Fridays	12-4 p.m.	Yes
Court House Square Apts	235 S Main St	Ottawa	785-242-5560	1-Feb	15-Apr	Wednesdays	1-4 p.m.	Yes
Community Action	621 SE Swygart	Topeka	785-235-9296	1-Feb	15-Apr	Tues. and Wed.	9 a.m.-3 p.m.	Yes
First South. Baptist Church	1912 SW Gage Blvd	Topeka	785-250-8670	1-Feb	15-Apr	Fridays	9 a.m.-3 p.m.	Yes
First United Method. Church	600 SW Topeka Blvd	Topeka	785-986-6728	1-Feb	15-Apr	Wednesdays	9 a.m.-3 p.m.	Yes
Jayhawk AAA	2910 SW Topeka Blvd	Topeka	785-272-8616	1-Feb	15-Apr	Mondays	9 a.m.-3 p.m.	Yes
Lowman Methodist Church	4000 SW Drury Ln	Topeka	785-272-8616	1-Feb	15-Apr	Thursdays	9 a.m.-3 p.m.	Yes

■ CONTINUED FROM PAGE 18

**TUESDAYS**

**GRIEF & LOSS SUPPORT GROUP**  
Midland Hospice, 200 SW Frazier Circle.  
5:30-6:30 p.m.  
TOPEKA, (785) 232-2044

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

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve Newcomer at for more information. Pozez Education Center, 1505 SW 8th St.  
TOPEKA, (785) 478-4947 or (785) 296-8349

**FIRST WEDNESDAY OF EACH MONTH**

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

**FIRST WEDNESDAY OF EACH MONTH**

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

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

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

**THURSDAYS**

**GRIEF & LOSS SUPPORT GROUP**  
Midland Hospice, 200 SW Frazier Circle.  
3:00-4:00 p.m.  
TOPEKA, (785) 232-2044

**FIRST THURSDAY OF EACH MONTH**

**LAWRENCE AREA PARTNERS IN AGING**  
Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch).  
JADE MONGOLIAN BARBEQUE, LAWRENCE  
11:30 AM-1:00 PM

**FIRST AND THIRD THURSDAY OF EACH MONTH**

**TRANSITIONS SUPPORT GROUP**  
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.  
LAWRENCE, (785) 331-4575

**SECOND MONDAY OF THE MONTH**

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

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

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

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

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

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

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

**SECOND TUESDAY OF EACH MONTH  
SCRAPBOOK MEMORIES**

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

**SECOND AND FOURTH TUESDAY OF EACH MONTH**

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

**SECOND WEDNESDAY OF EACH MONTH**

**MEMORY SUPPORT GROUP**  
Held at The Windsor of Lawrence, 3220 Peter-

son 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  
SCRAPBOOK MEMORIES**

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

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

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

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

Strengthening family relationships and

■ CONTINUED ON PAGE 20

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■ CONTINUED FROM PAGE 19

improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.

TOPEKA, (785) 286-2329 or (785) 231-0763

**THIRD TUESDAY OF EACH MONTH  
STROKE SUPPORT GROUP**

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

LAWRENCE, (785) 505-2712

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

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

LAWRENCE, (785) 856-0558

**THIRD THURSDAY OF EACH MONTH  
LUNCH AFTER LOSS**

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. A social support group to re-engage life after the death of a loved one. Dutch treat.

Call Terry Frizzell at Heartland Hospice of Topeka for reservations.

TOPEKA, (785) 271-6500

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

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

BALDWIN CITY, (785) 842-0543

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

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

TOPEKA, (785) 357-7290

**FOURTH MONDAY OF EACH MONTH  
GRIEF SUPPORT GROUP**

Presbyterian Manor, 1429 Kasold., 4:00 p.m. Sponsored by Heart of America Hospice.

LAWRENCE, (785) 841-5300

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

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

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

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

TOPEKA, (785) 235-1367, EXT. 130

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

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

LAWRENCE, (785) 842-0543

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

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.

TOPEKA, (785) 233-5762

<http://www.tgstopeka.org>

**FOURTH THURSDAY OF EACH MONTH  
CHRISTIAN WIDOW/WIDOWERS  
ORGANIZATION**

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

[pdpatterson@juno.com](mailto:pdpatterson@juno.com).  
TOPEKA

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

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

LAWRENCE, (785) 478-0651

**FOURTH FRIDAY OF EACH MONTH  
AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. New and interested members welcome. Please call Noreen for reservations.

LAWRENCE, (785) 842-6765

**WORDS OF WISDOM**

There is far more danger in public than in private monopoly, for when the Government goes into business it can always shift its losses to the taxpayers. Government never makes ends meet—and that is the first requisite of business. - Thomas Edison

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# Rafting down the Grand Canyon and other adventures

By Margaret Baker

As March allows us to hope for Spring, how about a vicarious trip down the Grand Canyon in the heat of summer? That's what Elisabeth Hyde offers readers with *In the Heart of the Canyon* (Reviewed edition audio, Random House Audio Books, ISBN 0-978-0-7393-8365-0, read by Mark Deakins on 8 cds. Also available in print from Knopf)

J.T. Maroney, chief guide, has guided trips down the Grand Canyon 124 times before. Each trip is always unique; this one is no exception. His crew and 12 passengers includes couples, a family with two sons, a single or two, an obese teenager traveling with her slim mom. Even as they start plans go awry as they pick up a stray dog. No dogs are allowed in the canyon, but rangers can't pick him up because of serious problems elsewhere.

The Canyon is never the same any two trips. It also tends to change people in the course of the two week rafting adventure.

Gripping—you'll almost feel the spray from the rapids!

Giles Fowler: *Deaths on Pleasant Street* (Truman State University Press, trade paperback, ISBN 978-1-931112-91-8)

Sometimes truth is stranger than fiction. Fowler recounts the deaths of three members of the socially and financially prominent Swopes family, the same family that donated the land known as Swope Park to Kansas City, a century ago.

Suspicion fell on Clark Hyde, physician married (not with family consent) to Frances, daughter of Maggie Swope and niece to Colonel Tom Swope. Hyde has bled Tom, a practice common in those days, but seems to have bled him to death.

Other deaths followed. Suspicions led to investigations, and then to trial.

Fowler has delved deeply into the entire case; he lists his sources at the end.

The Swope mansion stood on 406 Pleasant Street in Independence. It certainly did not live up to

its name.

Andre Agassi: *Open* (Reviewed edition Random House Audio Books, read by Erick Davies on 5 cds, ISBN 978-0-7393-5856-6 also available in print from Knopf)

Agassi's biography indicates a childhood close to cruelty—he swung his first racket while still in a crib, and was forced to hit literally hundreds of tennis balls when he should have been enjoying friends in elementary school.

Later, he drove himself just as hard in his drive to become a prodigy.

He dropped out of school in the ninth grade, and turned pro at 16, where his lightning-fast return got him to three Grand Slam finals before he won the 1992 Wimbledon. Fame and fandom followed.

Jenny Sullivan Sanford: *Staying True* (Reviewed edition Random House Audio Books, read by author on 5 cds, ISBN 978-0-3077-3628-4. Also available in regular print from Ballantine)

Jenny Sullivan was a bright and successful investment banker when she met Mark Sanford, a highly successful real estate man. They soon had four sons, and Jenny concentrated on raising the boys and helping Mark achieve his goals.

One of those goals was serving South Carolina in its legislature, and then as its governor.

Jenny was devastated when she came across his passionate love letters and e-mails to his mistress. Mark said it was over, but while his staff thought he was hiking the Appalachian Trail he was actually in South America with the woman he described as his soul mate.

This is Jenny's account of their courtship and marriage and eventual separation. Eighty percent of the book is before the revelations (there were more than one indiscretion) that made the headlines, as Jenny looks backward to see where she misread the signals.

Ken Scholes: *Lamentation and Canticle*, first and second books in a new SF/Fantasy epic published by Tor (ISBN 978-0-7653-2127-5 and

978-0-76653-2728-2, respectively)

Scholes and Tor plan a five-volume series in a post-apocalyptic world (Earth of our time is not even a memory, though some names remain) where science and religion have flourished, retreated, and resumed.

The Androfrancine religious order is headquartered in the city of Windwir, regaining the knowledge of the past. Suddenly, Windwir is destroyed utterly, the smoke and flame rising high. One of the Named Lands chiefs has ordered its destruction in order to expand his own powers.

Ensnuing battles to fill the power vacuum develop the basic characters and plot lines.

A special one is the work of Isaak, a metal man (sort of a cross between Data and C3PO), to restore the Androfrancine library. Imagine if all the world's libraries were destroyed, and mankind had to reconstruct it from scattered memories!

Mary Jane Maffini: *Disorder* (paperback, Rendevous Press, ISBN 978-1-894917-86-5)

Canadian Victims Advocate Camilla MacPhee is attending the trial of a particularly vicious master criminal. She's attended to so many of his victims and she dearly wants to see him put away for life. Then his lawyer is found dead in the river, thus delaying the trial. Lawyer jokes crop up—"How do you keep a lawyer from drowning? Shoot him before he hits the water." But that's exactly what was done.

Lawyer jokes head each chapter, and Shakespeare's admonition (First, kill all the lawyers) seems to be coming true.

Camilla's irritating aide, Alvin, is entertaining the daughters of Camilla's intended fiancé, who are in town for a boating competition. As usual, he doesn't really aid Camilla.

Somehow, Camilla must clean up the case without becoming a victim herself. She is, after all, a lawyer too.

A bright, bouncy tale well told, with gutsy Camilla totally believable.

Lou Berney: *Gutshot Straight* (Wm. Morrow, hard cover, ISBN 978-0-06-176604-6)

Charles "Shake" Bouchon has decided to go straight when he is released from prison. He's 42, an over-the-hill get-away man. He'd always wanted to run his own restaurant, and he figures he'll need to save up about \$20,000.

When Alexandra Ilandryan, head of an Armenian crime ring he'd worked for before, picks him up at the L.A. bus depot and offers him twenty grand to drive a car to Los Vegas and bring back a package, he accepts. He knows he really doesn't have a choice. He also knows not to question what's in the trunk. And especially whatever he is expected to bring back.

Fans of John Dortmunder will recognize a caper with darker overtones.

Berney is a gifted storyteller; the story moves swiftly with lots of action, twists, and surprises.

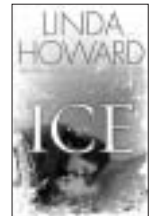
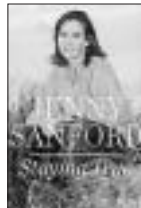
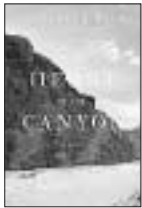
Linda Howard: *Ice* (audio version reviewed, read by Fred Sanders on 4 cds from Random House Audio Books, ISBN 978-0-3075-7761-0. Regular print edition from Ballantine.)

Gabriel McQueen arrives home on holiday leave from the service, anxious to see his motherless son, being cared for by his parents. His dad is the sheriff, and sends Gabe up the mountain to Lolly Helton's house to warn her that an ice storm is fast approaching. She's the last house on the road and will lose electricity when the tree limbs start falling. Gabe, who went to school with Lolly, remembers that she was decidedly icy herself.

Unknown to either McQueen, two drug users have followed Lolly from the grocery store, figuring that they can rob her of lots of valuables. And "have a little fun" on the side.

An especially taut plot line makes an ice storm come to life, and does the same with the drug-compromised brains of a pair of truly scary thugs.

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



# Ten Minutes before the Hour

Folks like a hometown kid who makes a big splash in the great world beyond Letongaloosa, so people in town were fascinated when all the major national news media ran stories about how Biggley Masters fought the powers of TV prime time darkness and won.



Larry Day

It's an interesting story. Biggley Masters was destined from birth to "slip the surly bonds" of life in Letongaloosa and "dance the skies on laughter-silvered wings," in the television entertainment industry. He wrote his first script at age five, and produced his first show, "The Lost Puppy," using neighborhood children as actors, at age eight. Biggley thrived as a writer and thespian at Letongaloosa High School, and by the time he enrolled at Letongaloosa Community Junior College, he had caught the eye of network producers. By age nineteen Biggley was writing for "All My Soul Mates,"

a daytime network soap opera. In his twenties Biggley wrote for prime time network shows like "Desperate Siblings," and "The Criminal Mind Meddler." He was a network producer before his thirtieth birthday, and had won three "Gimmes" and two "Hefties" by the time he was thirty-five. It was Biggley Masters' knack for producing hit television shows that eventually led to trouble between him and network bigwigs. Major national advertisers fought to get their commercials on Biggley's shows. Advertisers bought time on network loser shows just get their commercials on Biggley's prime time offerings. Network executives began pushing Biggley and his writers to produce shows with tighter and tighter plots. The executives—they're called "suits" in TV parlance—wanted more time each hour for commercial messages. At first it was an interesting challenge—cutting plot lines to the bone while maintaining the plot's integrity. But the time came when Biggley couldn't do that, so he rebelled. The crisis came when a hotshot new suit told Biggley to cut two and a half minutes from an episode of the cop thriller "Forced Entry." The

suit wanted to add another commercial. "No," said Biggley. "No? No what?" "No, I won't cut another second from that show. If I cut it any more, the plot will lose continuity. The viewers will be confused." "That's nonsense," said the suit. "Who cares?" "I care. Now get the hell out of my office." That confrontation precipitated a meeting of the network's biggest suits, the hotshot new suit, and Biggley Masters. The meeting was acrimonious and protracted. In the end Biggley agreed to cut two and a half minutes from the show. "Excellent," said the CEO suit. "We knew we could count on you," said the COO suit. "You're the man," said the suit in charge of ratings. The hotshot new suit who had caused the crisis didn't say anything until the others had left. "Better luck next time, jerk," he growled. A few weeks later as that episode of "Forced Entry" was ending, the network switchboard lit up. It became swamped with angry phone calls. The network had to shut the switchboard down. The network's server blew out after it became overloaded with angry e-mail messages. The "urgent business" ringtone rang on Biggley's cell phone.

"What the @#%\$%^&\*() is going on?" yelled the hotshot suit. "What do you mean?" asked Biggley. "Forced Entry' viewers are going crazy. What did you do to tonight's episode?" "I did what you told me to do. I cut the show by two and a half minutes." "Where did you cut it?" asked the suit. "I cut the segment that comes at ten minutes before the hour," said Biggley. The hotshot suit screamed obscenities for five minutes. Then he subsided into incoherent babbling. Biggley smiled and pressed the "off" button. Anyone who watches prime time television knows that all plots are resolved in the segment that comes at ten minutes before the hour. The boy gets the girl, the winning team is announced, the cops nab the killer. It's formula television. So when that particular episode of "Forced Entry" was over, millions of viewers didn't know which of the suspects was guilty, and they went nuts. The story hung around for a couple of news cycles and then died. And Biggley Masters didn't get fired. The hot shot suit got fired. - Larry Day, B.A., M.A., Ph.D., is a former foreign correspondent, newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

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# You call that a two-star hotel?

When Ed Boston books a two-star hotel in Flint, Mich., he expects a reliable property with minimal amenities—not the dump he ends up in. He asks his on-line travel agency if he can change hotels, and it says “no.” What now?

By Christopher Elliott  
Tribune Media Services

**QUESTION:** I bought a hotel through Hotwire that I'd really rather not stay at. A few weeks ago, I requested a two-star property in Flint, Mich. Hotwire gave me a nonrefundable, nonchangeable room at a Days Inn property.

A friend of mine in the area told me about how bad that hotel is. They had tried to stay there but had checked out within the hour because it was filthy and the staff was uncooperative. I did some research on reviews of this property and all the reviews I found, except one, rated it very poor for the same reasons.

I contacted Hotwire, but they were of no help and referred me to the Web site to contact them by e-mail. I have not asked for a refund, but only to be allowed to upgrade to a

higher-rated facility in the area.

Hotwire's standard response to all my e-mail is that it meets the two-star requirements they have set. I have tried explaining to them that the star rating is not in question, but the fitness of the facilities. Can you help me? - Ed Boston, Woodland Hills, Calif.

**ANSWER:** Hotwire is right—and wrong. It had every right to assign a hotel of its choosing, but not to that particular property.

Hotwire's terms, which you agreed to when you booked your hotel, are clear. You get to choose the city and a “star” rating based on certain amenities, but the site then reserves a nonrefundable room in a hotel of its choosing.

By the way, the Hotwire ratings system doesn't get any lower than two stars, which is described as an “economy” establishment with basic features like an in-room coffeemaker, cable TV and an alarm clock. Hotwire does, however, promise its accommodations will be “reliable,” which your hotel arguably was not.

Although I usually recommend contacting a company by e-mail,

there's no reason a large, well-established company like Hotwire shouldn't also be able to handle your grievance by phone. I find the fact that they insisted you contact them by e-mail to be problematic. What if you don't have access to e-mail at that moment?

Your case and several recent ones like it underscore the need for a universally recognized hotel ratings system. When an online travel agency rates the product it sells, there's an inevitable conflict of interest. An independent grading mechanism would serve everyone better. But for now, these imperfect star-ratings are the only real option, since no nationally recognized ratings system exists in the United States.

Hotwire's form responses suggest it didn't take the time to review your written complaint. You weren't griping about the nonrefundability of your room, but about the room itself. A quick look at some of the customer reviews of the property would have revealed that you weren't just whining. You could have appealed the decision in writing (many companies give rebuttals to form responses a higher priority in the

system) or, as a last resort, disputed this charge on your credit card.

It turns out neither of those were necessary. I contacted Hotwire on your behalf, and it allowed you to change hotels as an “exception.” It also stopped selling the hotel because of the volume of complaints, which, according to a company spokesman, “led us to believe that its overall quality was no longer up to Hotwire's standards.”

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

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# New drugs show promise in treating FIP in cats

**QUESTION:** You've written that for kittens with FIP (feline infectious peritonitis) there are two experimental drugs, PI and LTCl. Which is a better choice? - S.J., Cyberspace

**ANSWER:** Unfortunately, no one knows the answer. Taking one step back, FIP is a fatal disease most often

to reproduce a positive response. There's always been buzz about humane omega interferon, but no data, as far as Legendre knows, has ever been encouraging.

Legendary veterinary researcher Dr. Niels Pedersen, director at the Center of Companion Animal Health at the University of California School of Veterinary Medicine, Davis, recently noted that the number of kittens who die from FIP is higher than previously thought. Pedersen is focusing his work on a genetic explanation for susceptibility.

"As for choice of treatment, sadly there is none, at least not yet," says Legendre. "I'm biased because I'm working on PI, and the drug does seem to help some cats with the dry form of the disease. (There's a dry and a wet form of FIP). I can't say PI is a magical answer, but I can say some of what we're witnessing is promising. For FIP, the disease is so complex and so aggressive, the ultimate answer may be just as complex."

If you have a kitten diagnosed with FIP, Legendre will attempt to make the drug available, but understand that PI is still considered experimental. Your veterinarian can contact Legendre at [alegendr@utk.edu](mailto:alegendr@utk.edu).

For more references on FIP, check out my Web site, [www.stevedalepetworld.com](http://www.stevedalepetworld.com), or the Winn Feline Foundation site: [www.winnfelinehealth.org](http://www.winnfelinehealth.org).

**NOTE OF INTEREST FOR CAT LOVERS:** Hot off the press: Feline Life Stage Guidelines from the American Association of Feline Practitioners and American Animal Hospital Association. This document was first proposed at a meeting of the CATa-

lyst Council. Check out the Guidelines at [www.catvets.com](http://www.catvets.com).

The Guidelines are aimed primarily at veterinary professionals but are interesting for all cat lovers to read. Dr. Ilona Rodan, of Madison, WI, a Guideline co-chair and past president of the American Association of Feline Practitioners, says, "Our hope is veterinarians may now communicate consistent messages, based on

what data we have, to clients concerning cat care throughout their lifetime." In fact, I'm heading a group to write similar Guidelines for consumers, due out some time 2010.

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

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Steve Dale

affecting kittens (though cats of any age can get this disease). The good news is, there seems to be a renewed flurry of interest from veterinary researchers attempting to sock FIP.

Dr. Al Legendre, professor department of small animal clinical sciences at the University of Tennessee College of Veterinary Medicine, Knoxville, is working on how one drug, Polyphenyl Immunostimulant seems to be helping some cats with FIP. This drug is the PI you referred to in your question.

LTCl, or Lymphocyte T-Cell Immune Modulator, is an immune-regulating drug. LTCl has offered some promise by apparently helping a small number of kittens with FIP. "As far as I know, there's been—so far—no peer reviewed publication on LTCl," Legendre says.

Another drug to fight FIP, feline omega interferon, recently showed enormous promise based on an initial Japanese study. However, subsequent studies have not been able

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# A taste of springtime in winter

By Wolfgang Puck  
Tribune Media Services

Whatever happened to warm spinach salads?

When I was heading the kitchen at Ma Maison in the early 1980s, before I opened my first Spago, spinach salad was one of the most popular dishes on menus everywhere. We made it in the preferred style, table-side, preparing a warm vinaigrette with crispy bacon pieces and their drippings, then tossing the salad moments before serving so the fresh spinach leaves would retain an edge of crispness while also wilting slightly.

The results were delicious. But the salad became so widespread that people burned out on it. You practically have to send out a search party to find one in fine restaurants these days.

So, why not call off the search and make it at home? It's easy to prepare, and a perfect way to bring a taste of coming springtime to your table while it's still winter outside.

Start with tender, small, fresh

baby spinach leaves, widely available sealed in bags in supermarkets everywhere. Even though they come prewashed, I suggest that you remove them from the bag about 30 minutes in advance and soak the leaves in a large bowl of ice water. Not only will doing this make them more crisp and attractive, but it will also eliminate any trace of plastic flavor from the bag they came in.

Sort through the leaves, too, removing any unattractive, wilted, or otherwise less than perfect pieces. One tiny, bad leaf can ruin the looks, texture, and taste of your whole salad. Then, dry the leaves quickly in a salad spinner or roll them up in a clean kitchen towel or in a double layer of paper towels to blot up every last droplet that might dilute the dressing.

Once the leaves are ready, all that's really left to do is prepare the warm dressing. Mine starts with sautéing bacon pieces, which become a crispy garnish for the final presentation, and a little of its fat is then used as a foundation for the dressing. If you don't want to use bacon, substitute

some crunchy pine nuts or walnuts, or some meaty sliced mushrooms, sautéing them in a little olive oil before proceeding with the recipe. Most of the spinach salads back in the 1980s included chopped egg, too; instead, I like to include slices of creamy goat cheese, which melt slightly on contact with the warm dressing, and add a luscious richness to the salad.

I don't know about you, but just describing that alone makes my mouth water. Try this salad soon, and you'll see why it was a favorite decades ago and why it still deserves to be one.

## WARM SPINACH SALAD WITH GOAT CHEESE AND SWEET ONIONS

Serves 6

8 strips lean bacon, cut into 1/2-inch dice

1 large sweet onion such as Vidalia, Maui, or Walla Walla, peeled and thinly sliced crosswise into rings

1 teaspoon minced fresh garlic

3 tablespoons balsamic vinegar

1 tablespoon red wine vinegar or sherry vinegar

Salt

Freshly ground black pepper

1/2 cup drained oil-packed sun-dried tomatoes, chopped

1/2 cup extra-virgin olive oil

1 prepacked bag ready-to-serve fresh organic baby spinach leaves, about 10 ounces, soaked in ice

water for 30 minutes and thoroughly dried

1 log fresh creamy organic goat cheese, about 6 ounces, cut into slices 1/2 inch thick

Heat a large nonstick skillet over medium heat and add the bacon pieces. Cook, stirring frequently, until browned and crisp, about 5 minutes. With a slotted spoon, remove the bacon from the skillet and transfer to paper towels to drain.

Pour off most of the bacon fat, leaving a thin coating in the skillet. Add the onion slices, separating them into rings, and sauté over medium heat until they begin to turn a caramel brown color, about 5 to 10 minutes. Add the garlic and sauté until it turns translucent, about 1 to 2 minutes. Stir in both the vinegars, add salt and pepper to taste, and stir and scrape with a wooden spoon to deglaze the pan.

Add the sun-dried tomatoes and olive oil and continue to cook, stirring continuously, just until the ingredients are heated through and thoroughly combined. Turn off the heat.

Arrange the spinach in a bed on a serving platter or individual salad plates. Arrange the goat cheese on top and sprinkle with the bacon pieces. With a fork, remove the onion rings from the skillet and arrange them all over the salad. Finally, spoon the warm dressing from the skillet, drizzling it all over the salad. Serve immediately.

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## Redefining 'Aggressive Medical Care'

We are reaching a point in modern medicine where the concept of "Aggressive Care" at the end-of-life needs to be re-defined. When we think of aggressive medical care, we often think of all the amazing technology that can be used to



Dr. Jerry Old

different. The goal in Hospice is neither to cure the disease nor to extend life expectancy beyond all reason. With hospice, the goals become things such as preservation of dignity, allowing the patient to maintain control, to stay at home, and recognizing the importance of treating emotional and spiritual suffering. It is helping patients and families through one of the greatest times of change and personal growth they will ever experience on this planet. Sounds like pretty aggressive care doesn't it!

prolong "life" in the 21<sup>st</sup> century. However, Hospice care, while usually seen as opposite of "aggressive care," is in reality also aggressive care.

The modern Hospice movement, while recognizing the futility of life support and in-effective therapies at the end-of-life, is not "No Care." It is often more care—more aggressive pain management, more aggressive symptom management, insistent wound care, and more aggressive "Quality of life" care.

Hospice care and aggressive care are not opposites. The goals are just

A recent study has shown that people with similar medical conditions enrolled on hospice in a timely manner actually lived LONGER than their counterparts who continued the traditional aggressive treatments, such as chemo-therapy or high risk surgeries and procedures. Payment sources will continue to divide aggressive and non-aggressive medical therapies, but medically and realistically, that line is becoming less and less clear.

*- Jerry Old, MD is chief medical officer with Hospice Care of Kansas. He is also geriatric clerkship director and associate professor at the KU School of Medicine-Wichita.*

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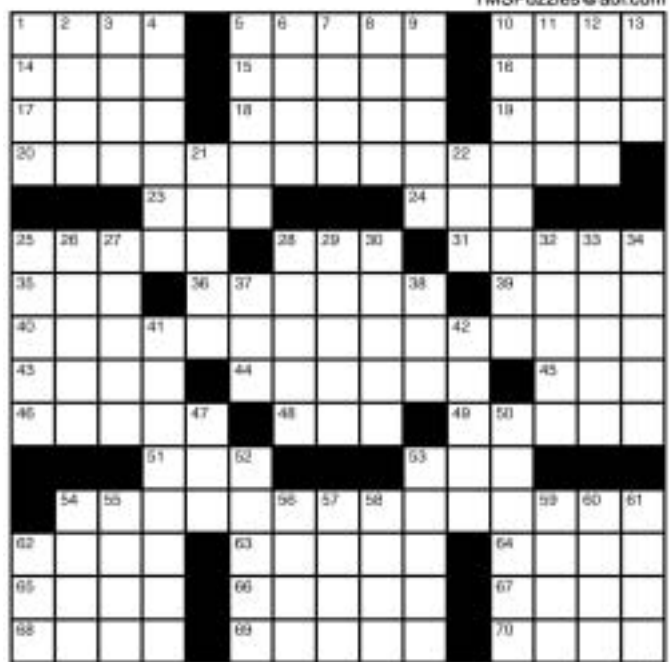
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- 47 Convened

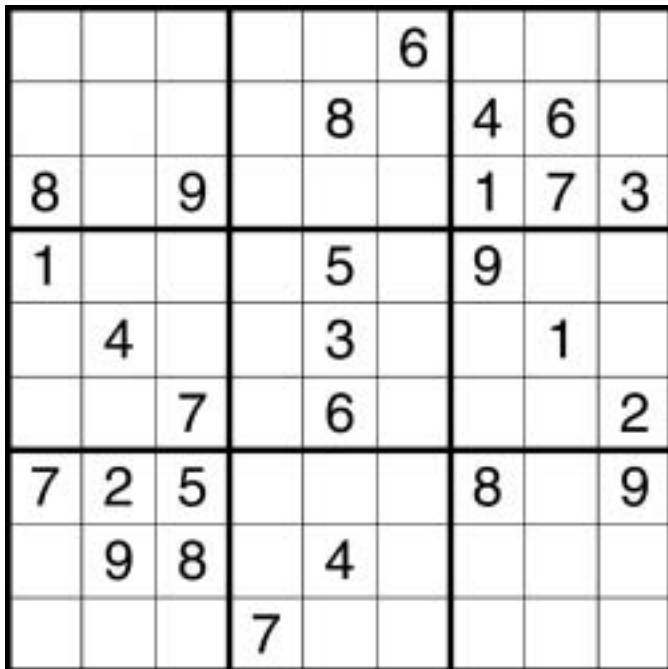


By Norma Steinberg  
San Francisco, CA

- 50 Jerry of "Law & Order"
- 52 Appear suddenly
- 53 Lyricist Hammerstein
- 54 Narrow secluded valley
- 55 Bypass
- 56 Kismet
- 57 1st letter

- 58 School in Houston
- 59 \_\_\_ breve
- 60 Close tightly
- 61 Industrial show, casually
- 62 Gardner of film

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

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**JUMBLE** THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Agrison

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

ELLAD  
VOIPT  
YELNOF  
CAPTIM

www.jumble.com

Ans:     HIS

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

Answers to all puzzles on page 31.

BRIDGE

# Plan the Play

By Omar Sharif and Tannah Hirsch

North-South vulnerable. South deals.

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

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

SOUTH  
 ♠ K Q J  
 ♥ A K Q J 10  
 ♦ Q 3  
 ♣ A 9 5

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Pass	2♣	Pass
4♥	Pass	Pass	Pass

Opening lead: Jack of ♦

Before playing to the first trick, take a few moments to plan the play, no matter how simple the hand appears. More contracts are lost by careless play at trick one than for any other reason.

Two no trump would have been a reasonable choice for an opening bid despite South's lack of a certain diamond stopper. North had the barest of minimum raises to two hearts.

Even without the jack of clubs, experience shows that responder should raise a major with four-card support and an ace. South had something to spare for proceeding to game.

West led the jack of diamonds, declarer played low from dummy and East won with the king. The king of clubs was returned, ducked by declarer. East reverted to a diamond, taken by the queen in the closed hand. With no entry to the table, declarer did the best he could by drawing trumps and starting on spades, but the defense did not falter. When West took his ace of spades and reverted to a club, there was no way for declarer to avoid losing three tricks in the black suits and a diamond—down one.

Had declarer taken a moment before playing to the first trick, he would surely have come up with the winning line. Since there was no entry to dummy outside of diamonds, and since the opening lead clearly marked West for the ten, South should have jettisoned the queen of diamonds under the king. Declarer can then win the club return, draw trumps and lead a diamond, finessing the nine. A club loser goes away on the ace of diamonds and the contract is home.

(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](mailto:gorenbridge@aol.com).)

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2

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3

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# Elder estrangement from adult children

By Carol Roeder-Esser  
Kansas Senior Press Service

When we envision our children growing up, we tend to picture Norman Rockwell moments with a laughing, loving family gathered around a table brimming with goodies.

But what happens when the relationship we envisioned with our adult children just isn't there? What if things become so strained that

there is no relationship at all? What if your children cut off your contact with your grandchildren? How do you deal with the feelings of loss? Is there anything you can do to make things better?

Many of us have the expectation that, no matter what, we are always there for our family. We expect our adult children to be there for us, just like we were there for them when they were young. If this expectation is not met, the feelings of hurt, sad-

ness, loss, betrayal, and anger can be intense.

It helps to remember that as children grow into adults, our relationship with them will naturally change. We cannot approach our adult children in the way we approached them as youngsters. They are adults now, responsible for their own children and their homes, careers, and lives. They have choices

to make. Sometimes those choices aren't what we hoped for.

Remember, too, that relationships involve at least two people. What you want and what your adult child wants may be different. Even people from the same family may have vastly different ideas of what being a family means. Maybe you envisioned having a closeness they don't

■ CONTINUED ON PAGE 31

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## NOSTALGIA NOTEBOOK

### March 1940

#### Births

**March 10:** Chuck Norris, American actor and martial artist  
**March 12:** Al Jarreau, American singer  
**March 16:** Bernardo Bertolucci, Italian writer and film director  
**March 25:** Anita Bryant, American entertainer  
**March 26:** James Caan, American actor  
**March 26:** Nancy Pelosi, Speaker of the United States House of Representatives

#### Events

**March:** *Truth or Consequences* debuts on NBC Radio.  
**March 2:** Cartoon character Elmer Fudd makes his debut in the animated short *Elmer's Candid Camera*.  
**March 5:** Members of the Soviet Politburo sign an order for the execution of 25,700 Polish intelligentsia, including 14,700 Polish POWs.  
**March 18:** Adolf Hitler and Benito Mussolini meet at Brenner Pass in the Alps and agree to form an alliance against France and the United Kingdom.

### March 1950

#### Births

**March 4:** Rick Perry, Governor of Texas  
**March 9:** Danny Sullivan, American race car driver  
**March 11:** Bobby McFerrin, American singer  
**March 11:** Jerry Zucker, American film producer, director, and writer  
**March 13:** William H. Macy, American actor  
**March 18:** Brad Dourif, American actor  
**March 26:** Martin Short, Canadian-born comedian  
**March 29:** William Hurt, American actor  
**March 30:** Robbie Coltrane, British actor and comedian

#### Events

**March 1:** Chiang Kai-shek resumes his duties as Chinese president after moving his government to Taipei, Taiwan.  
**March 8:** The Soviet Union claims to have an atomic bomb.  
**March 8:** The first Volkswagen Type 2 van (also known as the Volkswagen Microbus) rolls off the assembly line in Germany.

### March 1960

#### Births

**March 7:** Joe Carter, American baseball player  
**March 8:** Finn Carter, American actress  
**March 26:** Marcus Allen, American football player

#### Events

**March 3:** Elvis Presley returns home from Germany, after being away on duty for two years.  
**March 6:** The United States announces that 3,500 American soldiers will be sent to Vietnam.  
**March 17:** Northwest Airlines Flight 710 crashes near Tell City, Indiana, killing all 63 on board.  
**March 21:** The Sharpeville massacre in South Africa results in more than 69 dead, 300 injured.  
**March 22:** Arthur Leonard Schawlow & Charles Hard Townes receive the first patent for a laser.  
**March 23:** Nikita Khrushchev meets Charles De Gaulle in Paris.

# Estrangement

■ CONTINUED FROM PAGE 30

feel. Maybe you did or said something they took offense to. This could have happened yesterday, 10 years ago, or when they were growing up. Maybe you have expectations of them that they just don't feel they can meet. Maybe their spouse or the spouse's family is contributing to the conflicts. Maybe they don't agree with your values. Maybe you have no idea why this is happening.

No matter what the reason, you only have control of yourself. You control what you think about the situation, what you say to yourself about it, and what you do about it. No matter how much you might want your adult children to change, you can't make them change and they can't make you change.

It is helpful to begin at the beginning. What was your first inkling that things were not going well? What did the child or children tell you about the difficulty? Did you listen to what they were telling you? Even if you don't agree, it is very important to know the other person's perspective. Focusing on defending your position usually doesn't help.

Try to approach the situation from a problem-solving mindset. Let's say, for example, that your adult child tells you that she feels you are trying to control her. Ask for specific examples. Ask what she would like you to do differently. Be prepared to accept that maybe you are too controlling or that you intervene when you shouldn't. Being honest with yourself can open the door to making

change possible.

If your child brings up things that happened in the past, keep in mind that you may each have different memories of the same event. Ask yourself, is it more important to be right or to view this as an opportunity to mend the relationship? You may need to admit that you made mistakes and that you are sorry if those mistakes were hurtful to her.

Sometimes, despite your best efforts, you may have to accept that for now the relationship can't be repaired. If that is the case, try to leave the door open for future contact. Situations change. Grandchildren grow up and are no longer under their parents' control. Life experiences can give your adult child a new perspective and understanding of the past. So the way things are now may not be the way they remain.

For now, letting go is a painful choice to have to make, but that is a reality for some families. Focus your energy on things that are fulfilling to you, knowing that you have given it your very best effort.

- Carol Roeder-Esser, LSCSW, is a program specialist with the Johnson County Mental Health Center.

## CROSSWORD SOLUTION



## SUDOKU SOLUTION

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

## JUMBLE ANSWERS

Jumbles: LADLE PIVOT FELONY IMPACT

Answer: What the boss did with his blunt talk - MADE HIS "POINT"

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## POINT/COUNTERPOINT

**Point:** "Just today, Senator McCain offered up the oldest Washington stunt in the book—you pass the buck to a commission to study the problem. But here's the thing—this isn't 9/11. We know how we got into this mess. What we need now is leadership that gets us out. I'll provide it, John McCain won't, and that's the choice for the American people in this election." - Sen. Barack Obama, Sept. 16, 2008

**Counterpoint:** "I've proposed a bipartisan Fiscal Commission to provide recommendations for long-term deficit reduction. Because in the end, solving our fiscal challenge—so many years in the making—will take both parties coming together, putting politics aside, and making some hard choices about what we need to spend, and what we don't." - Pres. Barack Obama, Feb. 13, 2010

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**Roger Dreiling, M.D.**, is the medical director of Cardiovascular Specialists of Lawrence. Dr. Dreiling is board certified in interventional cardiology and cardiovascular disease. He graduated from the University of Kansas School of Medicine and completed his residency and fellowship training in cardiology at KU Medical Center.