

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

March 2011

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Vol. 10, No. 9

INSIDE



Deseret Health Group has opened the Washburn Community Center at 1334 SW Buchanan Street in Topeka. The newly remodeled, 31-bed Care Center accepts private pay residents for a locked-in rate as low as \$100 per day. - page 8



Wolfgang Puck shares a recipe for Bay Scallops with Sautéed Apples. This simple dish can be served as an appetizer, or add rice or pasta for a light seafood dish. - page 28

KEVIN GROENHAGEN PHOTO



Randy and Gayla Starkey hold a scrapbook that documents their travels during the summer of 2010

Starkeys visit 105 Kansas courthouses in 13 days

By Kevin Groenhagen

While driving back to Topeka after vacationing in Colorado last summer, Randy and Gayla Star-

key did something a bit unusual. Instead of heading directly home, they exited off of I-70 and began visiting Kansas courthouses.

“Gayla has always been interested

in state capitol buildings, so on our vacations we would try to visit state capitals,” Randy said. “We would stop, take pictures, and take a tour

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of the buildings. But it would be a pretty big task to visit all 50 state capitals. We have a neighbor down the street who is a photographer. He would travel around as a judge for 4-H projects and he would stop by the courthouses. He had pictures of about half a dozen of them. So we thought we could visit courthouses in Kansas. There are only 105 of them and that's manageable. We had some time so we thought we could hit a few courthouses before returning to Topeka."

On that first day, July 8, the Starkeys visited and photographed 14 courthouses. Between then and August 18, they spent a total of 13 days traveling to all 105 counties in the state.

"We would take a Saturday or Sunday afternoon when we didn't have anything to do, get the map out, go to, say, Ottawa and Paola, and then circle around and catch as many courthouses as we could," Randy said.

"We didn't go into most of the courthouses because we visited them on the weekends when they were closed," Gayla added. "If I were to do it again I would go on the weekdays so I could go inside the courthouses. Also, I would plan things a little better so that we could take in some county fairs during the summer."

The Starkeys didn't keep track of their mileage, but estimate that they covered nearly 5,000 miles driving county to county. While they usually made day trips from Topeka, they had to spend four nights away from home when they visited some of the more distant counties. Instead of eating out at a lot of restaurants, the Starkeys loaded up their vehicle with snacks.

"When we did eat out, we would try to find mom and pop cafes instead of fast food," Randy said.

However, Gayla is quick to note a fast food restaurant helped them at least once with navigation.

"We had trouble finding one courthouse," Gayla said. "It wouldn't show up on the GPS. I typed in the sheriff's office and it didn't show up on the GPS, either. So I just typed in Dairy Queen and we found the courthouse

on the way."

"Some of the courthouses were hard to find," Randy said. "A lot of the courthouses weren't even on the main street. They were a block or two off of the main street. After awhile, we figured out that we needed to look for buildings with the American flag."

As the Starkeys travelled throughout the state, they made an observation regarding the architecture of the courthouses.

"We found that the architecture of the courthouses in the eastern part of the Kansas was more ornate," Randy said. "The farther west we went, the simpler the designs were."

"It didn't matter if they were new or old courthouses," Gayla added. "Part of that may be because one gentleman was the architect for many of the courthouses in the east. Some of them look so much alike that I had a hard time telling them apart in my photographs."

The architect, George P. Washburn, designed 13 courthouses in Kansas, one in Illinois, and another in Oklahoma. The courthouses he designed

in Kansas include those for Anderson, Atchison, Butler, Chautauqua, Coffey, Doniphan, Franklin, Harper, Johnson, Kingman, Miami, Pratt, and Woodson counties.

"Our favorite traditional courthouse is in Troy, which is the county seat of Doniphan County," Gayla said. "The courthouse in Emporia, which is a county seat of Lyon County, is our favorite modern courthouse. We were very lucky in Emporia because we went down there two weeks later for another purpose and they had construction going on all around the courthouse. We wouldn't have gotten a good picture if we had gone then. The next to last courthouse we visited is our absolute favorite. It's in the only county named after a woman."

That county, Barton, is named after Clara Barton. Barton is best remembered for organizing the American Red Cross. The courthouse square, located in Great Bend, has beautiful archways, park benches, landscaping, and bricked walks.

Unfortunately, not all of the court-

houses are as beautiful. However, by forcing themselves to visit every courthouse in Kansas, they did see parts of the state they would not have seen otherwise.

"Why would you want to go to Gove in Gove County?" Gayla asked.

■ CONTINUED ON PAGE FIVE

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Kaw Valley Senior Monthly

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Kevin L. Groenhagen

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E-MAIL

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Give yourself some credit – Social Security credit S

By Norm Franker

Social Security District Manager in Lawrence, KS

Sometimes people don't give themselves enough credit. But if you work and pay Social Security taxes, you're earning credit for yourself every payday—credit that will pay off later in life when it comes time for retirement, or in the event that you become disabled and are unable to

work; credit that can help your family if you die early and need to provide for those who depend on you.

You qualify for Social Security benefits by earning Social Security credits when you work in a job or are self-employed and pay Social Security payroll taxes. In 2011, you receive one credit for each \$1,120 of earnings, up to the maximum of four credits per year. Most people need 10 years of work (40 credits) to be eligi-

ble for retirement benefits.

The number of credits needed for disability benefits depends on how old you are when you become disabled. For example, if you become disabled before age 24, you generally need 1 1/2 years of work (six credits) in the three years before you became disabled. At age 31 or older, you generally need at least 20 credits in the 10 years immediately before you became disabled.

In most cases, about 10 years of

work is needed for a worker's family to qualify for survivors benefits. Survivors of very young workers may be eligible if the deceased worker was employed for 1 1/2 years during the three years before his or her death.

You can find a detailed chart that shows exactly how many credits you would need in the online publication, *How You Earn Credits*, available at www.socialsecurity.gov/pubs/10072.html.

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Starkeys

family ■ CONTINUED FROM PAGE THREE

Sur-
y be “I think it is the only town on the map
was for that county. Randy teases that we
could wave at each other from one
side of the town to the other. The two-
that story courthouse looked like a store-
credits front.”

In addition to courthouses, the
Starkeys saw many other interesting
things during their travels. For exam-
ple, there were the stone fence posts
out by Ellsworth and Russell.

“There were miles and miles of
them,” Gayla said.

“We wondered how they made
them,” Randy added. “Well, we drove
into Lucas. That’s where they have
the Garden of Eden and the stone sta-
tues. We went through there and they
showed a movie. The movie showed
how they made the fence posts.”

While sightseeing on another day
of visiting courthouses, Gayla inad-
vertently added about 75 miles to
their trip.

“One day we took one of our grand-
sons with us to Abilene,” Randy said.
“In addition to the courthouse, we
visited the Greyhound Hall of Fame,
the Eisenhower Presidential Library
and Museum, and the Museum of In-
dependent Telephony. We then went
on to Marion County. When we got
there, Gayla got out of the car to take
a picture of the courthouse. However,
she didn’t have her camera. We visit-
ed a gift shop in Abilene, so we called
the number on a receipt from the gift
shop. They had her camera there. We
had to drive back to Abilene to get
the camera, and then drive back to
Marion to get a picture of the court-
house.”



Three of the 105 courthouses Randy and Gayla Starkey visited, left to right: Doniphan County courthouse, Lyon County courthouse, and Miami County courthouse. Photos by Gayla Starkey.

The Starkeys also had an amusing
experience in Salina.

“It was late when we got to Salina,” Randy said. “Gayla had prob-
lems taking pictures of some of the
courthouses because the trees were in
full leaf. That was the case in Salina.
She walked all around the courthouse
to get a good picture. However, we
didn’t know that the old courthouse
had been converted into a retirement
center. The new courthouse was across
the street. She was taking pictures of
the retirement center.”

“The retirement center looks like
a courthouse, but the courthouse
doesn’t,” Gayla added with a laugh.

Another trip may have convinced
the Starkeys that Kansas is a small
state after all. After visiting the court-
house in Wichita County, Gayla, who
retired after 20 years as a state em-
ployee, took a picture of the court-
house to her former boss.

“My former boss is from Leoti, the
county seat,” Gayla explained. “She
wasn’t in her office, so I put the pic-
ture on her bulletin board. The next
day, they called me and said that I had

taken a picture of my boss’ mother.”

The boss’ mother and her friend
just happened to be at the courthouse
for some reason that day.

The Starkeys visited the last of 105
courthouses, right in their home coun-
ty of Shawnee, on August 18.

“It was the easiest to get to,” Randy
said.

After visiting all the courthouses,
Gayla put together a scrapbook that
documents their travels. Each page
features a photo of each courthouse
along with pertinent information about
the county, including its two-letter
code, the year it was founded, how it
got its name, and its square mileage.
Gayla says getting the information for
the scrapbook has spurred her to learn
more about Kansas’ counties.

Randy retired from the Burlington
Northern Santa Fe Railway after 30
years.

“As far as Randy being retired, he
is and he isn’t,” Gayla said. “He made
the two tables in the living room, the
entertainment center, and the kitchen
cabinets. He is very handy. He even
cuts down the trees that he uses for

the furniture.”

In addition to building furniture for
his home, Randy does some kitchen
remodeling for others and is making
two cedar chests that he plans to sell.

The Starkeys have three children,
and Randy also joins them on trips.

“My boys and I generally take a
trip to Colorado every October,” he
said. “We go elk hunting there. Our
daughter is a professional bass fisher-
man. I get to go with her when she
goes to tournaments. I help get her
boat in and help her out with other
things.”

The Starkeys have no immediate
plans to repeat their courthouse vis-
its in Kansas or any other state. How-
ever, they expect to take a trip later
this year to Niagara Falls to celebrate
their 45th wedding anniversary. Of
course, they plan on visiting some of
the state capitol buildings along the
way.

If the Starkeys’ travels have sparked
your own interest in Kansas counties
and their courthouses, Gayla recom-
mends skyways.lib.ks.us/counties as a
good starting point.

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Lawrence Presbyterian Manor on U.S. News and World Report Best Nursing Homes list

Lawrence Presbyterian Manor is on the U.S. News and World Report Best Nursing Homes 2011 list. The retirement community received the highest score of a five-star rating to make the list, available at www.usnews.com/nursinghomes.

The U.S. News rankings use information from the Centers for Medicare and Medicaid Services, which compile data from regulatory surveys conducted by state agencies. CMS assigns one to five stars to each community for how well it performs in health inspections, nurse staffing and level of quality care. Only about one community in seven nationwide met the five-star standard, indicating performance "far above average" com-

pared to the more than 15,000 nursing homes in the country.

Survey teams from the state conduct inspections in each community every 12 to 15 months. The surveys cover a checklist of about 180 items such as medication management, food preparation and delivery, proper paperwork, and resident enrichment activities.

"While we appreciate the recognition from U.S. News and World Report and the ratings, our communities focus all of their efforts on delivering quality caring day after day," said PMMA Vice President of Clinical Services Susan Fry. "To us, the five-star rating system was a nice grading card on what we thought was already

our good work. Focus on the quality, and the stars will come."

Other Presbyterian Manors of Mid-America retirement communities on the honoree list are Clay Center,

Emporia, Newton, Parsons, Salina, Sterling and Wichita in Kansas, and Farmington and Rolla in Missouri. PMMA has 17 retirement communities in the two states.

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Social Security's Final Four

By Norm Franker

Social Security District Manager in Lawrence, KS

This time of year basketball fans are gearing up for March Madness—a time when the final four teams in the NCAA fight for the title of national champion. While basketball fans are excited about March Madness, Social Security already has a winning “final four” of online services to cheer about: the Retirement Estimator, Benefit Application, online Extra Help application, and Business Services Online.

1. The Retirement Estimator is an easy way to get an instant, personalized estimate of your future Social Security benefits. Just key in some basic information and the Estimator will use information on your Social Security record, along with what you input, to give you a benefit estimate on the spot. You even can experiment with different scenarios, such as changing your future earnings and retirement date. Check it out in English at www.socialsecurity.gov/estimator or in Spanish at www.segurosocial.gov/calculador.

2. The Benefit Application is the most convenient way to apply for Social Security retirement benefits. You can apply from the comfort of your home — it's fast, easy, and secure. It's so easy, in fact, that it can take you as little as 15 minutes to apply online. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed. Try it out when you're ready to retire at www.socialsecurity.gov/applyonline.

3. The online Extra Help application is an easy way to save about \$4,000 a year on your prescription drug costs. To qualify for the Extra Help, you must be on Medicare,

have limited income and resources, and live in one of the 50 states or the District of Columbia. Learn more about it at www.socialsecurity.gov/prescriptionhelp.

4. Business Services Online is our one-stop shop for small businesses. The site allows organizations and authorized individuals to conduct business with and submit confidential information to Social Security. You even can use it to file your W-2s the fast, convenient, and paperless way — online. Visit Business Services Online at www.socialsecurity.gov/bsa.

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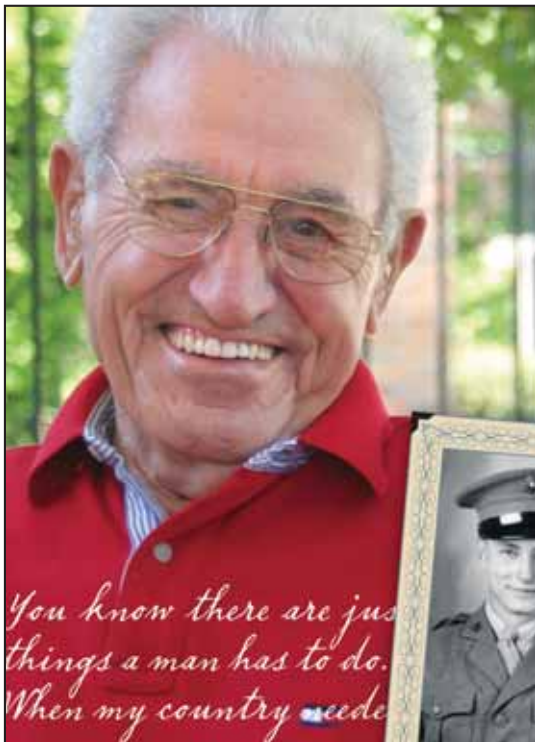
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Washburn Community Care Center opens in Topeka

By Billie David

Topeka became home to a newly-remodeled nursing facility recently when Deseret Health Group opened the Washburn Community Care Center, which is offering a private pay rate of \$100 a day.

“With 31 beds, we’re a smaller facility with a home like feel,” said Community Relations and Social Services Director Christine Grimm. “Keeping it smaller means we can give more individualized care.”

The building has been closed since 2003 and in 2009, under Deseret Health Group’s direction, underwent a \$1 million dollar renovation. Changes included a second commons area as well as the elimination of smaller rooms in favor of larger more comfortable bariatric private rooms, semi private rooms and couple suites—which Grimm described as oversized rooms with two beds and attached living quarters.

“One of the reasons we decided to have the couples suites is because

sometimes the caregiver in the home becomes ill and could be reluctant to go to a nursing home because they have been providing care for their loved one,” Grimm said. “These suites provide a place for them to recuperate from their illness and bring their loved ones with them, so their mind is at ease knowing they are being taken care of. We can take care of both of them together until they recuperate or for long-term care.”

The care center also includes a sun-filled dining room, a functional kitchen and therapy room. Other features include rooms for family visits and functions, a hair salon and an activities room to host entertainment programs and religious services.

The facility is completely secured with keypads on every door to ensure safety for residents with dementia and



Washburn Community Care Center


offers an enclosed courtyard that allows the residents to enjoy the outdoors in safety, in a place where they can be observed by the staff.

Washburn Community Care Center opened on December 20, 2010, with a

ribbon cutting on January 5.

“Deseret, our managing company, operates 20 facilities in rural Kansas, Nebraska and Minnesota, and we had received some inquiries from Tope-

■ CONTINUED ON PAGE NINE



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Washburn

CONTINUED FROM PAGE EIGHT

ka,” Grimm said of Deseret Health Group’s decision to locate a facility in Topeka.

The centrally located facility is in the heart of Topeka in a residential neighborhood at 1334 SW Buchanan Street. It is conveniently six blocks south of Topeka’s local hospitals, close in proximity to the VA, and two blocks east off of Washburn Avenue, across from Robinson Middle School.

“The core of this company is community based,” Grimm said, “Having these services in a community setting means we can really work with the schools, hospitals and neighbors that are so close to us to create a sense of community by involving our residents, employees and colleagues to volunteer their time to local clubs, schools, sports teams, libraries, museums, and the like. These are things that we look for to really serve the community and give excellent care,” she said.

In keeping with their goal of becoming part of the community, they are looking forward to participating in the Neighborhood Improvement Association, she added.

At the price of just \$100 per day, residents receive 24-hour nursing care, activity programs, home cooked meals customized to meet individual needs, social services, laundry, and housekeeping. The facility’s staff includes a medical director, licensed nurses, a social worker, therapy staff and a registered dietitian.

In addition to care that emphasizes the individual as well as a policy of embracing diversity in a person-centered care model, the facility offers occupational, speech and physical therapy. While some therapy can be billed to Medicare Part B, the center is currently operating as a private pay facility until the state completes its Medicaid survey.

Grimm has had years of experience working with seniors, and has been working in Topeka in long-term care since 1997. When Deseret Health Group asked Grimm to assist in opening the Washburn Community Care Center, she eagerly accepted.

“I’ve never been part of opening a facility before, and I thought it would be an interesting challenge,” she explained.

One reason Grimm likes to work with seniors is because of her conviction that there’s so much to be learned from them.

“They have a lot of interesting stories,” she said, remembering one individual earlier in her career who actually drove cattle from Texas to Kansas.

“They had a whole different way of life,” she said. “They helped found our nation, and we shouldn’t overlook their struggles.”

For more information about the Washburn Community Care Center, people can call Christine Grimm at (785) 232-1133, and they are also welcome to come and visit the center.





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By Kansas Senior Press Service

If you're new to Medicare, take charge of your health and wellness with a thorough physical exam. A comprehensive physical is a smart and easy way for you and your doctor to set a starting point for your personalized health care. It's your road map for effective, efficient, timely health care, and it will help lower the health care system's per-person costs.

Medicare covers two types of physical exams: one when you're new to Medicare and one each year after that.

The "Welcome to Medicare" physical exam

Medicare covers a one-time physical exam if you have it within the first 12 months in which you are enrolled in Part B. Beginning in 2011, you can get this exam for free if your doctor accepts assignment (agrees to be paid directly by Medicare and accepts the amount Medicare approves for the service). This physical includes:

- A review of your medical and social history, including risk factors you can change.
- A physical exam that includes measuring your height, weight, blood pressure, visual acuity, and body mass index.
- Education, counseling, and referrals based on the results of your physical exam.
- A brief written plan, such as a checklist, for getting appropriate screenings or other Medicare Part B preventive services.
- A review of your risk for depression.
- End-of-life planning.

The yearly wellness exam

Medicare also covers a yearly wellness exam once you've had Part B for longer than 12 months, and if it has been at least 12 months since your Welcome to Medicare physical. This yearly exam will help you develop or update a prevention plan. You'll pay nothing for the exam if your doctor accepts assignment.

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What do these two men have in common?



Well, in addition to serving as leaders of the free world, Presidents Bill Clinton and George W. Bush are baby boomers who will turn 65 this year and be eligible for Medicare. In fact, since January 1, 10,000 boomers a day began turning 65. This will continue for the next 19 years.

Of course, the former presidents probably spend little time worrying about their future Medicare benefits. Most boomers will not have that luxury.

Joye Johnson can use her substantial experience and knowledge to help boomers understand the various Medicare Supplement/Medicare Advantage options. She represents a number of companies and can explain the new options.

Please give Joye a call today!



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Kansas Department on Aging welcomes new staff

Shawn Sullivan, acting secretary of the Kansas Department on Aging (KDOA), would like to welcome Bill Rein, chief attorney, Karla Werth, special assistant to the secretary, and Sara Arif, director of public affairs, to KDOA.

“Bill Rein comes with a vast knowledge of not only the Agency but advocacy for all Kansans,” stated Secretary Sullivan. Rein started practicing law in 1977 and concentrated in the areas of mental health, criminal and juvenile law. He started his service to Kansas in 1984, when he became senior counsel for a division of Social and Rehabilitation Services. During that time, he was the primary author of comprehensive mental health reform legislation.

Rein then served as director of hospital and medical programs at the Kansas Department of Health and Environment (KDHE), and then became KDHE’s chief administrative law judge. In 2003, Rein joined KDOA as a regulatory attorney. He prosecuted resident abuse and licensure cases at that time. Since 2008,

Rein has served as “Of Counsel” for a Topeka law firm and disciplinary counsel for the Kansas State Board of Pharmacy.

Karla Werth previously served as director of constituent services for former Gov. Bill Graves and on the district congressional staff for Rep. Jerry Moran. More recently, she acted as director of member services for the Kansas Health Care Association. A native of Hays, she has two grown children and two grandchildren.

“We are excited to have Karla Werth serving the agency,” Secretary Sullivan said, “She comes to us with a vast knowledge of improving custom-

er and constituent satisfaction.”

Sara Arif comes to KDOA from the Kansas Chamber of Commerce, where she served in several roles. Prior to that, she was the production manager at Digital Evidence Group in Washington, D.C. She originally came to Kansas from Minnesota to


go to the University of Kansas. She now lives in Lawrence with her husband.


“Sara brings a new perspective to the issues facing state government,” Secretary Sullivan said. “I look forward to facing the challenges in front of us with such a diverse staff.”

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

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PERSONAL FINANCE

What's your financial IQ?

Imagine you're on a TV quiz show. The host turns to you and offers a list of topics, one of which is *Your Personal Finances*. Based on your knowledge, is this a category you would choose?

If you answered no, you're not alone. Four out of five Americans admit they know more about a va-

riety of topics than their own finances. That's about the same share that would choose to answer questions about subjects far less personal, such as current events, entertainment, or science and technology.



Joe B. Jones

riety of topics than their own finances. That's about the same share that would choose to answer questions about subjects far less personal, such as current events, entertainment, or science and technology.

For me, the results were a powerful reminder of the reason I make it a point to help clients fully understand their personal finances, so they can make the informed choices that are right for them.

The survey found that some basic financial concepts are well-understood, including the best way to mini-

mize losses in investments (88 percent answered correctly), asset allocation (79 percent), and dollar-cost averaging (57 percent). Likely because of their self-explanatory names, high numbers of Americans also recognize what disability income insurance and long-term care insurance are designed to do.

More often than not, however, Americans fail to understand many key financial concepts—like the average inflation rate over the past decade (known by about one in three), or the product that has traditionally mitigated inflation risk the best (less than one-third answered correctly). The lack of financial knowledge appears to be particularly acute when it comes to permanent life insurance, as only a small percentage of Americans seem to know even the basics of this type of risk protection.

Knowledge is power, though—and Americans recognize it. Nearly eight out of 10 consumers feel the need to learn as much as possible about their personal financial situation. I've certainly seen this to be true in my practice.

As for where they find that information and whom they trust, I was glad to learn that, when asked to rate the reliability of several sources of financial information, Americans rated financial advisors as the most reliable source.

Are you curious what your financial IQ might be? Find out by completing an abbreviated form of the survey at www.facebook.com/northwesternmutual.

reflect the makeup of the U.S. population ages 25 to 65. Population statistics were based on data from the 2008 Current Population Survey.

- Joe B. Jones is a Financial Representative with the Northwestern Mutual Financial Network based in Lawrence, KS for The Northwestern Mutual Life Insurance Company, Milwaukee, Wisconsin. To contact Joe, please call (785) 856-2136 or e-mail him at joe.jones@nmfn.com.

On behalf of Northwestern Mutual, independent research firm Mathew Greenwald & Associates, Inc. conducted an online survey of 1,664 Americans ages 25 to 65, between June 1 and June 8, 2010. Study participants were members of Synovate's leading Global Opinion Panel. Survey data were weighted by gender, age, education, and household income to

reflect the makeup of the U.S. population ages 25 to 65. Population statistics were based on data from the 2008 Current Population Survey.

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PERSONAL FINANCE

**Looking for income?
Consider premium bonds**

As an investor, you want your money to grow so that you can achieve your important goals, such as a comfortable retirement or college for your children. But you may also invest to increase your cash flow. In fact, without a strong cash flow, you may be

will be willing to pay a premium to earn the higher interest rate.

Now, let's flip the equation, so that instead of being a bond seller, you're a buyer. If you want to increase your investment income, you might be interested in a premium bond. You pay a premium for the bond in return for higher interest payments for the life of the bond, and, if you hold it until maturity, you'll still get the face value back (again barring a default).

Furthermore, because premium bonds pay higher interest, they also pay a greater proportion of their cash flow before they mature, in comparison to discounted or "par" bonds. This helps provide for greater price stability, so if interest rates rise or fall, premium bond prices typically will not decrease or increase as much as those of discount or par bonds.

Keep in mind that while premium bonds are attractive to you because of their higher interest rate, they are unattractive to bond issuers for the same reason. In fact, when market interest rates fall, some issuers may try to redeem ("call") these bonds so that they can issue new ones at the lower rates. Obviously, if your premium bond were to be called, your cash flow might take a hit. That's why, when investing in premium bonds, you might want to look for those that have at least limited call protection — in other words, they can't be redeemed for a certain number of years.

Your portfolio should comprise a number of different investments designed to work together to meet your long-term financial goals. So give premium bonds some consideration as part of a well-diversified portfolio.

Before investing in bonds you should understand the risks involved, including interest rate risk, credit risk and market risk.

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



Harley Catlin and Ryan Catlin

forced to dip into your growth-oriented investments to pay for short-term needs — and if you do this repeatedly, you could damage your prospects for attaining your long-term goals. That's why you'll want to look at different ways of boosting your cash flow — one of which may be premium bonds.

To understand the nature of premium bonds, you'll first want to be familiar with the relationship between a bond's price and its interest rate. When a bond is issued, it sells for face ("par") value, which is the amount returned to the bondholder when the bond matures. This bond also comes with a "coupon" rate — the interest rate that the bond will pay throughout its lifetime. So, for example, if you paid \$10,000 for a 10-year bond with a coupon rate of five percent, you would earn \$500 per year, every year. If you held the bond until it matured, you'd also get your \$10,000 back, provided the issuer doesn't default. But if market interest rates move up to six percent, and you wanted to sell your five-percent bond before it matures, you'd have to offer it at a discount from the \$10,000 face value. Conversely, if market rates were to fall to four percent, you may be able to sell your \$10,000 bond for more than its face value, because investors

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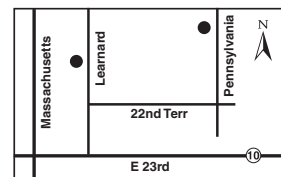


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HEALTH & FITNESS

New hope for restless legs

For years, people with Restless Legs Syndrome have relied for relief almost entirely on medications. But now, another promising treatment is available, without side effects.

Do you have Restless Legs Syndrome (RLS)? If your legs move involuntarily, waking you up and causing you to walk around for relief, you might have RLS. Since the symptoms



Laura Bennetts

can vary from person to person, you need to consult your doctor for a diagnosis. If your doctor decides that you do indeed have RLS, you will probably be prescribed medications. This can help a lot, but many people also experience unpleasant side effects from drugs, including dizziness and nausea.

Luckily, a new study offers hope for another kind of treatment, one with the potential to reduce discomfort without side effects: Monochromatic Infrared Light Therapy. About this, more anon. But first, a few more words about RLS.

Long Nights

People with RLS can have sensations of aching, burning, cramping, tingling, or being pulled. They may suffer from involuntary movements that cause them trouble sleeping. And they are likely to feel the need to move their limbs to relieve discomfort.

The International RLS Study Group identifies four main symptoms:

1. You have the urge to move your legs or arms. This is usually caused or accompanied by feelings of discomfort.
2. You get partial or total relief when you move your legs or arms (say, by walking or stretching).
3. You feel the symptoms most when you're inactive (say, sitting or lying down).
4. Your feel worse in the evening or at night.

If your doctor rules out other possible causes, these symptoms MAY indicate that you have RLS.

Don't Be Shy: Tell Your Doctor

If you suffer any of these telltale symptoms, it's important for you to visit your doctor. Don't diagnose yourself or jump to the conclusion that your symptoms don't matter. Let your doctor figure out what's happening. You may or may not have clinical RLS, either alone or together with other problems that require your doctor's medical expertise (such as peripheral neuropathy, diabetes or Vitamin B deficiency). You need to know for sure. So don't hesitate—ask your doctor now.

Why Me? Why My Leg?

It's thought that RLS is the result of misfiring nerves. If your sensory nerves misfire, you can have burning or creepy-crawly sensations. These misfirings are called paresthesias. And if your motor nerves misfire, your legs can feel restless. Hence RLS is called a "sensorimotor" problem.

The underlying cause is unknown. There is no test that can tell us what exactly causes the odd feelings. And

remember, the symptoms vary from one person to the next. You may feel the symptoms more acutely during the day than at night, but your daughter may feel nothing until bedtime. Either way, you should seek help. Walking is a good start, since many people do obtain relief this way. But other treatments are needed as well.

Treatments

Typically, RLS medications reduce perceptions of discomfort, but they do not solve the underlying problem—namely, that your nerves misfire. Many people also find that drugs give them only modest relief, often coupled with distasteful side effects. So, besides medications, light therapy can offer welcome relief.

Light Therapy

Infrared light therapy (ILT) has been offered in hospitals and therapy clinics in the US for over a decade now, but it is still little known. The effectiveness of ILT has been demonstrated in 14 scientific studies. In these "double-blind" studies, groups treated with ILT are compared to control groups, and neither the test subjects nor the test administrators know who belongs to which group. The Anodyne brand of ILT, in particular, has been shown to successfully treat tendonitis, carpal tunnel, peripheral neuropathy and diabetic peripheral neuropathy.

Now, a just-reported study shows that Anodyne can successfully treat the symptoms of RLS as well.

The Study

Two groups of RLS patients completed questionnaires about their symptoms before they received treatment, and then weekly during four weeks of treatment. The Anodyne group—which received infrared light therapy three times a week, 30 minutes at a time—improved much more markedly

than the control group, which received only a placebo. And then the RLS symptoms tended to worsen again, once the treatment concluded.

Anodyne at Home

I was particularly struck by this study because it so closely matches my own experience. For years now I've applied infrared light therapy to patients with problems in their limbs and extremities, often with outstanding success. This includes many patients with peripheral neuropathy, who suffer foot numbness and pain—that is, until they receive Anodyne treatment, which often helps them dramatically. Now it appears that people with RLS may benefit in the same way.

The ideal solution for many of my patients has been to try Anodyne in the clinic and then, if it helps (as it very often does), buy their own Anodyne home unit, directly from the manufacturer, so that they can continue their treatment at home. This gives them a drug-free way to treat the problem at home, after a trial supervised by a physical therapist shows that Anodyne can help.

New Hope

I've known for years that many people with leg problems can benefit from Anodyne treatment. Now we have scientific reason to believe that, like other patients with nerve pain problems, people with RLS can also benefit from ILT. Infrared light therapy can help them sleep better and live fuller, more active lives.

- Laura Bennetts, PT, MS has been a physical therapist since 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence, (785) 842-0656 and Baldwin Therapy Services (814 High Street, Suite A, Baldwin City, (785) 594-3162. For full details, see the LTS website at www.LawrenceTherapyServices.com.

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HEALTH & FITNESS

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Dr. Farhang Khosh

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It is a powerful antioxidant and acts as a cell-membrane stabilizer against free radicals. CoQ10 is a powerful antioxidant, scavenging free radicals sitting in the membranes with Vitamin E, which it recycles to keep it most active.

CoQ10 was discovered in 1957, but its popularity took shape in last decade. Nowadays, it has become a common household name in the United States and Europe. Studies have shown that it helps combat various forms of cardiovascular disease, reduces the number and size of certain tumors, and is useful in treating gum disease. Internationally, there have been at least nine placebo controlled studies on the treatment of heart disease with CoQ10: two in Japan, two in the United States, two

in Italy, two in Germany, and one in Sweden. All nine of these studies have confirmed the effectiveness of CoQ10 as well as its remarkable safety. CoQ10 has been used but not limited to the following conditions: Cardiovascular problems such as congestive heart failure

and hypertension, gum diseases, diabetes, degenerative diseases such as Parkinson's and Alzheimer's, chronic fatigue syndrome, tinnitus, cosmetically for skin health, to increase sperm motility, and improve immune function.

Based on a web search the following medications may lower the levels of CoQ10 in the body: Statins for cholesterol, including atorvastatin (Lipitor), lovastatin (Mevacor), pravastatin (Pravachol, and simvastatin (Zocor), fibric acid derivatives for cholesterol, including gemfibrozil (Lopid); Be-

ta-blockers for high blood pressure, such as atenolol (Tenormin), labetolol (Normodyne), metoprolol (Lopressor or Toprol), and propranolol (Inderal); And tricyclic antidepressant medications, including amitriptyline (Elavil), doxepin (Sinequan), and imipramine (Tofranil). As always, please consult with you healthcare provider regarding drugs/supplements interactions.

- 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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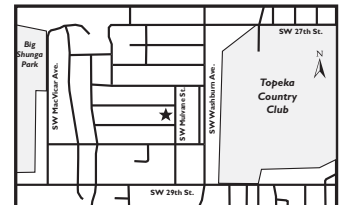


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RETIRE SMART

Pre-existing conditions? Health insurance options improving this year

Over age 50 but under 65? If so, you're at risk of falling into the pre-existing condition health care gap.

In the current health insurance marketplace, it's very difficult for people with pre-existing conditions to buy a quality policy at an affordable price. The problem disproportionately af-



Mark Miller

fects older people in this age group; they're too young to qualify for Medicare yet very likely to have at least one chronic condition that leads health insurance companies to turn them down.

The problem impacted 15 percent of all Americans age 50-64 in 2009, according to a recent report by the Commonwealth Fund—8.6 million people. Meanwhile, another 9.7 million in this age group had coverage with such high deductibles that they were considered "effectively underinsured."

Starting in 2014, the new health care reform law will get these folks covered through expansion of Medicaid and the creation of new private insurance exchanges. In the meantime, the Affordable Care Act (ACA) put a Band-Aid on the problem by setting aside \$5 billion to fund a pre-existing insurance program (PCIP) that operates until the end of 2013, when enrollees will shift to coverage via the new exchanges.

This bridge initiative got off to a slow start in 2010, but significant improvements are being made this year that are worth knowing about if you're struggling to find health insurance coverage.

The ACA gave states the option of using federal dollars to administer their own PCIP programs, or to offer a plan run by the federal government. Twenty-seven states are offering their

own plans. But last year, only 8,000 people enrolled "nationwide" in these plans.

The weak start was due partly to the short ramp-up time available after the ACA became law, according to Jean Hall, an associate research professor at the University of Kansas who specializes in healthcare.

But in many cases, the plans just weren't very good deals. Premiums sometimes exceeded \$1,000 per month, with annual deductibles as high as \$5,000. Finally, enrollees must be uninsured for six months prior to coverage in order to be eligible, a rule that further reduced sign-ups.

The plans that did get relatively strong enrollment were in a handful of big states, including Pennsylvania, California, Illinois and Ohio. The plans in these states also decided to set their premiums at very affordable rates—which they had discretion to do

under the ACA. For example, Pennsylvania's program last year had a flat monthly rate of \$283 per enrollee—for a person of any age—with an annual \$5,000 in-network, out-of-pocket limit.

Meanwhile, noteworthy improvements are being rolled out to PCIPs this year that will make them worth checking out for those struggling to find insurance.

Premiums will be reduced in many states. Moreover, the federal program will offer three plan options, two of which feature lower deductibles for prescription coverage. New child-only premium options also are being offered to reduce the cost of covering children with pre-existing conditions.

"I do believe the new federal options represent a significant change for consumers," Hall says. "People can get prescription costs covered sooner, which is potentially very important for many people with chronic conditions. Also, adding the child-only premiums creates a significant savings for families who have children with chronic conditions."

The PCIPs cover a broad range of health benefits, including primary and

specialty care, hospital care, and prescription drugs. The law requires that they cover, on average, no less than 65 percent of medical costs and limit out-of-pocket spending to \$5,950 for individuals. They also cannot impose preexisting condition exclusions or waiting periods.

The federal website for the ACA has a page that describes the state plans, and lists contact information where consumers can get current information on 2011 insurance options. Visit <http://bit.ly/9pXgbM> to learn more.

- Mark Miller is the author of "The Hard Times Guide to Retirement Security: Practical Strategies for Money, Work and Living" (John Wiley & Sons/ Bloomberg Press, June 2010). Subscribe to Mark's free weekly eNewsletter at <http://retirementrevised.com/enews>. Contact: mark@retirementrevised.com.

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WORDS OF WISDOM

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MAYO CLINIC

Treatment for fuch's dystrophy is to control the symptoms

DEAR MAYO CLINIC: Do I need treatment for Fuchs' dystrophy if it's not bothering me very much? My vision has gradually gotten worse but it's not too bothersome. If I do need treatment, what are my options?

ANSWER: Fuchs' dystrophy is an uncommon, progressive condition that causes fluid buildup within the eye's cornea. The goal of treatment for Fuchs' dystrophy is to control the symptoms. So if the symptoms of Fuchs' dystrophy don't bother you, treatment isn't necessary. If the condition interferes with your vision or causes significant discomfort, however, a range of treatment options is available—from eyedrops in mild cases to surgery in more severe cases.

The cornea is the transparent surface that covers the front of the eye. Fuchs' dystrophy affects the inner lining of cells (endothelium) in the cornea. Normally, the endothelium pumps excess fluid out of the cornea. This helps the cornea stay thin and clear. But with Fuchs' dystrophy, those endothelial cells slowly deteriorate and die. As a result, fluid accumulates within the cornea. This can cause swelling within the cornea, cloudy or blurry vision, and eye pain. Typically, Fuchs' dystrophy affects both eyes.

Although the exact cause of Fuchs' dystrophy isn't known, in some people it may be hereditary. The inheritance pattern of Fuchs' dystrophy is complex. The disease clusters within families, but no specific hereditary pattern can be identified. Even when inherited, the severity of signs and symptoms may vary considerably between family members. For example, a parent with a severe case of Fuchs' dystrophy and numerous vision problems could have a child who has a mild case and few symptoms.

Symptoms of Fuchs' dystrophy may fluctuate. For instance, some people who have Fuchs' dystrophy notice more vision blurriness in the morning, but as the day goes on their vision seems to clear on its own without treatment. If this is the case


in your situation and the symptoms of Fuchs' dystrophy don't noticeably hamper your vision, you don't need to pursue treatment.

If you begin to notice symptoms that interfere with or limit your normal daily activities, talk to your ophthalmologist about possible treatment options. In some cases, eyedrops or ointments containing sodium chloride may be all that's needed to remove extra fluid from the cornea and relieve symptoms. You may also be able to decrease excess corneal fluid by holding a hair dryer on a low setting at arm's length and blowing warm air across your face two or three times a day. The warm air can help the extra fluid to evaporate, easing mild symptoms. Make sure the air isn't hot, as that could damage your eyes.

When Fuchs' dystrophy significantly inhibits vision or causes considerable discomfort, surgery may be necessary. Surgical treatment of Fuchs' dystrophy can involve a full cornea transplant (keratoplasty), in which all sections of the damaged cornea are replaced with a donor cornea. More commonly, surgery may include replacement of the diseased inner lining of the cornea only. In most cases, surgery for Fuchs' dystrophy considerably improves the quality of vision.

- Amir Khan, M.D., Ophthalmology, 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\(AT\)SIGN@mayo.edu](mailto:medicaledge(AT)SIGN@mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit www.mayoclinic.org.

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FOUR WAYS NORTHWESTERN MUTUAL HELPS PUT THEIR CLIENTS' MINDS AT EASE.

1

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For the last 10 years in a row, Northwestern Mutual has paid out more life insurance dividends than any company in the insurance industry.* In 2006 alone, the total payout is \$4.27 billion to our policyowners. That's the kind of consistent performance that can really help you sleep at night.**

2

THE HIGHEST FINANCIAL RATINGS

Best possible insurance financial strength ratings by all four rating agencies: A++ A.M. Best; AAA Fitch Ratings; AAA Standard & Poor's; Aaa Moody's Investors Service. September 2005.

3

INDUSTRY LEADER FOR ALMOST 150 YEARS

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4

EVEN OUR COMPETITION RESPECT US

Northwestern Mutual has been named FORTUNE® Magazine's "Most Admired" life insurance company by our peers in the insurance industry for 23 years. And this year is no exception. *March 6, 2006*



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SENIOR CALENDAR

Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. **PLEASE CONFIRM ANY EVENT YOU PLAN TO ATTEND.**

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

ART/ENTERTAINMENT

FEB 24-MAR 6

OPUS

Talent and temperament collide in a behind-the-scenes look at a world-class string quartet. The famous ensemble threatens to unravel when its most talented member goes missing and a young woman is hired to take his place. The rehearsal room becomes a pressure-cooker as passions rise, personalities clash, and the players are forced to confront the ephemeral nature of their life's work. Lawrence Community Theatre.

LAWRENCE, (785) 843-7469

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

FEB 25-MAR 26

DIRTY ROTTEN SCOUNDRELS

Based on the popular 1988 film, Dirty Rotten Scoundrels centers on two con men living on the French Riviera. The first is the suave and sophisticated Lawrence, who makes his lavish living by talking rich ladies out of their money. Small-time crook, Freddy, more humbly swindles women by winking their compassion with fabricated stories about his grandmother's failing health. Topeka Civic Theatre.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

FEB 25-MAR 26

THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE

Another Topeka Civic Theatre first-run musical which debuted on Broadway in 2005, where it was nominated for six Tony Awards and won two. Call for ticket information and prices.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

MAR 4

WTCT PLAYERS

WTCT Reader's theatre company celebrates the radio plays of the 30s, 40s, and 50s! Show time: 8 p.m. Topeka Civic Theatre.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

MAR 5

JEFF DUNHAM AND HIS "IDENTITY CRISIS TOUR"

The show will feature fan-favorites Walter, Peanut, and Achmed, and will introduce Dunham's newest sidekick, Diane! Kansas Expocentre.

TOPEKA, (785) 297-1000

<http://www.ksexpo.com>

MAR 5

SENIOR CLASS

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group

defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

MAR 6

THE HILLSBORO STORY

The Hillsboro Story is a warm-hearted, hard hitting narrative, which begins in Hillsboro, Ohio on July 5, 1954 when the "colored" elementary school went up in flames. The fire sparked a "school fight" led by five African American mother that became one of the first test cases for Brown v. Board of Education decision in the North. Please RSVP by March 4. Admission is free. Program begins at 3 p.m. Seating is limited. 1515 SE Monroe Street.

TOPEKA, (785) 235-3939

MAR 7

HOLD ON! TOPEKA FESTIVAL SINGERS

Hold On! ...to your hats as the Singers pay tribute to the exciting spirituals of William Dawson, Jester Hairston, John Work, Moses Hogan, and other renowned African American composers. Program begins at 7:30 p.m. White Concert Hall-Washburn University.

TOPEKA, (785) 267-3500

<http://www.topekafestivalsingers.org>

MAR 11

A CLASS OF THEIR OWN: THOMAS ROSENBLUM

Topeka's schools were part of the Brown v. Board of Education, Topeka, Kansas case, one of five legal cases making their way through the courts to challenge segregation. Thomas Rosenblum discusses Topeka's schools and the landmark Supreme Court decision in 1954 that transformed the social climate of the United States. Marvin Auditorium 101 C, Topeka Shawnee County Public Library

TOPEKA, (785) 580-4400

MAR 11

ALL SHOOK UP

It's a square little town until a motorcycle ridin', guitar playin' and hip swivelin' hunk rides in and has everyone jumpin' out of their blue suede shoes in ALL SHOOK UP. It's Footloose, Grease and Happy Days all rolled into one zany story. With more than 24 Elvis hits, All Shook Up kick starts a chain reaction of romances and rebellion through the power of rock n roll music! Topeka Performing Arts Center.

TOPEKA, (785) 234-2787

<http://www.tpactix.org>

MAR 13

CARNIVAL OF THE ANIMALS & PETER AND THE WOLF

Carnival of the Animals and Peter and the Wolf—two classical music masterpieces—are reinvented for young audiences by Frederic Chiu's brilliant piano transcription and David Gonzalez' original, funky poetry. Written by French romantic composer Camille Saint-Saëns in 1886, Carnival of the Animals is a musical suite introducing residents of the animal kingdom to classical music enthusiasts. Lied Center of Kansas.

LAWRENCE, (785) 864-2787

<http://www.lied.ku.edu>

MAR 19

LARRY THE CABLE GUY

Larry the Cable Guy is returning to Topeka for his sixth show at TPAC and is part of his The

Tailgate Party 2011 Tour. Show time: 8 p.m. Topeka Performing Arts Center. TOPEKA, (785) 234-2787 <http://www.tpactix.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 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays.

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

LEGIONACRES

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1 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 PM, (785) 843-9690

FRIDAYS

ARAB SHRINE

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

SUNDAYS & TUESDAYS

MOOSE CLUB

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

BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

rence, 1:30-2:30 p.m. Drury Place, 1510 St. Andrews Dr., Lawrence, 1-2 p.m.

FRIDAYS

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH COTTONWOOD RETIREMENT CENTER, 1029 NEW HAMPSHIRE ST., LAWRENCE, 2 PM BABCOCK PLACE, 1700 MASSACHUSETTS ST., LAWRENCE, 3 PM

THIRD WEDNESDAY OF EACH MONTH BRANDON WOODS, 1500 INVERNESS DR., LAWRENCE, 10:30 AM PRAIRIE COMMONS, 5121 CONGRESSIONAL CIRCLE, LAWRENCE, 1 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 3

SURVIVING AND THRIVING

A Skillbuilders program presented by Donna Flory, MSW. Skillbuilders provides education and support for caregivers, widows and widowers. Lawrence Public Library Gallery Room, 10-11:45 a.m. For more information, call Sarah Randolph at Douglas County Visiting Nurses, Rehabilitation & Hospice at (785) 843-3788 or Pattie Johnston, Senior Outreach Services of the Library, (785) 843-3833 ext. 115. LAWRENCE

MAR 10

ESTATE AND LEGAL MATTERS

A Skillbuilders program presented by Cheryl Trenholm, attorney, Petefish, Immel, Heeb & Hird, LLP. Skillbuilders provides education and support for caregivers, widows and widowers. Lawrence Public Library Gallery Room, 10-11:45 a.m. For more information, call Sarah Randolph at Douglas County Visiting Nurses, Rehabilitation & Hospice at (785) 843-3788 or Pattie Johnston, Senior Outreach Services of the Library, (785) 843-3833 ext. 115. LAWRENCE

MAR 17

TALK WITH YOUR DOC LIKE A PRO

A Skillbuilders program. Skillbuilders provides education and support for caregivers, widows and widowers. Lawrence Public Library Gallery Room, 10-11:45 a.m. For more information, call Sarah Randolph at Douglas County Visiting Nurses, Rehabilitation & Hospice at (785) 843-3788 or Pattie Johnston, Senior Outreach Services of the Library, (785) 843-3833 ext. 115. LAWRENCE

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**MAR 17
NUTRITION ROUNDTABLE: THE D.A.S.H. FOOD PLAN**

LMH Registered Dietitian Patty Metzler will offer a free monthly presentation focused to the latest information about healthy eating. This month, come and learn more about the D.A.S.H. eating plan that may help to reduce blood pressure and provide other health benefits. Lawrence Memorial Hospital, Meet Room A, 6:30-7:30 p.m. LAWRENCE, (785) 749-5800

**MAR 24
STRENGTHENING YOUR SPIRITUAL WELL-BEING**

A Skillbuilders program presented by Paul Reed, VNA Hospice Chaplain. Skillbuilders provides education and support for caregivers, widows and widowers. Lawrence Public Library Gallery Room, 10-11:45 a.m. For more information, call Sarah Randolph at Douglas County Visiting Nurses, Rehabilitation & Hospice at (785) 843-3788 or Pattie Johnston, Senior Outreach Services of the Library, (785) 843-3833 ext. 115. LAWRENCE

**MAR 31
HEALTHY EATING FOR ONE**

A Skillbuilders program presented by Susan Krumm, Douglas County Extension Office. Skillbuilders provides education and support for caregivers, widows and widowers. Lawrence Public Library auditorium, 10-11:45 a.m. For more information, call Sarah Randolph at Douglas County Visiting Nurses, Rehabilitation & Hospice at (785) 843-3788 or Pattie Johnston, Senior Outreach Services of the Library, (785) 843-3833 ext. 115. LAWRENCE

ston, Senior Outreach Services of the Library, (785) 843-3833 ext. 115. LAWRENCE

**APR 7
GARDENING FOR WELL-BEING**

A Skillbuilders program presented by Jennifer Smith, Douglas County Extension Office. Skillbuilders provides education and support for caregivers, widows and widowers. Lawrence Public Library auditorium, 10-11:45 a.m. For more information, call Sarah Randolph at Douglas County Visiting Nurses, Rehabilitation & Hospice at (785) 843-3788 or Pattie Johnston, Senior Outreach Services of the Library, (785) 843-3833 ext. 115. LAWRENCE

**APR 14 & 15
AARP DRIVER SAFETY CLASS**

Will be held from 10 a.m.-3 p.m. each day at the Lawrence Public Library. Cost for this refresher course is \$12 for AARP members, \$14 for non-members. Space is limited so registration is required. To reserve a spot in this course, contact Pattie Johnston, Senior Outreach at the Library, (785) 843-3833 ext. 115. LAWRENCE

EXHIBITS/SHOWS

**JAN 21-APR 10
THE RAIL SPLITTER AND THE RAILROADS**

Before there was President Lincoln, there was A. Lincoln, Attorney. This exhibit traces Lincoln's lifelong commitment to transportation as a means of developing the frontier—a stance that was to have significant implications for Kansas and the nation. The exhibit is curated

by Peter A. Hansen, editor of Railroad History and correspondent for Trains magazine. 701 N Kansas Avenue. TOPEKA, (785) 232-5533 <http://www.greatoverlandstation.com>

**JAN 21-DEC 31
150 THINGS I LOVE ABOUT KANSAS**

This special exhibit will commemorate the 150th anniversary of Kansas statehood. 6425 SW 6th Avenue. TOPEKA, (785) 272-8681 <http://kshs.org>

**JAN 29-MAR 18
KANSAS 150/150 ART EXHIBIT**

Kansas has been a state for 150 years! The library features its collection of art, historic objects and great stories from our past. This exhibit is sponsored by funds from the National Endowment for the Humanities. Alice C. Sabatini Gallery, 1515 SW 10th Avenue. TOPEKA, (785) 580-4608 <http://www.tscpl.org>

**FEB 5-MAR 20
THE BEATLES**

Memorabilia from a private collection details the Beatles' impact on art and music. Opening Reception, Friday, February 4, 5-8 p.m. Gallery hours: 10 a.m.-7 p.m. Tuesday, 10 a.m.-5 p.m. Wed.-Fri.; 1-4 p.m. Sat. & Sun. Admission is Free. 17th & Jewell. TOPEKA, (785) 670-1124 <http://www.washburn.edu/mulvane>

**MAR 1-30
SANKOFA: LESSONS LEARNED**

This exhibit is comprised of 16 quilts by Marla Jackson, a distinguished local quilter. Each quilt

represents women as they move through their lives with lessons of joy, loss, family and love. Her great-grandmother, Lucille Crum was once enslaved. Hours: 9 a.m.-5 p.m. Free. 1515 SE Monroe Street. TOPEKA, (785) 235-3939

**MAR 4 & 5
SPRING ANTIQUE SHOW AND SALE**

Pilot's Club bi-annual antique show and sale. Douglas County Fairgrounds. LAWRENCE, (785) 843-6219

**APR 1-29
THE BATTLE OF BLACK JACK**

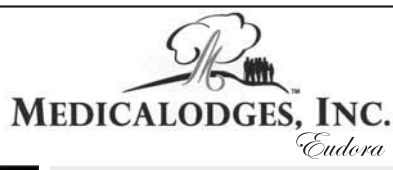
The Battle of Black Jack is considered by many as the first fight of the Civil War. It most certainly contributed to the name of Bleeding Kansas. Explore the territory surrounding the battlefield and its use of the Santa Fe Trail. Admission is free. Hours: 9 a.m.-5 p.m. 1515 SE Monroe Street. TOPEKA, (785) 354-4273

HEALTH

**MONDAYS THROUGH FRIDAYS
FIT FOR LIFE**

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee.

■ CONTINUED ON PAGE 20



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Physical Therapy is Teamwork



Back Row, left to right: Physical Therapists Trisha Brabender, Erinn Golick, Laura Bennetts, PT Assistant Emily Gaston, and Physical Therapist Evonne Cooper PT.
Front Row, left to right: Physical Therapists Diane Bell and Dorian Logan and PT Assistant Traci VandeWeerd.

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LMH KREIDER REHABILITATION SERVICES
LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS 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

FREE BLOOD PRESSURE CLINIC

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

FIRST THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC

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

FIRST & THIRD FRIDAYS OF EACH MONTH HEALTH CHECKS

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

SECOND THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH MEDICATION CLINIC

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

THIRD THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF EACH MONTH NUTRITION CLINIC

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

FOURTH THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC

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

MAR 2

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

MAR 7

BONE DENSITY SCREENING

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

MAR 12

NUTRITION CARNIVAL

March is National Nutrition month. Plan to attend the Nutrition Carnival for fun and educational nutrition related activities and information for all ages. Interactive exhibits, speakers and games, plus healthy snacks. Free. Co-sponsored by LMH and the Douglas County Community Health Improvement Partnership. Bring a non-perishable food item for donation to a local food bank. Lawrence Memorial Hospital, 9:30-11:30 a.m. LAWRENCE, (785) 749-5800

MAR 23

BONE DENSITY SCREENING

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

HISTORY/HERITAGE

MAR 7

THE MARCH OF THE AMAZON ARMY WITH LINDA O'NELIO KNOLL

In 1921, thousands of wives, daughters, mothers, sisters, and sweethearts of striking coal miners in southeast Kansas marched in protest against unfair labor practices in the local coal mines. The women's march made headlines across the nation and the New York Times christened them the "Amazon Army." Lawrence Public Library. LAWRENCE, (785) 843-3833 <http://www.lawrencepubliclibrary.org>

MAR 15

JOHN BROWN'S RAID AND THE ELECTION OF ABRAHAM LINCOLN WITH JONATHAN EARLE

In 1859, after several violent years in Kansas, abolitionist John Brown and his followers raided the federal arsenal in Harpers Ferry. The result? Brown's capture, subsequent trial, and ultimate execution. How did John Brown shape the 1860 presidential election? This presentation explores how Abraham Lincoln was able to navigate a

tricky course of political moderation to win his party's nomination and, finally, the presidency. Baldwin City Public Library, 6:30 p.m. BALDWIN CITY, (785) 594-3411 <http://www.baldwincitylibrary.org>

MAR 17

IT HAPPENED IN KANSAS BY SARAH SMARSH WITH ROSEMARY KOLICH

"Kansas at 150" TALK book discussion series. Sarah Smarsh provides an encapsulation of significant events and figures in Kansas' history in this work. Her selections include towering figures like John Brown and unusual ones like the Bloody Benders and John Brinkley, the goat-gland doctor, and Smarsh delivers her history lessons with warmth and humor. Lawrence Public Library, 7 p.m. LAWRENCE, (785) 843-3833 <http://www.lawrencepubliclibrary.org>

MAR 19

NATIONAL QUILTING DAY: CELEBRATING 150 YEARS OF KANSAS QUILTS

Start the morning out with presentations on Kansas quilt history by Deb Rowden and Linda Frost quilt historians and authors. Then join us for demonstrations of various quilting techniques, long arm machine quilting and many beautiful quilt displays. Topeka Shawnee County Public Library, 10 a.m.-4 p.m. Free admission. TOPEKA, (785) 580-4400

MAR 22

KANSAS WOMEN IN THE CIVIL WAR WITH DIANE EICKHOFF

The role of women in the Civil War has often been overlooked, but Kansas women served as nurses, cooks, clerks, and factory workers, while others were even soldiers and spies. Women's work on the home front also played an important role. As writers, some raised support for the Union, while others championed the Republican Party. 201 W Washington, 7 p.m. TONGANOXIE, (913) 845-2852

MAR 27

THE LASTING LEGACIES OF THE CIVIL WAR

Dr. David Blight, Dr. Dwight Pitcaithley, Jim Denny and Arnold Schofield will each speak about the different aspects of the Civil War. They will present a national picture of the war as a turning point in history and shed light on the regional war that raged along the Missouri and Kansas border in the 1850s and 1860s. Please RSVP by March 25. Seating is limited. Program begins at 1 p.m. 1515 SE Monroe Street TOPEKA, (785) 235-3939

APR 2

HURRAH, FREI KANSAS! GERMANS STRUGGLE AGAINST SLAVERY IN KANSAS TERRITORY, 1854-1861 WITH WILLIAM D. KEEL

In 1854, the New England Emigrant Aid Society recruited German settlers to Kansas in support of the Free Staters. Nearly 80 German settlements in the northeastern counties were established. Learn about how Germans participated in the "Bleeding Kansas" period in the summer of 1856, including their involvement in the territorial constitutional debates, and eventually joining the Union Army in greater numbers. 2812 N 155th St., 10 a.m. BASEHOR, (913) 724-4022

APR 4

BEYOND THE YELLOW BRICK ROAD - KANSAS ON THE SILVER SCREEN WITH THOMAS PRASCH

Any Kansan traveling outside the state's borders

knows that sooner or later, he or she will be asked "Where's Dorothy?" or told "You're not in Kansas anymore." The iconic film adaptation of L. Frank Baum's "The Wizard of Oz" has influenced popular conceptions of the state. But Kansas history and themes also figured significantly in other fictional films produced in Hollywood. What does "Kansas" mean to American popular culture? Ottawa Library, 6:30 p.m. OTTAWA, (785) 242-3080

MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class times are 6:30 a.m., 9 a.m., and 5 p.m. 1112 W. 6th St., Ste. 124. LAWRENCE, (785) 838-7885 www.OrthoKansasPA.com

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 & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP LAWRENCE SENIOR CENTER

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

FIRST & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

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

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

FIRST & THIRD TUESDAYS OF THE MONTH SCRAPBOOK MEMORIES

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

■ CONTINUED ON PAGE 21

WEEKLY KAW VALLEY SENIOR MONTHLY

■ CONTINUED FROM PAGE 20

**FIRST & THIRD TUESDAYS OF THE MONTH
GRIEF SUPPORT GROUP**

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

**TUESDAYS
GRIEF & LOSS SUPPORT GROUP**

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

**TUESDAYS
GRIEF & LOSS SUPPORT GROUP**

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

**TUESDAYS & THURSDAYS
WATER AEROBICS CLASSES**

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

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

For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve 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 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at (785) 832-1692.

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

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

**THURSDAYS
GRIEF & LOSS SUPPORT GROUP**

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

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

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

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

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

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

Providing an opportunity for learning and shar-

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

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

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

**SECOND MONDAY OF THE MONTH
GRIEF AND ENCOURAGEMENT GROUP**

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

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

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

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

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

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

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

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

**SECOND & FOURTH TUESDAY OF EACH MONTH
SCRAPBOOK MEMORIES**

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

**SECOND & 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 p.m. LAWRENCE, (785) 842-0543

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**THIRD WEDNESDAY OF EACH MONTH
ACTIVE AND RETIRED FEDERAL
EMPLOYEES**

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

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

11 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 Care-

■ CONTINUED ON PAGE 22



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■ CONTINUED FROM PAGE 21

giver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2-3:30 p.m. BALDWIN CITY, (785) 842-0543

THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

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

THIRD SATURDAY OF EACH MONTH TOPEKA WIDOWED PERSONS BRUNCH

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

FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP

PIONEER RIDGE ASSISTED LIVING LIBRARY 4851 HARVARD, 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 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, 1-2:30 p.m. LAWRENCE, (785) 842-0543

FOURTH THURSDAY OF EACH MONTH TOPEKA GENEALOGICAL SOCIETY

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

FOURTH THURSDAY OF EACH MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

FOURTH FRIDAY OF EACH MONTH AARP CHAPTER 1696

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

FOURTH FRIDAY OF EACH MONTH RETIRED GOVERNMENT EMPLOYEES

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

MAR 4 FRIDAYS FOR FELLAS

A group for men, just being guys, learning to live with the loss of their wives, mothers, sisters or other significant ladies in their lives. Meets at 12 p.m. at Topeka Presbyterian Manor, 4712 SW 6th Ave. Lunch will be provided. This group is limited, so registration is required by calling Terry Frizzell, Heartland Hospice Bereavement Coordinator. This group is directed by Heartland Hospice of Topeka and hosted & sponsored by Topeka Presbyterian

■ CONTINUED ON PAGE 23

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Manor as part of the Just Ask lunch & learn series.
TOPEKA, (785) 271-6500 or (785) 230-6730

MAR 9
DIABETES EDUCATION GROUP
The Diabetes Education Center provides this free monthly program for those with diabetes and their support persons. This month's program is "Building a Foundation for Diabetes Management." Lawrence Memorial Hospital, 6-7 p.m.
LAWRENCE, (785) 505-3062

MAR 15
STROKE SUPPORT GROUP
For those recovering from a stroke and/or their family and friends. Lawrence Memorial Hospital, 4-5:30 p.m.
LAWRENCE, (785) 505-2712

MAR 21
ABC'S OF ALZHEIMER'S DISEASE
Disease overview, Communication and Community Resources. Atria Hearthstone West, 3415 SW 6th Ave., 5:30-8 p.m. Free. Please call to pre-register.
TOPEKA, (785) 271-1844

MAR 28
ABC'S OF ALZHEIMER'S DISEASE
Legal and Financial Issues. Atria Hearthstone West, 3415 SW 6th Ave., 5:30-8 p.m. Free. Please call to pre-register.
TOPEKA, (785) 271-1844

MISCELLANEOUS

MAR 12
BOOKSIGNING: COOKING FOR THE NEW HIPPOCRATIC DIET
Dr. Irving Cohen will discuss the latest book in his New Hippocratic Diet® series. Learn the real causes of the overweight and diabetes epidemics. Topeka & Shawnee County Public Library, 2 p.m.
TOPEKA, (785) 783-7770

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



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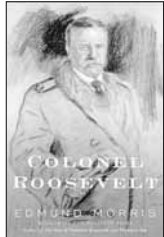
By Margaret Baker

A welcome onslaught of good autobiographies, biographies and memoirs seems to be breaking upon us. Here are eight new ones, all in audio books from Random House. They are also available in print form.

Edmund Morris: Colonel Roosevelt (read by Mark Deakins on 20 cds, ISBN 978-0-3077-5040-2)

This is the final work in Morris' trilogy of Theodore Roosevelt, a true Renaissance man. His stature even increased after he left office, and Morris, with admirable research skills and a readable style, shows us how Roosevelt did it.

Teddy Roosevelt wrote 40 books, hunted lions, founded a third political party, explored an unknown river, and survived an assassination attempt. Morris feels that had he not died in 1919, Roosevelt would have been elected to the presidency once more.



His goal was a truly democratic country, militarily strong and socially just. We're still striving for that.

Morris won the Pulitzer for the first in the Roosevelt trilogy, *The Rise of Theodore Roosevelt*. This final volume will certainly be on the short list.

Joseph J. Ellis: First Family (ready by Kimberly Farr on 9 cds, ISBN

978-0-7393-687-9)

Another biographer who has earned a Pulitzer, Joseph Ellis, presents a new work of another American president, John Adams, and his closest advisor, his wife Abigail.

John and Abigail's courtship and life have been written before, and probably will be again, but a new view is always welcome. Possibly because the couple were separated so often and for so long, especially in the Revolutionary War and John's assignment in France, the couple have left a staggering total of over 12,000 letters.

This work concentrates on the development of their relationship.

Condoleezza Rice: Extraordinary, Ordinary People (read by author on 6 cds, ISBN 9778-0-3077-5063-1)

The second woman to serve as Secretary of State, arguably the second-most important office in the country, is Condoleezza Rice. This memoir gives a glimpse into this extraordinary woman, and the family and community that shaped her early years.

Her family lived in Birmingham, Alabama, at the time when the Ku Klux Klan bombed a church, killing four little African-American girls; and when Bull Connor, Birmingham's Commissioner of Public Safety, closed all city pools to prevent sharing with those with black skin.

Condoleezza went to Stanford University (California) and became a noted scholar of Soviet and Eastern European affairs. Her expertise land-

ed her a role in the dissolution of the USSR, then becoming the first female National Security Advisor.

And in her spare time, she's a concert pianist!

Loretta Lynn and George Vecsey: Coal Miner's Daughter (read by Sissy Spacek on 7 cds. ISBN 978-0-3079-1285-3)

A true coal miner's daughter, Loretta Lynn lived in poverty, married at 13, bore six children and was a grandmother at 29. This is her story of how she found the strength within herself to rise to the top of country music as both songwriter and singer.

She was the first female Entertainer of the Year (County Music Association), had 16 No. 1 singles and 15 No. 1 albums. How did she do all that in spite of the poverty of her childhood? Determination and true grit.

Karen Abbott: American Rose (read by Bernadette Dunne on 11 cds, ISBN 978-0-3077-7709-3)

The subtitle says it all: *The Life and Times of Gypsy Rose Lee*.

Abbott used materials never before published to give an insight into both Gypsy Rose Lee and the American lifestyle in the Depression era., where vaudeville still ruled and liquor was illegal but still in great supply.

A fascinating story of a fascinating family—her mother, Rose, was the embodiment of "stage mom," her sister was actress June Havoc.

Susan Vreeland: Clara and Mr. Tiffany (read by Kimberly Farr on 13 cds. ISBN 978-0-3077-7670-6)

Louis C. Tiffany debuted his innovative stained glass windows at the Chicago World's Fair of 1893.

Behind the scenes, Clara Driscoll

headed Tiffany's women's division. She conceived most of the designs for which the company became famous.

Tiffany was, apparently, anti-marriage; he did not hire married women and if a woman did marry she was required to resign.

Clara was devoted to Tiffany and the company, but yearned for artistic recognition and perhaps even love.

The struggles of women professionals in this time frame seem foreign to us, with so many two-worker families (still struggling to make ends meet).

James Kaplan: Frank: The Voice (read by Rob Shapiro on 18 cds. ISBN 978-0-3077-4848-5)

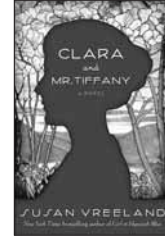
Frank Sinatra, one of the entertainment icons of the past century, made a lot of newsprint but remained an enigma. Kaplan covers Sinatra from 1915 to 1954 in this work, beginning with Sinatra's boyhood years in Hoboken to his success with the bobby-sox generation, and includes his fall from the top of stardom to his return via the film *From Here to Eternity*.

Paula McClain: The Paris Wife (read by Carrington MacDuffie on 10cds. ISBN 978-0-3078-7718-5)

Hadley Richardson was 28 when she met Ernest Hemingway. They married after a whirlwind courtship and sailed off to Paris.

This fictionalized biography follows both Ernest and Hadley in the jazz and liquor world of Paris in the 1920s.

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



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HUMOR

Ittybittyleaks.com

Cyberspace is buzzing with rumors about *ittybittyleaks.com* a website that went from zero to 60,000 hits in 64 minutes. Ninety percent of the first 60,000 hits were kids—ages five to nine years old—according to the reputable cyber gurus at *guknowstats.com*.



Larry Day

Rumor has it that the founder of *ittybittyleaks.com* is nine years old, but no one seems to know whether this young genius is a boy or a girl.

The site's founder has been unerringly successful in masking his or her identity. That fact has gotten the attention of several national and international intelligence entities. Code breakers, highly skilled syntax analysts, and child behavior specialists parse every word posted on *ittybittyleaks.com*.

All agree that if he or she is a kid, this pint-sized Julian Assange must be some sort of Internet Mozart.

Ittybittyleaks.com is aimed at kids, and it appears to be posted by kids, but the content treatment is mature, and the site looks professional.

Like its vaunted forebear, *Wikileaks.com*, this copycat website deals in stealthily acquired information.

Wikileaks puts up politically sensitive data purloined from official sources worldwide. *Ittybittyleaks.com* purveys information gathered at home from around the breakfast table. The website posts parental, and other adult foibles contributed from a worldwide network. The stuff is adroitly edited.

Certain communication specialists and a coterie of cyberspace analysts insist that the site is the work of adults, not youngsters. A fair sized group claims *ittybittyleaks.com* subverts family values. A few, not members of the intelligence community,

say it is a threat to national security.

On the other hand, groups of people including parents, educators, and leaders and volunteers who work with kids, say that *Ittybittyleaks.com* is just harmless self expression. They say it should not be stomped on by adults. Legalists claim that limiting or regulating the website would violate the First Amendment.

Some people say that if it is a kids project, the website will soon languish because kids will go on to the next big thing. If it is adult generated and run, they say, there is no way the sponsors can continue to elude detection. If the website is adult driven, steps can be taken to regulate it or shut it down. Either way, according to this particular argument, *Ittybittyleaks.com* won't be on the Internet very long.

Here are some recent postings by contributors to *Ittybittyleaks.com*. You can make up your own mind:

I got this from one of my dad's e-mail to his friend Tom: "When the Cavaliers beat the Lakers my bookie nearly had a stroke! I'm taking my old lady out to dinner."

Sandra, Columbus, Ohio.

People from all over the world call up and ask my Dad to solve their problems— lost love, money worries, marriage disputes, stupid relatives, bad bosses, tax troubles. He charges 800 rupees for a five minute call— credit card or Paypal. While they are talking he looks up answers on the Internet. He says callers believe in him because he sounds like a swami.

Lakshamana, Hyderabad, India

My Mom's hairdresser called when Mom wasn't home. She said to tell Mom that her special order hair color had come in. I gave Mom the message and she freaked out. She said "Don't tell your dad, and please, please don't tell grandma Peters."

Bert, Sacramento, CA., U. S.A.

My Uncle Ikenna is thirty years old, and he's still single. He says nobody listens to him

and nobody respects him. My dad tells him, "If you want respect then get married."

Chibuogwu, Lalupon, Nigeria

My Papi says having all my uncles and aunts and cousins around all the time is driving him nuts. My Papi's from Wisconsin, wherever that is.

Maria Isabel, Valparaiso, Chile

My Mum is hiding 18 pairs of new shoes in a closet in the maid's room. She pays the maid five quid extra a week not to tell my Dad.

Sarah Jane, Preston, England

My father urinates on the potted plant when he's drunk. My mother doesn't know why the potted plants keep dying.

Bradley, Butte, Montana, U.S.A.

- 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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TRAVEL TROUBLESHOOTER

A lost vacation day and nothing to show for it

By Christopher Elliott
Tribune Media Services

QUESTION: I need your help with an Apple Vacation trip from Philadelphia to Cancun, Mexico. We were recently notified that our direct flight would have a stopover in Pittsburgh, which added two hours to our travel time.

Each person was offered a \$50 voucher for the inconvenience, but it could not be used during our vacation. It had to be used within one year for future Apple vacation travel.

A few days later, we were notified that one entire day was being removed from our schedule. Our 6:30 p.m. flight was rescheduled for 10 a.m. the next day. So we no longer have the 8-day, 7-night vacation I paid for. Apple offered us \$50 again.

When I made my annoyance known, they told me I should have taken the insurance for another \$650—then we could have canceled our vacation.

How dare they just remove an entire day from our plans? We had arrangements to meet with another group of friends. This will now have to be canceled. Apple vacation has been very callous in their behavior. Our family was looking forward to a delightful travel time and they have made this very distasteful. - Sandra Sitarski, Ambler, Pa.

ANSWER: When an airline changes its schedule, you're entitled to either a refund or a flight of its choosing, under its contract. But when you've bought a package vacation, it's not that simple. There are hotel rooms and activities to take into consideration. Apple's \$50 offer was reasonable but too restrictive, because it required you to buy another trip.

Deleting a day from your vacation was more problematic. I agree with you that a \$50 voucher doesn't cut it. Nor does Apple's "told-you-so" attitude about travel insurance. Its contract (<http://www.applevacations.com/ftc>) is mum on this issue, making it difficult to fig-

ure out exactly what your rights are. It's possible that you have no rights at all.

I noticed that some of your contact with the company was by phone. A brief, polite e-mail or even a letter might have yielded better results. (Here's a tip: Apple's employee e-mails use the domain @applevac.com, not Applevacations.com. E-mail addresses are first initial, followed by last name, all written together.)

I think Apple owed you something for the loss of a vacation day. I contacted the company on your behalf and asked it to have another look at your case. A representative acknowledged the frustration of having to reschedule twice and agreed to refund you \$100 per person for the trouble.

- Christopher Elliott is the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a non-profit organization that advocates for travelers. You can read more travel

tips on his blog, elliott.org or e-mail him at celliott@ngs.org.
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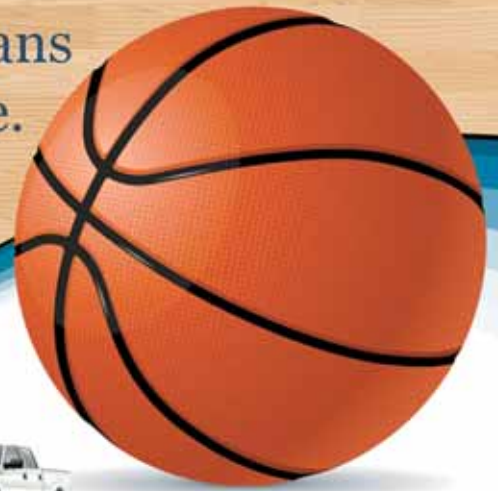
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PET WORLD

Coughing dog might have chronic valve disease

QUESTION: My 10-year-old Miniature Pinscher has a dry, hacking cough. Our veterinarian did an ultrasound and X-rays but so far, there's no diagnosis. What do you think? - G.M., Cyberspace



Steve Dale

ANSWER: Veterinary cardiologist Dr. Bruce Keene, of North Carolina State University College of Veterinary Medicine, Raleigh, says to videotape the dog coughing so your vet can actually see it. Is it a cough resulting from a collapsing trachea? That pre-

sentation is unique, so seeing a video could help.

There are many other diagnostic possibilities. Keene is an expert on cardiac issues, and said your dog might have chronic valve disease, surprisingly common in smaller older dogs. The problem could also be lung disease. Keene says, "There's a new test, which has value determine one from the other called Pro BNT (Cardiopet)." If heart and lung disease are ruled out, there are many other possible explanations. Consider seeing an internal medicine specialist (www.acvim.org).

QUESTION: Do you have information on how brewer's yeast can prevent fleas? This was recommended to me rather than chemicals. It seems like a wonderful option, particularly since my cat likes to be outdoors. - M.T., Safety Harbor, FL

ANSWER: Dr. Michael Dryden, of Kansas State University-Manhattan, is among the world's most renowned experts on fleas. He even has a colony of fleas in his lab. It turns out that young fleas (the larvae) will actually eat brewer's yeast.

"Using brewer's yeast will have either no effect, or very possibly help a flea population to thrive," Dryden notes. "Especially living in Florida, and with a cat that goes outdoors, you're just asking for fleas. It's just a matter of time. Ask your veterinarian about a flea product, or perhaps even two, to be used to compliment one another."

QUESTION: Our cat, Sneakers, is truly living up to her name. When we adopted her 4 years ago, she was your average cat. She was wary of visitors but would hang out in the same room and eventually warm up to guests. Over the last few months, however,

she seems not only aloof with strangers, but even cautious about family members. Any advice? - B.H., Fort Lauderdale, FL

ANSWER: See your veterinarian, and soon. Cats, in particular, are adept at hiding illness. Any time a pet changes its behavior for no apparent reason, there's a reason. Ruling out a physical explanation first makes the most sense.

Also, you didn't mention Sneakers' age. Older cats can suffer from a type of dementia, known as feline cognitive dysfunction (FCD). One of the signs is exactly the behavior you describe.

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

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Seafood is wonderful year round

Wolfgang Puck's Kitchen:
By Wolfgang Puck

Even though fish and shellfish are protein choices many people think about as part of their New Year's resolutions to eat more healthfully, many of us regard seafood as something to eat mostly during warmer weather. Rain, snow, and cold make us crave more robust red meats and poultry, while the bounty of the oceans, lakes, and rivers is so light and fresh-tasting that it seems to be suited best to when the sun shines brightly.

To me, however, seafood is wonderful year round. The secret to enjoying it in winter often comes in combining it with other seasonal ingredients. One of the best examples I know is a dish I dreamed up more than 30 years ago when I was chef of Ma Maison restaurant in Hollywood, before I opened Spago: Bay Scallops with Sautéed Apples.

Apples, of course, are a fruit you can rely on to brighten any winter menu. They're easy to find, so cool, crisp, sweet, and tangy. Of course, we don't normally think of them as an enhancement for seafood, but in fact their natural acidity suits them very well to main-dish ingredients, while the natural sweetness of many shellfish, especially scallops, goes very well with the taste of the fruit.

Bay scallops, meanwhile, are at their peak of season in winter. Hardly bigger than a thumbnail, these tender morsels are incredibly plump and sweet-tasting. (If you can't find them, don't worry; you can also use an equal weight of larger sea scallops, simply slicing them horizontally in half so they will cook in the same amount of time.)

Cooking time, in fact, is the most important factor in cooking scallops successfully. They're so small, tender, delicate, and juicy that they require hardly any cooking time at all. The trick is to use a good sauté pan with a heavy bottom that retains heat well, to heat the pan over the highest heat possible, and then bring oil to a point at which it is almost smoking hot before you add the scallops. They'll be ready to eat in under a minute; any longer, and you run the risk of turning them rubbery.

That's the risk many cooks take when they try to prepare even the quickest of sauces in the pan along with the scallops, only to wind up overcooking the seafood. So there you have another reason why this particular recipe works so well: The warm, lightly browned, still crunchy apples provide on their own all the sauce you need to complement the scallops.

Back at Ma Maison, I served this simple dish as an appetizer. You can, too. Or add a little rice or angel hair and you'll have a light yet very sat-

isfying seafood main dish perfect for winter.

BAY SCALLOPS WITH SAUTÉED APPLES

Serves 8 as an appetizer, 4 as a main course

- 3 Pippin or Granny Smith apples
- 3 tablespoons unsalted butter
- 1-1/2 pounds fresh baby sea scallops
- Salt
- Freshly ground white pepper
- 1-1/2 tablespoons safflower oil or canola oil
- 1-1/2 tablespoons chopped fresh flat-leaf (Italian) parsley or cilantro leaves, plus sprigs of parsley or cilantro for garnish

Steamed white rice or al dente angel hair pasta (if serving as a main course), lightly tossed with a little butter, salt, and white pepper

With a small, sharp knife, peel, halve, and core the apples. Cut them into thin slices.

Heat a large sauté pan over moderate heat. Add the butter and, as soon as it has melted and begins to foam, add

the apples and sauté until they have browned slightly but are still crispy, 2 to 3 minutes.

Heat another large sauté pan over high heat. Meanwhile, season the scallops with salt and white pepper. Add the oil to the pan and, as soon as it is hot enough to swirl freely, add the scallops and sauté them, stirring continuously, until they turn white and are just springy to the touch, 30 seconds to 1 minute depending on their size. Remove them immediately from the heat. Stir in the parsley or cilantro and adjust the seasoning to taste, if necessary, with a little more salt and white pepper.

To serve the recipe as an appetizer, simply arrange the warm apple slices in an attractive ring around the perimeter of 8 warmed appetizer plates and spoon the scallops in the center. Garnish with parsley or cilantro sprigs.

To serve the dish as a main course, arrange the apples in rings on each plate, mound a little rice or angel hair in the center of each plate, and spoon the scallops on top. Garnish with parsley or cilantro sprigs.

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GUEST COLUMN

A Granddaughter's Grief

Krista was just five years old when she saw her Popo lying in a hospital bed, gasping for every breath, fighting desperately to stay alive. The look of concern on her face as she would shift her eyes from her Popo to me, her daddy, is one I will never for-



Jeff Owen

get. At five years of age, Krista knew her Popo was dying. I had explained to her that her Popo was very ill and that he would probably die soon. Krista felt as helpless as I did, knowing there was nothing she could do to prevent her Popo from leaving her. Being his first grandchild, Krista and Popo had a very special relationship. Popo tried not to show favoritism, but just couldn't help himself where Krista was concerned. To this day, Krista has a picture of her Popo holding her, proudly displayed on her refrigerator.

On that day, the hospital room was filled with family members. We were waiting, knowing that it wouldn't be long, and then he took his last breath. When he died, many of the adults lost control of themselves, one even pounding on Popo's chest. Krista had a look of horror on her face as she viewed the spectacle, and as she heard all the wailing.

This true story happens every day, and every day some little child ex-

periences death for the first time. Their grandpa, grandma, mom, dad, or perhaps their brother or sister, stops breathing and death occurs. Often, the child is left alone while the adults busy themselves with all the details surrounding the death. Calling other family members is often seen as the most important duty, and the child is left to watch television or to otherwise occupy themselves. A friend told me that he attended a death, and found one little girl sitting in front of the television, while the adults all sat around the deceased, telling stories. Some of them were laughing, others were crying, as they were recalling the life of their now dead loved one. My friend was immediately drawn to the little girl and began to work with her, helping the child to understand what had happened. He then began helping her work through her own grief.

Children will display grief differently than adults. A preschool age child does not yet understand that death is a permanent event. My daughter was five, and because death was explained to her, she was able to process the death of her Popo. As difficult as it may be for adults to explain death to a child, I believe it is imperative that we do so.

Dr. Leighko Yap, a clinical psychologist and co-founder of Oakland-based Kids Connect, states: "At around seven or eight years old, children start to understand the irreversibility of death. Until then, they still engage in 'magical thinking,' and it's hard for them to differentiate between reality and fantasy." Yap adds, "For

example, a child might think that the dead person is just sleeping, which means they might come back one day." I'm not disputing Dr. Yap's opinion, but I personally believe that children can begin to understand death at an earlier age, based on my daughter's ability to process her Popo's death.

How can we adults help our children understand death and those events surrounding the death? Perhaps we should share with them what death means to us, such as our beliefs of what happens after death. We can share that Popo will always be with us, in our hearts and our memories. It would be helpful if we could take the time to find some helpful literature, and then utilize what we learn as we speak with our child about death.

When a death has occurred, we should be prepared to help our children understand that it's okay for them to express how they feel, openly and freely. We need to help them explore their loss. Failing to do so could result in some significant negative behaviors. If a child does not learn to grieve appropriately, they could experience depression, a lack of interest in daily and routine activities, and even

withdraw from other family members. They've lost their Popo and it hurts. They don't ever want that to happen again. Unless we help them work through their grief appropriately, they could suffer much longer than they need to, and have lasting trauma that could have been avoided.

The next time a death occurs in your family, make sure your child is not left alone in front of the television, or off somewhere by themselves. Reassure them that they're not alone and that they are loved. It will take some effort on your part to educate yourself so that you can help your child process the death of Popo, but it will be well worth your time.

Contact your local hospice for information about grief groups available for children and adults. Other resources are available to assist you in helping your child understand death, and may be found by contacting the Mental Health Services departments in your county.

- Jeff Owen is manager of bereavement services for Hospice Care of Kansas, and chaplain and bereavement coordinator for Hospice Care of Kansas' Parsons office.

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By Tannah Hirsch

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- ♦-10 9 7 5 4 3
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WEST EAST

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- ♦-8 6 ♦-Q J 2
- ♣-9 6 4 3 ♣-A 10

SOUTH

- ♠-A 10 7 3
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- ♣-J 8 7 2

The bidding:

WEST NORTH EAST

SOUTH

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| Pass | Pass | 1♥ | 1NT |
| Pass | 3NT | Pass | Pass |
| Pass | | | |

Opening lead: Three of ♥

When we discussed the rubric "Cover an honor with an honor," we suggested that it was seldom right to cover the first of touching honors. Here's an example why.

The auction cannot be faulted. South's one-no-trump overcall of the one-heart opening bid promised the equivalent of a one-no-trump opener, and North an easy raise to game.

West led the three of hearts—correct from three low cards in an unsupported suit. Suppose East covers with the king. Declarer will win with the ace, cash the ace and king of diamonds and lead a club to the queen. East wins with the ace and returns a heart, taken on the table. A diamond is surrendered to the queen and, sooner or later, declarer will enter dummy with the king of clubs and run diamonds for 11 tricks.

Now, in keeping with our premise, suppose declarer allows dummy's jack of hearts to win the first trick. Declarer can clear the ace and king of diamonds and continue with a club to the queen and ace. But now East can exit with the king of hearts, pinning the queen. Declarer can still set up the diamonds, but he does not have an entry back to the table to run his tricks. Try as he might, declarer has no road to nine tricks.

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

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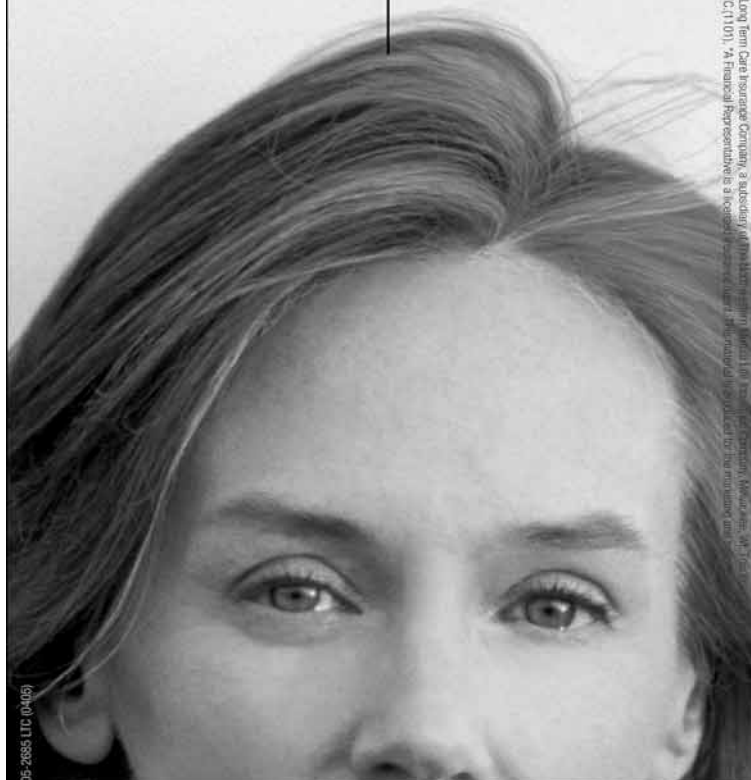


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Grandparents, grandkids, and education

By Robert R. Neuman

Kansas Senior Press Service

Grandparents and grandkids can have a very special relationship. Free of the daily entanglements that parents face, grandparents can have grandchild conversations that are different. Grandkids often are more willing to believe and accept what grandparents say, making these conversations more effective. So, when a grandparent echoes a parental message, the words can add weight.

Most parents appreciate the support grandparents can offer, especially in talking about education. Because kids have a thousand things going on every day to distract them from school matters, they need to be reminded often about the importance of education in their lives. Grandparents can help.

I know how influential grandparents can be, having witnessed these relationships first-hand in my family. In my professional life as an academic dean, I acted as an authoritative "uncle" with thousands of college students, who often were experiencing academic predicaments. But my words were reaching those students late in their educational lives. I came to appreciate the role that grandparents can play in their grandkids' lives when they start early to discuss topics like hard work, achievement, study time, college, and life goals.

Here are some tips to help you, as a grandparent, deliver this important message:

Frequently ask your grandchildren how they are doing in school. Let them know that while friends, sports, and entertainment are fun, school should be of primary importance in their lives.

Take an interest in their education and encourage them to achieve. When-

ever possible, attend their school events.

Talk about your own education,

profession, and accomplishments. Explain how your education has affected your life in terms of employment, per-

sonal growth, and financial planning and security.

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AGE 33 Emphasize that education can determine success in many areas of life, so kids should take it seriously. Getting organized, developing good work habits, and scheduling regular times to study in middle school and high school will lead to success in college, where the pace is faster and the classes require more independent work.

When possible, reward your grandkids — not just for good grades, but for their academic efforts, especially for improvement in courses they find difficult.

The need for a broad education

As children grow, grandparents should build on the message that education is especially important in the “information age.” Many jobs that our grandkids will hold do not exist yet. What does that mean? Kids must become flexible learners who can adapt. They must have broad educations to

prepare them for tomorrow’s workplace.

Grandparents are positioned to cheer kids on to work hard in all their subjects, even those they find difficult or don’t like. That’s important because it can prevent kids from narrowing their educations. For example, students who decide they’re not good at math take the minimum number of math courses in high school and just scrape by. However, because young students don’t know what the future holds, they must be good at every-

thing so they are well-rounded enough to qualify for many jobs and careers. When they close the door on an academic area like math, science, or reading, they close the door on an area of opportunity.

Furthermore, because young students are not forward-looking, they don’t understand that when they avoid certain types of high school courses they will lack the prerequisites to take college courses in that academic area. Even at the age of 15 or 16, students

■ CONTINUED ON PAGE 34



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Education

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Learning about occupations

When kids get to middle school, grandparents should talk often about their own career or profession. They should also encourage grandkids to

talk to uncles, aunts, cousins, and grandparents' friends about the skills needed to do their jobs. It's a way to help young people learn about occupations and career areas they might want to explore.

As kids get older, they may be drawn to a certain career. At that point, the real question becomes not What do you want to be? but How are you going to do that? Grandparents

can encourage teens to find out more. Teens interested in being a veterinarian need to start thinking about what's really entailed in the occupation. It's not just helping animals. It's biochemistry, too, and kids must take courses that will further their goals. Grandparents can help kids see that when they set life goals for themselves, their studies become more important.

Grandparents can be a crucial influ-

ence in readying students to be lifelong learners — which is what their lives will be about.

- Robert R. Neuman, PhD, is author of *Are You Really Ready for College? A College Dean's 12 Secrets for Success*. His book is available at www.arenoreallyreadyforcollege.com or online at Amazon, Barnes & Noble, and other online booksellers. Written especially for teens, the book includes questionnaires, student stories, checklists, quick tips, and tactics.

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This is the sixth annual event that seniors and their caregivers will be talking about all year. Don't miss it! For more information, call 785-749-2000 and ask for Brandon Dunklau or email partnersinaging@yahoo.com.

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JUMBLE ANSWERS

Jumbles: LAUGH WEIGH HITHER EXOTIC

Answer: When the pig farmer came home from the market, he was - HIGH ON THE HOG

More Americans value funeral services, but few pre plan

(ARA) - America is a nation of planners. Americans plan their vacations, retirement, careers and even plan right down to daily life. But, of the two "inevitables" in life—death and taxes—tax planning receives the majority of attention. And while you might be able to avoid paying taxes, you're not going to have much luck avoiding death, yet less than 33 percent of Americans actually pre-plan their funeral.

An overwhelming majority of Americans—95 percent—say a funeral service is important in honoring and celebrating the life of a loved one. Even individuals who would choose cremation indicate they want some type of gathering service for families and friends to share memories together, according to the research conducted by the Funeral and Memorial Information Council.

The act of having a funeral service, regardless of choosing cremation, burial or other disposition, is absolutely critical to the grieving process, says grief counselor Sherrie Williams.

"Many of us don't want our funeral to be a fuss for our loved ones, but the support that is provided during a gathering has proven to help families deal with the grief and loss more effectively," Williams says.

The rise in cremation has changed the way funeral professionals operate. Funeral homes now offer many different ways to accommodate the growing demand for cremation, while still helping extended families come together to share the loss and the stories of a life well lived.

"Many families are surprised to learn that they can have cremation, but still have a more traditional funeral gathering with visitation and even religious rituals," says Bill Backman, III, president of Aurora Casket, the largest family-owned casket supplier in America.

Backman says that anyone seeking to begin the pre-planning process should understand all of their options and funeral directors can provide the best information. Information is also available online.

Families can gain more information about funeral choices at www.FuneralPlan.com, download a free pre-planning guide and find funeral homes in their area. © ARACONTENT.COM

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SkillBuilders-Spring 2011

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- March 10~Estate and Legal Matters-Cheryl Trenholm, Attorney, Petefish, Immel, Heeb & Hird, LLP
- March 17~Talk with Your Doc like a Pro
- March 24~Strengthening Your Spiritual Well-being-Paul Reed, VNA Hospice Chaplain
- March 31~Healthy Eating for One-in auditorium-Susan Krumm, Douglas County Extension Office
- April 7~Gardening for Well-being-Jennifer Smith, Douglas County Extension Office
- April 14~Personal Safety and Home Security-Gary Squires, Douglas County Sheriff's Office
- April 21~Managing Your Money-Barbara Braa, VP, CornerBank Asset Management
- April 28~ Taking Care of Your Car-Richard Haig, Westside 66
- May 5~Home Maintenance 101-Neil Gaskin, Owner, Natural Breeze Remodeling
- May 12~Searching for Peace-Linda Upstill, Rumsey Yost Funeral Home
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