

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

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## Katie Armitage: Promoting Lawrence's Past.

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# Armitage pens book on survivors of Quantrill's Raid

By Kevin Groenhagen

Katie Armitage's interest in history started at a very young age.

"I was born in Texarkana, Texas, and my mother's family lived in a historic house in Daingerly, Texas, so I kind of grew up with a sense of history," she said.

Armitage earned a bachelor's degree in history and education from Baylor University. More than 50 years ago, she and her husband moved to Lawrence, where she completed the requirements for a master's degree in history at the University of Kansas (KU) while simultaneously raising her children.

As a lover of history, Armitage became a student of Lawrence's past, especially the early years of the city, which is reflected in her interest in the city's 19th century houses.

A few years after the publication of a revised edition of *19th Century Houses in Lawrence, Kansas* in 1991, a particular 19th century house in the Pinckney 1 National Historic District attracted Armitage's attention. "The house was on the market," Armitage said. "Because of my book, people thought I might be interested in the house. So I got a call."

Armitage and her husband, now a retired KU professor, became owners

of the Italianate-style house, which has a three-sided bay window facing south and a wraparound porch on the east and south sides, 19 years ago.

"This house was started in 1866," Armitage said. "I know that because John Speer's newspaper, the *Kansas Tribune*, talked about the house W.O.K. Cone was building. Cone was a military attorney. He was the builder, but the first occupants of this house were Thomas Vail, the first Episcopal Bishop of Kansas, and his family."

Armitage also does tours featuring Lawrence homes.

"The Lawrence Senior Center and Lawrence Parks and Recreation sponsor a bus tour every spring and every fall," she said. "I call the tour '100 Years of Lawrence History Through Its Homes.' We get on a bus at the senior center and then start out in east Lawrence with the Eldridge home, which was built in 1857. We then go around Lawrence in kind of a chronological order until we end up with the hyperbolic paraboloid house on 21st Street, which was built in 1956. At the midpoint, I bring people to my house. The tour is mostly looking out the window as we drive through town, but I invite them into my house and tell them about it."



Katie Armitage

Armitage's interest in Lawrence's past goes well beyond the city's historic homes. Thanks to a National Endowment for the Humanities grant, she had a position with the Watkins Community Museum of History for a few years shortly after the Douglas County Historical Society began

operating the museum in 1975. She later worked at the Kansas State Historical Society for five years.

"Again, that was on 'soft money,' as they call it," Armitage said. "That was a wonderful experience. I enjoyed it immensely."

■ CONTINUED ON PAGE FOUR

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Editor and Publisher

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## Marie Thompson at Drury Place

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# Katie Armitage

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“Soft money” is research or project funding that is not expected to be recurring.

In 1983, Armitage and four other Lawrence women co-authored *On the Hill: A Photographic History of the University of Kansas*. Armitage, of course, was responsible for the chapter on KU’s early history. In 2007, the University Press of Kansas published the third edition (revised) of the book, which includes 30 new photographs and a new chapter to bring the KU story up to date.

Armitage also served on the first Lawrence Historic Resources Commission after its formation in 1989.

Given her reputation as a consultant to community and state historical organizations, it is no surprise that Arcadia Publishing contacted Armitage several years ago. With more than 8,000 titles in print, Arcadia Publishing is the leading local history publisher in the United States. The publisher wanted Armitage to write a book and suggested the book be on the survivors of Quantrill’s Raid for its “Images of America” series. She agreed to undertake the project.

Arcadia published Armitage’s *Lawrence: Survivors of Quantrill’s Raid* in 2010. The 128-page book includes 200 images, Armitage’s introduction, and the stories she added to accompany the images. The book is divided into five parts: Early Conflicts and the Raid: 1854-1863; Rising from the Ashes: 1864-1875; Calm Settles Over the City: 1876-1889; The Modern City Emerges: 1890-1912, and; Remembrance and Reunions: 1913-1925.

While Arcadia has published books on hundreds of communities throughout the country, Armitage believes the founding of Lawrence, named after Amos A. Lawrence, the treasurer of the anti-slavery New

England Emigrant Aid Society, stands out.

“In one sense Lawrence is unusual because it was settled by people from New England who were anti-slavery,” she explained. “Most towns in the United States were settled on trade routes. They were settled more for economic reasons. Not that everyone who came here did so for political reasons. They didn’t. But there was a core of people who were highly motivated by the slavery question. They were not the majority, but they certainly put their stamp on Lawrence.”

“Hostilities had been built up from the founding of Lawrence in 1854 because people in Missouri were very fearful and suspicious of the motivations of Lawrence’s leaders,” Armitage continued. “There was outrageous rhetoric and whipped-up feelings on both sides. That always happens in conflict. And this even preceded the Civil War. During the Civil War some of the Jayhawk units did raids in Missouri. When the slaves in Missouri saw the Union Army, they put down their hoes and followed. They really freed themselves. Slave-owning Missouri farmers along this long, unmarked border could see that they were losing their property. To them, Lawrence became the symbol of all the bad things that were happening on the border.”

Lawrence was also home to Charles Robinson, the first governor of Kansas, and James Henry Lane, who held his U.S. Senate seat as he served as a Union Army general. Lane had led raids into Missouri.

Armitage’s great-great-grandfather owned a family of slaves in northeast Texas, so her family’s history forces her to consider the other side of the slavery argument.

“Slavery is abhorrent to us today,” she said. “However, when you grow up with something, as those in the South did at that period of history with slavery, they accepted it.”

At the beginning of July 1863,



This image appears on page 16 of *Lawrence: Survivors of Quantrill’s Raid*. “This artist sketch of Lawrence after the raid appeared in *Harper’s Weekly* on September 19, 1863,” Armitage wrote. “The frame Methodist church can be seen behind the ruins of the Eldridge Hotel. The sketch was drawn by a staff artist who had heard reports of the raid.” (Prints and Photographs, Library of Congress.)

Union and Confederate forces fought at the Battle of Gettysburg in southern Pennsylvania. The Union Army emerged victorious on July 3, ending Confederate General Robert E. Lee’s invasion of the North.

“We know now that Gettysburg

was the turning point of the war,” Armitage said. “Of course, they didn’t know that then because the war continued for another two years.”

The Union’s victory at Gettysburg angered many Confederate sympa-

■ CONTINUED ON PAGE FIVE

# Katie Armitage

■ CONTINUED FROM PAGE FOUR

thizers in Missouri.

“Missouri was totally conflicted,” Armitage said. “It never officially left the Union, but many, many people were pro-Confederate because Missouri had been settled by people from Kentucky and Tennessee, which were part of the upper South.”

According to Armitage’s book, George W. Collamore, the mayor of Lawrence, warned his fellow Lawrencians about attacks from Missouri after the Battle of Gettysburg. “When no trouble came in early August, his concern was ridiculed,” she wrote.

His concern turned out to be legitimate. On August 21, William Clark Quantrill, a leader of pro-Confederate irregulars, rode into Lawrence with almost 400 men.

“The raiders had ridden all night, they were tired, they were hungry, and some of them hit the saloons, of which we had just as many on Massachusetts Street then as we do now, which is a lot,” Armitage said. “It was a bad combination.”

During a four-hour massacre, Quantrill and his men killed between 185 and 200 people in a city with a

population of about 2,500.

“The victims were men and boys, from many states and several foreign countries, young and old, white and black, prominent and unknown,” Armitage wrote. “About 20 percent of the male population of this nine-year-old town died, leaving behind 85 widows and 250 fatherless children.”

“There was really no resistance,” Armitage said. “Only one raider was killed. He had become drunk and did not get the word that they were leaving. He started east back towards Kansas City, while the raiders headed south, burning houses along the way. He was killed and his body was dragged through the streets of Lawrence. There was great rage. The next day a man was lynched. The people of Lawrence thought he had been a spy.”

Ironically, Collamore, who warned Lawrence residents about an imminent raid, died when he hid in a well, where he suffocated. He was one of the few leaders of Lawrence to perish.

“It’s amazing to me how quickly Lawrence recovered after the raid,” Armitage said. In her book, she details how the survivors “remained in town determined that, like the Phoenix, Lawrence would come back to life.” In fact, by 1870 Lawrence’s population had grown to 8,320.

Residents of Lawrence will recognize many of the buildings featured in *Lawrence: Survivors of Quantrill’s Raid*. Those buildings include the Grover Barn (2819 Stone Barn Terrace), built in 1858 and converted to a fire station in the 1980s, the Eldridge Home (945 Rhode Island Street), built in 1857, the Robert Miller Home (1119 E. 19th Street), built in 1858, and the Bell Home (1008 Ohio St.), built in 1862 and 1863.

Armitage found images for her

book from several sources, including the Kansas State Historical Society, the Watkins Community Museum of History, the Kansas Collection at the University of Kansas Libraries, microfilm at the Lawrence Public Library, local collectors, and descendants of raid victims and survivors. With the exception of one image, she got to use the images the way she wanted.

“I was overruled on photo for

■ CONTINUED ON PAGE SIX

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# Katie Armitage

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cover," she said. "I wanted to use the photo of survivors of the 50th anniversary of the raid in 1913. The publisher wanted to use the photo of the 1925 reunion instead."

Through her research, Armitage discovered that the last surviving widow died in 1938, while several who were children during the raid survived into the 1950s.

The final two images in the book look back at Lawrence's past and forward to the city's future. The first is of the seal of the City of Lawrence, which includes the phoenix rising from the ashes. The second is a photo of a plaque on Lawrence City Hall. "When the new Lawrence City Hall was built in 1980, the city commission held a contest for words to capture the spirit of the city," Armitage wrote. "Lines from the poem 'Youth,' by the African American poet Langston Hughes, who grew up in Lawrence, were chosen to adorn the city building, 'We have tomorrow / Bright before us / Like a flame.'"

Armitage began volunteering at the Watkins Museum on Wednesdays. She is also on the museum's exhibit advisory committee, which is working with Executive Director Steve Nowak as they redo the entire second floor. Arcadia has asked Armitage to consider writing another book concerning Lawrence. She has not yet decided if she wants to do that. However, she continues to do research for her own pleasure. As a Civil War history buff, she also recently saw *Lincoln*, the historical film directed and produced by Steven Spielberg. "The movie opens with a scene that is close to my heart," Armitage said. "It includes Lincoln and members of the First Kansas Colored Infantry. The First Kansas Colored Infantry is not that well-known. The Massachusetts 54th Colored Infantry is the one that was made famous by the movie *Glory*. But the First Kansas Colored Infantry was actually first because Jim Lane didn't wait. He set up the unit before he had Lincoln's permission."

After a tour to promote her book,

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*Lawrence: Survivors of Quantrell's Raid* is available online at [www.arcadiapublishing.com](http://www.arcadiapublishing.com), as well as locally at the Watkins Museum and the Raven Bookstore.

"We all know seniors who do so

The search is on for Kansas' outstanding senior volunteer. The Salute to Senior Service program, sponsored by Home Instead, Inc., the franchisor of the Home Instead Senior Care network, honors the contributions of adults 65 and older who give at least 15 hours a month of volunteer service to their favorite causes. Nominations for outstanding senior volunteers will be accepted until March 31. State winners then will be selected by popular vote at [SalutetoSeniorService.com](http://SalutetoSeniorService.com). Online voting will take place from April 15 to April 30. From those state winners, a panel of senior care experts will pick the national Salute to Senior Service honoree. Home Instead, Inc. will donate \$500 to each of the state winners' favorite nonprofit organizations and their stories will be posted on the Salute to Senior Service Wall of Fame. In addition, \$5,000 will be donated to the national winner's nonprofit charity of choice.

"We all know seniors who do so

# Kansas residents encouraged to nominate outstanding senior volunteers

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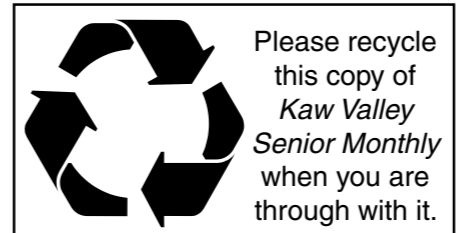
"We all know seniors who do so

much for our community," said Gail Shaheed, owner of the Home Instead Senior Care office serving Shawnee and Douglas Counties, including the cities of Topeka and Lawrence. "These silent heroes give selflessly, expecting nothing in return. And yet, their contributions often make a difference not only to the organizations they serve, but in changing how the public views growing older." Senior care professionals and those who work at hospitals, senior care facilities and other places where seniors volunteer are encouraged to nominate older adults. So, too, are family caregivers and the adult children of aging parents. Older adults also may self-nominate. To complete and submit a nomination form online for a senior age

65 or older who volunteers at least 15 hours a month, and to view the contest's official rules, visit [SalutetoSeniorService.com](http://SalutetoSeniorService.com). Completed nomination forms also can be mailed to Salute to Senior Service, P.O. Box 285, Bellevue, NE 68005. For more information about Salute to Senior Service or the Home Instead Senior Care network's services, call 785-272-6101 in Topeka or 785-856-8181 in Lawrence.

65 or older who volunteers at least 15 hours a month, and to view the contest's official rules, visit [SalutetoSeniorService.com](http://SalutetoSeniorService.com). Completed nomination forms also can be mailed to Salute to Senior Service, P.O. Box 285, Bellevue, NE 68005. For more information about Salute to Senior Service or the Home Instead Senior Care network's services, call 785-272-6101 in Topeka or 785-856-8181 in Lawrence.

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This photograph of survivors of the Lawrence Massacre at the Semicentennial Memorial, August 21, 1913, appears on pages 118 and 119 of *Lawrence: Survivors of Quantrell's Raid*. "Some 126 of the 200 survivors who attended the reunion lined up across Massachusetts Street for a group photograph for the *Lawrence Journal World*," Armitage wrote. (Prints and Photograph Division, Library of Congress.)

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# Lawrence Gymnastics and Athletics offers Zumba Gold Zumba Gold

By Billie David

As students pass through the doors of the Lawrence Gymnastics and Athletics (LGA) building on Clinton Parkway, there's a change in the way they move: a livelier, more carefree step that reflects the sense of freedom the space imparts to them.

That's the kind of reaction the folks at LGA want to share with Lawrence's senior population, and they're reaching out to them in two very specific ways.

"We want seniors to know they can come here and have that same feeling of freedom," said Zumba program coordinator Amy Ash, who will be teaching a Zumba Gold class designed especially for seniors. The class is offered each Wednesday from 10-11 a.m.

In addition to the Zumba classes, seniors are invited to stop by LGA to walk and stretch during the daytime when much of the building is not in use.

"Much of the building is not used during the day, so we are reaching out to area seniors who want a warm, friendly place to exercise, Monday through Friday," said Julie Prideaux, LGA Director of Business Development.

"The spring floor in the large gym was designed for tumbling, so it offers a cushion for someone wanting to walk, exercise or stretch on a softer surface. It's a nice, weatherproof way to spend time with friends and meet new people. We recently installed a coffee bar, so it encourages people to visit and linger."

So what exactly is Zumba? Zumba, a Columbian slang word meaning to move fast and have fun, is also a type of exercise that combines dance with aerobics and includes both cardio and resistance training. The easy-to-follow dance steps borrow from samba, salsa, meringue and mambo, along with hip-hop, martial arts, Bollywood and even belly dancing.

Zumba began in the 1990s when choreographer Beto Perez, who worked with celebrities such as Shakira, was rushing to get to an aerobics class he was teaching. In his hurry he forgot to bring his aerobics music so he grabbed some Latin music tapes

from his car and improvised with the dance steps he knew so well.

It caught on immediately, and his class became the most popular exercise class in Columbia.

Perez brought Zumba to the United States when he came to Miami in 1999 and teamed up with two friends to produce a demo. The Zumba concept was licensed by Fitness Quest, and today over 14 million people in more than 150 countries take Zumba classes.

LGA Zumba instructor Ash, who danced in a ballet company when she was growing up but stopped when she got caught up with being a teenager and going to college, stumbled onto Zumba when she decided, after having her first child, that she needed to work on getting back into shape.

She walked into a Zumba class at a health club and reconnected with a part of herself that had been dormant for a long time.

"I hadn't danced in 15 years," she said. "How could I not have nurtured this part of myself?"

Between Zumba classes and Weight Watchers, Ash lost 30 pounds and decided to become a Zumba instructor herself, which she did in 2008.

"I was pre-diabetic, and I reversed it," she said.

But then Ash had an accident.

"Two years ago I had a fall," she said. "I was on a friend's boat at Clinton Lake and I slipped, fell and hit my back on a metal cleat. I ended up with a major disc problem in my back. I was teaching and I had to give up some classes."

An MRI revealed a bulging disc in her back, which three epidurals finally stabilized.

Ash realized that she would have to lighten up on her exercise because she was in pain every day, and she had also developed a secondary problem in her knee.

"I really do get it. I understand people who have chronic problems," she said of how her experience makes her a more understanding instructor when it comes to working with the senior population.

So Ash became licensed to teach Zumba Gold, which has the same energetic music as the original Zumba but goes at a slower pace and has less



Amy Ash leads students in a Zumba class

impact. Zumba Gold is designed for people 55 or older, but others can also benefit from it, including new mothers and people who have been inactive for some time, as well as anybody who is trying to lose weight.

And the LGA setting provides yet another benefit because the wooden dance floor, which was built for a dance studio, is specially designed to have give, plus it is spring-loaded, which protects anyone who might fall

■ CONTINUED FROM PAGE EIGHT

from injury.

Another aspect of Zumba Gold that is especially beneficial to seniors is that it provides social stimulation and a sense of community because the relaxed atmosphere of the music and dancing encourages socializing. "Anybody can join any time," Ash said.

And for those seniors who have been neglecting exercise over the years because they have been too busy with adult responsibilities, she added, "there does become a point for all of us—if you don't use it you lose it. Movement and building a healthy lifestyle is the only fountain of youth there is."

Objections about not being coordinated enough or looking silly in front of others are addressed by a sign at the front of the room that says, "There are no mess ups in a Zumba fitness class, only unexpected solos."

The Zumba Gold class meets at 10 a.m. on Wednesdays, and if there is enough interest other times can be

added.

"We'll start small and expand as we grow," Ash said.

The class is being taught at the Lawrence Gymnastics and Athletics building that is located at 5150 Clinton Parkway, west of Wakarusa Drive.

The first session is free, and you don't have to buy a membership to attend classes.

"You can pay as you go or buy a punch card," Ash said.

Ash is also willing to give demonstrations for groups that are interested

in Zumba.

"Just call the gym," she said.

The number is 785-749-1949. There's also a link to more information at lawrencегymnastics.com, and the Facebook address is www.facebook.com/LGAZumba.

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# GUEST COLUMN

## Working together for a successful KanCare transition

By Lt. Gov. Jeff Colyer, M.D. and House Minority Leader Paul Davis, Esq.

It may be a surprise to see our names together in an opinion piece. As Democrats and Republicans, we don't always agree on issues like taxes or the budget.

But where we do agree is that we want to make sure our state Medicaid program, known as KanCare, is compassionate and effective. Poor and disabled Kansans rely on Medicaid for medical care, nursing homes, home health, and long term care. Most importantly, if Kansans have issues navigating the program, we want to make sure their questions are answered quickly, so that they get the care they need.

For years, these programs have been confusing and hard to navigate

make sure patients are protected and providers continue to see those they serve. After eight weeks, the transition has gone smoother than either of us expected, and we are dedicated to continuing this accountable transition.

To make sure Medicaid patients are protected, Kansans can change their insurer until April 4 and again at the end of this year. Each KanCare insurer offers a different benefit plan, so one may be better for you. Each of the health plans can be reached through their websites and assistance lines: Amerigroup, 800-600-4441; Sunflower, 877-644-4623; and United, 877-542-9238. So far 99% of consumer inquiries have been resolved within two business days.

The state also has expanded its access lines. Consumers can get their specific questions answered any time

of day by calling the consumer assistance line at 866-305-5147.

If providers like doctors and hospitals need assistance, they can call 800-933-6593. So far 1.1 million provider payments totaling more than \$200 million have been paid to providers across the state.

Another way to resolve issues is to call our new KanCare ombudsman, James Bart, who can be reached at 855-643-8180. Mr. Bart's primary focus is on individuals participating in HCBS waiver program or other long-term care services.

We want to make sure there is accountability and input on every level of the program. We support bills to provide oversight of KanCare by the Kansas Legislature. The Kansas Department of Health and Environment has an advisory panel of citizens, providers, and stakehold-

■ CONTINUED ON PAGE 11

## KanCare

■ CONTINUED FROM PAGE 10

ers. Each insurer also implemented a similar advisory panel. And the Federal government is involved at every level, too.

And as always, we encourage citizens to contact their legislators as well as either one of our offices with KanCare related questions at [www.Kansas.gov](http://www.Kansas.gov). Not only do these access points enhance person-centered care, they also enable the state and the three

health plans to address issues head-on. By creating a Medicaid program that is consumer and provider driven, we want a program that is responsive. We don't want the same problems to recur year after year.

As we transition nearly 370,000 Kansans into KanCare, we hope that you engage the process through and not assume that no one is there to help. No one expects such a sizable transition to be issue-free, so we must work together to get the job done—because in Kansas, that is what we do.



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# OrthoKansas, LLC medical team attends medical mission in Peru

Jeffrey C. Randall, MD, Amy Hecker, PA-C and Amy Vestal, RN, all of OrthoKansas, LLC, recently returned from a Medical Mission Trip to Piura. The medical team treated a total of 87 patients, ranging from knee pain

to shoulder pain. Within four days of clinic, they provided 98 cortisone injections as well as provided multi-vitamins, Tylenol and other much needed medications. Dr. Randall's son, Hogan, who is currently a junior at Washington University in St. Louis, studying Spanish and Pre-Med, served as the medical teams translator.

In addition to medical work, the

team also assisted in building of several homes, community projects as well as provided clothing and supplies to members of the community.

Piura is located in Northwestern Peru and has a population of over 375,000.

Additional information on the trip can be found at [www.drjeffrandall.blogspot.com](http://www.drjeffrandall.blogspot.com).



COURTESY PHOTO

Amy Vestal, RN (left) and Amy Hecker, PA-C (right), staff with OrthoKansas, LLC, with child in Piura, Peru. Vestal and Hecker were on a Medical Mission Trip with Jeffrey C. Randall, MD, and Hogan Randall.

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## PERSONAL FINANCE

### What do new tax laws mean to you?

As you know, the U.S. Congress has adopted some measures to help avoid the much-feared "fiscal cliff." At this point, important spending decisions have been put off, but new tax laws are in place — and, as an investor, you'll want to know just how this legislation will affect you.



Harley Catlin and Ryan Catlin

Let's look at the impact of the tax laws on three different income levels:

- **Up to \$200,000/\$250,000** — If you earn less than \$200,000 (if you're single) or \$250,000 (if you're married and file jointly), your income tax bracket will not change, nor will the tax rates assessed on dividends you receive from stocks or long-term capital gains you receive from selling investments that have appreciated in value. However, a 3.8% Medicare tax will apply to the lesser of your net investment income or your modified adjusted gross income in excess of the \$200,000 or \$250,000 levels, respectively.

- **\$250,000/\$400,000** — If your adjusted gross income is at or more than \$250,000 (for single filers) or \$300,000 (for married couples), your itemized deductions will begin to phase out, as will your personal exemption deductions, possibly resulting in higher effective tax rates. And the 3.8% Medicare tax will apply to part, or all, of your investment income. But your tax bracket stays the same, as do the tax rates on dividends and capital gains.

- **\$400,000/\$450,000** — If you earn at least \$400,000 (if you're single) or \$450,000 (if you're married), you will be subject to the phase-out of deductions described above. More importantly, however, your marginal tax rate will rise from 35% to 39.6%. Plus, taxes on qualified

dividends and long-term capital gains will rise from 15% to 20% — or, actually, 23.8%, when the 3.8% Medicare tax is added in. Consequently, you may have some decisions to make; at a minimum, you'll need to know how the new rates might — or might not — affect your investment choices. For example, if you rely on bonds to provide a source of income, be aware that your interest payments — taxed at your marginal tax rate — will now be taxed more heavily. As for capital gains, the slightly higher rates now give you even more incentive to be a "buy-and-hold" investor, which is usually a good strategy for most people. And the increase in dividend taxes doesn't detract from the key benefit of dividends — namely the ability to provide a potential source of rising income that can help keep you ahead of inflation. Keep in mind that dividends can be increased, decreased or eliminated at anytime without notice.

Overall, the changes in investment-related taxes are probably less substantial than many people had anticipated. And in any case, taxes are but a single component of investment decisions — and usually not the most important one. Rather than let taxes drive your investment choices, focus instead on whether a particular investment is appropriate for your individual situation, and if it fits your risk tolerance, and if it helps you diversify your portfolio. Diversification can help you reduce the effects of market volatility, though it can't guarantee profits or protect against loss.

Still, the new tax legislation is significant, so you should consult with your financial advisor and tax professional to determine what moves, if any, you may want to make. It's always wise to be up-to-date on what's happening in Washington — especially when lawmakers' decisions can affect your ability to achieve your important financial goals.

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

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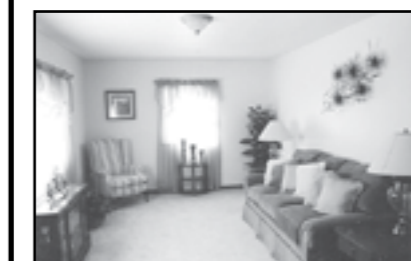
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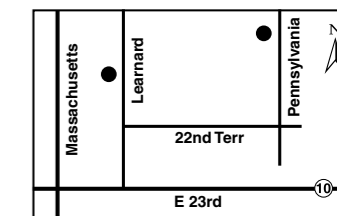


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## HEALTH & FITNESS

# Now you're talking!

Do you know someone who is recovering from a stroke or head trauma? Or someone with Alzheimer's or Parkinson Disease? Or someone who has a hard time swallowing? It may surprise you to learn that people in all these categories can benefit from the expertise of a speech therapist. Speech therapy is a medical



Laura Bennetts

and Dysphagia (trouble swallowing). A Speech Pathologist can help you regain independence by providing therapy that targets understanding and using language, increasing strength and coordination in speech muscles to bring clarity and loudness back to speech and increasing muscle strength and coordination needed for a safe, effective swallow."

### Finding Our Voice

Speaking is a social activity. We use our voices so much to share our thoughts and ideas that we may take this ability for granted—until we lose it. But having difficulty finding words, or forming sentences, or being heard, is incredibly frustrating.

People with Parkinson's Disease, for example, may have very soft voices because they have difficulty controlling the volume of their breathing. A person who has had a stroke may have difficulty finding the right word to say what they mean—what the French call the *mot juste*. In both of these cases, the brain has trouble processing or sending the information we need to speak.

A speech therapist will evaluate the problem and prescribe mental and physical exercises to improve speech control. Speech therapists also treat voice problems that spring from throat cancer, accidents that damage the vocal mechanism, and hoarseness (say, from cheering too loudly).

### Speaking Your Mind

Speaking depends on the brain. Our mental (cognitive) abilities can be measured by a number of standard tests of memory, problem solving, judgment and knowledge. Speech therapists use these tests to find out what is limiting a person's ability to communicate. Once those tests are done, a plan of action is created by the therapist. Many adults with Alzheimer's and other forms of dementia, for example, are helped by speech therapists who offer strategies to compensate for memory loss and allow them to live in a safer environment. Solutions of this kind give people hope. Frustration yields to insight, and people find that they have reasonable expectations of progress.

### Swallowing for Beginners

Swallowing is an automatic activity, 24 hours a day—just like breathing. Difficulty swallowing can be life threatening because you can inhale particles of food into your lungs. When you swallow, your throat muscles close the opening to your lungs so that food can enter your stomach only through the esophagus. When your throat muscles are weak, you may accidentally aspirate (inhale, that is, breathe in) particles of liquid or food. These particles can lodge in your lung tissue and cause an infection called aspiration pneumonia. Speech therapists help to prevent this by finding ways to keep your throat muscles as strong as they need to be.

### Milkshake is Easy

How can you tell if you have a "weak swallow"? Well, do you cough while drinking clear liquids? (Many people are surprised to learn that water is harder to swallow than a milkshake.) If so, or if you have other reasons to think you may have a swallowing problem for other reasons, medical tests can help. A video swallow test, for example, takes pictures of the path that food travels when you swallow. If particles of drink or food enter your lungs, speech therapy is needed to strengthen your swallowing muscles.

### A Full Recovery

A woman who recently came home from skilled rehab care was full of praise for the wonderful help she received from her speech therapist. At 89 years old, she is grateful for all the rehab and nursing help she received to return to her home to live independently. In reviewing the last few months she recalls that she had trouble with her teeth and related difficulties with eating. She gradually lost her energy and developed a fever. She went to the doctor and found that she had aspiration pneumonia caused by her difficulty swallowing. During her recovery, she worked with the speech

therapist on exercises to stimulate her swallowing, to tuck her chin in when swallowing, and to swallow twice with each swallow. She regained the ability to eat and drink safely, returning home confident that she can avoid getting aspiration pneumonia.

### Speech therapy

It's not just talk. It's therapy. And it can be a life-saver. - Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs both Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services LLC (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see [www.LawrenceTherapy-Services.com](http://www.LawrenceTherapy-Services.com)

## HEALTH & FITNESS

# Behold the power of nature

Behold the power of nature. Many herbs or medicinal plants have been used for thousands of years dating back to the ancient times. Herbs are well known part of cooking and essential part of many culi-



Dr. Farhang Khosh

nary dishes. But many do not know the healthy benefits from consuming herbs. Nor are people aware of the multitude of research behind herbs or medicinal plants. Research shows that consuming a minimum amount of some herbs can have a positive effect on your health. When choosing between fresh or dried herbs, the fresh herbs are always the best choice

because the herb is in its most powerful natural form. The following six medicinal plants help with blood sugar regulation, improve mood, boost the immune system, improve cardiovascular health, and help fight disease:

### • Manage blood sugar: Cinnamon

Cinnamon can help your cells take in sugar and use insulin better. Cinnamon is also helpful in improving cardiovascular health.

### • Improve mood: Saffron

This reddish-yellow herb contains certain chemicals that can help to reduce anxiety and depression. It is also being used in some weight loss studies.

### • Improve mood: St. John's wort

One cannot fail to mention St. John's Wort when talking about medicinal plants and mood. Historically, this herb has been used to treat mental disorders, nerve pain, and has been used as a sedative. Today, it is frequently used to treat mild to mod-

erate depression, anxiety and sleep disorders.

### • Improve the immune system: Turmeric

Turmeric is commonly ingredient that is used in many curry dishes. This herb adds a yellow color to the food. It contains curcumin, which studies suggest is a key component in fighting inflammation and is a powerful booster of the immune system.

### • Aid in cardiovascular health: Garlic

The medicinal benefits of garlic have long been established and proven clinically. It is referred to as the "healthy heart" food by Mayo-Clinic.com. Ingesting garlic has been shown to slow arterial hardening, reduce blood pressure, and it acts as a blood thinner. Garlic raises the protective HDL cholesterol, while it lowers harmful LDL cholesterol and triglycerides.

### • Fight Disease: Echinacea

Echinacea, or the purple coneflower, is a native species in the United States. Years of research have proven Echinacea's value for aiding the immune system and fighting disease. Echinacea increases the part of the immune system that consumes and eliminates invading organisms and foreign particles.

Herbs or medicinal plants have been used for thousands of years to treat a wealth of medical conditions. In herbal therapy, the roots, the flower, the berries, the stems, and the leaves of certain plants are crushed, dried, steeped into a tea, or made into tinctures to medicate patients. However, even medicinal plants or herbs can cause adverse reactions. Consult with your doctor before taking any herbs or medicinal plants.

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

specialty, and speech therapists train in graduate-level medical programs. They treat people of all ages with problems in three areas—speech, cognition, and swallowing.

### You Can Train Your Brain

Speech therapists, also known as speech pathologists, specialize in the extraordinarily complex physical and neurological processes that enable us to speak. The act of speaking is controlled by your nervous system, which sends messages from your brain to muscles in your face, mouth, tongue, and throat. This is a "cognitive" function in the strict sense, since it depends on the brain's success in two activities: first, putting the right words in the right sequence to make sentences; and second, activating your muscles to form these words by using the right amount of air to make your vocal cords vibrate. This is a complicated activity that we begin learning as infants.

Speech therapists often work with children. But they also assist adults who have trouble forming certain sounds or controlling the pace of their speech. As Lawrence speech therapist Christine Kosirog explains, "Neurological injuries or disorders, like a stroke or Parkinson's Disease, can lead to problems including Aphasia (trouble understanding or using written or spoken language), Dysarthria or Apraxia (trouble talking clearly or loudly enough to be understood),

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## RETIRE SMART

# Fun with brain games

Years ago, a colleague of mine showed me a study about how cognitive ability can start slipping as early as age 50. "I guess that means we only have a limited time left in the money management business," he teased. That study has always haunted me - it's depressing, the idea that my cognitive abilities would begin to fade at about the same time as my tennis game.



Jill Schlesinger

This is referred to as "strategic learning capacity," and it may actually increase with age.

As you might imagine, if you can absorb the important stuff, you are more likely to make logically consistent decisions, which can have a significant impact on your financial life. Strategic learners are less likely to fall victim to bias toward riskier options, and that seems to be one of the best parts of aging. Instead of the youthful folly that ensnares some people into get-rich-quick schemes, and to a lesser extent, creates the delusion that you can beat the market, aging helps you recognize that choosing sure payoffs rather than gambling for a larger gain can net you more money over the long term.

While memory, reasoning and complex problem solving can decline with age, this report underscores that those who remain cognitively healthy and free of dementia, Alzheimer's or other neurological causes of cognitive impairment, are perfectly capable of managing their financial affairs and making prudent decisions. Here again, the news is encouraging: According to the National Institute of Aging, approximately 87 percent of those aged 65 years and older are cognitively healthy.

So here's something to consider: If you or a loved one find yourself struggling with mental tasks that were previously easy, don't just chalk it up to aging. The findings suggest that when changes in decision-making emerge, they should prompt a medical evaluation for potentially reversible causes of cognitive decline, or for chronic conditions that would require a substantial shift in lifestyle.

Notice that I said reversible in the previous sentence. Amazingly, our brains can strengthen as we age. "To take advantage of the brain's inherent ability to grow, rebuild, and rewire itself, individuals need to implement the necessary steps to maximize cognitive function sooner rather than later, and maintain the motivation to remain cognitively active, informed, and engaged in personal financial decisions."

The more you challenge your brain, the more new nerve pathways you form. Beyond reading or finishing your daily crossword, another way to challenge the brain is to learn how to play a musical instrument or speak a new language, both of which provide great stimulation. So do games like chess, bridge and mahjong, those that require you to strategize and interact

socially at the same time.

And back to that tennis game ... it is exciting for this aging jock to learn that exercise can help enhance brain health. Studies show that even 30 minutes of modest activity can help people increase their cognitive functions. The science that demonstrates the link between activity and mental functioning might encourage you to walk to your next bridge game! The financial payoff to remaining sharp is that you will likely make prudent decisions and retain your independence long into your golden years.

- Jill Schlesinger, CFP, is the Editor-at-Large for [www.CBSMoneyWatch.com](http://www.CBSMoneyWatch.com). She covers the economy, markets, investing or anything else with a dollar sign on her podcast and blog, *Jill on Money*, as well as on television and radio. She welcomes comments and questions at [askjill@moneywatch.com](mailto:askjill@moneywatch.com).

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## MAYO CLINIC

# Steps can be taken to make wrinkles less noticeable

DEAR MAYO CLINIC: I'm a 42-year-old woman, and lately I've noticed more wrinkles starting to show on my face. Ads for "amazing" anti-wrinkle potions are everywhere. Is there anything that will really work to lessen the wrinkles I have and prevent new ones from appearing?

ANSWER: Wrinkles are a normal part of aging. Although you can't eliminate wrinkles completely, you can take steps to make them less noticeable.

Two big risk factors for developing wrinkles are aging and ultraviolet light. You cannot control the aging process, but you can reduce your exposure to ultraviolet light. The best thing you can do for your skin is to habitually use sunscreen on all exposed body parts. On days you're not out in the sun for long periods, use sunscreen with a sun protection factor (SPF) of 15 to 30. When you spend time outdoors on a sunny day, use sunscreen with an SPF of 30 to 50.

Smoking is a significant risk factor for developing wrinkles, in addition to being bad for your health in many other dangerous ways. Smoking has by-products that break down the collagen and elastin that help support the tissue in your skin. That can speed up the aging process and make your skin more wrinkled. If you are worried about how your skin looks and you smoke, you should stop.

Another key step to reducing wrinkles is to keep your skin well

moisturized. Dry skin creates wrinkles. Use a high-quality moisturizer on your skin twice a day, once in the morning and once at night before you go to bed.

Picking a good moisturizer can be challenging because there are so many choices. Keep it simple. Avoid lotions that contain perfume, dye or glitter, or that have a lot of preservatives, as these can irritate your skin. A higher price is not always a sign of higher quality. Most basic ingredients in moisturizing lotions are the same across brands. If you're buying a moisturizer for your face, get a product designed for that purpose. A body moisturizer usually will not work well on facial skin. Finally, buy one that has SPF included, so you don't have to apply sunscreen in addition to your moisturizer.

Anti-wrinkle creams that are

available without a prescription usually have only a modest effect on wrinkles. If you try one, make sure it contains vitamins C and E. These ingredients may help reduce wrinkles somewhat, but they depend on one another to work. If a cream has only one, it won't be as effective.

If you want an anti-wrinkle cream that has been shown to reduce wrinkles and prevent new ones, you will need to see your doctor. Prescription anti-wrinkle creams derived from vitamin A, called retinoids, can reduce fine wrinkles, splotchy pigmentation and skin roughness. This type of cream is applied once a day, just before you go to bed. Although some over-the-counter creams contain another derivative of Vitamin A called retinol, those are different from the prescription form. Over-the-counter retinol-containing creams may moisturize your skin, but they won't reduce or prevent wrinkles the way prescription retinoids can.

In addition to creams and lotions, some procedures may help reduce wrinkles. They include chemical peels, dermabrasion, laser resurfac-

ing, botulinum toxin type A (Botox) and soft tissue fillers. None is a permanent solution for wrinkles, and all have potential side effects. If you're interested in one of these procedures, talk to your primary care doctor or a dermatologist to discuss what is right for you.

Keep in mind that the three most important things all people—old and young, men and women—can do for their skin to decrease the signs of aging are to moisturize frequently, wear sunscreen and, please, don't smoke. - Dawn Davis, M.D., Dermatology, 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](http://www.mayoclinic.org).

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Thankfully, a new study examined adults 50 to 79 years of age to determine the connection between cognitive health, aging and decision-making capacity. It found that age alone is not a predictive factor of lower decision-making capacity. The "Healthy Brain, Healthy Decisions" study was a collaboration of the MetLife Mature Market Institute, the Center for BrainHealth at The University of Texas at Dallas and the University of California, San Francisco.

The good news is that people ages 50 to 79 are as logically consistent as younger decision-makers, and they retain their ability to sift through and focus on important information, while ignoring less relevant informa-



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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

**MAR 8**  
**MUMMENSCHANZ 40 YEARS**  
 MUMMENSCHANZ entertains audiences with unique characters created out of everyday objects, such as wires, tubes, boxes and even toilet paper. Without dialogue, body language and movement are used to tell playful stories that transcend cultures and amuse the whole family. Founded in 1972, MUMMENSCHANZ became popular for its play with bizarre masks and forms, light, shadow and subtle choreography. For 40 years, it has been carrying away audiences all over the world with its unique artistic and creative style. Lied Center, 1600 Stewart Dr., 7:30 p.m.  
 LAWRENCE, (785) 864-2787  
 www.lied.ku.edu

**MAR 17**  
**THE SENIOR CLASS**  
 A great offshoot from TCT's widely successful company, Laughing Matters, The Senior Class is another zany troupe of comedians. Only this time, it's the company is made up entirely of over 55-year-old actors in our community. This group defines life in the golden years as a terrifically fun-filled trip. Admission fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. Doors open at 1 p.m. Show begins at 2 p.m.  
 TOPEKA, (785) 357-5211  
 www.topekacivictheatre.com

**APR 5**  
**REGINA CARTER: REVERSE THREAD**  
*Reverse Thread*, Regina Carter's latest album, invites us to a world of traditional African music infused with contemporary jazz and Afropop energy. Known as one of the finest violinists of her generation, Carter captures both the essence and allure of the original music through a lens of contemporary interpretation. This album blends the exquisite sound of Carter's violin with a rhythm section, the kora (West African harp) and the accordion. Lied Center, 1600 Stewart Dr., 7:30 p.m.  
 LAWRENCE, (785) 864-2787  
 www.lied.ku.edu

## BINGO

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

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

**MONDAYS & THURSDAYS**  
**AMERICAN LEGION POST NO. 400**  
 3029 NW US Highway 24, 6:30 p.m.  
 TOPEKA, (785) 296-9400

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

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

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

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

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

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

## EDUCATION

**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 7**  
**VA BENEFIT MEETING**  
 Drury Place at Alvarado, 1510 Saint Andrews Dr., 6:30 p.m. Open to the public.  
 LAWRENCE, 785-841-6847

**MAR 7**  
**SKILLBUILDERS: SURVIVING & THRIVING**

Presented by Linda Upstill, Rumsey-Yost Funeral Home. After a life loss, learning to find your strengths and accepting the changes can be difficult. Skillbuilders is a series of programs for widows, widowers, caregivers and anyone experiencing significant life changes. The topics are chosen to refresh skills and provide information that may be helpful in making various decisions concerning daily living. Due to the renovation of the Lawrence Public Library, this session will be held in the downstairs Garden Room of Drury Place, 1510 St. Andrews Drive. The programs will again be offered on Thursday mornings from 10-11:45 a.m. beginning in March and ending in May. The popular topics will be presented by knowledgeable, local experts. Registration is never required. Attend all or only those of interest. Come and bring a friend! Transportation is available by contacting the Douglas County Senior Services Transportation department at 865-6925. Skillbuilders is presented by the Senior Outreach Services of the Lawrence Public Library, Visiting Nurses Association and the Douglas County Senior

Services.  
 LAWRENCE, (785) 843-3833 ext. 115

**MAR 12**  
**RESOURCE FAIR FOR SENIORS**  
 Sponsored by the Lawrence Area Partners in Aging. Screenings, blood pressure checks, hand-outs, brochures, door prizes, and much more. Hy-Vee, 3504 Clinton Parkway, 10 a.m.-1 p.m.  
 LAWRENCE, (785) 749-2000

**MAR 12-APR 16 (TUESDAYS)**  
**KANSANS OPTIMIZING HEALTH PROGRAM (KOHP) – LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS**  
 Do you have or care for someone with arthritis, diabetes, heart or lung disease or other chronic condition? This six week KDHE program developed by Stanford University and facilitated by LMH and Lawrence Housing Authority will cover self-care strategies to reduce pain, deal with fatigue, exercise safely, eat well, manage stress, use medications effectively, and set and meet personal goals. Participants should be working in partnership with a healthcare provider before attending this class. Advance enrollment required as class size is limited. Fee. call LMH Connect Care.  
 LAWRENCE, (785) 749-5800  
 www.lmh.org

**MAR 12**  
**BASIC PERSONAL FINANCE & INVESTING**

Provides an overview of financial planning considerations, including: financial goal setting; investment options such as stocks, bonds, mutual funds, and ETFs; risk tolerance and capacity; and diversification, asset allocation, and rebalancing of an investment portfolio. While the focus is on saving and investing for retirement, the principles apply to other long-term financial goals, such as providing for a child's college education. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Carnegie Building – East Wing, 200 W. 9th Street.  
 LAWRENCE, (785) 842-0543 or (785) 841-4554

**MAR 14**  
**FUNDAMENTALS OF ESTATE PLANNING**

Provides an overview of the options in arranging your affairs: what happens under intestate succession if you die without a plan; the uses of either a Will or Revocable Living Trust; an overview of probate administration; the impact of estate taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid eligibility might affect your assets. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Carnegie Building – East Wing, 200 W. 9th Street.  
 LAWRENCE, (785) 842-0543 or (785) 841-4554

**MAR 14**  
**SKILLBUILDERS: SELF-CARE: MAINTAINING YOURSELF IN STRESSFUL TIMES**

Presented by Laura Bennetts, Lawrence Therapy Service. Learn how to keep physically and emotionally healthy with activity and social supports. For more information about Skillbuilders, including location and time of programs, please

see March 7 description.  
 LAWRENCE, (785) 843-3833 ext. 115

**MAR 16**  
**ONE DAY CHEESE MAKING CLASS WITH MARY JANE TOTTH**  
 Ms. Totth is the author of three books on cheese making. Come prepared to roll up your sleeves and participate in the hands on sessions. Lunch will be provided by Goddard Farm. Douglas County Fairgrounds, Building #1, 2110 Harper St., 8:30 a.m.-3:30 p.m. Fee. Class size is limited so please sign up early.  
 LAWRENCE, (785) 887-6083

**MAR 21**  
**SKILLBUILDERS: LEGAL PLANNING**  
 Presented by Cheryl Denton, attorney with Petefish, Immel, Heeb & Hird, LLP. Legalese interpreted! Wills, trusts, estate planning: what are they and do I need them? For more information about Skillbuilders, including location and time of programs, please see March 7 description.  
 LAWRENCE, (785) 843-3833 ext. 115

**MAR 28**  
**SKILLBUILDERS: AGING IN PLACE**  
 Presented by Linda Crabb, Visiting Nurses Association. How to be comfortable and safe in your home and when to know how to make a change. For more information about Skillbuilders, including location and time of programs, please see March 7 description.  
 LAWRENCE, (785) 843-3833 ext. 115

**APR 10**  
**PRE-DIABETES CLASS**  
 A free class for those at risk for developing diabetes or have already been told that they have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and avoiding potential complications. Sponsored by LMH Diabetes Education Center. 12-1:30 p.m.  
 LAWRENCE, (785) 749-5800

## HEALTH & FITNESS

**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.  
**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

**FIRST TUESDAY OF THE MONTH**  
**MAN TO MAN PROSTRATE CANCER SUPPORT GROUP**  
 Meets at Lawrence Memorial Hospital, 5:30 p.m.  
 LAWRENCE, (785) 393-1256

**TUESDAYS, WEDNESDAYS & THURSDAYS**  
**JAZZERCISE LITE**  
 Fitness that's invigorating, not intimidating!

■ CONTINUED FROM PAGE 18  
 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

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

**SECOND THURSDAY OF EACH MONTH**  
**BLOOD PRESSURE CLINIC**  
 HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free.  
 TOPEKA, (785) 354-6787

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

**THIRD THURSDAY OF EACH MONTH**  
**BLOOD PRESSURE CLINIC**  
 HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free.  
 TOPEKA, (785) 354-6787

**THIRD THURSDAY OF EACH MONTH**  
**BLOOD PRESSURE CLINIC**  
 HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free.  
 TOPEKA, (785) 354-6787

**THIRD THURSDAY OF EACH MONTH**  
**BLOOD PRESSURE CLINIC**  
 HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free.  
 TOPEKA, (785) 354-6787

**FOURTH THURSDAY OF EACH MONTH**  
**NUTRITION CLINIC**  
 Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.  
 TOPEKA, (785) 354-6787

**FOURTH THURSDAY OF EACH MONTH**  
**BLOOD PRESSURE CLINIC**  
 HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free.  
 TOPEKA, (785) 354-6787

**MAR 6**  
**CHOLESTEROL SCREENING**  
 This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$6/test. HealthSource room, Lawrence Memorial Hospital, 8:30-10 a.m.  
 LAWRENCE, (785) 749-5800

**APRIL 3**  
**CHOLESTEROL SCREENING**  
 See March 6 description. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m.  
 LAWRENCE, (785) 749-5800

## HISTORY/HERITAGE

**JAN 6, MAR 3, APR 7 & MAY 5**  
**KANSAS TERRITORIAL CHARACTERS**  
 The Lecompton Reenactors present "Kansas Territorial Characters," a play by J. Howard Duncan. The play features some of the famous and not-so-famous characters from the turbulent time period known as "Bleeding Kansas." Constitution Hall State Historic Site, 319 Elmore, 2 p.m. Admission fee. Kansas Historical Foundation members and children 5 and under admitted for free.  
 LECOMPTON, (785) 887-6520

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

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

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

**FRIDAYS**  
 Clinton Place, 215 Clinton Parkway, Lawrence, 9-10 a.m.  
 Wyndham Place, 2551 Crossgate Dr., Lawrence, 10:30-11:30 a.m.  
 Peterson Acres, 2930 Peterson Rd., Lawrence, 1-2 p.m.

## LAWRENCE PUBLIC LIBRARY BOOK TALKS

**THIRD TUESDAY OF EACH MONTH**  
**MIDLAND ADULT DAY CARE**, 319 Perry St., 10 a.m.  
 Cottonwood Retirement 1029 New Hampshire, 2 p.m.  
 Babcock Place, 1700 Massachusetts St., 3 p.m.

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

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

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

**FIRST & THIRD MONDAY OF EACH MONTH**  
**BEREAVEMENT SUPPORT GROUP**  
 LAWRENCE SENIOR CENTER  
 2:15-3:45 PM, (785) 842-0543

**FIRST & THIRD MONDAY OF EACH MONTH**  
**GRIEF 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 healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3 p.m. in Conference E of LMH.  
 LAWRENCE, (785) 830-8130

**FIRST & THIRD TUESDAY OF EACH MONTH**  
**SCRAPBOOK MEMORIES**  
 Grace Hospice, 3715 SW 29th St., Suite 100, 6 p.m. All supplies provided (except photos).  
 TOPEKA, (785) 228-0400

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

**FIRST & THIRD TUESDAY OF EACH MONTH**  
**GRIEF SUPPORT GROUP**  
 Grace Hospice in association with Pioneer Ridge Assisted Living invites individuals

■ CONTINUED ON PAGE 20

# ADVANCED HOMECARE

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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.

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

**FIRST & THIRD WEDNESDAY OF EACH MONTH CANCER SUPPORT GROUP**

Join representatives from Lawrence Memorial Hospital Oncology Center and the American Cancer Society for a general cancer support group. Open to anyone with any cancer diagnoses and/or family members or others affected by their cancer. For more information, contact Liv Frost at (785) 505-2807 or e-mail to liv.frost@lmh.org.  
LAWRENCE

**WEDNESDAYS & SUNDAYS OLDESTERS 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 a.m.-1 p.m.

**FIRST THURSDAY OF EACH MONTH**

**PARKINSON MEETING**

Midland Care, 200 SW Frazier, 5:30-7 p.m.  
LAWRENCE, (785) 235-1367 or (800) 798-1366

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

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

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

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

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

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

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

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

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

Independence, Inc. 2001 Haskell Ave., 1-2 p.m.  
LAWRENCE, (785) 235-1367 or (800) 798-1366

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

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

**SECOND TUESDAY OF EACH MONTH KAW VALLEY HERBS STUDY GROUP**

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

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

3 Sisters Inn, 1035 Ames St., 3:30-4:30 p.m.  
BALDWIN CITY, (785) 235-1367 or (800) 798-1366

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

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

**SECOND WEDNESDAY OF EACH MONTH**

**DIABETES EDUCATION GROUP**

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

**SECOND WEDNESDAY OF EACH MONTH SOROPTIMIST INTERNATIONAL OF TOPEKA**

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

**SECOND THURSDAY OF EACH MONTH CAREGIVERS SUPPORT GROUP**

Learn more about caregiving, share your caregiving ideas and learn new ones. Find out about living options for your loved one and share comfort among others who are going through the same things. Refreshments are provided Meets at The Windsor of Lawrence, 3220 Peterson Rd., 4 p.m. Call to RSVP.  
LAWRENCE, (785) 272-9400

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

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

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

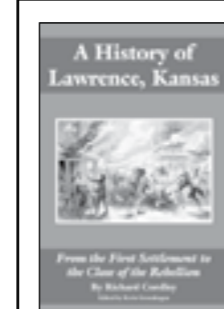
Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.  
LAWRENCE, (913) 831-3888

**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 MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP**

Oskaloosa Public Library, 315 Jefferson St., 2-3 p.m.  
OSKALOOSA, (785) 235-1367 or (800) 798-1366



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**THIRD TUESDAY OF EACH MONTH**

**LAWRENCE PARKINSON'S SUPPORT GROUP**

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

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

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

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

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

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

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

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

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

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

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

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

Jayhawk Area Agency on Aging, 2910 SW Topeka Blvd., 12-1 p.m.  
LAWRENCE, (785) 235-1367 or (800) 798-1366

■ CONTINUED FROM PAGE 20

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

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

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

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

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

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

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

Countryside United Methodist Church, 3221 SW Burlingame Rd, 1-2 p.m.  
TOPEKA, (785) 235-1367 or (800) 798-1366

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

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

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

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

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

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

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

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

**MISCELLANEOUS**

**SUNDAYS**

**CHURCH SERVICES**

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

**MONDAYS**

**CHURCH SERVICES**

Drury Place at Alvarmar, 1510 Saint Andrews Dr., 11 a.m. Open to the public.  
LAWRENCE, 785-841-6847

**THIRD SATURDAY OF EACH MONTH**

**COFFEE & CONVERSATION**

Drury Place at Alvarmar, 1510 Saint Andrews

Dr., 3 p.m. Open to the public.

LAWRENCE, 785-841-6847

**MAR 15**

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TOPEKA, (785) 286-4161

**MAR 17**

**ST. PATRICKS DAY PARADE**

Starting at South Park in downtown Lawrence, 1:30 p.m.  
LAWRENCE, (785) 749-6677  
www.lawrencestpatricksdayparade.com

**MAR 23 & 30**

**EASTER EGG HUNT TRAIN**

Ride an 11 mile round trip with the Easter Bunny! During the ride, the train will stop at Norwood prior to returning to Baldwin City, where the little ones can hunt for over 800 Easter Eggs. See our website for more information and pictures from last year. 1515 W. High St. Starting at 9 a.m.  
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www.midlandrailway.org

**8th Annual Lawrence Area Partners in Aging RESOURCE FAIR FOR SENIORS**

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**This Year's theme is "Go Green"!**

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- Screenings, blood pressure checks, oxygen level checks, chair massages
- And much more!



**Come by anytime between 10:00 and 1:00 to visit the booths and displays from local businesses and organizations that serve seniors in Douglas County.**

This is the eighth 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 Synthia Somerhalder or email partnersinaging@yahoo.com.

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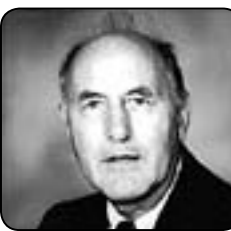
**HUMOR**

# The Bleep Awards

Before viewing the Oscar Award Ceremony brought to you by the Academy of Motion Picture Arts and Sciences, you had sat through television broadcasts of the Golden Globe Awards, the People's Choice Awards, the Grammy Awards, and 15 different televised country music award ceremonies. You assumed that was that

Hosts for this year's Bleep Award Ceremony will be the alluring Miss Hoja Blanca, star of the after midnight soap opera "The Young and the Feckless," and the ever macho veteran star of "One Life to Splurge," Dude Henchman. The Bleep Award Show has a gold plated line-up of commercial sponsors: Shylock Mortgage & Loan, Ptomaine Foods, No Show Insurance, and Limon Auto, makers of Noanda SUVs and Sin-animo pickup trucks.

This year's "Bleep Awards," will be broadcast from the Grand Hotel in the luxurious Wobbly Islands. The Wobbly Islands, known as "The Cannes of the Caribbean," recently hosted the 2013 International Mouth Harp Competition.



Larry Day

as far as television award ceremonies were concerned.

Not quite. Still to come are the "Bleep Awards," a television special brought to you by the American Academy of Cell Phone Lunacy. If you want to watch the "Bleep Awards," you may have to upgrade your current cable system contract or your direct satellite system service. The "Bleep Awards" will be broadcast exclusively by the Weirdness Network on channel 2347. You can tune in at 10 p.m. Eastern, 9 p.m. Central, 8 p.m. Mountain, 5 p.m. West Coast time, or 7 a.m. the following day Bora Bora South Pacific time. If you live on the planet Regma in the Alpha Centauri star system, the show will be broadcast about 4.2 light years from now. Check your local listings for the exact date and time.

## Here are this year's Bleep Award categories:

**Best Response to People Who Talk Loudly on Cell Phones in Public Places:**

**The nominees are:**

- Point to the person (man or a woman) and yell "Hey everyone, it's Kim Kardashian, let's get her autograph."
- Yell: "That's him (her) officer," and point to the person on the phone.
- Walk up to the person and say, "You'll have to speak up, they can't hear you in Bangladesh."

*Best reply to people whose*

*e-mails or text messages conclude with the pretentious phrase, "Sent from my Z-Phone."*

**The nominees are:**

- "Sent from my Green Lantern Decoder Ring"
- "Sent from my Aunt Bessie's Cookie Jar"
- "Sent from a filling in my third molar"
- "Sent from a wad of chewing gum on the bottom of my shoe"

**Best "I'm breaking up with you" text message:**

**The nominees are:**

- "I have three new pets--a tarantula, a wombat and a python."
- "My parole officer wants to meet you."
- "Can you lend me \$9,000? My bookie is threatening to break my legs"
- "I have joined the French Foreign Legion."

**Best Gross Sounding Ringtones**

**The nominees are:**

- Someone calling the hogs to dinner on a pig farm.
- The magnified buzz of an angry mosquito.
- A belching hippopotamus
- Lindsay Lohan sitting on a whoopee cushion.

**Best thing to do on an annoying robo call after you have pressed one, and you are speaking to a live operator:**

**The nominees are:**

- Say "You have reached the Federal Communications Commission. Please hold while we trace this phone call."
  - Hold your phone over a toilet bowl and flush.
  - Play a gross ring tone (see above) into the mouthpiece.
  - You shout "Martha, your Uncle Zeke is on the phone."
- 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.*

**PET WORLD**

## Preventive veterinary care will top my list of causes this year

**Q:** I recall that you were instrumental in beginning a national movement to pay attention to cats, so more are adopted from shelters and so cats get proper veterinary care. Do you have a resolution in this vein for 2013? - P.K., Miami, FL

**A:** I do, indeed. In 2013, I'll encourage pet owners to see veterinarians for preventive care. Sadly, according to a study conducted by

be. This alarming trend needs to be reversed and I'll work (with others) to help make that happen 2013.

Here are additional topics I'll focus on this year:

1. Breed-specific legislation: Breed bans have been instituted by communities, even states and entire nations. Dogs referred to as pit bulls lead the list of forbidden pets. The reality is, breed bans have had no impact on the frequency of dog bites. Instead, I support enforcing sensible dangerous dog laws, which apply to all breeds or mixes. I also support education, so dog owners understand the importance of early socialization.

2. Senior pets: The good news is, with appropriate preventive care, proper nutrition, exercise and a little luck, overall, our pets are living longer than ever. But longevity has the same drawbacks for pets as people - physical and cognitive ailments related to aging. Fortunately, a rapidly growing list of products can improve quality of life for elderly pets. I'll be writing about these in 2013.

3. Tubby tabbies, plump puppies: TV's "Biggest Loser" could create a spin-off show about overweight and obese pets, since the problem is downright epidemic. Diet can pre-empt the problem. Research confirms that there's a correlation between spaying/neutering pets and subsequent changes in energy and metabolism. New Royal Canin spayed/neutered



Steve Dale

Bayer Animal Health, a quarter of owners don't understand the importance of preventive care for their pets. The number of households not seeing the veterinarian at all in the course of a year increased by eight percent for dogs and a confounding 24 percent for cats compared to five years ago, according to the 2012 American Veterinary Medical Association U.S. Pet Ownership and Demographics Sourcebook. Our pets deserve better.

Skipping preventive care veterinary has consequences. A long list of preventive illnesses is on the rise, leading to higher costs for pet owners. And most importantly, pets are suffering, even dying when they shouldn't



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diets address this issue (cat formulas are available in the U.S. now and dog formulas will be released later this year). Certainly, exercise is important; without it, pets can grow huge. I resolve to encourage pet owners to understand that overweight and obese pets are likely to suffer changes in their quality of life, and their chances increase for diabetes, arthritis, some types of cancer and behavioral problems.

4. Shoot 'em up: For reasons inexplicable to me, police are increasingly shooting innocent dogs. You read that right. And I plan to shed further light on this issue in 2013.

**Q:** Many shelters encourage adopting pets to seniors. I want to get a pet, but I'm afraid the animal would outlive me, only to be left homeless again. Also, I know many shelters have you sign a contract indicating that if something happens to you, the animal will be returned to the shelter, instead of going to a family member who may also be bonded to the pet. Can you comment? - J.E., Pinellas Park, FL

**A:** If you're in generally good

health, you're never too old to adopt a pet. What's imperative is choosing the right pet for your lifestyle. Your best bet might be an older animal. You'll be saving a life and you won't have to deal with the crazy antics of a kitten or house training a frolicking puppy.

You're right that responsible shelters and rescue organizations mandate contracts such as you describe. The intent is to prevent pets from landing in another shelter, and perhaps being euthanized. However, if you became incapacitated and a responsible family member was willing to care for your pet, there's not a shelter or rescue I know of that would argue. If you are concerned, a legal will could supersede a shelter or rescue contract.

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

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# WOLFGANG PUCK'S KITCHEN

## Double happiness for the Chinese New Year

Gung hei fat choy! That's the traditional Cantonese greeting (roughly translated as, "Wishing you great happiness and prosperity!") heard in midwinter with the arrival of the Chinese New Year, a lunar holiday, which fell this year on Sunday, Feb. 10.

But you don't have to get extravagant to celebrate in your own home.



Wolfgang Puck

Even a few thoughtfully chosen ingredients or an imaginative but easy presentation style can make your Chinese meal memorable. Consider, for example, my Yin Yang Soup.

Over the past couple of decades, it's become popular for restaurants to serve what's often referred to simply as "two soups in one bowl"—soups of contrasting colors and flavors, sharing the same bowl side by side. Many people think achieving the effect calls for some sort of secret trick; but, really, all you need to do is make sure both soups have similar consistencies, so they don't flow into each other; and then pour them simultaneously and steadily from a pair of ladles, one held in each of your hands. Rotate the ladles slightly counterclockwise as you pour, and then dot each with a contrasting spoonful of the other soup, and you'll have a close approximation of the Chinese yin yang symbol, which represents unity and balance.

The pair of refreshing cold soups in this particular recipe have complementary Asian flavors, of course: a tomato soup mildly spiced with ginger, lemongrass, and chili oil; and a pea soup made creamy with coconut milk. Both can be prepared well in advance of your meal, to be kept chilling in the refrigerator until serving time.

When the moment arrives to serve the soup, relax and don't rush it. If the first bowlful, prepared while you're still getting the hang of it, looks a little

messy, just serve it to yourself. And feel free to tell your guests that you're offering them this pair of soups in a spirit of "double happiness"—a traditional Chinese wish for good fortune.

### YIN YANG SOUP

Serves 6

### TOMATO SOUP:

- 1 tablespoon peanut oil
- 1 tablespoon thinly sliced onion
- 1/2 teaspoon minced fresh ginger
- 1/2 teaspoon minced garlic
- 1/2 teaspoon minced scallion
- 1 Kaffir lime leaf, torn in half, or 3-inch strip lime zest

1 piece fresh lemongrass, about 3 inches long, trimmed, cut from the base end, crushed; or 3-inch strip lemon zest

- 2 cups whole peeled plum tomatoes

- 1 tablespoon tomato paste
- 1 teaspoon sugar
- Salt
- Freshly ground white pepper
- 1 tablespoon unsalted butter
- 1 teaspoon Asian chili oil

### PEA SOUP:

- 1 tablespoon peanut oil
- 1 tablespoon thinly sliced onion
- 1/2 teaspoon minced fresh ginger
- 1/2 teaspoon minced garlic
- 1/2 teaspoon minced scallion
- 1 small bunch Thai basil, or regular basil leaves

1 can coconut milk, 13-1/2 ounces

- 2 cups shelled fresh peas or frozen peas
- 1 teaspoon sugar
- Salt
- Freshly ground white pepper
- 1 tablespoon unsalted butter

For the Tomato Soup, heat the peanut oil in a saucepan over medium heat. Add the onion, ginger, garlic, and scallion and sauté, stirring occasionally, until glossy, 1 to 2 minutes. Add the lime leaf and lemongrass. Continue to sauté 1 minute longer. Add the tomatoes, tomato paste, and sugar, and season to taste with salt and pepper. Bring to a boil, reduce the heat to maintain a simmer, and cook for 10 minutes. Remove and discard the lime leaf and lemongrass. Transfer

the soup to a blender. Add the butter and chili oil. Put on the lid slightly ajar, cover with a clean kitchen towel, and carefully blend until pureed (following manufacturer's instructions for hot liquids). Strain through a very fine wire-mesh strainer into a clean mixing bowl set inside a larger bowl of ice. Set aside.

To arrange the soup for serving, simultaneously ladle the tomato and pea soups on either side of the bowl. (If you can, slowly move the ladles counterclockwise, each halfway around the bowl's edge when pouring to form the interlocking teardrop shapes of a yin yang symbol.) Then, carefully pour a spoonful of each soup onto the center of the other to complete the decoration. Repeat with the 5 remaining bowls. Serve immediately.

Put on the lid slightly ajar, cover with a clean kitchen towel, and carefully blend until pureed (following manufacturer's instructions for hot liquids). Strain through a very fine wire-mesh strainer into a clean mixing bowl set inside a larger bowl of ice. Set aside.

To arrange the soup for serving, simultaneously ladle the tomato and pea soups on either side of the bowl. (If you can, slowly move the ladles counterclockwise, each halfway around the bowl's edge when pouring to form the interlocking teardrop shapes of a yin yang symbol.) Then, carefully pour a spoonful of each soup onto the center of the other to complete the decoration. Repeat with the 5 remaining bowls. Serve immediately.

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# TRAVEL TROUBLESHOOTER

## A fee for lighting up in my rental? But I don't smoke

Joe Galindo finds a mysterious charge on his credit card for cleaning his car. The company alleges he had a pet and smoked in the vehicle. But he has no pet and doesn't smoke. What gives?



Christopher Elliott

Q: My wife and I traveled to Las Vegas for a trade show. I decided to use my credit card points to cover my car rental through Dollar Rent a Car.

At the car rental desk I was pressured to take the optional insurance, but I told them I had checked with my insurance agent and that I was covered. After 10 minutes of saying "no" she insisted on making a copy of my credit card. I let her and went on my way.

I rented the car for five days, drove a total of 83 miles, and returned the car with a full tank. A Dollar employee checked the car when I returned it and said everything was "OK."

On my next credit card bill I noticed a \$125 charge from Dollar, 19 days after the car was returned. I complained to Visa, and a month later I received a letter from Visa saying that Dollar claimed the car needed excessive cleaning due to pet hair, smoke and dirt). We don't smoke and we don't have a pet. Dollar refuses to remove the fee. Can you help? - Joe Galindo, Anoka, Minn.

A: Dollar should have notified you of any cleaning charges when

you returned the car, not as a surprise on your credit card bill almost three weeks later. Even if Dollar suspected that you'd smoked a pipe next to your Great Pyrenees after a long day of hiking in the desert, it should have notified you promptly of the cleaning fee and offered evidence of your allegedly messy ways.

What kind of evidence? Well, photos would be a good start. A signed incident report, documenting the condition of the vehicle might work, too. You didn't get any such proof, and neither did your credit card.

But in disputing this charge, you took a shortcut, moving straight to a credit-card dispute instead of contacting the car rental company directly. I might have started with a brief, polite email to Dollar sent through its website, and if necessary, an appeal to a manager at the local or national level.

A credit card dispute removes an entire level of appeal. Think of it as taking your small-claims case directly to a higher court. And speaking of court, your only real recourse after losing a credit-card dispute is to take your case to court. That probably wasn't practical, given the amount of your claim.

I think you would have had a good chance of prevailing in court, by the way. Dollar didn't offer any documentation, as far as I can tell. It simply asked you, and your credit card, to take its word.

I contacted Dollar on your behalf, and it removed the \$125 charge from your credit card.

- Christopher Elliott is the author of "Scammed: How to Save Your Money and Find Better Service in a World of Schemes, Swindles, and Shady Deals" (Wiley). He's also the

ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a nonprofit organization that advocates for travelers. Read more tips on his blog, [elliott.org](http://elliott.org) or e-mail him at [chris@elliott.org](mailto:chris@elliott.org). Christopher

Elliott receives a great deal of reader mail, and though he answers them as quickly as possible, your story may not be published for several months because of a backlog of cases.

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

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# Be in the know about Medicare Part B

**By Phong Nguyen**  
Social Security Operations Supervisor in Lawrence, KS

You may already know that Medicare is a medical insurance program for people who are 65 or older and for people who are disabled at any age. Some people are covered only by one type of Medicare; others opt to pay extra for more coverage. Understanding Medicare can save you money.

If you're eligible for and want to be covered by Medicare Part B medical insurance, now is the time to sign up. The general enrollment period for Medicare Part B runs from January 1 through March 31. Before you make a decision about general enrollment, here is some useful information.

There are four parts to Medicare: Parts A, B, C and D. **Part A** helps pay for inpatient hospital care, skilled nursing care, hospice care, and other services. **Part B** helps pay for doctors' fees, outpatient hospital

visits, and other medical services and supplies not covered by Part A. **Part C** allows you to choose to receive all of your health care services through a managed health care organization. These plans, known as Medicare Advantage Plans, may help lower your costs of receiving medical services, or you may get extra benefits for an additional monthly fee. You must have both Parts A and B to enroll in Part C. And **Part D** is the Medicare Prescription Drug Program.

There is a monthly premium for Medicare Part B. In 2013, the standard premium is \$104.90. Some high-income individuals pay more than the standard premium. Your Part B premium also can be higher if you do not enroll during your initial enrollment period, or when you first become eligible.

There are exceptions to this rule. For example, you can delay your Medicare Part B enrollment without having to pay higher premiums if you are covered under a group

health plan based on your own current employment or the current employment of any family member. If this situation applies to you, you have a "special enrollment period" in which to sign up for Medicare Part B, without paying the premium surcharge for late enrollment. This rule allows you to enroll in Medicare Part B at any time while you are covered under a group health plan based on your own current employment or the current employment of any family member; or enroll in Medicare Part B during the eight month period that begins following the last month your group health coverage ends, or following the month employment ends, whichever comes first.

If you receive disability benefits and have coverage from a working family member, the same rules apply.

If you live in one of the 50 states or Washington, D.C., and you're already receiving Social Security retirement or disability benefits or railroad retirement payments, you will be enrolled in Medicare Parts

A and B automatically. However, because you must pay a premium for Part B coverage, you have the option of turning it down.

If you don't enroll in Medicare Part B when you first become eligible to apply and you don't fall under the special enrollment period, you'll have to wait until the general enrollment period, which is January 1 through March 31 of each year. At that time, you may have to pay a higher Medicare Part B premium.

For more information about Medicare, visit the Centers for Medicare & Medicaid Services (CMS) website at [www.medicare.gov](http://www.medicare.gov). Or read our publication on Medicare at [www.socialsecurity.gov/pubs/10043.html](http://www.socialsecurity.gov/pubs/10043.html).

## WORDS OF WISDOM

"Indoors or out, no one relaxes in March, that month of wind and taxes, the wind will presently disappear, the taxes last us all the year." - Ogden Nash

## PUBLISHER'S COLUMN

### Kudos to Lawrence Public Library

I have to admit that I didn't look forward to visiting the temporary location of the Lawrence Public Library in early February. I needed to find a book I needed for this month's issue of *Kaw Valley Senior Monthly*, and the temporary location had just opened on January 21. This was a mere two weeks after the library closed to make the move to the

former site of the Borders Bookstore at 700 New Hampshire Street. Certainly, I thought, the place would be in complete disarray and I would be lucky to find what I was looking for.

Remarkably, I had no problem finding the book. In fact, I was in and out of the library in just five minutes. It was as if the library had always operated at this location. Of course,

the building was already designed for book browsers. In addition, the counter where people used to buy books now conveniently serves as a counter to check out books. However, kudos are in order for all those who worked so hard to make the transition to the temporary location painless for patrons.

The library will operate at this location while the building on Vermont Street undergoes a \$19 million expansion project. The library expects to be at the temporary site until April 2014. - klg

## Governor Brownback celebrates centenarians

Governor Sam Brownback recognized Kansans who are 100 years old and older on February 20 at the Johnson County Human Services Building, 11811 S. Sunset Dr., Olathe.

Centenarians, their family members and caregivers were invited to join Brownback and Kansas Department for Aging and Disability Services Secretary Shawn Sullivan for a reception to celebrate the lives of these older Kansans.

"Over the years, I have enjoyed visiting with our centenarians," Brownback said. "They are a true asset to our community, sharing wisdom and stories of our nation's history."

A similar centenarian celebration was held in Wichita on October 19, at which 22 Kansas centenarians participated. They represent the fastest-growing segment of the United States population. There are more than 70,000 centenarians in the U.S., which is more than at any time in our history.

"It's amazing to talk with our centenarians," Sullivan said. "Many of them are still active and ready to share their secrets to a long life."



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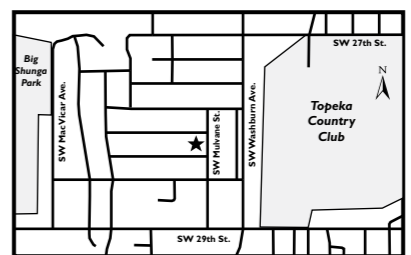
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# PUZZLES & GAMES

## BRIDGE

### A little help from a foe

By Tannah Hirsch  
Tribune Media Services

Both vulnerable. South deals.

#### NORTH

- ♠-K Q 6 5
- ♥-8 6 4
- ♦-Q 6 2
- ♣-A 9 3

#### WEST EAST

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

#### SOUTH

- ♠-A J 7 4 3 2
- ♥-A K 3
- ♦-J 5 4
- ♣-5

The bidding:  
 SOUTH WEST NORTH EAST  
 1♠ Dbl 2NT 3♣  
 4♠ Pass Pass Pass

Opening lead: King of ♣

Looking at the diamond suit in isolation, it might seem that the only way to avoid losing three tricks in the suit is to hope one defender holds both the ace and king. South found a more elegant way out of the dilemma. North's jump to two no trump over the takeout double showed an invi-

tational, or better, spade raise with at least four trumps. Since the auction suggested there were little or no wasted values in clubs, South decided that the six-card suit merited a jump to game.

West led the king of clubs and, since there was a sure loser in hearts, South's problem was to hold the diamond losers to two. Declarer's technique was unerring.

The ace of clubs won the first trick and a club was ruffed in the closed hand. Trumps were drawn with the ace and king, and another club was ruffed, stripping that suit from both the closed hand and dummy. South then played off the ace, king and another heart, reducing both declarer and dummy to nothing but two trumps and three diamonds each.

It made no difference which defender won the third heart. Either would have to return a diamond, limiting declarer's losers in the suit to two, or one of the other plain suits, allowing declarer to discard a diamond from one hand while ruffing in the other. In either event, declarer would lose only two diamond tricks and a heart.

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

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# Neuvant House of Lawrence

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# PUZZLES & GAMES

## CROSSWORD

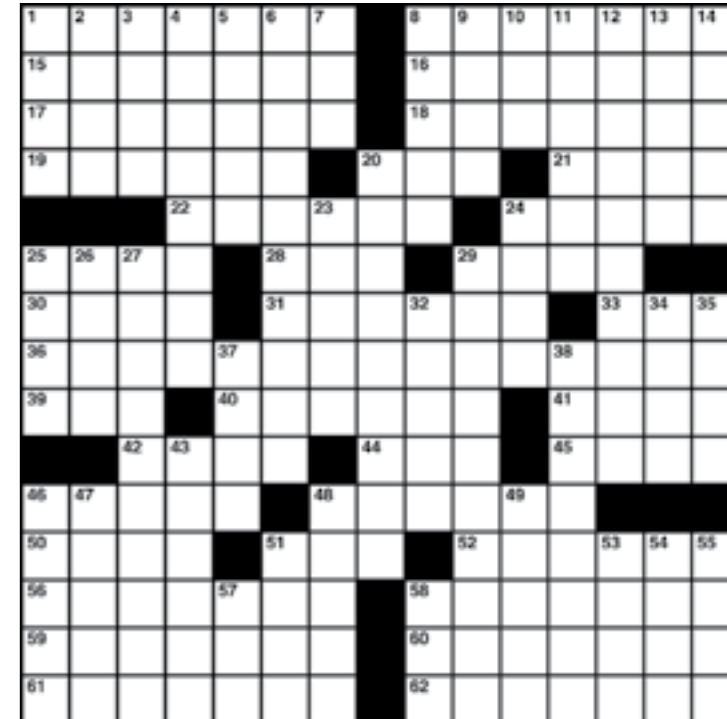
### Across

- 1 Make even, in a way
- 8 Key rings?
- 15 More than concerned
- 16 When forging started
- 17 Juntas, e.g.
- 18 Discarded storage technology
- 19 Consider necessary
- 20 Round seed
- 21 Blew, so to speak
- 22 Moving experience?
- 24 Fine-grained soil
- 25 Othello game piece
- 28 Corpulent
- 29 Unfavorably influence
- 30 PIN holder's record
- 31 Make fit
- 33 Suffix with nanny
- 36 Beyond unethical
- 39 "Bambi" character
- 40 Wire function
- 41 Man cave channel of choice
- 42 Wile
- 44 \_\_\_ vindice: Confederacy motto
- 45 Parker who played Daniel Boone
- 46 Underlying values
- 48 Like protozoa
- 50 Has a turn
- 51 Improved one's record
- 52 Akkadian king who conquered Mesopotamia
- 56 Kitchen tools
- 58 "Olly olly oxen free!"
- 59 Dominions
- 60 Mess up, as a punch line
- 61 Lot
- 62 Slid (over)

### Down

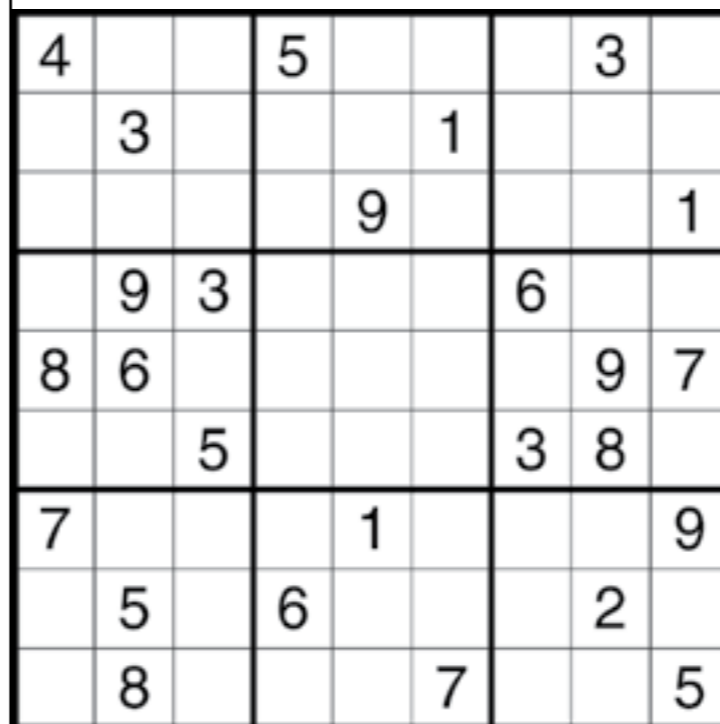
- 1 Makes shake
- 2 Fonda role
- 3 Ranch brush
- 4 Long-odds bet
- 5 Amalgamate
- 6 Character flaw
- 7 Meas. of some field losses or gains
- 8 Sailing maneuvers

- 9 Code word?
- 10 "Psych!"
- 11 Eat at, as one's conscience
- 12 Classroom response, at times
- 13 Pulitzer-winning writers Timothy and Jennifer
- 14 Times of prayer in the Divine Office
- 20 Tried to buy at auction
- 23 She played Elle in "Kill Bill"
- 24 Online convenience
- 25 Pulp figure
- 26 Tiny paper clip, e.g.
- 27 Settings for "Junkyard Wars"
- 29 Loyal to a fault
- 32 Zola portraitist
- 34 Droid downloads
- 35 Chain letters?
- 37 NYSE deals
- 38 Cites
- 43 Flipped
- 46 Vandalized, in a way
- 47 "Chestnuts roasting ..." co-writer
- 48 Like some forest ground



- 49 Neck line?
- 51 Cactus \_\_\_: state bird of Arizona
- 53 Canter, for one
- 54 "Memories \_\_\_": Billy Crystal film
- 55 Requisite
- 57 "\_\_\_ tu che macchiavi
- quell'anima": Verdi lyric
- 58 Uses Trillian, briefly

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

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**JUMBLE** THAT SCRAMBLED WORD GAME  
 by Mike Angiron and Jeff Kourik

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

FLAUW  
 ARREM  
 GLANET  
 YEAWLE

WHEN SHE HAD LUNCH WITH THE CHAMPION SWIMMER, SHE THOUGHT HE WAS ---

Print answer here: [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**SCRABBLE** BRAND

PAR SCORE 210-220  
 BEST SCORE 266

FIVE RACK TOTAL  
 TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blank" used as any letter has no point value. All the words are in the Official "SCRABBLE" Players Dictionary, 4th Edition.

Answers to all puzzles on page 34

**Need a Senior Monthly rate card?**  
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# Please visit Kaw Valley Senior Monthly on Facebook.



# Electronic payments are safe, easy, inexpensive, and green

By Bill Holthaus

Social Security Assistant District Manager in Topeka, KS

Beginning March 1, with few exceptions, all federal benefits, including Social Security and Supplemental Security Income (SSI) benefits, are to be paid electronically. That's according to a rule from the U.S. Department of the Treasury.

For years, Social Security has stressed the convenience, security, and safety of getting benefit payments electronically, offering peace of mind that your payment will arrive on time, even in the event of natural disasters or being away from home when the check is in the mail.

Electronic payments (direct deposit or Direct Express) are not only the *best* way to receive federal benefit payments — for most people, starting in March, they are the *only* way.

The truth is, for most people getting monthly benefits, this isn't really a change at all. That's because more than nine out of 10 individuals who

receive benefits from Social Security already receive payments electronically.

If you get your payments the old-fashioned way and electronic payments are new to you, here are some things you may want to know about your future payments:

- Electronic payments are safer: there's no risk of checks being lost or stolen;

- Electronic payments are easy and reliable: there's no need to wait for the mail or go to the bank to cash a check;

- Electronic payments are good for the environment: they save paper and eliminate transportation costs; and finally;

- Electronic payments save taxpayers money to the tune of \$120 million per year: there are no costs for postage, paper, and printing; and

- Electronic payments could save you money on check-cashing and bank fees.

Please visit [www.GoDirect.org](http://www.GoDirect.org) today to learn more about getting your Social Security and SSI pay-

ments the safe, easy, inexpensive, and green way — electronically. And rest assured that on payment delivery

day, you won't have to wait for your money; your money is already in the bank and ready for you to use.

## Kaw Valley Older Women's League to discuss Medicaid-related bills

The monthly meeting of the Kaw Valley Older Women's League will be Wednesday, March 6. The meeting will begin at 2 p.m. in the Doud Room of the United Way of Douglas County Building, 2518 Ridge Court. Social time will be from 1:30-2 p.m. The public is invited.

Mitzi McFatrach, executive director of Kansas Advocates for Better Care, will talk about several bills of interest to older Kansans and others who receive care and service under Medicaid. She'll discuss funding cuts and possible implications for access to needed help for elders, and where to turn if you are having problems with KanCare.

Kansas is the first state the federal government has granted permission to combine all Medicaid programs

and populations and contract them out to private managed care companies, which will provide services to fragile elders and special needs citizens—young and old alike.

KanCare, the state's name for this transition of Medicaid programs, began January 1. April 4 is the end of the consumer choice period for selecting a managed care company and, potentially, the loss of a consumer's ability to continue with the healthcare provider with whom they may have had a long-standing relationship.

Related to the move to KanCare are many policy and funding initiatives making their way through the legislature.

For more information about OWL or this meeting, contact chapter president, Gayle Sigurdson at 832-1692.

# Meals on Wheels of Shawnee and Jefferson Counties, Inc. receives \$2,000 'Share the Love' grant

Meals on Wheels of Shawnee and Jefferson Counties, Inc. is proud to announce it has been awarded a \$2,000 grant from the Meals on Wheels Association of America (MOWAA) thanks to the generosity of Subaru of America. As part of MOWAA's participation in the Subaru of America "Share the Love" event, Meals on Wheels of Shawnee and Jefferson Counties, Inc. worked with Figgs Subaru of Topeka during the 2012 holiday season. On December 14, Meals on Wheels placed stickers on each of our nearly 600 home-delivered meals to recognize Figgs Subaru of Topeka and the partnership in the "Share the Love" event.

"Meals on Wheels enjoyed the opportunity to collaborate with Figgs Subaru of Topeka and as a result we were able to secure a MOWAA grant award," said Heidi Pickerell, President and CEO of Meals on Wheels. "We recognize that valued partners like Figgs allow us to ensure we nourish the

homebound people in our community."

The \$2,000 grant that was awarded will go directly toward the provision of meals to those throughout the service area.

As one of the five Subaru "Share the Love" event charitable partners, MOWAA created the "Share the Love" grant program to foster partnerships between local Meals on Wheels programs and Subaru dealerships. MOWAA is awarding \$200,000 in grants to 66 Meals on Wheels programs across the country that involved dealership employees in their efforts to serve homebound seniors in their community.

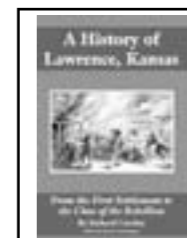
"Subaru continues to show its generous support for our vision to end senior hunger," said MOWAA President and CEO Ellie Hollander. "MOWAA is gratified to have joined with Subaru for a fifth straight year of 'Share the Love.' The strong partnerships forged between Meals on Wheels programs and Subaru dealer-

ships in communities across the country only serve to bring us closer to ensuring that no senior goes hungry."

The Meals on Wheels home delivery program provides nearly 600 hot, nutritious meals to participants striving to remain independent in their homes throughout Shawnee and Jefferson Counties. Participants may be elderly, homebound, disabled, or otherwise at risk of food insecurity. Meals are provided regardless of age or the inability to contribute toward the cost of the meal. In addition to meal provision, services include nutrition screening, education, nutrition assessment and counseling, as appropriate.

Community volunteers who deliver meals play a vital role in the delivery process as they report to Meals on Wheels any health and environmental changes or crises they may observe during their visits.

All meals served are required to provide at least one-third of the daily recommended dietary allowances established by the Food and Nutrition Board of the National Academy of Sciences-National Research Council. Physicians may also order a special diet to assist in the management of chronic illnesses up to and including: diabetes, kidney failure, congestive heart failure and chewing/swallowing problems.



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5	3	8	2	4	1	9	7	6
6	2	7	8	9	3	4	5	1
2	9	3	7	5	8	6	1	4
8	6	4	1	3	2	5	9	7
1	7	5	4	6	9	3	8	2
7	4	2	3	1	5	8	6	9
9	5	1	6	8	4	7	2	3
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M	I	N	I	L	A	B	RACK 4 =	63	
L	A	D	D	I	E	S	RACK 5 =	59	
PAR SCORE 210-220								TOTAL	266

**JUMBLE ANSWERS**

Jumbles: AWFUL REARM  
TANGLE LEEWAY  
Answer: When she had lunch with the champion swimmer, she thought he was -- "ALL WET"  
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