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profile



Einstein's Outdoor Outfitters: Serving Topeka for more than a century.

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Wisman brothers continue family's entrepreneurial tradition

By Kevin Groenhagen

Some believe entrepreneurship is so central to American culture that Americans are *genetically* predisposed to it. "Think about it: Immigrants tend to be entrepreneurial, willing to give up security and familiarity for the possibility of prosperity and success," Arthur C. Brooks wrote in 2010. "This trait is relatively rare—a mutation from the norm. Only a small minority of people from any particular community tend to migrate away from their homeland. But the United States is a nation made up of such people, a land where immigrants and their descendants have married other immigrants and their descendants. Consequently, a genetic mutation that leads to entrepreneurial behavior would appear in more of our citizens and replicate itself much more easily than elsewhere."

If such a genetic predisposition exists, it is likely that Nathan Einstein had it. Einstein was born in the Russian Empire in 1885. With the event of hostilities between the Russians and Japanese, his parents made an extremely difficult decision.

"He was going to get drafted into the

Russian army," Jack Wisman said of his grandfather. "His folks encouraged him to get out of Russia because my family is Jewish. The Russo-Japanese War was in 1905, and Jews in the Russian army were just cannon fodder."

"He escaped Russia through eastern Europe into Italy," Wisman continued. "He then signed onto a freighter because he heard that the freighter was going to America. The freighter came to New York and he jumped ship. He had no papers. He could have been deported because he was an illegal immigrant, but he found some people who helped him. He eventually made contact with his brother, and he worked with a pushcart business on the Lower East Side. He and his brother later heard that there were jobs out in Kansas working for the railroad. He came out here for a little while and saved enough money to open a business. It was the classic American story."

Einstein and his wife, Ethel, opened Economy Men's Clothing in North Topeka in 2010. In *Jewish Life in Small-Town America: A History*, Lee Shai Weissbach, who wrote about Ein-



Jack Wisman

stein and other Jewish entrepreneurs, wrote, "Jewish businessmen serving a poorer clientele often gave their stores names that stressed reduced prices and honest trading practices, although these attributes could have appealed to better-off shoppers as well."

Wisman knows that his grandfather's

business was initially located in the 800 block of North Kansas Avenue, which is now part of the North Topeka Arts District. However, he is not sure of the exact location. According to a description accompanying a 1911 photo of Nathan Einstein and his son,

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Kevin L. Groenhagen
Editor and Publisher

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Einstein's

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Charles, on the Kansas Historical Society's website, the business was located at 809 North Kansas Avenue. However, an article in the March 4, 1911 edition of the *Topeka Daily Capital* places the business at 815 North Kansas Avenue. According to the Wisman, between 1910 and 1951, the business relocated a number of times in North Topeka. The family later opened a second location south of the Kansas River in downtown Topeka.

In addition to Charles, the Einstein family later included two daughters, Fannie and Belle, and two more sons, Robert and Abe. The business supported the family, but they saw their share of hard times.

"They struggled through the Depression," Wisman said. "It was very tough. We have records of the kind of days they had during the 1930s. They would literally do \$10 or \$20 a day. The business began becoming more profitable during the late 1930s."

However, as the business became

more successful, Einstein's health began to fail.

"He was in his early 50s and my mother started to go to college at Washburn University in 1934. He needed her in the business. There were some other children, but they were doing other things. My mother essentially took over the business because my grandfather couldn't do it anymore."

In the late 1930s and early 1940s, it was a bit unusual for a woman to run a business. Fannie understood that she might face discrimination, so she came up with a strategy to keep the business running smoothly.

"She didn't believe that any of the male wholesalers would sell to a woman, so she signed orders and checks with 'F. Einstein,'" Wisman explained. "When she talked to wholesalers on the phone, she talked as if she were a secretary because she knew they wouldn't sell to a woman."

During World War II, Fannie got into the military surplus business. She later married Samuel Wisman, with whom she started another business during the late 1940s. Kansas had statewide alco-

hol prohibition from 1881 to 1948. In November 1948, Kansas voters ended prohibition 15 years after the nationwide prohibition ended with the 21st Amendment. The Wismans took the opportunity to open a liquor store on South Kansas Avenue.

In addition to running the businesses, the Wismans would eventually have three children, Jack, Alan, and Rosann.

In 1951, the Wismans stopped doing business at the North Topeka location. However, nature made that decision for them. In mid-July of that year, heavy rains led to the flooding of the Kansas River. A measurement of the river crest level in Topeka on July 13 was 14.8 feet above the flood stage. The floodwaters destroyed the Wismans' North Topeka business.

"My mother always lamented about all the leather flight jackets she bought, which you could buy for nothing after World War II, ended up floating down the river," Wisman said. "She lost a fortune. Of course, there was no insurance for that."

The family experienced further trials when Samuel's health began to fail during the late 1950s.

"He had a couple of heart attacks and died in 1963," Wisman said. "He was just 50 and we were just kids. My mother had three kids and just carried on. She managed Einstein's Outdoor Outfitters and the liquor store, and worked a lot of hours. She helped all three of us through college. We all went out of state. She did it all. She was just a wonderful mother. She was very resilient."

In 1974, Jack and Alan opened a second Einstein's Outdoor Outfitters location at 1820 SW 10th Avenue. They later closed the downtown store in 1989. Rosann earned a master's degree in public health and now lives in the Washington, D.C., area. With her children out of college, Fannie decided to go back to Washburn University to continue her formal education.

"She started up again during the 1970s and continued taking classes into the 1980s," Wisman said. "She took night classes because she worked all day. Her eyesight began to fail, so she had to stop taking night classes."

Fannie died in 2005, she received a degree posthumously from Washburn

Einstein's

■ CONTINUED FROM PAGE FOUR

University in 2007 after the university discovered that she had earned enough credits to graduate. Her sons proudly play her diploma in the front of their store. "The Jewish community also honored her in a number of ways while she was alive," Wisman said. "She was deserving of it all."

Today, Einstein's Outdoor Outfitters bears little resemblance to the men's clothing store Nathan Einstein opened more than 100 years ago.

"We have an odd combination of merchandise," Wisman said. "Right now we're selling a lot of skiwear and we have a lot of military surplus. We're probably one of the few places in North America that merchandises gas masks right next to ski goggles. We also sell camping equipment, law enforcement gear, and a lot of footwear and hiking boots."

Of course, there is a limit to the types of military surplus merchandise for sale at Einstein's.

"People will ask if we have tanks," he said. "We always respond, 'Damn, we just sold the last one. You just missed it by 10 minutes.'"

The business also has supplies for Boy Scouts and Girl Scouts, and offers discounts to the scouts.

Einstein's has an informational website at einsteinsoutdoor.com. However, Wisman said they really have no interest in having a website that features an online store to sell their merchandise.

"When people ask if we have a website, Alan usually points to the web netting," Wisman said with a smile.

In addition to the Wisman brothers, Bonnie Sova, who has worked at Einstein's for more than 30 years, and three to four other part-time employees are on hand to assist customers. The employees also make it possible for the brothers to get away from the store when they do volunteer work. Alan is a volunteer for Meals on Wheels, while Jack give tours at the Kansas State Capitol Building and the Judicial Center. He has also served on numerous boards.

While both Jack and Alan have children, it is very unlikely that a fourth



Nathan Einstein and his son, Charlie, in 1911

generation will continue to own and operate Einstein's.

"This business will be done for in another five to seven years when we

retire," Wisman said. "No one else is going to take it over. I suppose someone could offer some money to buy it.


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Whittaker stresses balance in financial planning **James Whittaker**

By Billie David

An avid bicyclist, Lawrence financial advisor and training coach Jim Whittaker works with his racing clients to develop strategies they can use during the three phases of a race: the beginning, the middle and the end. In his role as financial services professional with New York Life Insurance Company and Main-Stay Investments, Whittaker address the same issues, helping his clients develop a financial plan and get it off the ground, use strategies to keep it going, and finish the race successfully.

And just as one of the basic elements of riding a bicycle is maintaining balance, people need to pay attention to balance when considering their financial future.

“Everything is about balance,” Whittaker said, referring to the extremes that can derail a person’s good intentions. “You can save money but not

enjoy life, or you can have fun but not have enough money to retire. If you’re in the extreme, you will eventually stop, but if you are moderate you can keep it up forever.

“There are a lot of rich people,” he continued, “but there are few wealthy people. Health, including financial health, is holistic. In the end, it’s about financial dignity. It’s about the people and things you care about.”

The first step in the race to create a secure financial future is planning, and while people in their 20s and 30s may view financial planning as something they have plenty of time to address, for seniors the matter is more immediate, and there are specific issues that apply to them in particular.

“I’m drawn to seniors because the decisions they make now will impact their families. It’s important to them,” Whittaker said.

Seniors are faced with decisions such as when they can start taking Social Security and when they can retire, as well as Medicare issues and providing for long-term care. In addition, many



James Whittaker

seniors are taking care of aging parents or ailing spouses, their children and their grandchildren.

One issue that is especially pressing for women in the senior age group is

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the fact that on average they live longer than men, so many of them will outlive their husbands. In their generation, however, the husband is traditionally the one who takes care of the books.

“Sometimes they say ‘my husband is handling it,’” Whittaker said, “but what about when they are 80?”

But one of the biggest issues seniors face is how to make financial decisions when they don’t know how long they will live.

“The largest unknown in retirement is your health,” Whittaker said. “You cannot predict the future. Every assumption you make is going to be wrong, but you can be wrong or really wrong. You need to plan for all possible scenarios. For example, the stock market may go up or down, so you plan for both.”

Whittaker works to help his clients plan for guaranteed lifetime incomes and using their other assets to beat inflation. But while the power behind financial planning is having a goal, determining that goal isn’t the entire picture. Without action—the middle of the race—a goal won’t get a person very far.

“Between the plan and the client’s decision to embrace that plan, there is a big gap. I can help people bridge that gap,” Whittaker said. “It’s really about the motivation and education of the client to produce meaningful change.”

When attempting to put the plan into action, people may become overwhelmed with the size of the task.

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James Whittaker

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bury you," said Whittaker, who added that his own experience of losing three friends this year—all in their mid-forties—has made more poignant to him how important this step is.

"In the end, it's about financial dignity," he said. "It's about the people and things you care about. You can't re-do retirement. That's why financial planning is important. But even so, it's not about money. It's about values, and values lead to the motivation to work toward your goal for the reasons that inspire you. You only get one shot at this thing called life."

Financial planning is a tool that can help ensure that you leave those values behind when you are gone, and it doesn't have to take a million-dollar endowment to do it.

"You can do it with a thousand dollars. You don't have to have a lot of money to fund something in perpetuity," Whittaker said, adding that people with the same goal sometimes

pool their resources together to fund a legacy.

As for the impact such an action can have, Whittaker points out how the legacy of Alfred Bromelsick still makes a difference to the people of Lawrence and how the Bromelsick Christmas party continues to be a major local event. Bromelsick was a successful Lawrence businessman whose will created a trust for the benefit of the Girl Scouts of Lawrence, the Boy Scouts of Lawrence, and the 4-H Club.

"This guy's been dead over 60 years, and we are still talking about him," he said.

Like his scouting experience at Camp Philmont, Whittaker has incorporated other life lessons he has learned to help others.

Born in Washington, D.C., Whittaker grew up as a Navy brat, living in places like California, Michigan, Italy, Virginia, and Pennsylvania.

"I was raised all over. I went to three high schools," he said.

As a child, he enjoyed reading and Boy Scouts, and one of his favorite memories is of going to Boy Scout

camp in Greece, where he watched dolphins off the bow of the ferry and swam in the Mediterranean.

But with its frequent moves, the life of a military brat isn't all fun and games, and the stress of adjusting took

a toll. "Life is a bunch of trade-offs, and kids don't get to make the choices, so they need resilience," he said.

His enthusiasm for helping chil-

James Whittaker

■ CONTINUED FROM PAGE EIGHT

dren find that resilience has led to his involvement in Junior Achievement and the Ballard early-childhood education program.

"If you want to produce meaningful change in the world, teach a kid," Whittaker said. "Who taught Mother Teresa, Bill Gates, or Steve Jobs? I really believe in education, whether you are seven or 71."

For Whittaker, resilience came with the help of a bicycle, which he rode for fun, eventually leading to a love for bicycle racing, the founding of Lawrence cycling club Team VeloTek, and a career as training professional and owner of VeloTek Performance.

Appreciating from his own experience the benefits that exercise can bring, Whittaker incorporates these lessons into his work as a financial advisor.

"Whether you're talking about physical or financial health, it's really about motivation and educating the client to

produce meaningful change," he said. Whittaker came to Lawrence in the fall of 1986 to attend the University of Kansas, where he studied psychology, later obtaining a master's degree in exercise physiology.

Impressed with the quality of life and the people in Lawrence, he decided to stay. In addition to his involvement with competitive bike racing, which he still participates in, he also taught sports science at Pinnacle Career Center and was promoted to director of education there. It was at Pinnacle that he developed an interest in helping other people with their financial issues.

"It was in 2008. After the stock

market crash I saw the students struggling financially," he said. "But I never lost interest in health and wellness, because without it, you don't have anything."

As a financial services professional, Whittaker said that he sees his role to be that of educator and consultant, helping his clients find their own solutions to their own problems.

"It's not about me. It's about the client's values and goals. I want them to have the freedom to be who they want to be," he said.

In accordance with his belief in

giving back to the community, Whittaker enjoys his involvement in what he describes as his passions, which include serving as chair-elect for the Leukemia and Lymphoma Society, promoting bicycling events, and supporting the Ballard early-childhood program, Boy Scouts and Junior Achievement.

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Federal judge vacates definition of U.S. Department of Labor's home care rule

Judge Richard Leon of the U.S. District Court for the District of Columbia on January 14 issued an order vacating the narrowed companionship definition in the U.S. Department of Labor's (DOL's) Home Care Rule. Combined with his earlier order on the third-party employer provision of the rule, this means that most of the home care rule has now been vacated. The new rule had been scheduled to go into effect January 1, 2015.

Kansas Department for Aging and Disability Services (KDADS) Secretary Kari Bruffett said, "The effect of Judge Leon's order is to vacate the most significant provisions of the DOL rule, pending appeal, which is good news for aging and disabled Kansans who rely on direct service workers to provide the care and companionship that allows them to remain living in their homes."

Prior to a December hearing on the matter, Secretary Bruffett submitted an affidavit in support of the national groups who filed a lawsuit challenging the new rule. Under the new DOL rule, third-party employers would no longer be able to claim the companionship exemption from minimum and overtime laws. The new rule also changed the definition of the "companionship rule," limiting the companionship exemption in a way that would have prevented most employers, including self-directed consumers on Kansas' Medicaid home- and community-based services (HCBS) waiver programs, from claiming the companionship exemption. Secretary Bruffett's affidavit explained to the court the negative impact the new rule would have on Kansans who receive these services.

Last August, Secretary Bruffett asked the U.S. DOL to:

Exempt Kansas' self-directing HCBS consumers from the new rules; and

Delay the Final Rule from going into effect in order to help Kansas effect an orderly transition to meet the requirements of the administrative interpretations of the new rule and the law.

KDADS held a number of public

comment sessions throughout the state regarding potential changes to the program if the new rule were to go into effect. Those changes would have resulted in limitations on services and supports and increased the number of workers a consumer would need to meet their needs on his or her plan of care.

"One of the frequent comments we heard from individuals who receive these services is that the new rule would increase the number of workers coming into their home. These workers in some cases assist consumers with bathing and other intimate activities, and these consumers felt that the new rule would not only disrupt their personal routines, but have a negative impact on their privacy," Secretary Bruffett said.

Another adverse impact of the new rule is that it would have put sleep-cycle support services at risk for about 1,400 Kansans. Maintaining current sleep-cycle services under the new rules would cost the state an estimated \$30 million in all funds, or \$21,428 per consumer, threatening to undo a decade's worth of effort to maintain disabled individuals in the least restrictive environment necessary to meet their needs.

"We will continue to evaluate the court's order and keep Kansans informed of any developments in this case as they happen," Secretary Bruffett said. "In the meantime, we are grateful that the court has granted us a reprieve from the immediate, negative effects of the new DOL rule."

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KDADS launches new public website

Kansas Department for Aging and Disability Services (KDADS) Secretary Kari Bruffett announced in January that the agency has launched its new public website, www.kdads.ks.gov.

"This new website has been designed with our consumers and stakeholders in mind. I believe they will find it useful, informative and easy to navigate," Secretary Bruffett said. "We are excited about the new design and have tried to make it as user-friendly as possible."

The new KDADS website offers quick and convenient access to essential agency information about the programs and services the agency administers, placing them in three comprehensive groupings according to the commission under which they fall: Commission on Aging, Commission

on Community Services and Programs and Commission on Survey, Certification and Credentialing.

"Many Kansans depend on KDADS programs for the services that allow them to live independent lives in their home communities," Secretary Bruffett said. "We want to ensure that our website helps them access these services in the clearest, most straightforward way possible."

Individuals accessing the new website for the first time or using previously bookmarked pages should delete their browser history and old bookmarks for quick access to pages on the new website. Provider information and applications continue to be available at: <http://www.aging.ks.gov/>, to which the new public website provides a link at the top of the home page.



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Call for museum exhibit artifacts and photographs

The Great Overland Station is developing an exhibit focused on significant fires that have occurred in our community. (Some examples may include: downtown fires, fire at the UP Station, Grace Cathedral fire, Jayhawk Hotel fire, Topeka High School fire.)

If you have artifacts or photographs illustrating this topic that you would be willing to loan for the exhibit, please contact Sarah House at the Great Overland Station. Items for the exhibit will be accepted through April 4. Artifacts chosen for the exhibit will be on display June-

September.

All inquiries and information regarding potential artifacts should be directed to:

Sarah House
Program Manager
Great Overland Station Museum and Education Center
701 North Kansas Avenue
Topeka, KS 66608
Office: (785) 232-5533, ext. 13
Cell: (785) 213-1904
Fax: (401) 851-7920
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ESTATE PLANNING

Selecting a Guardian

People often equate estate planning with “who gets my stuff after I’m gone.” And, yes, who gets your Nolan Ryan rookie card and Grandma Hubbard’s cupboard is important. But if you are a parent of minor children—or a grandparent with legal custody of grandchildren—it is even more impor-

guardian if Barbie cannot, then you can name him as the back-up guardian. And it would be advisable to have another layer of back-up guardians named if there are suitable persons willing to serve.

The choice of a guardian for their minor children is frequently the most difficult estate planning decision for parents to make. The reality is you will think of no one who you believe could step into your shoes as a parent and do everything as well as you. But an imperfect choice is better than no choice. Do not become paralyzed and fail to make a decision because, if you die without naming a guardian, the court will still appoint one—just without your input. So it is important for parents to discuss the alternatives, make compromises, and reach a decision on who to name.

Consider making a list of important attributes you want in a guardian, such as shared or similar values regarding lifestyle, religion, education or discipline. When evaluating a particular person as a possible guardian, consider his or her existing relationship with your children, whether they already have their own children, their age, health, and ability to do what you think a guardian should do, and whether their location will require your children to move. Also keep in mind that a guardian need not be family.

If spouses cannot reach agreement on who to name, consider making separate lists of your top five choices, then comparing lists and looking for common



Bob Ramsdell

tant to designate the person(s) who will raise those children if something happens to you.

The guardian is the person designated to assume responsibility for the person (as opposed to the property) of any child less than 18 years old. Although you can name an individual or a married couple, most often it is advisable to name individuals.

For example, presume you think your sister Barbie, currently married to Ken, would make a great guardian. Naming Barbie individually as guardian (as opposed to she and Ken jointly) will avoid complications if Barbie and Ken divorce before or after the guardianship commences, or if Barbie dies, becomes incapacitated, or is unable to serve for any other reason. If you think Ken is a great guy and would want him to be the

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ground. It may help to focus the choice on who you think would be an effective guardian over the next three to five years. In five years, when your 8-year-old has become a teenager, you can revisit the choice and execute a change to your Will (called a Codicil) naming a new guardian if that is appropriate.

Discuss your plans with the persons you want to name as primary and back-up guardians and be sure they are willing to serve in this capacity. Taking in and raising one or several children is a major responsibility. Just inserting names in your Will and later having these persons first express surprise, then decline to serve when needed, accomplishes nothing.

[Note: The court appointment of a guardian / conservator for an incapacitated adult is a different matter. Ideally

you can avoid this process by having effective Durable General and Healthcare Powers of Attorney in place, plus provision for a successor trustee if a Living Trust is part of your plan. Should circumstances require appointment of a guardian / conservator, people frequently use their Powers of Attorney to nominate the persons they have chosen as their Attorneys-in-Fact and/or healthcare agents.]

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell Qualseth & Warner, P.A., in Lawrence. He can be reached at 785-841-4554. The Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, can be reached at 1-888-353-5337. The information in this column is intended to provide general public information, not legal advice.

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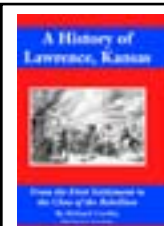
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JILL ON MONEY

Deflation is just a recession away

Since the Great Recession, the Federal Reserve has worked hard to boost the economy. Part of the Fed's mission was to keep core inflation (the price of goods and services excluding food and energy) at a pace of two percent annually.



Jill Schlesinger

Although there have been instances over the past six years when either energy or food prices jumped, temporarily raising the specter of inflation, throughout the financial crisis and the recovery, the central bank has been much more focused on deflation, which is defined as a drop in the price of goods and services.

For those who were around during the inflationary 1970s and 1980s, deflation is an alien concept. But according to the government, the near-60 percent plunge in oil prices pushed down consumer prices by 0.4 percent in December from the previous month, leaving the CPI just 1.6 percent above where it

stood a year ago, below the 1.9 percent annual rate over the past 10 years.

Although the idea of falling prices seems like a good thing, when deflation is persistent, it can put into a motion a scary, downward spiral. It starts when the economy cools, which prompts companies to reduce prices in the hopes of luring customers and maintaining sales volume. But as companies make less money, they could then cut jobs and/or wages, which could then cause consumers to spend less in order to service their fixed costs, like taxes and mortgages/rents.

The longer that deflation goes on, the higher the risk that consumers and businesses become accustomed to the situation and delay spending, hoping they'll eventually be able to buy goods more cheaply and to invest more efficiently. They also become less willing to borrow.

The vicious deflationary cycle can mire an economy in a deep recession or even worse, a depression. As an example, between 1929 and 1933, U.S. consumer prices fell by a cumulative 25 percent. More recently, Japanese consumer prices have been stuck for the past 20 years and the Euro Zone and the United Kingdom are both currently battling falling prices.

Besides the obvious harm that deflation can cause, the other problem is that central bankers have limited tools to fight it. (In contrast, when there is inflation, hiking interest rates may hurt in the short-term, but it is effective in combating higher prices.) In a deflationary environment, policy makers would likely return to bond buying (Quantitative Easing), which depending on the magnitude of price declines, may not stop the downward spiral.

By now you understand that deflation is a problem. Today, the big question is whether the current drop in prices is temporary or whether there is something scary brewing. Analysts at Capital Economics believe the odds are that while negative readings on headline inflation could persist at least for the first half of the year, "it is hard to see why this renewed slump in oil prices, which is developing against a backdrop of a rapidly improving real U.S. economy, will lead to anything more than a temporary drop in inflation." They are quick to point out that even when crude oil collapsed from a 2008 peak of \$140 per barrel to \$40, amid a deep recession, prices recovered and the economy

avoided a prolonged bout of deflation. That said, they also add that "Deflation may be just one recession away," which is probably why Fed officials continue to err on the side of adding more stimulus to the economy rather than less, and are taking a "wait and see" attitude toward increasing short-term interest rates. Currently, the consensus is for the first rate hike to occur in the third quarter of this year. But any indication of an economic slowdown, accompanied by a more substantial drop in core prices, could put the Fed on hold longer, to avoid a dangerous deflationary downward spiral.

- Jill Schlesinger, CFP, is the Emmy-nominated CBS News Business Analyst. A former options trader and CIO of an investment advisory firm, Jill covers the economy, markets, investing and anything else with a dollar sign on TV, radio (including her nationally syndicated radio show), the web and her blog, "Jill on Money." She welcomes comments and questions at askjill@moneywatch.com. Check her website at www.jillonmoney.com.

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MAYO CLINIC

MBI not a replacement for mammography

DEAR MAYO CLINIC: Every year after I have a mammogram, I am told that I have dense breasts. What does this mean? I have heard that a new test for women with dense breasts—MBI—might be better for me. What exactly is this? Would it be covered by insurance?

ANSWER: Mammogram screening plays a vital role in detecting breast cancer. But in women with dense breasts, it can be difficult to distinguish normal breast tissue from tumor tissue. It's because of this that a team of scientists from Mayo Clinic developed a tool—molecular breast imaging (MBI)—for looking at dense breast tissue.

MBI isn't a replacement for mammography, which remains the standard tool for screening for breast cancer regardless of breast density. However, MBI can be an important supplemental tool for finding tumors that are not visible on mammography because of the surrounding breast density.

Breasts are a mixture of fatty and dense tissue. Younger women tend to have more dense tissue, and older women have more fatty tissue. Mammography of breasts with more fatty tissue typically produces images in which the breast tissue appears fairly

dark. In contrast, tumors generally appear white.

Dense breast tissue also looks white on a mammogram. Some describe viewing mammograms of dense tissue as being similar to looking through a frosted glass window. A tumor can easily hide in a dense tissue mammogram.

About half of women younger than 50 have breasts that are considered dense on mammogram images. The same problem is seen in one-third of women older than 50.

Most commonly, breast density is classified using a four-category system that's based on the appearance of the breast tissue on a mammogram. To find out how dense your breasts are, ask for and read the details of your most recent mammography report. When the breast is 25 percent or less dense, the radiologist's mammography report describes the breast pattern as "predominantly fatty." The next category is described as "scattered fibroglandular densities," followed by "heterogeneously dense" and finally "extremely dense." Breasts are considered dense when they fall into these last two categories.

MBI is designed to see beyond dense breast tissue. Instead of using low-

energy X-ray, as in mammography, MBI relies on gamma radiation. This type of radiation has the advantage of being unaffected by breast tissue density.

Before the MBI images are made, a short-lived radioactive agent (radioisotope) is injected into an arm vein. The patient is then seated in front of the gamma camera, and the breast is positioned between two plates with light compression—only about one-third the pressure used in a mammogram. Two 10-minute images are taken of each breast. If breast tumor cells are present, they absorb this substance like a sponge and show up as hot spots on the resulting image.

Recent advances in the MBI gamma camera have made it possible to significantly reduce the radiation dose, making the reduced MBI radiation levels comparable to the dose that's delivered during one to two digital screening mammograms.

Images generated from MBI provide physiological information about the breast similar to that of magnetic resonance imaging (MRI). And while MRI

is radiation-free, can provide detailed images of the breast and is highly sensitive in detecting small breast cancers, the cost for this test can exceed thousands of dollars. MBI generally runs about \$600. Although the MBI unit was approved by the Food and Drug Administration in 2010, most insurance companies don't currently cover the cost of MBI as a screening test.

While not a substitute for mammography, MBI may aid in breast cancer detection in women with dense breasts. Although the tool isn't yet widely available, it's anticipated that this will change over the next few years. - Deborah Rhodes, M.D., Breast Diagnostic Clinic, and Amy Conners, M.D., Radiology, 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 medicalede@mayo.edu. For more information, visit www.mayoclinic.org.

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HEALTH & FITNESS

Ease Your Restless Legs

If your legs move involuntarily, so that you wake you up and seek relief by stretching or walking around, you might have Restless Legs Syndrome (RLS). When RLS is diagnosed, medications are usually the first treatment option, but drugs often cause dizziness, nausea and other side effects.

A recent study of Infrared Light Therapy provides hope for those with



Laura Bennetts

RLS who seek treatments that reduce discomfort without side effects.

Long Nights

Many discomforts accompany RLS. Key symptoms often include the following:

1. You have the urge to move your limbs, usually to alleviate uncomfortable sensations. People with RLS often say that their limbs ache, burn, cramp, tingle, have creepy-crawly sensations, and feel as if they're being pulled.

1. You get temporary relief by moving your limbs, walking or stretching.

3. Your symptoms start or grow worse when you sit or lying down.

4. Your symptoms start or grow worse in the evening or at night, often waking your up. When your legs jerk at night, your sleep is disturbed and you flail about, seeking a comfortable position.

See Your Doctor

If you have any or all of these symptoms described, you should see your doctor. Avoid the temptation to diagnose yourself or decide that your symptoms aren't important. Partner with your doctor to find out what is happening. You are likely to need tests, and you need your doctor's expertise to determine whether you have RLS and, if so, whether you have other

accompanying problems as well, such as peripheral neuropathy and diabetes. What might be RLS symptoms could also be symptoms of other medical problems, such as vitamin B deficiency.

Nerve-Wracking

In cases of RLS, nerves in the legs misfire, so that you feel burning and creepy-crawly sensations. These misfires are called paresthesias, and they make you feel like you have ants crawling on your skin. Misfires of the motor nerves cause you to feel an urgent need to stretch and move around, possibly because the increased blood flow from exercise stops the nerves from misfiring. But this isn't certain, or a very reliable remedy.

Keep in mind that symptoms vary from person to person. You might feel just as awful during the day as you do at night, while your daughter feels okay during the day but uncomfortable when she goes to bed. So don't try to diagnose yourself. Your doctor knows best.

Meds

Medications are the most common treatment for RLS, but they often have side effects and they do not resolve the underlying problem—they just affect your perception of discomfort. Medications do not affect the misfiring nerves or change the processes in your body that cause the problem. So fortunately there is another good form of treatment—light therapy.

Let There Be Therapy!

Infrared light therapy has been available for over a decade, but it remains little known. Anodyne light therapy, in particular, has been analyzed in 14 scientific studies in which one group receives infrared light therapy while a control group only thinks they are getting light therapy. In 'double-blind' studies of this kind neither the test subject nor the experimenter know if the treatments are authentic or simulated—and the good news from recent research is that infrared light therapy successfully treats RLS symptoms.

Two groups of people with RLS completed questionnaires about their

symptoms before receiving Anodyne treatment and then weekly during four weeks of treatment. The group that actually had Anodyne light therapy applied to their legs—three times a week, 30 minutes each time—improved significantly compared to the control group which received sham treatment. This is impressive, but perhaps not surprising, since Anodyne therapy has also been used to successfully treat carpal tunnel, tendonitis, peripheral neuropathy, and diabetic peripheral neuropathy.

Light Therapy at Home

Many people benefit from Anodyne therapy, but find that their symptoms gradually return once the treatments stop. Fortunately, as I first learned from my patients with peripheral neuropathy, people who buy their own light therapy home units, directly from the manufacturer, can continue their light therapy treatment at home. Treatments differ for each person, so that you might be advised to use light therapy on each leg for 30 minutes every day, while others may be advised by their therapists to use Anodyne every

other day.

But whatever your personal treatment regimen, the fact remains – for many people, Anodyne offers a drug-free treatment that resolve RLS symptoms by treating your legs directly. After a successful trial under the care of a physical therapist, you can treat yourself at home. And Anodyne has no side effects. It's just warms you, lightly (pardon the pun!) and stimulates your blood flow.

The consequence is that, like patients with other nerve pain problems, people with RLS can greatly benefit from Anodyne therapy. Light therapy can help you get a good night's sleep, and lead a full, active life.

- Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see www.LawrenceTherapyServices.com.

HEALTH & FITNESS

Why is CoQ10 so important?

In past decade, CoQ10 has become very popular in the scientific community and with consumers. CoQ10 is among the most popular and fastest growing supplements in the United States, with \$413 million sold in 2007, up over 8% from the prior year, accord-



Dr. Farhang Khosh

ing to figures from Nutrition Business Journal. Coenzyme Q10 has been recognized as one of the most intensively studied cardiovascular protective nutrients. It is a fat-soluble vitamin-like substance present in every cell of the body.

CoQ10 is involved in making an important molecule known as adenosine triphosphate (ATP). ATP serves as the cell's major energy source and drives a number of biological pro-

cesses, including muscle contraction and the production of protein. It is vital for the generation of all cellular energy for muscles, enzyme actions, and respiration. CoQ10 is located in the mitochondria, tiny power plants found in every cell in the body, and effectively supports their energy producing pathways to help fuel the body's daily activities. It is a powerful antioxidant and acts as a cell-membrane stabilizer against free radicals. CoQ10 scavenges free radicals, sitting in the membranes with Vitamin E, which it recycles to keep it most active.

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

in Italy, two in Germany, and one in Sweden. All nine of these studies have confirmed the effectiveness of CoQ10 as well as its remarkable safety.

CoQ10 has been used, but not limited to, the following conditions: Cardiovascular problems such as congestive heart failure and hypertension, gum diseases, diabetes, degenerative diseases such as Parkinson's and Alzheimer's, chronic fatigue syndrome, tinnitus, cosmetically for skin health, to increase sperm motility, and to improve immune function. Coenzyme Q10's active form is ubiquinone. Ubiquinone is the fully oxidized form of CoQ10 and the form mostly sold in supplements. Once ubiquinone is absorbed in the body, more than 90% of the ingested amount is converted into its active antioxidant form call ubiquinol. Most of the circulating CoQ10 in our body is present in ubiquinol. Food sources of Coenzyme Q10 are available, but the nutrient is in low concentrations. The foods that have the richest source of dietary CoQ10 are meats and fish, and mainly in beef, pork, and chicken. Dairy prod-

ucts have very low sources of coenzyme Q10. Vegetable oils are rich in the CoQ10 sources, while most fruits and berries represent poor to very poor sources of CoQ10.

Based on a web search, the following medications may lower the levels of CoQ10 in the body: Statins for cholesterol, including atorvastatin (Lipitor), lovastatin (Mevacor), pravastatin (Pravachol), and simvastatin (Zocor), fibric acid derivatives for cholesterol, including gemfibrozil (Lopid); Beta-blockers for high blood pressure, such as atenolol (Tenormin), labetolol (Normodyne), metoprolol (Lopressor or Toprol), and propranolol (Inderal); And tricyclic antidepressant medications, including amitriptyline (Elavil), doxepin (Sinequan), and imipramine (Tofranil).

As always, please consult with your healthcare provider regarding drugs/supplements interactions.

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

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Old Masters

By Connie Michaelis, Marketing Director
pr@mccriteretirement.com

Oh my, if you've not seen the article in the New York Times called 'Old Masters' by Lewis L. Lapham, go to your computer and Google it or to the library and ask for the Oct. 23, 2014 edition. It is a beautiful tribute to a group of men and women in their 80s and 90s who continue to share their creative genius. I am convinced that there is nothing like age and experience to produce the depth of insight and wisdom! Lapham creates portraits of those who continue to share the rich rewards of their celebrated careers. He asked them, "Why do you persist? Why not just rest on the laurels and the oars?" The short answer is Sam Johnson's reply to James Boswell in 1777: "Depend

upon it, Sir, when a man knows he is to be hanged in a fortnight, it concentrates his mind wonderfully."

Some of my favorite 'Old Masters' and their thoughts follow: T. Boone Pickens, 86, says, "The advantage of my age in business is that few things surprise me, I've seen it or something close to it." Supreme Court Justice Ruth Ginsburg, 81, says her age is important because seniority equals influence. Carmen Herrera, painter, 99, says that she paints because she has to; she has ideas waiting to be expressed. She lives to finish the next painting. Tony Bennett, singer, 88, says he still has so much to learn about how to become a better artist and performer. Betty White, actress, 92, says that we have it all wrong, "Being old is the best! You get spoiled rotten." You don't have to be rich and famous to be a Master. We are surrounded by our McCrite 'Masters' every day. It is not the world renowned that really matter, it is those closest to us AND we get to spoil them rotten. Enjoy the 'Old Masters' in your life! When you have questions about Great Living call the experts at McCrite Plaza 785 267 2960.

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. You may also add events on the Kaw Valley Senior Monthly Facebook page.

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924 Walnut, 12:30-1 p.m.
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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

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

DAY/SHORT TRIPS

MAR 25
WWI MUSEUM AT LIBERTY MEMORIAL
Steeped in history, the National World War I Museum at Liberty Memorial is America's only museum dedicated to sharing the stories of the Great War through the eyes of those who lived it. Interactive displays, thought-provoking films and eyewitness testimonies help guide visitors

through one of the largest collections of WWI artifacts in the world. We will have a guided tour with additional time available to explore the collection or have lunch on your own. Fee includes admission and tour. Register at the Community Building, 115 W. 11th St., call, or visit online. Wednesday, March 25, p.m. Transportation provided from Community Building, 9 a.m.-2 p.m. Registration deadline: Wednesday, March 18. LAWRENCE, 785-832-7920, www.lprd.org

APR 18
SOMERSET WINE TOUR
Kick off spring with barbecue featured on *Diners, Dives and Drive-ins*, then ride along the

■ CONTINUED FROM PAGE 18
Somerset wine trail on the Miami Trolley, stopping for wine tasting at four area wineries. Registration includes the trolley and wine tasting, lunch on your own. Register at the Community Building, 115 W. 11th St., call or visit online. Fee. Transportation provided from Community Building, 10:30 a.m.-6:00 p.m. Registration deadline: Monday, March 2. LAWRENCE, 785-832-7920, www.lprd.org

APR 22
LAWRENCE HISTORICAL HOMES TOUR
Travel through 100 years of Lawrence history with guide Katie Armitage, coauthor of *Nineteenth Century Houses in Lawrence, Kansas*. The tour begins with two early homes from 1858 and continues through Italianate-style, Victorian, Foursquares of the 1900s and finally the 1956 hyperbolic paraboloid house. This is the last scheduled opportunity for this popular tour. Register at the Community Building, 115 W. 11th St., call or visit online. Fee. Transportation provided from the Castle Tea Room, 10 a.m.-12 p.m. Registration deadline: Wednesday, April 15. LAWRENCE, 785-832-7920, www.lprd.org

■ CONTINUED ON PAGE 19
MAY 13
HAIRSPRAY AT NEW THEATRE
The last production of *Hairspray* at New Theatre sold out before it opened. Join us for the most requested return engagement of "the best musical of the decade." This story of a mother and her teenage daughter in the 1960s ... both full figured and ready to fight for what's right will have you dancing in the aisles! Register at the Community Building, call or visit online. Fee. Transportation provided from Community Building, 10:30 a.m.-4 p.m. Registration deadline: April 10. LAWRENCE, 785-832-7920, www.lprd.org

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COOKING CLASSES
The Merc offers many healthy cooking classes every month. To learn more about classes and to

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EVERY OTHER MONTH MARCH-NOVEMBER
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TOPEKA, 785-354-5225

FIRST MONDAY OF EACH MONTH
MEDICARE MONDAYS
Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m.
TOPEKA, 785-580-4400

FIRST & THIRD FRIDAYS OF EACH MONTH
HEALTHWISE AFTER 55
Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Aairs from 9-9:30 a.m. on WIBW-TV, Channel 13.
TOPEKA, 785-354-6787

SECOND & FOURTH FRIDAYS OF EACH MONTH
FOR FAMILY CAREGIVERS
Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Aairs from 9-9:30 a.m. on WIBW-TV, Channel 13.
TOPEKA, 785-354-6787

MAR 9
SENIOR SUPPER: HEALTHWISE 55
CLINIC INDOOR FAIR
Meet the Nutritionist, Medication Counselor,
■ CONTINUED ON PAGE 20



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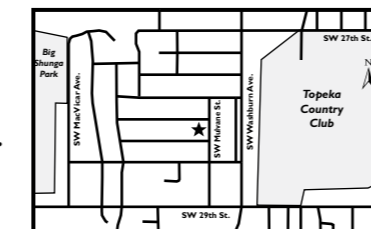
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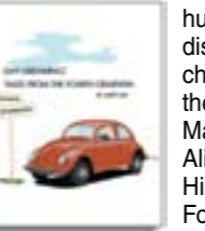
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3. Make sure the volume on your speakers is turned up and open the PDF file of the March issue.
4. As you scroll through the pages of the March issue, you'll hear the words "The password for the March 2015 issue of Senior Monthly is ____."
5. The first person to write the password for the March 2015 issue on our Facebook page will win the gift card.

Day Dreaming: Tales from the Fourth Dementia

 Larry Day's *Day Dreaming* features humorous short stories, which have disparate plots, topics and characters. This book is divided into the following theme sections: Media Marvels, Weird Rich Folks, Clueless, Alien Encounters, Marital Blitz, Hilarious Higher Ed, Home Town Folks, Fairy Tales Redus, Luv a Guvmint. Available at Amazon.com.

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A LOOK AT BOOKS

This will be the last column for "A Look At Books" due to the absence of new books being sent to me for a review. However, I am writing a monthly column called "Memories Are Forever," and it will be a column based on your own recollections of the past. Please click on the following site for more information on this: www.MemoriesAreForever.net



Tom Mach

An Olio of 7 Heartwarming Stories by Vicki L. Julian (CreateSpace ISBN 978-1-4949-1932-0)

Julian's collection of seven short stories provide readers with inspirational moments in the lives of ordinary people. "Grandma's Doll," for instance, shows how a six-year-old girl is certain that a cloth doll she sees in an antique store is grandma's who had died two years earlier. "With Smiley Angels Eyes" shows how a mother had almost given up on God when her son is rushed to a hospital. In "The Longest Night" describes an elderly woman who is at the bedside of her husband who is dying from cancer. Memories surge through her during her long vigil, and a surprising end to



the story left me speechless. The one I personally enjoyed was called "The Perfect Match" because it not only skillfully draws me into the lonely widow's thoughts about dating again, but it provided me with a sobering reminder that there is more to our lives than we think. Julian's book is an easy read and would make a nice bedside companion.

My Brilliant Careers by Mary van Tamelen (Robertson Publishing ISBN 978-1-61170-175-3)

This is a memoir by Mary van Tamelen in which she recounts her 41 careers, describing the challenges she faced in her various endeavors. Refusing to be pigeonholed, she describes the various roles she had to play, including that of nurse, musician, journalist, artist, wife, explorer, sailor, television producer and politician—to name just a few. Senior citizens will especially enjoy her reminiscing about radio shows such as "The Lux Radio Theater," movies that starred Shirley Temple, maps which still show unexplored areas, and books about Dick and Jane. As an elevator operator, she found it a challenge to work the lever so the elevator would stop at the right level. As an explorer, she tells how she was stranded on an isle in the Pacific Ocean and was rescued by a missionary. Living in California, she invested in Napa Valley wines but later realized she couldn't taste the difference between a cheap brand and an expen-

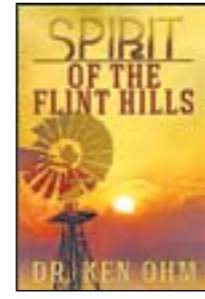


sive one. Her memoir is sprinkled with humor. ("I was a writer who didn't write.") Every new adventure gave the author a different perspective and life. The reader will enjoy reading about these extraordinary exploits.

Spirit of the Flint Hills by Dr. Ken Ohm (Mennonite Press ISBN 978-1-4951-1737-4)

The 60 vignettes in Ohm's book are based on a compilation of material collected from Dr. Ohm's relatives who farmed in or near the Kansas Flint Hills. Each of these stories is quite short and independent from each other, making it

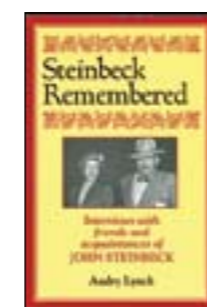
feasible for a reader to skip to different stories rather than read them in order. These trips through memory lane are delightful and have given me a better understanding of what farming in the Midwest was really like in the '30s and '40s. Some, like "My First Restaurant," have a touch of humor when Dad and Mom treat the children to a first-time-ever visit to a restaurant and witness the owner chasing a departing customer who had declared, "This stuff is slop." Other stories are sad, such as "Our Last 37 Cents," where a family is living on the edge of financial ruin as a result of the infamous "Dust Bowl" of the 1930s. Ohm's descriptions of farm life include copious details and his pen-and-ink illustrations and photographs provide the reader with vivid imagery of that era. I strongly recommend this book.



Midwest was really like in the '30s and '40s. Some, like "My First Restaurant," have a touch of humor when Dad and Mom treat the children to a first-time-ever visit to a restaurant and witness the owner chasing a departing customer who had declared, "This stuff is slop." Other stories are sad, such as "Our Last 37 Cents," where a family is living on the edge of financial ruin as a result of the infamous "Dust Bowl" of the 1930s. Ohm's descriptions of farm life include copious details and his pen-and-ink illustrations and photographs provide the reader with vivid imagery of that era. I strongly recommend this book.

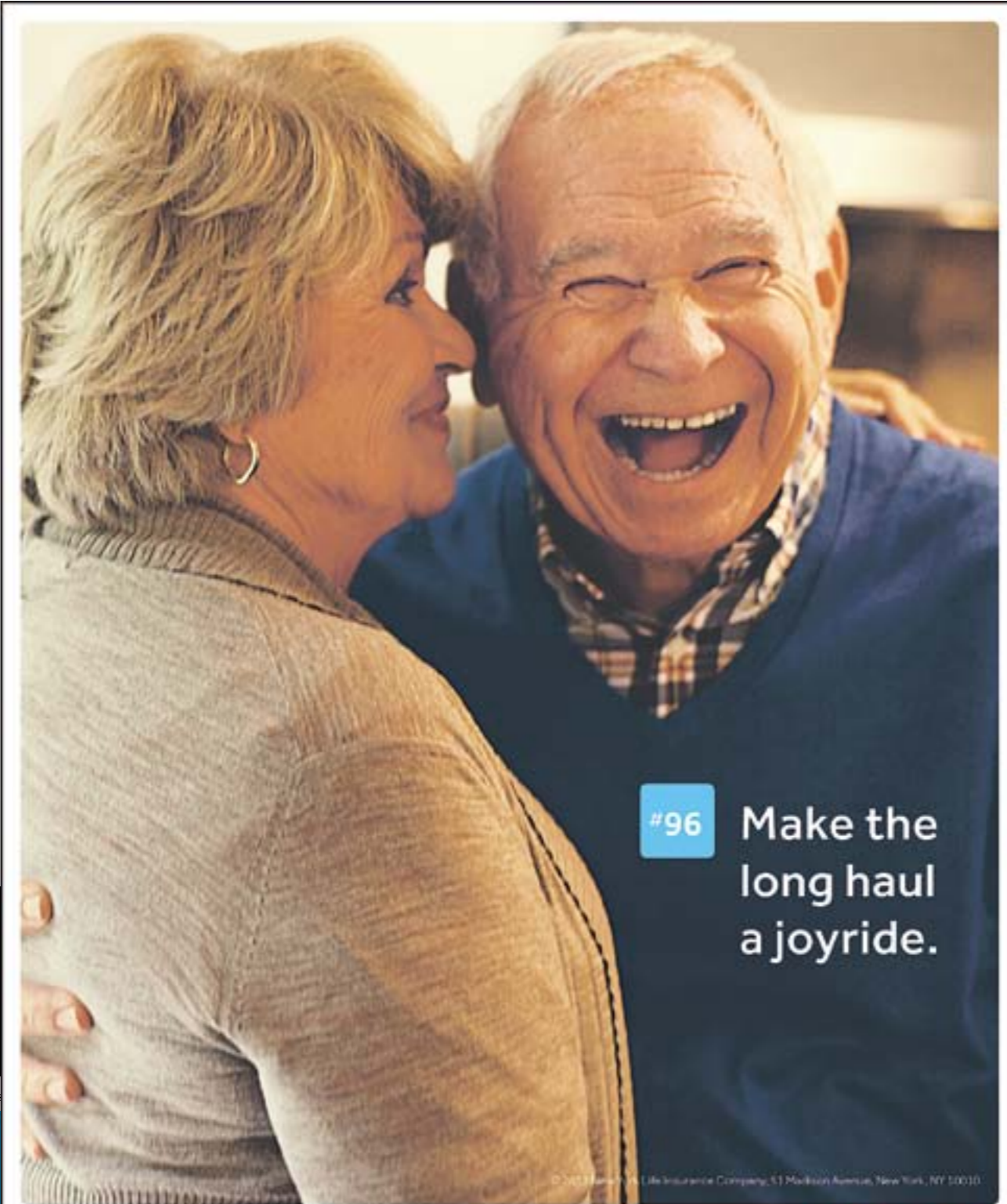
Steinbeck Remembered by Audrey Lynch (Fithian Press ISBN 9-7815-6474-3268)

Lynch's book consists of interviews with 19 different people who knew John Steinbeck, the award-winning California novelist. These interviews are grouped by those years in Steinbeck's life which these people recalled, with four interviews for the Salinas years (1902-1919), ten for the Cannery Row years (1930-1936), and five for the Los Gatos years (1936-1941). Those interviewed agreed that Steinbeck was particularly friendly with migrants and their families, so it was not surprising that he wrote about them in *The Grapes of Wrath*. One neighbor recalls that Steinbeck made root beer in his cellar, while another thought it was odd that he wore a heavy overcoat in summer and talked to derelicts. As a child, one woman recalled his craggy face and blue eyes—and, she recalled years later, "he reminded me of Anthony Quinn." A policeman remembers Steinbeck on Cannery Row and relates that he would visit Doc Ricketts, carrying a jug of wine. The other thing he recalled was that he used to "buy a lot of cats from the kids." If you are a fan of John Steinbeck, this book is highly recommended as it will give you more insight into this fascinating author.



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HUMOR

Beep

Gus Roswell and Sally Sue Hensch have been pals since first grade. They both moved away from Letongaloosa when they were in their late twenties. Now they are in their mid-sixties.

Both remained single, and dedicated themselves to their careers. Gus spent 33 years at Fosker Automotive



Larry Day

in Detroit. Sally Sue spent those same years on Wall Street at XJJ Financial. They stayed in touch and occasionally helped each other out. Once, Sally Sue arranged a quick loan for Gus through one of the New York banks. He paid it back quickly. Later Gus put together a bundle of vehicle information that Sally Sue needed for a client.

One day as Sally Sue was in a cross-walk on Fifth Avenue, a car made an illegal turn. The car barely missed her. The driver blew his horn. That scared her worse than nearly being hit. Sally Sue took the rest of the day off, and she didn't really recover from that scare. After that she was nervous walking in the city, and changed her work schedule to avoid being on the streets during rush hour.

"I've gotten real skittish about walking," Sally Sue told Gus one day on the phone. "I think it's time for me to retire and go back to Letongaloosa."

"Funny you should say that," said Gus. "I just put in my paperwork. I'm retiring and going back home in a couple months."

"Then I'll see you soon, back home in Letongaloosa," said Sally Sue.

That was a few years ago. Sally Sue and Gus both settled easily into retirement, but they kept busy. They vol-

unteered at the homeless shelter, and mentored students in the school district. Traffic is quiet in Letongaloosa, and drivers are polite for the most part. Sally Sue thought that, at last, she wouldn't be bothered by her car horn phobia.

Then one night as she and Gus were walking in front of a dark, empty car parked at a supermarket, the car's horn honked. Sally Sue jumped and let out a yelp. A cocky-looking young man walked up. He had pressed the "beep" button on his key ring to locate his car.

"That startled me," said Sally Sue. "That's life, Granny," said the young man, "You'd better get used to it."

"That's rude," said Gus. "You should apologize."

"Stuff it, Grandpa," said the young man, and got into his car.

"The impudent pup," said Sally Sue.

"He's a smart aleck little jerk," said Gus. "He needs a good lesson in manners."

"It's too late. He's gone."

"I got his license tag number."

"What are you going to do?"

"I'm going to help him learn to be more polite."

Sally Sue forgot about the incident,



but Gus didn't. He accessed some computer files from back when he had worked at Fosker Automotive. He had helped the company develop its beeping car key technology. After that Gus went online and found that the young man lived near the supermarket. Gus waited in the supermarket for several evenings.

When he saw the young man come in, Gus went out and spotted the young man's car, and stood in the dark a few feet away. Gus had a gadget—a small black box with a button on top. The young man approached his car and pressed the "unlock the door" button on his key.

At the same instant, Gus pressed the button on his black box.

Immediately every car in the supermarket parking lot began to honk.

The flustered young man pressed the button on his car key. The honking stopped. Then the young man put his

key in the door lock. All the cars began honking again.

Gus walked up. "Hi. It's Grandpa. Remember me? I followed your advice and stuffed it. I stuffed your car key digitally. Now it can make all these cars honk."

People came out of the supermarket and ran to their cars.

"You'd better turn that noise off," said Gus.

"I pressed the button, but the horns don't turn off," he said.

"Press the button again," said Gus. The young man pressed the button and the honking stopped.

"You really shouldn't be rude to elderly people," said Gus. "It can get noisy."

- 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

Feisty cat needs a 'time out' period

Q: Karma, our 12-year-old cat, picks on our two 15-month-old Labrador mixes. He may even jump on top of one dog and start to hiss and bite; he really carries on. Sometimes, we have to pull him away. No one's been hurt yet, but the dogs seem terrorized. Any advice? - S.C., via cyberspace

Another idea is to offer a yummy treat—like salmon or sardines—when ever Karma meet the dogs. The strategy is for Karma to associate this amazing goody with the dogs, giving them a reason to like one another. Even if I had previously squabbled with a neighbor, if each time I saw him I was handed \$100, my opinion might change pretty quickly.

- Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 144, Buffalo, NY. 14207. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.

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Steve Dale

A: I'd be terrorized, too! It's amazing that some cats with lots of bravado can even make a Great Dane shiver with fear. There are even YouTube videos of cats standing up to alligators or bears.

Darlene Arden, a certified cat behavior consultant in Framingham, MA, advises you to temporarily separate your dogs from Karma. For example, keep the cat upstairs and the dogs downstairs. If the layout of your house doesn't allow for this, place Karma in a room of his own with lots of toys, food and water, a scratching post and litter box.

Arden, author of "Rover, Get Off Her Leg" (HCI, Deerfield Beach, FL, 2007: \$14.95), notes that, "Cats remember, and yours won't change its view of the dog overnight. Keep the pets separated for at least a few weeks, if not months."

When things have settled down, begin a foreign exchange program. Take the dogs' bedding and toys and place them in Karma's room (near the food dish to associate the smell of the dogs with yummy food).

Gradually let the dogs get reacquainted with Karma. Since cats and dogs sense the world with their noses, dab some vanilla extract on the rear ends of all involved. Karma will recognize the dogs, but they'll now have a new smell - and suddenly that smell will be something all three pets have in common.



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WOLFGANG PUCK'S KITCHEN

Warm up in winter with an easy and robust lentil soup

In the middle of winter, I keep taking my soup pot off the shelf again and again. A steaming bowlful is one of my favorite things to cook and eat on a chilly day, and it's hard to find anyone who isn't happy however often soup is served to them.



Wolfgang Puck

So, just a few weeks after sharing with you one of my old reliable recipes for winter minestrone, I thought I'd expand your seasonal repertoire with my Curried Lentil Soup with Mint-Lemon Yogurt.

I love soups made with lentils. For large parts of the world, especially in India and western Asia, those dried little disc-shaped legumes (the English word "lentil" comes to us from the Latin for "lens") are a major source of high-protein, low-fat sustenance. They figure prominently in the Mediterranean and northeast African cuisines, too. But, apart from those obvious benefits, their attraction to me can be found in their earthy flavor and robustly satisfying, smooth, thick texture when cooked.

Those qualities are also joined by a mildness that enables lentils to welcome all sorts of lively flavors. Case in point: the medley of seasonings in this particular recipe. Curry powder is the primary source of its personality, although that traditional Indian spice blend-look for it in the seasonings aisle of any supermarket, choosing whatever heat level you prefer-blends harmoniously with garlic, onion, lemon juice and fresh herbs. At serving time, a light drizzle of balsamic vinegar and dollops of nonfat yogurt with lemon zest and fresh mint add a

final aromatic burst, plus a touch of creaminess that mellows all the flavors.

It may surprise you to learn that something so delightfully complex takes well under an hour to make. The soup can be prepared as a completely vegetarian recipe if you use vegetable broth instead of chicken broth; or go vegan by substituting non-dairy yogurt or non-dairy sour cream. Feel free to change the seasonings as you like, too.

Instead of serving this soup in the obvious role of first course, I also like to make it the centerpiece of a light but satisfying meal by adding a green salad and some warm, crusty whole-grain bread. And if some of the 8 portions won't be served right away, I'll store leftovers in the refrigerator for up to three days, or freeze the soup in individual-serving containers.

If you'd like to stock up on future meals to thaw and reheat, remember that it only takes a few extra minutes of prep time to double the recipe. It makes me smile to think that, right there in my freezer, I can find homemade soup to warm me up on a cold winter day or night.

CURRIED LENTIL SOUP WITH MINT-LEMON YOGURT

Serves 8

CURRIED LENTIL SOUP:

- 1/2 stalk organic celery
- 1 sprig fresh Italian parsley
- 1 sprig fresh thyme
- 3 tablespoons extra-virgin olive oil
- 1-1/2 cups (375 ml) chopped yellow onion, about 1 medium onion
- 1/2 cup (125 ml) chopped organic carrot, about 1 medium carrot
- 5 garlic cloves, minced
- 2 tablespoons mild to medium-hot curry powder
- 1 pound (500 g) golden lentils, carefully sorted to remove any stones or other debris, rinsed

10 cups (2.5 l) organic low-sodium chicken broth or vegetable broth, heated

- Kosher salt
- Freshly ground black pepper
- Juice of 1/2 lemon

MINT-LEMON YOGURT:

- 1 cup (250 ml) nonfat plain yogurt
- 1 tablespoon honey
- 1 tablespoon chopped fresh mint leaves
- 1/2 teaspoon grated lemon zest

GARNISHES:

- 8 teaspoons balsamic vinegar
- 8 fresh mint leaves, cut into thin julienne strips, plus 8 small fresh mint sprigs

For the Curried Lentil Soup, use a piece of kitchen twine to tie together securely the celery, parsley and thyme to make a bouquet garni. Set aside.

In a large saucepan, heat the olive oil over high heat. Add the onion, carrot, garlic and bouquet garni and saute, stirring frequently, until the onion looks glossy and transparent, about 5 minutes.

Stir in the curry powder and saute until fragrant, about 30 seconds. Stir in the lentils and broth, season lightly

with salt and pepper, and bring to a boil. Reduce the heat and simmer, skimming any foam that rises to the surface as necessary, until the lentils are tender, 25 to 30 minutes.

Remove and discard the bouquet garni.

With a ladle, transfer two-thirds of the soup to a blender, working in batches if necessary to avoid overfilling and following the manufacturer's instructions for blending hot liquids safely. Cover the blender with a dry kitchen towel and, leaving the lid slightly ajar to avoid splattering, puree the soup. Stir the puree back into the pan, stir in the lemon juice, and adjust the seasonings to taste with more salt and pepper. Set the pan over low heat and gently reheat the soup.

For the Mint-Lemon Yogurt, put the yogurt, honey, chopped mint and lemon zest in a small serving bowl. Stir until thoroughly combined.

To serve the soup, ladle it into heated bowls. Spoon dollops of the yogurt mixture onto each portion. Drizzle with balsamic vinegar, garnish with mint julienne and sprigs, and serve immediately.

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RICK STEVES' EUROPE

Sensory Amsterdam

By Rick Steves

Tribune Content Agency

Good travelers travel with all their senses, taking in a place's sights, sounds, and flavors to get the full experience. So, this past summer in Amsterdam, I engaged all my senses to connect with the culture.

A key for really enjoying Amsterdam is to go local—feeling the bricks and pavement beneath two wheels. I always rent a bike here. The clerk at the rental shop explained why they don't carry mountain bikes in this very flat country: "Mountain bikes in the Netherlands make no sense at all. When a dog takes a dump, we have a new mountain."

The lack of hills makes biking a breeze. Much of my Amsterdam experience is framed by my black bike's handlebars: the shiny wet cobbles, getting pinged by passing bikes and ping-ing my bell to pass others. I wish I had a bigger periphery, as cars, trams, bikers, and pedestrians seem to float by from all directions in silence—their noise lost in the white noise of this dreamy city.

Heading through the pungent smells of pot smoke and urine in the Red Light District, I notice an abundant and jaunty woman in a cliché of lingerie eyeing me from a window, framed in red. The district is now a little more compact than I remember; windows promoting fashion and artists are now spliced in among the windows with enticing women. Amsterdam's leaders recognize that legalized

marijuana and prostitution are part of the city's edgy charm, but are working to cut down on the sleaze. So, they're not renewing some leases, giving them to more preferred businesses.

Amsterdam still looks much like it did in the 1600s—the Dutch Golden Age—when it was the world's richest city, an international sea-trading port, and the cradle of capitalism. Wealthy, democratic burghers built a city upon millions of pilings, creating a wonderland of canals lined with trees and townhouses topped with fancy gables. You can get an \$11 grand city view with a tour of the tower of Westerkerk, Amsterdam's landmark church, but I'd opt to get a beverage at the rooftop lounge of Doubletree by Hilton to take in the vista 11 flights up.

Though the city itself is picturesque, there's plenty more visual stimulation. Amsterdam's big three art museums gather at the Museumplein—where the big red-and-white "I Amsterdam" sign attracts photo-hungry tourists. Long lines plague the Dutch-Master-filled Rijksmuseum and Van Gogh Museum—both understandably popular. But there's almost no wait at the recently revamped Stedelijk Museum, which combines striking architecture (it's nicknamed "the bathtub" because of its odd shape), 20th-century favorites (Dali, Picasso, Kandinsky), and crazy contemporary art. I'm not a big fan of the abstract style, but the artwork at the Stedelijk is really fun.

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The classical music hall Concertgebouw is also on Museumplein—but Amsterdam's best acoustics are found underneath the Rijksmuseum, in a public atrium where street musicians perform everything from chamber music to Mongolian throat singing. Vondelpark is just a short pedal away, where I'm privy to conversation snippets of the Dutch—families with little kids, romantic couples, strolling seniors, and hippies sharing blankets and beers. A free summer concert is my aural dessert.

But I'm ready to actually taste something. The ritual dish for tourists in Holland is Indonesian rijsttafel (literally "rice table"). Though not a true Indonesian meal, it's a Dutch innovation designed to highlight the best food of its former colony, especially all the great spices that were a big part of what originally motivated the colonial age. For around \$40 you get about 20 dishes and a rainbow of spices with white rice to mix and mingle on your palate.

But instead I go for a cheap plate of herring with pickles and onions - and later indulge my taste buds at a Dutch cheese-tasting class. After a short video that's somewhere between an ad for cheese and dairy soft porn, I guillotine six different cheeses and study, smell, and taste them with a wine accompaniment.

While the 20-somethings line up for the Heineken Experience—a malty, yeasty, amusement ride of a brewery tour, I join an older crowd at the slick House of Bols: Cocktail and Genever

Experience. Here, I learn about the heritage of Dutch gin, and test my olfactory skills at a line of 36 scents. I fail miserably, getting only butter-scotch correct. But I'm consoled by designing the cocktail of my dreams at a computer kiosk, and taking the recipe to the nearby barista to mix for me.

As lively and stimulating as ever, Amsterdam never fails to bring new joys to all five senses.

IF YOU VISIT...

SLEEPING: Hotel Fita offers bright rooms 100 yards from the Van Gogh Museum (splurge, www.fita.nl). Hotel Hegra rents rooms in a canal-side 17th-century merchant's house (moderate, www.hotelhegra.nl).

EATING: Sama Sebo Indonesian Restaurant is a favorite for rijsttafel (P.C. Hoofdstraat 27). Greetje elevates classic Dutch recipes with organic ingredients and fresh twists (Peperstraat 23).

GETTING AROUND: Biking is the quickest and most fun way to travel here. Trams are also a handy to the main sights.

FOR TOURIST INFORMATION: www.iamsterdam.com.

- Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

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NORTH

- ♠-Void
- ♥-A K Q
- ♦-A Q 10 6 4
- ♣-K 8 7 3 2

WEST

- ♠-K Q 7 6 5 3
- ♥-7 6 4
- ♦-K 7
- ♣-J 6

EAST

- ♠-A 2
- ♥-J 10 9 3
- ♦-9 8 5 3
- ♣-A 10 5

SOUTH

- ♠-J 10 9 8 4
- ♥-8 5 2
- ♦-J 2
- ♣-Q 9 4

The bidding:

WEST	NORTH	EAST	SOUTH
2♠	3♠	Dbl	4♣
Pass	4♠	Pass	5♣
Pass	Pass	Pass	

Opening lead: King of ♠

South was Gokhan Yilmaz, a leading player from Turkey, who held his breath awaiting the sight of dummy. The final contract was playable, and

4-2, Yilmaz was able to ruff a diamond with his last trump, return to dummy with a heart, and lead the good diamond. East could take his trump ace whenever he liked, but the contract was safe! Had West dropped the club jack under the queen, South would ruff a diamond with the club nine before

playing a second trump. - Bob Jones welcome readers responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to tcaeditors@tribune.com. © 2015 Tribune Content Agency, LLC.

that is all Yilmaz could have hoped for with his hand.

Declarer ruffed the spade lead in dummy and led a trump to his queen, holding the trick. This might be the only entry to his hand. He led the jack of diamonds, covered by the king and won in dummy with the ace. Yilmaz took some time to plan his next move.

He needed a 3-2 trump split—aggressive contracts can rarely withstand bad breaks—but that was not enough. He also needed a 3-3 diamond split or some luck in the trump suit. Yilmaz led a low trump away from dummy’s king. This gave him several chances to succeed—a 3-3 diamond split, a doubleton ace of clubs with East, or a doubleton jack of clubs with West. Bingo!

West won his jack, but he was unable to play a third round of trumps. A spade was continued, ruffed in dummy, and declarer reverted to diamonds. When that suit split

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PUZZLES & GAMES

CROSSWORD

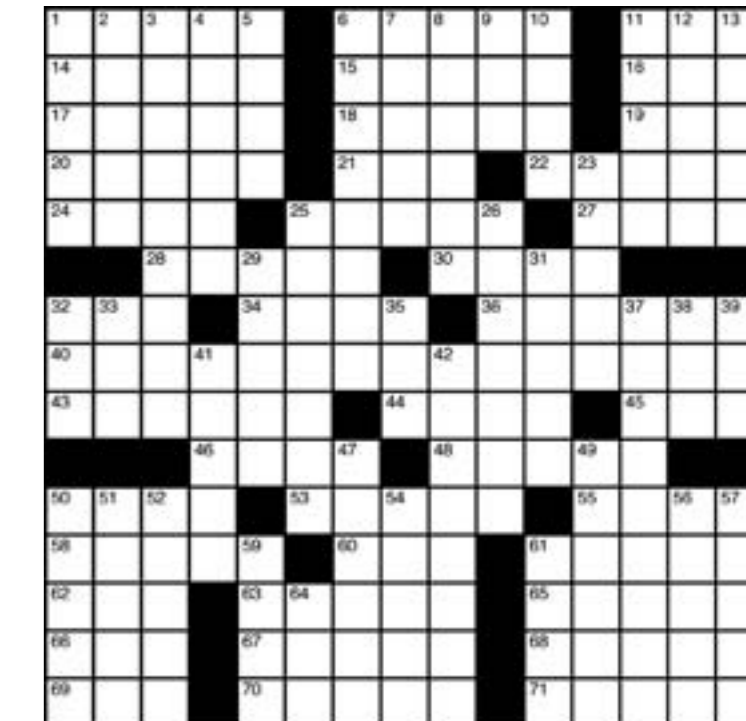
Across

- 1 Brother of Raul and Juanita
- 6 Purple candle scent
- 11 Poetic time reference
- 14 Tequila source
- 15 Month in Madrid
- 16 Sprinkling on French fries?
- 17 Uses as a reference
- 18 Many pets
- 19 For example
- 20 Calendar entry
- 21 Kyrgyzstan city
- 22 Construction beams
- 24 Julia's "Ocean's Twelve" role
- 25 Legend of the links
- 27 Old __, Connecticut
- 28 "They went __ in a Sieve, they did": Lear
- 30 Logan of "60 Minutes"
- 32 Words in a dish
- 34 Relinquish
- 36 Jazz double bassist Charlie
- 40 Web concerns ... and

Down

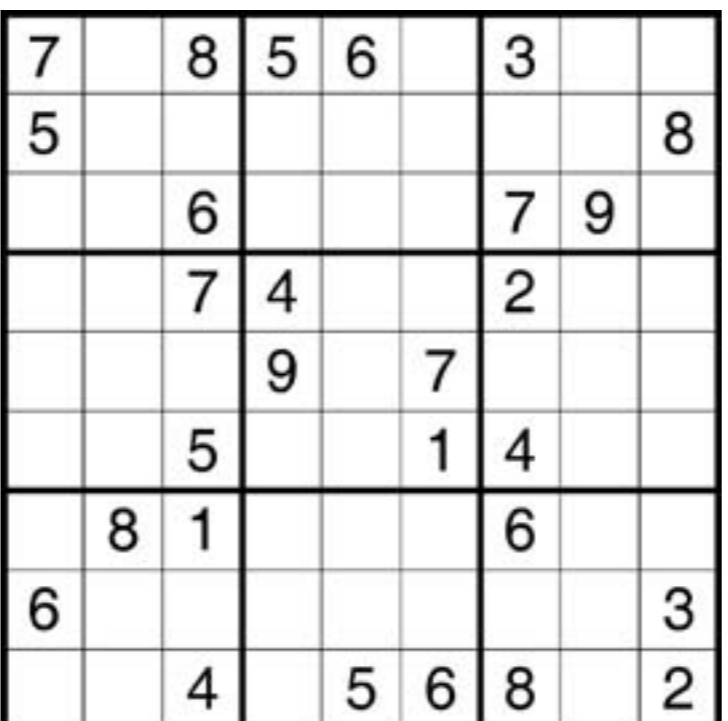
- 1 Aspect
- 2 "Just tell me"
- 3 Librarian's device
- 4 Nevertheless
- 5 Out of concern that
- 6 Summer quaff
- 7 Taken
- 8 More than harmful
- 9 Works on walls
- 10 Mozart's "__ fan tutte"
- 11 David Sedaris work
- 12 Lack faith in a truce, maybe
- 13 "Family Ties" mother
- 23 Space on a form
- 25 "I want results!"
- 26 Lawsuit goal
- 29 "__ Me While I Kiss This Guy": book of misheard lyrics
- 31 Loaded, in Limoges
- 32 Big club
- 33 Cyberchuckle
- 35 Predatory bird
- 37 Singer and longtime owner of baseball's
- 43 West Texas city
- 44 Approaching
- 45 Tiny complaint
- 46 Uno y dos y tres
- 48 Migratory birds
- 50 Oaf
- 53 Some Staples employees
- 55 Bear whose bed was too hard
- 58 Source of much Indian tea
- 60 Sky light?
- 61 Pumpkin, e.g.
- 62 Moo __ pork
- 63 Graduated series
- 65 10th-century Holy Roman emperor
- 66 Mountain end
- 67 Increases, with "up"
- 68 "It Wasn't All Velvet" memoirist

- 69 Diddy ditty
- 70 Arraignment answers
- 71 "That's all __, dude": "Not my fault"



- Angels
- 38 Sch. 30 miles south of Providence
- 39 Bygone boomer
- 41 Elbows to nibble
- 42 Royal title
- 4 Bagel choice
- 49 Perfect
- 50 __ tag
- 51 "Ulysses" actor Milo
- 52 Take by force
- 54 Apology ending
- 56 Teaser
- 57 Parting mot
- 59 Dealership amt.
- 61 Attend
- 64 Western st.

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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.

JUMBLE

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

YOWND
RYMEE
DERVON
TRULSY

Do you swear to tell?

TALKING WITH FALSE TEETH CAN LEAD TO THIS.

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

Answer here: [] [] [] [] [] [] [] [] [] []

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O, O, B, C, C, R, N

A, I, U, H, T, L, B

A, I, U, Y, T, C, P

I, O, D, R, T, L, F

E, E, L, D, G, N, F

PAR SCORE 210-220
BEST SCORE 288

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, Ticker words get 30-point bonus. "Blank" used as any letter, have no point value. All the words are in the Official SCRABBLE® Players Dictionary 4th Edition.

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Answers to all puzzles on page 35

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Why you should consider the Mediterranean diet

(BPT) - A healthy diet can be the foundation of a healthy life. While there are many food choices and diet options, one diet consistently grabs the attention of researchers.

"The Mediterranean diet has been, and continues to be, studied widely," says physician assistant Tricia A. Howard, a faculty member at South University, Savannah's College of Health Professions. "I would recommend considering the Mediterranean diet to anyone who wants to make a healthy lifestyle change."

The Mediterranean diet is named after the geographical part of the world where most people consume plentiful amounts of fruits, vegetables, olive oil, nuts and fish.

"This is a diet high in antioxidants and anti-inflammatories, which have many important health benefits," explains Howard.

Some of the benefits of the Mediterranean diet can be seen quickly. Howard says many patients see improvement in cholesterol levels and begin to lose weight within a few months of adopt-

ing the diet. Numerous research studies show that the long-term benefits include a decreased risk of heart disease and some types of cancer.

But Howard cautions that the Mediterranean diet is not about quick fixes. Instead, it is a lifestyle change that you need to follow consistently for years in order to reap all the benefits.

"To get the many health benefits numerous researchers have found come with this diet, you must commit to it," Howard explains. "Following this diet and benefiting from it is really about deciding that you are ready to take control of your health and about being willing to make substantial changes in how you eat and what you cook."

"A lot of wonderful foods are included in the Mediterranean diet," says Howard. "But, red meat is not part of the diet, and that can make it tough for some people to strictly adhere to it."

Howard says even if you can't strictly follow the Mediterranean diet, everyone should try to incorporate as many aspects of it as they can into their daily diet.

"Substituting things in your diet that you know aren't the healthiest choices and replacing them with foods found in the Mediterranean diet is a smart decision," Howard says. "And, it may help you begin the process of moving away

from an unhealthy diet and towards one that has been proven repeatedly to have benefits.

"Choosing foods from the Mediterranean diet is definitely a step in the right direction."



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R	A	P	P	L	E	A	S	O	N	Y	O

SUDOKU SOLUTION

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

GRAMS SOLUTION

C ₂	O ₁	R ₁	N ₁	C ₂	O ₁	B ₂	RACK 1 =	89
H ₂	A ₁	L ₁	I ₁	B ₂	U ₁	T ₁	RACK 2 =	62
P ₂	A ₁	U ₁	C ₂	I ₁	T ₁	Y ₁	RACK 3 =	64
T ₁	R ₁	I ₁	F ₁	O ₁	L ₁	D ₂	RACK 4 =	62
F ₁	L ₁	E ₁	D ₂	G ₁	E ₁		RACK 5 =	11
							TOTAL	288

PAR SCORE 210-220
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JUMBLE ANSWERS

Jumbles: DOWNY EMERY
VENDOR SULTRY
Answer: Talking with false teeth can lead to this -- TRUE WORDS
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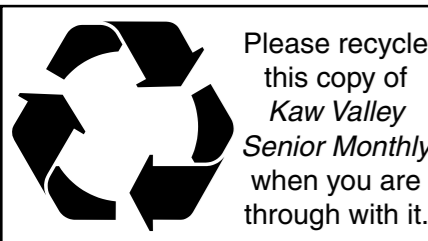


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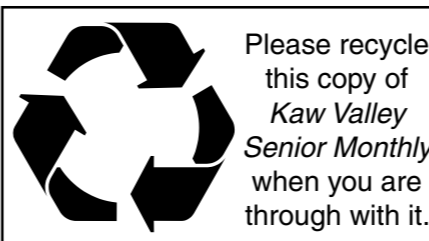
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Joyce Collins, 59, is a Baldwin City resident and teacher at Southwest Middle School in Lawrence.

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