

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

May 2011

Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 10, No. 11

INSIDE



The Spring 2011 issue of *Amazing Aging!*, the Jayhawk Area Agency on Aging's newsletter, is included in this month's *Senior Monthly*. See inside.



Topeka's Tammy the Home Pro Plus ensures an intimate, nurturing environment for its residents by limited the number of residents to three. - page 6

KEVIN GROENHAGEN PHOTO



*Flemings
piece together
history of
Franklin
County's early
schools.*

See story on page 3

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Ottawa couple researches early schools

By Kevin Groenhagen

You never know where a little boredom might lead.

After 41 years of service, Bruce Fleming retired in 1987 from his position with the city utilities department in Ottawa, Kan. Following an operation a couple of years later, he was looking for something to do. He decided to research the country schools of Franklin County after he visited the Old Depot Museum in Ottawa and noticed that there wasn't much information available on the early schools in the county.

"My wife, Ruth, taught at a country school," Fleming said, explaining his interest in the early schools. "She taught for one year at Coal Creek. Then she taught for three years at Pomona and had about 25 students."

Fleming's mother also taught grade school at Elm Grove, and Fleming attended the Silver Lake country school when his family lived in Richter.

"My dad owned the general store in Richter," he said. "My uncle lived with us, and he ran the elevator. Fleming Brothers was in business from a 1912 to 1940. I was born upstairs at the general store."

According to Fleming, Richter had a population of about 35.

"It was a nice place to grow up," he said. "We lived near the railroad, the highway, and the river. I did a lot of fishing and swimming. I still do a lot of fishing."

Fleming contacted the *Ottawa Herald* about his research project, and the newspaper published an article letting area residents know that he was looking for information about rural schools in the county, of which there were 98 in a county with 102 numbered school districts. His goal was to find the following information concerning each school:

- Organized date and date closed.
- Any distinct features that were of interest.
- Any happenings of interest.
- Pupils' names and teacher's name when the school closed.
- Past pupils still living in the county.

"People were really eager to come forth if they had any information," Fleming said. "However, I sometimes

doubted if all of the information was 100 percent true. They may have gotten carried away with their stories."

Unfortunately, almost all the records for the country schools were lost in the Great Flood of 1951.

"They were in the basement of the courthouse," Fleming said. "All that remained was a little book by Superintendent Philetus Fales, who was, I believe, superintendent from 1867 to 1871. His book had daily recordings."

Fales' "Superintendent's Report" often painted a dire picture of the schools pioneer children attended. "After starting out excellently, towards close of term, [teacher Mr. Hull] became very careless and indifferent, not to say lazy," Fales wrote of his February 5, 1868, visit to New Hope 12. "Average attendance has fallen off from 24 to 4. Should have urged his removal if this had not been the last week of school. Dist. not entirely blameless for although the house is



With help from his wife, Ruth, Bruce Fleming researched Franklin County's country schools. Their work resulted in a weekly series in the *Ottawa Herald* during the early 1990s.

tolerably comfortable, the seats are rough boards, in some cases supported at the ends and centre by irregular stones."

After his November 13, 1867, visit

to Oakland 10, Fales noted that the schoolhouse was a "log shanty, scarcely high enough to stand up in." He also wrote that the school was small

■ CONTINUED ON PAGE FOUR

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Editor and Publisher
Kevin L. Groenhagen

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$7.50 for 12 monthly issues.

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Flemings

■ CONTINUED FROM PAGE THREE

because “blacks attend.” “Examined school critically,” Fales noted. “Black children with a single exception, best in the school. Did not wonder at a reason given by father of four white children who did not attend. ‘Do you suppose I would suffer my children to attend, to be turned down by the ‘n*****s.’” After his December 20, 1869, visit to the same school, Fales wrote, “Colored children no longer a source of division.” However, he did not elaborate.

Fleming also found an account of desk purchases at another country school.

“Four desks in 1879 cost \$18.00,” Fleming read from the account. “In October 1892 six desks were purchased for \$30.00, and two more were purchased the following month for an additional \$12.00. Records indicate that it took 20 years to buy all the seats.”

Now \$4.50 to \$6.00 might not seem like a lot of money for a desk. How-

ever, in 2010 dollars that would be well over \$100 per desk.

Fleming also took pictures of rural schoolhouses and gathered pictures from area residents. Unfortunately, only 19 schoolhouses remained standing when he started his research. To make matters worse, he learned that photos that could have been used for his project were needlessly destroyed.

“We had a professional photographer over on the corner here, and he told me that when he started his business he went around and took pictures of all the schools,” Fleming said. “Well, back then the schoolhouses were in good shape. He told me that when he closed his business he put all the pictures in the trash. That was a shame.”

As Fleming gathered information and photographs, he decided he wanted to share what he was finding with residents of Franklin County. He contacted Jim Hitch, then publisher of the *Ottawa Herald*, and presented him with a plan to produce a series of articles on one-room schools in the county. According to Fleming, Hitch was

■ CONTINUED ON PAGE FIVE

Rules for Teachers (or maybe not)

The *Ottawa Herald's* series on country schools included the following rules for teachers in the 1870s. While the list has appeared in numerous newspapers and museums throughout the country, Snopes.com notes that “nobody has ever been able to verify the authenticity of this list of rules.”

1. Teachers each day will fill lamps, clean chimneys.
2. Each teacher will bring a bucket of water and a scuttle of coal for the day's session.
3. Make your pens carefully. You may whittle nibs to the individual taste of the pupils.
4. Men teachers may take one evening each week for courting purposes, or two evenings a week if they go to church regularly.
5. After ten hours in school, the teachers may spend the remaining time reading the Bible or other good books.
6. Women teachers who marry or engage in unseemly conduct we'll be dismissed.
7. Every teacher should lay aside from each pay a goodly sum of his earnings for his benefit during declining years so that he will not become a burden on society.
8. Any teacher who smokes, uses liquor in any form, frequents pool or public halls, or gets shaved in a barbershop will give a good reason to suspect his worth, and intention, integrity and honesty.
9. The teacher who performs his labor faithfully and without fault for five years will be given an increase of 25 cents per week in his pay, providing the Board of Education approves.

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Flemings

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initially skeptical of the project. Hitch noted in his newspaper that the idea was appealing. However, he had second thoughts after Fleming pulled out his map showing more than 100 school locations. In those days, most students lived within two miles of their schools. Therefore, many one-room schools, which typically served eight grade levels, were needed in the rural areas.

Hitch and Fleming finally agreed to go forth with a weekly series featuring the schools. Remarkably, the series went on to include 97 installments. In the final installment, Hitch noted there were times when he wondered if either of them would survive to the end.

Fleming has a list of several of the school districts he finds most interesting. For example, Minneola, one mile east of Centropolis, nearly became the Kansas capital. However, after residents had already built a legislative hall, hotel, and other buildings, the U.S. attorney general ruled the site illegal. Thereafter, Minneola ultimately declined and the town site was divided into farms.

Fleming also learned of an interesting tale concerning Williamsburg School District 51.

"I suppose they had one of these buckets where you pull the water up from the well on the school grounds," he said. "Somebody noticed that the water was bubbling. That was a time when mineral wells were popular. They had three doctors in town. They helped start a sanitarium and people would come by on the railroad to drink the water."

The Fisk Chloride of Gold Sanitarium, also known as the Grant Hotel, was established in 1894. A fence was put up around the well to keep the schoolchildren from drinking the precious mineral water. The sanitarium promoted the water, which it sold for 75 cents for a two-gallon jug, as a veritable fountain of youth. Unfortunately, not everyone's health benefited from the well.

"A few years later, they cleaned the well out and there was a skeleton in there," Fleming said. "Dan Fogle

of Williamsburg told me that, but we didn't include that information in the *Ottawa Herald* series."

The 1950s and 1960s saw many one-room schoolhouses in the county close as districts consolidated with other districts. The last of the country schoolhouses closed by the mid-1960s.

Fleming attended the one-room schoolhouse in Silver Lake for eight years. He and other area students, including Ruth Nitcher, took the 8th grade exams at the grade school in Pomona. He then completed his freshman and sophomore years at Pomona High School. However, by

1940 more people had cars and money to travel to Ottawa to do business. Therefore, Fleming's father decided to leave the general store business and move his family to Ottawa. For the first time, the family had a home with running water and an indoor toilet.

After graduating from Ottawa High School, Fleming joined the Navy and spent much of his time in the Philippines as World War II wound down. Shortly after returning to the United States, he married Ruth Nitcher. The couple made their home in Ottawa, where they continue to live today. They have two

sons and one daughter. The Flemings have also delivered meals to other seniors for 15 years.

Fleming never lost his childhood love of fishing. In fact, he even has a patent for an automatic fish feeder that dispenses high-protein pellets. Purina sold the feeder as the Fat Cat Mechanical Feeder.

If you would like more information about Franklin County's country schoolhouses, the *Ottawa Herald's* series featuring Fleming's research is available as a book at the Ottawa Public library. In addition, the series is available online at <http://tinyurl.com/franko>.

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Gonzalez fulfills dream with home-plus business

By Billie David

A rapidly growing branch of senior care, home-plus provides an alternative to large nursing care facilities by offering elder care in smaller, more homelike settings where the number of residents is usually limited to eight. Topeka's Tammy The Home Pro Plus goes even further in its effort to ensure an intimate, nurturing environment for its residents by limiting the number to three occupants.

"It was a dream of mine," said owner and operator Tammy Gonzalez, who received her BA in human services at Washburn and then worked for 13 years in nursing homes to gain experience.

"I quickly realized that nursing homes were not for everyone," she said. "For some people, they were used to private home life and it was not good for their spirit."

Something else she quickly learned was that she enjoyed working with seniors, especially those from rural backgrounds.

"I really enjoyed the farmers and the children of the elderly," said Gonzalez, who cherishes many memories of time spent at her own grandparents' farm.

Realizing that many of the people she was caring for would be happier in a more private, homelike setting—a place where they wouldn't have to share a room with anyone—Gonzalez drew upon her own resources for a solution.

"My husband and I had a three-bedroom rental," she said, adding that its location—4304 SW 17th Street—was ideal.

"It's on the west side of Topeka," Gonzalez said of the ranch-style house. "It has a huge yard with big trees. It's very cozy."

There are also plenty of opportunities to get out in the community. The home is located near an ice cream shop, a donut shop, a bowling alley, several hospitals, and various churches.

"We make routine visits to Rock Creek Bible Church and visit the other local churches," Gonzalez said.

There are also daily visits from

family, friends and church members, she added, and there's a big garden in the back yard where residents can help grow fresh vegetables and fruit for the table. Or they can enjoy watching the wildlife, including rabbits, squirrels and even the salamanders that come up from Shunga creek, where there's a large park with a walking area.

And if that's not enough, "we take trips to the zoo, bowling alley, shop-

ping and church," Gonzalez said, adding that there's also a library that makes regular visits to the home.

One of the attributes of the home that Tammy is most pleased with is the fact that there are three RNs on the staff, which is unusual because most home-plus facilities have only one.

"We would like to welcome our newest RN, Joan Read, who is well

■ CONTINUED ON PAGE SEVEN

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Tammy the Pro

■ CONTINUED FROM PAGE SIX

known in the area and founded Car-ing Hearts,” Gonzalez said.

Another attribute of the staff that Gon-zalez appreciates is their dedication.

“We are all calm and quiet and car-ing,” she said. “They come over on their day off. We are like family.”

Some of the services that Tammy The Pro Home Plus offers include assistance with bathing, grooming, laundry and medication. There are also therapeutic activities and incon-tinence and nutrition care.

As for the facility itself, it provides each resident with personal space as well as an entertainment area where residents can gather. There’s cable TV and telephones in each suite, a call system, a visiting hairstylist, and a visiting physician. All areas are also wheelchair-accessible.

And although each suite is fully furnished, residents can bring their own furniture for use instead.

The facility, which has been in op-eration for three years, currently has one private room available, and when

there is room they offer short-term re-spite care.

“People have been happy with the respite care and have come back

again,” Gonzalez said. “We also wel-come hospice and have worked well with them.”

To learn more about Tammy The

Pro Home Plus or to schedule a tour, people can call Gonzalez at (785) 383-7094 or visit her website at www.tammytheprohomeplus.com.

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 March 10~Estate and Legal Matters-Cheryl Trenholm, Attorney, Petefish, Immel, Heeb & Hird, LLP
 March 17~Talk with Your Doc like a Pro
 March 24~Strengthening Your Spiritual Well-being- Paul Reed, VNA Hospice Chaplain
 March 31~Healthy Eating for One-in auditorium- Susan Krumm, Douglas County Extension Office
 April 7~Gardening for Well-being- Douglas County Extension Office
 April 14~Personal Safety and Home Security- Gary Squires, Douglas County Sheriff's Office
 April 21~Managing Your Money-Barbara Braa, VP, CornerBank Asset Management
 April 28~ Taking Care of Your Car-Richard Haig, Westside 66
 May 5~Home Maintenance 101-Neil Gaskin, Owner, Natural Breeze Remodeling
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Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities.

The theme of this year's celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

In fact, older Americans are more active in community life than ever before, thanks in part to advances

in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their community.

Our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds. They offer a take on times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling,

**Advertising deadline
for the June issue
of Senior Monthly is
May 20.**

and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

Contact your local Area Agency on

Aging to find out about volunteer opportunities with programs that provide services for seniors to improve health literacy, increase access to quality health services, deliver food and nutrition services, provide financial and housing counseling, sponsor social and civic activities, and more. We think you will discover that when you help seniors thrive in your community, you gain far more than you give.

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LMH gains new director

Ava O'Flannagan, MBA, CPHQ, and CHC, recently joined Lawrence Memorial Hospital as the Director of Quality and Risk Management in the Quality Services Department. She received her bachelor's degree in health care administration from Benedictine College, and a master's degree in business administration from Kansas Wesleyan University. She has earned certifications in Healthcare Compliance (CHC) and Healthcare Quality (CPHQ).

Ava comes to LMH from Salina Regional Health Center, where she previously held the position of Director of Corporate Compliance and Quality Improvement. She looks forward to working with staff and physicians to continue to make the best practices in healthcare into realities at Lawrence Memorial Hospital.

One thing you should know about Ava is that nice weather unfailingly draws her outdoors to walk and hike. She appreciates the city of Lawrence for the wide range of opportunities to

get out and do things, especially indulge in the arts. She enjoys music of all genres, and theatre productions. Ava is looking forward to getting involved in the community. She contributed much of her free time back in Salina for the United Way.

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Kansas Department on Aging hires commissioners

Kansas Department on Aging Secretary Shawn Sullivan has appointed three new commissioners to lead each department within the Agency: Licensure, Certification and Evaluation; Community Programs; and Financial and Information Services.

Joe Ewert has been hired to be the new Commissioner of Licensure, Certification and Evaluation. Ewert is currently the Director of Government Affairs for the Kansas Association of Homes and Services for the Aging (KAHSA). Prior to his tenure at KAHSA, Ewert served as a Household Coordinator at Meadowlark Hills in Manhattan and also as a sergeant in the United States Army Reserve, which included deployments to Kuwait and Iraq.

“Joe is an excellent choice for the Licensure, Certification and Evaluation Commissioner,” said Secretary Sullivan. “He is a skilled consensus builder, passionate about person-centered care, and knowledgeable about the regulatory process.”

Susan Fout is the new Commissioner of Community Programs (formerly

Program and Policy Commission). Fout has worked at the agency since 2003. During most of that time, she served as the Director of Mental Health and Residential Facilities. Before coming to KDOA, Fout, a registered nurse, worked at the North Central Flint Hills Area Agency on Aging.

“Susan has great practical experience and has worked in several different positions serving people in the aging population,” Sullivan said. “She brings a great perspective on giving seniors in Kansas more choices.”

Dave Halferty has been selected as the new Chief Financial Officer, leading the Financial and Information Services Commission (formerly Administrative Services). Halferty has been with the Agency since 1999. He served previously as the director of the Nursing Facility Rate Setting and Auditing Division.

“Dave brings a new energy to the Financial and Information Services Commission,” Sullivan said. “I look forward to working closely with Dave as we continue to find more cost efficient ways to serve Kansas seniors.”

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NATURALLY SAVVY

Tips for natural allergy relief

By Dr. Melissa Carr

Naturally Savvy.com

Allergy season has been upon many sufferers since February this year, but an early start may or may not mean an early finish. If you're one of the sneezing, sniffing, eye-rubbing, worn out masses, here are some simple things that you can do to ease your symptoms:

1. Reduce Exposure to Allergens in the Home

I hate cleaning, but dusting and vacuuming your home regularly can help to get rid of allergens like pet hair, dust, pollen, and pollutants. Vinegar can help to prevent mould from building on surfaces that get wet and humid, such as windowsills.

2. Rinse Your Nasal Passages

Allergen irritants can be rinsed out of your nasal passages using a simple warm saline solution. There are many tools you can choose from to do so, including traditional neti pots, small spouted squeeze bottles, and specially made devices like the Nasaline syringe.

3. Drink Tea

Histamines are released during an allergic reaction. Green tea and chamomile tea both contain natural antihistamines that can help the immune system.

4. Avoid Foods that Irritate the Immune System

According to Traditional Chinese Medicine, foods that produce mucus and dampness can exacerbate allergies. Those foods include dairy, too many cold and raw foods, and too much simple sugar. With these things in mind, you can see that ice cream is the ultimate evil. Other potential immune system irritants are common food allergens like corn, citrus, peanuts, soy, shellfish, wheat, and the nightshade vegetables, such as tomatoes, peppers, and eggplants. This doesn't mean that all these foods are bad for you, but they are ones to keep an eye on and limit or avoid when your allergies flare.

5. Eat Foods that Help Boost the Immune System

Leafy green veggies are your

friends. Berries and cherries help balance the body's immune and inflammatory response. Remember to wash foods well to remove chemical and pesticide residues. Eat more foods rich in omega-3 essential fatty acids, including flax seed, wild salmon, and fish oil supplements. Choose whole grains instead of processed grains, such as brown rice rather than white rice. Choose sprouted grain breads instead of flour-based breads for easier digestion. Choose ancient grains like quinoa, amaranth, millet, and spelt instead of only wheat. Use (organic) spices like turmeric, garlic, oregano, basil, horseradish, and white pepper.

6. Stay Hydrated

Water is important to keep the sinuses hydrated and essential for proper lymphatic drainage. Drink fluids at room temperature or warmer (try squirting some lemon juice into warm water).

7. Try Self-Acupressure Massage

Make sure you wash your hands first so as not to add more allergens from

your hands to your nose. The acupressure point "Welcome Fragrance" is positioned on either side of the nostrils, where the nose and cheek meet. Use your index fingers to press those points for two to three minutes while taking slow, deep breaths.

8. Consider Traditional Chinese Medicine

Acupuncture and Chinese herbs can help treat allergies. In a study published in the journal Allergy in 2004, patients suffering from allergic rhinitis were treated with acupuncture and

herbs, and those with hay fever symptoms showed "significant after-treatment improvement."

- Dr. Melissa Carr is Naturally Savvy's Traditional Chinese Medicine expert. She is a registered Doctor of TCM. NaturallySavvy.com is a website that educates people on the benefits of living a natural, organic and green lifestyle. For more information and to sign up for their newsletter visit www.NaturallySavvy.com.

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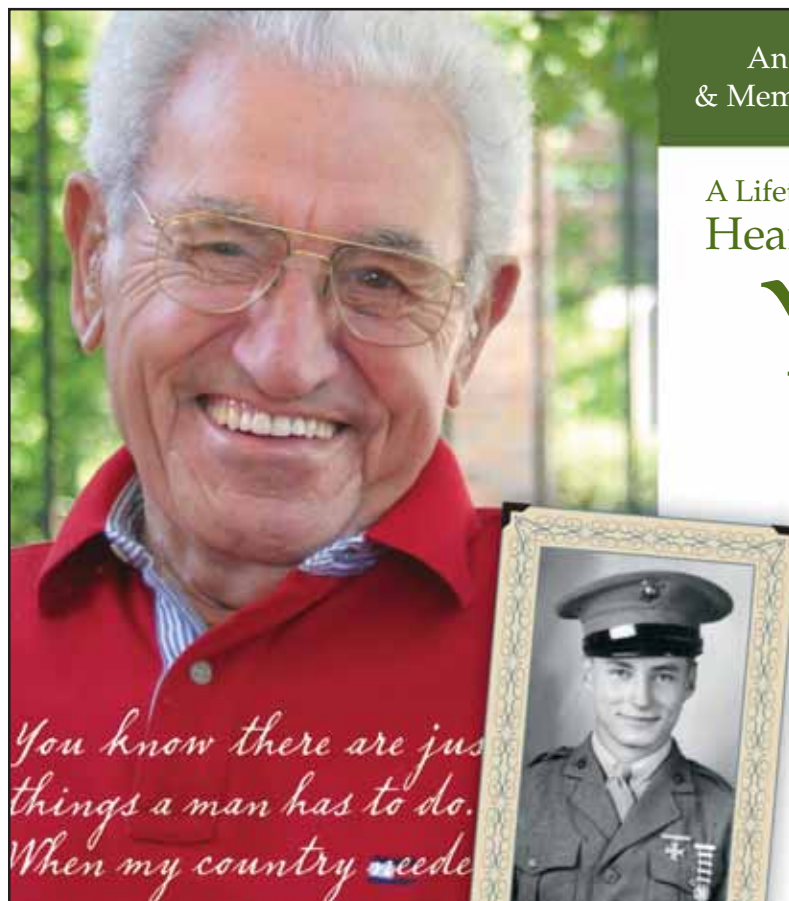
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PERSONAL FINANCE

The ins and outs of annuities

Annuities can be a powerful retirement tool, providing a tax-efficient means to accumulate assets, secure a source of guaranteed income for life, or realize other financial goals. Yet many investors overlook these versatile investment vehicles simply for lack of understanding.

An annuity is a contract between an individual and an insurance company. All guarantees in an annuity are



Joe B.
Jones

backed solely by the claims-paying ability of the insurance company. You put money in (either as a lump sum or as a series of periodic payments) and your dollars accumulate on a tax-deferred basis. This means you don't pay taxes on any earnings until you start receiving income, usually in retirement. In exchange for your premium payment(s), the insurance company agrees to make guaranteed payments to you either for a specified period or for your lifetime.

While annuities come in a wide variety of choices, there are basically two types: *immediate* annuities, which start making payments as soon as you purchase the contract, and *deferred* annuities, which can grow your assets over time, and then start making income payments to you sometime in the future.

With both immediate and deferred annuities, you decide how you want your money to be invested by selecting either a variable or fixed variety. With a variable annuity (a registered investment product sold by Prospectus), you select from among variable investment options available within the contract, and you bear the investment risk. With a fixed annuity, the insurance company sets the fixed interest rate that will be paid to you, with a minimum guaranteed interest rate. All guarantees in annuities are backed solely by the claims-paying

ability of the issuer.

No matter which type of annuity you select, when the time comes for income to begin, you'll have a choice of income options, which may include:

- **A period certain annuity**, which provides income for a certain number of years. If you die before the end of the period, those payments will continue to your beneficiary for the remainder of the period.

- **A lifetime income annuity**, which provides payments for your entire lifetime. When you die, those payments stop, regardless of how many (or few) payments you received.

- **A lifetime income with period certain annuity** provides payments that also last your entire lifetime. However, if you die before a "certain" number of years (usually between five and 20 years), payments are guaranteed to continue to your beneficiary for the remainder of that period. For this assurance, you receive a slightly lower payment than is typically offered by a lifetime income annuity.

- **A single life refund annuity** also provides somewhat lower payments than those offered by a lifetime income annuity, but those payments will total at least the amount of money you paid into the contract, regardless of when you die. Any "refund" is paid to your beneficiary in installments.

- **A joint and survivor annuity** provides an income for as long as either you or your joint annuitant lives. You can also add a period certain option with this income choice.

Before you buy an annuity, make sure you're comparing apples with apples. That's because a number of factors can vary from one annuity to the next. For example, check to see if there are contractual or income tax penalties for early withdrawals. How long do these surrender charges last? And, how much can you withdraw at any time without a surrender charge? You'll want to carefully consider each option before purchasing a contract.

Annuities can provide an important source of retirement income for many Americans. Carefully consider your

options when purchasing an annuity.

To learn more about annuities and how they can help you reach your financial goals contact the insurance company directly or ask a financial services professional.

- Joe B. Jones is a Financial Rep-

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



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PERSONAL FINANCE

Investing beyond short-term CDs

Many people depend on certificates of deposit (CDs) to provide extra income. Yet CD rates have been fairly low for a while. In recent months, in fact, one-year CDs were paying about 0.5 percent, two-year CDs topped out

(FDIC) typically insures CDs up to \$250,000. And since CDs are relatively short-term in nature, you don't have to worry about locking away that money for long periods of time. So there can be a place for CDs in the fixed-income portion of your portfolio.

However, during times such as these, you might consider looking at additional options, keeping in mind that, when seeking greater income, you'll likely be taking on more risk. Let's consider a few alternatives:

• **Fixed annuities** — Many people buy fixed annuities to supplement their retirement income. But most annuities also allow you to take up to 10 percent of your account value each year without penalty. Plus, the interest rate you receive on a fixed annuity may be more competitive than that currently paid by a CD. Keep in mind, though, that annuities are not backed by FDIC insurance, and any guarantees are backed solely by the paying ability of the insurance company.

Additionally, early or excessive withdrawals may be subject to penalties. If you believe a fixed annuity might be appropriate for your situation, speak with your financial advisor.

• **Bond ladders** — If appropriate for your situation, you can potentially gain extra income through a strategy known as a bond "ladder." To build a ladder, you buy several bonds with varying maturities — short-, intermediate- and long-term. Once you've constructed your ladder, you could gain some advantage in various interest rate environments. When market rates are low, you'll still have your longer-term bonds earning higher interest rates. And when market rates rise, you can reinvest your maturing short-term bonds at the higher rates. But if you need income in addition to your regular interest payments, you can get it from the maturing bonds. Unlike CDs, however, bonds are not covered by FDIC insurance and are subject to credit risks. Bonds are also subject to interest rate risk: When interest rates rise, bond prices generally fall, and you may lose some or all of your principal if you sell your bond prior to maturity. But by holding your

bonds until maturity, you can avoid loss of principal, assuming the issuer doesn't default.

• **Dividend-paying stocks** — Some companies have paid — and increased — their stock dividends for many years now. If you don't need the dividends to boost your cash flow, you can reinvest them to help boost your ownership stake. However, companies can reduce or discontinue their dividends at any time, and since stock prices fluctuate, you risk losing some or all of your principal.

By exploring alternatives to short-term CDs, you may find other appropriate investments that may better position you to reach your financial goals — so look around to see what's available in the financial marketplace.

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

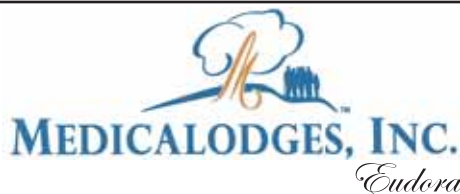


Harley Catlin and Ryan Catlin

at around 1 percent, and five-year CDs paid in the 2 percent to 2.3 percent range. Those rates are scanty enough, but they can seem even lower in an economic environment marked by rising food and gas prices.

Before you consider alternatives, keep in mind that CDs still offer a key advantage: safety of principal. The Federal Deposit Insurance Corporation

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HEALTH & FITNESS

Pain solutions: No need to suffer in silence

A recent Gallup poll showed that nearly half of all adult women and 37 percent of all men say they suffer pain every single day. Joint pain is the most common complaint. Sadly, and wrongly, 80 percent believe that aging is the cause of their pain and that no treatment can help



Laura Bennetts

them. They resign themselves to pain, avoiding physical activities they once enjoyed. Often, they gain weight and grow weak.

This is unnecessary. Many of the physical problems we experience as we age—pain very definitely included—can be treated and remedied. In this article, I discuss solutions for joint pain in particular.

Understand Your Pain

To understand joint pain, you need to know about your joints. This is no harder than understanding your car well enough to keep it running. The key fact is that joints help us move,

and that all joint structures facilitate this movement, either by causing motion or by stabilizing us enough to permit activity.

Take your knee, for example. The cartilage around your knee cushions and protects your leg bones during movement. The muscle tendons attach to the bones and act as pulleys to move your limb when the muscle tissue contracts. Ligaments around and inside the knee joint keep the bones together as you move. And the bones anchor all the various kinds of soft tissues and attachments linked to the knee.

Why Does It Hurt?

If your shoulder hurts on Monday morning, you should try to figure out why. Remember what you did on Saturday and Sunday to see if somehow you stressed the joint. Maybe you dug holes to plant shrubs. If so, your joint tissues may be stretched and irritated. (And you may have a backache, too). But if your pain results from a forceful injury—such as a fall—or from a sudden movement, then one of the ligaments or tendons may be torn.

If you have swelling or severe pain with a joint injury, you should see a doctor. If it turns out that your pain or swelling are not accompanied by bone fractures or torn attachments, you may be advised to elevate and

ice the joint, which is a very effective way to decrease joint pain and swelling. Medications can often help, too. And for longer term solutions—to ease your pain, regain strength, regain joint mobility, and prevent new injuries—you can seek help from a physical therapist.

Arthritis Pain

Joint pains caused by arthritis are not an inevitable part of normal aging. There are avoidable reasons why people suffer arthritis in their knees, shoulders and hands. Overuse is the most obvious problem. Squatting down repeatedly is bad for your knees; forceful gripping can bruise your hands (for example, when you strain to open jars); and overusing your shoulders can wear out the tendons and joints. You can protect yourself by finding ways to avoid straining.

Reduce Arthritis Pain

Arthritis pain can also be treated and lessened. It isn't just a fact of life, to be suffered in silence. Occupational therapists can treat the pain of hand arthritis by heat treatments (including paraffin baths) and by muscle stretching and strengthening (using implements that can be used either at home or in the clinic). Hand-saving tools such as jar openers and large-handled utensils can also help.

Orthotics Can Help

For some people, shoe inserts (orthotics) can ease the foot and ankle problems that stress our knees. A physical therapist can determine if orthotics would help you. If so, the therapist can refer you to a specialist (an orthotist) who will make the right

insert to de-stress your leg joints. Your therapist will also help you to strengthen your leg muscles and stabilize your joints, so that you can walk pain-free.

Take Action

Joint pain can be caused by overstretching, by traumatic injuries, or by inflammations (like arthritis). But whatever the cause of your pain, you can do something about it. Consider how you hurt yourself and seek professional help if your pain persists or worsens.

Joint pain can be fought, at any age. There are proven solutions—safety precautions, physical therapy, occupational therapy, medications, and the care of a physician. Don't ignore your pain, or take it for granted. You can do something to resolve it. You'll be glad you did.

- Laura Bennetts, PT, MS, has been a practicing physical therapist since 1982, when she earned a Master of Science degree in Physical Therapy from the University of Southern California. She owns and directs Lawrence Therapy Services LLC (785-842-0656) and Baldwin Therapy Services LLC (785-594-3162). If you have any questions for Laura, please write to her c/o laurabennetts@hotmail.com.

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HEALTH & FITNESS

Milk thistle: More than a weed

As the weather has turned warm and spring makes her presence, we finally say goodbye to the long winter, and it is time to be outside for gardening. People are busy planting the bulbs for flowers and/or planting the vegetables for the garden. It is quite common to encounter weeds, including dandelions

and milk thistle. Milk thistle, although considered a pest, especially to Kansas farmers because it can be poisonous to cattle and other livestock if the whole plant is eaten in large amounts, has useful medicinal properties. It was also used to treat disorders of the liver, kidney, spleen, and gallbladder diseases. Milk thistle also healed snake bites and was used in mushroom poisoning. In addition, milk thistle was a common remedy for depression. People usually used milk thistle in tea form or in tinctures. Sometimes the whole plant was con-

sumed as a vegetable. Currently, milk thistle extract is used in tea, tincture, or as a dietary supplement in the form of a capsule.

Today people use milk thistle for a number of medicinal problems, including stimulating the appetite and lowering cholesterol. Its primary function is for liver and gallbladder problems, including hepatitis, cirrhosis, and protection from liver damage caused from pharmaceutical drugs. Animal studies have shown that silymarin has the ability to protect the

liver from a range of toxins, including carbon tetrachloride and the deadly poisons from Amanita mushrooms. Studies have also shown the silymarin protects animals from liver damage caused by alcohol.

Milk thistle does have side effects and other safety concerns so always check with your doctor or healthcare provider before taking any medicinal plant.

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



Dr.
Farhang
Khosh

ons and milk thistle. Milk thistle, although considered a pest, especially to Kansas farmers because it can be poisonous to cattle and other livestock if the whole plant is eaten in large amounts, has useful medicinal properties.

Milk thistle, or *Silymarin Marianum*, is also called Marian Thistle, Mediterranean Thistle, Mary Thistle, or Holy Thistle. Milk thistle is called this because of the thick white fluid that seeps from the leaves when it is broken. It has purple or pink flowers that grow on the plant, and the tall stems will bloom in the summer. Each milk thistle plant has up to 50 flowers and each flower contains over 100 seeds. These seeds are easily spread with the Kansas winds.

Though milk thistle is originally from the Mediterranean Sea, including places such as Greece and Italy and regions of India, it now can be found growing in Europe and the United States. It is a very popular folk medicine and is cited often as both a vegetable and medicine. According to folk medicine, the plant's leaves, which have the milk-white veins, was the Virgin Mary's milk that dropped onto the leaves and left white traces. Therefore, it was used for its lactation abilities and good for breast-feeding

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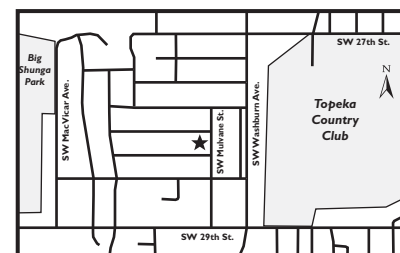
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RETIRE SMART

Public option for long-term care insurance faces challenges

The public option for long-term care insurance is on the run.

The Community Living Assistance Services and Support plan (CLASS for short) was a little-noticed provision of the broader health care reform law passed last year. It aims to fill the current gap in long-term care (LTC) protection by offering modest-



Mark
Miller

ly-priced coverage that emphasizes more flexible, community-based care over nursing homes.

But CLASS is under fire from critics who charge that it won't be financially sustainable and will create a long-term drag on the federal deficit. President Obama's deficit commission recommended reform or repeal of CLASS last December; Republicans in Congress are pushing for the latter option.

The Obama Administration is acknowledging the problems, and pledging to make adjustments. Health and Human Services Secretary Kathleen Sebelius made public comments recently indicating her department is addressing financial sustainability issues as it writes the rules and regulations for CLASS ahead of its anticipated 2013 rollout.

It's not clear if CLASS will survive, but this much we know: The country will need to figure out how best to finance the cost of long-term care, which is expected to explode in the next several decades as the population ages.

The Center for Retirement Research at Boston College (CRR) says about one-third of Americans turning 65 this year will need at least three months of nursing home care sometime during their lives.

Medicare covers only a small portion of long-term care needs, and the cost of a semi-private room averages

\$79,000 per year. CRR calculates that

the mean lifetime exposure to long-term care costs for a 65-year-old couple is \$260,000, with a five percent risk of a \$570,000 expense.

Medicaid remains the nation's largest LTC funder, paying for more than 40 percent of all care. But in most states, qualifying for Medicaid re-

quires spending assets down to poverty levels, and the choices for care are limited. Meanwhile, privately-offered LTC insurance hasn't caught on, having been bought by only about 5 percent of potential customers.

CLASS will be deployed mainly

■ CONTINUED ON PAGE 17



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Retire Smart

■ CONTINUED FROM PAGE 16

through the workplace as an opt-out choice in benefit plans. Employers don't have to participate, but the opt-out feature will be important for those that do. It means employees will be in the plan unless they make an active decision to drop out.

And, while CLASS is aimed mainly at the workplace, there also will be a public exchange where policies can be purchased by those working for companies that don't participate, or for self-employed people.

In the workplace, CLASS participants will pay an insurance premium via payroll deduction. After a five-year vesting period, CLASS provides a LTC benefit of no less than \$50 per day. Two additional, very significant features make CLASS different than

most private coverage: There will be no lifetime or dollar cap on benefits, and insurers can't turn away applicants due to a pre-existing condition.

Sebelius acknowledged in her recent speech that there is a solid actuarial case that CLASS can't fund itself as required under the health reform law.

A key concern is what actuaries call adverse selection. That occurs when consumers are able to make enrollment decisions that hurt an insurance program's viability. In other words, healthy, younger people might not enroll at all, and others might sign up when they suspect a need to make claims could be imminent.

Premium pricing is another key issue. A flat monthly premium was envisioned originally, but benefit payouts would rise with costs. A survey by the American Council of Life Insurers (ACLI) found broad support for a public op-

tion LTC program, but that support fell sharply when proposed monthly premiums were mentioned. Just five percent of potential enrollees told ACLI they'd enroll if the monthly premium were set at \$110; CBO's modeling assumed a \$123 monthly premium.

Sebelius said HHS is weighing options for making CLASS financially sustainable. Options include indexing premiums to the Consumer Price Index so that they keep pace with rising benefit costs, and closing loopholes that

could allow enrollees to drop out of the plan and return later without paying penalties. HHS also is studying ways to encourage employer participation.

- Mark Miller is the author of "The Hard Times Guide to Retirement Security." He publishes <http://retirementrevised.com>, recently named the best retirement planning site on the web by Money Magazine. Contact him with questions and comments at mark@retirementrevised.com.

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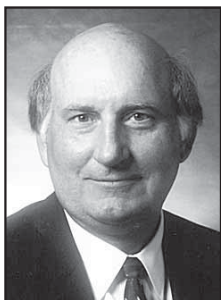
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www.midlandcareconnection.org

200 SW Frazier Circle
Topeka, KS 66606

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Lawrence, KS 66044



ADULT DAY HEALTH
Hope, Comfort and Support

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

APR 6-JUL 11 SUMMER BAND CONCERTS

Annual Summer Wednesday evening band concert. Pack up the family and bring your lawn chairs or blankets. Join the Lawrence City Band for a free concert in South Park. LAWRENCE, (785) 832-7930

MAY 6-15 STOP KISS

After Callie meets Sara, the two unexpectedly fall in love. Their first kiss provokes a violent attack that transforms their lives in a way they could never anticipate. Show times: 8 p.m., Friday & Saturday; and 2 p.m., Sunday. Topeka Civic Theatre.

TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

MAY 6-22 AIN'T MISBEHAVIN'

The outrageously prodigious comic and musical soul of 1930's Harlem, lives on in this rollicking, swinging, finger-snapping revue that is still considered one of Broadway's best. Helen Hocker Theatre-Gage Park.

TOPEKA, (785) 368-0191
<http://www.topeka.org/parksrec/hocker>

MAY 13-15 STRINGBAND RENDEZVOUS 2011

Starting Friday night and lasting till the early hours of Sunday morning, 15 bands will be playing Stringband Rendezvous, ranging from traditional bluegrass to Celtic music to gypsy swing. Clinton Lake.

LAWRENCE, (913) 638-6633

MAY 27 WTCT PLAYERS

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

TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

MAY 28 SENIOR CLASS

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7 p.m. Show starts at 8 p.m.

TOPEKA, (785) 357-5211
<http://www.topekacivictheatre.com>

JUN 17-SEP 23 ART WALK

Art Walk, sponsored by the Baldwin Community Arts Council, takes place on the 3rd Friday of the months of June through September. The art walk on September 16 is our Annual Cuppa Java event where you have an opportunity to purchase a hand-crafted mug and dessert. 718 High St.

BALDWIN CITY, (785) 594-3200
<http://www.baldwincitychamber.com>

BINGO

SUNDAYS & TUESDAYS
AMERICAN LEGION POST NO. 1
3800 SE MICHIGAN AVE, TOPEKA,
6:30 PM, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays.

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

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

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

WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS
3110 SW HUNTOON, TOPEKA, 6:30 PM,
(785) 235-9073

WEDNESDAYS
PINECREST APARTMENTS
924 WALNUT, EUDORA, 12:30-1 PM,
(785) 542-1020

WEDNESDAYS & FRIDAYS
EDGEWOOD HOMES
1600 HASKELL, STE 188, LAWRENCE
10:30 AM-12 NOON, (785) 760-1504

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

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

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

SUNDAYS & TUESDAYS
MOOSE CLUB
6 p.m.
1901 N KANSAS AVE, TOPEKA
(785) 235-5050

BOOKMOBILE

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

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

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

BOOK TALKS

THIRD TUESDAY OF EACH MONTH
COTTONWOOD RETIREMENT CENTER, 1029 NEW

HAMPSHIRE ST., LAWRENCE, 2 PM
BABCOCK PLACE, 1700 MASSACHUSETTS ST.,
LAWRENCE, 3 PM

THIRD WEDNESDAY OF EACH MONTH
BRANDON WOODS, 1500 INVERNESS DR.,
LAWRENCE, 10:30 AM
PRAIRIE COMMONS, 5121 CONGRESSIONAL
CIRCLE, LAWRENCE, 1 PM
WINDSOR HOUSE, 3220 PETERSON RD.,
LAWRENCE, 2:15 PM

FOURTH WEDNESDAY OF EACH MONTH
PRESBYTERIAN MANOR, 1429 KASOLD RD.,
LAWRENCE, 9:45 AM
SENIOR CENTER, 745 VERMONT ST.,
LAWRENCE, 1:30 PM

CLASSES/LECTURES

ONCE A MONTH AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail. Call to make reservation.
TOPEKA, (785) 354-5225

MAY 5
HOME MAINTENANCE 101
A Skillbuilders program presented by Neil Gaskin, owner, Natural Breeze Remodeling. Skillbuilders provides education and support for caregivers, widows and widowers. Lawrence Public Library auditorium, 10-11:45 a.m. For more information, call Sarah Randolph at Douglas County Visiting Nurses, Rehabilitation & Hospice at (785) 843-3788 or Pattie Johnston, Senior Outreach Services of the Library, (785) 843-3833 ext. 115.
LAWRENCE

MAY 5
I CAN COPE: EXERCISE DURING AND AFTER TREATMENT
Guest Speaker - Vic White, MS, ACSM, Health Fitness Specialist. The American Cancer Society and LMH Oncology Center are co-sponsoring this free four session program for people with cancer and their family and friends. Participants will have an opportunity to share concerns with others with similar experiences and to design ways to cope with the challenges that arise from a cancer diagnosis. Refreshments will be served. Attend one or all four sessions. Advance enrollment requested. Lawrence Memorial Hospital, Meeting Room A, 5:30-7 p.m.
LAWRENCE, (785) 749-5800

■ CONTINUED ON PAGE 19



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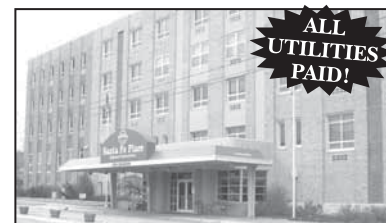


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■ CONTINUED FROM PAGE 18

MAY 12

SEARCHING FOR PEACE

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

MAY 12

I CAN COPE: MONEY MATTERS

Guest Speakers - Emily Donaldson, Stevens and Brand and Doni Mooberry, Mooberry Financial. Attend one or all four sessions. Advance enrollment requested. Lawrence Memorial Hospital, Meeting Room A, 5:30-7 p.m.
LAWRENCE, (785) 749-5800

MAY 19

CELEBRATION AND REMEMBRANCE

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

MAY 19

I CAN COPE: NUTRITION DURING AND AFTER TREATMENT

Guest Speakers - Barbara Hermreck, RD, LD CNSD, Dietitian, and Susan Krumm, CFCS, Nutrition Educator. Attend one or all four sessions. Advance enrollment requested. Lawrence Memorial Hospital, Meeting Room A, 5:30-7 p.m.
LAWRENCE, (785) 749-5800

MAY 26

I CAN COPE: CARING FOR THE CAREGIVER

Guest Speakers - Dona Snead, LCSW, Social Worker, and Debby McNemee, BSN, RN, OCN, Oncology Nurse. Attend one or all four sessions. Advance enrollment requested. Lawrence Memorial Hospital, Meeting Room A, 5:30-7 p.m.
LAWRENCE, (785) 749-5800

EXHIBITS/SHOWS

JAN 21-DEC 31

150 THINGS I LOVE ABOUT KANSAS

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

MAY 3-30

THE LAWYERS OF BROWN V. BOARD OF EDUCATION

This new exhibit will present the story of the trial attorneys who fought the Brown case and who, in the process, ultimately reshaped a nation. Hours: 9 a.m.-5 p.m. Admission is free. 1515 SE Monroe Street.
TOPEKA, (785) 354-4273

FAIRS/FESTIVALS

MAY 7

LANSING DAZE FESTIVAL

Crafts, car show, live bands, great food and entertainment.
LANSING, (913) 727-5488
<http://www.lansing.ks.us>

MAY 7

MARBLE DAYS

Old-fashioned family fun that involves Pinky Ball Run, marble tournament, games and much more. Cedar and Second St.
BONNER SPRINGS, (913) 422-5044
<http://www.lifeisbetter.com>

MAY 7 & 8

KANSAS SAMPLER FESTIVAL

In celebration of Kansas' 150th birthday, Kansas' communities will tell their story through creative attraction exhibits, Kansas-made products, demonstrators, historic performers, musicians and dancers, and food vendors. 4101 S 4th St Trfwy.
LEAVENWORTH, (913) 417-7575
<http://www.kansassamplerfestival.com>

MAY 21 & 22

BURLINGAME RODEO DAYS

Parade, rodeo, Santa Fe Trail tractor ride, antique tractor display, pedal tractor pull, crafts, flea market and food.
BURLINGAME, (785) 654-2421
<http://www.burlingameks.gov>

MAY 28

GLORY DAYS

Always the Saturday of Memorial Day weekend, Glory Days is located on Holton's shady square. Stroll and shop the craft and retail vendors, or quaint shops. Check out the car show. Enjoy food and drinks.
HOLTON, (785) 364-3963

FARMERS MARKETS

APR 12-NOV 3

LAWRENCE TUESDAY FARMERS MARKET

The market offers fresh fruits, vegetables, baked goods, flowers and herbs, along with musical entertainment. 1000 block of Vermont.
LAWRENCE, (785) 331-4445

APR 23-NOV 5

LAWRENCE FARMERS MARKET SATURDAY

Offering fresh fruits and vegetables, baked goods, flowers and herbs. More than 80 growers, bakers and fine craftspeople. Live music every Saturday morning. 800 block of New Hampshire.
LAWRENCE, (785) 331-4445
<http://downtownlawrence.com/farmersmarket.html>

HEALTH

MONDAYS THROUGH FRIDAYS FIT FOR LIFE

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee.
LMH KREIDER REHABILITATION SERVICES
LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS JAZZEXERCISE LITE

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of

Wakarusa at the intersection of Research Park Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No appointment necessary.
LAWRENCE, (785) 856-6030

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FIRST & THIRD FRIDAYS OF EACH MONTH HEALTH CHECKS

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

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

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

■ CONTINUED ON PAGE 20



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■ CONTINUED FROM PAGE 19

**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

MAY 4

CHOLESTEROL SCREENINGS

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

MAY 25

NATIONAL SENIOR HEALTH & FITNESS DAY®

Join us to participate in this free event which includes a presentation about the health benefits of fitness for older adults, inspirational stories from fit seniors, refreshments, blood pressure screening, and an optional health challenge walk (for those able to walk one mile). Lawrence Memorial Hospital. LAWRENCE, (785) 749-5800

JUN 1

CHOLESTEROL SCREENINGS

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

HISTORY/HERITAGE

MAY 2

KANSANS REMEMBER WORLD WAR II

Rachel Goossen will lead the discussion. World War II altered many lives, sending a generation of men and women across the state and overseas. The stories of nurses, pilots, chaplains, welders, and musicians provide a window into Kansans' journey to pacifist communities, factories, hospitals, and military service. This presentation focuses on oral histories of 1940s-era Kansans, as well as the present-day students who collected these stories. Ottawa Library Room 104, 6:30-7:30 p.m. OTTAWA, (785) 242-3080 <http://www.ottawalibrary.org>

MAY 7-OCT 16

BLACK JACK BATTLEFIELD & NATURE PARK 2011 TOURS

Admission for seasonal guided tours is free. Guided tours at 1 p.m. Saturdays and Sundays until the third Sunday of October. You may still visit us 365 days a year from dawn till dusk for self-guided tours. Black Jack Battlefield, 163 E 2000 Rd. WELLSVILLE, (785) 883-2106 <http://www.blackjackbattlefield.org/>

MAY 10

WELCOME TO THE MELTING POT - KANSAS IMMIGRANTS AND WESTWARD MIGRATION

With Isaias J. McCaffery. The chronicle of Kansas migration and settlement is complex. Join the discussion to learn about the social processes that drive communities, as they appear, disappear, combine, and sometimes resurface. Shawnee Town Museum, 11110 Johnson Drive, 7 p.m. SHAWNEE, (913) 248-2360 <http://www.kansashumanities.org>

MAY 17

57TH ANNIVERSARY OF BROWN V. BOARD OF EDUCATION

The theme this year is "Commemorating Our Nation's Struggle for Freedom: From Civil War to Civil Rights", that the Brown decision was part of an historic continuum that pre-dates the Civil War. Admission: Free Hours: 9 a.m.-5 p.m. 1515 SE Monroe Street. TOPEKA, (785) 235-3939

MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS

WATER AEROBICS CLASSES

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

FIRST MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent,

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

FIRST TUESDAY OF EACH MONTH

LAWRENCE AREA COALITION TO HONOR END-OF-LIFE CHOICES

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in 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 TUESDAYS OF THE MONTH

SCRAPBOOK MEMORIES

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

FIRST & THIRD TUESDAYS OF THE MONTH

GRIEF SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS & THURSDAYS

WATER AEROBICS CLASSES

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

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

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

FIRST WEDNESDAY OF EACH MONTH

OLDER WOMEN'S LEAGUE

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

WEDNESDAYS AND SUNDAYS

OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)

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

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

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

FIRST THURSDAY OF EACH MONTH

LAWRENCE AREA PARTNERS IN AGING

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

FIRST AND THIRD THURSDAY OF EACH MONTH

TRANSITIONS SUPPORT GROUP

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

FIRST FRIDAY OF EACH MONTH

STROKE SUPPORT AND RECOVERY GROUP

Providing an opportunity for learning and sharing.

■ CONTINUED ON PAGE 21



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Choosing a place for your loved one may not be easy. Talk to our counselors today and begin an education process with your family so you can help each other accept the changing needs of your loved ones. If you would like to come by for a visit or talk, please contact us anytime.

(785) 383-7094 • www.tammytheprohomeplus.com

■ CONTINUED FROM PAGE 20

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

TOPEKA, (785) 232-7765

SECOND MONDAY, SEPT-MAY

LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS

Volunteer service club.

LAWRENCE, (785) 331-4575

SECOND MONDAY OF THE MONTH

GRIEF AND ENCOURAGEMENT GROUP

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

TOPEKA, (913) 599-1125

SECOND MONDAY OF THE MONTH

CAREGIVER SUPPORT GROUP

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

SECOND & FOURTH MONDAY OF THE MONTH

ALZHEIMER'S/CAREGIVER SUPPORT GROUP

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

LAWRENCE, (913) 831-3888

SECOND & FOURTH TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

SECOND TUESDAY OF EACH MONTH

NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.

TOPEKA, <http://www.narvre.com>

SECOND & FOURTH TUESDAY OF EACH MONTH

SCRAPBOOK MEMORIES

Grace Hospice, 1420 Wakarusa, 6 p.m. All supplies provided (except photos).

LAWRENCE, (785) 841-5300

SECOND & FOURTH TUESDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

LAWRENCE, (785) 842-0543

SECOND WEDNESDAY OF EACH MONTH

MEMORY SUPPORT GROUP

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

LAWRENCE, (785) 832-9900

SECOND WEDNESDAY OF EACH MONTH

DIABETES EDUCATION GROUP

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

LAWRENCE, (785) 505-3062

SECOND THURSDAY OF EACH MONTH

NAACP MEETING - LAWRENCE CHAPTER

Meets at the Lawrence public Library Gallery Room at 6:30 p.m.

LAWRENCE, (785) 841-0030, (785) 979-4692

SECOND SATURDAY OF EACH MONTH

HAPPY TIME SQUARES SQUARE DANCE CLUB

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

LAWRENCE, (785) 843-2584

www.happytimesquares.com

THIRD MONDAY OF EACH MONTH

ACTIVE PRIMETIMERS

For ages 50+. Seniors group for friendship fun and travel. Luncheon meeting every third Monday at the Holidome. Reservations needed Thurs prior to meeting. Call Elsie for more information.

LAWRENCE, (785) 224-5333.

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 informa-

■ CONTINUED ON PAGE 22

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■ CONTINUED FROM PAGE 21

tion, please call Betty Scribner, membership chairman.

LAWRENCE, (785) 843-7481

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

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

Call Terry Frizzell at Heartland Hospice of Topeka for reservations.

TOPEKA, (785) 271-6500

THIRD THURSDAY OF EACH MONTH CAREGIVER SUPPORT GROUP

Baldwin Healthcare Center, 1223 Orchard Lane, 1-2 p.m.

BALDWIN CITY, (785) 594-6492

THIRD SATURDAY OF EACH MONTH

TOPEKA WIDOWED PERSONS BRUNCH

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

about the Widowed Persons Service Program, please call Julie.

TOPEKA, (785) 357-7290

FOURTH MONDAY OF EACH MONTH

GRIEF SUPPORT GROUP

Presbyterian Manor, 1429 Kasold., 4 p.m.

Sponsored by Grace Hospice.

LAWRENCE, (785) 841-5300

FOURTH TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP

PIONEER RIDGE ASSISTED LIVING LIBRARY

4851 HARVARD, LAWRENCE, 6:30 PM

(785) 344-1106

FOURTH WEDNESDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors.

Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1 p.m.

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

FOURTH THURSDAY OF EACH MONTH

TOPEKA GENEALOGICAL SOCIETY

TGS promotes and stimulates the education,

knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December.

TOPEKA, (785) 233-5762

http://www.tgstopeka.org

FOURTH THURSDAY OF EACH MONTH

CHRISTIAN WIDOW/WIDOWERS ORGANIZATION

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

TOPEKA

FOURTH FRIDAY OF EACH MONTH

AARP CHAPTER 1696

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

LAWRENCE, (785) 331-4247

FOURTH FRIDAY OF EACH MONTH

RETIRED GOVERNMENT EMPLOYEES

The Topeka chapter of the National Active and Retired Federal Employees (NARFE)

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

LAWRENCE, (785) 478-0651

MAY 5

THE WOMEN'S CONNECTION

"Up, Up, and Away!" Lunch will be held at The Capitol Plaza Manor Conference Center, 1717 S. Topeka Blvd. Former flight attendant Kathy Coleman will relate her experiences of "Surviving Life's Crash Landings." Her books will be available to purchase. The music will be provided by the Topeka West Choralaiers. Also featured in this program will be Susan Morrell, who delivers weight loss strategies and recipes every month on KSNT-TV's morning show. Reservations must be made by April 29.

TOPEKA, (785) 266-4062

■ CONTINUED ON PAGE 23

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■ CONTINUED FROM PAGE 22

MISCELLANEOUS

APR 6-DEC 7

SENIOR WEDNESDAY AT THE ZOO!

You're never too old to visit the Topeka Zoo and we have just the event for Senior Citizens. All seniors are invited to join us the first Wednesday of each month and enjoy coffee and an educational chat. Program is free with zoo admission. Event time: 9:30 a.m.

TOPEKA, (785) 368-9134
<http://www.topekazoo.com>

MAY 6 & 7

HASKELL INDIAN NATIONS UNIVERSITY POW-WOW AND COMMENCEMENT

Graduating students participate in colorful ceremony, many attired in traditional dress. Commencement is on May 6 at 10 a.m. Haskell Indian Nations University.

LAWRENCE, (785) 749-8404
<http://www.haskell.edu>

MAY 20

2011 ART TOUGEAU PARADE

Lawrence's own wheeled art parade featuring art cars and wheeled art creations from national, regional and local artists. Cars and other

wheeled vehicles of various shapes, ages and engine sizes are given new identities by their owners ranging from clever to comical to just plain nuts. 940 New Hampshire. LAWRENCE, (785) 843-2787

MAY 26-28

SHRINE RODEO

See cowboys duking it out with bucking broncs and bulls! Meet the Rodeo queens and see America's fastest horse, the Quarter Horse, carry cowboys as they rope, ride, wrestle and run barrels during all THREE nights of the rodeo. There's something for everybody with a craft fair and car show, too. Vendors on the grounds. Leavenworth County Fairgrounds.

TONGANOXIE, (913) 362-5300
<http://www.shrinerodeo.com>

MAY 27 & 28

2ND ANNUAL RED, WHITE, BLUE & BBQ

Come and enjoy an evening of fun watching competitors compete in the State Championship BBQ Competition. There will be a beer garden, live music, cruise night and food. BBQ judging will be on Saturday. Event time: 4-11 p.m. Admission is free. Expocentre Parking Lot.

TOPEKA, (785) 806-9898

JUN 2-JUL 7

DOWNTOWN LAWRENCE FILM FESTIVAL 2011

Annual Thursday night film festival. Bring your chair and Pass the popcorn! Screenings of classic films in Historic Downtown Lawrence. 9th & New Hampshire.

LAWRENCE, (785) 842-3883

JUN 3-12

DAY OUT WITH THOMAS™ AT MIDLAND RAILWAY

A family event that offers families the opportunity to take a ride with Thomas the Tank Engine™. Tickets will be available by going to www.ticketweb.com/downt or by calling Ticketweb at 866-468-7630. 1515 W High St. BALDWIN CITY, (913) 721-1211
<http://www.midland-ry.org>

JUN 4

BALDWIN CITY WIDE GARAGE SALE

Annual event sponsored by the Friends of Library featuring approximately 100 yard sales. Directories with information about each sale are available for purchase in front of the public library to assist you in your hunt for new treasures!

BALDWIN CITY, (785) 594-3411
<http://www.baldwincitychamber.com>

JUN 4 & 5

ARMED FORCES CELEBRATION AT FORBES FIELD

Activities, split between the Kansas National Guard Museum and the Combat Air Museum at Forbes Field, will include a parade, civil war and WWII military re-enactments, static aircraft displays, fly-ins (both civilian and military), a classic car show on Saturday and an antique car show on Sunday. Other activities will include hot air balloon, fire truck, amateur radio, radio-controlled models, rocket launching and sky-diving demonstrations.

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BOOKSHELF

Area author hones short story skills

By Margaret Baker

Carolyn Hart: *Dead by Midnight* (hc, William Morrow, ISBN 978-0-06-191497-3)

This is the 21st in Hart's traditional mystery series featuring Annie Darling, owner of the mystery bookstore, *Death on Demand*, and her rakishly handsome wealthy husband, Max.

The lovely Georgia sea island is again the setting. Widowed Glen Jamison's new wife has cut off funds to Glen's adult children and is sending

high school student Tom to boarding school. She's engineered the laying off of older employees at the family law firm. The list of those who would like her to fall is a long one, especially in this economy when finding other work on the island will be difficult.

However, it is one of the fired workers, the aging receptionist, who dies first, presumably of a prescription overdose. Annie doesn't believe it, especially as she hired Pat to work in the bookstore and she seemed to enjoy the new job.

While Annie and Max and a few friends remain in each mystery, this series remains fresh because each book introduces other islanders, and it is these characters whose lives provide the motives.

Warren Bull: *Murder Manhattan Style* (Trade paperback, Ninth Month Publishing, ISBN 978-0-9822271-3-8)

Great Manhattan Mystery Convention offered writing workshops before it ended a few years back. Warren Bull was an apt pupil, eventually becoming an instructor in some fields. Here he has collected 15 short stories, most set in Kansas. You'll find historical tales and a wide variety of mysteries. My favorites are the ones written in the style of Damon Runyon.

Katherine Hall Page: *The Body in the Gazebo* (hc, William Morrow,

ISBN 978-0-06-147426-2)

Two separate cases face Faith Fairchild, pastor's wife and culinary genius, in this latest mystery set in New England.

The first is close to home. An audit has turned up a discrepancy in the Discretionary Fund at the church. This fund is totally at the hands of the pastor, who uses it to quietly assist parishioners with financial problems. Faith's husband Tom is the only one with access to the funds. Tom's records shed no light.

Faith's best friend and neighbor, Pix Miller and family, will be gone for at least a week for her son's wedding. Pix worries about her elderly mother, Ursula, in declining health.

Ursula has a private duty nurse, but she is clearly worried about something. Faith agrees to come by often to sit with her.

Faith finds Ursula wants to unburden herself of a dark family secret. Over seven decades earlier, her beloved brother Theo was murdered (in the title gazebo) and an innocent man sent to prison. Ursula, a child at the time, was a witness.

All these years later, someone is now blackmailing Ursula, and her health can't handle the stress.

Seventy years is a long time to uncover clues and solve cases, to say nothing of clearing her husband's name.

Henning Mankell: *The Troubled Man* (audio, Radom House Audio Books, ISBN 978-0-307-87796-3. Read by Robin Sachs on 14 cds.

Regular print edition from Knopf and large print from Random House Large Print.)

Kurt Wallender, Swedish detective, has a new joy, his grand-daughter Clara, born to his daughter and her soon to be husband, Hans. Kurt has moved to a house in the country and gotten a dog. Kurt is invited to Han's father's 75th birthday party in Stockholm. Haken von Enke is a retired naval officer, his wife a



charming woman. Haken seems worried about something, but of course there isn't time to pursue it.

A bit later Haken takes his usual long walk into the nearby forest, and doesn't return. Searches turn up no clues—he's just disappeared. About three weeks later, his wife also vanishes.

It isn't his turf, but Wallender does get involved since he's on sick leave anyway. The clues seem to lead to espionage activities during the Cold War. Sweden, of course, was neutral, but very jealous of its seacoast, and there had been an episode of non-Swedish submarines intruding at a time Haken commanded one.

Omnipresent throughout is Wallender's failing health. He's becoming very forgetful, and he never has taken proper care of his physical health. Mentally he's depressed and is fearful of his future.

An intricate plot, nicely translated into English.

Lawrence Watt-Evans: *Young Man without Magic* (hc, Forget, ISBN 978-0-7653-2279-1)

Now for a bit of SF and Fantasy from the author of *The Obsidian Chronicles*. Watt-Evans creates a new Alvos and Orator series set in the Walasian Empire, a collection of provinces ruled by sorcerers.

At a coming of age event, all citizens are tested to determine if they have magic within. If so, they are recorded in the *Book of Sorcerers*, and are elevated in society.

As a very young child, Anrel Memeau had witnessed the deaths of both parents, sorcerers, from a self-inflicted spell gone wrong, and purposefully fails the test although he knows it will lead to second-class citizenship. He's scholarly and studious and is sent to further schooling to learn skills for employment. He's totally apolitical, since as a commoner without magic he thinks he has no solutions.

Anrel is fiercely loyal to his uncle who raised him, and his hot-headed cousin, who is his age, magical, and deeply into politics and the movement to improve the lives of the non-magical.

Anrel rises to defend a murdered friend, preferring the pen to the sword. As Alvos, the Orator, he becomes the common man's champion. Against him is arrayed the magical force of

corrupt Lord Allutar.

In this age of rebellion against despots, the themes of self-sacrifice and personal courage should resonate.

Watt-Evans has won the Hugo and Asimov awards in the past. This series looks to be as wonderful.

Spencer Quinn: *Thereby Hangs a Tail* (trade paperback, Atria, ISBN 978-1-4165-8585-5)

Chet and Bernie return in another private detective tail—oops, tale—in our Southwest. Bernie is a PI and Chet is his black Labrador sidekick.

And Chet-the-Jet, as Bernie's son calls him, is definitely a partner in the business. They have closed two cases by Bernie's intellect and Chet's teeth, and a friend in the police force

has recommended Bernie for a new case.

This case is right up their alley. They've been hired to bodyguard Princess, Countessa Adelina Borghese's prize bit of canine fluff. Someone has sent a picture of Princess with crosshairs over the head. The Dog Show World can be very rough, and Princess has many rivals whose owners will at least consider dastardly deeds to win.

However, Bernie doesn't get the job. But on the way back from being sacked before starting, he learns that Adelina and Princess were kidnapped at gunpoint. The Count thinks Princess was the actual target.

The story is told by Chet, and there is a lot of subtle humor from that viewpoint. Ever wonder what your dog thinks of human actions?

This is not a cutesy light weight story. The characters, human and furry, are well-defined, the plot and motive original and the timing fast. And lots more fun that weeding the petunia patch!

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

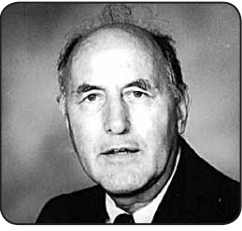


HUMOR

Man vs. Computer

Ruhl Agbah loved words, and he wanted people to use words correctly in speaking and writing. He was reasonably adept with social media. He tweeted a bit, but he assiduously avoided the limelight.

That's what makes this story ironic. Ruhl ended up smack dab in the middle of a publicity hater's nightmare.



Larry Day

Ruhl got into a knock down drag out Internet fight with a computer. The Internet incident made national news.

Ruhl inadvertently caused his own 15 minutes of fame. A TV talk show host used a plural pronoun with a singular noun on national television. The host said: "I'll give each panelist their own chance to speak on this issue."

That gaff made Ruhl shiver. Using a plural pronoun with a singular noun on national television was, he felt, like blowing one's nose into the palm of one's hand in public.

Ruhl got online and Googled the network's website. He phoned the number listed there. A recorded message told him to push a series of numbers on his keypad to reach the right department. It was frustrating. Rather than waste more time, Ruhl hung up

and sent a scorching email to the network's "contact us" Internet address.

Within minutes Ruhl received an email reply from the network. This was the computer-generated message: "Thank you for your comment. We take all comments and suggestions seriously..." Another sentence said, "This website is not monitored. Please do not reply to this message."

With quivering fingers Ruhl clicked "reply" then typed: "Go straight to !@#\$%^, you jerks." Within minutes another identical message came from the network: "Thank you for your comment. We take all comments and suggestions seriously..." And, "This website is not monitored. Please do not reply to this message."

Ruhl smiled. "Ohhhhh Kayyyyy," he said, and clicked "reply" and typed, "Thank you for nothing. This email address is not monitored. Please do not reply to this message." He pressed "send." Within minutes the identical reply came from the network. Ruhl copied and pasted his message into the "reply" space and pressed "send" again.

An hour later Ruhl's inbox was full of identical computer-generated network messages and his repeated replies. He opened each message to see if it had been written by a human being. No such luck. All the messages were identical and all had been computer-generated.

By that time Ruhl had calmed down. He felt better. He had taken a stand in favor of correct grammar, even if it turned out to be a back and forth argument with the television net-

work's computer.

An hour later the phone rang.

"Hello."

"May I speak to Mr. Agbah?"

"Speaking."

"Sir, this is Barbara Brandistone.

I'm a reporter with the Associated Press."

"Oh?"

"Someone here came across a lengthy Internet exchange between you and a national television network. Would you please tell me about that?"

"It wasn't an EXCHANGE," Ruhl said, raising his voice. "I stormed their electronic barricades trying to make human contact, but I failed."

Ruhl spoke with the AP reporter for another five minutes. Finally he said, "You're not going to make a big deal of this, are you?"

"No sir. I'm just doing a short piece about the Internet."

If Ruhl was mollified by her reply, he shouldn't have been. The AP reporter put Ruhl's Internet experience in the lead paragraph of her story.

A few days later when things had calmed down, Ruhl got a tweet.

"I'm here," he tweeted.

"Mr. Ruhl, This is Marygliss@. I want to apologize. Your experience with our system was regrettable. We have taken steps here at the television network to rectify the situation."

Ruhl: "That's good. Thank you."

Marygliss@: "Not at all, sir, we appreciate your input."

"Then the network got my message after all."

"Yes sir.

The two exchanged a few more pleasantries. Ruhl, happy that he had finally made human contact, signed off.

The next day Ruhl read an article that made his skin crawl. Cutting edge

software techniques, said the article, now allow corporation computers to interact with humans on twitter as if two humans were tweeting. Ruhl called Barbara Brandistone at the AP. She did some digging. It turned out that Marygliss@ was just a television network computer.

- Larry Day, B.A., M.A., Ph.D. is a former foreign correspondent newspaper reporter and journalism professor. He has written humorous fiction—sometimes intentionally—all his life.

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

CROSSWORD SOLUTION

R	A	D	A	R	O	B	I	T	C	O	B	B		
E	I	E	I	O	D	A	N	A	L	U	A	U		
S	T	U	M	B	L	I	N	G	B	L	O	C	K	S
I	C	C	B	O	N	G	O	A	S	H	E	S		
T	H	E	S	E	S	S	T	A	R	E				
			A	R	E	A			L	E	S	S	E	N
A	L	A	I		D	R	I	E	D		O	L	E	
C	O	L	L	I	S	I	O	N	C	O	U	R	S	E
T	O	T		B	A	N	C	O		L	E	A	D	
S	T	O	L	I	D				N	O	T	A		
			A	D	A	N	O		P	E	N	P	A	L
A	W	A	R	E		A	L	L	E	N		H	R	E
M	A	X	I	M	U	M	S	E	C	U	R	I	T	Y
O	L	L	A		S	E	E	N		R	E	L	E	T
S	T	E	T		E	D	N	A		E	C	O	L	E

SCRABBLE BRAND GRAMS SOLUTION

W ₄	E ₁	A ₁	K ₅	E ₁	S ₁	T ₁	RACK 1 =	92	
S ₁	U ₁	B ₃	A ₁	T ₁	O ₁	M ₃	RACK 2 =	61	
F ₄	O ₁	R ₁	B ₃	A ₁	D ₂	E ₁	RACK 3 =	63	
P ₃	A ₁	R ₁	A ₁	G ₂	O ₁	N ₁	RACK 4 =	61	
B ₃	U ₁	T ₁	T ₁	E ₁	R ₁	Y ₄	RACK 5 =	62	
PAR SCORE 260-270								TOTAL	339

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JUMBLE ANSWERS

Jumbles: BISON MINUS SUPERB DAHLIA

Answer: When the zoo built a monkey house, the crowds grew by - LEAPS AND BOUNDS

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TRAVEL TROUBLESHOOTER

Four stars for that resort? Says who?

The hotel Valerie Acosta booked through Hotwire.com isn't what she expected. The site claims it's a four-star resort, but the reviews say otherwise. How about a refund?

By Christopher Elliott

Tribune Media Services

QUESTION: I recently booked a four-star hotel in Playa Del Carmen, Mexico, through Hotwire. Hotwire claims its four-star hotels are prestigious, respected properties. Not only that, but the map of the area looks as if it runs along the coast, virtually ensuring a resort near the beach.

After I made my purchase, I found out I had a room at the Hacienda Vista Real Resort & Spa, which was located far away from the beach. According to TripAdvisor.com, they have at least 85 percent bad reviews. I am traveling with my husband and a baby, and want to avoid taking taxis

to get to the beach.

Initially, I tried to tell Hotwire that the hotel was neither prestigious nor well known, and that it wasn't close to the beach. But now that I've read the reviews, I'm even more concerned. Hotwire sent me a form response, saying, "We reviewed the hotel's location and verified it is within the Playa del Carmen - Playacar, Quintana Roo city area." What should I do? - Valerie Acosta, Fullerton, Calif.

ANSWER: Hotwire owed you more than a form letter in response to your request to review your hotel assignment. But before I get to Hotwire's mistake, let's talk about your booking choice. Did you say you booked a resort in Mexico for you and your baby through Hotwire? Seriously?

I'm not saying Hotwire doesn't have great rates on hotels—in fact, it often does. I've used Hotwire a time or two and saved a bundle. But it's not a sure thing. When you buy through the site, you don't find out the name

of the property until you've paid for it, and rooms are totally nonrefundable. You could end up with a hotel you don't want in a location you didn't expect, which is exactly what appears to have happened with you.

Another problem that's common to Hotwire is something called star inflation. That's when the site gives a property more stars than it deserves, in an effort to make more money. According to Hotwire, a "four-star" establishment is "distinctive" and offers premium service and amenities sure to make your stay more comfortable and convenient. Those can include gourmet dining, a cocktail lounge, a health and fitness center and concierge services.

TripAdvisor, which happens to share a parent company with Hotwire, gave your hotel a 40 percent negative rating when I checked. (Re-

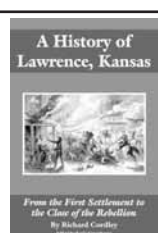
views ranged from "perfect" to "do not stay here.") Still, was it a four-star—or not?

I contacted Hotwire and asked if it was sure about the rating. A representative called you and told you they'd reviewed the Hacienda's rating, and decided it no longer warranted four stars. Hotwire offered you \$25 in gift certificates per night or a full refund. You decided to stay at the Hacienda and take the certificate.

- Christopher Elliott is the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a non-profit organization that advocates for travelers. You can read more travel tips on his blog, elliott.org or email him at celliott@ngs.org.

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PET WORLD

Puppy bites at people's shoes

QUESTION: My 9-month-old Lhasa Apso-mix bites at people's shoes as they're about to leave the house. Our dog even goes after my husband when he leaves for work. What could I have done to start this? - H.O., Las Vegas, NV

ly learn to go to the Manner's Minder rather than chasing company or jumping on visitors when the bell rings.

The product is available online on various websites, including www.amazon.com, currently for \$87. I know it's a hefty price tag, so here's another idea: Stuff a special treat inside a Kong toy or Busy Buddy toy (so it will take a few minutes to get out) or toss your dog's favorite toy in the opposite direction of the door. The dog will run after the toy or work the chewy instead of chasing shoes.

"At first, it's important to keep the leash on so you can direct your dog if necessary," says Yin. "Your dog will learn there's a special treat or a game that's more interesting, more fun than chasing people at the door."

- Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Send email to petworld@steve dale.tv. Include your name, city and state.

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Steve Dale

ANSWER: Applied animal behaviorist Dr. Sophia Yin, of San Francisco, has an idea, and that's to use her invention! It's a product called The Manner's Minder, a remote-controlled reward system that uses positive reinforcement for training dogs to shape new behaviors. A feeding tray rewards dogs by dispensing treats. Dogs quick-

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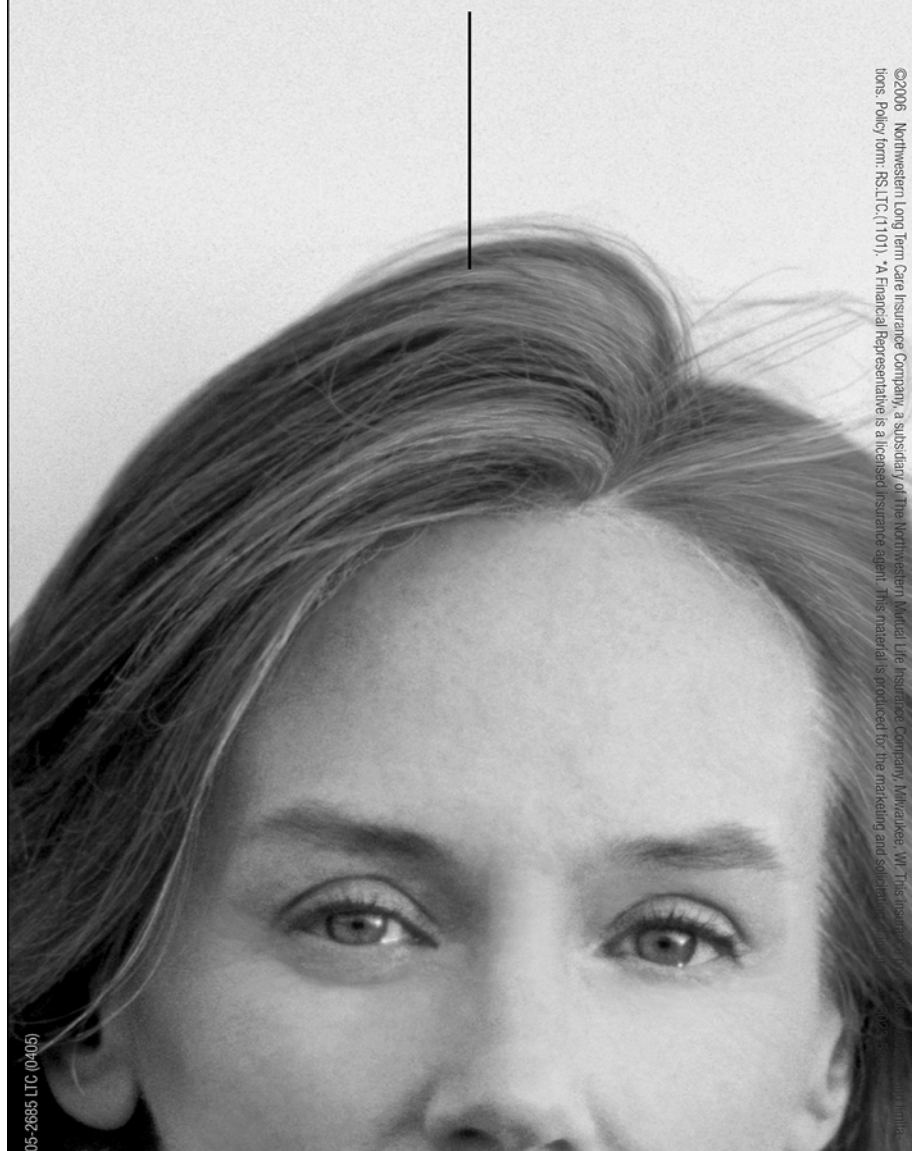
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WOLFGANG PUCK'S KITCHEN

Showcasing spring's peas

By Wolfgang Puck

Tribune Media Services

Fresh peas are among my favorite signs of springtime. I enjoy their sweet flavor, tender texture, and bright green color. And I also love their versatility.

Quickly steamed or boiled, peas are wonderful simply tossed with butter and fresh herbs. You can add them to a stir-fry of mixed vegetables. Toss them with steamed rice in a pilaf; or with fresh pasta in cream sauce, maybe also adding some chopped ham or crumbled bacon. I also enjoy combining them with potatoes and spices to fill the Indian-style turnovers called samosas. Or I'll make them one of the ingredients in the Italian flat omelet known as a frittata.

Then there's pea soup. Pureeing cooked fresh peas with broth and touches of butter or cream seems only to make their color even more vivid, their flavor even more appealing.

You can see how much power peas have to excite a chef's imagination. And the recipe I'd like to share with you today is yet another example of their seemingly unlimited range of uses.

Here, peas become a sauce that beautifully harmonizes with a tangy lemon-scented risotto and plump pan-seared sea scallops. Yes, the dish looks and tastes as elegant as it sounds. Yet, it is also surprisingly easy to prepare, especially with the help of some simple tips, making it a dish you could enjoy for casual family meals and special dinner parties alike.

First, of course, come the peas. You'll need about 1-1/4 pounds of fresh peas in the pod to get the 1 cup of shelled peas called for in the recipe. They're easy to shell: Just use your thumbs to split open each pod along its seam; then, sweep a thumb through the pod to push the peas into a bowl.

For the risotto, look for Arborio rice in the grains section of well-stocked supermarkets, or in Italian delis or specialty foods stores. This plump short-grained variety has the surface starch that, with the help of

diligent stirring, dissolves to make a creamy sauce, while the grains turn pleasingly chewy.

As for the scallops, buy ones that look moist and plump, with a fresh, clean scent of the sea. Be sure to cook them quickly over high heat, so they develop a golden brown surface while staying tender and moist inside. Feel free to replace the scallops with fresh shrimp, or substitute sauteed salmon fillets or even chicken breasts or medallions of lamb.

And there's one final secret to share. Frozen baby peas, also known by the French petits pois, are among the few vegetables that are excellent substitutes for fresh. So, if you enjoy this recipe, you can even go on making it for a year-round taste of spring.

LEMON RISOTTO WITH FRESH PEA SAUCE AND SEARED SEA SCALLOPS

Serves 4

PEA SAUCE:

2 tablespoons extra-virgin olive oil
1/4 cup finely chopped onion
1 cup shelled fresh peas
2 sprigs fresh thyme
1 cup water
4 tablespoons unsalted butter, cut into pieces
Salt
Freshly ground black pepper

LEMON RISOTTO:

2 tablespoons extra-virgin olive oil
1/4 cup finely chopped onion
1 cup Arborio rice
3 ounces dry white wine
1 cup organic chicken broth
4 tablespoons unsalted butter
3 tablespoons grated Parmesan cheese
Grated zest of 1 lemon
Salt
Freshly ground black pepper

SCALLOPS:

2 tablespoons extra-virgin olive oil
1 tablespoon unsalted butter
12 large fresh sea scallops, trimmed of any connective tissue, rinsed, and patted completely dry with paper towels

Salt

Freshly ground black pepper

First, make the Pea Sauce. Heat the olive oil in a saucepan over medium heat. Add the onion and saute, stirring frequently, until translucent but not yet browned, 3 to 5 minutes. Add the peas, thyme, and water. Bring to a boil, reduce the heat to a simmer, and cook until the peas are soft, about 5 minutes. Transfer the mixture to a blender and, following the manufacturer's instructions and taking care to avoid splattering, blend while adding the butter piece by piece. Season to taste with salt and pepper. Return to the saucepan and keep warm.

For the Lemon Risotto, heat the olive oil in a saucepan over medium heat. Add the onion and saute, stirring frequently, until translucent but not yet browned, 3 to 5 minutes. Stir in the rice until it looks glossy. Stir in the wine and cook, stirring occasionally, until the liquid has evaporated completely. Add the chicken broth and simmer gently while stirring constant-

ly, until the liquid has reduced by half, about 10 minutes. Add the butter and continue cooking gently, stirring occasionally, until the mixture becomes thick and creamy. Stir in the Parmesan and lemon zest. Season to taste with salt and pepper.

When the risotto is almost done, gently rewarm the sauce in its pan, and also start cooking the Seared Scallops.

For the scallops, heat a skillet, large enough to hold them without crowding, over high heat. Add the olive oil and butter and, as soon as the butter begins to foam, quickly season the scallops on both sides with salt and pepper and put them in the skillet. Cook until seared golden brown, about 2 minutes per side.

Spoon the warm pea sauce onto individual heated serving

plates. Mound the finished risotto in the middle of each plate. The moment the scallops are done, arrange them around the risotto. Serve immediately.

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You'll need about 1-1/4 pounds of fresh peas in the pod to get the 1 cup of shelled peas called for in the recipe.

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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.

GUEST COLUMN

Dignity for veterans at end of life

Hospice care is a covered service for all enrolled veterans of any age, authorized in the VA's Medical Benefits Package, on an equal priority with any other medical services. VA Medical Centers must provide, or purchase hospice care from a community hospice, when the VA determines that an enrolled veteran needs it.



Dale Williams

An estimated 1,600 veterans die every day in this country, most of them members of the Greatest Generation who won World War II. Veteran deaths make up 25 percent of all U.S. deaths. The median age of today's 26 million living veterans is 58.9 years. It is estimated that the veteran population in Shawnee County is 16,246.

For some veterans, the effect of combat experience may remain buried for years, emerging only when the veteran is very sick and dying. Doug Weadick, chaplain for the hospice unit at the Orlando, Florida VA Health Center says, "When you are dying, you look back on significant events. Combat is a form of intimacy—very traumatic, life changing. It defined who they were and became. What I see is that they want to process these events at the end of their lives."

The Department of Veterans Affairs (VA) hospice units have learned a critical lesson in caring for dying veterans: a patient's military service history is highly relevant to providing the most appropriate, personalized end-of-life care. Recognizing the unique needs of our nation's veterans who are facing a life-limiting illness is important in guiding veterans and

their families toward a more peaceful ending.

According to Don Schumacher, CEO of the National Hospice and Palliative Care Organization (NHPCO), all hospices are serving veterans but often aren't aware of that person's service in the armed forces. With support from VA headquarters, NHPCO and other end-of-life advocates, Hospice-Veteran partnerships are now forming at state and regional levels to honor veterans' preferences for care at end of life. This **We Honor Veterans** campaign is a giant step in helping hospice providers understand and serve veterans and work more effectively with VA medical facilities. VA's and hospices share a common goal of providing the best care specifically tailored for veterans.

"America's veterans have done everything asked of them in their mission to serve our country," said Don Schumacher of NHPCO. "Now it is time that we step upand fulfill our mission to serve these men and women with the dignity they deserve."

Volunteers are an essential part of all hospice care. In fact, Medicare requires that volunteers provide 5 percent of all patient care hours. Terminally ill veterans will talk with another veteran more easily than to a non-veteran. As hospices increase their efforts to respond to veterans, the demand for volunteers will grow. Volunteering may be a way that current veterans can lend support to those who are nearing the end of life's journey.

Not all hospices are the same. Knowing that your hospice team is trained in specific issues surrounding your service to your country is a valuable piece of this difficult decision.

- Dale Williams RN, BSN, CHPCA, is an executive director with Hospice Care of Kansas. He has 11 years of experience in the hospice field and is involved in the Hospice/Veterans Partnership.

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PUZZLES & GAMES

CROSSWORD

ACROSS

- 1 Speeder spotter
- 6 Last bio
- 10 Tommy Lee Jones film
- 14 Old MacDonald's refrain
- 15 Comic Carvey
- 16 Feast on Oahu
- 17 Inept aid for running backs?
- 20 Trucking regulating agcy.
- 21 Large, striped antelope
- 22 Frank McCourt's "Angela's ___"
- 23 Dissertations
- 25 Gaze fixedly
- 27 Square measure
- 29 Dwindle
- 33 Jai ___
- 36 Like prunes and raisins
- 39 Grand ___ Opry

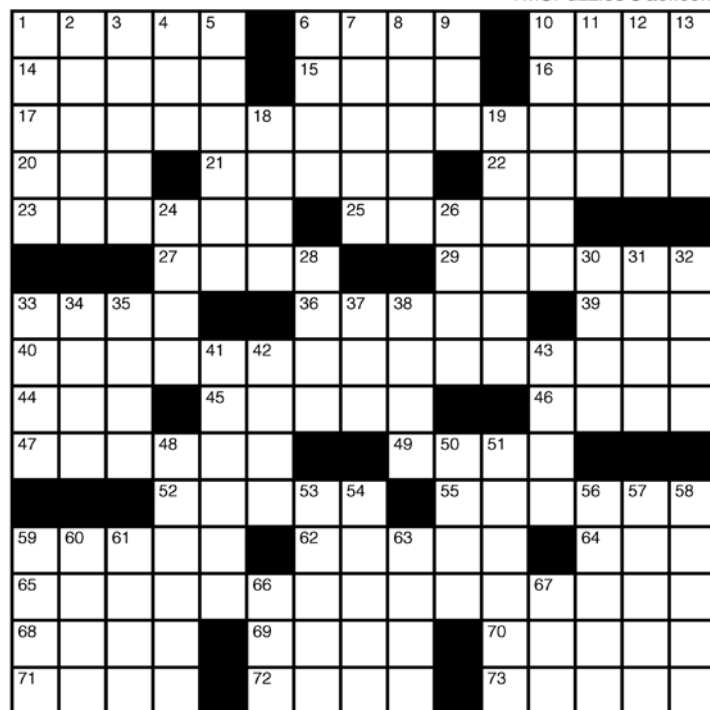
- 40 Tacklers' training?
- 44 Small child
- 45 Maximum bet
- 46 Star part
- 47 Impassive
- 49 ___ bene
- 52 Hersey's bell town
- 55 Cellmate?
- 59 Cognizant
- 62 Steve or Woody
- 64 Otto I's realm
- 65 Job of offensive linemen?
- 68 Spicy stew
- 69 Viewed
- 70 Find a new tenant for a flat
- 71 Editor's directive
- 72 Writer Ferber
- 73 School for Sartre

DOWN

- 1 Take a makeup exam
- 2 Eighth letter
- 3 Tennis tie?
- 4 Objective

- 5 Thief
- 6 Norse Zeus
- 7 Slams
- 8 Gold bar
- 9 PC key
- 10 Shuts
- 11 Cry of pain
- 12 Oven setting
- 13 Quick kiss
- 18 Misplace
- 19 Texas town
- 24 Spanker or spinnaker
- 26 One Baldwin
- 28 Tennis situation
- 30 Peeved
- 31 "Born Free" lioness
- 32 Poverty
- 33 Play parts
- 34 Spoils taken
- 35 Sax for Bird
- 37 Mythical bird
- 38 Privy to
- 41 Footnote reference
- 42 Ms. Thompson
- 43 ___-Ude, Russia
- 48 Rodeo rope
- 50 Oil cartel's letters
- 51 Faculty status
- 53 Identified
- 54 Mary Kate and Ashley
- 56 Sleuth Vance

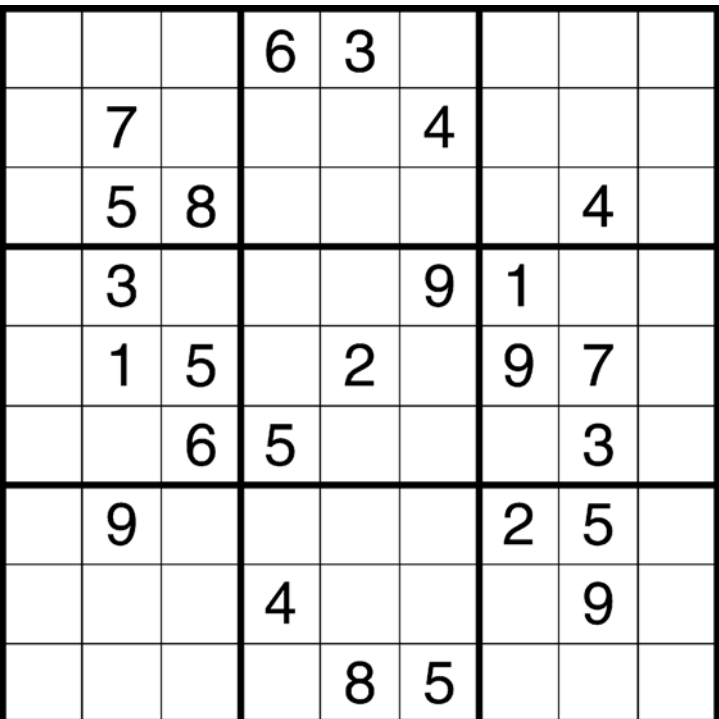
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By Philip J. Anderson
Portland, OR

- 57 Soviet collective
- 58 Philippines island
- 59 Follower of Joel
- 60 Poet Whitman
- 61 Wheel shaft
- 63 Chanteuse Horne
- 66 Employ
- 67 ___ room

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

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NUMIS
REBUPS
HAIDAL

Plenty of room to view them

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

A: [] [] [] [] [] AND [] [] [] [] []

SCRABBLE BRAND [G] [R] [A] [M] [S]

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Triple Word Score RACK 1: [A] [E] [E] [T] [K] [S] [W]

RACK 2: [A] [O] [U] [M] [B] [S] [T]

RACK 3: [A] [E] [O] [B] [R] [F] [D]

2nd Letter Double RACK 4: [A] [A] [O] [G] [N] [R] [P]

RACK 5: [E] [U] [Y] [R] [T] [B] [T]

PAR SCORE 260-270
BEST SCORE 339

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. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

For more information on books, clubs, tournaments and the school program go to www.scrabble-assoc.com or call the National SCRABBLE® Association (631) 477-0033.

Answers to all puzzles on page 25.

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PUZZLES & GAMES

BRIDGE

The Right Finesse

By Tannah Hirsch

Tribune Media Services

East-West vulnerable. South deals.

NORTH

♠-K Q J 4
♥-Q 3
♦-K J 4 2
♣-Q 9 4

WEST

♠-10 7 6 5
♥-10 9 7 6
♦-10 9 6
♣-K 5

EAST

♠-9 8
♥-A 8 5 4 2
♦-Q 7
♣-8 7 3 2

SOUTH

♠-A 3 2
♥-K J
♦-A 8 5 3
♣-A J 10 6

The bidding:

SOUTH	WEST	NORTH	EAST
1NT	Pass	2♣	Pass
2♦	Pass	3NT	Pass
Pass	Pass		

Opening lead: Ten of H

We continue with a hand from Eddie Kantar's "Thinking Bridge" series, written for the Daily Bulletin at the recent Summer North American

Championships held in Chicago.

With a ruffing value in hearts, North uses the Stayman Convention to check for a 4-4 spade fit. When there is none, he settles in three no trump.

"With two equal-length suits, both majors, the sequence suit is the preferred lead. East wins with the ace of hearts and returns the four, original fourth best. It is now clear (or should be) to East-West that they are ready to run - if they can just get in!

"As South, you start with eight sure tricks: Four spades, one heart, two diamonds and one club. Two finesses are available for extra trick(s), one in a suit missing the queen (diamonds), one in a suit missing the king (clubs). Which finesse to take?

"The one that works! Kidding. When two finesses are available, one suit missing a queen, the other a king, play the ace-king of the missing-queen suit. If the queen does not drop take the finesse in the missing king suit. It's like having the best of both worlds."

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

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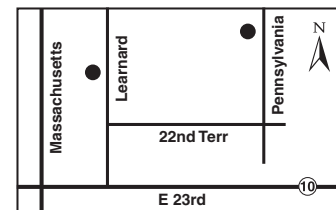


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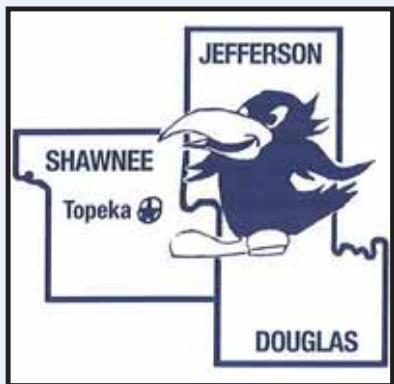


Amazing Aging!

For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc.
Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

SPRING 2011



Our Mission

Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- Is a 501(c)3 non-profit organization
- Is funded by tax-deductible contributions, federal funds, under state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability



Fun, Food, Music and Dancing

Get ready to dust off those dancing shoes and rev up your appetites because JAAA's "There's No Place Like Home" fundraiser will be held on Wednesday, May 18th from 5:30 p.m. to 9:30 p.m. at Great Overland Station. Could there be a more beautiful venue? Or a finer swing band to dance and listen to than The Kings of Swing? Or better food than that provided by Aboud's Catering?

We don't think so! Even bet-

ter, while having a fantastic time, you'll be supporting a wonderful cause because all proceeds benefit our Guardian Angel Fund. This year's event will also feature drawings for exciting themed baskets and a special sealed-bid auction for an NCAA authorized basketball autographed by The University of Kansas 2010-2011 basketball players and coaches.

The above photo of last year's dance speaks louder than

words. Notice the participants of all ages having fun dancing. The page 2 photo shows others watching the swirling dancers from floor-side tables and the balcony overlooking the dance floor. We're striving to make this year's event even better. Tickets are a bargain at \$15. Previous events have sold out so buy your tickets now at JAAA, 2910 Topeka Blvd. We hope to see you at "There's No Place Like Home!"

A Message from Jocelyn Lyons, JAAA Executive Director

While I sit here putting my thoughts together for this newspaper article, the outside temperature is rising, the sun is shining and I cannot help thinking about how nice it would be to be outside! That's the wonderful thing about spring, feeling the spirit of renewal by being active in our neighborhood and community.

Every May since 1963, people in towns and cities across the nation have come together to celebrate the enormous contributions of older Americans — borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our older adults as they continue to en-

rich and strengthen our communities. Jayhawk Area Agency on Aging is joining the festivities with special activities and events.

The theme of this year's celebration is *Older Americans: Connecting the Community* pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities.

During my tenure of employment at Jayhawk Area Agency on Aging, older consumers have become more active in community life than ever before, thanks in part to advances in healthcare, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are

out and about giving back and making a difference in our communities through volunteering on boards, input in planning redevelopment of their community, advocating to policy makers on senior issues, etc.

Our older adults step up to assist one another as well. Across our communities in Douglas, Jefferson and Shawnee counties, seniors are connecting with other seniors by delivering meals, helping with home repairs, assisting with shopping, offering companionship, peer counseling and being caregivers. These efforts often remind us that when older adults are active and engaged in our communities, everyone benefits.

Help us celebrate Older Americans Month! Join us by attending our annual There's No Place Like Home dance, May 18 at the Great Overland Station. Educate yourselves by attending health fairs scheduled during the month of May. Contact your local volunteer organization for a listing of volunteer opportunities. And, finally, I challenge community leaders and corporations to recognize older adults by becoming a partner with Jayhawk Area Agency on Aging in our continued efforts to plan and develop programs in Douglas, Jefferson and Shawnee counties that afford older adults continued independence as they age in place.



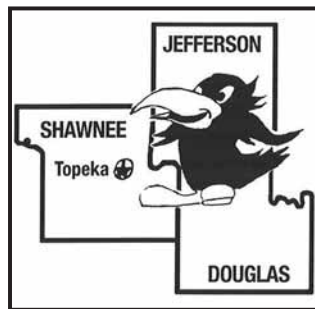
Lyons

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
- Funded by annual contributions from readers like you, and advertising
- Copies distributed: 7,000+

You are encouraged to write us at:

Jayhawk Area Agency on Aging, Inc.
2910 SW Topeka Blvd.
Topeka, KS 66611-2121
(800) 785-1366 or (785) 235-1367

Marsha Henry Goff, editor



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Jayhawk Area Agency on Aging does not discriminate on the basis of race, color, national origin, sex, age, or handicap. If you feel you have been discriminated against, you have a right to file a complaint with the Agency. In accordance with ADA regulations, every effort will be made to accommodate people with disabilities. If you need special assistance, please call **Jocelyn Lyons** at Jayhawk Area Agency on Aging, Inc.



Topeka's Union Pacific Station was born in 1927 and reborn in 2004 as Great Overland Station. It serves as a beautiful venue for JAAA's "There's No Place Like Home" annual fundraiser. Flags representing every state wave in the soft spring breeze in front of the station, while inside dancers and listeners sway to the music of Kings of Swing and diners enjoy the delicious food provided by Aboud's Catering. Join Honorary Chairs Susan and Dr. Jerry Farley in an unforgettable evening and help a wonderful cause.

Guardian Angel Fund

JAAA established its Guardian Angel Fund, with initial funding provided by Barney Brayman and his late wife Joan, to meet the urgent needs of desperate seniors which could not otherwise be met. As part of its mission, JAAA allocates federal and state funds to providers of services to seniors in the counties of Shawnee, Douglas and Jefferson, but those funds have restrictions on how they may be used and, even when needs meet those restrictions, bureaucracy often takes precious time.

For example, if a furnace stops functioning in sub-freezing temperatures or a water

heater ruptures in the middle of the night, time is of the essence. Guardian Angel Fund can often help in those cases. The fund has also provided life-saving prescription medications, electric blankets, walkers, carbon monoxide detectors, a window air conditioner for a hospice patient with Parkinson's and Alzheimer's diseases, a train ticket for a grieving mother to attend her daughter's funeral, and so much more.

Would you like to be someone's guardian angel? If so, please fill out the card at right and send it with your contribution. Thank you for caring.

You have the opportunity to be someone's

Guardian Angel

when Jayhawk Area Agency on Aging holds its annual fundraiser "There's No Place Like Home" on May 18, 2011, 5:30 p.m. at Topeka's Great Overland Station

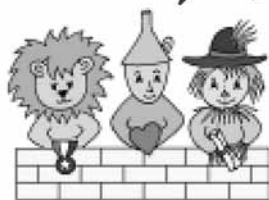
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All proceeds benefit JAAA's

Guardian Angel Fund



We are each of us angels with only one wing, and we can only fly by embracing one another. ~Luciano de Crescenzo

Jayhawk Area Agency on Aging's There's No Place Like Home

All proceeds benefit

Guardian Angel Fund

"There's No Place Like Home" accurately describes the mission of JAAA to enable seniors to age in place, to live in their homes as long as possible. We are grateful for your contribution because it enables us to better fulfill our mission. A great many seniors in Shawnee, Jefferson and Douglas Counties will live out their lives in comfort and dignity because of your generosity.

Yes, I want to help! Here is my check for:

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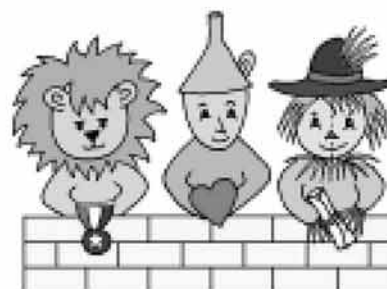
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Your contribution to JAAA is tax deductible.

Buffy's day at the spa courtesy of the Guardian Angel Fund

By Marsha Henry Goff

If Buffy the Shih-Poo is George Mills best friend, the reverse is certainly true. George, 89, adopted Buffy, 18 (126 in dog years), when she was five and her previous owner, an elderly woman, moved to a nursing home. The woman's neighbors feared that Buffy would go to a pound and be euthanized until one neighbor remembered that George had mentioned wanting a dog. George quickly agreed to adopt Buffy and the two became fast friends.

Buffy has the best of everything that George can give her on his limited income and he also keeps food on his back porch for the many cats that roam his neighborhood. A long-retired small businessman, George owned Mills TV, one of the first television sales and repair stores in Topeka, and also owned Melody Music (a record store he named after his daughter). He is still active in a postage stamp club which he previously served as president.

When George became a client of Jayhawk Area Agency on Aging, his case manager, Lisa Shaedler, noticed that Buffy might benefit from grooming, an unaffordable luxury for George's income, but one he recognized was necessary to improve Buffy's overall well-being, especially her vision (she is blind in one eye). "She's my dog" he says, "and it's my obligation to take care of her."

Lisa checked around and found a veterinarian who wasn't deterred by Buffy's age and drew on Guardian Angel Funds to pay for the grooming service. Buffy was transported by a friend to the vet's office in a cat carrier. She apparently enjoyed her day at the spa and came home neatly trimmed, sporting a red bandanna around her neck. As she trotted to the back door, each cat eating on the porch greeted her with the feline equivalent of a "fist bump."

George was as thrilled with the transformation as Buffy and kept asking, "Do you like it, Girl?" To Lisa, he expressed his sincere gratitude: "There isn't anything you could do for me personally that would mean more to me than what you have done for my dog."

There are many seniors whose closest companions are pets. Both benefit — as do George and Buffy — from the relationship. A May 1999 study published in the Journal of the American Geriatrics Society showed that independently living seniors who have pets tend to have better physical health and mental well-being than those who do not. Seniors with pets are more active, cope better with stress and have better overall health. A 1997 study showed that elderly pet owners had significantly lower blood pressure overall than their contemporaries without pets.

As George so aptly puts it, "Animals have a place on this planet, too."



George and Buffy

JAAA Offers 'Tai Chi for Health' Classes

Tai chi is a gentle exercise that improves flexibility, muscle strength, posture, cardiovascular fitness and immunity. It also reduces pain, stiffness and stress. "Tai chi for Health" Programs — developed for the Arthritis Foundation by Paul Lam, MD — are safe, enjoyable, easy to learn and designed for all ages and fitness levels. The Center for Disease Control has proclaimed tai chi as one of the main ways to prevent falls.

Mae Lovell, RN, is certified by the Arthritis Foundation to teach the classes. She learned tai chi in China where she lived

part-time for six years. Classes are held Wednesday mornings at 10:30 and Thursday mornings at 9:15 and 10:30. A chair tai chi class, held on Wednesday mornings at 9:30, is recommended for Parkinson's patients and their caregivers. Classes are limited to 15 participants so pre-registration is necessary by phoning JAAA at 785-235-1367 or 800-798-1366.

There is no set fee for the classes, but donations are expected from participants so the classes may continue to be offered.

Lawrence Meals on Wheels forges partnership with Hy-Vee

For 35 years, Lawrence Meals on Wheels has contracted with Lawrence Memorial Hospital to provide meals for homebound residents with special dietary needs. However, a scheduled kitchen renovation at the hospital caused LMOV Director Kim Culliss to search for a new caterer. While the hospital offered to supply sack lunches for mid-afternoon pickup and delivery by LMOV's 160 volunteers, Culliss realized that time of day would not work for either clients or volunteers.

The Hy-Vee on 6th Street, one of two Hy-Vee stores in Lawrence, offered to partner

with LMOV and Culliss is excited at the prospect at working with Kylene Etzel, Hy-Vee's registered dietitian, to provide all clients with good-tasting, heart-healthy meals with reduced sodium and calories. Etzel will then refine menus for those who require gluten-free or other specialized meals.

Etzel notes that Hy-Vee is experienced in catering to the needs of homebound individuals with special dietary needs because the company has entered into similar partnerships in other states. If the noon-time crowds at the restaurants of both Lawrence Hy-Vee stores

are an indication, LMOV clients are in for nourishing and tasty meals beginning on May 31. This is Hy-Vee's first home-delivered meal partnership in

the State of Kansas.

Jayhawk Area Agency on Aging provides the funding for more than 80 seniors who receive meals from LMOV.



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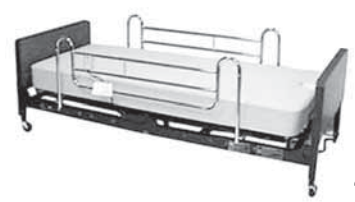
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Plan now for a future disaster

By April Maddox

Are you prepared for a disaster? Have you wondered what type of help will be available if a disaster did occur? Do you know what your community and local community-based organizations are doing to be prepared?

If you are asking yourself these questions you at least have a start to being prepared for a disaster. Springtime brings many threats of dangerous weather which means we all need to be prepared. If a disaster does occur in your community, local government and disaster relief organization will try to help you, but you need to be ready as well.

In Lawrence, there is a grassroots community work group called Together Prepared which is doing their best to make sure you know how to be prepared. The mission of Together Prepared is to ensure that local capabilities exist for enhancing personal readiness through training and education to minimize the impact of disasters on vulnerable populations. This coalition was formed and held its first forum for community-

based organizations (CBOs) in November of 2008.

The coalition holds quarterly forums on topics related to emergency preparedness. Forum topics have included: Continuity of Operations Planning for agencies, preparing CBO agencies and consumers for hazardous weather, pandemic flu tabletop exercise, a panel of emergency response agencies discussions expectations from the public and realistic expectations from response agencies during a disaster or emergency event, and information for consumers on personal preparedness.

If you would like to know more about the coalition you can contact:

April Maddox
Case Management Program
Manager
Jayhawk Area Agency on
Aging
785-235-1367
or
Charlie Bryan
Preparedness Coordinator
Lawrence-Douglas County
Health Department
785-843-3161

Eye of the Beholder

A little boy ran to his grandmother, crying because other children were teasing him about his freckles.

"Why, I think freckles are beautiful," said his grandmother. "Can you tell me one thing that is prettier than freckles?"

The little boy raised his tear-streaked face and touched his grandmother's cheek. "Yes," he said with a sigh, "Wrinkles."



Don't miss your chance to bid on an NCAA basketball autographed by players and coaches of The University of Kansas 2010-11 Men's Basketball Team.

Place your written bid with contact information in a sealed envelope and deliver by mail or in person to Jayhawk Area Agency on Aging 2910 SW Topeka Boulevard Topeka, KS 66611 by noon, May 18, 2011. Minimum bid: \$200.

Successful bid announced that evening at JAAA's "There's No Place Like Home" event at Great Overland Station. You need not be present to win.

All proceeds benefit

Guardian Angel Fund

Questions: 785-235-1367

Safety Matters Seminar in Lawrence

You are invited to attend a "Just Ask" Learning Seminar sponsored by Lawrence Presbyterian Manor on Thursday, May 5 from 2:00-3:00 p.m. at First Baptist Church, 1330 Kasold Street, Lawrence, KS. Presenter

Darrell E. Elliott, State Coordinator of the Kansas Senior Medicare Patrol (SMP) Project, will focus on fraud schemes including Medicare and Medicaid fraud. The presentation is targeted to people over 55.

Topeka's Franchise Fee Refund Program

Tax season is over, but you can still apply for the City of Topeka's Franchise Fee Refund Program.

If you qualified for a Kansas Homestead Property Tax refund, you can also apply for

the Franchise Fee refund. For questions regarding the refund programs available in Douglas, Shawnee and Jefferson Counties please call JAAA at 235-1367 for more information.



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What is the difference between a Mail order pharmacy and an online pharmacy?

A mail order pharmacy is an actual licensed pharmacy with a physical location and licensed pharmacists who fill the prescriptions with due diligence that is required of a licensed pharmacist. An online pharmacy can simply be a call center set up anywhere that farms out prescriptions to any wholesaler or pharmacy in the world that offers the best price. The online pharmacy is usually NOT a licensed pharmacy. Therefore they do not have all of the safety standards in place. They offer some incredible low prices to get people to order, but they can have some very dangerous products. If a price "sounds too good to be true" – it is.

Are all drugs sold in the US made in the US?

No. While a good deal of research and development is done in the US, most of the drugs are manufactured elsewhere and sent into the US and to other countries. Most of the generic drugs sold at well known large pharmacy retailers are purchased from the same suppliers that our pharmacies use.

Why do some drugs have different names or appearances?

The pharmaceutical industry will change the names of a drug for different countries so they can track where it is being sold. They will also change the color and shape of pills for different medications. For example, Nexium, "The purple pill" is only purple in the US.

How do generics compare to Brand and why are they available overseas and not in the US at the same time?

All of the generics we get are from manufacturing facilities that provide generics at the present time to the US market. Generics are available in other countries sooner than the US because the same patent protections do not apply to other countries. Generics must be made of exactly the same formulary that the brand is made from. It can have a different binder, but must be the same medication. All drugs being manufactured go through the same stringent requirements as the brands.

What about all the counterfeit drugs that are becoming prevalent?

The pharmacies that we work with have strict quality control and operate to the highest standards. All medicines that enter into their pharmacy system are obtained by licensed wholesalers, not brokers. These are wholesalers licensed by the drug manufacturers to ensure product safety. The drugs are all manufactured in FDA or its equivalent agency inspected plants. Drugs are randomly sent to independent labs for further testing to ensure the quality and safety by each of our pharmacies.

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Actos 45mg, 90 pills	\$ 872	\$240	72%
Aricept 10mg, 100 pills	\$1082	\$271	74%
Boniva 150mg, 3 pills	\$ 408	\$129	68%
Cymbalta 60mg, 90 pills	\$ 487	\$171	64%
Domperidone 10mg, 90 pills	\$ 71	\$ 19	64%
Latisse 0.03%, 3ml bottle	\$ 127	\$ 30	76%
Namenda 10mg, 100 pills	\$ 366	\$150	59%
Nexium 40mg, 90 pills	\$ 616	\$147	76%
Plavix 75mg, 90 pills	\$ 612	\$155	74%
Premarin 0.625mg, 84 pills	\$ 200	\$ 42	79%
Propecia 1mg, 90 pills	\$ 242	\$ 93	61%
Singulair 10mg, 90 pills	\$ 459	\$144	68%
Spiriva 18mcg, 90 pills	\$ 678	\$162	76%
Viagra 100mg, 16 pills	\$ 335	\$ 91	72%
Vytorin 10/40mg, 90 pills	\$ 402	\$199	50%
Xalatan 0.01%, 1 bottle	\$ 103	\$ 33	67%
Zetia 10mg, 100 pills	\$ 430	\$142	66%
Zyprexa 20mg, 100 pills	\$3744	\$389	89%

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Urinary track infections can be deadly in elderly patients

By Marsha Henry Goff

Half of all women will have a urinary track infection (UTI) in their lifetimes. A UTI (bladder infection) is the body's second-most common infection type — more likely to occur in women than in men — and, according to the National Center for Health Statistics, accounts for nearly 8.3 million doctor visits each year. For some women, the condition may become chronic. One in five women who have a UTI will have a second infection; almost 30 percent of those with a second UTI will have a third. While UTIs are easy to cure with antibiotics, if left untreated, they can be deadly and are a leading cause of sepsis, a potentially life-threatening infection of the bloodstream.

Several years ago, I was at a therapy session with my hospitalized mother when her condition deteriorated rapidly, frightening both me and the

physical therapist, who rushed Mom back to her room. Mom was a sharp-as-a-tack 83-year-old, still filing income taxes for her clients and an avid fan of Jayhawk basketball. In her room, where the bulletin board prominently noted the times of KU basketball games, I asked her nurse to summon the doctor. "Something is radically wrong," I insisted.

"She's confused," said the nurse who had been interacting with Mom for several days and knew that wasn't her common state.

"That's why I know something is wrong!"

"Well, she's old," the nurse replied.

Once summoned, the doctor recommended hospice care for Mom. My sisters and I were stunned, but arranged for our mother's transport home the next day. The hospice nurse said that Mom, whose breathing could be heard in the farthest corners of the house,

probably wouldn't live more than a few hours.

What put my mother at the brink of death was the onset of sepsis from an untreated UTI. The symptoms of a UTI in the elderly are very different from those in younger patients. In fact, sudden confusion or an abrupt change in behavior in elderly individuals should be a red flag for medical personnel, caregivers and family.

In such cases, family members who intimately know the individual must be prepared to be assertive in telling doctors and nurses that such behaviors are unusual. Not all physicians and nurses will dismiss symptoms as casually as my mother's nurse did, but it does occasionally happen.

Other UTI symptoms include general discomfort, blood in the urine, a feeling of being overly-tired and pain during — and even when not — urinating. Back and side pain may indicate the infection has reached

the kidneys. Men might feel fullness in the rectum. UTIs in men can lead to prostatitis. An elderly individual will rarely run a fever, but if he or she does, it is considered an emergency and an indication of a serious infection.

Among things you can do to try to prevent UTIs are drinking plenty of water, getting proper nutrition and completely emptying your bladder when urinating. Some studies have indicated that drinking cranberry juice may ward off UTIs.

My mother was fortunate to survive her UTI-induced sepsis. My sisters and I opted to administer strong antibiotics which we asked the doctor to prescribe and, in spite of being nursed by four daughters with good intentions but no medical training, Mom was dismissed from hospice care two weeks later. Her family is grateful that she enjoyed four more productive and happy years with us.



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Friends for Life: A New Concept in Assisted Living

Four Huntington, Indiana couples — the Pipperts, the Everlys, the Millers and the Augspurgers — have taken the concept of assisted living to a new level. The eight friends met in church 40 years ago and quickly developed a deep friendship. Together, they shared dinners, traveled the world and supported each other through life's ups and downs.

Then they did something to ensure the friendship would last as long as they did. The friends jointly bought 20 acres with a stream, pond, woods and trails and built four houses, each with a special feature. One boasts a home theater, another has a gym. There is a woodshop in one home and a

hot tub in another. The friends spend a lot of time together and are happy to explain the advantages in their unique arrangement.

David Miller "did not want to wind up as a stereotypical retiree that sits in a chair and is dead within 13 months." He says that "by living with all these different people, we encourage and prod each other into staying active and doing things."

"That is going to help keep us younger," says John Everly, "and keep our minds a little bit sharper. We're gonna be healthy longer."

Mary June Augspurger notes that the friends are already doing errands for each other and says the arrangement is "a

senior commune. That's exactly what it is!"

The friends have agreed to care for one another as they age and to help each other avoid the nursing home and stay in their homes as long as possible.

Raymond Pippert sees another advantage to the arrangement. "In older age, if you lose your spouse, you're left out of a lot of things. We've known each other for 30-40 years and when one of our spouses dies the other person will still be included in activities, in meals. They won't suddenly be out in the cold."

These four couples — friends for life — have created a family by choice.

- Editor's Note: Raymond and

Betty Pippert are high school sweethearts who grew up in Lawrence, Kansas. Raymond Pippert has the distinction of celebrating his 70-something birthday by bungee jumping off a bridge in New Zealand.

Mental Health and Seniors

Of the nearly 35 million Americans age 65 and older, an estimated 2 million have a depressive illness and another 5 million may have depressive symptoms. Depressive symptoms are not a normal part of aging.

Older Americans are disproportionately likely to die by suicide. Among those with the highest rates were white men age 85 and older.

Older adults need opportunities to express feelings such as anxiety, frustration or grief, and receive recognition that these feelings are normal and valid.

Caregivers can help by providing information about:

- How to work with the medical system
- How to describe what they are experiencing
- What questions to ask their physicians

In previous generations, mental illness was often seen as a sign of weakness, failure or shame. Seniors may believe that mental health problems are a natural part of aging and avoid seeking help they need.

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CHAMPSS Meal Program Provides Seniors with Choice

In increasing numbers, seniors are turning their backs on traditional congregate meal sites. The reasons vary: some seniors do not like the food offered; others cite the drabness of specific facilities where meals are served; the "one time to eat fits all" doesn't work for many seniors; and making a reservation 24 hours before the meal is a problem for those who enjoy being spontaneous.

As she watched the numbers decline at congregate mealsites during recent years, Jocelyn Lyons, executive director at Jayhawk Area Agency on Aging, became convinced that there must be a better way to provide seniors with healthy meals and increased socialization by giving them a choice of what and when to eat.

Happily, there is! The CHAMPSS (Choosing Healthy Appetizing Meal Plan Solution for Seniors) program allows seniors a choice in what and when they eat. The program was initiated three years ago by the Johnson County Area Agency on Aging in partnership with Hy-Vee and was the first senior nutrition program in the nation to partner with a grocery store. The CHAMPSS program has proved so popular that it has expanded to three stores in Johnson County and similar programs are popping up in other states (among them, Iowa and Pennsylvania).

The simplicity of the program appeals to seniors. A CHAMPSS credit card is loaded with up to 12 meals (\$2.50 a meal is the suggested donation although, since the value of the meal is \$5, participants are invited to be as generous as their budgets allow). Participants then take their cards to a participating Hy-Vee store where they choose an entree, fruit, and vegetable of their choice, along with bread and low-fat milk at the store's restaurant, then swipe their card, thereby removing one meal. The CHAMPSS card may be used once a day, seven days a week, either for breakfast, lunch or dinner. Meals are funded in part through the Older Americans Act and the Kansas Department on Aging.

For six years, Lyons has worked to initiate such a program in the area served by Jayhawk Area Agency on Aging. Her efforts have recently been rewarded with The Oskaloosa Choosing Healthy Meals Program in partnership with Oskaloosa's Downtown Cafe (also known as Rosie's Cafe) which began operation on April 1. The 78 seniors currently enrolled in the program have ordered a total of 984 meals using the CHAMPSS card. Two weeks into the program, 305 meals had been served to an average of 23 persons dining per day.

JAAA is awaiting approval

by the Kansas Department on Aging to initiate a Topeka CHAMPSS program. Lyons says, "Stay tuned. Choice may be coming soon to Topeka area

seniors. Eventually, I hope we can expand the program to seniors in other communities served by Jayhawk Area Agency on Aging."

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Call Kevin at (785) 841-9417 for information about advertising in the next issue of Amazing Aging!

Would you like to serve seniors? Call Jocelyn Lyons at 785-235-1367 or 800-798-1366 to discuss joining JAAA's Board of Directors or Advisory Council.

Dancing Over The Hill

By Marsha Henry Goff

I'd like to blame someone else, but it was my idea — and solely mine — to enroll in dance-aerobics class. I would never have thought of it had my walking-buddy Estel not suggested that we move our walks to an indoor track when the weather became cold. As we circled the gym, women on the court exercised vigorously to music and seemed to be having a great time! It looked fun. It looked easy. But now I know there is probably never a better example for use of the phrase "looks can be deceiving."

While I was unsuccessful in persuading Estel to join me in taking the class, it was easy to talk my daughter-in-law into enrolling. "I know I need to get more exercise," said Valerie, a size 6 mother of three of the world's cutest and smartest children. And so — wearing sweats in lieu of leotards and carrying beach towels because we were too cheap to buy exercise mats — Val and I set off for our first class.

Four notes into the first song, I realized I lacked rhythm. It appears that when — along with all the other babies waiting to be born — I was in the line where God was dispensing rhythm, I said the same thing as when He offered me the ability to understand algebra: "I don't think I'll be needing that." Then I headed

for the line of babies waiting for a sweet tooth.

It's not that I can't do the dance steps. I can ... only not at the same time, on the same foot and facing the same direction as the rest of the class. Imagine me a half-minute behind and always on the wrong foot and you've got a pretty good picture of my performance in dance-aerobics. Fortunately, Nicki, the instructor, is patient and supportive. She also has more exercise outfits — and looks better in them — than Jane Fonda. But frankly, I'm suspicious when any mother of adult children is equipped with a bod that good because I believe there are women who have sold their souls to the Devil for less.

To add to my discomfort, there are two women in the class whom I initially met many years ago in PTA. Back in those days, all I had to do was talk other PTA members into doing most of the work — something I'm exceptionally good at — so they have never seen me in a situation where I appeared inept. But they're seeing the inept me now. Worst of all, Meredith and Jane actually know the routines and can do the steps in time with the music. I'm pretty sure that I could learn to hate them.

It is amazing for me to consider that, as a child, I actually made it through tap and ballet classes. Mom even has photos of me in costume to prove it.

And now I am belatedly jealous of that little girl in tap class whose mother came to every lesson and wrote down the steps so she could practice at home. My mom didn't do that when I took tap lessons and I guarantee you won't see her packing pen and paper to my dance-aerobics classes.

When we had a week-long hiatus from dance-aerobics during the holidays, Val and I decided to exercise to a "Sweatin' to the Oldies" tape I have ... somewhere. Ray bought it for me as a stocking stuffer about five years ago. (I asked him to buy it; he's too savvy a husband to give me a gift like that otherwise.) But now I can't find it. I know it's never been used. In fact, wherever it is, it's still in its plastic wrapper. So the

morning Val came out to exercise, we chatted and did an occasional leglift from our chairs while we sipped cocoa and munched on doughnuts.

At the end of each dance-aerobics session, the class does stretching exercises. Recently, as I lay on my beach towel, the walkers — with whom I had once shared a happy, and slower-paced, camaraderie — circled the gym. One walker, an elderly gentleman whom I had never seen smile, had a huge grin on his face. And then I realized why ... I don't know about you, but when my shoulder blades are flat on the floor and my knees are on my chest, my posterior is exhibited in a very unladylike manner. It's not easy being a widebody in a class of hardbodies!

JAAA Needs You as a Shick Volunteer

Volunteer counselors are needed for SHICK (Senior Health Insurance

Counseling for Kansas). Volunteers answer the SHICK hotline and refer Medicare beneficiaries to the proper Kansas agency that can assist with Medicare. Volunteers also help with data entry, filing, phone duty and scheduling appointments. SHICK Counselor volunteers are needed for Medicare Annual Open Enrollment Period (October 15- December 7, 2011).

FREE Training begins soon

— complimentary breakfast, lunch and snacks are provided. Training is divided into three 8 a.m. to 5 p.m. sessions on May 24, June 29 and July 27. All training is held at Jayhawk Area Agency on Aging, 2910 SW Topeka Boulevard, Topeka. The last session is for new volunteers who have taken the first two sessions and veteran counselors who must take update training.

For more information please call Jayhawk Area Agency on Aging at 785-235-1367 or 800-798-1366.



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