

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

May 2012

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

## INSIDE



The Spring 2012 issue of *Amazing Aging!*, the Jayhawk Area Agency on Aging's newsletter, is included in this month's *Senior Monthly*. See inside.



Aldersgate Village Recovery Center, a \$2.5 million, state-of-the-art physical rehabilitation facility, is now offering sub-acute care to patients. - page 6

KEVIN GROENHAGEN PHOTO

## Ted Komala's craving to create continues

See story on page three



**SENIOR**  
profile

**Ted Komala holds portraits of characters from the *Indiana Jones* franchise.** The portrait on the left features Denholm Elliott as Dr. Marcus Brody, Sean Connery as Professor Henry Jones, and Harrison Ford as Dr. Indiana Jones. Komala is currently working on the portrait on the right. It shows the transition from pencil drawing to acrylic painting, and features Harrison Ford as Dr. Indiana Jones and Jonathan Ke Quan as Short Round.

[www.seniormonthly.net](http://www.seniormonthly.net)

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## *Find Out What They Have To Say*

We asked families how they felt about the living experience of their loved ones living at Legend at Capital Ridge. Nothing is more comforting than hearing it straight from the source. These are just some of the heartfelt thanks our families had to share.

"At this time of year, we reflect on things we are thankful for and have made an impact on our lives. Legend Assisted Living at Capital Ridge is one of those things that I am so grateful for and has been a lifesaver for our family. This is the third assisted living facility that my parents have lived at - but it is the only one that I can call their home. Legend is beautiful, comfortable and the activities available help keep them engaged in life. They are happy and most important have their dignity. It is not easy to be dependent on others when you have been responsible for yourself all of your adult life. Legend staff and residents have forged a community that has given my parents purpose and a place they call home, hopefully for the rest of their lives. Thank you so much,"

*~ Cynthia Shepard, daughter of Charles and Donna Eissler*



*Resident at  
Legend at Capital Ridge*

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*~ Marva Early, Power of Attorney and Executor for Aunt*

"If anyone I know is considering assisted living for themselves, or a loved one I make sure I tell them about Legend at Capital Ridge. I let them know how happy we are and how much better physically and mentally my mother is. Yes, she is happy to be here too!"

*~ Lynn McKinsey daughter of current resident*

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# Komala creates portraits, knives, clocks, and more

By Kevin Groenhagen

Ted Komala, Lawrence, has always enjoyed drawing and building things. In fact, he built his first helicopter when he was seven years old. He later designed and built his own guitar when he was 14.

Fortunately, Komala's parents were always supportive of their four sons' various interests. Well, there was one exception.

"My mother enrolled me in a correspondence school for art in Chicago," Komala said. "The school didn't really help me. They just wanted the money. So I went to the Art Institute of a Chicago when I was a teenager. One day when I came home with my sketchbook, my mom said, 'My God, what are you doing? You can't have that type of stuff in the house.' I said, 'Mom, that's a statue at the school.' She tore up my drawing and threw it away."

The statue was a reproduction of the Venus de Milo, one of the most famous works of ancient Greek sculpture. Of course, like many ancient Greek statues, Venus de Milo was not fully clothed.

Komala later joined the Air Force and often used his artistic abilities to make a little money.

"When I was overseas, the guys in the barracks with me would pay me

to do portraits of them and their girlfriends," he explained.

After serving in the military, Komala returned home to Chicago, where he worked for several years as an art director and engineering technician. He then worked in advertising in Springfield, Mo., for four years. He returned to Kansas (he had been stationed at Schilling Air Force Base in Salina) in 1962 to work in Fleming Company's in-house advertising department. Fleming Company started out in 1915 as the Lux Mercantile Company. The company, which originally sold produce to local merchants in Topeka, grew to become the largest food wholesaler in the United States.

In 1967, Komala secured a ground-floor position as the art director at KTSB (now KSNT) TV channel 27. Actually, the ground floor wasn't really there yet. When KTSB, originally owned by Ralph C. Wilson, Jr., founding owner of the NFL's Buffalo Bills, debuted in December 1967, its offices were located in a downtown Topeka bank building. Komala said he got to watch as the new KTSB building and tower were constructed in what used to be a cornfield. KTSB became Topeka's second commer-

■ CONTINUED ON PAGE FOUR



Ted Komala's portraits of James Garner, Robina Angelina, and Albert Finney. Komala currently has a total of 26 portraits he has done.

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**Kevin L. Groenhagen**  
Editor and Publisher

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# Ted Komala

■ CONTINUED FROM PAGE THREE

cial television station and the first full-powered UHF color station in Kansas.

“It was a joy working at KTSB,” Komala said. “I would dream about going to work every morning. It was wonderful working there.”

One of Komala’s first projects as KTSB’s art director was the design of a KTSB presentation book. The book was an overview of KSTB in particular and the city of Topeka in general, and incorporated dozens of photographs and renderings of proposed buildings in the city. Komala designed several versions of the KTSB logo for different sections of the book, and provided a copy for Wilson, the station’s owner.

As art director, Komala worked on numerous television commercials for auto dealerships, banks, and other businesses in Topeka. He also designed the sets for the station.

“One of the best things you can do as an artist is animation,” Komala said. “You can actually make something

come to life and move. My crew and I were amongst the first in Topeka to work on animated advertising. I took a piece of artwork I did of an Easter bunny and animated it for a Payless Shoes commercial. It was only on the television screen for a few seconds. But to achieve something like that, which is something they were doing in Hollywood, was incredible. No one was thinking of doing that in Topeka.”

Komala later joined the administrative staff at Washburn University in Topeka, where, among other things, he designed Falley Field, which has been the home of the Ichabod baseball team since the 1990 season. Komala also designed some of the roundabouts in Lawrence while working with an engineering office.

“I’ll occasionally get angry phone calls about the roundabouts,” he said.

Now retired, Komala continues to enjoy his artwork and making things. Today, he says it’s a form of therapy.

“I’ve had three invasive heart surgeries, including two in 2009,” Komala said. “Since then, I’ve made eight knives, done 23 portraits, and

■ CONTINUED ON PAGE FIVE



**A collection of knives Ted Komala has made.** In the inset photo, Komala holds a Bowie knife he made. He has made several 15” Bowie knives, kitchen file knives, and double-edged knives.



**This clock and model of a hansom cab** are just two examples of the many items Ted Komala has made from scratch using wood and chime works.

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
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**Photos of a 100-pound, Newtonian telescope** Ted Komala built from scratch. He donated the telescope to the University of Kansas’ Department of Physics and Astronomy in 2000.

# Ted Komala

■ CONTINUED FROM PAGE FOUR

made more things out of wood.”

Komala has been making high-quality knives for 50 years.

“My dad showed me a long time ago how to work with steel,” he said. “He was a machinist for Stewart Warner, which is a manufacturer of instruments for Chrysler, Ford, and General Motors. The best steel in the world comes from Japan. We rebuilt Japan’s factories after World War II, so they are newer than ours. Some of my steel blanks for knives come from Japan, and they’re 440c stainless steel. The ‘c’ stands for ‘chromium, which gives the blades a mirror finish. It won’t rust.”

Komala uses a composite material called Micarta, which Westinghouse developed, for all of his knives’ handles.

“Micarta is the material made for the printed circuits used in the Space Shuttle,” he said. “Micarta is so hard that it won’t freeze or expand.”

Wood products Komala has built from scratch include the 9.5’ head-

board for his bed, several desks (including the desk in his studio), footstools, tables, plants stands, mallets and gavels, small and large clocks, and even miniature hansom cabs, which are two-wheeled, horse-drawn covered carriages like the ones used in Sherlock Holmes movies.

Komala is also an inventor.

“For years, I made products for my kids to use at home,” he said.

He registered the design for one of these products, The Shears Holster, with the United States Patent and Trademark Office.

“Schools provide scissors and holsters for kids,” Komala said. “The Shears Holster is attached to a sewing machine cabinet so that the shears are conveniently located as you need them. I did the artwork for the packaging and marketed the product. The Kansas Technology Enterprise Corporation provided the funding, which came from lottery money, to build the A & B molds.”

Over the years, Komala has also written several movie scripts and, as a youth, played violin in the orchestra in Chicago.

“It’s fun to write and create,” he



Over the years, Ted Komala has designed many books and covers for books, including *Iranian Hostage: A Personal Diary*. “Ricky Sickmann was held hostage for 444 days in Iran,” Komala said. “He kept a diary. The guys who held him hostage told him not to worry about his luggage. They said they’d take care of it and that he should just get on the plane. He didn’t trust them, so he took his diary and strapped it to his leg. Of course, he never saw his luggage again.”

said. “I’ve always enjoyed it.”

Many of Komala’s finished draw-

ings and products are available for sale.

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# Aldersgate Village opens new recovery center

By Kevin Groenhagen

According to a study published in the New England Journal of Medicine in 2009, nearly 20% of all Medicare patients are readmitted within a month of being discharged from the hospital. The author of the study estimated that the cost of the unplanned return trips was \$17 billion in 2004 alone.

In an effort to reduce this expense, beginning in fiscal year 2013 the Patient Protection and Affordable Care Act will authorize the Centers for Medicare & Medicaid Services to penalize hospitals with high readmission rates for certain conditions. Experts estimate that at least 40% of readmissions can be prevented with better follow-up care. Given that, it is easy to see why the staff at Aldersgate Village Retirement Community are so excited about their new Recovery Center, which Jerry Ney, the Topeka retirement community's chief executive officer, calls "the wave of the future."

On April 11, Aldersgate Village Retirement Community opened a new, remodeled area called the Aldersgate Village Recovery Center, which is a \$2.5 million, state-of-the-art physical rehabilitation facility designed to provide sub-acute care to patients who have been discharged from hospitals, but are not yet ready to return home.

Aldersgate Village has partnered with RehabCare, the leading provider of rehabilitation services to over 2,000 hospitals and long-term care facilities in 46 states. RehabCare therapists work on-site with patients in the Aldersgate Recovery Center to provide physical, occupational and speech-language rehabilitation therapies under a Rehabilitation Management Program.

Therapy services at the Aldersgate Village Recovery Center include the following:

- Nutritional Services
- Cardiac Rehabilitation
- Outpatient Therapy
- Medical Rehabilitation



**Renae Wright**, director of business clinical development, stands in one of the rooms at the Aldersgate Village Recovery Center. Each patient room includes a 42-inch Smart TV with internet viewing and ADA-compliant bathrooms and showers with built-in grab bars.

- Physical Rehabilitation
- Recreational Therapy
- Wound Care

- Speech Therapy
- Patients staying at the Recovery

■ CONTINUED ON PAGE SEVEN

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# Recovery center

■ CONTINUED FROM PAGE SIX

Center will enjoy rehabilitation in a brand-new private rehabilitation unit operated by a medical director and a round-the-clock nursing staff. The unit includes 10 private rooms with private, ADA-compliant bathrooms featuring showers with built-in grab bars. Each patient room also includes a 42-inch Smart TV with internet viewing, high-speed Wi-Fi connectivity for easy, private access for personal laptops, tablets and devices, as well as private phone service and locked storage space.

Across the hall from the patients' rooms is the largest, most well-equipped therapy gym in the state of Kansas. The gym includes the following therapy equipment:

- **AlterG:** This NASA-developed and FDA-cleared and patented Anti-Gravity Treadmill is ideal for rehabilitation. It is recommended by top physical therapists and doctors. Aldersgate Village was the first facility in Kansas to put this futuristic equipment into therapy practice.

- **Biodex:** The staff at the Aldersgate Recovery Center wants to keep seniors young, active and fall resistant. The Biodex Balance System helps the therapy team deliver. This machine has been designed to meet the needs of everyone looking to improve balance, increase agility, develop muscle tone and treat a wide variety of pathologies. The equipment offers a fall screening and conditioning program. Intervention is supported by patient education and exercise plans.

- **BTE PrimusRS:** NASA has begun using BTE Technologies' flagship Clinical Evaluation System, PrimusRS, to develop, test and refine the next generation of Advanced Extra Vehicular Activity (EVA) suits. BTE's advanced physical therapy, occupational therapy and athletic training equipment improves clinical decision-making, generates measurable outcomes and enhances the success of the modern orthopedic hospital, physiotherapy clinic, occupational therapy practice and athletic training facility.

- **NuStep:** Thousands of hospitals, clinics, elder care centers and

gyms worldwide use NuStep recumbent cross trainers daily for a variety of rehabilitation programs and fitness goals. Even contestants on the popular show "The Biggest Loser" are working out on the NuStep T5XR Recumbent Cross Trainer. Rehab professionals rely on the NuStep systems to deliver quality care and superior results. This machine offers a total body workout for optimal fitness, enhances cardiovascular health, builds strength and flexibility, and improves balance and fall prevention, all with low impact to minimize stress on the joints.

- **SoloStep:** SoloStep is revolutionizing rehabilitation with a simple, effective therapy device that benefits the patient, therapist, and facility. It promotes advanced therapy and patient confidence. The SoloStep®'s Ceiling Mounted System has been customized for the Aldersgate Recovery Center and consists of aluminum track, trolley, lanyard and harness. Patients have no chance of falling when they use this technology.

A fully-equipped transitional kitchen and bathroom are located near the gym. These training rooms allow patients to practice household tasks before returning home.

The Aldersgate Village Recovery Center also offers a full complement of professional therapy staff, including a full-time speech therapist certified in V-stim therapy. In addition, the Recovery Center is the only skilled facility in the area to offer a comprehensive wound therapy program. The center's wound therapy offers a certified wound physician who visits on-site weekly, as well as a dedicated wound RN on staff. Patients are treated in the privacy and comfort of their own rooms, which eliminates what can often be a long and uncomfortable trip to an office.

Aldersgate Village Retirement Community is a not-for-profit continuing care retirement community located at 7220 SW Asbury Drive in Topeka. The 445-unit campus offers 176 independent living apartments, garden homes and cottages, 60 assisted living units, and a 209-bed skilled nursing facility, including memory care and secured dementia neighborhoods. Aldersgate Village has served seniors in the Greater

PHOTO COURTESY OF ALTERG



The AlterG is a NASA-developed and FDA-cleared and patented Anti-Gravity Treadmill, and is ideal for rehabilitation. It is recommended by top physical therapists and doctors. Aldersgate Village was the first facility in Kansas to put this futuristic equipment into therapy practice.

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For more information about the Aldersgate Village Recovery Center, which is located on the Aldersgate

Village campus at 3220 SW Albright Drive, visit [www.aldersgaterehab.org](http://www.aldersgaterehab.org), call (785) 478-9500, or email [info@aldersgaterehab.org](mailto:info@aldersgaterehab.org).

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# Retiree Attraction Task Force holds public forum

By Kevin Groenhagen

According to the November 2002 issue of *Kiplinger's Personal Finance*, "Senior citizens are flocking to college towns to enrich their retirement." *Kiplinger's* included Lawrence as one of three towns profiled to give readers "a taste of this new trend." In 2007, *U.S. News and World Report* named Lawrence as one of the 10 best places to retire. In 2010, USSA and Military.com ranked Lawrence as fourth on a list of best "small metros" for military retirees. Last fall, *Money Magazine* included Lawrence in its list of the "25 Places to Retire." The May/June issue of *Where to Retire* magazine has listed Lawrence as one of eight "Dynamic Heartland Havens."

With all this recognition, you might think some marketing genius is doing an outstanding job of promoting Lawrence as a mecca for retirees. However, during an April 16 public forum sponsored by the Retiree Attraction Task Force, Lawrence City Commissioner Hugh Carter said Lawrence's status as a retirement destination is an "unintentional effort" because the city has never focused on marketing itself as a retirement destination.

Carter, who stressed the importance of attracting retirees when he campaigned as a city commission candidate last year, serves as a co-chair of the task force. He told those attending the forum that Lawrence and Douglas County established the task force to make the formal effort to attract retirees. The task force plans to present a final report of recommendations to the city and county commissions some time this month.

"Before we get into the actual formulation of recommendations, we wanted to hear from members of the public who are interested in retiree attraction and retiree retention," said Jim Flory, a Douglas County commissioner and co-chair of the task force. "Probably the most difficult task in this whole operation is staying focused because it is so easy for us to wander off into all kinds of existing services and so on. This task force

is to come up with a plan that makes Lawrence and Douglas County an area to attract and retain the senior population as an economic development tool."

How can attracting retirees to Douglas County benefit economic development? According to *The Senior Journal*, when seniors move into an area they create one job for every 1.8 retirees. In addition, a 2010 study by the Office of Aging and Long Term Care in Kansas University's School of Social Welfare suggests that Douglas County would be wiser to focus on attracting retirees instead of offering incentives for businesses to locate in the county since attracting retirees will not require large investments in tax abatements and infrastructure.

Participants in the public forum came ready with suggestions for the task force. Those suggestions included the following:

- Communicate more effectively with seniors about resources available to them in Douglas County.

- Improve and expand transportation options for seniors.

- Solicit testimonials from retirees who relocated or returned to Douglas County to retire. Such testimonials could be used in marketing efforts.

- Make current retirees more content in Douglas County so that the word will spread to others who will consider retiring to Douglas County. One participant noted the "long, dreary, lonely, winter evenings" and the need to get people together outside of their homes.

- Establish more interaction between KU students and seniors. "They have things that they need and need to make a little extra money, and we have things that need to be done," said Grover Sanders.

- Establish more inaction between younger children and seniors. This would be especially beneficial to seniors who do not have grandchildren in the area and children who do not have grandparents in the area.

- Make the City of Lawrence more senior-friendly. One partici-

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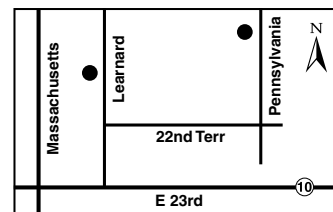
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## Retiree attraction

■ CONTINUED FROM PAGE EIGHT

pant mentioned the possibility that rates for garbage disposal will be increased. Carter noted that, for seniors on fixed incomes, a new rate system could have a lower rate than what seniors are currently paying.

- More housing options. One participant mentioned that there are a lot of upper-end and lower-end options for seniors, but not as much in between.

- Incentivize local builders to add “universal design” features to new and remodeled homes. Examples of such features include stepless entrances, at least one bedroom and accessible bathroom located on an accessible ground-floor, entry level, clear door opening widths, flush thresholds at all doorways, turning space in all rooms, tubs with integral seats, toilets centered 18” from any side wall, cabinet, or tub, and clear knee space under kitchen sinks, counters, and cook tops.

- Wide and diverse entertainment opportunities, especially in the afternoon.

- A 2-1-1 system similar to the one offered through the United Way of Great Kansas City. With such a system, seniors who need services and those who want information about volunteer opportunities could call one number. “We need a central repository where people who are here can get information on this multitude of activities going on, and where people outside of the area can get more information to sell them on Douglas County,” Flory added.

- Take advantage of the area’s history. Carter mentioned that the Freedom’s Frontier National Heritage Area, a federally designated 41-county national heritage area in eastern Kansas and western Missouri, could aid Douglas County in that effort.

- Jobs for those in their 60s and 70s who have retired but want or need additional income.

The public forum concluded with Carter noting that one of the recommendations the task force submits to the city and county commissions will be to appoint a board to carry out the task force’s recommendations, which will include a formal marketing plan.

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# Kansas Hall of Fame announces 2012 class of laureates

The Kansas Hall of Fame at the Great Overland Station has announced its selections for the 2012 class of Laureates. They include:

• **William Allen White:** William Allen White, the voice and soul of Kansas for decades, placed Kansas in headlines all over the world from his own front desk at the *Emporia Gazette*. Perhaps best known for his editorial, "What's the Matter with Kansas?", White's plain-spoken, insightful editorials struck a chord far beyond the boundaries of his native state, and though he traveled extensively, Kansas remained his home. White is the namesake of the prestigious William Allen White School of Journalism at the University of Kansas, whose graduates include Kansas Attorney General Derek Schmidt and newsman Bill Kurtis.

• **Cyrus K. Holliday:** Cyrus K. Holliday is most well-known as the founder of the Atchison, Topeka and Santa Fe Railway. A staunch supporter of Free State Kansas, Holliday came from Pennsylvania to the Kansas Territory in 1854 with energy

and vision, and it would take both to endure the challenges of Bleeding Kansas and the Civil War. Not only did Holliday endure, he left an indelible mark on his new state, as well as on the national landscape. As a founder of Topeka, he was instrumental in that city's becoming the state capital. His optimism and business acumen were instrumental to the growth of our state. In 1859, he chartered a new railroad that would eventually traverse

the exotic and little-known American Southwest and reach the shores of the Pacific Ocean. Holliday's understanding of the power of promotion set a standard seldom replicated and gave rise to a mystique surrounding that railroad that continues to this day.

• **The Atchison, Topeka and Santa Fe Railway:** The Atchison, Topeka and Santa Fe Railway, one of the greatest Kansas business success stories, gave rise to dozens of new

towns as it crossed the state. Its storied history is memorialized in a song of the same name. From its founding in 1859, the railroad has continued to be a major national transportation provider, even since the merger in 1995 that created the Burlington Northern Santa Fe Railway, now the BNSF Railway. It is worth noting that Kansans continue to occupy critical positions within the BNSF, with Salina native

■ CONTINUED ON PAGE 11

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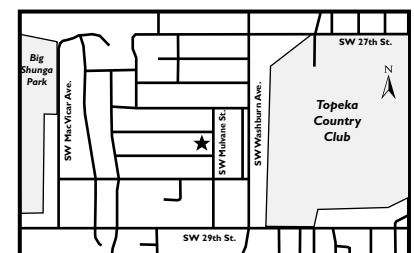
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# Hall of Fame

■ CONTINUED FROM PAGE 10

Matthew Rose serving as Chairman and CEO, and Topekan Carl Ice serving as President and COO.

• **Governor Alfred M. Landon:** Raised in Independence, Alfred "Alf" Mossman Landon became a millionaire in the oil business before he was 30 years old, but his passion was government. Active in the Republican Party in Kansas for years, he was elected governor of Kansas in 1932, and was the only Republican governor in the nation to be re-elected in 1934 during the Great Depression. Landon was the GOP candidate chosen to face President Franklin Roosevelt in the 1936 election. An extreme underdog, Landon lost the election in a landslide, but won the nation's admiration.

Landon's business judgment translated into fiscal conservatism as an elected official, but he also believed government had an important role in addressing social issues. After his election loss, he finished his term as governor, and then returned to the private sector while remaining a national figure and advisor to presidents. His

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Topeka home welcomed the most influential people of the time, including President and Mrs. Ronald Reagan.

• **Senator Nancy Landon Kassebaum Baker:** When Nancy Landon Kassebaum ran for the United States Senate from Wichita in 1978, her slogan was "A Fresh Face: A Trusted Kansas Name." Hers was a unique face on the Senate floor, where she was the only woman at the time. She gained the respect of her colleagues and the nation with her independent thinking and her refusal to bow to party politics, always keeping in mind the greater good of her state

■ CONTINUED ON PAGE 12



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# Hall of Fame

■ CONTINUED FROM PAGE 11

and nation. Kassebaum served on the Senate Foreign Relations Committee, where her moderate stance often found her working very effectively in a bipartisan climate.

Born in Topeka, active in community affairs of Maize and Wichita, Nancy was a member of the Maize School Board, served as vice-president of radio station KFH-KLZS in Wichita, and as president of the Wichita United Fund. Nancy's political education and her background in management, combined with her Kansas common sense, served her well during nearly 20 years as a senator. She is married to her former Senate colleague, Howard Baker, Jr.

• **Jim Lehrer:** Award-winning journalist Jim Lehrer has delivered accurate reporting and insightful commentary to television viewers for decades. His experience and demeanor made him a natural choice to moderate the presidential debates, about which he penned a non-fiction book, *Tension City*. The Wichita, Kansas native has also written 20 novels, two memoirs and three plays.

• **Edward Asner:** Actor Ed Asner is a native of Kansas City, Kan. He became a beloved addition to millions of households through his character, Lou Grant. First on the *Mary Tyler Moore Show* and then as the star of the spinoff *Lou Grant*, Asner's cantankerous newsman possessed cour-

age and integrity. He is the only actor to have won an Emmy in both drama and comedy for the same character. He has, in fact, earned six Emmys—more than any other actor—and five Golden Globes. A graduate of Wyandotte High School, Ed maintains close ties to his Kansas roots. He has served as president of the Screen Actors Guild and is an outspoken advocate for many causes, often championing the disenfranchised.

• **George Washington Carver:** George Washington Carver is one of the most recognized figures in American history. The subject of hundreds of books, articles, and documentaries, his iconic journey from slavery to scientist is known by virtually every school child in the nation. Carver's reputation is based on his research and promotion of alternative crops for cotton, such as peanuts, soybeans, and sweet potatoes. Carver developed and promoted about 100 products made from peanuts, including plastics, gasoline, paints, and nitroglycerin. What is not widely known is that Carver's formative years were spent in Kansas—in Fort Scott and Minneapolis. Those first years of freedom were spent observing the flora and fauna of the Kansas countryside, absorbing and interpreting the wonder of the natural world, a skill that would take him to the Tuskegee Institute as one of the most respected scientists, inventors, and educators of all time.

The 2012 nominees will be inducted into the Kansas Hall of Fame at the Annual Ceremonial Induction

Gala on Friday, June 15, at the Great Overland Station Museum in Topeka.

The Kansas Hall of Fame was established at the Great Overland Station last year, commemorating the state's 150th birthday. Its mission is to recognize leaders, innovators, historical figures and interesting characters that make Kansas great.

"In its relatively short life," said spokesperson Beth Fager, "our state has made a disproportionate contribution in all areas of leadership—political, military, academic, entrepreneurial, and cultural. The

Kansas Hall of Fame seeks to educate the public in this rich history and to perpetuate the qualities of perseverance, courage, and vision that have distinguished Kansans for generations."

The 2011 inductees into the Kansas Hall of Fame were President Dwight D. Eisenhower, Vice President Charles Curtis, Senator Robert Dole, General Richard Myers, Pizza Hut Founders Dan and Frank Carney, Amelia Earhart, and Marshal Matt Dillon as portrayed by James Arness.

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## PERSONAL FINANCE

### ***This Mother's Day, think of lifetime financial moves to help kids***

If you're a mother, you'll probably get some nice cards and flowers on Mother's Day. But of course, your greatest gifts are your children themselves. And since you want to see them happy and financially secure,

Encourage young children to put away part of their allowance, or any money they receive for household jobs, in a savings account. Offer to match their contributions dollar for dollar.

- Help them become investors — Consider giving your children a few shares of stock in companies with which they are familiar. By following the movements of their stocks with them, you can explain how the markets work and how increasing share ownership is one key to helping build wealth.

- Contribute to a college savings plan — One of the best things you can do to boost your children's chances of success in life is to help them go to college. You've got several good college-savings vehicles available, such as a 529 plans, Coverdell Education Savings Accounts and custodial accounts.



*Harley Catlin and Ryan Catlin*

perhaps you can use this Mother's Day as an opportunity to consider ways to help your children at various stages of their lives.

So, let's take a look at steps you can take:

#### **When Your Children Are Young**

- Teach them to be savers —

Your financial advisor can help you choose the vehicle that suits your needs and objectives.

#### **When Your Children Enter the Working World**

- Encourage IRA contributions — An Individual Retirement Account (IRA) is a great retirement savings vehicle. As long as your children have earned income, they can contribute to an IRA, so you may want to help them "max out" on their contributions each year. While you can't directly contribute to a child's IRA, you can write a check to your child and encourage him or her to use it for funding an IRA.

- Make long-term care arrangements — If you needed long-term care, such as an extended nursing home stay, and you had inadequate financial preparations, the burden could fall on your children. Now is the time to consult with your financial advisor to begin preparing for possible long-term care costs.

#### **When Your Children Reach Middle Age**

- Communicate your financial situation and estate plans — Don't

leave adult children in the dark as to your financial information. Share everything you can about how much you own, where you keep your assets and how you plan to eventually distribute them. By clearly communicating your situation and wishes now, you can avoid major problems later.

- Create a durable power of attorney — By creating a durable power of attorney, you can appoint another person, such as an adult child, to conduct your business and financial affairs if you become physically or mentally incapacitated. Such a move can help reduce stress your children may be feeling, while allowing them to make moves that can help preserve your finances.

Mother's Day commemorates the special bond that mothers have with their children. By following the above suggestions, you can help strengthen that bond throughout your lifetime.

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

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## HEALTH & FITNESS

### Quick tips to avoid back pain

When back pain comes to mind, you probably don't think about your shoes or your furniture. But you should. Back pain is one of the most common problems physical therapists treat—and it can often be avoided or reduced by simple steps involving shoes, chairs, and kitchen counters. The trick is to make sure that your home doesn't hurt you.



Laura  
Bennetts

#### Start with your chair

Take a critical look at your favorite chair. Is it the right height? Does it support your back? Is it stable? Here are some ways to tell:

**Rule #1.** When you sit down, your knees should not be higher than your hips. If you sit too low, it's hard to stand up without straining your back. In fact, this amounts to standing up from a squatting position, which can hurt your back or knees.

So you want to sit with your hips either as high as your knees or higher. Take Sam, one of my former patients. Sam had back pain when he rose from his chair. I measured the chair and found that he was sitting just 15 inches above the floor, though (because he's tall) his knees rise six inches higher. So I found him a chair with a seat 21 inches above the floor and now he stands with ease.

To help yourself in the same way, find a chair at the furniture shop that puts your hips and knees at the same level. That's the chair you want. And it's wise to measure the chair—from the floor to the top of the seat—so

that you'll know what to look for in the future, too.

**Rule #2.** You want to sit comfortably without sinking into the chair. Proper support means that your low back touches the back of the chair without making you slouch. Remember, sitting for over 20 minutes with poor posture can cause significant back pain.

**Rule #3.** It's hard to stand up safely from chairs that rock or swivel. If your chair rocks forward when you stand up, it will drop your hips below knee level. You will rise from a squatting position from a chair that is moving backwards. That is far from safe.

#### Counters, cabinets, and sinks

Kitchens and bathrooms can hurt your back, too. Are your counters and cabinets too low? Is the faucet in your sink too close to the porcelain? You may not be able to easily change the height of counters, cabinets and sinks, but you can change the way you stand to prevent irritating your back.

When you wash dishes, open the cabinet under the sink and place one foot on the edge of the cabinet. Keep

your head in alignment with your spine, keep your shoulders back, and take a break every few minutes. Stand tall to maintain good posture when you work.

If you stress your back when you bend low over the sink to brush your teeth, you can brush differently. Use a cup of water to rinse your mouth when brushing and only lean forward for a moment to spit into the sink. Stand tall while you brush your teeth to avoid leaning over the sink.

#### Mattress test

Your mattress may not support you properly. How old is it? Is it still providing the support you need? When you lie on your side, do your hips sink into the mattress, causing low back stress? Is your bed so soft that it's difficult to roll over in bed.

If the answer to any of these questions is "Yes," you probably need a new mattress.

#### Cruel shoes

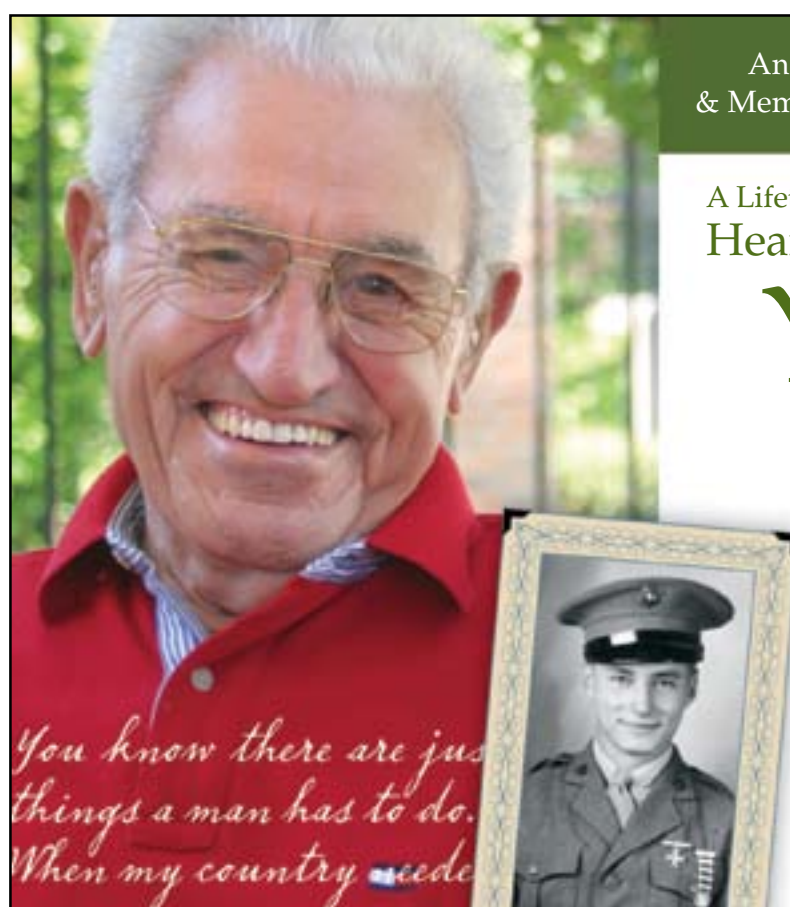
No item of dress affects your back more than your shoes. Supportive shoes align your feet for walking so that the impact on your back is reduced. Keep in mind that the cushioning inside your shoes may wear out before the outside of your shoes wears down. You should replace your walking shoes at least yearly, or regularly rotate several pairs.

Remember, also, that high heels can damage the joints of your feet and put your back at risk by throwing the weight of your torso forward as you walk. And putting things inside your shoes can alter the way you walk and cause back pain. New shoes and orthotics should be instantly comfortable to your feet and back. Don't buy shoes that hurt or pinch now with the idea that, when you "break them in," the pain will go away.

#### Back in the saddle

So, dear reader, these are just a few tips on how to limit your back pain. Wear the right shoes, sit in the right chair, sleep on the right mattress, and avoid bending low over sinks and counters. If back pain persists, see your doctor. And if you need treatment, exercise, or expert advice, ask your doctor for a referral to a physical therapist. You'll be glad you did.

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



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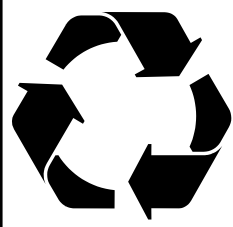
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## HEALTH &amp; FITNESS

# What is Bisphenol A?

**W**hat is Bisphenol A, or BPA? Is BPA harmful? How do I get exposed to BPA? Is there any way to prevent being exposed to BPA?

BPA is a colorless solid that is used with other materials to make plastics. BPA was discovered in 1891 by a Rus-



Dr.  
Farhang  
Khosh

sian chemist. In the early 1930s, BPA was recognized as an artificial estrogen and had two main uses. The first use of BPA was to enhance the growth of cattle and poultry. The second use of BPA was an estrogen replacement for women. BPA was only briefly used as an estrogen replacement and was replaced by diethylstilbestrol (DES). Currently, BPA is used to harden polycarbonate plastics and in the lining of food and beverage containers.

BPA is controversial because it exerts weak, but detectable, hormone-like properties. It can be found in many consumer products and foods. In 2008, several countries questioned BPA and its safety, prompting some retailers to withdraw polycarbonate products. A 2010 report from the FDA raised further concerns regarding exposure of fetuses, infants, and young children to BPA. In 2010, Canada became the first country to

declare BPA a toxic substance.

Polycarbonate plastics, which are clear and nearly shatter-proof, are used to make a variety of common products including baby and water bottles, sports equipment, medical and dental devices, CDs, DVDs, household electronics, lining of water pipes, carbonless copy paper and eyeglass lenses. Epoxy resins containing BPA are used as coatings on the inside of food and beverage cans. Currently there are no BPA labeling requirements for plastics. The overall guide of plastics is as follows: those plastics that are marked with recycle codes 1, 2, 4, 5, and 6 are very unlikely to contain BPA. Those plastics that are marked with recycle codes 3 or 7 may be made with BPA.

BPA is a weak endocrine disruptor, which is a substance that can interfere with the production, secretion and action of natural hormones. BPA can imitate your own body's hormones in a way that can be hazardous for your health. In 2006, the U.S. Government sponsored an assessment on BPA by a panel of experts. It was concluded that BPA at concentrations found in the human body is associated with changes in the prostate, breast, testis, mammary glands, body size, brain structure and chemistry, and behavior of laboratory animals. What are the possible ill health effects of BPA on humans? Reproductive disorders, male impotence, heart disease, diabetes, brain functioning, thyroid problems, neurological issues, memory, obesity, breast cancer, and asthma.

What are the ways to avoid BPA

exposure? According to consumer groups, ways to reduce BPA exposure is to avoid eating or drinking canned foods or drinks unless they are labeled BPA free. A person should buy water bottles that state BPA free. You should not microwave foods in plastic containers. Plastic containers should not be washed in the dishwasher.

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

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## RETIRE SMART

# Financial spring cleaning

March 20th brought us the official beginning of spring. To mark that occasion, don't take on the dreaded task of cleaning the garage. Instead, start with a purge of the financial variety. You've already gotten part of the way there through your tax preparation. So use that



Jill  
Schlesinger

momentum to attack all of those piles of papers that multiply by the year.

To begin, make sure you have access to an adequate shredder. You should also buy a fireproof safe for your home in which to store important documents. While bank safe deposit boxes can be useful, remember that they are only accessible during branch operating hours, and some of your documents could require immediate access.

### Paperwork that you can toss:

**Bank statements:** It may surprise you, but experts say that you only need to keep bank statements for one year. For those who keep the random ATM deposit and withdrawal slips, stop making yourselves crazy! Make sure that the ATM transaction is reflected on your bank statement, and then get rid of it.

**Credit card bills:** Unless you need something on your credit card statement for tax or business purposes, or for proof of purchase for a specific item, you can shred it after you have paid it, or when the next statement arrives.

**Retirement account statements** (including 401(k), 403(b), 457, IRA, Roth, SIMPLE, PSP and Keogh): Unless you feel compelled to review your month-to-month progress, you can shred these statements as new ones arrive. Keep notices of any portfolio changes you make intra-month until the subsequent statement arrives to confirm those changes.

**Brokerage and mutual fund account** monthly statements/periodic trade confirmations (taxable accounts):

Retain confirmations until the transaction is detailed in your monthly report. For tax purposes, flag a month where a transaction occurs, because you may need to access this information in the future. Otherwise, you can shred monthly statements as new ones arrive, but keep annual statements until the sale of each asset within the account occurs and for 7 years thereafter, in case you get audited.

**Tax returns/supporting documents:** Here's a bum rap: You can only amend your tax returns going back three years, but the IRS has seven years to audit your returns. As a result, you need to hold on to your returns and all supporting documents for the same seven years. Some CPAs are making things much easier by putting tax returns on CDs. Ask your tax preparer if that's possible, because it cuts down on the bulging file cabinets.

### Paperwork to keep for as long as you own the asset:

**Appliance manuals and warranties:** It may seem like a drag to hang on to the washer/dryer information, but you will be glad to have these if something goes wrong and you need to cash in on the warranty or contact a repair man.

**Vehicle titles and loan documents:** Do you want to wait in line for an hour at your local department of motor vehicles office in order to request a duplicate of your vehicle title? Me neither, so be sure to keep this paperwork in a safe and accessible place.

**House deeds and mortgage documents:** Your real estate lawyer will thank you if you can hand over the deed to your home when you are ready to sell. If you are a serial refiner, make sure you keep the most up-to-date mortgage documents.

**Insurance policies:** Keep your homeowners, auto, disability and life insurance policies and declaration pages for as long as the policies remain in force. You can shred old policies.

**Paperwork to keep forever** (in a fireproof safe or safe deposit box):

- Birth/Death certificates and Social Security cards
- Marriage Licenses and Divorce Decrees
- Pension plan documents
- Copies of wills, trusts, health care proxies/living wills and powers

of attorney (attorney/executor should have copies)

- Military discharge papers
- Copies of burial deeds and plots
- Safe-deposit box inventory

- Jill Schlesinger, CFP, is the Editor-at-Large for [www.CBSMoneyWatch.com](http://www.CBSMoneyWatch.com).

com. She covers the economy, markets, investing or anything else with a dollar sign on her podcast and blog, Jill on Money, as well as on television and radio. She welcomes comments and questions at [askjill@moneywatch.com](mailto:askjill@moneywatch.com).

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# MAYO CLINIC

## Effects of tapering off antidepressants vary from person to person

**DEAR MAYO CLINIC:** I've been on different medications for depression for years and would like to begin tapering off. What is the best, safest way to taper off of SSRIs and SNRIs? What can I expect during the process?

**ANSWER:** This is a difficult question because the impact of tapering off antidepressants can vary significantly from one person to another. The medications differ, too, so the side effects can be different, depending on the medication you're taking. The best approach is to work closely with your doctor to guide and monitor the process of decreasing your medication dose.

The antidepressant drugs known as selective serotonin reuptake inhibitors (SSRIs) and serotonin and norepinephrine reuptake inhibitors (SNRIs) aren't addictive. But stopping them abruptly may cause withdrawal-type symptoms, including anxiety, nausea, headache, dizziness and drowsiness. For many people, these symptoms are mild to moderate but they can be severe for some.

Slowly tapering off these medications decreases the likelihood that you'll experience symptoms. The type of medication you're taking,

along with your medical history and genetic makeup, have an impact, too.

For example, if you're taking a standard dose of the common SSRI drug fluoxetine (Prozac), the risk of experiencing symptoms related to a decrease in the medication is low. That's because fluoxetine has a long half-life, which means the body needs quite a while to completely rid itself of this drug after it is stopped. So, in effect, your body can do much of the tapering for you.

In contrast, the antidepressant fluvoxamine (Luvox), another SSRI drug, has a very short half-life, and the body clears it rapidly from the system. That increases the risk of withdrawal symptoms. So, it's important that the dose be tapered off gradually and carefully under the direction of a doctor.

In addition, great variability can occur from one person to another, even those taking the same antidepressant medication. Some people have significant problems with withdrawal, while others seem to have none at all. Genetics may play a role in that. Research has shown that, based on their genetic makeup, some people break down (metabolize) drugs quickly, while others metabolize drugs more slowly. An individ-

ual's rate of drug metabolism affects the risk of withdrawal symptoms.

Because each person is different, before beginning a medication taper, it's important to meet with your doctor to review your medical history and the type and dose of antidepressant you're taking. Also helpful is a discussion with your doctor about how much discomfort you're willing to deal with during the process of discontinuing your medication. If you're sure you want to stop taking the medication, or if you're interested in trying a different treatment for depression, you may have a higher tolerance for some of the mild to moderate side effects of withdrawal. If that's the case, tell your doctor.

As you taper off an antidepressant medication, the old adage of start low and go slow is the safest. In many cases, that means you make a small decrease in the dosage and wait a week or two. Then

decrease it again, and wait again for at least another week. Continue making decreases in this manner until you get to a dose low enough that the next step can be quitting the drug entirely. But don't try this process on your own. Work with your doctor to find the approach that fits your situation. - David Mrazek, M.D., Psychiatry and Psychology, Mayo Clinic, Rochester, Minn.

- *Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge@mayo.edu](mailto:medicaledge@mayo.edu), or write: Medical Edge from Mayo Clinic, c/o TMS, 2225 Kenmore Ave., Suite 114, Buffalo, N.Y., 14207. For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).*

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[www.vintageparkbaldwin.com](http://www.vintageparkbaldwin.com)

**OTTAWA**  
Vintage Park at Ottawa  
2250 S. Elm  
Ottawa, KS 66067  
**785-242-3715**  
[www.vintageparkottawa.com](http://www.vintageparkottawa.com)

**TONGANOXIE**  
Vintage Park at Tonganoxie  
Tonganoxie, KS 66086  
120 W. 8th St.  
**913-845-2204**  
[www.vintageparktonganoxie.com](http://www.vintageparktonganoxie.com)



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# SENIOR CALENDAR

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

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

## ART/ENTERTAINMENT

APR 20- MAY 5

### WILLIAM SHAKESPEARE'S HAMLET

A story of passion, revenge, and intrigue. When Prince Hamlet learns that his father, the King of Denmark, has been murdered and that his mother, the Queen, has married his father's brother, he is driven to near madness. Or is he? Event times: 6 p.m. Dinner & 8 p.m. Show Friday & Saturday 7 p.m. Show Wednesday & Thursday 12:30 p.m. Brunch & 2 p.m. Fee. 3208 SW 8th Avenue.

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

MAY 2

### JOE BONAMASSA

As Joe Bonamassa grows his reputation as one of the world's greatest guitar players, he is also evolving into a charismatic blues-rock star and singer-songwriter of stylistic depth and emotional resonance. His ability to connect with live concert audiences is transformational, and

his new album, *Black Rock*, brings that energy to his recorded music more powerfully than ever before. 214 SE 8th Avenue.

TOPEKA, (785) 234-2787

www.tpactix.org

MAY 4-20

### THE GREAT AMERICAN TRAILER PARK MUSICAL

There's a new tenant at Armadillo Acres - she's wreaking havoc all over Florida's most exclusive trailer park. When Pippi, the stripper on the run, comes between the Dr. Phil-loving, agoraphobic Jeannie and her tollbooth collector husband, the storm begins to brew. Event times: 7 p.m. Thursday 8 p.m. Friday & Saturday 2 p.m. Sunday. Fee. 3802 SW 8th Avenue.

TOPEKA, (785) 357-5211

MAY 6

### ART IN THE PARK 2011

Sponsored by the Lawrence Art Guild, this annual festival features over 150 artists, musical performances and children's activities. South Park, 1140 Massachusetts.

LAWRENCE, (785) 979-7039

MAY 12

### LAUGHING MATTERS

Each show is a blend of outrageous comedy sketches and audience participation games. Show: 8 p.m. Fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue

TOPEKA, (785) 357-5211

www.topekacivictheatre.com

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

3800 SE Michigan Ave, 6:30 p.m.

TOPEKA, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

### CAPITOL BINGO HALL

Minis start at 6 p.m. on Sundays and 6:30 p.m.

on Wednesdays and Fridays. Regular sessions

start at 6:30 p.m. on Sundays and 7 p.m. on

Wednesdays and Fridays, 2050 SE 30th St.

TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

3029 NW US Highway 24, 6:30 p.m.

TOPEKA, (785) 296-9400

MONDAYS & SATURDAYS

### LEGIONACRES

3408 W. 6th St., 7 p.m.

LAWRENCE, (785) 842-3415

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

3110 SW Huntoon, 6:30 p.m.

TOPEKA, (785) 235-9073

WEDNESDAYS

### PINECREST APARTMENTS

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

EUDORA, (785) 542-1020

FRIDAYS

### EAGLES LODGE

1803 W. 6th St., 7 p.m.

LAWRENCE, (785) 843-9690

FRIDAYS

### ARAB SHRINE

Mini Bingo 6:30 p.m., Regular Bingo 7 p.m.

TOPEKA, (785) 234-5656

SUNDAYS & TUESDAYS

### MOOSE CLUB

1901 N Kansas Ave, 6 p.m.

TOPEKA, (785) 235-5050

APR 10

Open Bingo. Drury Place, 1510 St. Andrews,

1:30 p.m. Open to the public.

LAWRENCE, (785) 841-6845

APR 25

Open Bingo. Drury Place, 1510 St. Andrews,

1:30 p.m. Open to the public.

LAWRENCE, (785) 841-6845

## EDUCATION

ONCE A MONTH

### AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stormont-Vail. Call to make reservation.

TOPEKA, (785) 354-5225

MAY 3

### GARDENING FOR WELLBEING

Presented by Judy Northway, Master Gardener, Douglas County Extension Office. Skillbuilders is a series of educational and support programs for those adjusting to changes in their lives due to the loss of a loved one. The loss may be due to death, an illness or other circumstances that have placed limitations on a

■ CONTINUED ON PAGE 19

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■ CONTINUED FROM PAGE 18

spouse, child or a significant relationship. The programs are a variety of practical topics, such as legal and financial, with those that discuss the feelings that accompany loss. All programs are lead by local professionals. Skillbuilders will meet on Thursdays from 10-11:45 a.m. in the Gallery of the Lawrence Public Library from March 8 through May 17. Attend all of the programs or only those that are of interest. There is no charge for the programs and registration is not necessary. Transportation is available by calling the Douglas County Senior Services, 842-0543. Skillbuilders is sponsored by the Outreach Services of the Lawrence Public Library, Visiting Nurses Association and the Douglas County Senior Services. For more information on Skillbuilders or any of the programs, call Pattie Johnston at the Library.

LAWRENCE, (785) 843-3833 ext. 115

MAY 10

#### SKILLBUILDERS: AGING IN PLACE

Presented by Linda Crabb, OTR,CLT, Visiting Nurses. See May 3 description for more information about Skillbuilders, including its mission, program location, time, etc.

LAWRENCE, (785) 843-3833 ext. 115

MAY 17

#### SKILLBUILDERS: CELEBRATION & REMEMBRANCE

See May 3 description for more information about Skillbuilders, including its mission, program location, time, etc.

LAWRENCE, (785) 843-3833 ext. 115

## EXHIBITS/SHOWS

JAN 1-DEC 31

#### FREEDOM'S FRONTIER & KANSAS-NEBRASKA ACT EXHIBITS

Pre-statehood exhibit. Documents and exhibits providing insight into the Bleeding Kansas and pre-statehood era star in Lawrence newly refurbished 1904 Carnegie Library, 200 W. 9th St. LAWRENCE, (785) 865-4499  
www.freedomfrontier.org

MAY 10

#### PROTECTING YOUR MOST VALUABLE ASSET – YOUR HEALTH (OR LIFE IS EASIER WHEN YOU PLOW AROUND THE STUMPS)

To avoid needing a bailout for your health, be sure to attend this free class featuring essential information for staying healthy. Charles Yockey, MD, of Lawrence Pulmonary Specialists will provide tips and insider information on numerous topics including blood pressure, weight, sleep and more, to help keep your health portfolio at the top of the market. Time will be available for questions following the presentation. Refreshments provided. Due to space limitations, advance and early registration is recommended. Call Tracy in the LMH Endowment Association Office. Lawrence Country Club, 4:30-6:00 p.m. LAWRENCE, (785) 505-3318

MAY 25

#### FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of every month.

LAWRENCE, (785) 842-3883

## FAIRS/FESTIVALS

MAY 5

#### LANSING DAZE FESTIVAL

Crafts, car show, live bands, great food and entertainment. 871 W. Eisenhower. LAWNSING, (913) 727-5488  
www.lansing.ks.us

MAY 5

#### MARBLE DAY CELEBRATION

A slew of fun, old-fashioned games and activities. The Wacky Parade will kick off the day followed by a marble tournament and other marble activities, yard games, cake walk, Maypole and stupid pet tricks, straw tunnel and straw mountain. At High Noon, the one and only "Running of the Pinkys" will take place on Oak Street with the dumping of 5,000 Pinky Balls. Several downtown businesses sponsor an array of fun games and activities on Oak Street. Performers of various sorts entertain and delight children of all ages. 126 Cedar Street, 10 a.m.-2 p.m.

BONNER SPRINGS, (913) 667-1703

MAY 19

#### MERRIAM TURKEY CREEK FESTIVAL

Turkey Creek Festival...choose from the many activities scheduled throughout the day at Merriam's Antioch Park: pancake breakfast, 5K run, petting zoo, inflatable slides, moonwalk, free concerts, arts and crafts vendors, kids activities, tons of festival food and much more. Antioch Park, 6501 Antioch.

MERRIAM, (913) 322-5550  
www.merriam.org/park

MAY 26

#### GLORY DAYS FESTIVAL & CAR SHOW

Join us in celebrating Memorial Day. We also welcome back area alumni. Craft and vendor booths will be hosted on the Courthouse Square. Cars will line the square for all to admire. 4th St & New York. HOLTON, (785) 364-3963  
www.exploreholton.com

## FARMERS' MARKETS

APR 14-NOV 17

#### SATURDAY MARKET - LAWRENCE

The first Saturday in May is the market's grand opening. On October 6, the regular Saturday Hours change from 7-11 a.m. to 8-11 a.m. The Saturday Downtown Lawrence Farmers' Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets. LAWRENCE, (785) 331-4445  
www.lawrencefarmersmarket.com

MAY 1-END OF OCTOBER

#### TUESDAY MARKET - LAWRENCE

The Tuesday Market is located in the public parking lot between 10th and 11th streets on the east side of Vermont Street. 4-6 p.m. LAWRENCE, (785) 331-4445  
www.lawrencefarmersmarket.com

MAY 3-END OF OCTOBER

#### THURSDAY MARKET - LAWRENCE

The Thursday Market is located at southwest corner of Sixth & Wakarusa, in the parking lot of the Wakarusa Crossroads shopping center. 4-6 p.m. LAWRENCE, (785) 331-4445  
www.lawrencefarmersmarket.com

■ CONTINUED ON PAGE 20

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■ CONTINUED FROM PAGE 19

APR 14-NOV 3

### TOPEKA FARMER'S MARKET

12th and Harrison, South of the Judicial Building. 7:30 a.m.-Noon.

TOPEKA, (785) 249-4704

www.topekafarmersmarket.com

## 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

### JAZZERCISE LITE

Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aerobics with exercises designed to improve your

strength, balance, and flexibility. 10:20-11:20 a.m. at 3115 W. 6th St.

LAWRENCE, (785) 331-4333

TUESDAYS AND THURSDAYS

### FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, (785) 856-6030

FIRST THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

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

TOPEKA, (785) 354-6787

FIRST & THIRD FRIDAYS OF EACH MONTH

### HEALTH CHECKS

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

TOPEKA, (785) 233-1750, EXT. 252

FRIDAYS

### BLOOD PRESSURE CHECKS

Drury Place, 1510 St. Andrews, 8:30 a.m. Open to the public.

LAWRENCE, (785) 841-6845

SECOND THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

### MEDICATION CLINIC

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

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free.

TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

### NUTRITION CLINIC

Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.

TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

### BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free.

TOPEKA, (785) 354-6787

MAY 2

### CHOLESTEROL SCREENING

This screening event offers a total only (does

not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$6/test. Drop into the LMH Healthsource Room, main level. Lawrence Memorial Hospital, 8:30-10 a.m.

LAWRENCE, (785) 749-5800

MAY 4

### STROKE AWARENESS AND SCREENING

May is Stroke Awareness month. Stroke or brain attack is the 4th leading cause of death in the U.S.A. and a leading cause of disability. According to the National Stroke Association, up to 80% of strokes may be preventable. Come and learn more about this potentially devastating illness and take part in a free stroke screening to assess your risk. This event is free and sponsored by the LMH Stroke Team. No registration needed; just drop by. Light refreshments available. Lawrence Memorial Hospital (outside the LMH Gift Shop – main floor), 8:00-10:00 a.m.

LAWRENCE, (785) 749-5800

MAY 29

### NATIONAL SENIOR HEALTH AND FITNESS DAY

Please join us to participate in this free event which includes a sampling of fitness activities from the exercise class options offered by LMH Therapy Services. Come dressed in comfortable clothing and plan to participate in some gentle exercises to enhance balance and build strength and endurance. A waiver will need to be signed prior to class. Light refreshments served. Door prizes and information on the benefits of activity for the older adult will be available. Enrollment requested. Lawrence Memorial Hospital, 1:30-3:00 p.m.

LAWRENCE, (785) 749-5800

■ CONTINUED ON PAGE 21



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■ CONTINUED FROM PAGE 20

## LAWRENCE PUBLIC LIBRARY BOOKMOBILE

### MONDAYS

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

### WEDNESDAYS

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

### FRIDAYS

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

## LAWRENCE PUBLIC LIBRARY BOOK TALKS

### THIRD TUESDAY OF EACH MONTH

Midland Adult Day Care, 319 Perry St., 10 a.m.  
 Cottonwood Retirement 1029 New Hampshire, 2 p.m.  
 Babcock Place, 1700 Massachusetts St., 3 p.m.

### THIRD WEDNESDAY OF EACH MONTH

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

### FOURTH WEDNESDAY OF EACH MONTH

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

## MEETINGS

### MONDAYS, WEDNESDAYS & FRIDAYS WATER AEROBICS CLASSES

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

### FIRST MONDAY OF EACH MONTH

#### BEREAVEMENT SUPPORT GROUP

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

### FIRST & THIRD MONDAY OF EACH MONTH

#### BEREAVEMENT SUPPORT GROUP

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

### FIRST & THIRD MONDAY OF EACH MONTH 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 TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES

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

### FIRST & THIRD TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP

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

### 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](http://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 New-

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■ CONTINUED FROM PAGE 21

comer at for more information. Pozez Education Center, 1505 SW 8th St. TOPEKA, (785) 478-4947 or (785) 296-8349

**FIRST WEDNESDAY OF EACH MONTH  
OLDER WOMEN'S LEAGUE**

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

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

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

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

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

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

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

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

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

**SECOND MONDAY 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. 11 a.m. TOPEKA, (785) 235-1367, EXT. 130

**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, www.narvre.com

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

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

**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 WEDNESDAY OF EACH MONTH  
MEMORY SUPPORT GROUP**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

■ CONTINUED ON PAGE 23

# RJ's Auction Service



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**May 18:** Coin auction starts at 6 p.m. Coins will be sold in house and online at the same time.

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■ CONTINUED FROM PAGE 22

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

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

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

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

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

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

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

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mission is to represent

government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller.

LAWRENCE, (785) 478-0651

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

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

LAWRENCE, (913) 831-3888

**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

**MISCELLANEOUS**

**SUNDAYS**

**VESPER SERVICES**

Drury Place, 1510 St. Andrews, 4 p.m. Open to the public.

LAWRENCE, (785) 841-6845

**MONDAYS**

**CATHOLIC COMMUNION**

Drury Place, 1510 St. Andrews, 2:30 p.m. Open to the public.

LAWRENCE, (785) 841-6845

**MAY 18**

**ART TOUGEAU PARADE**

Lawrence's own wheeled art parade featuring art cars and wheeled art creations from national, regional and local artists. This year, the Art Car cruise and party will be held on Friday followed by the parade and block party Saturday! North along Massachusetts.

LAWRENCE, (785) 843-2787

www.lawrenceartscenter.com

**MAY 24-26**

**SHRINE RODEO**

Come to the Shrine Rodeo in beautiful Tonganoxie, Kansas, and 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 3 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

www.shrinerodeo.com

**MAY 26**

**VINTAGE & EXPERIMENTAL AIRCRAFT FLY-IN**

Aviation event in hometown of Amelia Earhart.

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**JUN 1 & 2**

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**JUN 2**

**HEARTLAND MILITARY DAY**

WWII military equipment displays, battle re-enactments, and demonstrations by the Rolling Thunder Chapter, MVPA, Pancake Feed, and concessions. Event time: 8 a.m.-3 p.m. Fee. Forbes Field, 6700 S Topeka Blvd.


TOPEKA, (785) 862-1020

www.kansasguardmuseum.org



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# Seven effective habits to prevent hearing loss

(ARA) - Hearing loss is common, but the perception that hearing loss is only caused by aging is incorrect. More than 36 million American have hearing loss. Changing lifestyle habits, and treating a variety of health conditions can help to prevent hearing loss.

Seven healthy habits may help prevent or delay the onset of hearing loss.

## 1. Noise

Noise-induced hearing loss is the most common yet preventable cause of hearing loss. Exposure to dangerous levels of noise can occur at work, home and in many recreational activities. Wear ear plugs or muffs when operating loud equipment (i.e., lawn mowers, power saws, leaf blower, etc.) or when using firearms. Buy quieter products (compare dB ratings advertised on the products - the smaller the better).

## 2. iPod/MP3 Players

Listening to MP3 players at dangerous levels can cause permanent

hearing loss. You can download apps to ensure noise exposure through your iPod does not exceed dangerous decibel levels. "Volume Limit" is a switch in the "settings" section of your iPhone or iPod to make sure that your hearing is protected. This allows you to set a maximum level for the volume output of the media player and even put a 4-digit code on it to keep it fixed.

## 3. Diabetes

The National Institute of Health (NIH) has found that hearing loss is twice as common in people with diabetes. Furthermore, of the 79 million adults with pre-diabetes, the rate of hearing loss is 30 percent higher than in those with normal blood sugar levels. Moderate weight loss, eating healthy and exercise can delay or prevent type 2 diabetes among adults at risk for diabetes.

## 4. Smoking

Smoking is a risk factor for hearing loss. Smokers are nearly 70 percent more likely than nonsmokers to

suffer hearing loss. Exposure to second-hand tobacco smoke almost doubles the risk of hearing loss among adolescents. Studies show that smoking, age and noise exposure together increase the risk for hearing loss more than each of these factors alone.

## 5. Cardiovascular disease

Not only does exercise help to prevent type 2 diabetes, but cardiovascular health and hearing health appear associated. Growing evidence suggests a link between hearing loss and poor cardiovascular health.

## 6. Earwax (Cerumen)

Don't swab your ear canals. Cerumen cleans and lubricates the skin of the ear canal and provides protection from bacteria, fungi, insects and water. Attempting to remove cerumen or cleaning the ear canal with a cotton swab tends to push earwax deeper into the ear canal. Excess or impacted cerumen can press against the eardrum and/or occlude the external auditory canal resulting in hearing loss.

## 7. See an audiologist

Susceptibility to hearing loss is often undiagnosed and unrecognized. The Audiology Awareness Campaign, a nonprofit foundation aimed at providing the public with information on hearing loss, is sponsoring the fifth annual Lister Up America Week, National Hearing Screening Week, May 14 to 18, where audiologists will offer free hearing screenings nationwide. Call 888-833-EARS (3277) or visit [www.audiologyawareness.com](http://www.audiologyawareness.com) to find an audiologist in your area.

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## HUMOR

# Without Backup

The student center at the Letongaloosa Community Junior College is the hub of LCJC campus life. A convenience store and official student offices line the lobby's perimeter. Vendor kiosks, club cubicles, and activity tables occupy the center.

In a back corner there's a card table and a chair. On the wall a sign that reads: U-R SECUR, INC.



Larry Day

Behind the table sits a dark-haired man in his mid-twenties. He wears a white shirt, red tie, blue blazer and gray pants.

A coiled Kevlar cord snakes from the man's collar up the side of his neck to his ear. It's a surveillance communication device.

The man is an imposter. There is no U-R SECUR, INC.

But nobody at the student center knows that.

The students assume that the center's management company has contracted for extra security. The staff of the management company thinks that the table is manned by students.

The man who spends his days sitting at that table is Wilmer Dawkins. Wil moved to Letongaloosa after his dad's convenience store in Tall Hedge, Ohio, went out of business—victim of the recession. Wil's dad, who had been a widower for six years, died three weeks after the store closed.

Wil sold the house, took the proceeds, and left. He ended up in Letongaloosa because he had seen news accounts about "The Potty Professor." He had typed "potty professor" into a search engine. The Letongaloosa Community Junior College's website came up. A link told him about the town. Wil liked what he saw, loaded up his dad's six-year-old SUV and drove west.

Although Wil was at ease behind the counter of his dad's store, he was shy around people his own age, and practically tongue-tied with women. Years of martial arts training had done little to improve that condition.

After moving to Letongaloosa, Wil started hanging out in the lobby of the LCJC student center. He sat in the lobby and read. He was around people, but he didn't have to talk to them.

Wil got the idea for the security company ruse from television. The cops had set up a sting operation at a university student center.

Very few people approached Wil at the U-R SECUR, INC. table. When they did, Wil spouted a security company spiel that he had made up and memorized.

Wil was happy. Then one afternoon a young woman approached him. She was in her twenties, five foot six, short brown hair, beautiful eyes, flawless makeup. Without preliminaries she said:

"I've been watching you and I can't figure out what kind of scam you're running."

Wil was so rattled that he forgot his memorized spiel.

The young woman continued, "You don't hand out coupons or flyers; you don't promise free trips to Europe; you don't shoot video or talk into your fancy smansy squawk box. Your body language tells me that you're not really a security professional. So what's the deal?"

A visceral "fight or flight" urge gripped Wil. His heart raced, but he stood rooted to the spot, staring into the woman's beautiful eyes.

She smiled.

"I'm Melissa. Let's go have a Coke and talk about this." She turned and walked away.

Wil followed her as if on a leash.

When they were seated Melissa said, "You're not making any money on this security company dodge, are you?"

"No."

"Then what's up?"

Melissa waited. After a long silence:

"I...I'm trying to get over being shy."

"I can relate to that. Been there, done that," Melissa said.

"It doesn't look like it to me."

"It's true, and I can help you. Together we can make a pile of money with this security company idea of yours."

Late one night a couple years later, Wil stood in the ballroom of a student center at a university on the West Coast. A fraternity-sorority prom was in progress. Wil wore a black tailored uniform with a smart "U-R Secur"

logo on the right breast pocket. A coiled Kevlar cord snaked up from under Wil's collar. Melissa's voice sounded in the earpiece.

"Blond, six-three, muscular, white dinner jacket, right side of the refreshment table. He's about to make trouble."

"I'm on it," said Wil.

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

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## TRAVEL TROUBLESHOOTER

# Where's my ticket refund?

**Q:** My grandfather recently passed away and I needed to travel to Austin, Texas, a few days later for his funeral. Because I was already scheduled to fly from Baltimore to Austin on American Airlines on Nov. 24 for Thanksgiving, I thought it would be easiest to just move my outbound flight up a few days to Nov. 19.

I had originally booked the flight through American's website months



Christopher  
Elliott

ago, so I called their helpline on Nov. 17 and explained my situation. They were able to switch me to a flight on the 19th, but said I would need to pay a \$150 change fee and the difference between the fare I originally paid and the current fare, which was \$254.

I then inquired about bereavement fares, and the agent told me that they were completely sold out of "compassion fares" for that date, but that if I sent them a copy of my grandfather's death certificate, they would refund the difference in cost. I'm currently a graduate student with very little extra money to spend, but

my grandfather and I were close, so I decided to go ahead with the ticket change given the information about the refund.

I received a copy of the death certificate just before I returned to Maryland, and began the process of requesting a refund on the American Airlines website. The online system tells me that I am ineligible for a refund because I used my nonrefundable ticket.

I have emailed American through the form on their website and have received no response. I am very upset that this is happening after the death of a beloved family member—if I had known that it would be this difficult, I would have canceled my flight on American and instead booked a flight on an airline that would have been more sensitive to my situation. - Tracy Wilkinson, College Park, Md.

**A:** American Airlines should have refunded your ticket as promised after you showed it a death certificate, of course. Every time you have to contact the airline to ask about your fare, it's a painful and completely unnecessary reminder of your loss.

Bereavement fares are an odd thing, which may be why American seems confused. Many airlines no longer have them, but ticket agents are sometimes empowered to offer a discount off the overpriced "walk-up"

fare that business travelers typically pay to fly at a moment's notice.

When there's a death in the family, airlines may also waive cancellation or change fees. But there's no hard-and-fast rule about it, so if you find a ticket agent who is willing to make an exception, be sure the rule is bent for you now - not later. (And if you're promised a refund later, make sure you get it in writing.)

It appears there was no written record of a promised refund, which is why American was denying your refund. Plus, because of an unspecified problem with its systems, it wasn't receiving the death certificate, despite numerous attempts on your part to send it.

American is under absolutely no obligation to give you a refund or discount, even when there's a death in your family. But if a representative promised your money back, then you

should get it.

I got in touch with American on your behalf. A representative contacted you and issued a refund to your credit card.

- Christopher Elliott is the author of "Scammed: How to Save Your Money and Find Better Service in a World of Schemes, Swindles, and Shady Deals" (Wiley). He's also the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a nonprofit organization that advocates for travelers. Read more tips on his blog, [elliott.org](http://elliott.org) or e-mail him at [chris@elliott.org](mailto:chris@elliott.org). Christopher Elliott receives a great deal of reader mail, and though he answers them as quickly as possible, your story may not be published for several months because of a backlog of cases.

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# WOLFGANG PUCK'S KITCHEN

## Banana fritters with chocolate fudge sauce

My recipe for Banana Fritters seems a perfect way to raise some smiles at the table.

At face value, bananas are among the funniest of fruits. A cheerful yellow color when ripe, they have a shape that



Wolfgang Puck

even looks like a smile. Peeling them can be, in itself, a silly process, sort of like a fruit striptease. And the peel itself, of course, is a staple of slapstick comedy—so take care not to drop it on your kitchen floor!

All kidding aside, bananas make excellent ingredients. Their sweet, mellow flavor and soft, creamy texture suit them to a wide range of uses, from mashed in baked goods to diced in sweet-and-spicy curries, fried in butter as a side dish for Caribbean

meals to whirled with milk in smoothies, topped with ice cream and sauces for classic banana splits to cut into chunks and deep-fried in batter.

Though most people already know the basics, it bears repeating that bananas should be ripened at room temperature. Most of the fruit in stores is sold with the peels still green, a day or two from readiness, though you can usually sort through the bin to find a few riper specimens. The way you plan to use them will determine how ripe you want them to be. Most baking recipes call for their peels to be fully yellow with a speckling of brown spots, indicating that the fruit beneath is not only sweet but also soft enough to mash easily into a batter. For the purposes of deep-frying, you want firmer fruit whose peels have only just turned yellow.

I usually serve the hot, crispy fritters with a dusting of confectioners' sugar. But, as an extra treat, I'll sometimes serve them with a scoop of ice cream or add a sweet dipping sauce, like the hot fudge recipe I also include here.

### BANANA FRITTERS

Serves 6

- 1 cup all-purpose flour
- 1 tablespoon baking powder
- 1/4 teaspoon ground cinnamon
- Salt
- Freshly ground white pepper
- Freshly grated nutmeg
- 1 large cage-free egg
- 1 cup buttermilk
- Vegetable oil, for deep-frying
- 2 pounds ripe but firm organic bananas, peeled and cut diagonally into 3-inch chunks
- Confectioner's sugar, for dusting

In a medium-sized mixing bowl, sift together the flour, baking powder, cinnamon, dashes of salt and pepper, and a hint of nutmeg. In a small bowl, whisk together the egg and buttermilk. Whisk the liquid mixture into the flour mixture just until smooth. Cover the bowl with plastic wrap and leave the batter to rest in the refrigerator for 30 minutes.

Heat at least 3 inches of oil in a thermostat-controlled countertop deep-fryer, or in a deep, heavy pot using a deep-frying thermometer, to 350 degrees F.

When the oil is hot, dip the banana chunks one at a time into the batter and carefully add them to the hot oil, working in batches if necessary to avoid overcrowding the deep-fryer or pot. Fry until golden brown, about

4 minutes. Remove using the deep-fryer basket or a wire skimmer and transfer to paper towels to drain.

Transfer the banana fritters to a serving platter or plates. Spoon some confectioner's sugar into a small wire-meshed sieve held over the fritters and tap the side of the sieve to dust the fritters with sugar. Serve immediately.

### CHOCOLATE FUDGE SAUCE

Makes about 2 cups

- 3 tablespoons unsalted butter
- 1/2 cup water
- 1/3 cup heavy cream
- 2 tablespoons honey
- 1/2 pound bittersweet chocolate, coarsely chopped
- 2 tablespoons dark rum (optional)

In a medium-sized saucepan, melt the butter over medium-low heat.

Add the water, cream, and honey. Raise the heat to medium-high and bring the mixture to a simmer, stirring occasionally to dissolve the honey.

Put the chocolate in a heatproof bowl. Pour in the hot cream mixture. Leave undisturbed until the chocolate has melted, about 1 minute. Then, stir until smooth. If you like, stir in the rum.

Serve immediately, or gently rewarm on the stovetop before use.

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

### JUMBLE ANSWERS

Jumbles: FETCH TARRY  
CANKER TREMOR

Answer: When the runners spotted each other at the horse races, it became a \_\_ -- TRACK MEET

Scrabble BRAND GRAMS SOLUTION									
B <sub>1</sub>	I <sub>1</sub>	G <sub>1</sub>	W <sub>1</sub>	I <sub>1</sub>	G <sub>1</sub>		RACK 1 =	13	
G <sub>2</sub>	E <sub>2</sub>	S <sub>2</sub>	T <sub>2</sub>	U <sub>2</sub>	R <sub>2</sub>	E <sub>2</sub>	RACK 2 =	58	
B <sub>3</sub>	A <sub>3</sub>	L <sub>3</sub>	C <sub>3</sub>	O <sub>3</sub>	N <sub>3</sub>	Y <sub>3</sub>	RACK 3 =	67	
P <sub>4</sub>	U <sub>4</sub>	N <sub>4</sub>	G <sub>4</sub>	E <sub>4</sub>	N <sub>4</sub>	T <sub>4</sub>	RACK 4 =	60	
V <sub>5</sub>	E <sub>5</sub>	R <sub>5</sub>	T <sub>5</sub>	I <sub>5</sub>	G <sub>5</sub>	O <sub>5</sub>	RACK 5 =	83	
PAR SCORE 210-220							TOTAL	281	

## PET WORLD

### Sometimes, euthanasia is the loving choice to end a pet's suffering

DENVER, CO. - These reader questions were answered at the 2012 American Animal Hospital Association Conference, attended by over 1,200 veterinary professionals, March 15-18 at the Denver Convention Center.



Steve Dale

**Q:** My wonderful Border Collie/Chow mix was in good health and then he stopped eating. After 6 weeks and many tests, he was diagnosed with stomach cancer. The disease progressed fast. The oncologist said surgery would cost \$5,000 and another \$800-plus for chemotherapy. I'm a senior citizen living on Social Security and this treatment was financially impossible.

We euthanized the dog before he suffered too much. Now, I wonder what I could have done to save my pet. If I'd had the surgery done, would he have lived? I also wonder if the rawhide bones he loved caused the cancer. Although we lost him two months ago, I'm still devastated. - P.P., Cyberspace

**A:** Dr. Mark Russak, president of the American Animal Hospital Association, says, "I am so very sorry for

your loss. You must know that you did nothing wrong. I don't know if your dog would have lived or for how long with surgery and chemotherapy. I do know stomach cancer in people and dogs is bad."

Russak, of Starkville, MS, continues, "I've never heard of a link between rawhide and cancer. You are a wonderful pet owner. I can hear your pain and I've been there also; even veterinarians lose pets. You gave your pet a dignified exit without suffering."

Clearly, you had a special relationship with your dog. My online dictionary says to love is, "To feel affection for, to adore to worship and to be devoted to." This sounds pretty much like how our pets feel about us. And likely this definition describes how you felt about your dog. I'm here to argue with anyone who says losing a pet isn't like losing a loved one.

**Q:** My Westie (West Highland White Terrier) has had an anal gland infection for 8 months now. He takes Cyclosporine orally, and I'm applying an ointment twice daily. Is there anything else that might work better? - R.V., Woodbury, MN

**A:** The problem lies in the anal sacs. Nearby glands fill the sacs with a smelly substance which is emptied along with feces when the dog defecates. When this doesn't happen, the smelly fluid has nowhere to go and continues to fill in the anal sacs. Ultimately, an infection may occur, explains Dr. Mike Cavanaugh, executive director and CEO of the Denver-

based American Animal Hospital Association.

Some dogs scoot on the ground or persistently lick as those filled sacs create discomfort.

Cavanaugh explains that the problem with oral antibiotics (such as Cephalixin or fluoroquinolones) is that they don't typically get to where the infection is, though they may be of supplemental benefit. Another strategy is to have your veterinarian infuse a "pack" of antibiotics into the anal sacs, which will hopefully respond with three applications, every seven to 10 days.

Westies are sometimes known to have anal sac issues as a result of food allergies.

If the drugs and/or the infusing don't do the trick, surgery remains an option. While the ancestors of today's dogs likely tagged their territory with feces, including what they emptied from their anal sacs, Cavanaugh says it's been a long time since dogs really needed to do this. Those anal sacs serve no other purpose and would not be missed if removed surgically.

**Q:** My husband and I have a rescued 4-year-old Newfoundland-Border Collie-St. Bernard mix. Mike is handsome and wonderful, but has only bonded to me and not my husband. My husband works, so I take the dog for runs and fix his food. Mike climbs up next to me on the couch and sighs. My husband wants Mike to bond with him, too, but so far, no deal. Instead, Mike runs away from him. The dog has decided my husband is a bad guy. How can we fix this problem? - C.F., White Bear Lake, MN

**A:** "Your husband has to become Mr. Fun," says veterinary technician Ginny Price, of St. Petersburg, FL. "Fun stuff needs to come from him, so whenever possible have him feed

the dog. Don't play as often with your dog; let your husband toss the ball or do whatever Mike likes most."

Price says that lack of previous exposure could play into this issue. If, for example, you husband has a beard or maybe he's very tall and towers over the pet. Some poorly socialized dogs are simply wary of men because of their size and strong, deep voices. Ask your husband to talk softly around Mike. Instead of watching TV from the sofa, he should sit on the floor (if he's able) holding some kibble. Don't push Mike, though; just let him come to your husband. Sometimes trying too hard becomes intimidating to an already fearful dog.

I have no doubt your husband is a great guy, and just as much fun as you are. In time, your dog will agree.

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

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# Help mom save \$4,000 a year

By Norm Franker

Social Security District Manager in Lawrence

Given the current economic climate, buying a nice gift for Mother's Day may be more difficult than in years past. But people across the nation are discovering that the best gifts are often free.

This Mother's Day, you can show Mom how to save an estimated \$4,000 a year on her Medicare prescription drug costs. Here's how.

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To figure out whether your mother is eligible, Social Security needs to know her income and the value of her savings, investments and real estate (other than the home she lives in). To qualify for the extra help, she must be receiving Medicare and have:

- Income limited to \$16,335 for an individual or \$22,065 for a married couple living together. Even if her annual income is higher, she still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where income may be higher include if she and, if married, her husband:

- Support other family members who live with them;

- Have earnings from work; or

- Live in Alaska or Hawaii.

- Resources limited to \$13,070 for an individual or \$26,120 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count her house or car as resources.

Social Security has an easy-to-use online application that you can help complete for your mom. You can find it at [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp). To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Application for Help with Medicare Prescription Drug Plan Costs (SSA-1020). Or go to the nearest Social Security office.

To learn more about the Medicare prescription drug plans and special enrollment periods, visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

Mom will be grateful when you give her a useful gift this year: help her save an estimated \$4,000 a year on Medicare prescription drugs. It won't cost you anything more than a little bit of quality time with her — something you and Mom both want anyway. These rules apply to Dad as well, so plan ahead for your Father's Day gift too.

## WORDS OF WISDOM

"God could not be everywhere and therefore he made mothers."

- Jewish Proverb



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# PUZZLES & GAMES

## CROSSWORD

### ACROSS

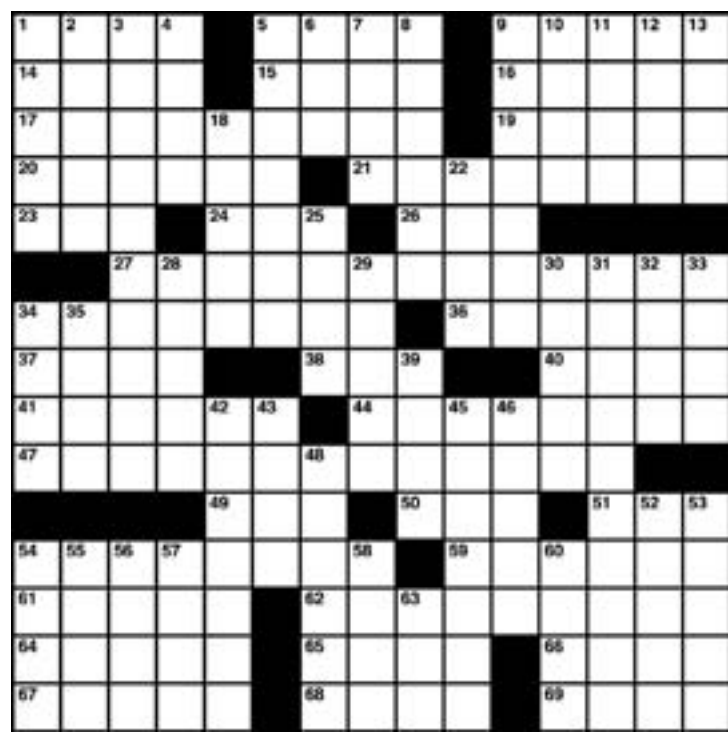
- 1 Aaron of Cooperstown
- 5 Fast ender
- 9 Drink in a Dixie cup?
- 14 Lotion additive
- 15 \_\_\_ breve: 2/2 time
- 16 Get under one umbrella, so to speak
- 17 Filled to capacity
- 19 Panel member
- 20 Soaking and relaxed
- 21 One seeking repayment
- 23 Form W-4 fig.
- 24 NFL mike wearer
- 26 Ballpark fig.
- 27 Certain wildlife refuge
- 34 Annoying kid at the pool
- 36 Catch, as a podcast
- 37 Panache
- 38 What a fluid oz. measures
- 40 Half of MCDII
- 41 Geometry measure
- 44 Was in pain

- 47 Hit from the "Moulin Rouge!" soundtrack
- 49 Ending with Cray
- 50 CBS's Rather
- 51 Shakespearean exclamations
- 54 Ticking danger
- 59 Summer pitcherful
- 61 Stradivari's tutor
- 62 Spineless one
- 64 Star in the same constellation as Betelgeuse
- 65 Latin 101 infinitive
- 66 Collette of "United States of Tara"
- 67 Ouzo flavoring
- 68 White House maiden name
- 69 Name-dropper, often

### DOWN

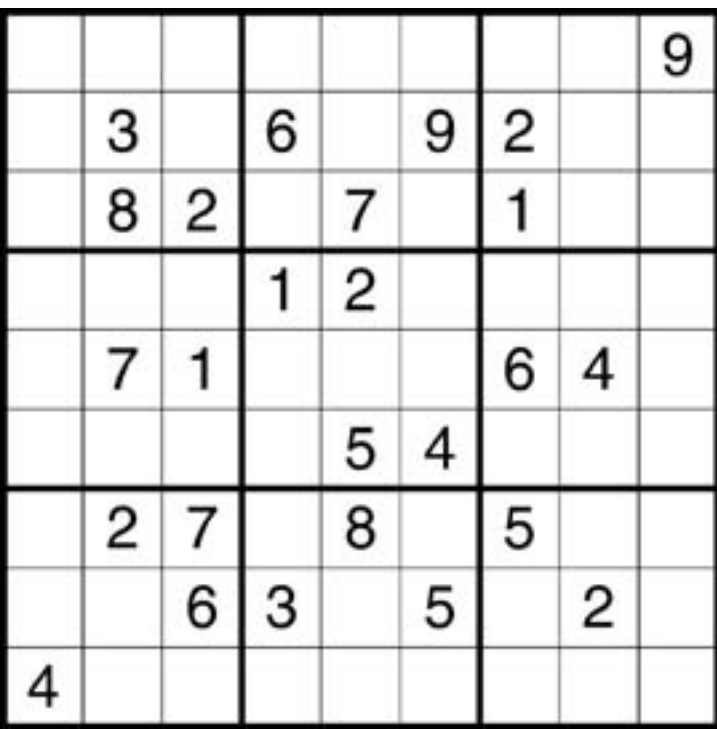
- 1 Pilgrims to Mecca
- 2 Greenspan and Turing
- 3 Area of uncertainty
- 4 Held on to
- 5 Shakespeare's

- 6 shortest tragedy
- 7 Yellowstone grazer
- 7 Guinness of "Star Wars"
- 8 Soup kitchen volunteer
- 9 Martial art emphasizing throws
- 10 Word on a dime
- 11 Pre-euro Italian currency
- 12 Harrow rival
- 13 Cheeky
- 18 New Age-y \ emanations
- 22 Words before "of rules"
- 25 Have a hunch
- 28 Like some barbecue sauce
- 29 Periscope part
- 30 Wrapped up
- 31 Hiking or biking
- 32 Nasty habit
- 33 Oklahoma city
- 34 Broker's order
- 35 Entreaty
- 39 Four-sided campus space
- 42 BlackBerry network choice
- 43 Saintry ring



- 45 Made things harder for the lifeguard
- 46 Ornate
- 48 Engine for missiles
- 52 Like some easy questions
- 53 Indian honorific
- 54 O'Hara plantation
- 55 "See you," in poker
- 56 Star-struck trio?
- 57 Hot times in the cité
- 58 Anka's "Eso \_\_\_"
- 60 Young newts
- 63 Source of some '60s trips

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

THEFC  
TRYAR  
CRENAK  
MORRET

Answer:  =

THAT SCRAMBLED WORD GAME  
by Mike Angiron and Jeff Kozurek

WHEN THE RUNNERS SPOTTED EACH OTHER AT THE HORSE RACES, IT BECAME A ---

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

**SCRIBBLE** G R A M S

PAR SCORE 210 320  
BEST SCORE 281

DIRECTIONS: ...

Answers to all puzzles on page 29.

**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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# Please visit Kaw Valley Senior Monthly on Facebook.



## PUZZLES &amp; GAMES

## BRIDGE

## Your best shot

By Tannah Hirsch

Tribune Media Services

East-West vulnerable. South deals.

## NORTH

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

## WEST

♠-6 4  
♥-J 3 2  
♦-Q J 9  
♣-J 9 8 3 2

## EAST

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

## SOUTH

♠-10 9 7 2  
♥-K 5  
♦-A 7  
♣-K Q 10 7 5

The bidding:

SOUTH WEST N O R T H

EAST

1C	Pass	1D	Pass
1S	Pass	2H	Pass
2NT	Pass	3NT	Pass
Pass	Pass	Pass	

Opening lead: Three of ♣

Cover the West and South hands

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then decide. As East, how would you try to defeat three no trump after West leads the three of clubs?

The bidding and your own holding provide the key. South has shown 12-14 points with his no-trump rebid and you can count 23 in the two hands you can see, leaving partner with 3-5 points. Also, the opening lead marks partner with no more than five clubs. These two facts show that declarer has at least a fair five-card club suit and that suit holds no promise.

Only one suit offers any hope—spades. Even that depends on partner having an entry. Win the first trick with the ace of clubs and shift to the five of spades!

Declarer has only seven fast tricks and to get to nine he has to set up one of the minors. He cannot accomplish that without letting partner gain the lead. A spade return from partner allows you to score three tricks in the suit for a well-earned one-trick set.

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

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# May the Social Security benefits be with you

By Norm Franker

Social Security District Manager in Lawrence

May 4 is an unofficial holiday designated by fans as Star Wars Day. Why May 4 and not the more likely May 25 (the day the original Star Wars was released)? It all comes down to a simple but catchy phrase: may the fourth be with you.

When celebrating Star Wars day, it can be easy to picture the space warriors in their original state, the way they have been captured on film. But consider this: May is also Older Americans' Month. That may be more fitting than you realize, since the heroes of Star Wars first burst into pop culture "a long time ago."

Most of the heroes and villains of Star Wars are now closing in on retirement age. Yes, Han Solo is well into retirement; Luke Skywalker and Princess Leia are almost old enough

to get Social Security benefits. (Sorry, Chewbacca, but you have to be human to receive Social Security benefits.)

You don't have to have the wisdom of a Jedi or the knowledge of a Droid to figure out retirement benefits. If you're planning ahead for a distant retirement, visit the Retirement Estimator to get an instant, personalized estimate of your future retirement benefits. Blast off to [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

If you're ready to apply now for retirement benefits, just go online. It's so easy, and you can do it faster than the Millennium Falcon can outrun Imperial fighters — in as little as 15 minutes at [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline).

This year's theme for Older Americans Month is "You're never too old to play." When Star Wars first came out in 1977, social networking would have seemed like space-aged ways to play, but you now can connect with

Social Security on Facebook, Twitter, and YouTube. What's more, you can even do it from your own smartphone ... even if it's not a Droid.

Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) and

target the "Facebook" and Twitter" icons.

This May 4, may the "fourth" be with you. And remember: the benefits will be with you ... always.

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# Consuming more fatty acids may reduce symptoms of dry eye

(ARA) - Spring weather may bring warmer, humid air, but millions of Americans still experience discomfort associated with dry eye syndrome. Dry eye is a condition where tears lack sufficient moisture and lubrication, which is necessary to maintain good eye health and clear vision. Tears not only wash away dust, but also soothe the eyes, provide oxygen and nutrients to the cornea and help defend against eye infections by removing bacteria.

The frequency and severity of dry eye varies but may include irritated or gritty eyes, redness, burning, a feeling that something is in your eyes, blurred vision and even excessive watering. This condition has a multitude of causes but generally stems from the following factors:

- **Age:** As Americans age, eyes naturally become drier. Typically, people older than 65 experience some dry eye symptoms.

- **Gender:** Women are more likely to develop dry eye with hormonal changes during pregnancy, while using oral contraceptives and following menopause.

- **Medications:** Decongestants, antihistamines and antidepressants are among numerous medications that can reduce tear production.

- **Medical conditions:** Health issues associated with arthritis, diabetes, Sjogren's syndrome and thyroid problems can produce dry eye symptoms.

- **Environment:** Dry climates and exposure to wind and smoke may trigger dry eye.

- **Eyewear/surgery:** Contact lenses may cause dry eye or make eyes less comfortable if they are dry, and eye surgery may lead to a temporary decrease in tear production.

- **Cosmetics:** When the lid margin is coated with heavy makeup, it can block the openings of the oily glands, which help lubricate the eye.

Treatment for dry eye syndrome varies depending on the severity. Several new studies have confirmed the correlation between fatty acids and an improvement in dry eye syndrome. Salmon, tuna, herring, mackerel and other cold-water fish rich in omega-3 fatty acids can help reduce inflammation, enhance tear production and support the eye's oily outer layer, as well as provide health benefits for your cardiovascular, immune and nervous systems.

Additionally, some people can use artificial tears or ointments that simulate the action of tears. There are also oral capsules that can maintain tear production and guard against future tear loss. The American Optometric Association (AOA) recommends consulting an eye doctor to diagnose the condition and discuss proper treatment.

The AOA also recommends adults have yearly eye exams. For additional information on how best to cope with dry eyes, visit [www.AOA.org](http://www.AOA.org).

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