

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

November 2009

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 9, No. 5

## INSIDE



Researchers at the University of Kansas are enrolling wheelchair users between 18 and 65 in a physical activity study. - page 4



Hundreds of seniors from across Kansas and several other states participated in the 2009 Kansas Senior Olympics. Senior Monthly lists those who placed from the Topeka and Lawrence area. - page 6



The leaves are turning color and it's getting a bit colder. Margaret Baker suggests a few books for your autumn reading enjoyment. - page 22



Mel Lucas and Richard Burgoon

# Vietnam vets help next generation

By Kevin Groenhagen

Richard Burgoon and Mel Lucas, both of Ottawa, are all too familiar with the poor treatment he and his fellow Vietnam War veterans received when they returned home from Southeast Asia. Many of these veterans were spit on, called "baby killers," and portrayed negatively in movies and on television.

Unfortunately, even some veterans of past wars shunned Vietnam veterans. In response, Vietnam veterans in 1978 founded their own organization, Vietnam Veterans of America (VVA). As the only national Vietnam veterans organization that is congressionally chartered, VVA has this founding principle: "Never again will one generation of veterans abandon another."

"Fortunately, the Iraq and Afghan-istan veterans are treated better than we were," said Burgoon, a former sailor and vice president of VVA Chapter 912. "They're welcomed home. The public is behind them."

A good part of the better treatment is due to the work VVA has done to support those veterans. For example, VVA Chapter 912, formed in late

■ CONTINUED ON PAGE THREE

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VVA

■ CONTINUED FROM PAGE ONE

2001, for the past three years has organized a patients' needs fundraiser.

"We take personal hygiene items, clothing, shoes, socks and other items to the VA medical centers in Leavenworth and Topeka," said Lucas, a former Marine who serves concurrently as the chapter's membership advisor and the VVA's state council treasurer. "During the first two years, we did the fundraiser just here in Ottawa. This year, we did the fundraiser at the Wal-Mart in Lawrence in April. We had a good turnout. We collected about \$3,000 worth of items and financial contributions. We held another fundraiser in Ottawa the Saturday before Mother's Day, and then had a fundraiser in Paola the Saturday before Father's Day. We then had fundraisers in Gardner in July and at the new Wal-Mart in Lawrence in September. We were flabbergasted at the response in Lawrence. We received at least \$6,000 worth of clothing and other items. Everything from that fundraiser went the VA Medical Center in Topeka."

VVA Chapter 912 delivered a total of about \$25,000 worth of items to Topeka and at least \$7,000 worth of items to Leavenworth between March and September of this year.

Lucas said that members of the chapter would be happy to pick up clothing items for both men and women if the donors are in the Ottawa and Lawrence area. Donors can call Lucas at (785) 242-8661, Burgoon at (785) 242-1984, or Ron Bishop, chapter president, at (785) 393-5078 in Lawrence.

VVA is also planning to accept donated vehicles in the future.

"We are currently trying to get all the legal work done so we can start receiving donated vehicles," Lucas said. "If the vehicles pass an inspection, we would be able to donate them to veterans who need vehicles."

VVA Chapter 912 provides more than material support for fellow veterans. For example, when a veteran of the Iraq War was having trouble coping after returning home, chapter members started meeting every week (in addition to their official monthly meeting) to provide moral support for one another.

"We have a breakfast every Saturday so veterans can get together," Lucas said. "One Saturday we'll meet at the Sirloin Stockade in Ottawa, and the next Saturday we'll meet at Leroy's in Pomona. We get together to listen to the veterans and their family members if they have

something they want to get off their chests. We're there to help."

VVA chapters, including 912, are also mentoring Veterans of Modern Warfare, a new organization for veterans of Operation Desert Storm in Iraq and the current wars in Iraq and Afghanistan. Potential local members of this new organization include approximately 150 Kansas National Guard soldiers with the 1st Battalion, 127th Field Artillery. Headquartered in Ottawa, the battalion deployed to Iraq in June 2005. The battalion returned from Iraq in October 2006 and was inactivated in January 2007.

"When we sent the National Guard to Iraq, I think that changed people's attitudes here for the better," Burgoon said. "Ottawa became more supportive of the military."

In addition to supporting fellow veterans, VVA Chapter 912 works to educate the public about the Vietnam War. Shortly after receiving its official charter in 2002, the chapter began raising funds to bring the Vietnam Memorial Traveling Wall to Ottawa. Visitors to Forest Park could visit the display, an 80-percent-scale replica of the Vietnam War Memorial in Washington, D.C., between October 30 and November 3, 2003.

The chapter in September 2007 held a ceremony in remembrance of prisoners of war and those who are missing in action at the Franklin County Veterans Memorial.

With this month's celebration of Veterans Day, VVA Chapter 912 will return to the Franklin County Veterans Memorial to participate in a rifle salute at 11:00 a.m. on Saturday, November 7. (Please see box below for more information about Veterans Day events in Ottawa.)

"We're also going to help with the Field of Flags at Forest Park," Lucas

said. "We'll have Boy Scouts, Girl Scouts, Cub Scouts, and other volunteers come out and help put up 600 to 700 flags. We'll sell chili dogs and other food items at the park to raise funds."

For more information about VVA, please visit [www.vva.org](http://www.vva.org), [www.kansasvva.com](http://www.kansasvva.com), and/or [www.vva912.org](http://www.vva912.org).

Ottawa Celebrates Veterans

Friday: November 6, 2009

6:00 p.m. Opening Ceremonies  
6:30 p.m. Speakers & Boy Scouts Program

7:00 a.m. Shelly Todd Lincoln School's 5th grade class

8:00 p.m. Tour of the "Healing Field of Flags"

Saturday: November 7, 2009

10:30 a.m. Red Cross Serving Free Coffee and Donuts (4th & Main)

10:45 a.m. Parade\*\*

12:00 p.m. Lunch. There will be food booths at Forest Park where the parade ends

1:00 p.m. Prelude to World War 2

1:15 p.m. WW2 Re-enactment

2:00 p.m. Prelude to Civil War

2:15 p.m. Civil War Firing Demonstration and/or Civil War Skirmish

2:00-3:00 p.m. Family Ties

3:00 p.m. The Litners & Friends

7:00 p.m. Tour of the "Healing Field of Flags"

Sunday: November 8, 2009

6:00 p.m. Time of Reflection

7:00 p.m. Tour of the "Healing Field of Flags"

Monday: November 9, 2009

6:00 p.m. Evening Program Hands of Glory/Gospel

7:00 p.m. Tour of the "Healing Field of Flags"

Wednesday: November 11, 2009

7:00 p.m. Closing Ceremonies Music by Central Heights Choir

\* You may tour the healing field anytime day or night. This is a free display open to the public.

\*\* For information about the parade, please contact Sherry Wright, Parade Coordinator, at (785) 418-4237. Wright expects at least 300 entries for this year's parade.

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# Project WOW helps wheelchair users keep fit

By Billie David

When KU associate research professor Katherine Froehlich-Grobe was considering her future career, four circumstances came together that would steer her in the direction of her current work, researching ways to help people who use wheelchairs maintain their health through exercise.

The first circumstance was the passage of the Americans with Disabilities Act of 1990, which helped open the door to the kind of research she is doing.

"The ADA passed while I was in college," Froehlich-Grobe said.

"I was doing an internship at the Equal Employment Opportunity Commission, the agency tasked with investigating employment complaints, and decided to write a paper on it."

The second component had to do with her first job after college, working for the National Institute of Health (NIH).

"I worked with a person with a disability," she said of the man who was to become her mentor, explaining that he had a spinal cord injury that resulted in quadriplegia, and that when they traveled to meetings she would serve as his personal attendant. This gave her a close look into some of the issues people with disabilities deal with.

"When he talked about what was needed, he was talking both as a scientist and as a person with a disability," she explained.

When Froehlich-Grobe began looking for a school for her graduate work in behavioral psychology, the pieces began to fall into place in what she describes as a cosmic happening.

Her mentor knew a KU professor—Glen White—who had a PhD in behavioral psychology and had a disability as well. Froehlich-Grobe decided to study with White.

"I knew nothing about Kansas then," the Texas-born Froehlich-Grobe said. "But my mentor said that White was terrific and that I had to work with him."

The fourth component, which solidified everything into the research she is now doing, was the Surgeon General's report of 1996, which

states that Americans aren't getting enough exercise and that a healthy, active lifestyle is something every citizen can achieve. Further, it states that people can obtain health benefits by choosing activities that fit into their daily lives, that they can obtain the same health benefits through longer, regular sessions of moderate activity as they could through several shorter, more strenuous sessions, and that they can even split this activity into several smaller sessions per day.

The research—funded by the National Institute of Health—that Froehlich-Grobe is working on from her office in KU's Dole Human Development Center involves exercise for people who use wheelchairs and consists of a five-year study that is nearing the end of its fourth year.

"There is a big disconnect between knowing we should get exercise and actually doing it," she said. "For somebody with a mobility impairment, the disconnect is bigger because the barriers are greater."

For example, exercise equipment for people with mobility issues can be quite expensive and, while health-care providers may tell their patients that they need exercise, they don't always know what is available.

"Our project is to step in and bridge the gap," Froehlich-Grobe said.

The project—known as Project WOW (Workout on Wheels)—consists of a randomized controlled trial where participants are randomly assigned to one of two exercise groups. The participants are then followed for one year.

The first six months involve helping participants become established in an exercise program, and during the second six months the participants continue exercising and reporting in to the researchers.

"We provide information and resources, and then we make regular phone calls over a six-month period," Froehlich-Grobe said, adding that participants keep written records on everything they do and send them to the researchers. This provides the element of personal accountability.

The exercise programs were deliberately designed to be home-based.

One reason for that is that when the study ends and the funds run out, the researchers want the participants to be able to continue exercising.

Another reason is that a home-based program has the potential to be more enjoyable because it provides more flexibility and a wider range of choices. For example, participants may choose activities such

as swimming, wheeling, wheelchair basketball or tennis, exercising to a video, or even using a tabletop exercise device. Some participants prefer to play active video games, such as tennis, on the Nintendo Wii.

"We designed the program for anybody who has such difficulty walking that they use a wheelchair most of the time when they are out in the

■ CONTINUED ON PAGE FIVE



**Dot Nary at Clinton Lake. Nary, a wheelchair user, also works on the Project WOW study.**

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# Project WOW

■ CONTINUED FROM PAGE FOUR

community," Froehlich-Grobe said. That includes a variety of medical conditions, such as amputations, multiple sclerosis and diabetes.

"We have enrolled to date just above 120 people, and more than half of them have spinal cord injury or dysfunction," she said.

Potential candidates often become aware of the study through a brochure that is made available to them in their healthcare providers' offices.

To be accepted into the program, candidates must have health-related mobility limitations for six months or longer and use a wheelchair outside the home. Although they must be physically able to exercise, they should not currently be exercising on a regular basis. They should be between 18 and 65 years old, live in the Lawrence or Kansas City Metro area, and agree to have four fitness evaluations during the study. Participants are paid \$25 for each visit to the KU Med Center and transportation costs are covered.

The participants are given a binder with exercise-related information, including types of exercises, information on stretching, and a list of health/exercise centers that indicates which ones are accessible to people with disabilities.

During the study, researchers look for changes in fitness and health, keep fitness data and make phone calls to the participants.

The reason that the research is limited to people between 18 and 65 years of age is that the focus is on people whose primary issue is mobility rather than age-related issues, Froehlich-Grobe explained.

It's not too late to sign up for the project.

"The last exercise group is start-

ing up in January," Froehlich-Grobe said, adding that people will be screened by phone and that the numbers to call are (913) 588-7382 for the Kansas City Metro area and (785) 864-1317 for those in or around Lawrence.

"If you are not eligible, we will send you to an exercise Web site specifically designed for people with disabilities," she said.

In addition, for those who are not eligible for the study, several local recreation programs have classes available for the mobility impaired, although Froehlich-Grobe

reminds people to consult their physician before signing up for a program.

A new project that is an outgrowth of Project WOW is that it has provided data regarding the extent of how the obesity epidemic impacts people with disabilities, a topic that Froehlich-Grobe is now working towards securing funding.

"Many people enroll in this study to lose weight, but we don't directly address that in the study," she said.

Although the rate of obesity for people with movement difficulties is estimated to be 33 percent while

the obesity rate for adults with no movement difficulties is 19 percent, little is being done to address this issue, Froehlich-Grobe said, adding that data from Project Wow indicate that the figure might be as high as 48 percent, a discrepancy which she attributes to people's tendency to underreport.

"It's totally off the radar," she said, referring to the direction that she wants to take her research in the future. "I would like to focus on disability and nutrition. That is another main concern that I am working on right now."

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# Local residents compete in Kansas Senior Olympics

(Hundreds of seniors from across Kansas and several other states participated in the Kansas Senior Olympics between September 23 and October 4. Due to space limitations, we are unable to publish all the results. However, we are publishing the names of athletes from the Lawrence and Topeka area who placed. Complete results can be found at <http://www.topeka.org/pdfs/ksoResults.pdf>)

## ARCHERY

### COMPOUND RELEASE

Men 70-74

- 1 William Moore Tecumseh 800

### BAREBOW RECURVE

Men 50-54

- 2 Michael Grover Topeka 433
- Men 60-64
- 1 Ernest Shuford Topeka 418\*

## BADMINTON

### SINGLES

Women 50-54

- 1 Gefei Yang Topeka
- 2 Mary Vaughn Topeka
- 3 Denise Phipps Topeka

Men 50-54

- 1 Rajeev Trehan Lawrence
- 2 Bryan Phipps Topeka

Women 55-59

- 1 Liz Akerstrom Topeka

Men 55-59

- 1 Mario Peralta, Jr. Topeka
- Women 60-64
- 2 Bernie Schuette Topeka

Women 65-69

- 1 Susan Miller Topeka
- 3 Ferne Walder Auburn
- Men 65-69
- 1 Mahasen DeSilva Topeka
- 2 Mick Akerstrom Topeka
- Men 70-74
- 2 Benny Meyer Topeka
- 4 Leroy Feist Topeka
- Men 80-84
- 1 Orval Taylor Carbondale

### DOUBLES

Women 50-54

- 1 Gefei Yang Topeka
- Liz Akerstrom Topeka
- Men 50-54
- 1 Rajeev Trehan Lawrence
- Mahasen DeSilva Topeka
- Men 55-59
- 1 Mick Akerstrom Topeka
- Mario Peralta, Jr. Topeka
- Women 60-64
- 1 Bernie Schuette Topeka
- Ferne Walder Auburn

Women 65-69

- 1 Susan Miller Topeka
- Suzanne Smith Alta Vista

### MIXED DOUBLES

50-54

- 1 Rajeev Trehan Lawrence
- Gefei Yang Topeka
- 2 Bryan Phipps Topeka
- Denise Phipps Topeka
- 55-59
- 1 Mick Akerstrom Topeka
- Liz Akerstrom Topeka

65-69

- 1 Benny Meyer Topeka
- Susan Miller Topeka

### BASKETBALL

Women 50+:

- 1 Gazelles
- 2 Benders

Men 50+:

- 1 South Y Gym Rats

2 Emporia

3 Rybert

Women 55+:

1 Thunder

Men 55+:

1 Angels

Men 60+:

1 Harmon Tire

Men 65+:

1 ALR Systems

2 Old But Good

3 Topeka Seniors

4 Daubert & Butler

## BOWLING

### SINGLES

Women 50-54

2 Denise Phipps Topeka 419

Men 50-54

1 Douglas Chitwood Topeka 530

2 Jack Pruitt Topeka 525

Women 55-59

1 Sandra Schober Silver Lake 463

2 Barbara Whistler St. Marys 451

3 Gloria Munoz Topeka 444

Men 55-59

3 Paul Schober Silver Lake 610

4 Craig Fisher Topeka 543

Women 60-64

3 Rita Acker Topeka 514

4 Shirley Parker Topeka 462

6 Bernie Schuette Topeka 414

7 Sheryl Preston Topeka 394

Men 60-64

1 Jim Charity Topeka 610

2 Gil Moreno Topeka 561

Women 65-69

2 Helen (Dee) Proctor Topeka 477

3 Bobbie Evans Topeka 462

4 Ferne Walder Auburn 436

5 Clo McCarter Oskaloosa 420

Men 65-69

1 Richard Schauff Topeka 660

2 Steve Whistler St. Marys 555

3 Harry Parker Topeka 543

4 Larry McCarter Oskaloosa 529

5 Charles Mountain Topeka 517

6 Clifton Walder Auburn 498

8 Jack Smith Topeka 452

9 Walt Baker Topeka 417

Women 70-74

1 Dottie Pokorney Silver Lake 515

2 Nancy Rees Topeka 488

5 Imogene Kilgore Lawrence 442

7 Bonita Robins Topeka 424

Men 70-74

1 Hank Halseth Meriden 600

2 Erwin Hippen Topeka 542

3 Dean Larson Topeka 539

8 Severo Reyes Topeka 487

9 C. Wallis Henning Lawrence 461

10 Paul Evans Topeka 448

12 Andy Gorman 438

Women 75-79

3 Marie Beuchat Topeka 468

5 Marie Elston Lawrence 437

6 Nadine Latham Topeka 424

7 Mercedes Anno Topeka 397

Women 80-84

1 Mildred Toburen Carbondale 465

2 Peggy Dawson Topeka 459

3 Lois Rill Topeka 336

4 Tillie Bush Topeka 272

Men 80-84

1 Peter Latham Topeka 449

Women 85-89

1 Virginia Moore Topeka 378

Women 90-94

1 Harry Parker Topeka 1012

Jack Pruitt Topeka

Women 55-59

1 Bobbie Evans Topeka 901

Barbara Whistler St. Marys

2 Shirley Parker Topeka 872

Sandra Schober Silver Lake

3 Nancy Rees Topeka 850

Gloria Munoz Topeka

4 Sharon Scarbrough Topeka 727

Joyce Alexander Topeka

Men 55-59

2 Paul Schober Silver Lake 1124

Craig Fisher Topeka

Women 60-64

3 Dottie Pokorney Silver Lake 886

Rita Acker Topeka

4 Bernie Schuette Topeka 879

Ferne Walder Auburn

5 Bonita Robins Topeka 812

Sheryl Preston Topeka

Men 60-64

1 Gil Moreno Topeka 1309

Hank Halseth Meriden

2 Jim Charity Topeka 1297

Richard Schauff Topeka

3 Clifton Walder Auburn 1206

Larry Carter Topeka

Women 65-69

1 Darlene Kelch Eskridge 909

Clo McCarter Oskaloosa

Men 65-69

1 Erwin Hippen Topeka 1032

Gary Kirk Topeka

2 Ross Waggle Berryton 1001

Charles Mountain Topeka

4 Larry McCarter Oskaloosa 952

Daryl Monaghan Hiawatha

5 Walt Baker Topeka 910

Paul Evans Topeka

Women 70-74

2 Imogene Kilgore Lawrence 936

Mary Elston Lawrence

Men 70-74

2 Andy Gorman Tecumseh 950

Severo Reyes Topeka

4 Peter Latham Topeka 736

Terry Schonlaw Topeka

Women 75-79

1 Marie Beuchat Topeka 898

Peggy Dawson Topeka

Women 80-84

1 Virginia Moore Topeka 750

Lois Rill Topeka

MIXED DOUBLES

50-54

1 Jean Chitwood Welda 1079

Douglas Chitwood Topeka

3 Denis Phipps Topeka 815

Bryan Phipps Topeka

55-59

1 Helen (Dee) Proctor Topeka 1076

Robert Raye Whiting

2 Barbara Whistler St. Marys 1013

Steve Whistler St. Marys

3 Sandra Schober Silver Lake 1001

Paul Schober Silver Lake

60-64

2 Bernie Schuette Topeka 1062

Larry Carter Topeka

3 Ella Moloney Junction City 978

Jack Smith Topeka

4 Shirley Parker Topeka

Harry Parker Topeka

65-69

2 Ferne Walder Auburn 1069

Clifton Walder Auburn

4 Bobbie Evans Topeka 953

Paul Evans Topeka

5 Clo McCarter Oskaloosa 934

Larry McCarter Oskaloosa

■ CONTINUED ON PAGE SEVEN

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**Senior Olympics**

■ CONTINUED FROM PAGE SIX

**70-74**

- 1 Bonita Robins Topeka 1131 Severo Reyes Topeka
- 4 Velma Hawkins Silver Lake 975
- Erwin Hippen Topeka 75-79
- 2 Nadine Latham Topeka 844 Peter Latham Topeka

**CYCLING**

**5K TIME TRIAL**

- Women 50-54*
- 1 Nan Gatewood Topeka 08:51.0
- Men 50-54*
- 1 Dennis Weinbeck Topeka 06:58.0
- Women 55-59*
- 1 Glenda Taylor Topeka

- 08:04.0\*
- Men 55-59*
- 4 John Roberts Topeka 08:23.0
- 5 Kevin Hawker Lawrence 08:51.0
- Women 60-64*
- 1 Janet Jackson Auburn 09:41.0\*
- Men 60-64*
- 5 Gary Comstock Topeka 09:25.0
- 6 Bill Lucero Topeka 09:39.0
- Men 65-69*
- 2 Larry Kietzman Topeka 08:39.0
- 4 Michael Baker Topeka 09:53.0
- Men 70-74*
- 1 Joseph Douglas Lawrence 07:36.0\*
- 3 Terry Knowles Topeka 08:45.0

**10K TIME TRIAL**

- Women 50-54*
- 1 Nan Gatewood Topeka 18:50.0
- Men 50-54*
- 1 Dennis Weinbeck Topeka 14:24.0
- Men 55-59*
- 4 John Roberts Topeka 17:25.0
- Women 60-64*
- 1 Janet Jackson Auburn 20:56.0
- Men 60-64*
- 4 Bill Lucero Topeka 21:35.0
- 5 Gary Comstock Topeka 23:12.0
- Men 65-69*
- 1 Larry Kietzman Topeka 17:24.0
- 4 Michael Baker Topeka 21:31.0
- Men 70-74*
- 1 Joseph Douglas Lawrence 16:29.0

- 2 Terry Knowles Topeka 18:00.0
- 20K TIME TRIAL**
- Women 50-54*
- 1 Nan Gatewood Topeka 34:08.0
- Men 50-54*
- 1 Dennis Weinbeck Topeka 33:55.0
- Women 55-59*
- 1 Glenda Taylor Topeka 34:05.0
- Men 55-59*
- 3 John Roberts Topeka 34:09.0
- Women 60-64*
- 1 Janet Jackson Auburn 41:13.0\*
- Men 60-64*
- 4 Gary Comstock Topeka 40:43.0
- 5 Bill Lucero Topeka 41:03.0
- Men 65-69*

- 3 Larry Kietzman Topeka 38:51.0
- 4 Michael Baker Topeka 41:17.0
- Men 70-74*
- 1 Joseph Douglas Lawrence 34:07.0

**GOLF**

- Women 55-59*
- 2 Liz Akerstrom Topeka 116
- Men 55-59*
- 1 Steven Seehorn Topeka 85
- Women 60-64*
- 1 Diane Brian Topeka 88
- 2 Sidney Garrett Lawrence 89
- 3 Jeannette Wahwahsuck Lawrence 103
- Men 60-64*
- 3 Terry Taylor Topeka
- 4 Bruce May Carbondale
- 5 Norman Jepson McLouth
- 7 Jerry Glidewell Topeka 105
- Women 65-69*

- 2 Dianne Brown Topeka 94
- Men 65-69*
- 1 Mick Akerstrom Topeka 90
- 2 Dan Carson Topeka 93
- 3 Steve Whistler St. Marys 94
- 5 Ken Adkinson Eudora 101
- Men 70-74*
- 2 Roscoe Earp Topeka 96
- 3 Gary Guinty Topeka 101
- 4 Jack Shutt Topeka 105
- Men 75-79*
- 1 John Halladay Lawrence 98
- Men 85-89*
- 1 Robert Petro Topeka 94

**HORSESHOES**

- Women 50-54*
- 2 LuAnn Lewis Topeka
- 4 Denise Phipps Topeka
- Men 50-54*
- 1 Bryan Phipps Topeka
- Women 55-59*

■ CONTINUED ON PAGE EIGHT

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Birthdate or age \_\_\_\_\_ (Prefer to birthday)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

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E-mail \_\_\_\_\_

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**Senior Olympics**

■ CONTINUED FROM PAGE SEVEN

1 Barbara Whistler St. Marys  
Men 55-59  
1 Bruce Moore Auburn  
Women 60-64  
1 Deborah Plummer Topeka  
Women 65-69  
1 Clo McCarter Oskaloosa  
Men 65-69  
2 Steve Whistler St. Marys  
3 Gary Kirk Topeka  
4 Jack Smith Topeka  
Women 70-74  
2 Bonita Robins Topeka  
4 Jean Fitzgibbons Topeka  
Men 70-74  
2 Paul Metzenthin Topeka  
Women 75-79  
1 Nadine Latham Topeka  
3 Frances Wood Topeka  
Men 80-84

1 Peter Latham Topeka

**PICKLEBALL SINGLES**

Women 50-54  
2 Ann Broxterman Topeka  
3 Diane Werner Topeka  
4 Kathy Beck Topeka  
Men 50-54  
1 Larry Russell Topeka  
Women 60-64  
1 Deb Patrick Topeka  
Men 60-64  
1 Larry Carter Topeka  
Women 65-69  
1 Susan Miller Topeka  
Men 65-69  
2 Mahasen DeSilva Topeka  
Women 70-74  
1 Sandra Bohnsack Topeka  
**DOUBLES**  
Women 50-54  
1 Ann Broxterman Topeka  
Eldonna Frazier Topeka

Men 50-54

1 Nialson Lee Topeka  
Larry Russell Topeka  
Women 60-64  
1 Sandra Bohnsack Topeka  
Deb Patrick Topeka  
2 Susan Miller Topeka  
Deborah Plummer Topeka  
Men 60-64  
1 Larry Carter Topeka  
Mahasen DeSilva Topeka  
2 Chris Brian Topeka  
William Cook Meriden  
Women 65-69  
1 Mary Gerstenkorn Wichita  
Laurel Wineinger Topeka  
Men 65-69  
1 Alvin Gerstenkorn Wichita  
Dean Wineinger Topeka  
**MIXED DOUBLES**  
50-54  
1 Grace Jaworsky Kansas City,  
MO  
William Cook Meriden

2 Kathy Beck Topeka  
Doug Chitwood Topeka  
55-59

1 Eldonna Frazier Topeka  
Larry Carter Topeka  
60-64  
1 Deborah Plummer Topeka  
Chris Brian Topeka  
65-69  
2 Laurel Wineinger Topeka  
Dean Wineinger Topeka  
3 Susan Miller Topeka  
Mahasen DeSilva Topeka  
70-74  
1 Sandra Bohnsack Topeka  
Clifford Metzger Salina  
**RACQUETBALL SINGLES**  
Women 50-54  
1 Kathy Beck Topeka

Men 55-59

1 Daniel Schmidt Topeka  
2 Mike Purcell Topeka  
3 Bruce Andrews Topeka  
Women 60-64  
2 Dory Bocanegra Topeka  
3 Deb Patrick Topeka  
Men 60-64  
1 RCA Atkinson Topeka  
Men 65-69  
1 James Schroeder Topeka  
Men 70-74  
1 Leroy Feist Topeka  
**ROAD RACE**  
5K  
Men 60-64  
3 Gary Comstock Topeka  
26:35.0  
5 Leslie Watson Topeka

34:31.0

Men 70-74  
1 Clay Lang Topeka 25:38.0  
2 Terry Schonlaw Topeka  
35:54.0  
Men 80-84  
1 Paul Willis Topeka 33:30.0  
**10K**  
Men 60-64  
2 Leslie Watson Topeka  
1:15:00.0  
Men 70-74  
1 Clay Lang Topeka 58:33.0  
**SHUFFLEBOARD SINGLES**  
Women 50-54  
1 Denise Phipps Topeka  
Women 55-59

■ CONTINUED ON PAGE NINE

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**Senior Olympics**

■ CONTINUED FROM PAGE EIGHT

- 1 Barbara Whistler St. Marys Women 60-64
- 1 Bernie Schuette Topeka
- 2 Deb Patrick Topeka Women 65-69
- 1 Bobbie Evans Topeka Men 65-69
- 1 Steve Whistler St. Marys
- 2 Walt Baker Topeka Women 70-74
- 2 Sandra Bohnsack Topeka
- 3 Jean Fitzgibbons Topeka Men 70-74
- 2 Paul Metzenthin Topeka
- 3 Erwin Hippen Topeka
- 4 Jack Shutt Topeka
- 5 Paul Evans Topeka
- 6 Andy Gorman Tecumseh Women 75-79

- 1 Nadine Latham Topeka Women 80-84
- 1 Velma Roose Topeka Men 80-84
- 1 Peter Latham Topeka **DOUBLES (CAN BE OF MIXED GENDER)** 50-54
- 1 Erwin Hippen Topeka
- Denise Phipps Topeka 55-59
- 1 Barbara Whistler St. Marys
- Steve Whistler St. Marys 60-64
- 1 Sandra Bohnsack Topeka
- Deb Patrick Topeka
- 2 Bernie Schuette Topeka
- Ferne Walder Auburn 65-69
- 1 Bobbie Evans Topeka
- Paul Evans Topeka 70-74
- 1 Jean Fitzgibbons Topeka

- Velma Roose Topeka 75-79
  - 1 Nadine Latham Topeka
  - Peter Latham Topeka
- SOFTBALL**
- Men 50+:
  - 1 Glori Daze
  - 2 KC Diamonds
  - 3 The Dugout
  - Men 55+:
  - 1 KC Kids
  - 2 Angels
  - Men 60+:
  - 1 Prime Time
  - 2 TKO
  - Men 65+:
  - 1 KC 65's
  - 2 Topeka Seniors
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**TABLE TENNIS**

- SINGLES**
- Women 50-54
  - 1 Gefei Yang Topeka
  - Men 50-54
  - 1 Rajeev Trehan Lawrence
  - Women 55-59
  - 1 Eldonna Frazier Topeka
  - Women 60-64
  - 1 Deb Patrick Topeka
  - Men 60-64
  - 1 Jim Fox Topeka
  - Women 65-69
  - 1 Susan Miller Topeka
  - Men 65-69
  - 2 James Gubanyi Topeka
  - Women 70-74
  - 1 Jean Fitzgibbons Topeka

- 2 Sandra Bohnsack Topeka Men 70-74
  - 3 Leroy Feist Topeka Women 75-79
  - 1 Frances Wood Topeka
- DOUBLES**
- Women 55-59
  - 1 Frances Wood Topeka
  - Eldonna Frazier Topeka
  - Women 60-64
  - 1 Sandra Bohnsack Topeka
  - Deb Patrick Topeka
- MIXED DOUBLES**
- 50-54
  - 1 Rajeev Trehan Lawrence
  - Gefei Yang Topeka
  - 55-59
  - 1 Jim Fox Topeka
  - Eldonna Frazier Topeka
  - 65-69
  - 1 Susan Miller Topeka
  - Larry Stoker Junction City
  - 70-74

- 1 Jean Fitzgibbons Topeka
- Cliff Metzger Salina 75-79
- 1 Bob Clark Oakley
- Frances Wood Topeka
- 2 Nadine Latham Topeka
- Pete Latham Topeka

**TENNIS**

- SINGLES**
- Women 50-54
  - 1 Diane Werner Topeka
  - 2 Ann Broxterman Topeka
  - Men 60-64
  - 1 Jerry Glidewell Topeka
  - Men 65-69
  - 2 Mahasen DeSilva Topeka
  - Men 75-79
  - 2 Jim Hooenakker Topeka
- DOUBLES**
- Women 50-54
  - 1 Diane Werner Topeka

■ CONTINUED ON PAGE 30



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# When is good medical care too much medical care?

After practicing medicine for over 30 years, I have made some discoveries—one of which is that caring for people approaching the end of their lives is very rewarding. I am convinced that there is no other area of medicine where there is so much need and so much potential to touch a patient's very existence.

As the newest medical specialty,

brace symptom management, as well as end-of-life education and support, is the noblest thing that medicine can do. If we continue to treat only disease, we will always ultimately fail; if we treat the person, everyone wins. During this hospice month we recognize the hospice professionals

at Hospice Care of Kansas and the more than 70 hospices throughout the state. Their skill and compassion provide comfort and dignity for those on their end-of-life journey.

- Jerry Old, MD is chief medical officer with Hospice Care of Kansas and Hospice Care of the Midwest. He is also

geriatric clerkship director and associate professor at the KU School of Medicine-Wichita. A nationally recognized author and speaker on end-of-life issues, Dr. Old is board certified in both Family Medicine and Hospice and Palliative Medicine. He was in private practice in southeast Kansas for many years.



Dr. Jerry Old

Hospice and Palliative Medicine is not well understood by the public or the medical profession. Death is an uncomfortable topic in our society.

However, good end-of-life medical care is something modern medicine must provide. After all, modern medicine is often part of the problem. By curing many of the acute ailments, we have created chronic disease. With all the possible therapies available today, the dying process has become more complex, and takes longer than it did a century ago when infectious diseases were rampant.

People are now living an average of 30 months after they receive a terminal diagnosis. In addition to the human impact, there is also a huge economic impact. By some estimates, the average patient will spend 75 percent of the entire healthcare dollars they have spent during their entire lifetime during those last 30 months.

Physicians must treat suffering as well as disease. Sometimes while treating the disease with modern technology, we become a source of the suffering itself. It is often so much easier for us to simply keep pursuing an unlikely cure, than to have that difficult conversation with the patient and their family about allowing a "natural death." The wise healthcare provider knows when to transition from cure to palliation.

As we celebrate National Hospice Month in November, knowing when to stop aggressive therapies and em-



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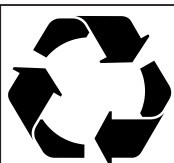
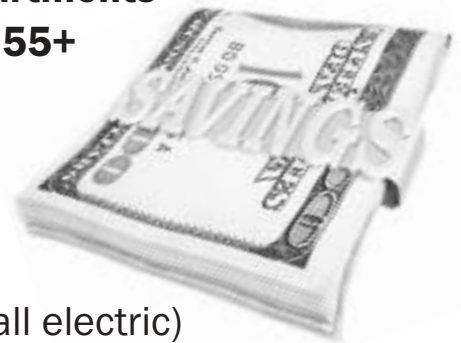
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## Plan for retirement — this week and every week

You might not have seen it on your calendar, but Oct. 18–24 was National Save for Retirement Week. This event, endorsed by Congress, is designed to promote the benefits of saving for retirement and to encourage workers to take full advantage of their employer-sponsored retirement plans — so you may want to use this week as a starting point to do just that.

For many of us, the need to boost



Harley Catlin and Ryan Catlin

our retirement savings is critical. In fact, some 53 percent of Americans report that the total value of their household's savings and investments, excluding the value of their primary home and any defined benefit plans, is less than \$25,000, according to the 2009 Retirement Confidence Survey, sponsored by the Employee Benefit Research Institute.

Also, the decline in popularity of these defined benefit plans — the traditional pension plans that make payments based primarily on years of service — is one reason that saving for retirement has become such a major issue. From 1986 to 2008, participation in defined benefit plans among full-time workers in private industry declined from 76 percent to 24 percent, according to the Bureau of Labor Statistics. In many cases, these defined benefit plans have been replaced by defined contribution plans, such as 401(k) plans — which means that much of the responsibility of adequately funding retirement has shifted from the employer to the individual.

Given these factors, it's clear that you must be proactive in building resources to achieve the retirement lifestyle you've envisioned. So, consider taking the following steps:

- **Contribute to your 401(k) or other employer-sponsored plan.** If possible, try to put in as much as you can afford to your 401(k) or other tax-advantaged, employer-sponsored plan, such as a 403(b) or 457(b). It's a good idea to spread your 401(k) dollars among the available investments in a way that reflects your risk tolerance and time horizon. And as your income in-

creases, try to increase your 401(k) contributions. At a minimum, put in enough to earn your employer's match, if one is offered. Due to the prolonged economic slump, some employers have cut back or eliminated their 401(k) matching contributions, but if one is offered, take advantage of it.

- **Open an IRA.** Even if you contribute to a 401(k), you are probably still eligible to open an IRA. A traditional IRA can grow on a tax-deferred basis, and a Roth IRA grows tax-free, provided you've had your account for at least five years and don't begin taking withdrawals until you're 59-1/2. Plus, you can usually find that an IRA provides more investment options than a 401(k) plan.

- **Rebalance your investment**

portfolio regularly. During the long bear market, many new retirees faced difficulties when they were forced to tap into investment portfolios whose value had dropped significantly. You can help avoid this problem by periodically reviewing and rebalancing your investments. So for example, if you know you're going to retire within the next five years, you may want to consider shifting some of your assets into shorter-term investments that may not be as

susceptible to market volatility. You can speak with a financial advisor, who can help you review your specific situation.

By making the right moves, you can turn every week into a "Save for Retirement" week. And you'll probably be glad you did, once your actual retirement week arrives.

- 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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# Staying well during the flu season

Everyone has been talking about the flu since H1N1—the “swine flu”—burst on the scene last spring. But many people are unclear about the flu. What is it exactly? Is H1N1 worse than seasonal flu? Is vaccination necessary, or needless?

## Quick Answers

Influenza is a serious illness. Many people use the word “flu” loosely to refer to bad colds or stomach upsets,



Laura Bennetts

but real influenza—the true flu—is a viral ailment far worse than a cold or a passing episode of nausea. The “Spanish flu” of 1918, which was one of the worst epidemics ever, killed 40 million people. Ordinary strains of influenza kill hundreds or thousands of people, and (untreated) have the potential to kill many more. Seasonal flu, like H1N1, is genuine influenza. It should always be taken seriously. And H1N1—although it has not yet proven as deadly as some experts predicted—appears to be significantly more dangerous than the average seasonal flu. We’re now entering the fall, which is regular flu season, and the authorities expect H1N1 to worsen in the coming months as well. Vaccination is definitely the best way to stay safe.

## Do I Need Both Shots?

Yes, if you can get them. Regular flu vaccines are now available, and a vaccine for the H1N1 flu will be available soon. Seniors should get their regular flu shots at the earliest opportunity—say, tomorrow!—and give serious thought to the H1N1 vaccine as well. Health pundits have confused many people by saying that seniors have relatively little chance of getting H1N1. Technically that’s true, since younger people are, in fact, comparatively more vulnerable to the H1N1 virus. But any risk of getting influenza is serious, and seniors are not invulnerable to H1N1. That’s especially true for seniors who spend time with children. So yes, you should get both vaccinations if you can.

Start with the regular flu shot, and then wait your turn for the H1N1 vaccine.

## A Shot in Time

Flu shots immunize you from several of the main viruses that circulate each year and have the potential to cause life-threatening pneumonia. There are hundreds of viruses that can make you ill, but these immunizations have been created to stop the several viruses that are most threatening for us this season. Every year the seasonal flu shot is customized to target several specific viral bugs. This year a second vaccine has been created to stop H1N1 as well.

## Flu Care for All

The Center for Disease Control has a priority list of those who should be vaccinated first for H1N1. This list focuses on pregnant women, children, health care workers, and people aged 25 to 64 years old. But people 65 and over need to be vaccinated too—not first, but once the high risk group has been vaccinated. And in fact, if you are 65 years old and take care of children, you are a high-priority candidate to get a vaccine as soon as possible.

It is a misconception that people aged 65 and over are not at risk for getting the H1N1 flu, especially if they work or live with younger people.

## Influenza is viral, not bacterial

Viruses cause infections that are very different than bacterial infections. But many people don’t know the difference. Simply put, bacteria grow in warm moist places, like soup that’s left out overnight; they also can grow in our lungs, putting us at risk for pneumonia. But our immune system is well equipped to resist, and bacteria can be fought with antibiotics as well (many of which are designed to neutralize specific bacteria). Viruses, though, are tougher.

Unlike a bacterium, a virus doesn’t just multiply—it literally hijacks your cells to reproduce itself. The virus uses the self-reproducing mechanisms in your cells to clone itself, again and again. The body can fight to survive while the virus runs its course, but the virus depletes the body’s defenses. Anti-viral medications can help, but they face many obstacles.

## Vaccines to the Rescue

Vaccinations stimulate the production of antibodies that defend you against viral infection. Antibodies are immune-system proteins that recognize and destroy viruses. They appear in your body in response to the elements in the vaccine. When I was a child in 1962, the polio vaccine was provided conveniently on

sugar cubes in public health clinics. I ate the oral vaccine, my body produced antibodies against polio, and now my immune system protects me from polio. Today, worldwide, there are only about 1,000 cases of polio annually, though, pre-vaccine, polio affected hundreds of thousands of people and many died.

## Sugar cubes would be more fun, but...

Here’s how to protect yourself and your family from the flu:

1. Get flu shots and remind others to get their shots.
2. Wash your hands before eating and wash your hands frequently with soap and hot water, for 20 seconds at least.
3. Stay home if you’re ill, espe-

cially if you are coughing or feverish.

4. Take care of yourself by eating well, exercising, and sleeping well.

This may sound like ordinary common sense, but common sense is often quite rare. And the difference can be life vs. death. Did you know that the “Spanish” flu epidemic of 1918 started at Fort Leavenworth, in Kansas? That’s sobering. Let’s make sure that future epidemics never get traction here.

- Laura Bennetts, MS PT, is a physical therapist with 27 years experience. She co-owns Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High St., Suite A, Baldwin City, 66006, 785-594-3162).

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## Goldenseal has long history as a powerful medicinal plant

Goldenseal, or *Hydrastis Canadensis*, has a long and fluent history dating back to the early days of colonial America. Goldenseal is also known as yellow root, orange root, ground raspberry, Indian turmeric, and poor man's ginseng. Goldenseal has been referred to as poor man's ginseng, because, like ginseng, it is good for treating just about everything. And, also like ginseng, it



Dr. Farhang Khosh

is goldenseal's root that is used to make it a powerful medicinal plant. Goldenseal was introduced to early settlers by the Native Americans. The Native Americans used this plant for a number of purposes, including wash for the eyes, injuries, digestive complaints, whooping cough, pneumonia, liver conditions, and diarrhea, and skin infections.

Goldenseal became a part of the early colonial medical care and it was considered the miracle cure all. In the literature, folk medicine has it being used for many purposes, including sore gums, canker sores, skin sores, cancers, menstrual complaints, ulcers, bleeding after childbirth, constipation, ringworm, acne, stomach upsets, diarrhea, thrush, and snake bite. Over the years, the use of goldenseal has gone through periods of popularity. Currently, there is a great demand for goldenseal, which has driven the price of goldenseal up in the market. Goldenseal is native to forests in the eastern and central parts of the United States, but is becoming hard to find in its native en-

vironment such that in 1996 it was declared an endangered species.

Benefits and uses of goldenseal are far and wide. Goldenseal use includes both internal and external applications. It is taken orally to alleviate colds and fevers, stimulates appetite, ear infections, laxative, gallbladder inflammation and to stimulate the immune system. Its ability to counter microbes and parasites makes it useful in conditions such as urinary tract infections and digestive ailments including traveler's diarrhea. Topically, it can be useful to clean wounds, reduce hemorrhoids, ringworm, athlete's foot, eczema, psoriasis, fungal infections of the skin and treat eye infections.

Goldenseal's major healing compounds are hydrastine and berberine. Berberine is responsible for goldenseal's golden color. Berberine has been more widely researched. Studies have shown that it can kill microbes, act as an anti-fungal, reduce inflammation, stimulate immunity, and some studies are examining berberine activity in inhibiting certain cancer cells.

Goldenseal is a potent plant and must be used with care. There are some potential side effects from taking goldenseal, including irritation of the skin, mouth, throat, and vagina. Do not use during pregnancy, as it may stimulate the uterus. Do not use goldenseal without consulting a physician if you have had heart disease, diabetes, glaucoma, autoimmune disease, stroke, or high blood pressure. And, as with any medicinal plant, one should always check with your doctor before taking it to learn about potential side effects and interactions with prescription drugs.

- 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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# Take the E-word out of Elderhostel

**M**emo to anyone trying to sell something to baby boomers: Keep the word "elder" out of your brand name. Most boomers are in a state of profound denial of aging, so the E word is a definite turnoff—even if you've got one of the most respected names in your industry.



Mark  
Miller

That was the problem confronting Elderhostel, Inc., the country's biggest name in educational travel for older adults. Started in 1975, it was the country's first non-profit educational travel organization and today it is the largest in the world, with more than 8,000 programs in 90 countries.

The average Elderhostel customer is 73 years old, but future growth will come from younger baby boomers—a huge potential market that now ranges in age from mid-40s to early 60s. That opportunity prompted Elderhostel to announce a new name for its travel programs this month that it hopes will appeal better to boomers: Exploritas.

"Our name was a psychological barrier to participation for boomers," said Peter Spiers, Elderhostel's senior vice president of strategic outreach. "We've been drawing a substantial number of younger travelers, but in focus groups they express mis-

givings about us. Some of them admitted that they were embarrassed to even tell their friends where they'd been."

The "hostel" in Elderhostel also had outlived its time, Spiers says. The name Elderhostel traces its roots to Marty Knowlton, a world-traveling, free-spirited social activist and former educator who spent four years back in the '70s on a walking tour of Europe, carrying a backpack and staying in youth hostels. That inspired the approach to Elderhostel, which started up with similar lodgings on a handful of American university campuses. These days, Elderhostel programs are offered in a much wider array of settings.

Knowlton was impressed by the European approach to youth hostels, with their safe, inexpensive lodgings and opportunities to meet fellow travelers. He was also taken with institutions in Scandinavia, called folk schools, where he saw older adults handing down traditions of folk art, music and dance to younger generations. He came home wondering why there wasn't a similar learning opportunity for older Americans after retirement.

Back in the states, Knowlton teamed up with David Bianco, a university administrator, and Elderhostel was born in the summer of 1975. They started on five college campuses with just over 200 participants; by 1980, the program had spread to all 50 states and had more than 20,000 people participating. International expansion came a year later, and the rest is history.

Adult learning of all types has been growing quickly in recent years, including self-directed programs, Lifelong Learning Institutes, continuing education programs and educational travel. And Elderhostel's success has inspired an entire industry of learning abroad opportunities, ranging from language immersion to volunteer programs. The adult learning field's growth is expected to accelerate further as the huge boomer generation retires.

Along with its new name, Elderhostel is making a couple of other moves to appeal to boomer travelers, including shorter international programs for people with limited time availability or travel budgets. And a new domestic program centered in major cities will combine structured lectures and activities with time for participants to explore their own interest at their own pace. There will also be more emphasis on outdoor and active programs like whitewater rafting and hiking.

"We're seeing people doing things at age 65 that you wouldn't have

seen them doing 35 years ago," said Jim Moses, Elderhostel's president.

The changes come at a risky moment. The deep recession has hurt all segments of the travel industry, and Elderhostel is no exception. "This year, the bottom fell out for everyone, and travel has been the hardest-hit of any industry," said Moses.

The name change runs the risk of alienating Elderhostel's core market of seniors at a time when the industry is depressed. But Spiers is confident about the new directions. "Boomers have fueled a lot of the fitness trends in the country, and they will be seeking out activities that can keep their brains health and stimulated. That trend is only going to grow."

(Millions of Americans are re-inventing retirement, and Mark Miller is helping write the playbook for new career and personal pursuits of a generation. Mark blogs at [www.retirementrevised.com](http://www.retirementrevised.com); contact him with questions and comments at [mark@retirementrevised.com](mailto:mark@retirementrevised.com))

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# Hip pain may be relieved by treatments other than surgery

**DEAR MAYO CLINIC:** What exercises are recommended or should be avoided, when first experiencing pain and discomfort in the hip? I'd like some guidelines so I can put off hip replacement surgery for as long as possible.

**ANSWER:** Hip pain can be a sign of many medical conditions. Some disorders, such as severe arthritis could, in time, require a hip replacement. But others, such as bursitis, can be managed with much less invasive treatment options. Exercise may help in some situations, but not all. Before you pursue treatment for hip pain, or start an exercise program, I recommend you see your doctor to determine the exact cause of your discomfort.

Hip pain can result from disorders that affect the hip joint, or it may be a sign of a problem with the muscles, ligaments, tendons or other structures that support the joint. To diagnose the cause of your hip pain, your doctor will likely do a physical exam followed by an X-ray of the hip. In some cases, another imaging exam, such as an MRI, may be necessary, depending on your condition. For most people, the exam and imaging test is all that's needed to uncover the cause of hip pain.

One common cause of hip pain is osteoarthritis, a condition that occurs when cartilage in the joints wears down over time. Although osteoarthritis has no definitive cure and may eventually lead to joint replacement, many people can effectively reduce the pain of this condition with a combination of exercise, medication and, in some cases, corticosteroid injections.

For people who have arthritis, gentle exercise can help strengthen the muscles around the joints. When arthritis affects the hip joint, swimming, gentle water aerobics, or other low impact activities such as a stationary bicycle are often good exercise choices. Stretching and muscle strengthening exercises targeted to the hip also may help increase the range of motion in the hip joint and reduce pain. Activities that put sudden pressure or stress on the hip joints—such as running and playing tennis—are likely to make arthritis symptoms worse. If you are diagnosed with arthritis, talk with your doctor before

starting an exercise program to find out what types of exercises are appropriate and to get specific instructions on exercises to avoid.

Another common cause of hip pain is bursitis, an inflammation of one of the small, fluid-filled sacs (bursas) that lubricate and cushion pressure points between the bones and the tendons and muscles near the joint.

Home treatment that includes resting, applying ice to reduce swelling, and taking nonsteroidal anti-inflammatory medications such as ibuprofen or acetaminophen products often are all that's needed to relieve bur-

sitis pain. Your doctor may also recommend physical therapy, including exercises to stretch and strengthen the muscles surrounding the hip. If the discomfort of bursitis doesn't subside with self-care, your doctor may inject a corticosteroid medication into the bursa to relieve inflammation. This treatment generally brings immediate relief and, in many cases, one injection is all you'll need.

Arthritis and bursitis often cause hip pain, but many other diseases and conditions can also cause discomfort in the hip area. Make an appointment to find out what's causing your hip pain. Then, you and your

doctor can work together to create a treatment plan that fits your situation. - Edward Laskowski, M.D., Physical Medicine and Rehabilitation, 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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## SkillBuilders-Fall2009

Education and Support for Widows, Widowers and Caregivers

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**Sept 3-Surviving and Thriving-Donna Flory, MSW**

**Sept 10-Personal Security and Home Safety- Gary Squires, Douglas County Sheriffs Office**

**Sept 17-Don't Fear Your Electronics-Pattie Johnston, Li-brary, & Mary Gauthier, retired business teacher**

**Sept 24-Estate and Legal Matters-Cheryl Trenholm, Barber Emerson LC**

**Oct 1-Searching for Peace-Linda Upstill, Rumsey Yost Funeral Home**

**Oct 8-Talk with Your Doc like a Pro, Lisa Mitchell, RN**

**Oct 15-Winterizing Your Car, Richard Haig, Westside 66**

**Oct 22-Managing Your Money, Steve Hamilton, VSR**

**Oct 29-Winter Gardening- Jennifer Smith, DC Extension Office**

**Nov 5-Strengthening Your Spiritual Well-being- Paul Reed, VNA Hospice Chaplain**

**Nov 12-Healthy Eating for One, Susan Krumm, DC Extension Office**

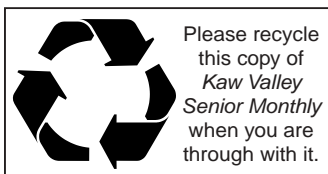
**Nov 19-Celebration and Remembrance Look for new topics in the Spring!**

**Thursdays**  
**10:00-11:45am**  
**Lawrence**  
**Public Library**  
**Gallery Room**





FOR MORE INFORMATION, PLEASE CALL SARAH HANBOLPH AT VNA HOUSING: 785-843-3770



**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

NOV 8

### WU FLUTE CHOIR CONCERT

Admission is free at 7:30 p.m.  
TOPEKA, (785) 670-1511

NOV 14

### SATURDAY NIGHT AT THE DOWN BEAT CELEBRATING NATIVE AMERICAN HERITAGE MONTH

This concert features Native American flutist, Lewis Johnson of the Seminole Nation and Injunity, an all Native American group formed in 2007 with two renowned composers/musicians, Choctaw composer Brad Clouch and Chicksaw composer Jeff Carpenter. Concert at 7:00 p.m. Please RSVP by November 12. TOPEKA, (785) 235-3939

NOV 14 & 15

### RIVERDANCE

The thunderous celebration of Irish music, song and dance that has tapped its way onto the world stage thrilling millions of people around the globe, will play three Farewell Performances at the Topeka Performing Arts Center. TOPEKA, (785) 234-2787  
<http://www.tpactix.org>

NOV 15

### MUSIC FOR PIANO

Performance by Alexander Ruvenstein-Pianist. Performance begins at 5:00 p.m. Fee, 12 and younger free. Grace Episcopal Cathedral. TOPEKA, (785) 235-3457  
<http://www.GraceCathedralTopeka.org>

NOV 18

### THE PROJECT

Three classically trained musicians from Brooklyn, N.Y., — flutist Greg Pattillo, cellist Eric Stephenson and violinist Peter Seymour — remain true to their classical roots while fusing that tradition with world music, jazz, even hip-hop. To create a sound that is both unique and eclectic. White Concert Hall, Washburn University. TOPEKA, (785) 357-8702  
<http://www.topekacca.com>

NOV 20

### CELLO RECITAL

Cello Recital featuring Steven Elisha. Admission is Free. White Concert Hall. TOPEKA, (785) 670-1511

NOV 22

### OAK RIDGE BOYS

The Oak Ridge Boys will be performing a Holiday Special. Call Topeka Performing Arts Center for more information and ticket prices. Come and spread some holiday joy. TOPEKA, (785) 234-2787  
<http://www.tpactix.org>

NOV 22

### WYCLIFFE GORDON WITH THE JOE CARTWRIGHT QUARTET

Wycliffe tours the world performing his hard-swinging, straight-ahead brand of jazz. Backing him up will be Kansas Citizens Joe Cartwright on piano, Bob Bowman on bass, Rod Fleeman on guitar and Sam Wisman on drums. Bob and Sam are native Topekans and former TJW Inc. Scholarship winners. Uncle Bo's in the Topeka Ramada. Topeka, (785) 379-5169  
<http://www.topekajazz.com>

NOV 23

### WASHBURN SYMPHONY ORCHESTRA PERFORMING BRUCKNER'S SEVENTH

Bruckner's Symphony No. 7 and the premiere

of Three Virtues: Concerto for Flute by visiting composer Kyle Kindred. White Concert Hall. TOPEKA, (785) 670-1511

NOV 27-29

### CHURCH BASEMENT LADIES

Featuring William Christopher, MASH's Father Mulcahy. A celebration of the church basement kitchen and the women who work there, *Church Basement Ladies* is a new musical comedy featuring four distinct characters and their relationships as they organize the food and solve the problems of a rural Minnesota church about to undergo changes in 1964. Topeka Performing Arts Center. TOPEKA, (785) 234-2787  
<http://www.tpactix.org>

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

3800 SE MICHIGAN AVE, TOPEKA,  
6:30 PM, (785) 267-1923

SUNDAYS, WEDNESDAYS & FRIDAYS

### CAPITOL BINGO HALL

Minis start at 6:30 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Wednesdays and Fridays.

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

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

### LEGIONACRES

3408 W. 6TH ST, LAWRENCE, 7:00 PM,  
(785) 842-3415

WEDNESDAYS, THURSDAYS & SUNDAYS

### MOOSE CLUB

Wednesdays, 6:30 p.m. Thursdays, 12:30 p.m.,  
Sundays, 6:00 p.m.

1901 N KANSAS AVE, TOPEKA, (785) 234-6666

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS

### PINECREST APARTMENTS

924 WALNUT, EUDORA, 12:30-1:00 PM,  
(785) 542-1020

WEDNESDAYS & FRIDAYS

### EDGEWOOD HOMES

1600 HASKELL, STE 188, LAWRENCE  
10:30 AM-12 NOON, (785) 760-1504

THURSDAYS

### BABCOCK PLACE

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

FRIDAYS

### EAGLES LODGE

1803 W. 6TH ST, LAWRENCE, 7:00 PM,  
(785) 843-9690

FRIDAYS

### BALDWIN SENIOR CENTER

1221 INDIANA, BALDWIN CITY  
12 NOON-1 PM, (785) 594-2409

FRIDAYS

### ARAB SHRINE

1305 KANSAS AVE., TOPEKA  
MINI BINGO 6:30 PM,  
REGULAR BINGO 7:00 PM  
(785) 234-5656

## BOOKMOBILE

MONDAYS

Prairie Commons, 5121 Congressional Circle,  
Lawrence, 9:00-10:00 a.m.  
Babcock Place, 1700 Massachusetts St., Law-  
rence, 10:30-11:30 a.m.



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■ CONTINUED FROM PAGE 16

**WEDNESDAYS**

Brandon Woods, 1501 Inverness Dr., Lawrence, 9:00-10:00 a.m.  
 Presbyterian Manor, 1429 Kasold Dr., Lawrence, 1:30-2:30 p.m.  
 Drury Place, 1510 St. Andrews Dr., Lawrence, 1:00-2:00 p.m.

**FRIDAYS**

Vermont Towers, 1101 Vermont St., Peterson Acres, 2930 Peterson Rd., Lawrence, 11:15 a.m.-12:00 p.m.  
 Lawrence, 1:30-2:30 p.m.

**BOOK TALKS**

THIRD TUESDAY OF EACH MONTH  
 COTTONWOOD RETIREMENT CENTER, 1029 NEW HAMPSHIRE ST., LAWRENCE, 2:00 PM  
 BABCOCK PLACE, 1700 MASSACHUSETTS ST., LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH  
 BRANDON WOODS, 1500 INVERNESS DR., LAWRENCE, 10:30 AM  
 PRAIRIE COMMONS, 5121 CONGRESSIONAL CIRCLE, LAWRENCE, 1:00 PM  
 WINDSOR HOUSE, 3220 PETERSON RD., LAWRENCE, 2:15 PM

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

**CLASSES/LECTURES**

ONCE A MONTH  
**AARP'S 55 ALIVE SAFE DRIVING COURSE**  
 Monthly classes are held at Stormont-Vail. Call to make reservation.  
 TOPEKA, (785) 354-5225

NOV 5  
**STRENGTHENING YOUR SPIRITUAL WELL-BEING**

A Skillbuilders program presented by Paul Reed, VNA Hospice Chaplain. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.  
 LAWRENCE, (785) 843-3738

NOV 11  
**GENEALOGY 101: HOW TO BEGIN**

A Genealogy for Beginners workshop will be held 7:00-8:30 p.m. on Wednesday, November

11, in the Library Auditorium. Presented by the Douglas County Genealogy Society and the Adult & Senior Services of the Library, basic techniques to research your family history will be demonstrated. Print and on-line resources will be shown. Designed for beginners and as a refresher for those returning to the search, this class will be helpful to anyone interested in genealogy. For more information, contact Pattie or Maria at the library.  
 LAWRENCE, (785) 843-3833.

NOV 12  
**HEALTHY EATING FOR ONE**

A Skillbuilders program presented by Susan Krumm, DC Extension Office. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.  
 LAWRENCE, (785) 843-3738

NOV 19  
**CELEBRATION AND REMEMBRANCE**

A Skillbuilders program. Skillbuilders offers education and support for widows, widowers,

and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.  
 LAWRENCE, (785) 843-3738

**EXHIBITS/SHOWS**

OCT 2-NOV 4  
**REALITY CHECK**  
 Modern realist painting by Ye Wang and Robert Swain. Beauchamp's Gallery.  
 TOPEKA, (785) 233-0300

NOV 1-DEC 31  
**AMERICAN INDIAN REALISM**  
 This exhibition features modern prints from vintage glass plate negatives. The photographs reflect the dignity maintained by Native Americans in spite of upheaval caused by relocation of tribes. Photographers focused on people who still wore traditional dress and lived in traditional homes as a means of documenting a lifestyle that has been irrevocably altered. Open 9:00 a.m.-5:00 p.m. 1515 SE Monroe.  
 TOPEKA, (785) 235-3939

NOV 6-DEC 31  
**SUDLOW**  
 More master artworks by the master of Kansas landscape painting. Beauchamp's Gallery.  
 TOPEKA, (785) 233-0300

**FARMERS' MARKETS**

APR 15-NOV 17  
**DOWNTOWN TOPEKA FARMERS' MARKET**  
 Farm fresh vegetables, crafts, home baked goods, food, plants, herbs and wood products all handmade. Begins at 7:30 a.m. until noon. Every Saturday.  
 TOPEKA, (785) 234-9336  
<http://www.Topekafarmersmarket.com>

APR 25-NOV 7  
**LAWRENCE FARMERS' MARKET**  
 Offering fresh fruits and vegetables, baked goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the place to go for the freshest and finest quality

■ CONTINUED ON PAGE 18

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Batiks, quilts flannel, beautiful quilting fabric and over 50 bolts of 100" to 118" quilt backing.

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**VIKING**

Reg. price \$429.00  
**\$199.99**

- Built in sewing guide
- Alphabet & numbers
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- Up/down needle position
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- 33 stitches
- Fully computerized sewing machine
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**JANOME** Memory Craft 300E  
*...Dresses, Inspires, Creates.*  
 Reg. price \$1399.00  
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The Memory Craft 300E is a specialized embroidery-only machine for the serious embellishment enthusiast. Embroidery can take an everyday item and turn it into something uniquely yours, and the 300E contains everything you need to get you started - right out of the box! And because the 300E is so dependable, it makes a great companion machine. Embroider projects as you construct them! With Janome quality and ingenuity, your creative possibilities are endless!

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## ■ CONTINUED FROM PAGE 17

produce, meat and artisan crafts. Live music every Saturday morning.  
LAWRENCE, (785) 331-4445  
<http://downtownlawrence.com/farmersmarket.html>

**HEALTH****MONDAYS THROUGH THURSDAYS  
FIT FOR LIFE**

LMH Kreider Rehabilitation Services offers safe, nurturing environment with one-on-one instruction on aerobic and cardiovascular equipment. Especially helpful for those with osteoporosis, balance problems, post CVA/stroke, knee/hip replacement, arthritis. Fee. Mondays through Thursdays, 9:00-11:00 a.m. or 2:00-5:20 p.m. at LMH. Tuesdays and Thursdays 8:00-11:00 a.m. At LMH South.  
LMH KREIDER REHABILITATION SERVICES  
(785) 840-2712

**TUESDAYS, WEDNESDAYS AND 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  
BLOOD PRESSURE CLINIC**

Conducted at Stormont-Vail's Healthwise 55 office at 2252 S.W. 10th Ave., at the northeast corner of S.W. 10th and MacVicar, from 10:00 a.m.-1:00 p.m. No appointment necessary.  
TOPEKA, (785) 354-6787

**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 9:00 a.m.-1:00 p.m. and 3:00-6:00 p.m. No appointment necessary.  
LAWRENCE, (785) 856-6030

**TUESDAYS AND THURSDAYS  
SENIORISE PROGRAM**

Seniorise is a specialized program for women over 60 years of age, in January. The focus of the program is on balance, movement, low impact cardio aerobics, and strength training for toning. In addition, there's a strong emphasis on flexibility and range of motion to improve and/or increase joint mobility and quality of life. Senior classes are held at Body Boutique from 11:00 a.m. to noon. Fee.  
LAWRENCE, (785) 749-2424

**FIRST AND 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, 9:00 a.m.-1:00 p.m.  
TOPEKA, (785) 233-1750, EXT. 252

**SECOND THURSDAY OF EACH MONTH  
BLOOD PRESSURE AND HEALTH  
INFORMATION**

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.  
WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

**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

**FOURTH THURSDAY OF EACH MONTH  
NUTRITION CLINIC**

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

## NOV 2

**BONE DENSITY SCREENING**

Advance appointment required. Appointment takes about 20 minutes and includes education about osteoporosis prevention as well as the screening. Note: this is NOT the same as a DEXA scan which is ordered by a physician and scans the hips and the spine. That is done through Radiology. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

## NOV 4

**CHOLESTEROL SCREENINGS**

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m.  
LAWRENCE, (785) 749-5800

## NOV 7

**CHOLESTEROL SCREENINGS**

See November 4 description. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m.  
LAWRENCE, (785) 749-5800

## NOV 13

**BONE DENSITY SCREENING**

See November 2 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m.  
LAWRENCE, (785) 749-5800

## NOV 17

**BONE DENSITY SCREENING**

See November 2 description. Lawrence Memorial Hospital, HealthSource Room, 4:00-6:00 p.m.  
LAWRENCE, (785) 749-5800

## DEC 2

**CHOLESTEROL SCREENINGS**

See November 4 description. Lawrence Memorial Hospital, HealthSource Room, 3:00-4:30 p.m.  
LAWRENCE, (785) 749-5800

**HOLIDAY EVENTS**

## NOV 7

**CHRISTMAS EXPO**

Do your Christmas shopping early and enjoy the flavors of the season.  
TOPEKA, (785) 232-5533  
<http://www.greatoverlandstation.com>

## NOV 14

**2009 HOMEMADE HOLIDAYS CRAFT SHOW**

Get an early start holiday shopping with over 125 crafters featuring the finest in handmade crafts. Ottawa Middle School.  
OTTAWA, (785) 242-8618

## NOV 20

**DOWNTOWN HOLIDAY LIGHTING FESTIVAL**

Ring in the holidays with the Downtown Holiday Lighting Festival. Fun for the entire family, including a visit from Santa!  
KANSAS CITY, (913) 573-5010  
<http://www.wycokck.org>

## NOV 20-22

**GINGER BREAD HOMES FOR THE HOLIDAYS**

Enjoy the many designs, and get ideas for building your house next year! Graham Cracker Junction Families, students, youth groups and scout troops enter the Junction to build their own houses out of graham crackers, icing and candy. Topeka Performing Arts Center.  
TOPEKA, (785) 234-2787  
<http://www.tpactix.org>

## NOV 21 &amp; 22

**CASA HOME TOURS 2009**

Tour of homes decorated by florists and artists for the holidays.  
TOPEKA, (785) 232-1030

## NOV 21-DEC 31

**TARC WINTER WONDERLAND**

A Topeka tradition featuring more than one million lights winding through a two mile stretch at scenic Lake Shawnee. Runs nightly.  
TOPEKA, (785) 232-0597

## NOV 27

**HOLIDAY CEREMONY AND SANTA'S ARRIVAL**

The holiday season officially begins with the "rescue" of Santa off the rooftop of Weaver's Department Store.  
Lawrence, (785) 842-3883

## NOV 27

**HOLIDAYS IN HOLTON**

Annual lighting of the downtown square and Christmas trees. Pictures with Santa, trackless train rides, carolers and store shopping specials. Holton Downtown Square.  
HOLTON, (785) 364-3963  
<http://www.holtonks.net/chamber>

## NOV 28

**HOLIDAY LIGHT PARADE**

The entire family thrills to the sights of the lighted floats and horses. Help welcome Santa, who arrives on an antique fire engine. Santa lights the community Christmas tree and passes out candy canes to the children.  
BALDWIN CITY, (785) 594-3200  
<http://www.baldwincitychamber.com>

## NOV 28

**MIRACLE ON KANSAS AVENUE PARADE**

Recapture the nostalgia of Christmas past with a lighted holiday parade. Parade begins at 6:00 p.m.  
TOPEKA, (785) 234-9336

## NOV 30-DEC 3

**FESTIVAL OF TREES**

Local artists display their one of a kind Christmas trees. Auction benefits Shelter Inc. Liberty Hall.  
LAWRENCE, (785) 843-2085  
<http://www.visitlawrence.com>

**MEETINGS****FIRST AND THIRD MONDAY OF EACH MONTH  
BEREAVEMENT SUPPORT GROUP**

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

**FIRST AND 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 AND 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  
4:00-5:00 PM, (785) 840-3140

**FIRST AND THIRD MONDAY OF EACH MONTH  
CAREGIVER SUPPORT GROUP**

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

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

Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in health-care, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3:00 p.m. in Conference E of LMH.  
LAWRENCE, (785) 830-8130

**FIRST TUESDAY OF THE MONTH  
SCRAPBOOK MEMORIES**

Heart of America Hospice, 3715 SW 29th St., Suite 100, 6:00 p.m. All supplies provided (except photos).  
TOPEKA, (785) 228-0400

**FIRST TUESDAY OF EACH MONTH  
LOSS AND GRIEF SUPPORT GROUP**

Heart of America Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Heart of America Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2:00 p.m.

**FIRST TUESDAY OF EACH MONTH  
GRIEF SUPPORT GROUP**

Aldersgate Village, Manchester Lodge, 7220 Asbury Lane, 2:00 p.m. Sponsored by Heart of America Hospice.  
TOPEKA, (785) 228-0400

## TUESDAYS

**GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle.  
3:00-4:00 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

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

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

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

Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2:00 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson at (785) 832-1692.

**FIRST WEDNESDAY OF EACH MONTH****INVESTMENT UPDATES**

Sponsored by Brian Casebeer, an Edward Jones financial advisor. Guest speaker. 634 S. Kansas Ave., 7:30-9:00 a.m.  
TOPEKA, (785) 233-0366

## 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 6:00-9:00 p.m. on Sundays at the Eagles Lodge.  
LAWRENCE

## THURSDAYS

**GRIEF & LOSS SUPPORT GROUP**

Midland Hospice, 200 SW Frazier Circle.  
3:00-4:00 p.m.  
TOPEKA, (785) 232-2044

## THURSDAYS

**CANCER SUPPORT GROUP**

This group is open to anyone living with cancer. If you are interested or have questions, please call for more information. LMH Oncology Center.  
LAWRENCE, (785) 505-2768

**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).  
JADE MONGOLIAN BARBEQUE, LAWRENCE  
11:30 AM-1:00 PM

■ CONTINUED FROM PAGE 18

**FIRST AND THIRD THURSDAY OF EACH MONTH**

**GRIEF SUPPORT GROUP**  
3:00 p.m. - Brewster Place, 1209 SW 29th St. Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location.

**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 2:00 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library. TOPEKA, (785) 232-7765

**SECOND MONDAY, SEPT-MAY**  
**LAWRENCE CLASSICS, GENERAL FEDERATION OF WOMEN'S CLUBS**  
Volunteer service club. LAWRENCE, (785) 331-4575

**SECOND MONDAY OF THE MONTH**  
**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. 11:00 a.m. TOPEKA, (785) 235-1367, EXT. 130

**SECOND TUESDAY OF EACH MONTH**  
**LOSS AND GRIEF SUPPORT GROUP**

Heart of America Hospice in association with Pioneer Ridge Retirement Community 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 (NARVRE)**

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

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

Pioneer Ridge Assist Living, 4851 Harvard Rd., 10:30 a.m. Sponsored by Heart of America Hospice. LAWRENCE, (785) 841-5300

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

Heart of America Hospice, 1420 Wakarusa, 6:00 p.m. All supplies provided (except photos). LAWRENCE, (785) 841-5300

**SECOND AND FOURTH TUESDAY OF EACH MONTH**

**CAREGIVER SUPPORT GROUP**  
Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders? Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Douglas County Senior Services, Inc., 745 Vermont St., 6:30-8:00 p.m. LAWRENCE, (785) 842-0543

■ CONTINUED ON PAGE 20

# Martin Creek Place

- 1 & 2 Bedroom Apartments
- Townhomes
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- Emergency Monitoring System Available
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- Organized Activities & Day Trips
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**Professional.**  
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We focus on your individual needs and on improving your quality of life.

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# Peace of Mind



As soon as you walk through the front door at Vintage Park Assisted Living you feel the warmth and friendly environment that residents here have come to expect. Living at Vintage Park provides them peace of mind so they can enjoy this time pursuing other hobbies and time with family and friends.

With Vintage Park's all-inclusive pricing and services tailored to each residents needs, the residents are always top priority. Vintage Park Assisted Living has a location in Baldwin City and one in Ottawa, KS.

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**Vintage Park at Baldwin City**  
321 Crimson Ave.  
**785-594-4255**

**Vintage Park at Ottawa**  
2250 S. Elm St.  
**785-242-3715**

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

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**SECOND AND FOURTH WEDNESDAY OF EACH MONTH****ALZHEIMER'S EARLY STAGE PATIENT SUPPORT GROUP**

For patients with early stage Alzheimer's. SEABROOK UNITED CHURCH OF CHURCH (785) 234-2523

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

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 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 6:00 p.m. Lawrence Memorial Hospital, Meeting Room A. LAWRENCE, (785) 505-3062

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

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

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

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Main-stream 8:00-10:00 p.m. Contact Frank & Betty Alexander. LAWRENCE, (785) 843-2584 [www.happytimesquares.com](http://www.happytimesquares.com)

**THIRD TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES**

Heart of America Hospice, 3715 SW 29th St., Suite 100, 6:00 p.m. All supplies provided (except photos). TOPEKA, (785) 228-0400

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

FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2:00 PM

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

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 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 WEDNESDAY OF EACH MONTH RETIRED GOVERNMENT 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. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte. LAWRENCE, (785) 856-0558

**THIRD THURSDAY OF EACH MONTH WIDOW'S LUNCHEON**

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations. TOPEKA, (785) 271-6500

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

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Baldwin City Public Library, 800 7th St., 2:00-3:30 p.m. BALDWIN CITY, (785) 842-0543

**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. 11:00 a.m.-1:00 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., 4:00 p.m. Sponsored by Heart of America Hospice. LAWRENCE, (785) 841-5300

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

PIONEER RIDGE ASSISTED LIVING LIBRARY 4851 HARVARD, LAWRENCE, 6:30 PM (785) 344-1106

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

Administered by Senior Outreach Services in

cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m. TOPEKA, (785) 235-1367, EXT. 130

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

Do you sometimes feel overwhelmed with the responsibilities of caring for a spouse, parent, or loved one? Do you need information about Alzheimer's disease or other disorders. Please join us in one of our Caregiver Support Groups. Sponsored by Douglas County Senior Services, Inc. Eudora Community Center, 1630 Elm, 1:00-2:30 p.m. LAWRENCE, (785) 842-0543

**FOURTH WEDNESDAY 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 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December. TOPEKA, (785) 233-5762 <http://www.tgstopeka.org>

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

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

**NOV 20 AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. The Lawrence High School Chorale will sing after the buffet lunch. New and interested members welcome. Please call Noreen for reservations.

LAWRENCE, (785) 842-6765

**DEC 13 CHRISTMAS LUNCHEON**

Christian Widow/Widowers Organization will have a Christmas luncheon on Sunday, December 13 from 1:00 to 4:00 p.m. at 17th & Stone in Topeka. For additional information, e-mail [pdpatrick@juno.com](mailto:pdpatrick@juno.com). TOPEKA

**MISCELLANEOUS**

NOV 28

**BIZARRE BAZAAR**

Shop one-of-a-kind, handmade works that range from contemporary to bazaar. Two stages feature music by area musicians as you shop. Lawrence Arts Center. LAWRENCE, (785) 843-2787

**VETERANS DAY EVENTS**

NOV 6

**9TH ANNUAL AWI AKTA CHEROKEE VETERANS POW WOW**

Pow Wow to honor all veterans and those currently serving. Activities will include Grand Dancing 6:00-7:00 p.m.; Grand Entry (with Topeka West JROTC Color Guard); Honoring of Veterans: social dancing; Honored Veteran Ceremony; Craft Booths, Food Booth; Head Drum-Horseshoe Lake—All Drums Welcome. Come by from 6:00-11:00 p.m. Admission is Free. Big Shelter House at Gage Park. TOPEKA, (785) 272-5489 <http://www.awiakta.org>

NOV 7

**2009 VETERANS DAY CELEBRATION**

The 2nd largest Veteran's Day Celebration in Kansas. Kicks off with a parade through downtown stopping at the Veterans Memorial, making its way to Forest Park. There you'll find displays of World War memorabilia, Civil War, WWI & WWII re-enactments and later that night a USO show at the historic Ottawa Municipal Auditorium. OTTAWA, (785) 242-5419

NOV 11

**VETERAN'S DAY CELEBRATION**

Call for more information. The Great Overland Station. TOPEKA, (785) 232-5533 <http://www.greatoverlandstation.com>

NOV 11

**VETERAN'S DAY PARADE**

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# Jolly Old Britain—and other less jolly places

By Margaret Baker

Rhys Bowen: *Royal Flush* (Berkeley Prime Crime, ISBN 978-0-425-22799-8)

Pity Lady Georgiana, 34<sup>th</sup> in line to the British throne. No income, and an education heavy on which fork to use when, not on vocational skills. Still, she's a survivor, and heads up a "company" (herself, period) to open up London homes before arrival of the aristocracy. The problem is, it's the season when the aristocracy goes back to their ancestral homes.

Friend Belinda, always rather flush, explains that she permits visiting businessmen to take her to clubs, dinners, etc., as royal arm candy. Georgy places an ad, and soon discovers just what the answering man had in mind. Darcy, the Irish rogue, rescues her.

The royal family is back in Balmoral, and the government wants Georgianna to persuade her brother Binky and wife Fig to invite and house several suspicious folk, including Wallis Simpson.

Lots of excitement—hunting British gentry style, missing heirs, Brazilian millionaires, shooting "accidents", fast cars, even faster private airplanes, all in the 1930's settings. WHEE!!

Stieg Larsson: *The Girl Who Played With Fire* (Audio by Random House Audio Books, read by Simon Vance on 15 cds, ISBN 978-0-7393-8417-6. Also available in regular print from Knopf)

Mikael Blomkvist, Swedish muckraker journalist, got a lot of help in Larsson's first novel, *The Girl With the Dragon Tattoo*, from the title's troubled, and troubling, young woman with exceptional computer skills.

The second of the planned trio brings the reader up to date in understanding what has made Lizbeth Salander the enigma she is.

Larsson turned up at the Swedish publisher with the first of the set. The depth of his character-driven novel met with international acclaim. We readers will have only his trio; he

died suddenly even before the first was published.

Since the basic plot involves sex trafficking, the language is pretty rough.

Elmer Kelton: *Texas Sunrise* (Forge, ISBN 978-0-7653-2064-3)

Here's a double treat from one of the best of modern western writers! Two books in one!

Back-to-back books recount the early days on the Texas frontier through the eyes of two brothers, Thomas and Joshua Buckalew.

Tensions are running high between the native Mexicans and the incoming Americans, resulting in the first novel, *Massacre at Goliad*. After the deaths of the American prisoners, Houston's army overcame Santa Anna's and secured independence for Texas. The second novel,

*After the Bugles*, takes place as the new country strives to return to peaceful existence, far harder than war.

Kelton has researched the Texas-Mexican War and Texas Republic extensively, and includes an excellent abbreviated account in his Author's Note.

Deborah Crombie: *Necessary As Blood* (Wm. Morrow, ISBN 978-0-06-128753-4)

The latest case by Scotland Yard's Duncan Kincaid and Gemma James involves the disappearance of Sandra Giles, fabric collage artist. She disappeared in mid-day from London's Columbia Road Flower Market, leaving her toddler daughter in the care of a shopkeeper. The same day her lawyer husband, Pakistani Naz Malik, is murdered. Charlotte, their daughter, is apparently also targeted.

Gemma is concerned about the well-being of that child, especially when she realizes that Sandra's abusive mother and older brothers are trying for legal guardianship, complicated because Charlotte is a mixed-race child. (Sandra was of Huguenot descent.)

The case comes up as Duncan and Gemma's romance has reached the critical stage.

Margaret Weis and Tracy Hickman: *Bones of the Dragon* (Tor, ISBN 978-0-7653-1975-9)

A new entry in the sci-fi and fantasy ranks, *Bones of the Dragons*

takes place in a fantasy world: *Dragonships*.

Skylan Ivorson, sea-raider of the Vindrasi, seems blessed by Skoval, the god of war. He expects to be Chief of Chiefs. He's strong, arrogant and, at 18, unpredictable.

However, a new generation of gods are challenging Skylan and the other old gods. The only way to defeat them is to assemble the bones of the five first dragons, formed in the ancient days by the Dragon Goddess Vindrash when forming the world. No one, not even the gods, knows where those bones are now.

A great quest novel with shades of Tolkien, Paolini, Camelot, and touches of Viking lore and Dungeons and Dragons (where the authors met), this is the first of a projected six books series.

## PAPERBACK PICKS

Sheila Lowe: *Dead Write* (Obsidian, ISBN 978-0-451-22612-3)

Claudia Rose is a graphologist, a forensic handwriting analyst. She's been offered a short assignment, at high pay, in New York City. Quite a change from her California roots.

Her employer is Baroness Grusha Olinetsky, Matchmaker. Actually, she runs *Elite Introductions*. Apparently even the super-wealthy want to date, and want to be sure they are not spending time with losers. Applicants are carefully checked by a doctor, a psychologist, etc. The Baroness had been using a graphologist to "read" penmanship, but had lost confidence

in the last handwriting scientist. Claudia knew the dismissed man, not highly regarded in the community.

Claudia accepts six handwriting samples and returns to her hotel room to evaluate them. What she finds is disturbing—warning flags that should have curtailed acceptance.

She digs a bit deeper (what did we do before computers?) and learns that three of Olinetsky's clients had died very recently. What can handwriting tell about personality?

Lots of information about handwriting analysis. Most criminal use of graphologists is to prove forgery and here we see the broader underlying characteristics.

Laura Berenson: *Doggie Day Care Murder* (Kensington Publishing, ISBN 978-0-7582-1606-0)

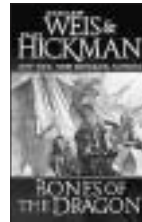
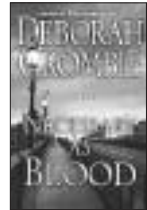
Melanie Travis has a new baby to care for in addition to her five standard poodles. The only reason she's sitting in the lobby of Pine Ridge Canine Care Center is to check it out for her friend Alice. Alice is returning to work now that her children are in school, and wants Melanie's opinion on day care for her year-and-a-half golden retriever.

Owners brother and sister Steve and Candy give Melanie a tour. She's pleased to see the clean facilities, the large outdoor runs, the happiness showing in the dogs.

She goes with Alice to sign Berkeley up for this lap-of-luxury day spa when Steve is murdered.

A doggone good paperback (sorry, couldn't resist!) for the fall.

- Margaret Baker can be reached through *Kaw Valley Senior Monthly* or e-mailed at [glenco@knetconnect.net](mailto:glenco@knetconnect.net).





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# Unblocked Writers

It's fortunate that Gwendolyn McCafferty and Porter Collins didn't meet at that writers workshop in Cincinnati 35 years ago. Something kept them apart—the stars, or fate, or maybe indigestion. Whatever it was, it blessed their lives.

If they had met in 1979 when they were both intense young writers, their love would have gone "kabloooy" in less than six months.



Larry  
Day

But Gwen and Porter didn't meet until five years ago when they attended a gathering for successful writers in New York City. Now they're married and living happily ever after.

In 2004 Gwendolyn McCafferty and Porter Collins won prizes in the "Genre Be Damned" category at the annual award ceremony in what used to be the National Writers Union Guild of The United States of America and Its Environs (NAWU-GUSAE).

Gwen won for her mystery novel-household hints book *The Tell Tale Toilet*. Porter took second place with his best selling children's book-self help guide *Ten Easy Ways to Drive Your Mom Bonkers*. The book was a sequel to his popular, *Ten Places to Stash Your Stuff Where Moms Never Look*.

On the night they met Gwen preceded Porter on the purple carpet before everyone gathered in the ballroom. The tablecloths on the round tables were divided down the middle—one side was striped and the

other side was checkered. Gwen and Porter were seated side by side at the awardees table, Gwen on the striped side, Porter on the checkered.

"The seating was fateful and fortuitous," Gwen told friends.

"And felicitous," added Porter.

Their fateful, fortuitous, felicitous meeting came after a long, hard, discouraging career slog for both of them.

After the 1979 Cincinnati writer's workshop which both attended but at which they didn't meet, Gwendolyn spent 16 fruitless years trying to crack the literary fiction market. She tried to place her first novel *Dullness at Dawn* over the transom (the phrase was in vogue back then). Three publishers sent the manuscript back in the SASE package with rote rejection slips. Fifteen publishers didn't respond at all. Gwen suspected that the publishers' office staff members had never shown the manuscripts to editors; she thinks they just dumped the manuscripts and helped themselves to her stamps.

Next Gwendolyn engaged a literary agent, who had a New York City post office box, to place *Seeking A Way* and *Dark Plateau*. The agent charged Gwen \$1,400 over two years for "placement lunches and other business expenses," then cut her loose with a short note that ended, "it's no one's fault. It's just the nature of the beast."

Porter's experience was almost identical. His novels, *A Rationed Youth*, *Flawed Encounter*, and *Secret Endeavors* were never considered by serious publishers despite Porter's tireless efforts and his scrupulous adherence to suggestions he found in a book titled *Publish Your Novel or Bust*.

Both Gwen and Porter rejected



writer-subsidized publishing. It was known in those days as the vanity press. Their marriages, and Gwen's second marriage, failed. After that they were on their own and went from scut job to scut job, subsisting on occasional literary fellowships and ramen noodles.

Then in the mid-1990s, they decided to try nonfiction. And both began to publish—slowly at first, then with increasing frequency. For the first time they made some real money.

Twenty-first century culture, technology, and the economy blew a hole in the writing business. Book publishing, newspapers, magazines, the movie industry and television networks were buffeted by gale force winds. But like 19<sup>th</sup> century sailing vessels, the media trimmed their sails and tacked into the wind to avoid capsizing.

In 2003 The National Writers Union Guild of the United States

of America and Its Environs floundered, heaved ballast and cargo overboard, righted itself, and moved forward with new leadership, a svelte silhouette, and a new name: Writers Work, Inc.

The new environment rewards writers who mix fiction and nonfiction to create genre-crossing multimedia products.

Gwen McCafferty and Porter Collins are among the best and the most prosperous of the new media genre-busters. They married in 2005, and bought a ranch near Letongaloosa. Nowadays they're busy breeding blended livestock—elkalo, jackalopes, and sheeparoos. Next year they plan to market a line of exotic vegetables including fudge-flavored carrots.

- 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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# Copan: An easy Indiana Jones adventure

By Jill K. Robinson

www.TravelMuse.com

The sounds of the modern town of Copan Ruinas—buses, trucks and radios—faded away as I walked slowly down the old Mayan road toward the historic ruins of ancient Copan and into the past. All I heard now were the soft brush strokes of the caretakers' twig brooms. The rhythm of their sweeping was hypnotic: swish, swish, swish. In the clearing, mountains of glaring stone erupted from a sea of jade grass. Trees arched overhead, shading the perimeter, and serpentine vines drooped from their lofty branches to the ground.

I'd seen the Mayan ruins of Copan, Honduras, in pictures, but they didn't prepare me for the Indiana Jones-esque mystique. As the cool mist tickled my skin, I felt like the first person to encounter the monuments, even though thousands had preceded me.

## THE RUINS OF COPAN

The ruins at Copan were first discovered in the 16th century by the Spanish, but they weren't fully explored until the 19th century by John Lloyd Stephens, who wrote about them in his travelogue, *Incidents of Travel in Central America, Chiapas and Yucatan*. It's been recognized as a UNESCO World Heritage Site since 1980.

Visit the archaeological site early, like I did, to avoid the heat and day-tripping crowds. As I walked among the ruins, stelae protruded from the ground like teeth. Intricate carvings writhed around these pillars: pictures of deities and past rulers, some with incredible names like Moon Jaguar, Smoke Monkey and 18 Rabbit. Thick metal chains guarded the blocky stone men and discouraged my natural desire to touch them. But you can lean very close to inhale the designs of the place archaeologist Sylvanus Morley called the "Athens of the New World."

Of any Mayan site in the Americas, Copan has the most hieroglyphic inscriptions and sculpted monuments. The artists of the ancient city succeeded in such depth of relief that many of the human figures appear lifelike. I wanted to feel the face of 18 Rabbit, with his open lips and large circular earrings. I longed to run my fingers over the feathered

serpents, jaguars and macaws with huge hooked talons. Torch-bearing half-men, half-monsters with bulging eyes and bad teeth loomed over my head. Researchers say the buildings and sculptures were covered with dazzling pigments in Maya times—which added to the spectacle of stone.

Only 20 minutes after having my morning coffee on my first day in Copan, I already was hooked.

## COPAN RUINAS

The town of Copan Ruinas is cradled in a valley in western Honduras—a mere seven miles from the Guatemalan border. Walking briskly, you can cross from one end of the village to the other in 10 minutes. But packed into that small space are

multitudes of distractions. An obstacle course curved up the narrow, cobblestone road from my bed and breakfast, where I dodged young chickens crossing

the road. Music and children streamed from gaping doors. People gathered around the central plaza to exchange the news of the day. Even with its Internet access and international cuisine, time stands still in Copan Ruinas.

## VALLEY OF THE MAYA

Like most of the 140,000 annual visitors to Copan Ruinas, I was lured by the mysterious stone temples to the edge of town. But I quickly learned that the Maya scattered their legacy throughout the area. Las Sepulturas, an ancient residence, links to the main ruins by a mile-long stone path. The small sites of Los Sapos, La Pintada and Stela 10 hide in the hills, each about 90 minutes away on horseback. In the early 20th century, Morley had predicted that the entire valley would prove to be "one continuous settlement, one city."

The Los Sapos ruins nestle within the Hacienda San Lucas property, which offers equestrian tours and access to hike its nature trails. If you're not staying at the Hacienda, you can get access to the trails for \$2 per day. My cowboy guide, Carlos, offered to take me "out there"—with a wide sweep of his arm. Our horses trotted through coffee plantations, waded through leafy tobacco fields and took a short snack break on a ridge, while Carlos pointed out his childhood home in the valley below. On our way down the hill, we spied a jewel-toned parrot flitting through the thick forest curtain. My compan-



The Ruins of Copan

ion noticed my wide-eyed reaction to the bird and led me along the jungle's edge to where he assured me there would be "muchas mas."

## EVENING DISTRACTIONS

My day of adventures had worn me out. Surely even Indiana Jones ate three meals a day. Open restaurant doors beckoned, and smells of fish, tortillas and barbeque mesmerized me. I chose Carnitas Nia Lola, on the edge of town with views of tobacco fields. My dinner was a "tipico" beef dish right off the charcoal grill with fried plantains, rice and hard country cheese. A cold glass of beer was delivered atop the waitress' head.

Nearby Twisted Tanya's Restaurant celebrates happy hour from 4 to 6 p.m., Mondays through Saturdays, with a big fat menu of tropical cocktails. I was tempted, but with the sun getting lower in the sky, decided to postpone the drinks in favor of watching the sun set over the Mayan valley.

The vanishing rays washed Copan Ruinas in a gentle light. I climbed to the hills overlooking the town, which melted into an earth-toned mishmash of buildings, pastures and cobblestone roads. Nearby were the stone memories of the Maya, and surrounding both curled a thick ocean of emerald jungle.

The two Copans, old and new, weren't as far apart as I'd imagined. Although the outward appearances of the village and people have changed over time, much has remained the same. The connection was difficult to see while in the realm of one or the other: looking at ruins or eating at restaurants, read-

ing history or riding through a coffee farm. From the perspective of the unbiased hills, both clung together as a whole community, old evolving into new over thousands of years - an island amidst the jungle.

**GETTING THERE:** Continental, American, Delta, TACA and Spirit airlines provide nonstop service to La Mesa International Airport (SAP) in San Pedro Sula, Honduras, (a major city north of the capital, Tegucigalpa) from the United States. Car rental agencies are available at the airport. First-class bus service is offered by Hedman Alas from San Pedro Sula to Copan Ruinas three times a day (four times a day on Sundays and Mondays). The trip will take two-and-a-half hours, and the fare is \$33 for the round trip.

Mayan ruins of Copan, Honduras, <http://www.travelmuse.com/articles/off-beat/exploring-copan-ruins-of-honduras>.

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## GOT A WAITING ROOM?

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# Cats and rabbits should be able to live together

**QUESTION:** Our 15-year-old cat has been diagnosed with a hyperthyroid condition. The vet explained that we can choose from one of three treatments. Any advice? - P.A., Cyberspace

**ANSWER:** You do, indeed, have three choices, according to Atlanta, GA-based feline veterinarian Dr. Drew Weigner, including:



Steve Dale

1. Surgery. This can cure your cat. However, as with all surgery, there's a potential risk of complications. Hyperthyroid cats are older, and surgery may not be the best option for frail cats with additional illnesses.

2. Radioactive iodine. Your cat would be injected with a radioactive substance which destroys most of the thyroid gland. What thyroid tissue remains is plenty for most cats to function. While, this treatment has no complications or side effects, the cat must be away from home for several days. For some cats, being away from home may be too traumatic.

3. Drug therapy. The human drug Tapazole (Methimazole) work, but cats on this medication need to be monitored, and then there's the issue of getting a cat to take a pill.

Tapazole is relatively inexpensive. Surgery or radioactive iodine will set you back \$900 to \$1,300. Weigner points out that realistically, the pills—which do work to control hyperthyroidism but can't cure the disease—might be the most logical choice for a frail cat who was, say, 18. For an 11-year-old or even 15-year-old with at least several more good years, radioactive iodine might be the best choice. Surgery is curative but the least popular option. As for pilling your cat, Weigner recommends custom compounding. Your veterinarian probably works with a credible compounder who could magically transform a bitter pill into a tuna-tasting treat.

You must do something. Left untreated, a hyperthyroid cat will die.

**QUESTION:** How do cats and rabbits get along? I have two rabbits and my boyfriend has two cats. I'm not willing to give up on Izzie or Smith, and he's not willing to part

with Bonny or Clyde. Any advice? - D.F.C., Miami, FL

**ANSWER:** Typically, pet cats are respectful of rabbits.

"I think it's because rabbits move so differently than cats," says Marcia Froelke Coburn, director of the Red Door Animal Shelter in Chicago. The first few times you introduce the two species, keep the rabbits inside their hutch. Bring the cats into the room and offer treats to all. The idea is for the cats to associate the rabbits with something good.

Coburn says that in her experience, cats aren't as likely to threaten the rabbits as they are to wonder 'what the heck is that?' and scamper to the top of a piece of furniture where they can assess the situation from a safe distance. As for the rabbits, they instinctively tend to know their best defense is not to act afraid. As long as the rabbits are nonchalant about their feline visitors, the cats will more likely be respectful. Some rabbits give off warnings; in this instance being assertive is a good thing.

Even if the cats and the rabbits seem to be getting along fine, adult supervision is required for at least a few months. Otherwise, restrict the rabbits to their hutch, or confine the cats to another room, behind a closed door. Management and bribery (especially treats for the cats) will be the key to success.

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

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# Roasted pork loin is an autumn favorite

By Wolfgang Puck  
Tribune Media Services

When Indian summer is past and it finally feels like autumn is here, one of my favorite main-course combinations to cook is roasted pork with apples.

Pork is such a wonderful meat. It's full of hearty flavor and texture, yet also mild and sweet. Apples, with their tangy-sweet flavor and crisp, juicy texture, pay the perfect complement to pork, resulting in dishes that are satisfying and down-to-earth.

Pork's prices are down-to-earth, too. And that's even true when, as I prefer, you seek out organically raised meat. Look for a good-quality butcher who can provide such a product. You can take satisfaction not only in knowing that the meat has been raised to a higher, more humane and sustainable standard, but also that it will taste even better.

Of course, all pork available in markets today is much better, leaner, and more reliably hygienic than what we used to buy decades ago. Back then, everyone advised cooking pork until it was thoroughly well-done. Nowadays, for thoroughly cooked but still juicy results, I recommend cooking pork to an internal temperature of 150 degrees F.

Test for doneness by inserting a good-quality instant-read meat thermometer into the thickest part of the meat not touching bone. Then, remove the roast and let it rest at warm room temperature, covered with aluminum foil, for about 10 to 15 minutes. Doing this serves two purposes. First, the hot juices in the meat have time to settle back into the fibers, making for juicier results once you carve. And second, the internal temperature of the meat continues to rise from residual heat, ultimately

resulting in meat cooked to an ideal internal temperature of 160 degrees F.

When the time comes to carve your pork roast, be sure to use a sharp carving knife and to cut against the grain. This means that your knife blade should cut perpendicular to the direction in which the meat's fibers run, resulting in neat, more tender slices.

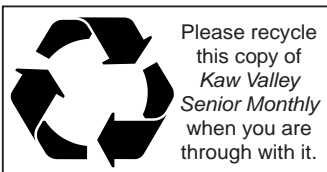
To go with my roast pork, I like to use the widely available Granny Smith variety of apples. Their flavor has a nice balance of both sweetness and tartness, and the apples stay firm and in one piece even when roasted. They join the pork in the pan to roast at relatively gentle heat, 325 degrees F: after the meat has gone through an initial brief high-heat roasting that helps to brown its exterior and seal in its juices.

While the finished pork rests, nestled among the apples, you have time to transform the pan juices into a simple sauce. The results are so delicious and beautiful that you'll want to serve them for a festive occasion, yet so easy that you can make this dish for a casual family dinner.

## ROASTED PORK LOIN WITH GRANNY SMITH APPLES

Serves 6 to 8

- 1/2 cup organic apple juice
- 1/2 cup store-bought natural barbecue sauce
- 1/4 cup balsamic vinegar



- 2 tablespoons Dijon mustard
- 4 garlic cloves, crushed
- 1 teaspoon chopped fresh marjoram leaves, plus fresh marjoram sprigs for garnish
- 1 whole boneless organic pork top loin, 3 to 5 pounds total weight
- Salt
- 1 teaspoon freshly ground black pepper
- 4 organic Granny Smith apples, cored and halved

In a mixing bowl, whisk together the apple juice, barbecue sauce, balsamic vinegar, and mustard. Stir in the garlic and chopped marjoram. Put the pork in a large, heavy-duty, sealable plastic food-storage bag. Pour in the apple juice mixture. Seal the bag, taking care to remove all the air. Put the bag, sealed edge up, in a large mixing bowl to catch any accidental leaks. Refrigerate for at least 1 hour, or as long as overnight.

Preheat the oven to 400 degrees F. Remove the pork from the marinade, reserving the marinade, and pat dry. Sprinkle the pork generously all over with salt and black pepper and place on a rack in a roasting pan.

Roast the pork for 15 minutes.

Baste the roast with the reserved marinade. Reduce the heat to 325 degrees F. Place the apples in the roasting pan around the pork. Continue roasting, basting every 15 minutes for the first half hour only, until the center of the meat registers 150 degrees F. on an instant-read thermometer, 1 to 1-1/2 hours more. Transfer the pork and apples to a carving platter and garnish with marjoram sprigs. Cover with foil to keep warm.

Pour the juices from the roasting pan into a small saucepan. If necessary, add a little water to the hot roasting pan and stir and scrape with a wooden spoon to deglaze the pan deposits; add this liquid to the saucepan. Skim off any fat floating on the surface. Bring to a boil and simmer until it has a syrupy consistency, about 3 to 5 minutes. Transfer to a sauceboat.

Carve the pork across the grain into slices 1/2 inch thick. Arrange overlapping slices and an apple half on each serving plate and spoon some sauce over the meat. Serve immediately.

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



# Are you at risk for type 2 diabetes and heart disease?

(ARA) - There are many things that can put you at risk for developing type 2 diabetes and heart disease. Some of these things you have the power to change—if you smoke or exercise—and some you don't—your age or family history. Either way, you should know how all of these things can add to your chances for type 2 diabetes, heart disease and stroke.

My Health Advisor, an online tool from the American Diabetes Association,

can help you understand your risk. All you have to do is enter some basic health information, such as family history, height and weight, blood glucose level, cholesterol level, smoking history, age, race, and gender.

My Health Advisor takes your information and creates a personalized online health profile, and will let you know if you are at risk. Your results are compared to results of dozens of clinical trials to make sure it is accurate.

My Health Advisor will also create a personalized plan that will help you lower your risk of diabetes and heart disease. Tips may include eating healthier foods or smaller portions, and increasing your level of physical activity. But the real benefit is that you can see instantly how these small changes to your day-to-day routine can lower your risk.

With each small change, you will

be on your way to a longer, healthier life. You can stop type 2 diabetes and heart disease.

Visit [www.CheckUpAmerica.org/MA](http://www.CheckUpAmerica.org/MA) today for your personalized risk profile.

To learn more about type 2 diabetes and heart disease, call the American Diabetes Association at (800) DIABETES (800 342-2383), e-mail [AskADA@diabetes.org](mailto:AskADA@diabetes.org) or visit [www.CheckUpAmerica.org](http://www.CheckUpAmerica.org).

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**BRIDGE**

# You be the judge

By Omar Sharif and Tannah Hirsch

Both vulnerable. East deals.

**NORTH**  
 ♠ 8 7 6 4 2  
 ♥ 3  
 ♦ J 8  
 ♣ Q J 6 5 3

**WEST**  
 ♠ 5  
 ♥ A 10 8 7 4 2  
 ♦ K 9 4 3  
 ♣ 10 7

**EAST**  
 ♠ K 9  
 ♥ Q 9 5  
 ♦ 10 7 6 5  
 ♣ A K 4 2

**SOUTH**  
 ♠ A Q J 10 3  
 ♥ K J 6  
 ♦ A Q 2  
 ♣ 9 8

The bidding:

EAST	SOUTH	WEST	NORTH
1♣	1♠	2♥	4♠
Pass	Pass	Pass	

Opening lead: Ten of ♣

Study the bidding and play of this deal from the Canadian Nationals in Toronto. Did anyone err in the bidding or play? Decide for yourself.

The bidding cannot be faulted. Indeed, North deserves an accolade for jumping to four spades, which both put the opponents in an impossible guessing situation and ended the auction.

West led the ten of clubs, covered by the jack and king. East shifted to a diamond, West's king winning. A club was returned to the ace, and a heart back to West's ace completed a one-trick set.

First, East's diamond shift at trick two was imperative. Had East returned a heart, the jack would have forced the ace and one of dummy's diamonds would have vanished on the king of hearts, allowing four spades to be made. Similarly, had East cashed a second club and led a third round, declarer would have ruffed with the ten, led the king of hearts, forcing West to win, then entered dummy with a heart ruff to pick up trumps and eventually discard two diamonds on the queen-jack of clubs.

As the play developed, East guessed well by leading a heart to the ace to collect a one-trick set. But suppose South held the ace of hearts and West the jack of spades. Now the only way to defeat the contract was to continue with a club to promote a trump trick for the defense. Should East have been confronted with this situation?

Absolutely not! After winning the king of diamonds West should simply cash the ace of hearts before reverting to clubs, and the contract would have been scuttled with no ifs, ands or buts.

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**U**se this knowledge to help

**N**o prior Medicare counseling experience is necessary

**T**raining and ongoing support is provided

**E**mpower seniors through Counseling

**E**nrich your life and the lives of others

**R**eap the benefits of being a Volunteer



Medicare Part D & C Training  
 Nov 10th at JAAA Topeka Office  
 8:30 - 4:30 Lunch Provided  
 Call Pam to register: 235-1367



Jayhawk Area Agency on Aging is in need of volunteers to assist persons in Shawnee and Jefferson Counties during the Medicare Annual Open Enrollment Period (November 15 through December 31), Volunteers for open enrollment will assist customers with comparisons of Medicare Part D plans, explanation of benefits, and assistance with enrollment in a Part D plan.

Learn more about this exciting volunteer opportunity by calling:

Jayhawk Area Agency on Aging at (785) 235-1367 or 800-798-1366.

Senior Health Insurance Counseling for Kansas (SHICK) 1-800-860-5260.



**Senior Olympics**

■ CONTINUED FROM PAGE NINE

**Ann Broxterman Topeka**  
**Women 60-64**  
 1 Susan Miller Topeka  
 Deborah Plummer Topeka  
**Men 60-64**  
 1 Jim Hoogenakker Topeka  
 Jerry Glidewell Topeka  
 2 Chris Brian Topeka  
 William Cook Meriden  
**Women 65-69**  
 1 Carolyn Weinhold Topeka  
 Karen Kinderknecht Topeka  
**Men 70-74**  
 Richard Walker Topeka  
 Paul Metzenthin Topeka  
**MIXED DOUBLES**  
**60-64**  
 1 Chris Brian Topeka  
 Deborah Plummer Topeka  
**65-69**  
 1 Clifford Metzger Salina  
 Susan Miller Topeka

**TRACK AND FIELD DISCUS**

**Men 50-54**  
 1 Rick Anderson Lawrence  
 161'03  
**Women 55-59**  
 2 Sue Shreffler Topeka 60'05  
**Women 60-64**  
 2 Bernie Schuette Topeka  
 30'01  
 3 Arlyn Brunken Tecumseh  
 28'02  
**Men 65-69**  
 2 Thomas Casey Topeka 98'01  
 3 Donald Woodard Auburn  
 87'02

**Women 70-74**

1 Char Lane Topeka 38'08  
 2 Bonita Robins Topeka 23'11  
**Men 70-74**  
 4 Dan Moore Ozawkie 77'02  
**HIGH JUMP**  
**Men 55-59**  
 3 Larry Oppitz Topeka 4'3.00"  
 4 Scott Pugh Topeka 3'11.25"

**Women 70-74**

1 Char Lane Topeka 46'10"  
 2 Bonita Robins Topeka  
 30'2.5"  
**Men 60-64**  
 1 Larry Law Topeka 4'6.25"  
**Men 65-69**  
 5 Donald Woodard Auburn  
 3'11.25"

**Men 70-74**

1 Marvin Wilson Topeka 4'00"  
**JAVELIN**  
**Women 55-59**  
 2 Sue Shreffler Topeka  
 72'5.25"  
**Men 55-59**  
 1 John Ellison Topeka  
 134'00.00  
**Women 60-64**  
 2 Arlyn Brunken Tecumseh  
 29'2"

**Women 70-74**

3 Bernie Schuette Topeka  
 25'3.25"  
**Men 65-69**  
 4 Donald Woodard Auburn  
 74'4.00  
**Men 70-74**  
 2 Ken Ohm Topeka 108'3.25  
**LONG JUMP**  
**Women 50-54**  
 2 LuAnn Lewis Topeka 9'2"

**Men 55-59**

4 Scott Pugh Topeka 12'3.5"  
**Women 60-64**  
 1 Arlyn Brunken Tecumseh  
 6'2"  
 1 Bernie Schuette Topeka 6'2"  
**Men 65-69**  
 1 Thomas Casey Topeka  
 11'11.5"  
 5 Donald Woodard Auburn  
 10'3.5"  
**Women 70-74**  
 1 Char Lane Topeka 9'3.5"

**Men 70-74**

2 Dan Moore Ozawkie 10'2"  
**POLE VAULT**  
**Men 65-69**  
 2 Donald Woodard Auburn 5'

**Women 70-74**

1 Char Lane Topeka 4'  
**SHOTPUT**  
**Women 50-54**  
 1 LuAnn Lewis Topeka  
 28'1.25"  
 2 Terry Curry Topeka 24'2.75"  
**Men 50-54**  
 1 Rick Anderson Lawrence  
 46'8.5"

**Women 60-64**

1 Bernie Schuette Topeka  
 16'8.5"  
 2 Arlyn Brunken Tecumseh  
 14'7"  
**Men 65-69**  
 4 Donald Woodard Auburn  
 30'5.75"  
**Women 70-74**  
 1 Char Lane Topeka 18'5.25"  
 2 Bonita Robins Topeka 13'2"

**Men 70-74**

3 Dan Moore Ozawkie 35'5.25"  
 4 Marvin Wilson Topeka  
 33'8.25"  
**TRIPLE JUMP**  
**Women 60-64**  
 1 Arlyn Brunken Tecumseh  
 12'7"  
**Men 65-69**  
 4 Donald Woodard Auburn  
 21'6.50"

**Women 70-74**

1 Char Lane Topeka 19'3"  
**STANDING LONG JUMP (FUN EVENT)**  
**Women 60-64**  
 1 Bernie Schuette Topeka  
 3'10.50"  
**Men 65-69**  
 3 Donald Woodard Auburn 5'9"  
**Women 70-74**  
 1 Char Lane Topeka 5'8"

**Men 70-74**

2 Dan Moore Ozawkie 6'9"  
**1500 METER RACE WALK**  
**Women 60-64**  
 1 Nancy Perih Topeka 11:47.40  
**Men 60-64**  
 1 Gary Comstock Topeka  
 10:24.0  
**Men 65-69**  
**5000 METER RACE WALK**  
**Women 50-54**  
 1 Theresa Hime Topeka  
 34:27.3  
**Men 55-59**  
 1 Maurice Hime Topeka  
 38:55.4  
**Women 60-64**  
 1 Nancy Perih Topeka 43:43.4

**50 METER DASH (FUN EVENT)**

**Men 50-54**  
 1 James Hilliard Lawrence  
 00:06.5  
 2 Richard Beattie Topeka  
 00:07.0  
**Men 55-59**  
 1 Scott Pugh Topeka 00:07.8  
**Men 60-64**  
 3 Gary Comstock Topeka  
 00:07.9  
**Men 65-69**  
 2 Donald Woodard Auburn  
 00:08.7  
**Women 70-74**  
 1 Char Lane Topeka 00:08.8  
**Men 70-74**  
 1 Dan Moore Ozawkie 00:08.5  
 2 Terry Schonlaw Topeka  
 00:08.5  
 4 Richard Schultz Topeka  
 00:13.3  
**Men 80-84**  
 1 Peter Latham Topeka  
 00:09.8

**100 METER DASH**

**Women 50-54**  
 1 LuAnn Lewis Topeka 00:18.5  
**Men 50-54**  
 1 James Hilliard Lawrence  
 00:11.7  
 3 Richard Beattie Topeka  
 00:12.5  
**Men 55-59**  
 2 Scott Pugh Topeka 00:14.0  
**Women 60-64**  
 1 Arlyn Brunken Tecumseh  
 00:25.0  
**Men 60-64**

**5 Gary Comstock Topeka**

00:14.7  
**Men 65-69**  
 4 Donald Woodard Auburn  
 00:15.8  
 6 Thomas Casey Topeka  
 00:19.6  
**Women 70-74**  
 1 Char Lane Topeka 00:18.5  
**Men 70-74**  
 1 Dan Moore Ozawkie 00:16.3  
 2 Terry Schonlaw Topeka  
 00:16.4 3  
 4 Richard Schultz Topeka  
 00:28.1  
**200 METER DASH**  
**Women 50-54**  
 2 LuAnn Lewis Topeka 00:42.2  
**Men 50-54**  
 1 James Hilliard Lawrence  
 00:25.9  
 2 Richard Beattie Topeka  
 00:26.5  
**Men 55-59**  
 3 Scott Pugh Topeka 00:30.4  
**Men 60-64**  
 5 Gary Comstock Topeka  
 00:31.5  
**Men 65-69**  
 3 Donald Woodard Auburn  
 00:35.4  
**Women 70-74**  
 1 Char Lane Topeka 00:39.1  
**Men 70-74**  
 Terry Schonlaw Topeka  
 00:40.1

**400 METER RUN**

**Men 50-54**  
 1 Richard Beattie Topeka  
 00:59.6  
 2 Keith Hertling Topeka  
 01:01.0  
**Men 60-64**  
 2 Larry Law Topeka 01:09.9  
 3 Gary Comstock Topeka  
 01:14.5  
**Men 65-69**  
 4 Donald Woodard Auburn  
 01:51.8  
**Women 70-74**  
 1 Char Lane Topeka 01:43.0  
**Men 70-74**  
 3 Clay Lang Topeka 01:32.9  
 4 Terry Schonlaw Topeka  
 01:57.5

**800 METER RUN**

**Women 55-59**  
 1 Joanie Starks Lawrence  
 03:38.0  
**Men 60-64**  
 1 Larry Law Topeka 03:05.5  
 2 Gary Comstock Topeka  
 03:40.0  
**Men 65-69**  
 4 Donald Woodard Auburn  
 04:48.0  
**Men 70-74**  
 2 Wally Brawner Tonganoxie  
 03:05.8

**1500 METER RUN**

**Men 50-54**  
 1 Keith Hertling Topeka  
 04:51.0  
**Men 60-64**  
 2 Larry Law Topeka 06:35.0  
 3 Gary Comstock Topeka  
 07:14.0  
**Men 70-74**  
 1 Clay Lang Topeka 07:17.0

**VOLLEYBALL**

**Women 50+:**  
 1 Sunflower Power  
 2 KC Ladies in Motion  
 3 Kansas Classics  
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**Women 60+:**  
 1 Gazelles  
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 3 Boy'z Night Out  
**Men 65+:**  
 1 Topeka Seniors II

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

**JUMBLE ANSWERS**

JUMBLES: MUSIC PEONY RATHER MASCOT

Answer: What the demolition derby turned into for the teacher - A "CRASH" COURSE

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**WANTED:**

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**Indications for Use:** The X-STOP<sup>®</sup> Interspinous Process Decompression (IPD<sup>®</sup>) System is indicated for treatment of patients aged 50 or older suffering from neurogenic intermittent claudication secondary to a confirmed diagnosis of lumbar spinal stenosis (with X-Ray, MRI and/or CT evidence of thickened ligamentum flavum, narrowed lateral recess and/or central canal narrowing). The X-STOP is indicated for those patients with moderately impaired physical function who experience relief in flexion from their symptoms of leg/buttock/groin pain, with or without back pain, and have undergone a regimen of at least 6 months of non-operative treatment. The X-STOP may be implanted at one or two lumbar levels in patients in whom operative treatment is indicated at no more than two levels.

**Contraindications:** The device is contraindicated in patients with: an allergy to titanium or titanium alloy; spinal anatomy or disease that would prevent implantation of the device or cause the device to be unstable in situ, such as: significant instability of the lumbar spine, e.g. isthmic spondylolisthesis or degenerative spondylolisthesis greater than grade 1.0 (on a scale of 1 to 4), an ankylosed segment at the affected level(s), acute fracture of the spinous process or pars interarticularis and significant scoliosis (Cobb angle greater than 25 degrees); cauda equina syndrome defined as neural compression causing neurogenic bowel or bladder dysfunction; diagnosis of severe osteoporosis, defined as bone mineral density (from DEXA scan or some comparable study) in the spine or hip that is more than 2.5 SD below the mean of adult normals in the presence of one or more fragility fractures; and active systemic infection or infection localized to the site of implantation.

**Warnings:** The X-STOP implant must be placed in the concavity between the spinous processes. Posterior positioning of the implant may result in dislodgement. If correct placement of the implant cannot be achieved due to variant anatomy, the surgeon should consider aborting the procedure because incorrect placement may result in device dislodgement, particularly if the patient experiences a traumatic event.

**Precautions:** Radiological evidence of stenosis must be correlated with the patient's symptoms before the diagnosis can be confirmed; if the spinous processes at the affected level are not distracted in flexion, the X-STOP system may not be indicated; the safety and effectiveness of the X-STOP device has not been studied in patients with the following conditions: axial back pain without leg, buttock or groin pain, symptomatic lumbar spinal stenosis at more than 2 levels, prior lumbar spine surgery, significant peripheral neuropathy, acute denervation secondary to radiculopathy, Paget's disease, vertebral metastases, morbid obesity, pregnancy, a fixed motor deficit, angina, active rheumatoid arthritis, peripheral vascular disease and advanced diabetes or any other systemic disease that may affect the patient's ability to walk; surgeons should not implant the X-STOP implant until receiving adequate training regarding surgical technique because inadequate training may result in poor patient outcomes and/or increased rates of adverse events; and a stress fracture of the spinous process may occur if strenuous physical activity is resumed too soon postoperatively.

**Potential Adverse Events:** The following potential adverse events may occur as a result of interspinous process decompression with the X-STOP system; some of these adverse events were reported in the Pivotal Clinical Trial. X-STOP system related: implant dislodgement/migration; implant not positioned correctly; fracture of the spinous process; additional surgery, which could include removal of the X-STOP implant; foreign body reaction; mechanical failure of the device; failure of the device/procedure to improve symptoms and/or function. Surgery Related: reactions to anesthesia; myocardial infarction; infection; blood vessel damage/bleeding; deep vein thrombosis; hematoma; pneumonia; neurological system compromise; stroke; nerve injury or spinal cord damage; paralysis; thrombus formation; wound dehiscence or delayed healing; pain/discomfort at the operative site; and death.

**Note:** Medication or additional surgery may be necessary to correct some of these potential adverse events.

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*Beginning December 1st*

welcome