

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

November 2010

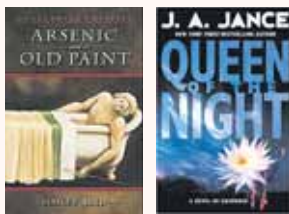
Serving Active Seniors in the Lawrence-Topeka Area since 2001

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## INSIDE



Legend at Capital Ridge is set to open in December. The new assisted living and memory care community in Topeka incorporates the latest research and technology into its design to improve senior care. - page 6



Book reviewer Margaret Baker suggests a few mysteries and a little history for your autumn reading pleasure. - page 26



Wolfgang Puck shows how easy it is to prepare mussels at home in a classic French style known as "moules mariniere," or mussels mariner-style - page 30

COURTESY PHOTO



Bill Knoebber aboard his saliboat

# Knoebber keeps busy with work, hobbies

By Kevin Groenhagen

As a young boy growing up in Wamego, Kan., Bill Knoebber's favorite comic strip was "Terry and the Pirates." Created by Milton Caniff in 1934, the comic strip initially depicted a boy's adventures in China as he searched for a lost gold mine. After America's entry into World War

II, Terry joined the United States Army Air Forces.

"The type of adventures in that comic strip always intrigued me," he said.

Knoebber made a decision that would ultimately lead him to his own adventures in Asia. Before graduating from high school, he and a friend from Wamego traveled to

Kansas City to join the Navy. At just 17, Knoebber required his parents' permission to enlist.

"My dad was in World War I and he served in the infantry," he said. "I heard enough stories about the infantry that I didn't want to join the Army."

Knoebber left home in June 1944

■ CONTINUED ON PAGE THREE

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<b>I</b>	Bookshelf.....26	Nostalgia Notebook.....31
<b>N</b>	Business Card Directory.....25	Personal Finance.....12, 13
<b>D</b>	Calendar.....19	Pet World.....29
<b>D</b>	Health & Fitness.....14, 15	Puzzles and Games.....32, 33
<b>E</b>	Humor.....27	Retire Smart.....16
<b>X</b>	Mayo Clinic.....17	Travel Troubleshooter.....28
	Naturally Savvy.....11	Wolfgang Puck's Kitchen.....30

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# Bill Knoebber

■ CONTINUED FROM PAGE ONE

and entered the Naval Combat Air Crew Program. He would later join an air-sea rescue squadron and become part a Martin PBM Mariner crew. By the summer of 1945, his squadron was working its way towards Japan.

"I was part of the group that was over there for the invasion of Japan," Knoebber explained. "But as soon as I got over there, they gave up."

However, Knoebber did join the occupation forces on Okinawa and in China, where the fictional Terry matched wits with pirates, the Dragon Lady, and other villains.

After leaving the military, Knoebber and his younger brother initially did some sign painting around Wamego. However, he and another younger brother decided to take advantage of the GI Bill and went to school in California.

"I got my aircraft mechanic licenses, but by the time we were finished with school, jobs were hard to come by," Knoebber said. "So we came home and worked at the Manhattan airport for a little while. A guy called wanting us to return to California, but I had already met Barb, my wife, and I didn't want to go."

Instead, Knoebber stayed in Wamego, where he worked for a welding company and did sign painting on the side. He had always been artistic and even did the nose art of several planes while he was in the Navy. So when he saw an ad in the newspaper about a sign company in Topeka that was looking for a full-time sign painter, he didn't hesitate to apply for the position. He was hired and the Knoebbers moved to Topeka.

"I was lucky when I first came to Topeka because there was an old man and they had me work with him," he said. "He was a wiz. He really taught me how to be a sign painter. It takes five or six years to be a sign painter and really to be an asset to a company."

Knoebber eventually decided that he wanted to run his own sign company.

"Another employee and I decided to go out on our own in 1958," he said. "His first name also started with a 'B', so we called our business the B & B Sign Company. This was about the time they were building the VA hospital in Topeka, so we got some contracts out there. And then they were building missile silos around here. They found out about us from someone at the hospital. A guy came out to see us. We were just working out of my partner's garage at the time, but we got all the sign work for the silos. That really got us going."

Knoebber's brother Tom later joined the business as a partner.

The partners would eventually move B & B Sign Company to a rented space near the river. They later bought a building for the business on Quincy Street, but had to move to a new shop on East 8th Street when the county decided to build the courthouse on 7th and Quincy Streets in 1965. They had to move yet again to make way for a new jail. The business is currently located at 417 SE 10th Ave.

"When my original partner retired, my brother and I ran the business until 1990," Knoebber said. "That's when I retired and I sold my half of the business to one of my sons. When my brother retired, he sold his half to my nephew and another guy who worked for the business for a long time."

"Retired" may not be the right word to describe Knoebber's current relationship with B & B Sign Company. Both he and his brother continue to work as sign painters three days a week.

"I like to do it," he said. "That's why I continue to work. I once asked a sales representative who calls on sign companies in several states how many sign companies still paint signs by hand. He estimated that only about 6 percent still do it that way. Guys used to come by and say someday they'll have a machine to do the signs. I would say, 'No way.' But



Knoebber's scrimshaw handiwork on a whale's tooth

there are machines now. However, those machines can't put the personal touch into it. In my time, I could look at any sign around here and know which individual painted it."

Of course, it isn't all work for Knoebber in retirement. He bought his first sailboat in 1968. He and his brother currently own a sailboat together and sail on Lake Perry every Thursday afternoon.

While their outings on Lake Perry are pleasurable, Knoebber's adventurous side once led him to go on a sailing trip that was anything but a pleasure cruise.

"Shortly after I retired, a friend

of mine told me about his father-in-law, who lived on a sailboat in the Philippines," he said. "He had moved back to Panama. My friend said his father-in-law bought another boat in Texas and was getting it ready to sail to Panama. He needed someone to help him sail it there. That was something I had always dreamed about, so, stupid me, I went down to Texas."

According to Knoebber, the ship was not ready to go when he got there and they spent two weeks getting it ready for the trip, which he says was almost a disaster.

■ CONTINUED ON PAGE FIVE

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**Kaw Valley Senior Monthly**

Editor and Publisher  
Kevin L. Groenhagen

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**C O N T A C T U S**

**MAIL**  
2612 Cranley St.  
Lawrence, KS 66046

**PHONE**  
785-841-9417

**E-MAIL**  
kevin@seniormonthly.net

**FAX**  
888-541-9783

# 28th annual Silver Haired Legislature concludes

The Kansas Silver Haired Legislature at its 28th annual session passed five new and five continued proposals for recommendation to the Kansas Legislature. The session was held September 27-29 at the Ramada Hotel and Convention Center in Topeka. A resolution also was passed honoring Irv Hoffmann, Lenexa, SHL President and long-time member who died recently.

The Silver Haired Legislature is a body of individuals, aged 60 and older, elected by their peers to develop bills and resolutions that are of interest to Kansas seniors and their families. They work with members of the Kansas Legislature to get their proposals introduced and debated as bills.

During a Tuesday evening banquet, the Kansas Silver Haired Legislature presented the Irv Hoffmann SHL Nursing Scholarship, an annual scholarship for nurses entering the field of geriatric nursing as a career, to Christine Arnold, Lawrence, who is studying at Washburn University.

The following Silver Haired Legislators also were presented certificates of appreciation for their efforts in starting the SHL Nursing Scholarship: Dorothy Zook, Hesston; Virginia (Ginny) Graham, Reading; Kathryn (Pat) Grantham, Augusta; Berniece Smith, Topeka; and Martha Durst, Derby.

The Kansas Department on Aging was presented a certificate in recognition of exemplary programs for seniors.

James Snyder, Topeka, Speaker of the Kansas Silver Haired Legislature, received a standing ovation for his outstanding leadership over the past year.

Exceptional Service Awards were presented to: Marsha Ridinger, Jayhawk Area Agency on Aging, Topeka; Marjorie Thomas, Kansas Silver Haired Legislator, Garnet; and Marva Williams, Kansas Department on Aging.

The bills and resolutions passed during the 2010 session were:

## **SHL BILL NO. 2702 - Passed As Introduced**

Grandparent Custody of Children - The court would consider a grandparent to be a custodian of a child if the child resides with the grandparent in a stable relationship and it is in the child's best interest.

## **SHL RESOLUTION NO. 2703 - Passed As Introduced**

Elimination of sales tax exemptions and exclusions to organizations that do not provide services and ben-

efits on a statewide basis.

## **SHL CONCURRENT RESOLUTION NO. 2704 - Passed As Introduced**

Term Limits for Kansas House and Senate - Proposition to amend Sec. 2 of Article 2 of the State Constitution to limit legislators to no more than two successive four-year terms in the Senate and no more than four successive two-year terms in the House.

## **SHL RESOLUTION NO. 2705 - AMENDED**

Requiring mandatory driver training for those drivers who operate 15-passenger vans; that all newly manufactured multi-passenger vehicles be equipped with seat belts of the lap belt and shoulder restraint type for each seating position on such vehicle; and mandating that drivers ensure all passengers are properly buckled up before the van is set in motion.

## **SHL RESOLUTION NO. 2706 - Passed As Introduced**

Using all moneys credited pursuant to statute to the Senior Services Fund or to the Health Care for Seniors Fund for programs administered through the Area Agencies on Aging. (This would affect continued proposals SHL Bill No. 2707, SHL Bill No. 2708 and SHL Bill No. 2710 listed below.)

Other previously introduced legislation that has been endorsed for continuation by SHL include:

## **SHL BILL NO. 2707 - Passed As Introduced**

An act concerning the Kansas Department on Aging relating to the Senior Services Fund; creating the Health Care For Seniors Fund; disposition of certain additional lottery proceeds; prescribing certain powers, duties and functions for the Secretary of Aging; amending K.S.A. 2010 Supp. 74-8768 and repealing the existing section.

## **SHL BILL NO. 2708 - Passed As Introduced**

An act concerning the Kansas Department on Aging relating to the Senior Services Fund; creating the Health Care For Seniors Fund; disposition of certain additional tobacco litigation settlement proceeds; prescribing certain powers, duties and functions for the Secretary of Aging; amending K.S.A. 38-2101 and repealing the existing section.

## **SHL BILL NO. 2709 - Passed As Introduced**

Enacting the Geriatric Mental Health Act establishing a Geriatric Mental Health Program adminis-

tered by the Kansas Department on Aging.

## **SHL BILL NO. 2710 - Passed As Introduced**

Creating the Health Care For Seniors Fund concerning the disposition of a sales tax and compensating use tax proceeds; prescribing certain powers, duties and functions for the Secretary of Aging and Secretary of Revenue; amending K.S.A. 2010 Supp. 79-3620 and 79-3710 and re-

pealing the existing sections.

## **SHL BILL NO. 2711 - Passed As Introduced**

An act relating to insurance concerning the mandatory reinstatement of certain insurance policies in case of mental incapacity of an insured. Delegates considered but failed to pass SHL Resolution No. 2701, which dealt with legalization of the use of marijuana for certain debilitating medical conditions.



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# Bill Knoebber

■ CONTINUED FROM PAGE THREE

"The weather was so bad," he said. "We departed from Port Isabel in Texas, and it was supposed to take us five days to get to Yucatan, but it took us nine days. We had about two good sailing days. We put in on a little island off of Cancun called Isla Mujeres. The three of us from Topeka got off the boat and said the heck with that. I was glad I went for the experience, but there were times I didn't think I'd get home again."

On another trip, Knoebber picked up a hobby that allows him to use his artistic talents.

"For our 25th wedding anniversa-

ry we went to Hawaii," he said. "At that time scrimshaw was really popular over there."

Scrimshaw is the art of carving or incising intricate designs on whalebone or whale ivory.

"It was a whalers' art," Knoebber continued. "They did it to kill time because some of the whaling trips lasted for years, especially when they went to the South Pacific. They have a museum on Maui called the Whalers Village Museum. I saw the scrimshaw there and was fascinated by it. I bought a couple of pieces of scrimshaw and, on the plane coming home, I said to Barb, 'You know, this is kind of neat, but I think I could do it better.' So I started reading up on it and doing it on my

own. I made my own tools out of old dental tools. I had a friend who was a dentist and he gave me all his old tools. A guy in Salina or Abilene had a license to sell elephant ivory, so I bought a bunch of ivory with the idea that I would do scrimshaw when I retired."

Knoebber eventually began selling his scrimshaw and started doing five to six shows a year.

"I was making pretty good money during the shows," he said.

However, in 1989 the United Nations placed a nine-year moratorium on the ivory trade.

"Every time I did a show, people would give me hell even though my ivory was legal," Knoebber said. "It got to the point where it wasn't

worth the hassle."

Knoebber also enjoys working on model ships in his basement, which has a South Pacific theme, while Barb is fond of painting.

The Knoebbers have six children, including a daughter who is married to a geophysicist in the oil business.

"For 18 years they raised their kids out of the country," Knoebber said. "They lived in Europe, South America, China, Thailand, everywhere. That made it good for Barb and me since we got to go wherever they lived. We had someone who could take us around and show us things most tourists don't get to see. We even took a flight to Singapore when we visited them in China. We've been blessed. We've really been lucky."



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

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

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

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

#### Why do some drugs have different names or appearances?

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

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

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

#### What about all the counterfeit drugs that are becoming prevalent?

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

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Boniva, 150mg, 3 pills	\$ 383	\$129	66%
Cymbalta, 60mg, 90 pills	\$ 471	\$171	63%
Domperidone, 10mg, 100 pills	\$ 71	\$ 19	73%
Latisse, 0.03%, 3 ml bottle	\$ 126	\$ 30	76%
Namenda, 10mg, 100 pills	\$ 342	\$150	56%
Nexium, 40mg, 90 pills	\$ 582	\$147	74%
Plavix, 75mg, 90 pills	\$ 543	\$155	71%
Premarin, 0.625mg, 84 pills	\$ 177	\$ 42	76%
Propecia, 1mg, 90 pills	\$ 234	\$ 93	60%
Singulair, 10mg, 90 pills	\$ 412	\$144	64%
Spiriva, 18mcg, 90 pills	\$ 646	\$162	74%
Viagra, 100mg, 16 pills	\$ 311	\$ 91	70%
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# Legend at Capital Ridge to open in December

By Billie David

In early December, an area assisted living and memory care facility will begin to bustle with activity. That's the day that residents begin moving into the new Legend at Capital Ridge, located at 1931 Southwest Arvon Place in Topeka.

"December 7 is the projected first day for residents to move into their apartments," said marketing director Ashley Gordon, adding that the move-ins will be staggered over a period of four to six weeks.

"On October 24 we hosted an open house for members of the Topeka community, but if people weren't able to make it the opportunity is not lost because they can always call me for a personal tour," Gordon said. "Or, if they prefer, they can attend our Holiday Open House on December 19."

Legend at Capital Ridge is the most recent facility that owner and operator Tim Buchanan has opened under the privately held Seniors Housing and Services Co., which he founded in 2001. There are now 20 Legend communities located in Kansas, Oklahoma and Florida, with a home office in Wichita.

Buchanan has had plenty of experience in the senior housing industry, having co-founded the Sterling House Corporation in Wichita in 1990. By the time he left the organization in 1999, there were Sterling Houses located in 35 states.

"He saw an opportunity to refine the way we provide assisted living care," Gordon said of Buchanan. "It is his passion to incorporate the latest research and technology into his designs, so we can improve the way we provide senior care for assisted living, independent living and skilled nursing."

Buchanan also tweaks and refines the designs of each new building by drawing upon input from people who live and work in the facilities that have already opened.

"He's very hands-on with his buildings," Gordon said. "He's receptive to feedback from staff and residents."

An example of this can be seen in the way a balance is achieved between the privacy the residents need in their own apartments and the sense of community that is encouraged through shared common areas, she said.

And while the designs intended to address specific needs that seniors have can be quite deliberate, they

can also be quite subtle. For example, the carpets have dark borders next to the walls, which help residents with macular degeneration navigate through the hallways by allowing them to take advantage of their peripheral vision.

"His designs are so thoughtful," Gordon said. "We go in and say, 'this is really pretty,' but everything is purposefully chosen to enable residents to be as independent as possible."

Legend at Capital Ridge offers both assisted living care and memory care. The assisted living option generally provides help with housekeeping, laundry, meals, grooming and personal care. With the help of supportive services or hospice, the community is able to fulfill the goal of aging in place.

The memory care part is called Reflections and consists of 15 apartments.

"It is a carefully designed environment for people with Alzheimer's disease or dementia, and the staff has special training to meet their needs," Gordon said. "It is a smaller, more intimate environment that allows one-on-one interaction."

Legend at Capital Ridge also has a goal of serving all seniors in the community, not just those who live in their community, and to that end they hold outreach seminars on topics such as diabetes care, dementia, Alzheimer's, maintaining brain health, and understanding VA benefits.

One feature of the Legend at Capital Ridge that surprises people the most is the cost of living there.

"Our pricing is very competitive," Gordon said. "It is less expensive than many other senior living communities."

That's because it is a Kansas-owned regional company with a small home office staff, which eliminates expensive overhead, she explained, and another factor is the fact that the facility is private pay.

Gordon is a native of Topeka and graduated from Topeka High School. From there she went to Knox College in Illinois to study political science and history.

"I wanted to be an attorney, but I like people and discovered that marketing was a better fit. I missed Topeka so I moved back. One thing led to another and I ended up in the assisted living industry and I love it," he said.

What Gordon finds most rewarding is that she can help families and



An artist's rendering of the Legend at Capital Ridge community

residents who are nervous about the move into assisted living.

"It's rewarding to me when I hear a person say, 'I thought it was going to be a terrible ordeal but you got me through this.' Most people view it as giving up—giving up their home, their independence and their mem-

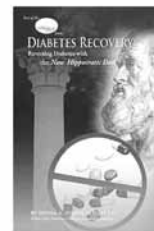
ories," she said. "I'm able to give them insight about how to navigate the process and tell them 'there's a light at the end of the tunnel, and you'll be happy.'"

For more information about Legend at Capital Ridge, people can call Ashley Gordon at 785-272-9400.

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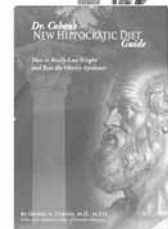
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# Seniors should reassess Medicare Part D plans

Kansas Department on Aging Secretary Martin Kennedy encourages seniors to take special care when they review their Medicare prescription drug coverage for next year. This year's Medicare Part D Open Enrollment, which begins November 15, is not "business as usual."

"It's critical that seniors review their coverage for 2011," Kennedy said. "Even those who are pleased with their current coverage need to check what is available for next year. We encourage that review every year, but especially this year because of changes in plan availability and costs."

Seniors enrolled in plans that are discontinued may be automatically switched to other plans offered by the same insurer. Should an insurer not offer a substitute plan, the subscriber could be out of coverage for a year unless they sign up for a new plan. Most seniors will benefit from the Affordable Care Act (ACA) passed earlier this year by Congress. The changes are among some of the most comprehensive since the prescription benefit began in 2006, Kennedy said. With implementation of the ACA, some insurance carriers

have made changes in their prescription drug plan policies or reduced the number of plans they offer.

Changes include beginning the phase-out of the so-called "doughnut hole." The new law gradually phases out the uninsured portion of prescription drug costs by 2020. Starting in 2011, recipients who take brand-name drugs will get a 50 percent discount on prescriptions that fall in the doughnut hole and a 7 percent discount off of the cheaper, generic medications.

Starting next year, Medicare recipients also will receive, at no charge, an annual wellness visit to identify potential health problems or risks. Medicare will also begin to cover

some preventive services at 100 percent, such as screening mammograms.

"Seniors should always check out the plans available to make sure they will have the coverage they want and need at a cost they can afford," Kennedy advised. "Plan costs and coverage change each year, so seniors should review the 2011 costs and coverage of their current plans and compare those with other plans available in their area so they can

choose a plan that meets their needs and budget."

Personal help is available for Kansas seniors through the Senior Health Insurance Counseling for Kansas (SHICK). Trained volunteers are available by calling toll-free 1-800-860-5260. Beginning mid-October, seniors can check out plans online at [www.Medicare.gov](http://www.Medicare.gov). Seniors will receive their 2011 Medicare & You handbook from the federal government in early November.

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## KU AMP launches studies exploring exercise and Alzheimer's disease

The University of Kansas Medical Center's Alzheimer & Memory Program has received two grants for a total of more than two million dollars from the National Institutes of Health (NIH) to examine the role of exercise in promoting brain health.

"Physical exercise offers an important strategy for combating the rise of age-related disorders such as Alzheimer's disease and for slowing age-related changes in memory," said Dr. Jeff Burns, Director of the KU Alzheimer and Memory Program. "Our studies represent an important step to more precisely define how and why exercise affects the brain. We are working to answer some practical questions, such as

how much and what types of exercise are best for the brain."

The KU Alzheimer & Memory Program has partnered with the Greater Kansas City YMCA to conduct the studies. The first study, the Trial of Exercise on Aging and Memory (TEAM), begun earlier this year, is assessing the effect of six months of exercise on brain function in adults over 65 who do not have memory problems. "Unlike with medications, we do not know the minimum effective amount of exercise needed for brain benefits, nor do we know if increasing amounts of exercise provide greater benefits," said Dr. Burns.

"Additionally, animal studies and our prior work suggest that a simple

intervention such as exercise may actually slow the progression of Alzheimer's disease, something that no medication has yet been able to do."

The KU Alzheimer and Memory Program has received national attention in recent years for studies examining how higher levels of physical activity may slow brain shrinkage in the hippocampus, a key area of the brain that aids in making new memories and retrieving older

ones. Through the second new study, which was launched last month, the Alzheimer's Disease Exercise Program Trial (ADEPT), researchers hope to show that exercise may combat age-related changes in the brain.

This study's goal is to determine if exercise can slow the progression of Alzheimer's disease.

For more information or to participate in these studies, visit [www.KUAlzheimer.org](http://www.KUAlzheimer.org) or call 913-588-0555.

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# Some thought can add a lot to your reunion

By DeMar Regier  
Kansas Senior Press Service

I just returned from a "golden age" college reunion. In ways it was satisfactory, but I couldn't help thinking how much more fulfilling it could have been. So here are some suggestions for those asked or railroaded into helping plan their reunion for a coming year.

For older people, the most important reasons to attend are to see and connect with former classmates, exchange memories, catch up on each others' current lives, and share aspirations. They are interested in what's happening on campus — new buildings, projects, and events — but those things are secondary. Therefore, if you bring in faculty to talk about those things (which college officials like to do), request brevity. Attendees have probably read about those things in the alumni magazine, and would prefer not to be a captive audience. And no, they don't appreciate a pitch from the endowment office!

So how can this time together be meaningful and fun? Here are some things I would do:

Have a warm welcoming commit-

tee. There should be a greeter at each door who refers all guests to a check-in table where they are given material and nametags. But don't stop there. Offer to help guests find a table or a group with whom to sit and chat. Start the connecting immediately; no one should wander aimlessly or stand looking like a wallflower. And don't forget spouses. They should be given equal attention.

Pay attention to the music. Have a versatile piano player or small combo playing in the background. Music lends a warm ambiance and can lend an upbeat feeling. A real treat would be songs played from the class years being celebrated. Or what about finding some recordings of a singing group or orchestra from those years? But please, not a somber string quartet from the college music department!

Pay attention to the food. When planning dinner or food, consider having the kind of meal served by the dining hall or cafeteria back then. Even one food dish the alumni might remember — good or bad — could serve that purpose. (Remember the cheese and grits we had every Friday?)

Pay attention to the guests. Tables should be monitored by a com-

mittee member who circulates to see that things are going smoothly. Canes, appliances, or any encumbrances should be noted and given attention.

Plan a great program. For the program that follows dinner, find a witty chair or emcee. Since libations are forbidden on many campuses, a bit of loosening up is important. Here are ideas for prizes: Any couple or couples who met on campus and later married; those with a new knee, hip, or body part; the guest having

the most recent grandchild; the guy with the most hair; anyone married three or more times; those who have visited Australia, Antarctica, or Tibet; the one traveling the farthest to come.

After acknowledgements, announcements, and appropriate entertainment, close by passing out the lyrics to "The Best of Times Is Now." Sing it twice.

End with the college cheer!

- DeMar Regier writes from her home in Prairie Village.

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# Lowering cholesterol naturally: Lifestyle tips

By Caroline Farquhar  
Naturally Savvy

To understand high blood cholesterol, it's important to know more about cholesterol.

Cholesterol is a waxy, fat-like substance found in all cells of the body. Your body makes all the cholesterol it needs and uses it for a variety of functions: to build and maintain cell membranes, determine which molecules can pass into cells and which cannot, and help in the production of sex hormones (estrogens and androgens).

It's essential to the production of hormones released by the adrenal glands (cortisol, corticosterone, aldosterone and others), aids in the production of bile, converts sunshine to vitamin D, insulates nerve fibers and is important for the metabolism of fat soluble vitamins (A, D, E and K).

Blood is watery and cholesterol is fatty. Just like oil and water, the two do not mix. To travel in the bloodstream, cholesterol is carried in small packages called lipoproteins. The small packages are made up of fat on the inside and proteins on the outside. Two kinds of lipoproteins carry cholesterol throughout your body and it is important to have healthy levels of both.

Low-density lipoprotein (LDL) cholesterol is sometimes called "bad" cholesterol. It is responsible for the build-up of cholesterol in arteries, which leads to atherosclerosis and heart disease. High-density lipoprotein (HDL) cholesterol is sometimes called "good" cholesterol and leads to less heart disease and less atherosclerosis.

High blood cholesterol on its own does not cause symptoms; many people are unaware that their cholesterol level is too high. Cholesterol can build up in the walls of your arteries (arterial plaque) and over time, this plaque can cause narrowing of the arteries (atherosclerosis).

Narrowing of coronary arteries due to plaque can slow down or stop blood flow to the heart. The amount of oxygen-rich blood is decreased which leads to coronary heart disease (CHD). When the heart does not receive enough oxygen-rich blood it can lead to chest pain and heart attack. If there is decreased blood flow to the brain it can lead to a stroke.

To manage cholesterol effectively it's important to understand the role of the liver in relation to cholesterol. The cells, intestines and liver make about a gram of cholesterol every

day. The average healthy adult has about 150 grams (5 ounces) in their body, about enough to fill a wine glass. HDL helps remove excessive cholesterol from the body by transporting it to the liver for its breakdown and excretion and the liver also synthesizes bile acids from cholesterol.

The drugs that doctors use to treat high cholesterol are called statins. They're sold under a variety of names, including Lipitor (atorvastatin), Zocor (simvastatin), Mevacor (lovastatin) and Pravachol (pravastatin).

Statins improve blood cholesterol levels primarily by inhibiting a liver enzyme called HMG Co-A reductase. This reduces the liver's ability to make cholesterol. However, there can be dangerous side effects of statin drugs, including nausea, gas, stomach upset, headache, dizziness, rash, sleep disturbances, difficulty with concentration or thought, elevations in liver enzymes, muscle weakness and pain (sufficient muscle damage can result in kidney failure or death). Some reports suggest a slight increase in the risk of cancer.

The good news is, high blood cholesterol is largely preventable and lifestyle changes are the first line of defense. You can lower cholesterol without drugs by adopting the following tips from [www.NaturallySavvy.com](http://www.NaturallySavvy.com):

- Improve your diet (whole grains, fruits and veggies, fish, and lean cuts of meat).
- Lose excess weight.

- Increase your physical activity.
- Quit smoking.
- Support your liver through cleansing (there are good liver cleanses at your local health food store).

Here are some supplements that may also help:

- Red yeast rice extract: This fermented food has been shown to lower cholesterol as much as a statin. Work closely with your doctor to find the right dosage.
- Niacin: This form of vitamin B3 boosts HDL ("good") cholesterol by 15 to 35 percent. It also lowers both LDL ("bad") cholesterol and triglycerides (another heart disease-related fat in the blood).
- Fiber: Clinical studies have shown that consuming 10 to 25 grams of soluble fiber a day can lower cholesterol by 18 percent. The benefits are related to its gel-forming nature. Soluble fiber breaks down as it passes through the digestive tract. It forms a gel that traps substances related to high cholesterol and reduces the absorption of cholesterol into the bloodstream.
- Fish oil: With its high levels of omega-3 fatty acids, fish oil has been shown to reduce the uptake of triglycerides in the body. Long chain polyunsaturated fatty acids found

in fish oil have anti-inflammatory properties. They have been shown to: lower LDL cholesterol, increase HDL cholesterol, lower triglycerides and have a blood-thinning effect. In fact, the American Heart Association recommends that people with high triglycerides take two to four grams of fish oil supplements daily.

- Glucomannan: These vegetable fibers (from the Asian plant konjac) lower cholesterol by absorbing the bile acids in your intestines. After digestion your body pulls cholesterol from your bloodstream to replenish its store of bile acids. Take five to 10 grams daily.

- Sytrinol: Research published in the journal *Alternative Therapies* found that taking this supplement daily reduced total cholesterol levels by 20 to 30 percent.

- Caroline Farquhar is *Naturally Savvy's Digestive Care Specialist*. She is a *Registered Holistic Nutritionist (RHN)*. *NaturallySavvy.com* is a Web site that educates people on the benefits of living a natural, organic and green lifestyle. For more information and to sign up for their newsletter, visit [www.NaturallySavvy.com](http://www.NaturallySavvy.com) (<http://www.NaturallySavvy.com>).

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# Long term care planning for your longer life

All things considered, the longer life that improved medical care and nutrition provides us today would be in the category of a good thing. While it is encouraging, an extended life also brings with it the increased likelihood of experiencing a long-term physical or cognitive illness. To effectively enjoy our extra



Joe B.  
Jones

years, we need to preserve our freedom of choice, particularly if we become impaired. To preserve our options tomorrow, we must carefully plan today.

Most of us might resign ourselves to the idea that if we live long enough we will experience some long-term illness. In fact, if you live past 65, you have a 70 percent chance of needing some type of long-term care. How well you protect your assets from this type of costly care, could have much to do with the future material security of your family. It may also have much to do with how well your family fares emotionally in this type of situation.

Long-term care refers to a broad range of services available to individuals who have lost some level of independence and need help with daily activities that most healthy people take for granted. This necessary assistance is often the result of a chronic illness—one in which modern medical science has developed treatments but no cures. Arthritis and Alzheimer's disease are

two common, chronic illnesses.

Rehabilitative medical care due to acute conditions is different from long-term care. When medical care is the result of an acute, or short term, medical condition (e.g., hip replacements, strokes, or cancer), a hospital stay is often necessary to help stabilize the condition.

With these types of conditions, Medicare (for qualifying individuals) or private-pay health insurance will usually pay for rehabilitative care, but not care that is chronic.

There is no single way to identify when or if someone will need long-term care. Every case is different due to the type of illness or injury, who can provide the necessary care, and the financial resources available.

Understanding the types of illnesses and injuries that create the need for long-term care is important. A chronically ill individual generally has either a *physical* or a *cognitive impairment*.

## Physical Impairment

There are six activities of daily living (ADLs) defined by Section 7702(B)b of the Internal Revenue Code, enacted by HIPPA, as they apply to long-term care insurance coverage.

These activities of daily living include:

- Bathing
- Dressing
- Toileting
- Transferring
- Continence
- Eating

When assistance is needed with ADLs, some individuals may simply require that a health care practitioner remain within arm's reach to ensure that the activity is completed safely. This is referred to as stand-by assistance. As the care recipient's

needs increase, someone may be needed to physically assist with completing the required activity. This is referred to as hands on assistance. In general, for coverage under most long-term care policies, the inability to perform at least 2 ADLs must be expected to last at least 90 days.

## Cognitive Impairment

Cognitive impairment is a condition that usually requires care and protection due to loss of intellectual capacity, attention and/or memory. When a cognitive impairment exists, individuals are frequently able to complete the physical activities but may not remember how or when to complete them. Common examples of a cognitive impairment are Alzheimer's disease, senility, or dementia.

Maintaining a healthy lifestyle and receiving annual check-ups at your doctor's office are effective ways of minimizing that risk. However, even these steps can not eliminate a long-term care event from happening to otherwise healthy people, or prevent the normal effects of aging.

It is important to take the time to educate yourself early about your options for accessing long-term care and how you can plan for the future. A good place to start is by visiting [www.longtermcare.gov](http://www.longtermcare.gov), or to consult with your state's insurance

department for additional information, including a buyer's guide that can further explain long-term care issues.

One option is to consider purchasing long-term care insurance. The cost of long-term care insurance is lower if you buy it in your 40s or 50s, instead of waiting until after you retire. By working with a knowledgeable and trusted financial professional, you can learn how long-term care insurance may help protect you against some of the costs of long-term care. Today, long-term care insurance policies offer freedom of choice when it's needed most—and at a fraction of the cost which might be incurred by paying out-of-pocket.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (Northwestern Mutual) (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, KS. To contact Joe, please call 785-856-2136, e-mail him at [joe.jones@nmfn.com](mailto:joe.jones@nmfn.com) or visit his Web site at [www.joe-jones.com](http://www.joe-jones.com).



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# Should you worry about a 'bond bubble'?

These days, many investors are focused on the volatility of the stock market. But if you own bonds, you're probably looking at a different picture. In fact, bond prices have risen so much that there's now talk of a possible "bubble." If this happens — that is, if bond prices reach unsustainable levels and then drop sharply — how should you respond?



Harley Catlin and Ryan Catlin

Before we consider the likelihood of a potential bubble, let's look at just why bond prices have risen so much. The chief cause is falling interest rates. When market interest rates decline, the price on existing bonds — which may carry higher rates — will rise. That's because investors, seeking higher interest payments, will be willing to pay a "premium" to purchase those bonds. Bond prices are also being pumped up by the huge infusion of cash into bond-based mutual funds, spurred, in part, by investors' concern over the stock market's performance.

Now, let's return to the issue of a potential bubble. It's almost impossible to predict such an event, but some factors would seem to lessen its likelihood. Although past performance is no guarantee of future results, bond declines historically have been less frequent and less severe than stock plunges. Also, while interest rates will rise eventually, they appear poised to stay relatively low for a while. Furthermore, as in-

vestors remain somewhat pessimistic about the pace of the economic recovery, they may continue to be leery of the stock market, choosing instead to continue putting money into bonds, thereby helping keep prices high.

Ultimately, though, even if a bond bubble were to occur, it wouldn't necessarily have a major impact on your investment success. Here are a few things to consider:

Hold bonds until maturity. If you buy bonds for the income they provide, there's typically no need to sell them prior to maturity. No matter what happens to the market value of your bonds, you will receive the same regular interest payments. And when your bonds mature, you'll receive all your principal back, unless the issuer defaults — an unlikely

event if you purchase "investment-grade" bonds.

Build bond ladders. You can't always anticipate changes in interest rates, but you can prepare for them by building a "ladder" of bonds of varying maturities. When market interest rates rise, you can reinvest the proceeds of your maturing, short-term bonds into the new bonds being issued at the higher rates. And when market rates fall, you'll still have the higher rates of your long-term bonds working for you. (Generally speaking, longer-term bonds pay higher interest rates than shorter-term bonds; this is to reward investors for the greater risk, and built-in inflation expectations, of the long bonds.) Be sure to evaluate the securities held within the ladder to ensure they

are consistent with your investment objectives, risk tolerance and financial circumstances.

Diversify. Of course, you don't want to invest only in bonds. Try to build a diversified portfolio based on your goals, risk tolerance and time horizon that could include bonds, quality stocks, certificates of deposit, government securities, bond funds and other securities. Keep in mind, though, that diversification, while helping reduce the effects of volatility, can't guarantee profits or protect against loss.

Whether or not we see a bond bubble, these moves can help you — so give them a place in your overall investment strategy.

- 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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"There is one day that is ours. Thanksgiving Day is the one day that is purely American." - O. Henry

"Thanksgiving Day is a jewel, to set in the hearts of honest men, but be careful that you do not take the day and leave out the gratitude." - E.P. Powell

# Winter Tips: Walk and drive safely

Icy parking lots are incredibly dangerous. Over the years I've treated a lot of people who fell in parking lots that looked like skating rinks. Driving safely in snow and ice is hard enough. But it's doubly hard when you have to worry about staying on your feet once you get out of the car. Winter makes roads hazard-



Laura Bennetts

ous and walking risky. So you need winter coping strategies.

## Dare to Prepare

If you live in snowy country you may already have an emergency kit in the back seat of your car. You need several items within easy reach: a blanket, a bottle of water, a flashlight with extra batteries, flares, a small shovel or snow shovel, and a snack. A cell phone is also an important safety item. If you don't have a cell phone, you can get one to use just for emergencies, cost-free. Check with your local Senior Service agency to find out how you can get a recycled phone that allows you to press any button to reach the emergency services number, 911. It's best to keep the phone on so that you can use it without difficulty when the need arises.

## Easy Does It

Once you're on the road, you should drive moderately (slowly enough to be safe, but not so slowly that you tempt other drivers to speed around you) and stay alert for changing road conditions. And when you enter a parking lot, try to

find a space in a section of the lot that has been cleared of snow and (especially) ice. Always keep an eye out for black ice, even days after the snow has been cleared away.

To be fully prepared, you should do the following:

1. Dress warmly, with gloves, hat and scarf (just in case you're stranded);
2. Wear supportive shoes with good tread so that the soles aren't slick;
3. Wear "ice-walkers" over your shoes (see below); and
4. Carry a hiking pole, walking stick, cane or walker.

## Ice Capades

As you prepare to step out of your car, look directly down to the ground. Is the surface icy or slushy? If so, re-park your car in a safer spot. And if you're in a parking lot that looks like an ice rink, you can benefit from having a pair of ice-walkers over your shoes. Ice-walkers, like galoshes, fit over the sole of each shoe. They have spikes or springs embedded in a web of stretchy rubber that secures at your toe and heel. Brand names include YakTrax and Stabilicers.

When you first step down, wearing the ice-walker, you feel your foot push into the ice and soon have a feeling of traction. This allows you to rise out of your car and get your weight onto your feet, which decreases your chance of falling down as you exit your car.

## If Your Feet Dangle

What if your car is so high that your feet don't reach the ground when you swivel to get out? Many vans are elevated like that. It's risky to hop onto the slick ground, especially if there are several inches between your feet and the ground.

To safely get out of your car or van, try the following:

1. If you use a cane, start by touching the ground with your cane and then ease your weight onto your feet.
2. Stabilize yourself by gripping a handle or the back of the seat and use your second hand to support yourself with a cane.
3. Wear ice-walkers to ensure a safe landing when your feet touch the ground.
4. Arrange, in the future, to ride in cars with lower exit points.

## Snowed In? No!

Planning sensibly for the winter weather will keep you not only safe but active. If you hibernate or become a recluse when the mercury drops, you'll find that you feel shut-in and left out of the seasonal festivities. Staying active keeps you well, strong, and part of your wider community. By preparing properly to venture out safely, you won't have to remain in seclusion, a prisoner of the weather.

- Laura Bennetts, PT, has practiced physical therapy professionally since 1982, when she earned a master's degree in physical therapy from the University of Southern California. She owns Lawrence Therapy Services LLC (785-842-0656) & Baldwin Therapy

Services LLC (785-594-3162). If you have questions, please write to laurabennetts@hotmail.com.



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# Cinnamon believed to have healing properties

As we start the holiday season, a large part of the holiday festivities will come from eating good food. Whether it is the family get together over Thanksgiving and Christmas dinners, or the endless supply of holiday baked goods that come our way, one ingredient may dominate many of the meals or sweets



Dr. Farhang Khosh

and that is cinnamon. Over the holidays we may see cinnamon added to many dishes or baked items, including cakes, pies and cookies, including gingerbread. Cinnamon has been used as a spice for centuries by countless cultures around the world. Many individuals have also used cinnamon for its healing properties.

The history of cinnamon goes all the way back to the Bible and Moses. It was frequently mentioned in the Chinese literature as a common part of the spice trade. In the spice trade cinnamon was exchanged equally along with gold, gems, ivory and coral. In Greek literature cinnamon was being used for its flavor in the making of wine and many foods. The spice was valued for its preservative qualities of meat since it inhibited the bacteria responsible for spoilage. Indonesian traders sailed loads of cinnamon to markets in Rome. Arab traders also imported the spice to Egypt, where traders would transport the spice throughout Europe. In classical times, four types of cinnamon were established: 1. Cassia cinnamon from Arabia and Ethiopia; 2. True cinnamon from Sri Lanka; 3. Malobathrum cinnamon from India; and 4. Serichatum cinnamon from China.

Cinnamon is commonly cultivated in tropical and subtropical regions such as India, West Indies, Brazil, Vietnam and Madagascar. In 2006, 90 percent of the world's cinnamon was produced primarily in Sri Lanka, China, India and Vietnam. Cinnamon is available in two forms—the cinnamon stick or ground cinnamon powder. The spice is from the inner bark of the cinnamon tree. The bark is stripped from the tree and allowed to dry in the

sun. While drying, it rolls up into a quill and this is known as a cinnamon stick. Some of the quills are then ground down into a powder or ground cinnamon.

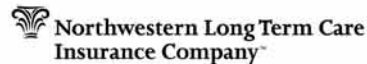
There are many health benefits noted in cinnamon. Cinnamon was used a warming agent and believed by many doctors in ancient times to cure snakebites, freckles, digestive tonic and the common cold. Even today cinnamon is used as a stomach tonic and as a gastrointestinal aid. Medieval physicians used cinnamon in medicines to treat coughs, hoarseness, sore throats and many other upper respiratory illnesses. Currently, cinnamon has been mentioned in the literature as a way to reduce fasting blood sugar and improve glucose and insulin metabolism in Type II diabetes. Cinnamon recently has gained much attention due to its cardiovascular benefits, including lowering cholesterol levels and angina. Other research looks at cinnamon as an anti-inflammatory agent, antibacterial, antifungal and antiviral agent. Its antioxidant properties may prove effective in the supportive treatment of conditions such as cancer. Other uses of cinnamon include allergies, eye disorders, Candida, kidney infections and as an insect repellent.

So I wish everyone to enjoy their holiday season by adding cinnamon to their food.

- 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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## The Medicare prescription drug rebate: Watch out for the scammers

Are you a senior enraged about health care reform? If so, allow me to interrupt the ranting for a moment to alert you that, um, your check may be in the mail.

One of the new—and largely ignored—improvements in the health care reform law that benefits seniors is the closing of the notorious



Mark Miller

“doughnut hole” in Medicare prescription drug plans. But the changes will occur over a period of years, and there's been some confusion over the first step—a \$250 rebate that is being sent out to most people who fall into the hole this year.

The doughnut hole is the coverage gap that starts when a drug plan beneficiary's annual out-of-pocket spending hits \$2,830. Up to that point, enrollees pay 25 percent of their drug cost; while in the doughnut hole, they pay 100 percent. Coverage starts up again at the catastrophic level, which is \$4,550 out of pocket. At that point, Part D beneficiaries pay \$2.50 per month for generic drugs, \$6.30 per month for brand-name medications or five percent of the medication's retail cost, whichever is higher.

This year, 94 percent of Medicare prescription drug plan enrollees are in plans that have little or no doughnut hole gap coverage, according to the Henry J. Kaiser Family Foundation—a number that hasn't changed much since the Medicare drug benefit debuted in 2006. Kaiser estimates that 3.4 million people enter the gap annually, and that many respond by stopping their medications or by skipping doses.

Over time, the Affordable Care Act will close the doughnut hole entirely. In 2011, pharmaceutical companies will provide a discount of 50 percent on brand-name drugs to low- and middle-income beneficiaries who find themselves in the gap. Then, the doughnut hole itself will shrink a bit every year, ultimately disappearing entirely in 2020.

But for starters, doughnut hole victims get a one-time, tax-free \$250 rebate check this year. The only exception is low-income participants in Medicare's “Extra Help” program,

which is offered to those with income below \$16,245 a year (or \$21,855 for married couples). Extra Help's coverage already exempts its participants from the doughnut hole (See: <http://retirementrevised.com/extrahelp>).

How will Medicare handle the mechanics of paying out rebates? If you enter the doughnut hole, your Part D insurance carrier will inform Medicare—you don't need to make any kind of special filing. This is worth mentioning because some states have reported problems with scam operations involving the rebate. Scam artists have been offering to help seniors “file” for their rebates in exchange for a fee, and requesting Social Security numbers and other sensitive personal information. (If you get such a call, report it to your local police, your state Attorney General and by calling Medicare at 1-800-633-4227.)

Expect to receive a check about 45 days after you enter the doughnut hole. If you need to check up on the status of a rebate check, contact your insurance company, or refer to the monthly status report that you receive about your plan. Already, about 25 percent of the 4 million checks

expected to be mailed have been sent; the checks are sent to the address on file for you at the Social Security Administration.

If you don't get a check but believe that you qualify, you can file a complaint with Medicare—but not until at least four months from the date that you enter the doughnut hole.

Medicare beneficiaries can also receive assistance in their local communities from their State Health Insurance Assistance Program (SHIP). Local SHIP contact information can be found on the back of the Medicare and You 2010 handbook or online at <http://bit.ly/bIG1Hw>.

A free Medicare brochure explaining the rebate procedure is available at <http://bit.ly/aLrAZR>. If you're still having problems, contact your local State Health Insurance Assistance Program (SHIP), which provides free Medicare counseling. You can find a list of local SHIPs at <http://bit.ly/8NtGXl>.

While we're on the subject: Many seniors have written to me expressing worry about Medicare Advantage, the privatized PPO option in Medicare. The health reform law reduces federal reimbursement rates

to Advantage plans over time; some enrollees worry that this will translate into big premium increases to enrollees, big reductions in benefits or both.

But Medicare Advantage rates are expected to be one percent lower next year compared with 2010, according to the Centers for Medicare and Medicaid Services (CMS). That comes on the heels of a whopping 15 percent increase this year, before health reform passed. The slight decline results from more aggressive negotiation by CMS with insurance companies.

Benefit cuts remain a possibility, but the dip in premiums for next year suggests that the private insurance companies offering plans remain committed to competing vigorously for the lucrative Advantage market, which suggests benefit offerings will have to stay strong, too.

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

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## Low platelet count not necessarily a reason to postpone surgery

**DEAR MAYO CLINIC:** Please let me know if it would be safe to undergo prostate cancer surgery with a low platelet count (111,000) and if there's anything that can be done to avoid complications of the surgery.

**ANSWER:** Your platelet level is a bit lower than normal range but not low enough to prevent prostate cancer surgery.

Platelets, also called thrombocytes, are blood cell fragments that are crucial for blood clotting. So they are important to prevent excessive bleeding during surgery. The normal range is 150,000 to 450,000 platelets per microliter (ul) of circulating blood. The level can be determined with a simple blood test.

Low platelet count, called thrombocytopenia, isn't a concern for most surgeries unless the level is less than 50,000 per ul. A platelet level of 111,000 per ul would be considered mild thrombocytopenia. It usually wouldn't require medical treatment and should not be a worry for surgery.

Abnormal platelet function can be caused by taking commonly used drugs such as aspirin, other non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, and

Plavix (clopidogrel). If you take these medications regularly, as a precaution your surgeon would likely request that you stop them prior to surgery. Please check with your doctor about the appropriate timing.

If these types of drugs or non-platelet anti-clotting drugs such as Coumadin (warfarin) cannot be safely stopped temporarily, then perhaps alternatives to surgery should be considered. Other options would be active surveillance or radiation treatment, depending on the prostate cancer grade and stage and the overall health of the individual.

If you have a lower platelet count or a history of excessive bleeding, your doctor would likely recommend a referral to a specialist such as a hematologist for further work-up and an overall recommendation to help determine the best path to take.

While your platelet count isn't a concern for surgery, there may be other risk factors to consider. Since 1966, Mayo Clinic has maintained a registry of men who have undergone prostate removal surgery. More than 20,000 men are in the registry, and we contact them regularly to check their health status.

The registry has provided invaluable information regarding the short- and long-term complications of radical prostatectomy (surgery to remove a cancerous prostate gland and some surrounding tissue).

**Factors to consider:**

**Overall health:** Some prostate cancers can be considered low risk. Treatments such as surgery are considered when the patient is in generally good health and has a life expectancy of at least 10 years. When overall health isn't good, a longer recovery and possible complications make surgery a less viable option. Patients who are obese, have vascular disease, or uncontrolled diabetes have a higher risk of complications.

**Type of surgery:** There are different surgical options for prostate removal. Each patient's situation can determine which type of surgery is best. Mayo Clinic's data and other research show that the outcomes and risk of complications are about the same for all surgical approaches.

**Surgeon's experience/surgery volume:** Several studies have shown that no matter which type of prostate surgery is performed, patients do better with an experienced sur-

geon. Results also are better in health care centers that do a high volume of prostate removal operations.

Surgery is very effective for prostate cancer but is not the only treatment. In general, the risk of serious complications from surgery is quite low. As you consider your treatment options, talk with your doctor and/or surgeon about all of your choices and ways to increase the likelihood of a good outcome. - R. Jeffrey Karnes, M.D., Urology, 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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Or see [neuvanthouse.com](http://neuvanthouse.com) for more information.

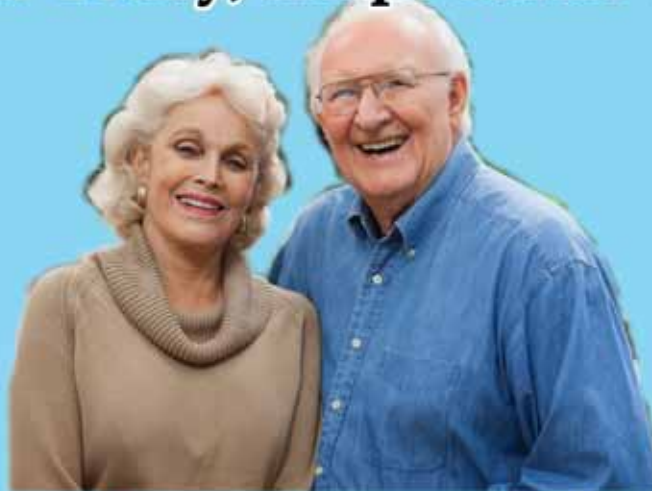


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**Editor's Note:** While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. PLEASE CONFIRM ANY EVENT YOU PLAN TO ATTEND.

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

**ART/ENTERTAINMENT**

NOV 5-21

**CLUB MOROCCO**

The final adult cast musical of the year mixes 1940s film-noir with big band tunes like "In the Mood," "String of Pearls" and "Minnie the Moocher." In the plot, a hard-boiled private eye sets his sights on the love-shy torch singer while settling a score with the club owner, a well-known gangster. Call ticket prices and showtimes. 700 Zoo Parkway, Gage Park. TOPEKA, (785) 368-0191 <http://www.topeka.org/parksrec/hocker.shtml>

NOV 7

**ROB LAKE: A NIGHT OF MAGIC**

Rob Lake has mesmerized thousands of audiences around the globe with his unique blend of amazing grand illusions and spellbinding theatrics. At age 25, he is the youngest magician ever to receive the coveted Merlin award (magic's highest honor) and be named Stage Magician of the Year by the International Society of Magicians, the world's largest magic organization. Call for ticket prices. Topeka Performing Arts Center. TOPEKA, (785) 234-2787 <http://www.tpactix.org>

NOV 12

**MADRALIERS AND ADAM HOLZMAN**

Madralliers and Adam Holzman are part of the NW Missouri State University Choir & Guitar. Performance at 7:00 p.m. and a Freewill Offering Accepted. 701 SW 8th Ave. Topeka, (785) 235-3457 <http://www.gracecathedraltopeka.org>

NOV 12-21

**GIGGLE, GIGGLE, QUACK**

Farmer Brown really needs a vacation. He leaves a handwritten list for his brother Bob, who he has left in charge of the animals on his farm. He is instructed to "Keep and eye on Duck. He's Trouble." Apparently Duck is also an accomplished writer and has re-written instructions including pizza for the hens, bubble bath for the pigs and a movie night for the cows. The tail wags the dog in this account of barnyard gone wild. Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

NOV 21

**KAIRY KOSHOEVA**

Kairy Koshoeva, a concert pianist will be performing. Performance will be at 3:00 p.m. TOPEKA, (785) 235-3457 <http://www.gracecathedraltopeka.org>

NOV 26-DEC 19

**IRVING BERLIN'S WHITE CHRISTMAS**

Based on the beloved, timeless film, this heart-warming musical adaption features seventeen Irving Berlin songs and a book by David Ives and Paul Blake. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont Lodge, which just happens to be owned by Bob and Phil's former Army commander. Topeka Civic Theatre. TOPEKA, (785) 357-5211 <http://www.Topekacivictheatre.com>

DEC 3-19

**ANNIE**

The popular comic strip heroine takes center stage in one of the world's best-loved musicals. "Annie" is a spunky Depression-era orphan determined to find the parents who abandoned her on the doorstep of the New

York City orphanage run by the cruel Miss Hannigan. In adventure after fun-filled adventure, Annie foils evil, befriends, Lawrence Community Theatre, 1501 New Hampshire. LAWRENCE, (785) 843-7469 <http://www.theatrelawrence.com>

**BINGO**

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

SUNDAYS, WEDNESDAYS & FRIDAYS  
**CAPITOL BINGO HALL**  
Minis start at 6:00 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 & 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  
**ARAB SHRINE**  
1305 KANSAS AVE., TOPEKA  
MINI BINGO 6:30 PM,  
REGULAR BINGO 7:00 PM  
(785) 234-5656

SUNDAYS  
**MOOSE CLUB**  
Sundays, 6:00 p.m.  
1901 N KANSAS AVE, TOPEKA, (785) 235-5050

**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.

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**

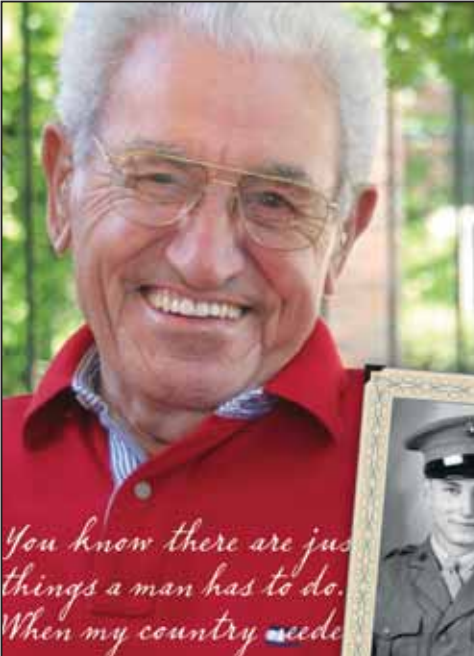
ONCE A MONTH  
**AARP'S 55 ALIVE SAFE DRIVING COURSE**  
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NOV 1 & 2  
**AARP DEFENSIVE DRIVING**  
The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads. AARP has offered the course in the classroom for 25 years. You can expect to learn about current rules of the road, how to operate your vehicle more safely in today's increasingly challenging driving environment, and some adjustments to common age-related changes in vision, hearing, and reaction time. No testing. Fee. 10:00 a.m.-3:00 p.m. Lawrence Memorial Hospital, Meeting Room D. LAWRENCE, (785) 749-5800

NOV 4  
**HOME SECURITY AND PERSONAL SAFETY**  
A SkillBuilders program presented by Sgt. Gary Squires, Douglas County Sheriff's 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 12  
**DIABETES SEMINAR**  
Are you or someone you know managing diabetes? Then plan to attend this free annual program to learn more about the most current options for diabetes management. There will be a presentation with speakers Matthew Harms, MD, Pat Hohman, ARNP, CDE, and Nancy Donahey, RD CDE. Participants will have an opportunity to see the latest diabetic products and learn about the various medication options. Advance registration at least 48 hours in advance is requested if you wish to join us for lunch. 11:00 a.m.-1:30 p.m. Lawrence Memorial Hospital, Auditorium. LAWRENCE, (785) 843-3738

■ CONTINUED ON PAGE 20



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■ CONTINUED FROM PAGE 19

NOV 11

**SEARCHING FOR PEACE**

A SkillBuilders program presented by Linda Upstill, Rumsey Yost Funeral Home. 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 18

**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 1-NOV 26

**CREATION OF HOPE**

An exhibit by artists experiencing mental illness and is an annual juried exhibit sponsored by Valeo BHC. The exhibit is in celebration of Mental Illness Awareness Week. Admission is free. 720 SW Jackson Street TOPEKA, (785) 357-0580

OCT 1-JAN 16

**PRINTED IMAGES III**

This is a national juried exhibition that features contemporary printmaking. The exhibit is co-hosted with the Sabatini Gallery, Topeka and Shawnee County Public Library. Museum is closed on Mondays. Admission is free. TOPEKA, (785) 670-1124

OCT 15-JAN 23

**WASHBURN UNIVERSITY ART DEPARTMENT FACULTY EXHIBIT**

Works in a variety of media and styles will be displayed. Museum is closed on Mondays. Mulvane Art Museum. TOPEKA, (785) 670-1124

NOV 10-DEC 8

**ABRAHAM LINCOLN: A MAN OF HIS TIME, A MAN FOR ALL TIMES**

This traveling exhibit invites visitors to look beyond the myth. We are presenting Lincoln's own words through his writings, speeches, letters and proclamations and the accomplishments and legacy he has left behind. Hours: 9:00 a.m. - 5:00 p.m. Daily. Admission is free. 1515 SE Monroe Street. TOPEKA, (785) 354-4273 <http://www.brownvboard.org>

NOV 13

**2010 HOMEMADE HOLIDAYS CRAFT SHOW**

Get an early start holiday shopping with over 125 crafters featuring the finest in handmade crafts. 9:00 a.m.-4:00 p.m. No admission to the public. Ottawa Middle School. OTTAWA, (785) 242-8618

NOV 27

**BIZARRE BAZAAR**

Annual event featuring local artists. Shop one-of-a-kind, handmade works that range from contemporary to bizarre. Music by area musicians as you shop. 940 New Hampshire. LAWRENCE, (785) 843-2787 <http://www.lawrenceartscenter.com>

**FARMERS' MARKETS**

APR 17-NOV 20

**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 from April until November. TOPEKA, (785) 249-4704 <http://www.TopekaFarmersMarket.com>

APR 10-NOV 20

**SATURDAY DOWNTOWN LAWRENCE FARMERS' MARKET**

The Saturday Downtown Lawrence Farmers' Market is located in the public parking lot

between 8th and 9th Streets and New Hampshire and Rhode Island Streets. 7:00-11:00 a.m. LAWRENCE, (785) 331-4445 <http://lawrencefarmersmarket.com>

**HEALTH**

MONDAYS THROUGH FRIDAYS

**FIT FOR LIFE**

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. LMH: Mondays through Thursdays, 8:30-11:00 a.m. and 2:00-5:30 p.m.; Fridays, 8:30-11:00 a.m. and 2:00-4:00 p.m. LMH South: Mondays through Thursdays, 8:00-11:00 a.m. and 2:00-4:00 p.m.; Fridays, closed. Fee.

**LMH KREIDER REHABILITATION SERVICES**

LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

**BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 10:00 a.m.-1:00 p.m. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free. TOPEKA, (785) 354-6787

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

**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

**SENIORCISE PROGRAM**

Seniorcise 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 THURSDAY OF EACH MONTH

**BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 9:00-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free. TOPEKA, (785) 354-6787

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 CLINIC**

HealthWise 55 Clinic. 9:30-11:00 a.m. Southwest YMCA, 3635 SW Chelsea. Free. TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

**MEDICATION CLINIC**

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

THIRD THURSDAY OF EACH MONTH

**BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland

■ CONTINUED ON PAGE 21



**Professional Comfort Care Home Health Care**

Licensed & Bonded. Providing Non-Medical and Medical Services. Now accepting Medicare Clients, including Senior Discounts.

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We can also insert advertiser-provided flyers for \$50.00 per 1,000 flyers. Call Kevin at 785-841-9417 for more information.

■ CONTINUED FROM PAGE 20

Community Center, 801 N.E. Poplar. Free. TOPEKA, (785) 354-6787

**THIRD THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 9:00-10:00 a.m. Rose Hill Place, 37th and Gage. Free. TOPEKA, (785) 354-6787

**THIRD THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC**

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

**FOURTH THURSDAY OF EACH MONTH NUTRITION CLINIC**

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

**FOURTH THURSDAY OF EACH MONTH BLOOD PRESSURE CLINIC**

HealthWise 55 Clinic. 9:00-10:30 a.m. North YMCA, 1936 N. Tyler St. Free. TOPEKA, (785) 354-6787

**NOV 1**

**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, 4:00-6:00 p.m. LAWRENCE, (785) 749-5800

**NOV 3**

**CHOLESTEROL SCREENINGS**

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at

this time we are not offering a full lipid panel test option. \$6/test. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

**NOV 10**

**BONE DENSITY SCREENING**

See November 1 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**NOV 18**

**BONE DENSITY SCREENING**

See November 1 description. Lawrence Memorial Hospital, HealthSource Room, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

**DEC 1**

**BONE DENSITY SCREENING**

See November 1 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

**DEC 6**

**CHOLESTEROL SCREENINGS**

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

**HOLIDAY EVENTS**

**NOV 12 & 13**

**2010 MERRY MARKET**

The Junior League of Topeka will have its annual fund-raising event, "2010 Merry Market." Come out and start your Holiday shopping early. There will be a lot of different vendors to make your holiday shopping easier. The market will open 1:00-9:00 p.m. Friday, and 9:00 a.m.-3:00 p.m. Saturday. Shopping will be free both days. Agriculture Hall- Kansas Expocentre. TOPEKA, (785) 249-2556 <http://www.jltopeka.org>

**NOV 19-21**

**GINGERBREAD HOMES FOR THE HOLIDAYS**

This annual event supports educational programming at TPAC. Come build your own gingerbread house at Graham Cracker Junction, find holiday decorations and gifts at desserts at Sweet Tooth Lane. Judging of Gingerbread Homes will be Thursday, November 18 at 1:00 p.m. Topeka Performing Arts Center. TOPEKA, (785) 234-2787 <http://www.tpactix.org>

**NOV 19-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 20**

**HOLIDAY ART SHOW**

The Baldwin Community Art Council will hold their annual sale from 10:00 a.m.-7:00 p.m. in the Lumberyard Arts Center in downtown Baldwin City. The Holiday Lights Parade will take place at 6:00 p.m. BALDWIN CITY, (785) 766-1793 <http://www.baldwinarts.org/>

**NOV 21**

**ANNUAL HOLIDAY BAZAAR**

Kick off the Holiday shopping season and discover creative handmade gifts, crafts and baked goods. LAWRENCE, (785) 832-7920

**NOV 26**

**HOLIDAY CEREMONY & SANTA'S ARRIVAL**

The holiday season officially begins with the rescue of Santa off the rooftop of Weaver's Department Store. 900 Massachusetts. LAWRENCE, (785) 842-3883 <http://www.visitlawrence.com>

**NOV 27**

**LIGHTED CHRISTMAS PARADE & PARK LIGHTING CELEBRATION**

The Christmas Spirit is evident in Wamego the Saturday evening after Thanksgiving each year with a lighted parade along Lincoln Avenue downtown. Parade ends in the Wamego City Park with the illumination of the decorations and trees. Santa visits are available in the old school house at the historic Prairie Village in the park that evening and every Saturday of December. WAMEGO, (785) 456-7849, (877) 292-6346

**NOV 27**

**MIRACLE ON KANSAS AVENUE PARADE**

The Miracle on Kansas Avenue (also called MKA) tradition began in 1995 as a project by the Leadership Topeka class. They designed MKA not only as part of the holidays, but to celebrate the accomplishments made in redeveloping downtown. The thought behind it was that for many, downtown Topeka hears back to the holidays of their youth. Spending time in the shops, having a soda with their mother or father, and doing Christmas shopping. Parade begins at 6:00 p.m. TOPEKA, (785) 234-9336

**DEC 2-5**

**33RD ANNUAL FESTIVAL OF TREES**

Approximately 70 trees and wreaths in Festival Park designed and created by many organizations to support Sheltered Living. Enjoy gorgeous one-of-a-kind decorated holiday trees, homemade baked goods, entertainment, a craft boutique, and a silent auction. Ag Hall- Kansas Expocentre. TOPEKA, (785) 266-8686 <http://www.shelteredliving.org>

**DEC 4**

**2010 OTTAWA CHRISTMAS PARADE & VICTORIAN FESTIVAL**

Parade begins at 4:00 p.m. in Downtown Ottawa.

■ CONTINUED ON PAGE 22

**Theodore Wiklund DDS**  
**Kent T. Peterson DDS**  
**Matthew F. Krische DDS**  
**Keith Van Horn DDS**

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■ CONTINUED FROM PAGE 21  
 OTTAWA, (785) 242-1000  
<http://www.ottawakansas.org>

**DEC 4  
 DOWNTOWN LAWRENCE OLD-FASHIONED  
 CHRISTMAS PARADE**

Features exclusively horse-drawn carriages, wagons and coaches decorated for the season. Santa is the parade's grand finale.  
 LAWRENCE, (785) 865-4499  
<http://www.lawrencechristmasparade.org/>

**DEC 4 & 5  
 2010 HOLIDAYS IN WELLSVILLE**

Festivities include Tree Lighting Ceremony, Wellsville Tour of Homes, Home Lighting Contest, Business Window Decorating Contest, Holiday Craft Show, Pictures with Santa, Entertainment Junior & Luetta Crist Christmas Drawing and Local Girl Scout Bake Sale.  
 WELLSVILLE, (785) 883-2462

**DEC 4-19  
 FESTIVAL OF NATIVITIES**

Annual festival featuring over 300 nativity sets from around the world. Centenary United Methodist Church.  
 LAWRENCE, (785) 843-0276

**DEC 5  
 SANTA ARRIVE BY TRAIN**

Santa arrives on the Union Pacific Train. Children's activities, games, crafts, refreshments and photos with Santa. Children 12 & under FREE; Adult regular admission price. 1:00-3:00 p.m. Great Overland Station  
 TOPEKA, (785) 232-5533

**MEETINGS**

**FIRST MONDAY OF EACH MONTH  
 BEREAVEMENT SUPPORT GROUP**  
 Facilitated by Heartland Hospice and open to any who have lost loved ones. Call Terry Friz-

zell or just show up. Meets at Heartland's office, 2231 SW Wanamaker Rd., Ste. 202, at 6:30 p.m.  
 TOPEKA, (785) 271-6500

**FIRST 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., 745 Vermont St., 2:15-3:45 p.m.  
 LAWRENCE, (785) 842-0543

**FIRST TUESDAY OF EACH MONTH  
 LAWRENCE AREA COALITION TO HONOR  
 END-OF-LIFE CHOICES**  
 Works with 31 other Kansas communities to help all Kansans live with dignity, comfort and peace at the end-of-life, regardless of age. Members have backgrounds in healthcare, pastoral care, senior citizens' services, funeral home care, library and educational services. Meets at 3:00 p.m. in Conference E of LMH.  
 LAWRENCE, (785) 830-8130

**FIRST AND THIRD TUESDAYS OF THE MONTH  
 SCRAPBOOK MEMORIES**  
 Grace Hospice, 3715 SW 29th St., Suite 100, 6:00 p.m. All supplies provided (except photos).  
 TOPEKA, (785) 228-0400

**FIRST AND THIRD TUESDAYS OF THE MONTH  
 GRIEF SUPPORT GROUP**  
 Grace Hospice invites individuals coping with the loss of loved ones to join us. For more information, call Grace Hospice at (785) 228-0400 or 1-800-396-7778. Aldersgate Village, Manchester Lodge, 7220 SW Asbury Dr., 2:00 p.m.

**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.  
 3:00-6:30 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.

**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

**FIRST THURSDAY OF EACH MONTH  
 LAWRENCE AREA PARTNERS IN AGING**  
 Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch).  
 11:30 AM-1:00 PM

**FIRST AND THIRD THURSDAY OF EACH MONTH  
 TRANSITIONS SUPPORT GROUP**  
 Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location. 3:00 p.m.

**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

■ CONTINUED ON PAGE 23

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■ CONTINUED FROM PAGE 22

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

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

**SECOND MONDAY OF THE MONTH  
CAREGIVER SUPPORT GROUP**

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m.

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

**SECOND AND FOURTH MONDAY OF THE MONTH  
ALZHEIMER'S/CAREGIVER SUPPORT GROUP**

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 7:30 p.m. LAWRENCE, (913) 831-3888

**SECOND AND FOURTH TUESDAYS OF EACH MONTH  
GRIEF SUPPORT GROUP**

Grace Hospice in association with Pioneer Ridge Assisted Living invites individuals coping with the loss of loved ones to join us. For more information call (785) 841-5300

■ CONTINUED ON PAGE 24

Our job is to make  
your job easier.



Midland Care PACE Services is a program of all-inclusive care for the elderly. Midland will coordinate, provide and supervise all the home and healthcare services needed to keep aging individuals safe and comfortable in their own homes and communities. Services include primary and specialty medical care, socialization, transportation, hospitalization and emergency services, meals, prescriptions, in-home support and care and physical and occupational therapies. Service area includes Douglas, Jackson, Jefferson, Osage, Pottawatomie, Shawnee and Wabaunsee counties. Call today or visit our website to learn more.



130 SW Frazier Circle | Topeka, KS 66606 | Phone: 785-232-2044 | www.midlandcare.org

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## ■ CONTINUED FROM PAGE 23

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 AND FOURTH TUESDAY OF EACH MONTH**

**SCRAPBOOK MEMORIES**

Grace 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

**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., Mainstream 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  
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 TUESDAY OF EACH MONTH  
STROKE SUPPORT GROUP**

For those recovering from a stroke, and/or their family and friends. Meets at 4:00-5:30 p.m. For more information call LMH Kreider Rehab Center. LAWRENCE, (785) 505-2712

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

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

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

11:00 a.m. - Paisano's Ristorante, Fleming Place, SW 10th St. & Gage Blvd. A social support group to re-engage life after the death of a loved one. Dutch treat. Call Terry Frizzell at Heartland Hospice of Topeka for reservations. TOPEKA, (785) 271-6500

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

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 THURSDAY OF EACH MONTH  
CAREGIVER SUPPORT GROUP**

Baldwin Healthcare Center, 1223 Orchard Lane, 1:00-2:00 p.m. BALDWIN CITY, (785) 594-6492

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

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11:00 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 Grace Hospice. LAWRENCE, (785) 841-5300

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

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

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

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 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 [pdpatterson@juno.com](mailto:pdpatterson@juno.com). TOPEKA

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

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

**FOURTH FRIDAY OF EACH MONTH  
AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. New and interested members welcome. Please call Mary for reservations. LAWRENCE, (785) 331-4247

**MISCELLANEOUS**

**FIRST WEDNESDAY OF EACH MONTH  
WINE TASTING**

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**VETERANS DAY EVENTS**

**NOV 5-7**

**VETERANS DAY CELEBRATION**

Celebrate Veterans Day in Ottawa. It kicks off with a parade through downtown stopping at the Veterans Memorial, making its way to Forest Park. OTTAWA, (785) 242-5419 <http://www.ottawavets.org>

**NOV 11**

**VETERANS DAY CELEBRATION**

Veterans Day program, 2:00-3:00 p.m. (The Station will be open from 1:00-3:30 p.m.) Bricks will be offered at a reduced price on this day only. They will be installed prior to Memorial Day 2011. Great Overland Station. TOPEKA, (785) 232-5533

**NOV 11**

**VETERANS DAY TOURS**

Tours of the Military Museum, admission is free. This is an all day event. Inside the Ramada, 420 SE 6th Avenue. TOPEKA, (785) 224-5034

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# Bailey Ruth Raeburn, ghostly investigator

By Margaret Baker

**Carolyn Hart: *Ghost in Trouble*** (hc, Wm. Morris, ISBN 978-0-06-191501-7)

Carolyn Hart lives and writes in our neighboring state, Oklahoma. She has several excellent series (Death by Demand; Henri O). This is the third in the Bailey Ruth series.

It features a very unusual "cozy" setting—Heaven and Adelaide, Oklahoma.

Yes, Heaven itself. Hart's Heaven is really something to strive for, especially if the idea of playing a harp all day isn't for you. After Bailey Ruth and husband Bobby Mac arrived (their fishing boat went down in a storm), they tried everything. And Heaven, of course, does have everything.

Bailey Ruth has found part time "employment" in the Department of Good Intentions, when Wiggins, in charge, finds an area in need a bit of intervention. With very precise Precepts, of course, like not materializing in front of mortals.

This time she's sent to Adelaide to keep Kay Clark safe, the same Kay she didn't like much when they were both in high school. She and Kay, and the police chief who has his suspicions, have to deal with murder, old loves, new loves, art, and séances—and Bailey Ruth knows how Heaven feels about séances.

It is delightful to drop in on Bailey Ruth again!

**J.A. Jance: *Queen of the Night*** (Wm. Morrow, hc, ISBN 978-0-06-123924-3)

Walker family mystery series  
Arizona's Tohono O'odham reservation has many night-blooming Cereus, known as Queen of the Night. One night a year, only one, the plant bursts into full bloom, magnificent to see and tantalizing to smell. At daybreak the show is over, and another full year passes before it flowers again. It is an attraction to the locals and the tourists alike. There is an Indian legend too, White-Haired Woman, told by a member of the tribe at the fireside as the blooms begin appearing.

Two plots intertwine. Retired homicide detective Brandon Walker has agreed to look into his dying friend's very cold case, the murder of a young

student still unsolved after decades.

Veteran Dan Pardee and the dog who saved his life in Iraq (definitely a character in the novel) patrol the U.S.-Mexican border with the Shadow Wolves. They discover four dead at an apparent picnic dinner set up in the desert near a splendid display of the flower. The dog leads Dan to sole survivor, and very young child.

Both plot lines are both taut and chilling, with wonderfully-deep characters, succinct dialogue, and insights into the Tohono O'odham culture. Tony Hillerman would have approved!

Jance taught on the secluded reservation years ago, and became, unknowingly, the target of a serial killer. Good police work led to the apprehension of the killer just before he was able to strike. No wonder Jance is able to portray the desert, its inhabitants, and terrifying fear so well.

**Hampton Sides: *Hellhound on his Trail*** (Audio, Random House Audio Books, ISBN 978-0-7393-5892-4. Read by the author on 12 cds)

Dr. Martin Luther King, leader of the Civil Rights movement, was assassinated at Eastertime in 1968 while in Memphis, Tennessee, to lead a non-violent march for the garbage collectors, two of whom had been "eaten" by the truck machinery.

In April 1967, James Earl Ray escaped from Missouri's Jefferson City Penitentiary and began his flight through Mexico, California and up to Memphis and the killing of Dr. King.

Sides follows these two through the year, separately, as their paths begin to converge, and then follows Ray as he tries to escape punishment.

Although J. Edgar Hoover had used the FBI to harass King, the Justice Department under Ramsay Clark ordered a full-court press. The police investigation by the FBI, the Royal Canadian Mounted Police and Britain's New Scotland Yard is painstakingly laid out.

If you've wondered about that tragic event, you will want to listen to this account. If you're a fan of real forensic work, don't miss this. It isn't CSI but it was real – and it worked.

**Hailey Lind: *Arsenic and Old Paint*** (trade pb, Perseverance Press, ISBN 978-1-56474-490-6)

Annie Kincaid, granddaughter of Georges LaFleur, master art forger, is going straight, specializing in faux finishes, art restoration, and appraisals (she does know how to spot forgery!), etc. She's called in to assist with removing and repairing antique wallpaper in a very exclusive men's club in San Francisco.

As she enters (from the rear door, of course) a scantily-clad maid screams. The garret has an occupant, and his body has been arranged in a bath very like David's Death of Marat.

Thus we enter the world of art, (authentic and/or forged), extreme wealth, and the workings of esoteric bachelor clubs. Visiting with Annie and the two men in her life is like catching up with old friends.

An enjoyable way to learn more about arts—and artistic machinations.

**Kenneth L. Holmes, Editor: *Best of Covered Wagon Women, Volume 2; Emigrant Girls on the Overland Trails*** (trade pb, University of Oklahoma Press, ISBN 978-0-8061-4104-6)

Many of the pioneers on the wagon trains kept journals, and their descendants are beginning to make them available to scholars via museums and libraries.

This particular collection concen-

trates on the journals of young unmarried girls, ranging in age from 11 to 19, written between 1846-1898.

A very personal account of the sights, sounds, routines, hardships and joys as written by those who did not expect anyone but themselves to read them and thus did not see the need to embellish.

**Frederick Ramsay: *Buffalo Mountain*** (hc, Poisoned Pen Press, ISBN 1-59058-368-8)

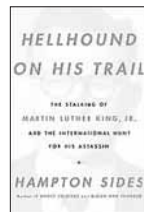
The Sheriff of Floyd County and Picketsville in the Shenandoah Valley is no hayseed hick. Ike Schwartz left the CIA when he learned of their involvement in the death of

his wife while they were honeymooning in Europe. Appalled, Ike left. So when a bullet-ridden body is dumped just inside the city limits, it is his case. The driver's license says Randell Harris. The Harrises are one of a feuding clan there so the Hatfield/McCoy template should work.

Ike, however, recognizes the body isn't a Harris, it is of Alexei Kamarov, a Russian agent. After he had helped Ike, officialdom assumed the Soviets had either stowed him away in Siberia or permanently eliminated him.

Whatever is he doing in the Shenandoah, living in an isolated winterized cabin? Or perhaps more importantly, why is he dead here at all?

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



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# Writing for Money

J. Fenton Mattingly received rejections slips for two short stories and a book review on the same day. He had submitted the works to three highly regarded literary publications—*The Silver Moon Journal*, *The Flat Rock Quarterly*, and *The Bipy Bopity Boo Review*. The next day two batches of poems he had submitted to *Parchment and Quill* and

vice-president of Street Corner Press. We're worried about Fen. His editors tell me he's missed several deadlines. Do you know what's wrong?"

"He's got angst" said Willa.

"Why does Fen have angst?"

"He says his good stuff all got rejected," said Willa.

"What is his good stuff?" asked Sparrow.

"The stuff he sent to literary journals."

"I see," said Sparrow. "Has Fen submitted anything lately?"

"No. But he stopped working on his novels to write a poem. He says he's going to send it to the *Flat Rock Quarterly*. He says he's not going to write another word for Street Corner Press until he gets something published in a literary journal."

"Thank you, Mrs. Mattingly," said Sparrow. "Please don't mention this conversation to Fen."

"I won't," said Willa.

Sparrow clicked off and speed dialed another number.

"Good afternoon, *Flat Rock Quarterly*."

"This is Arthur Sparrow. May I speak to your publisher, Jason Banderly?"

Jason Banderly came on the line immediately. "Mr. Sparrow, I hope you have good news for me."

"I have. We accept your application to lead the Street Corner Press's newest imprint. We think you'll be perfect for the job."

"Thank you, sir. THANK YOU!" said Banderly.

"I wonder if I might make a personal request before you leave *The Flat Rock Quarterly*."

"Anything at all sir," said Banderly.

"An author named Fen Mattingly will be submitting a poem. I'd be happy if you published it, if it meets your standards," said Sparrow.

"I'll give the piece my personal attention," said Banderly.

"Thank you," said Sparrow.

After "Angst of the Working Class" was published, Fen felt that his liter-

ary itch had been scratched.

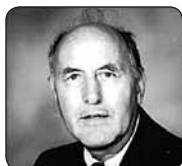
A few weeks later Fen, using the pseudonym Rupert Strange, pressed "send" on the manuscript of a novel titled: *The Haunted Zombie*. It was his first venture into the horror genre. "Zombie" sold very well in both hardback and paperback, and was optioned by Hollywood.

Fen and Willa took an expensive cruise. One night they were standing side by side on the top deck of the luxury liner looking at the stars.

"You haven't mentioned literary angst for a long time," said Willa.

"Writing for money trumps angst," said Fen.

- 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.



Larry Day

*Whithersoever Thou* came back with curt rejection notices.

Fen's wife, Willa, was a placid, good natured woman who didn't understand the angst that drove her husband. They lived in a squalid apartment and made do with the meager checks that Fen received from literary art foundations and from Fen's part-time jobs. While Fen wrote literature, Willa read pulp fiction, watched television soap operas and ate pine nuts. One day Willa was reading *Comes a Dark Stranger* and watching "My Lost Progeny," when she ran out of pine nuts. She walked across the street to the Seven-Eleven to buy more.

An angst-ridden Fen wandered into the room. He leafed through Willa's pulp novel. Then he turned up the volume and watched "My Lost Progeny." By the time Willa returned with a fresh supply of pine nuts, Fen was back at his desk typing.

"Are you revising, "Ode to Starlight," she asked.

"No. I'm going to make some money for a change," said Fen.

In the next two years Fen used several pseudonyms to write fiction for Street Corner Press, one of the nation's leading pulp fiction publishers. As Meredith Chan, Fen wrote bodice-buster romance novels. As Flint Dodge, he produced cowboy novels. He churned out spy thrillers as Buck Tallant

For a while, making money suppressed Fen's pain. But then it began to gnaw at him again. Abruptly he stopped writing pulp fiction and began work on a postmodern tone poem, "Angst of the Working Class." He missed several pulp fiction deadlines.

Someone called Willa.

"This is Arthur Sparrow, executive



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# Customer billed an extra day by Budget

By Christopher Elliott  
Tribune Media Services

*Eric Johnson returns the keys to his Budget car in a drop box with time to spare. But he's charged an extra day when the car rental company claims he brought the car back nearly five hours later. Who's right? And does Johnson owe Budget anything?*

**QUESTION:** I rented a car recently from Budget in Lansing, Mich., and came across something that looks like a scam.

Here's how it works: An employee tells you to just return the keys and paperwork in the off-hours return box. Then, when they get around to processing it, they say you returned it at a later time, and charge you extra.

Pretty elegant way to earn another day on a rental, no?

It happened to me, and to add insult to injury, I still haven't gotten the receipt they were supposed to mail to my home address.

I wrote the time I returned the car—just before 4 p.m.—on the paperwork. I turned it in with the keys and now they don't seem to be able to check what I wrote in the paperwork. Or maybe they lost it. Or maybe they don't believe me.

I have my gas receipts with time stamp and an e-mail with time stamp that I wrote to my wife after passing through security at Lansing airport to try to stand by on an earlier flight.

What should I do? - Eric Johnson, Boise, ID

**ANSWER:** Budget shouldn't have

charged you for an extra day. But is this a scam? I'm not sure I'd go that far.

I suggested you contact Budget by e-mail, asking for the evidence you had returned the car late. A representative sent you a terse reply, insisting that "based on the log records," you returned the car at 8:56 p.m., long after you were airborne. Seems to me a simple copy of your flight itinerary would have been enough to clear up this apparent misunderstanding.

I recommended that you appeal this decision, but Budget just sent you another e-mail with virtually the same information, insisting the charge was legit. Obviously, they

didn't take the time to read your rebuttal.

Why is Budget being so obstinate?

I don't know, but I have a pretty good imagination. Maybe it was a simple error. If that were the case, then the car rental company would have probably fixed it before you had to contact me. Then again, maybe it was the money. Budget charged you another \$25 but was able to rent the car the next day, even though you were paying for that day. Not bad.

The company might want to change its name to "Over Budget" if that's true.

Next time you rent a car, avoid the drop box. Check in with a real per-

son. In addition to potential surprise "late" charges, you'll avoid any possible problem with a late damage claim. When an employee checks the car back in, and signs off on it, you're cleared of any potential claims for dings and dents to the vehicle. When you slip the keys in a drop box, there's no telling.

I contacted Budget on your behalf, and it apologized and refunded you \$25.

- Christopher Elliott is the ombudsman for National Geographic Traveler magazine. You can read more travel tips on his blog, [elliott.org](http://elliott.org) or e-mail him at [elliott@ngs.org](mailto:elliott@ngs.org).

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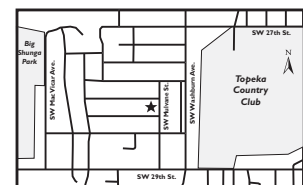


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# A declaw actually involves an amputation

**QUESTION:** Can you settle an argument I'm having with my husband? I'm pregnant and he's concerned that Magi, our 7-year-old cat, is going to scratch the baby. Magi has never scratched anyone, at least

babies are born into homes with cats and survive unscathed.

Sometimes, cats (or dogs) never previously exposed to the smells and sounds of a newborn can get nervous. To avoid this in your case, have a friend with a baby visit a few times before your delivery. When your cat comes around, offer tidbits of salmon or tuna, especially if the baby fusses. The idea is to associate fussing babies with incredible snacks. Also, take an interactive toy (fishing pole-type toy with feathers or fabric) and play with the cat while the baby is nearby.

Another technique is to download the sound of a baby crying off the Internet. Play the sound at a barely audible level as your cat eats. Assuming the cat isn't disturbed by this, gradually pump up the volume. Also, assuming your cat enjoys her food, hopefully she'll associate the sound of a baby crying with an enjoyable activity—chowing down.

Many new parents with cats are determined to keep their pets out of a baby's room. I agree that no pet should be with a newborn or toddler without adult supervision. However, cats are curious, and it may be futile

to try keeping your pet away. This also sends the wrong message to the cat. I say, instead make the baby's room cat-friendly with hiding places, cat grass, toys, etc.

**QUESTION:** My 10-year-old Maltese has sebaceous cysts on her tail, back and shoulder. The largest is at the top of her tail near the spine. My vet says they aren't hurting anything and we should leave them alone. Our dog is otherwise healthy and I don't want to cause problems for only cosmetic purposes, but the cysts are ugly. The dog tries to bite the one on her tail but she can't reach it. Any advice? - G.M., La-Crosse, WI

**ANSWER:** Dr. Sheldon Rubin, of Chicago, IL, says these are probably sebaceous gland adenomas (oil-producing glands create these growths in some dogs as they age). "Treatment" may, indeed, mean doing nothing. These growths are almost always benign and do no harm. However, sometimes they clearly annoy the dog.

"I'm in favor of removal if the dog is bothered," Rubin says.

The downside is the dog will have to undergo surgery. Rubin says the

growths can be removed with traditional surgery, laser surgery, cryosurgery (using extreme cold) or electrosurgery (applying a high-frequency electrical current to destroy cells). Aside from easing the dog's discomfort, the growths can be biopsied so you'll know if they're cancerous, and your pet will no longer be "ugly." When removed properly, such growths don't return in the same place, although new ones might pop up.

- 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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Steve Dale

not intentionally. I got Magi three years before I married my husband. Do you think we need to declaw our cat? - S.H., Cyberspace

**ANSWER:** Please don't declaw your cat. A declaw (Onychectomy) is an amputation. A cat's toe has three bones, and the claw grows from the end of the last bone. In a declaw surgery, the veterinarian is amputating the last bone, which contains the growth plate for the claws.

I'm scratching my head as to why your husband believes declawing is necessary. Each year, thousands of

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# Preparing mussels mariner-style

By Wolfgang Puck

Tribune Media Services

Of all the different kinds of shellfish widely available in restaurants and seafood stores across North America, mussels have not received the level of appreciation they deserve. Oddly, that may be because they're already so familiar.

Anyone who's walked near a sea-side pier or dock has seen the glistening blue-black shells attached to pilings. Why would anything so common, you might think, be worth eating?

Spend any time in Europe, though, and especially in France, Belgium, and Holland, and you quickly learn how popular and delicious mussels can be, especially when steamed or oven-roasted with fragrant seasonings. The oblong morsels of meat inside are incomparably plump and sweet, and the briny juices that run from the shells and mingle with the other ingredients are sweetly delicious in their own right.

I am happy to see that mussels have finally begun gaining in popularity on these shores. Many restaurants now offer them. You can just hear the oohs and ahs of delighted guests as big, steaming bowls arrive at the table, along with good crusty bread to help soak up the juices.

It's easy to make mussels at home in the classic French style: moules mariniere, meaning mussels mariner-style. All you need is a pot or pan big enough to hold them and a

few basic ingredients.

My favorite kind of mussels to use are the small variety known by the French *bouchots*, which means "pilings" and refers to the way they are grown attached to pilings driven into the seabed in intertidal waters. These are the type we serve at Spago. I find small mussels to be more flavorful, delicate, and tender, preferring them to larger varieties like green-lipped mussels from New Zealand.

Whatever kind you decide to use, get them from an absolutely reliable source known for offering only the freshest seafood, with a regular turnover in product. The shells should look fresh and damp, and be completely closed, an indication that the mussels are still alive. They should smell absolutely fresh, with no hint of an unpleasant iodine odor.

Cook the mussels the day you buy them, storing them on your refrigerator's bottom shelf, unwrapped and covered with a clean, damp cloth. Before cooking, soak in cool, fresh water for about 30 minutes to help purge any sand from the shells. Then, scrub them shells clean with a stiff-bristled brush under cold running water and, with your fingertips, pull off from the hinges any "beards," the filaments with which the mussels attach themselves to pilings.

Follow my recipe and you'll find the actual cooking easy. Pay attention, though, cooking the mussels just until the moment all the shells

are open. Overcooked, mussels turn rubbery. But perfectly cooked, they're a delicacy that will win you over from first bite.

## MUSSELS MARINIERE

Serves 4 as an appetizer, 1 to 2 as a main course

1 loaf French bread, cut into slices  
1/4 inch thick  
Extra-virgin olive oil  
1/4 cup unsalted butter  
2 tablespoons finely chopped shallots  
1 sprig fresh tarragon  
1 sprig fresh thyme  
1 sprig fresh rosemary  
1 pound small black mussels, cleaned, and debearded  
1/4 cup dry white wine  
Salt  
Freshly ground black pepper  
Pinch of sugar  
Chopped fresh Italian (flat-leaved) parsley

Place a grill pan over high heat or preheat a broiler. Drizzle both sides of the bread slices with olive oil. Grill or broil the bread until toasted

golden brown, about 3 minutes per side. Remove and set aside.

Meanwhile, in a large, deep saute pan or cast-iron skillet over high heat, put the butter and immediately add the shallots, tarragon, thyme, rosemary, and cleaned mussels. As soon as the butter has melted and the shallots and herbs have begun to turn fragrant, pour in the wine and sprinkle lightly with salt, pepper, and a little sugar. Cover the pan and continue to cook over high heat until the mussels have opened, about 4 minutes. Season the liquid to taste with a little more salt, pepper, and sugar, if necessary.

Discard any mussels that did not open. Leave the cooked mussels in their cooking pan for guests to share, transferring it to a trivet in the center of the dining table. Or, with a large spoon, scoop the mussels and their cooking liquid into individual large serving bowls or soup plates. Garnish with chopped parsley. Place the slices of grilled bread on top of the mussels. Serve immediately.

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<h2>Restaurant Guide</h2>	
<p><b>McFARLAND'S</b> <i>Restaurant</i></p> <p>Casual Dining, Private Parties Over 70 years of serving fine food 4133 Gage Center Dr. • Topeka • 785-272-6909</p>	<p><b>Chic-A-Dee</b> <b>CAFÉ</b></p> <p>"Good Home Cooked Food" Mon.-Fri. 6 am-8 pm, Saturday 7 am-8 pm 3036 SE 6th • Topeka • 785-233-0216</p>
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<p><b>Old 56</b> Family Restaurant</p> <p>2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p>	<p><b>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.</b></p> <p>912 S. Chestnut Olathe, KS 66061 913-390-9905</p>

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MAKING SENSE OF INVESTING

# Nearly 800 compete in Kansas Senior Olympics

Nearly 800 athletes competing in 18 sports participated in this year's Kansas Senior Olympics (KSO), which is sponsored by Parks and Recreation of Topeka. This year's participants ranged in age from 50 to 94. Individual and doubles competition took place September 22-26, team sports competition took place September 30-October 3, and the golf competition took place October 1.

The KSO is a multi-sport event that promotes fitness, good health, participation and excellence in senior athletes ages 50 years and older.

The Kansas Senior Olympic games were established in 1984 by Parks and Recreation of Topeka and the Senior Adult Program. Over the years, the games and programs have been an avenue for thousands of athletes and participants to continue or begin their competitive journey to a healthier lifestyle.

KSO'S mission is to continue to provide an outlet for those seeking fitness through sports. Topeka is the only sanctioned site in Kansas for athletes to qualify for the National Senior Games. Athletes who meet

preset requirements at the KSO in even numbered years, will qualify to participate in the National Senior Games presented by Humana that are held in odd numbered years. Qualifying seniors will attend the National Senior Games in Houston, Texas, next summer.

Parks and Recreation of Topeka has posted the results for the 2010 KSO online at [www.topeka.org/pdfs/2010KSOResults.pdf](http://www.topeka.org/pdfs/2010KSOResults.pdf).

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For the "2011 Senior Resources Directory," a special pull-out section that will be available in the January 2011 issue of Kaw Valley Senior Monthly.

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\* An online form is available at [www.seniormonthly.net/directory.html](http://www.seniormonthly.net/directory.html)

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Contact Names (up to 3): \_\_\_\_\_

**Description of your services and/or products (up to 75 words)**

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\_\_\_\_\_

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\_\_\_\_\_

**CROSSWORD**

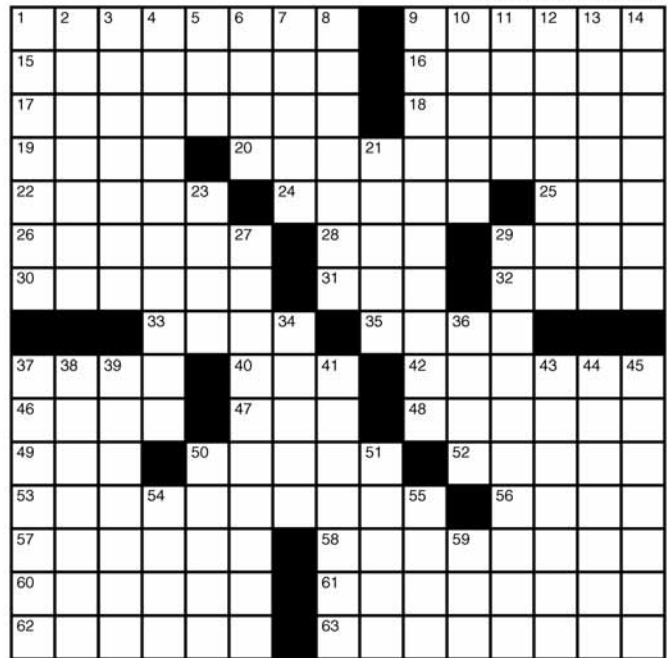
**ACROSS**

- 1 Quasi convertibles
- 9 Fire from a low-flying aircraft
- 15 Extravagantly theatrical
- 16 Cowardly
- 17 Russian comrade
- 18 Not long past
- 19 Country singer Whitman
- 20 Adequacy
- 22 South Korean port
- 24 Becomes weary
- 25 Rummy call
- 26 Merged
- 28 Put on
- 29 Occupancy fee
- 30 Withdraw from service
- 31 Blast letters
- 32 Advantage
- 33 Move about rapidly
- 35 Moray and conger
- 37 Vex
- 40 Indistinct
- 42 Infection of the blood
- 46 "The Chalk Garden" playwright Bagnold
- 47 Corrida cheer
- 48 African fly
- 49 Carpentry tool
- 50 British baby buggies
- 52 Vamoose
- 53 Insubstantial

- 56 Pinball goof
- 57 Dark purplish red
- 58 Hostile
- 60 Set in from the margin
- 61 Chew the cud
- 62 Small samples
- 63 National Anthem word

**DOWN**

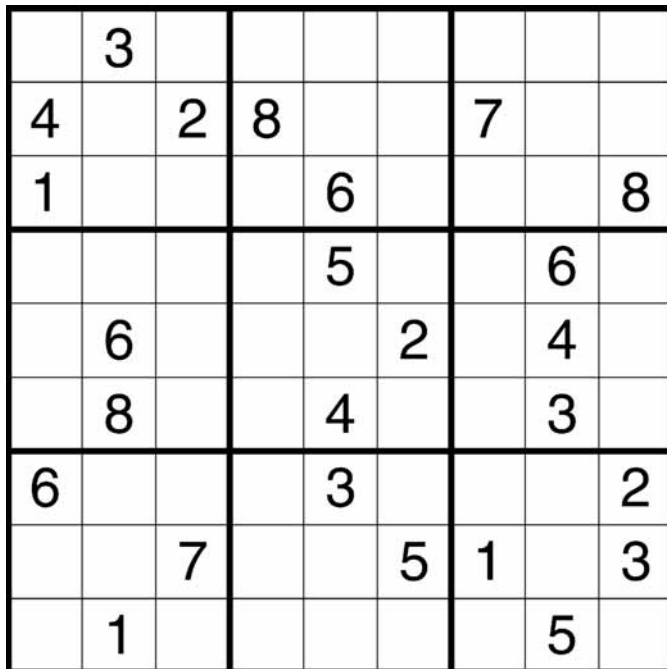
- 1 Daredevil
- 2 Moon orbiter's farthest point
- 3 Stop in again
- 4 Adapted for the stage
- 5 Dark, oily, viscous material
- 6 Of the ear
- 7 Embroidery loop
- 8 Mike or Helmet
- 9 Hollywood audition
- 10 Waste allowances
- 11 Strong current
- 12 Exacted satisfaction
- 13 Enclosure material
- 14 \_\_\_ cordiale
- 21 Recumbent
- 23 Rex Stout's Wolfe
- 27 Smell-masking agents
- 29 Concerning
- 34 Italian city
- 36 Not as much
- 37 Grant entrance again
- 38 The Crossroads of America



By Matthew Higgins  
Concord, NH

- 39 Leapin' \_\_\_!
- 41 Golden novel, "\_\_\_ of a Geisha"
- 43 Impassive
- 44 Set apart
- 45 Established residence
- 50 Call up
- 51 Dawn
- 54 Baudelaire or Ginsberg
- 55 Earth's crust layer
- 59 Part of a deg.

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

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**JUMBLE**

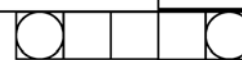
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

SLEBS

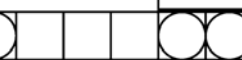


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TACCH



TOIPLE



www.jumble.com

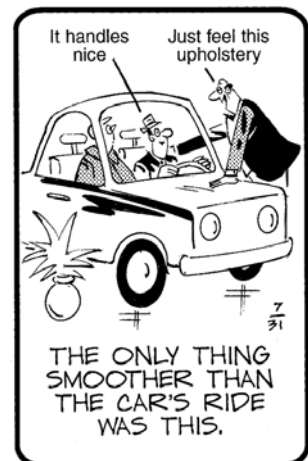
SLARIO



Ans: HIS



THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Argirion



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

Answers to all puzzles on page 34.



**BRIDGE**

# Protect Your Winners

By Tannah Hirsch

Both vulnerable. South deals.

NORTH		EAST	
♠ K 10 7 3		♠ Void	
♥ K 5		♥ 9 8 3 2	
♦ A Q 3		♦ J 10 8 7 4	
♣ 10 7 5 4		♣ K Q 6 3	
WEST		SOUTH	
♠ 9 8 6 5 2		♠ A Q J 4	
♥ J 10 7 4		♥ A Q 6	
♦ 9 6		♦ K 5 2	
♣ A J		♣ 9 8 2	

The bidding:

SOUTH	WEST	NORTH	EAST
INT	Pass	2♣	Pass
2♠	Pass	4♠	Pass
Pass	Pass		

Opening lead: Jack of ♥

More often than not, a 4-4 fit in a major will produce at least the same number of tricks, if not one more, at the suit contract as at no trump. Even a bad trump break can often be neutralized. Consider this deal.

The auction is normal. With a ruffing value in hearts, North used the Stayman convention to probe for a spade fit, and bounced into game when one was located.

West led the jack of hearts, and it appeared that there were 10 tricks at both the suit and no trump games. That all changed when, after winning the first trick with the king of hearts, declarer led a trump to the ace and East showed out. Now declarer had to prevent losing a trick to a ruff by West. If declarer carelessly cashes every winner in sight, West will get to ruff the third round of diamonds for the setting trick, since South cannot avoid losing three club tricks.

Correct technique will triumph. After learning of the unfortunate trump division, South can afford to draw one more round of trumps with the king and then must cash the ace and queen of diamonds. Next, declarer crosses to ace of hearts and continues with the queen. If West ruffs, declarer overruffs in dummy, returns to hand with a trump and draws West's remaining fang. The king of diamonds is the fulfilling trick.

If, as is the case here, West follows to the third heart, declarer discards dummy's remaining diamond and leads the king of diamonds. When West ruffs, declarer overruffs and scores his high trumps, conceding only three club tricks.

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

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# Planning to move? Contact Social Security

**By Norm Franker**  
Social Security District Manager in Lawrence, KS

Moving can be hectic. Some studies show that relocating is one of the greatest stresses we face in our lives. Whether you are moving nearby or across the country, don't forget Social Security if you are a beneficiary. Keep us in the loop with your updated information so we can make sure your benefits continue to arrive on time at your new address.

Even if you get your benefits by direct deposit or Direct Express, or you

are only receiving Medicare benefits, reporting your change of address to us still is important. Without your current mailing address, Social Security is unable to send you notices and other important correspondence about changes that could affect your benefits. Agree-

ing to report certain events, including your change of address, is part of the Social Security benefit application process. Your benefits could stop if we are unable to contact you.

The fastest and easiest way to change your address with Social Security is to do it online at [www.socialsecurity.gov/](http://www.socialsecurity.gov/)

changeofaddress. By answering a series of questions, we can process your change of address electronically, and you can tell us when the change takes effect. You will receive a confirmation letter in the mail.

You also can call our toll-free number at 1-800-772-1213 (TTY 1-800-325-0778).

## JUMBLE ANSWERS

Jumbles: BLESS CATCH POLITE SAILOR

Answer: The only thing smoother than the car's ride was this - HIS SALES PITCH

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## CROSSWORD SOLUTION

H	A	R	D	T	O	P	S	S	T	R	A	F	E
O	P	E	R	A	T	I	C	C	R	A	V	E	N
T	O	V	A	R	I	C	H	R	E	C	E	N	T
S	L	I	M	C	O	M	P	E	T	E	N	C	E
P	U	S	A	N	T	I	R	E	S	G	I	N	
U	N	I	T	E	D	D	O	N	R	E	N	T	
R	E	T	I	R	E	T	N	T	E	D	G	E	
		Z	O	O	M	E	E	L	S				
R	I	L	E	D	I	M	S	E	P	S	I	S	
E	N	I	D	O	L	E	T	S	E	T	S	E	
A	D	Z	P	R	A	M	S	S	C	O	O	T	
D	I	A	P	H	A	N	O	U	S	T	I	L	T
M	A	R	O	O	N	I	N	I	M	I	C	A	L
I	N	D	E	N	T	R	U	M	I	N	A	T	E
T	A	S	T	E	S	S	P	A	N	G	L	E	D

## SUDOKU SOLUTION

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

## GETTING MARRIED?



If you're planning your wedding, or helping someone else plan theirs, please check out the 2010 Northeast Kansas Wedding Guide. An online version is available at:

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

# NOSTALGIA NOTEBOOK

## November 1940

### Births

- November 15:** Sam Waterston, American actor
- November 17:** Luke Kelly, Irish ballad singer (The Dubliners)
- November 25:** Joe Gibbs, American football coach
- November 27:** Bruce Lee, Chinese-American martial artist and actor (d. 1973)
- November 29:** Chuck Mangione, American flugelhorn player

### Events

- November 5:** Democrat incumbent Franklin D. Roosevelt defeats Republican challenger Wendell Willkie and becomes the United States' first and only third-term president.
- November 6:** Agatha Christie's mystery novel *And Then There Were None* is published in book form in the U.S.
- November 7:** In Tacoma, Washington, the 600-foot-long center span of the Tacoma Narrows Bridge (known as Galloping Gertie) collapses.
- November 27:** The Royal Navy and Regia Marina fight the Battle of Cape Spartivento.

## November 1950

### Births

- November 1:** Robert B. Laughlin, American physicist, Nobel Prize laureate
- November 4:** Charles Frazier, American novelist
- November 13:** Mary Lou Metzger, American singer and dancer
- November 28:** Russell Alan Hulse, American physicist, Nobel Prize laureate
- November 28:** Ed Harris, American actor

### Events

- November 1:** Pope Pius XII witnesses "The Miracle of the Sun" at the Vatican and defines a new dogma of Roman Catholicism, the Munificentissimus Deus, which says that God took Mary's body into Heaven after her death.
- November 4:** The United Nations ends the diplomatic isolation of Spain.
- November 8:** While in an F-80, United States Air Force Lt. Russell J. Brown intercepts 2 North Korean MiG-15s near the Yalu River and shoots them down in the first jet-to-jet dogfight in history.
- November 22:** Shirley Temple announces her retirement from show business.

## November 1960

### Births

- November 5:** Tilda Swinton, British actress
- November 11:** Stanley Tucci, American actor and film director
- November 25:** Amy Grant, American Christian and pop musician
- November 25:** John F. Kennedy, Jr., American lawyer and journalist (d. 1999)
- November 27:** Tim Pawlenty, American politician

### Events

- November 2:** Penguin Books is found not guilty of obscenity in the case of D. H. Lawrence's novel *Lady Chatterley's Lover*.
- November 8:** In a close race, John F. Kennedy is elected over Richard M. Nixon, to become (at 43) the second youngest man to serve at the President of the United States, and the youngest man elected to this position.
- November 13:** Sammy Davis, Jr., marries the Swedish actress May Britt.
- November 24:** The professional basketball player Wilt Chamberlain of Philadelphia gets 55 rebounds in an NBA game versus the Boston Celtics.



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- emergency call button w/24 hr. staff
- 24 hr. emergency maintenance
- Individually controlled heat & air
- balconies on each floor
- covered patio by pond
- small pets welcome

**Unique Service Coordinator Staff on site providing:**

- general case management
- referral services to community agencies & service providers
- resident advocate
- community presentations
- assistance with Medicare Part D plans

**We also offer:**

- Secure entry with doorbell intercom system
- Meals on Wheels site
- Laundry Room
- Coffee Room
- Recreation Room w/pool table and exercise equipment
- Library, computer w/internet
- Beauty/Barber Shop
- Weekly transportation for grocery shopping
- Red Carpet Library Service
- Health Department Clinics
- Healthwise 55 Presentations
- Storage locker for each apartment

We charge no entry fees. Our reasonable monthly rent includes utilities and maintenance costs. Applicants are encouraged to inquire about the availability of rent subsidy if their annual incomes meet HUD requirements.

Our doors are open to visitors and prospective residents. Call for a tour of the facility.

Residents are the principal priority to our staff. We provide an environment of independent living that encourages use of community resources.

Great location nestled in the Seabrook neighborhood and surrounded by area churches, banks and shopping center.

**[www.thefirstapartments.org](http://www.thefirstapartments.org)**

**3805 SW 18th St. Topeka**

**(785) 272-6700**



4th Street Health Plaza | 1130 W. 4th Street | Suite 2050 | Lawrence, KS | 785-841-3636 | [www.lmh.org/heart](http://www.lmh.org/heart)

## Cardiovascular Specialists of Lawrence



*Affiliated with Lawrence Memorial Hospital*

### My heart's in the right place. Is yours?

I've been running around Lawrence all my life. I was born at LMH and I've built my life here. I wouldn't want to be anywhere else.

When you choose **Cardiovascular Specialists of Lawrence** and the **Heart Center** at Lawrence Memorial Hospital, you'll know that your heart is in the right place, too.

According to the American College of Cardiology, the LMH Heart Center ranks **first in heart attack care\*** among 949 hospitals of similar size. We provide around-the-clock, rapid-response emergency heart care with excellent clinical outcomes. **Together, our cardiologists have performed thousands of life-saving procedures.**

**Michael Zabel, M.D.**, is board certified in cardiovascular disease. He graduated from Washington University School of Medicine in St. Louis and completed his residency and fellowship training at Duke University Medical Center. He believes that everyone should exercise, and that life is a marathon, not a sprint.

\*Ranking based on average door-to-balloon (D2B) time for treatment of patients with ST-elevation myocardial infarction (STEMI).

