

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

October 2009

Serving Active Seniors in the Lawrence-Topeka Area since 2001

Vol. 9, No. 4

INSIDE



On September 1, James Lord's business changed its name and its location. However, his focus on complete financial plans for his clients will continue. - page 4



Wolfgang Puck's Mississippi Apple Pie makes a great fall dessert—and the recipe is so easy you could make it just about any weeknight for your family. - page 26

100th issue!

This is our 100th issue. Please see inside for a special thanks to our advertisers, who make every issue of Senior Monthly possible. - page 22

KEVIN GROENHAGEN PHOTO



SENIOR profile R

Don Bennett

Bennett's business is 'sew sew'

By Billie David

Hard work was always a big part of life for Don Bennett, owner of a new Lawrence business called Bennett's Sewing Center.

Bennett has been working since he was eight years old.

"I cut grass, did some painting, trimmed hedges, did stocking and

bagging at the grocery store, paper routes...always trying to make money," he said of his childhood in Leavenworth. "I always wanted to do something honest, though. Never dishonest. We lived too close to the penitentiary for that."

Bennett's father worked at Fort Leavenworth and had an exterminating business on the side. The family

lived in town but also raised chickens and rabbits.

In an indirect way, it was Fort Leavenworth's influence that led Bennett into the sewing business by way of reupholstering.

"When I was single and living in Leavenworth, I had a steam cleaning business," he said. "I cleaned carpets

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**Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of loss, accuracy of evaluation, proper fit and ability to adapt to amplification.

Don Bennett

■ CONTINUED FROM PAGE ONE

for officers getting ready to go overseas. They were always moving and their furniture got damaged."

An insurance company asked Bennett if he could do repairs on the damaged furniture.

"I took a class and it took off from there," he said, adding that steam cleaning led naturally to the reupholstering business anyway because some of the furniture couldn't be cleaned and was too good to throw away.

But there was a problem: reupholstering gave him a painful case of bursitis in his arms.

That's where his wife's hobby came in.

He had met his wife, Carolyn, at a singles dance held at the Knights of Columbus building on East 23rd Street. That was back in 1984.

Carolyn, who grew up in Garnett, had owned a beauty shop, but after a divorce she moved to Topeka and applied for work there. She ended up working for the Kansas Supreme Court.

After they married, Carolyn, who had become an avid quilter, wanted to open a fabric store with her husband, so they decided to combine the sewing business with his upholstery business and gradually phased out the upholstery side.

The Bennetts settled in Garnett, built a 4,000-square-foot house on 15 acres and opened a fabric store in town. Meanwhile, Carolyn won several grand championships at county fairs with her sewing.

Then came the fire. About six years ago, when the Bennetts were out of town, a neighboring store caught fire, which spread to the Bennetts' store and burned it down.

"That took the wind out of her sails," Bennett said of his wife's decision to retire. "It's like losing part of you. We had done some remodeling on it. The building was 125 years old. My wife had won awards and had a sewing club. I hated to see us not rebuild."

In addition to the sewing center in Lawrence, the Bennetts have a fabric

store in Topeka. They are closing a second store there with an eye to becoming more centrally located.

But when they branched out to Lawrence and established a store at the Malls Shopping Center at 23rd and Louisiana streets, they decided to sell sewing machines there and eliminate the fabrics, although they do sell threads, buttons and other sewing notions.

"We have the largest selection of cabinets in Northeast Kansas," Bennett said of their merchandise.

When the Bennetts branched out to Lawrence, however, they hadn't counted on the recession.

"We've been here a year last May," Bennett said. "Then the recession hit, so business has been slow."

But he believes that time and good customer service will take care of that.

"We're looking to stay in Lawrence," he said. "When the recession is over, we hope to keep growing."

Bennett's Sewing Center—which is Lawrence's Janome and Husqvarna-Viking dealer and Topeka's Janome dealer—carries a full line of sewing machines that begins at \$199 and covers a wide range of prices. They also do repairs and cleaning, and they carry a full line of sewing and quilting notions. Plus when a customer buys a sewing machine from Bennett's, they get unlimited free, one-on-one lessons.

The store also teaches classes in quilting, serging and other crafts.

Bennett has seen a shift in the sewing industry over the years away from making clothing—thanks to the ready-to-wear industry—to crafts and fashion.

"Sewing died out and crafting and quilting got big," he said. "I am seeing younger people getting more involved, which is good."

When he's not busy at the store, Bennett can be found enjoying his grandchildren and helping his wife with various projects. He also enjoys riding his motorcycle with her.

"My wife and I ride motorcycles. We ride all over the place," he said,

adding that Carolyn's motorcycle will soon be converted to a three-wheeler to make it safer.

"My wife has lots of courage," he said. "She will try anything and she's not afraid to work. Sometimes she has so many projects for the weekends, I have to come to work to rest up."

Customers who drop by the Malls store can view some of the award-winning quilts and other projects by Carolyn that are on display there.

Bennett's Sewing Center is located at 711 SW 23rd St. in Lawrence and at 2125 N. Kansas Ave. in Topeka. The phone numbers are (785) 842-1060 and (785) 232-9117.



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Kaw Valley Senior Monthly

Editor and Publisher
Kevin L. Groenhagen

Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 130 locations throughout the Lawrence-Topeka area. Any opinions expressed by our writers are not necessarily those of Groenhagen Advertising, L.L.C. Subscription rate is \$15 for 12 monthly issues.

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Lord helps clients map their financial plans

James Lord's business has a new name and a new location.

On September 1, the firm of Lord-Roberts became Lord's Financial Planning. In addition, the business moved across the parking lot from 2914 SW Plass Ct., Suite A to 2909 SW Plass Ct. in Topeka.

LORD'S Financial Planning specializes in financial, estate, and retirement income planning. The firm's goal is to take the mystery out of investing and help clients understand the risk associated with achieving the results they hope to attain.

"In our first meeting, which we conduct at no charge, we ask prospective clients a lot of questions about what they want to accomplish, and what's important to them about money," Lord said. "Once someone decides to hire us, we go to work to develop a comprehensive, written plan, and begin the process of putting the plan into place."

As an independent firm, Lord's Fi-

ancial Planning is able to design a plan to fit the client, rather than trying to fit the client into a plan. The firm is free to shop the market for the best investments and insurance solutions for the client.

"The firm also provides 401K and other company retirement plans and, through our affiliated partners program, is able to help our clients who own businesses with group health, life, disability, long-term care, and other employee benefit programs," said Lisa Becker, who has served as the business' Operations Manager for five years.

In addition to the Lord's Financial Planning's Topeka office, whose staff includes Scheduling Coordinator Karen Pauli, the business has an office in Overland Park. For more information on Lord's Financial Planning and/or to receive a free, no-obligation initial consultation, please call (785) 266-6002 or visit www.lordsfinancialplanning.com.



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There's no such thing as a perfect house

By Don Carter

In the building assessment business, we periodically see senior adults preparing to leave their home of many years to downsize, move to maintenance-by-others facilities, or seek assisted living. Our involvement typically begins when the home they are selling is flawed and a realty agent, appraiser, or lender requires that the home be certified for safety and code compliance.

Nearly all home transactions now require a document known as a "disclosure statement," a checklist form on which the sellers are required to disclose home flaws of which they are aware. The problem is that the seller, often having limited mobility, does not know the home's flaws—especially those in unreachable places such as the foundation, basement walls, roof, or exterior water control. In this case, disclosure can easily become a driver of unnecessary expenses without a set of eyes to differentiate what is relevant and what isn't. A few contractors, through ignorance or greed, will find a long list of flaws from which they recommend repairs that go way beyond what is needed.

For example, a high percentage of basement walls crack as a result of soil movement. Kansas soils are seasonally active, so most area homes have at least a few small cracks. Up to a certain limit, these cracks are acceptable and require no corrective action. But since a disclosure statement typically instructs the seller to check "yes" or "no" to acknowledge basement cracks, "yes" can lead to a quick conclusion that something must be done. If the seller calls the wrong repair company, its contractors will wholeheartedly agree that something must be done.

Of course there are many honest repair contractors who will only do

as they are asked, but that can be a problem, too, because the senior seller often does not know what to ask for. Moreover, once inside the house, a contractor may notice additional things that need repair (legitimate and honest observations). But if these findings are not related to safety, code violations, or condition of sale, they can probably be ignored, just as they have been for many years.

There are no perfect houses! When a home reaches a certain age, buyers are not expecting perfection. Given an attractive price, buyers are often very tolerant of imperfection. My advice to sellers is to leave superficial repairs for the new owners, who will want things done to their own standards and tastes anyway. When sellers can trade a small reduction in asking price to avoid hasty and potentially unnecessary fix-up, both sides win.

Of course the key here is knowledge: knowing which problems are serious enough to veto a sale and which aren't. We are starting to see last fall's mortgage fiasco driving increased scrutiny among appraisers and lenders, making them sensitive to flaws they may have ignored a year ago. An experienced realty

agent should have a pretty good idea which flaws need fixing and which can wait for the new owner. Ask around to find an agent with the service history to know this business, or e-mail me for input.

- Don Carter is a licensed structural engineer and managing general part-

ner of Foundation Engineering Specialists LLC, a company specializing in residential design and assessments: don@fdengineering.com. This article was made available by the Kansas Senior Press Service, a partnership of the Kansas Department on Aging and Johnson County Human Services & Aging.



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We would like to congratulate Kaw Valley Senior Monthly on its 100th issue!

Meals on Wheels volunteers receive awards

Meals on Wheels recognized its meal delivery volunteers at a luncheon on September 25. The agency presented the Reuter Award and the Corporate Citizen Award at the luncheon held at the Kansas Museum of History. Jim Daniels of 94.5 Country was the keynote speaker.

Nancy Crocket and Helen Williams were recognized with the Reuter Award for exceptional service to the clients of Meals on Wheels of Shawnee and Jefferson Counties, Inc. They are two of the 1,300 Meals on Wheels volunteers.

After they both retired from Davis, Unrein, McAlister and Hummer, Helen Williams and Nancy Crockett started delivering meals as a team in February of 1990. They say that things have changed a lot in the past 20 years at Meals on Wheels, but what has not changed is their commitment to this program. Now both widowed, they have delivered once a week for nearly 20 years, sometimes covering for each other when one is sick or on vacation. They most enjoy delivering the meals and then taking the time to have lunch together when finished with their route. Helen says they may have covered every restaurant in Topeka and try out new ones that open. Nancy stated, "Delivering meals is extremely rewarding and we love the people on our delivery route. Meals on Wheels appreciates their service to the Topeka Community and are pleased to honor Williams and Crockett with the Reuter Award

The Karl and Irene Reuter Award was established in 1992 to recognize an individual or individuals for exceptional service to Meals on Wheels and to the homebound, senior and disabled clients in Shawnee and Jefferson Counties. The Reuters, for whom the award is named, devoted many years of service to Meals on Wheels. During Karl Reuter's years of service, he drove 40,000 miles for the agency.

The Federal Home Loan Bank received the Corporate Citizen award. The bank started delivering meals in 1992. Today over 40 volunteers deliver meals five days a week. FHLB is one of 72 corporations/

organizations that deliver meals. The corporate drivers are a special asset to Meals on Wheels because they find their own substitutes within their group if one member is sick or on vacation.

Meals on Wheels is funded by client contributions as well as by the United Way of Greater Topeka, Jayhawk Area Agency on Aging, Shawnee County Aging Mil Levy, City of Topeka, Jefferson County Aging Mil Levy and individual and corporate donations.

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 Sept 17-Don't Fear Your Electronics-Pattie Johnston, Li & Mary Gauthier, retired business teacher
 Sept 24-Estate and Legal Matters-Cheryl Trenholm, Barber Emerson LC
 Oct 1-Searching for Peace-Linda Upstill, Rumsey Yost Funeral Home
 Oct 8-Talk with Your Doc like a Pro, Lisa Mitchell, RN
 Oct 15-Winterizing Your Car, Richard Haig, Westside 66
 Oct 22-Managing Your Money, Steve Hamilton, VSR
 Oct 29-Winter Gardening- Jennifer Smith, DC Extension Office
 Nov 5-Strengthening Your Spiritual Well-being- Paul Reed, VNA Hospice Chaplain
 Nov 12-Healthy Eating for One, Susan Krumm, DC Extension Office
 Nov 19-Celebration and Remembrance
 Look for new topics in the Spring!

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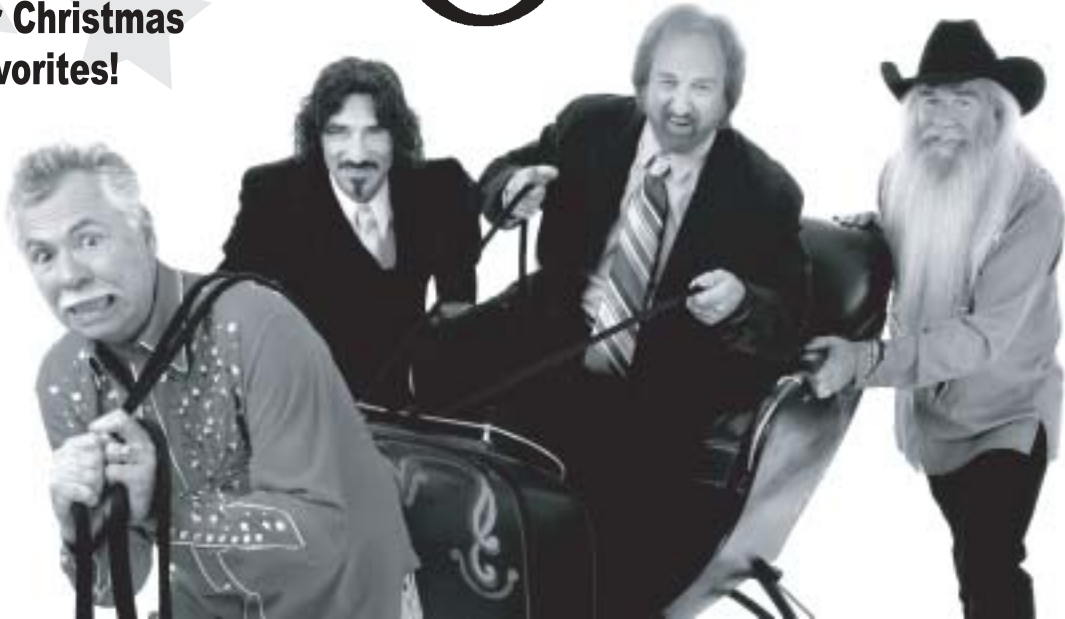
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Digital talking book machines ready for distribution

The Library of Congress and its talking books users have been through technological revolutions before. The Library began offering audiobooks to the visually and physically disabled on long-play records in 1934, adding books on cassettes in the late 1960s and now moving into the digital age in 2009. There is no question, this will be a new generation of talking books for more than 700,000 registered blind and disabled users across the country.

In a design and development stage that spanned nearly eight years, the successfully tested digital players and cassettes have now arrived in Kansas and in all states for distribution to registered users.

Nearly 100 Kansas veterans and centenarians were the first to receive their machines during the week of September 14. Talking Books librarians hand-delivered many of the machines to users who were happy to receive them.

"This is so exciting," said Toni Harrell, Director of the Kansas Talk-

ing Books Division. "We've been talking about this and waiting for this date, and now it's here. Our talking books users are going to love the new machines." She added, "The machines are easy to use, smaller, and more compact in design. The new players resemble a flat, book-sized box, with large buttons, a single built-in speaker, weighing about two pounds. The players have excellent sound quality plus the capability of speeding up or slowing down the tempo of the narrator without distorting the speech."

The books come loaded on a digital cartridge that is about the same size as a cassette tape, but connects to the player via a USB port. Each cartridge can hold 46 hours of audio. Since the typical book is 15 hours long, the new format means all but the longest books can be contained on a single cartridge. For users, this means there is no need to flip tapes over, remember to hit the toggle switch or ever rewind a cassette tape.

For those who like to read before

bedtime or on a lazy afternoon when a nap is inevitable, a sleep button has been added. No more waking up and finding out the story went on without you or spending great amounts of time trying to find your place again.

When a book cartridge is not in the slot, a person can press any button and find out its function. In this way, the user can become familiar with the machine before starting the first book. In addition to receiving books through the Kansas Talking Books Division, users can go online, select books, and download from the NLS site onto a memory stick or flash drive.

For more information on Kansas Talking Books, visit www.kslib.info/

talking/

Kansas Talking Books is a division of the State Library of Kansas is located in the State Capitol building in Topeka. The library's primary mission is to serve the residents of Kansas through direct service and through support of local libraries. Even before statehood, the State Library served as a depository of legal and historical documents and as a ready resource to the executive and legislative branches of Kansas government. Today, through the latest technology and access to on-line informational databases, the State Library of Kansas offers more information than ever to the residents of Kansas. Visit our Web site: www.kslib.info.

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Moore to be honored by Lawrence non-profit

Kansas Advocates for Better Care (KABC), a statewide nonprofit with the mission of "Advocating for Quality Long-Term Care" based in Lawrence, has announced that Congressman Dennis Moore will be the first recipient of the KABC Caring Award.

The KABC Caring Award was created to recognize exemplary contributions for leadership and support in providing quality care for elders and persons with disabilities who receive long-term care in Kansas. The award recognizes initiative in developing innovative uses of existing resources, establishing new practices/procedures which improved the quality of care received, or advocacy which results in measurable improvement in long-term care.

The award will be presented to Moore during a benefit event for Kansas Advocates for Better Care on October 18 at the Springhill Suites by Marriott in Lawrence. Music will be provided by Johnny I & the Receders featuring Janelle Frost.

Sponsors for the event include: Major Event Sponsor- William Dann; Advocate Donor - Stevens

& Brand LLC partners Molly M. Wood, Rebecca Wempe, Emily Donaldson & Leslie Miller; Friend Donors - Evie Curtis, Linda & Chuck Carlsen, Artie Shaw & Mitzi McFatrach, CornerBank, NA - Barbara Braa, and other community leaders.

To sponsor, attend, or for more information, please contact the KABC office at 785-842-3088 (toll-free, 800-525-1782), or by e-mailing info@kabc.org. The event is open to the public. However, RSVPs are required and are due by October 12.

Kansas Advocates for Better Care provides advocacy, training and support for consumers needing or using long-term care in Kansas since 1972. KABC was originally founded as Kansans for the Improvement of Nursing Homes. KABC is a member-

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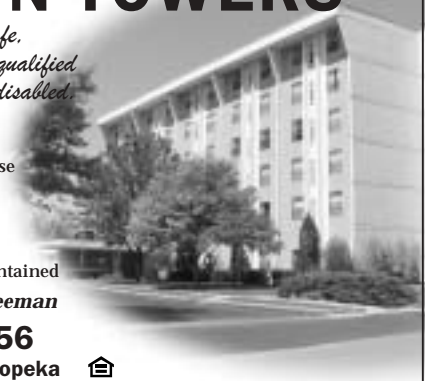
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Women's retirement savings strategies

Five simple strategies for building financial security

The old toast, "here's to long life and good health" was never more appropriate than for today's women. That's because women are living longer than ever before—more than 5.3 years longer on average than men. Yet, the advantage of living longer comes with a responsibility of sup-



Joe B.
Jones

porting the cost of a longer retirement. And that's where women are at a disadvantage.

According to the Women's Institute for a Secure Retirement (WISER), women earn 77 cents for every dollar a man makes, are more likely to work part-time, and have shorter work tenure due to raising children and caring for aging parents. On top of it all, they receive only half the pension benefits that men receive. Since they earn less while working and have less to count on when they retire, many women are forced to deal with negative financial consequences during retirement.

Perhaps it's no surprise, then, that women tend to feel anxious when it comes to their financial futures. A study commissioned by Northwestern Mutual examined women with a household income of \$75,000 or more, and found that 62 percent of these women are concerned about not having enough savings to maintain their lifestyle, compared with only 37 percent of men in this same demographic.

Other tell-tale findings from the 2006 study underscore women's financial anxiety. Women view the following areas as a "major concern," as compared with men:

- High cost of health care coverage (79 percent of women vs. 60 percent of men)
- Adequacy of income available during retirement (67 percent of women vs. 42 percent of men)
- Future of Social Security (62 percent of women vs. 32 percent of men)
- Major healthcare concerns (53 percent of women vs. 39 percent of men)

The good news is that women are continuing to close the gender gap in the working world, while gaining knowledge and power to overcome these financial challenges. Consequently, women are taking the initiative to build a financially sound and secure retirement for themselves.

The following are basic, easy-to-follow strategies to help women improve their financial know-how and enhance their retirement outlook:

Strategy #1: Get Informed and Start Now

Women reading this article already have a jump-start on this strategy. Understanding the need for preparation and learning the facts is a vital first step toward retirement. Women need to take charge of their own financial situation, especially considering the fact that a number of women will be solely responsible for their finances at some point in their lives. Factors such as divorce or death of a spouse may require women to provide for themselves.

It's critical for women to know and understand their benefits. For

example, is there a 401(k) or pension available? Life or disability insurance? How much are these worth? Also, if they're married, they should be familiar with their spouse's benefits and understand how they affect the family.

Getting started on a plan sooner, rather than later, just makes good sense. The sooner saving starts, the greater the return will be upon retirement.

Strategy #2: Pay Yourself First

An effective financial strategy is to pay something into a savings or retirement fund—even before any bills are paid. In fact, the best way to "pay yourself" before even getting a paycheck is through an automatic deduction, a la 401(k) plans. If you never see it, you never miss it!

The old rule of thumb says people should save 10 percent of their income, but recent research is showing that women will likely need more to make up for wage discrepancies and time out of the work force. Women should talk with a financial professional to determine their individual financial goals. In fact, the Northwestern Mutual study also found that women who work with a professional are less likely to express major concerns about savings and income in retirement, and feel more optimistic about the performance of their investments.

Strategy #3: Bank Your Windfalls

Women getting by on what they earn now should consider investing any extra money that comes in. Pay raises, bonuses, commissions, tax returns and inheritance can all be invested and saved for retirement.

Strategy #4: Leave it Alone

Once the savings begins, leave it

alone and watch it grow. However, it's important to track performance and re-evaluate asset allocation at least annually—many factors affect one's financial situation. Women should also resist the temptation to dip into their retirement savings.

Strategy #5: Be a Role Model

A good reason to begin and maintain a retirement savings program is to give kids a good example of responsible money management to follow. Younger siblings, friends and employees can also learn and benefit from our examples. Teaching kids about saving, investing, responsible use of credit cards and debt management are indispensable examples that will help enrich their own financial futures. One idea is to start a "401(kids)" program—an incentive program where parents "match" their child's investment—just like an employer gives employees an incentive to save.

By learning about financial matters, getting started on a plan and following basic savings strategies, building financial security is realistic and attainable for almost any woman. A proactive and strategic approach to finances today can lead to good news financially tomorrow.

- 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 or visit his Web site at www.joe-jones.com.



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Put these estate planning moves to work

Like everyone else, you want to leave a legacy. To make it happen, though, you need to do some estate planning. For most of us, that sounds like a scary task, but it doesn't have to be — as long as you break it down into a few key moves.

Here, in a nutshell, are some of the broad-based moves you'll want to consider:



Harley Catlin and Ryan Catlin

- **Communicate your wishes.** When drawing up your estate plan, you can't leave anything to chance — so you need to communicate your wishes in writing. This means you need to draw up the appropriate legal documents, such as a will and a living trust. If you die intestate (without a will), your belongings will be distributed to your "heirs" as defined by state laws — and these distributions may not be at all what you had in mind. If you want to avoid probate and possibly draw up more complex instructions —, for instance, leaving different amounts of money to different heirs at different points in their lives — you may also need to create a trust.

- **Protect your family.** When you hear the words "estate planning," your first thoughts may be of what you can leave behind to grown children, grandchildren and even great-grandchildren. But if you develop your estate plan while your children are young — and you certainly should — you should name a guardian for them in case both you and your spouse were to die prematurely. Of course, you'll also need to

consider having the right type and amount of life insurance for survivor income and loan repayments.

- **Position your investments to benefit your heirs.** You can arrange for some of your investments to provide significant benefits to your heirs. For example, you can stretch your IRA to extend the key benefit of IRAs — tax-deferred earnings — over a period of several years. You should also make sure you've updated beneficiary designations on various accounts, such as annuities and 401(k) plans, to make sure the assets go to the right people. These designations are very important, as they can supersede even the instructions in your will.

- **Protect against incapacity.** None of us can predict the shape of our physical and mental well-being in the years to come. But to protect your family, you'll certainly want to be prepared for everything. That's why you'll want to make the appropriate arrangements, such as establishing a power of attorney and health care directive, while you're still healthy. These types of documents will empower family members, or other people close to you, to take the necessary steps to carry out your wishes even if you become incapacitated. As with other aspects of your estate plan, however, you'll want to review these arrangements periodically to make sure they still reflect your current thinking.

To make any of these moves — in fact, to make any moves at all related to estate planning — you'll need to work with a team of professionals, including your tax, legal and financial advisors. Comprehensive estate planning can be complex and time-consuming — but it's worth the effort.

- 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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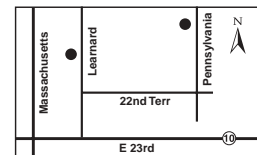


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Physical connections have many health benefits

Health officials everywhere are recommending that we limit handshaking, hugging and kissing to stop the flu. In France, where a kiss on each cheek is customary, nodding is recommended instead. Another proposal is to grasp elbows instead of shaking hands.

While these adjustments are needed right now, in the long run we need



Laura Bennetts

to stay in touch—literally. Greeting a friend with a smile just isn't the same as hugging or warmly clasping hands. When we stop touching, we feel less loved. And love, including sexual love, is essential to health.

Snug as a Bug

Kids thrive when they are held and hugged. Babies make eye contact at birth and bond with the loving touch of family. In the womb, the baby is snugly held—soothed by warm fluid, relaxed by the mother's heartbeat, and gently rocked as she walks around. As we age, we retain the need for intimate contact, even if, at times, we forget how much it matters or think we've outgrown it.

Rx for Heart Health

Adults benefit hugely from touch. Research on the health benefits of loving contact shows that our bodies and minds feel better after a hug. Hugging and kissing reduce stress and blood pressure, boost the relaxing hormone oxytocin, and calm breathing. And people in warm relationships have healthier hearts. That's because high blood pressure increases your risk of stroke and heart disease. So daily hugs can literally improve your heart health.

Since an estimated one in three American adults suffers from high blood pressure, it's wise to make a daily habit of hugging your kids, your dog, or your friends. A great antidote to stress is to make new friends, keep old friends, and show the people you love...with love.

Try It, You'll Like It

Friends, family, and pets are sustaining sources of affection. You may not come from a hugging family, but if you ask for a hug when you greet an old friend, you may start a new tradition. Hugging or cuddling your dog or cat (or your friend's pet) can also lift your spirits and lower your

blood pressure.

I know from visiting my patients that pets look forward to friendly visits and back rubs. Dogs have been our proverbial "best friends" for 100,000 years and they keenly sense when their human friends need affection. That's why it's so warming to enjoy a dog's nuzzling, eager friendship. And pets flourish visibly under our warming touch, too.

"Hugging is Iffy"

In a classic Dilbert comic, an evil consultant advises Dilbert's co-workers to cut daisy chains out of paper blindfolded as a "team-building" exercise. "You'll hug, you'll cry, you feel you learned something," he assures them. "Really?" they inquire. "Actually...the hugging's iffy."

Hugging is always iffy when people have unhappy relations. If you're in a tense or conflict-ridden relationship, you'll miss out on the hugs you need and stress yourself unduly. Stress causes your body to overproduce cortisol, which hurts your heart. So it is quite literally unhealthy to nurse a bitter grudge. When people call grief "heart-rending," they are exactly right—perhaps more than they know.

For the sake of your health it is therefore vital to resolve your intimate conflicts and revive your intimate ties. Seek counseling, find common projects, recommit to making your relationship work—and avoid any kind of "team-building" that involves daisy chains.

Sex: Myth and Truth

A survey of 3,000 people aged 57 to 85 found that seniors with partners are just as sexually active as younger adults, unless they have limiting disabilities (some of which, it is true, are aging-related). And the good news is that limiting disabilities like joint pain and spine pain can often be effectively treated so that those who are affected can return to sexual activity.

People are often hesitant to discuss sex with their doctors or therapists, but, if you have back pain, you probably are limited in your activities, including sexual activities. Physical

therapists help people with back and joint problems, helping you to overcome or cope with pain so that you can live an active and fulfilling life.

For Men

One physical limitation for men, of course, is erectile dysfunction or ED. If you watch TV you practically can't avoid learning that there are treatments for this problem—but did you know that ED can be prevented for some men?

Some men suffer ED as a result of illness. But research shows that, for men who don't have illness-based ED, regular sexual activity can keep everything working well for a lifetime. As we say in therapy: "Use it or lose it." Ideally, since ED medications sometimes have side effects that can affect your heart, reducing the chance of getting ED is your best bet. A happy, lasting sex life is the best way to ensure that.

For Women

Aging women have decreasing levels of estrogen in their bodies. This causes tissues to become thinner, including skin, and as a result many women have vaginal dryness that can make intercourse painful. This can be easily remedied with over-

the-counter vaginal lubricants. And women who remain regularly sexually active also retain their capacity for sexual enjoyment.

New Partners?

Many seniors, after the death of a spouse, acquire a second partner—and, of course, there is nothing about aging that makes you immune to sexually transmitted diseases. So practicing safe sex (say, using condoms) remains important even in later life.

"Besame Mucho"

Intimacy is central to every age and stage of life. Growing older does not have to mean that we have to retire from hugs and kisses, sex and love. With a little help from our friends and spouses we can enjoy the lasting benefits of affection, friendship, and physical connection.

Never underestimate the power of a smile, a hug, or a kind word. Love warms us. It always will.

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

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Health benefits of cherries

Summer is one of my favorite times of the year and one of the reasons is due to the availability of cherries. Most of the grocery stores contain Bing or Mount Rainer cherries. If you are lucky enough, you may have a cherry tree that produces ripe cherries for picking in the summer. Cherries are a sweet, tart and tasty fruit, and are actually very good for you. Cherries have been around

benefits include prevention of heart disease and lowering of LDL cholesterol, jet lag, improved mental functioning, decrease memory loss, fibromyalgia symptoms, pain of arthritis, gout, headaches and urinary tract infections, and constipation.

Cherries have been shown to increase metabolism and improve fatigue and aid in weight loss. Cherries may be beneficial in the protection of cancers of esophagus, stomach and digestive system due to their high levels of flavonoids and anthocyanins.

New research from Oregon Health & Science University shows that people who drank tart cherry juice while training for a long distance run reported significantly less pain after exercise than those who didn't drink the juice. Cherries contain a natural anti-inflammatory agent that helps alleviate the post-exercise inflammation. This is important for the weekend warrior or the athlete because they can use a natural anti-inflammatory power of cherries instead of taking over-the-counter pain medication to reduce muscle pain. Another study showed that with 60 healthy adults aged 18-50 years, those who drank 10.5 ounces cherry juice twice a day for seven days prior to and on the day of a long-distance relay had significantly less muscle pain following the race than those who drank another fruit juice beverage. Future research in examining cherries as a potential source of lowering blood sugar in diabetic patients is around the corner.

Enjoy the sweet or tart cherries while they last because not only are they good, they have many healthy benefits.

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



Dr. Farhang Khosh

for centuries, from the Roman conquerors, to the Greeks, Persian kings and the Chinese warriors. Cherries are believed to have been consumed since prehistoric times. Sweet cherries are closely related to the wild cherries that were indigenous in the region that lies between the Black and the Caspian Sea. The sour cherry is thought to be a hybrid between the sweet cherry and the ground cherry that grew in the eastern and central portion of Europe.

Cherries contain vitamins and minerals, and have many documented health benefits. Some believe that cherries contain the highest levels of antioxidants when compared to other fruits. Cherries contain vitamins C, A, B, bioflavonoids, anthocyanins, magnesium, folate, ellagic acid, potassium, perillyl, melatonin, iron, and fiber. Cherries contain antioxidants, which are essential in fighting free radicals in the system. Free radicals cause damage to the body's healthy cells.

Research on the medicinal benefits from eating cherries mainly comes from the tart cherry. These



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Older Peace Corps volunteers keep public service vision alive

Sen. Edward M. Kennedy will be remembered for many legislative achievements, but one of the most important is his commitment to policies supporting public service and volunteering—a Kennedy family theme with roots in John F. Kennedy's creation of the Peace Corps in 1961.



Mark Miller

Sen. Kennedy left his mark in this arena as recently as last year when he led the charge to enact the Serve America Act, a bill that funds a dramatic expansion of national community service programs. The bill, which is named for the senator, comes at a time when Americans already have been stepping up their involvement in all kinds of volunteer activities, with a good deal of the growth coming from midlife and older adults.

As for the Peace Corps, most people consider it a young person's ad-

venture, but 14 percent of today's volunteers are over age 30. There's no age limit on participation; the oldest volunteer turned 85 recently and about 5 percent of volunteers are over 50—the same generation that was inspired in their youth by JFK and his brothers.

Shirley and Danny Sherrod applied to join the Peace Corps in 2006. Danny had retired at age 47 in 1999, after selling the small manufacturing business he owned in Fort Worth, Texas; Shirley retired at 50 in 2000 from her job as a nurse practitioner. Still young, the couple traveled around the U.S. for several years in a recreational vehicle, working some of the time as volunteers for the U.S. Bureau of Land Management and in the National Parks.

"We had traveled a great deal throughout the developing world, and always enjoyed meeting people," says Danny. "We also had met a number of Peace Corps volunteers, and it seemed to us that as a traveler, you can only get to meet local people at the most basic level. We wanted to really make friends and get to know people and the local culture."

In Panama, both teach English as a second language; Danny also

helps train others to teach English at a local university, and helps with programs promoting local tourism. Shirley works with a local women's group that provides job training for low-income women and she's developing a birth control program.

Older volunteers sometimes encounter difficulties with family members who don't understand their decision to ship off to parts unknown, but that wasn't an issue for the Sherrods, who have three adult children from earlier marriages ranging in age from 30 to 41. "Our children were used to us taking off and doing things and being out of touch a couple months at a time," says Shirley. But she does admit that it can be difficult being separated from her grandchildren, ages 11, 13 and 17.

But benefits have far outweighed any negatives. Says Danny, "The

Peace Corps slogan used to be, 'The toughest job you will ever love.' Even though they don't use the slogan anymore, it's an incredibly accurate description of the work that volunteers do. Peace Corps is a great experience that tests you on a seemingly endless number of levels."

The Sherrods' Peace Corps stint ends in August, 2011. What next? "We might try to stay in the Peace Corps by becoming a country director, trainer or recruiter," Danny says. "Or, maybe we'll go back to our old life in the RV."

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

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Some people think of a migraine as just a very painful headache. Migraine headaches are associated with moderate to severe—often throbbing pain that gets worse with routine physical activity, such as climbing stairs. But additional symptoms, including nausea, vomiting and sensitivity to light and sound, set migraine apart from other headaches.

For some, a migraine attack is preceded by an aura - seeing blind spots or bright flashes of light—or a feeling of tingling or numbness on the skin. These symptoms usually last less than an hour. Most migraine headaches are episodic, meaning that people who have them have many headaches over many years, but each attack is distinct and separate from the others.

Even though a complete cure isn't available, there are plenty of medications that can control migraine attacks. Medications used to combat migraine fall into two broad categories: acute pain-relieving medications and preventive medications.

Acute pain-relieving medications are taken during a migraine attack to stop symptoms that have already begun. For a mild migraine, non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen or aspirin, may be enough to relieve symptoms. For severe migraine headaches, your doctor may prescribe a triptan, a type of medication that can relieve pain, nausea and sensitivity to light and sound. There are currently seven triptans available in the U.S. All are available as tablets; one is available as an injection (sumatriptan); and two are available as nasal sprays (sumatriptan and zolmitriptan).

Ergots are another type of pain-relieving medication for migraine. These medications are usually less effective than triptans. One type of ergot that can be quite effective is

dihydroergotamine, but it must be taken as an injection or a nasal spray. If your migraine attacks are accompanied by nausea, your doctor may recommend an anti-nausea medication in addition to other medications.

Preventive medications are taken regularly, not just when you have a headache. These medications can reduce the frequency, severity and length of migraine attacks and may increase the effectiveness of acute pain-relieving medications. Your doctor may prescribe preventive medications if you have two or more debilitating headaches a month, or if you need to use pain-relieving medications more than twice a week. Preventive medications may also be appropriate if acute pain-relieving medications don't ease your symptoms.

A variety of medications have been found to help prevent migraine headaches, although most were developed to treat other health conditions. They include beta blockers, such as propranolol; calcium channel blockers, such as verapamil; anti-seizure medications (topiramate and divalproex sodium); and tricy-

clic antidepressants, such as amitriptyline. Some studies have indicated that botulinum toxin type A (Botox) injections into the scalp muscles and often neck muscles may also prevent migraine headaches.

When used in combination with medication, self-care steps can help ease migraine symptoms. Some people find that muscle relaxation exercises—meditation, progressive muscle relaxation, and yoga, for example—decrease the pain of a migraine. A gentle head and neck massage may also be soothing. A hot pack or heating pad can relax tense muscles and increase blood flow. Ice packs can have a numbing effect that dulls the pain. You may find that resting in a dark, quiet room when you feel symptoms starting can decrease the severity and length of a migraine. Exercising regularly and getting enough sleep seem to help prevent migraine headaches.

If you don't already do so, consider keeping a headache diary. After a migraine passes, write down when and how your headache began and what might have set it off; where the pain was located and how severe

it was; what type of treatment you used and how well it worked. This diary can help identify factors that may be triggering your migraine attacks. It also can be useful to review your headache diary as you and your doctor evaluate the effectiveness of your migraine treatment and customize that treatment so it works best for you. - Jerry Swanson, M.D., Neurology, 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, 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.)

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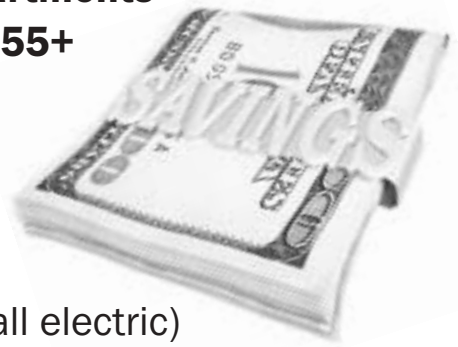
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Editor's Note: While every attempt has been made to ensure the accuracy of the events listed below, some changes may occur without notice. Please confirm any event you plan to attend.

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

ART/ENTERTAINMENT

OCT 11

THE KANSAS CITY SYMPHONY

Joining Stern and the orchestra at TPAC to perform Antonin Dvorak's Cello Concerto will be famed German cellist Alban Gerhardt, who has performed with more than 160 orchestras around the world. Fee. Topeka Performing Arts Center.

TOPEKA, (816) 471-0400

<http://www.kcsymphony.org>

OCT 12

CHORAL CYCLES

Choral cycles are groups of songs intended to be performed in sequence as a single entity. The Singers at this show will present choral cycles by Johannes Brahms, Francis Poulenc, Robert Schumann, John Rutter, Mack Wilberg and Kansas-born composer Kirke Mechen, among others. Fee. White Concert Hall.

TOPEKA, (785) 267-3500

<http://www.topekafestivalsingers.com>

OCT 16

WASHBURN SYMPHONY ORCHESTRA

Washburn Symphony Orchestra will perform at 7:00 p.m. Admission is free.

TOPEKA, (785) 670-1511

OCT 17

FALL CHORAL CONCERT

The Fall Choral Concert will begin at 7:30 p.m., at White Concert Hall. Admission is free.

TOPEKA, (785) 670-1511

OCT 21

IN THE MOOD

More than a concert, "In The Mood" is a Big Band Theatrical Swing Revue. It's the music of Glenn Miller, Tommy Dorsey, Artie Shaw, Benny Goodman, Harry James, Erskine Hawkins, The Andrews Sisters, Frank Sinatra, and other greats of the 1940s. Featuring a company of 19, including the In the Mood Singers and Dancers with the sensational String of Pearls Big Band Orchestra, the show's music arrangements, costumes and choreography are as authentic as it gets. Topeka Performing Arts Center.

TOPEKA, (785) 234 2787

<http://www.tpactix.org>

OCT 24

THE FRENCH CONNECTION

Topeka Symphony Orchestra Concert: "The French Connection"; Copland: Organ Symphony featuring Stephen Hamilton, soloist; Honegger: Pacific 231; Stravinsky: Divertimento from "The Fairies Kiss"; Gershwin: An American in Paris, White Concert Hall, Washburn University. Fee.

TOPEKA, (785) 232-2032

<http://www.topekasympphony.org>

OCT 27 & 28

SESAME STREET LIVE - WHEN ELMO GROWS UP

Introducing Abby Cadabby! The newest Muppet on Sesame Street joins Elmo, Zoe, Rosita and all of her furry and feathered friends in asking, "What do you want to be when you grow up?" as they prepare for a pageant on Sesame Street. Get ready to sing cowboy songs, ride the rails and more with Sesame Street Live "When Elmo Grows Up."

Topeka Performing Arts Center.

TOPEKA, (785) 234-2787

<http://www.tpactix.org>

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

Minis start at 6:00 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, THURSDAYS & SUNDAYS

MOOSE CLUB

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

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

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

BOOKMOBILE

MONDAYS

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

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

TOPEKA, (785) 354-5225

OCT 1

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

OCT 8

TALK WITH YOUR DOC LIKE A PRO

A Skillbuilders program presented by Lisa Mitchell, RN. 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

OCT 15

WINTERIZING YOUR CAR

A Skillbuilders program presented by Richard Haig, Westside 66. 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

OCT 15 & 16

AARP DRIVING SAFETY

The last 2009 AARP Driving Safety class at the Library will be held in the Gallery from 10:00 a.m. to 3:00 p.m. on Thursday and Friday, October 15 and 16. This refresher course will discuss driving tips and techniques as well as covering new traffic laws and other useful information. Those completing the two-day class will receive a certificate for insurance purposes. No tests are given. There is no age requirement to attend. The class is \$12 for AARP members and \$14 for non-members. If you cannot attend this session, classes will resume in 2010. Due to space limitations, registration is required. To register for this class, contact Pattie at the library.

LAWRENCE, (785) 843-3833 extension 115.

OCT 21

PRE-DIABETES CLASS

This free class is for those at risk for developing diabetes or who have already been told that they have pre-diabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications, and avoiding potential complications. Meeting Room A, Lawrence Memorial Hospital.

LAWRENCE, (785) 749-5800

OCT 22

MANAGING YOUR MONEY

A Skillbuilders program presented by Steve Hamilton, VSR. Skillbuilders offers education and support for widows, widowers, and care-

givers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.

LAWRENCE, (785) 843-3738

OCT 29

WINTER GARDENING

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

LAWRENCE, (785) 843-3738

NOV 5

STRENGTHENING YOUR SPIRITUAL WELL-BEING

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

LAWRENCE, (785) 843-3738

EXHIBITS/SHOWS

APR 4-OCT 31

A CENTURY OF RAILROADING IN JACKSON COUNTY, KANSAS (1860 TO 1960)

See model trains, train and depot pictures and fashions from 1860 to 1960! Hear railroad songs and stories of railroad life! Saturdays and Sundays. Roebke House Museum.

HOLTON, (785) 364-4991

<http://www.holtkonks.net/jchs>

OCT 2-NOV 4

REALITY CHECK

Modern realist painting by Ye Wang and Robert Swain. Beauchamp's Gallery.

TOPEKA, (785) 233-0300

OCT 10 & 11

LAWRENCE ARTWALK 2009

Showcases the fabulous art created by many of Douglas County's fine artists. As many as 70 artists exhibited their incredible artwork at locations in and around Lawrence. Artists display work in a wide variety of mediums including ceramics, digital art, drawing, fiber, jewelry, mixed media (2-D), mixed media (3-D), painting, photography and sculpture.

LAWRENCE, (785) 865-4499

<http://www.lawrenceartwalk.org/>

OCT 23-25

FALL ANTIQUE SHOW AND SALE

Pilot's Club bi-annual antique show and sale. Wide array of antiques offered for sale during this show. Douglas County Fairgrounds.

LAWRENCE, (785) 843-6219

FAIRS/FESTIVALS

SEP 5-OCT 11

KANSAS CITY RENAISSANCE FESTIVAL

Festival features live entertainment, mouth-watering food, fun and activities for the entire family. Has been ranked as one of the top 100 events in North America. Weekends; Labor Day, and Columbus Day. Rain or shine.

BONNER SPRINGS, (913) 721-2110

<http://www.kcrenfest.com>

SEP 26-OCT 30

GARY'S FALL FESTIVAL

Featuring eight-acre corn maze, pumpkin patch, haunted house, hay rides, 40' slipper slide, corn pit, etc. 5991 17th Street.

GRANTVILLE, (785) 246-0800

OCT 2

OKTOBERFEST CELEBRATION

Shawnee's Oktoberfest is intended for the whole family and includes games for the children, German food and beverages, all geared to heighten the festival atmosphere. All events are open to the public, with free admission.

Shawnee Civic Centre.

SHAWNEE, (913) 631-5200

■ CONTINUED ON PAGE 17

■ CONTINUED FROM PAGE 16

OCT 2 & 3

SANTA FE TRAIL DAYS

Crafters, kids activities and lots of food. Take a look at a historical Santa Fe Trail exhibit. The Mountain Men Gun Club will perform both days. Awesome music and entertainment. A Shodeo event will draw your attention to the wild frontier.

OVERBROOK, (785) 453-2185
http://www.ExploreOsage.com

OCT 3

2ND ANNUAL POMONA FALL FESTIVAL

Pomona Fall Festival with fall festivities such as pumpkin carving, a parade, horseshoe tournament, washer tournament and much more!

POMONA, (785) 566-3337

OCT 3

NORDIC HERITAGE FESTIVAL

Experience Scandinavian culture through food, arts & crafts, genealogy, music, dance and more. Douglas County Fairgrounds.

LAWRENCE, (785) 843-7535
http://www.nordicheritagefest.com

OCT 3

SCARECROW FESTIVAL

Festivities include a scarecrow contest, pumpkin painting and decorating contest, pie contest and activities for the kids. 11110 Johnson Dr.

SHAWNEE, (913) 631-2500
http://www.GoodStartsHere.com

OCT 3 & 4

OZTOBERFEST

Celebrate the 70th anniversary of the Wizard of OZ! 511 Lincoln.

WAMEGO, (785) 458-8686
http://www.oztoberfest.com

OCT 4

APPLE FESTIVAL

Apple festival celebrating all things apple with live entertainment, annual quilt show, heritage food, petting zoo and lots more. Old Prairie Town at Ward-Meade Historic Site.

TOPEKA, (785) 368-2437

OCT 10

PAXICO POLKA PFEST

Live Polka music all day, tractor parade, mutt race, crafts for children and tasty food!

PAXICO, (785) 636-8400
http://www.paxicomerchants.com

OCT 17 & 18

MAPLE LEAF FESTIVAL

Typically drawing well over 25,000 visitors annually, the festival derives its popularity from a wide range of family fun, food, and foot-stomping musical entertainment. Perennial favorites include a carnival, petting zoo, Kansas' oldest quilt show and the Kids Zone with activities for children under 10. Enjoy free, continuous, live musical performances during the weekend.

BALDWIN CITY, (785) 594-7564
http://www.mapleleaffestival.com

OCT 24

HARVEST FESTIVAL & CHILI COOK-OFF

Features fine arts booths, crafts booths, juried art show, live music, Chili Cook-off contest and children's activities.

PAOLA, (913) 294-4335
http://www.paolachamber.org

FARMERS' MARKETS

APR 15-NOV 17

DOWNTOWN TOPEKA FARMERS' MARKET

Farm fresh vegetables, crafts, home baked goods, food, plants, herbs and wood products all handmade. Begins at 7:30 a.m. until noon. Every Saturday.

TOPEKA, (785) 234-9336
http://www.TopekaFarmersMarket.com

APR 25-NOV 7

LAWRENCE FARMERS' MARKET

Offering fresh fruits and vegetables, baked

goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the place to go for the freshest and finest quality produce, meat and artisan crafts. Live music every Saturday morning.

LAWRENCE, (785) 331-4445
http://downtownlawrence.com/farmersmarket.html

MAY 22-MID OCTOBER

PERRY-LECOMPTON FARMERS' MARKET

Held from 5:00-7:00 p.m. every Tuesday and Friday in the Fast Trax parking lot, 2115 Ferguson Rd.

PERRY, (785) 597-2307

HALLOWEEN EVENTS

OCT 16-24

HAUNTED HOUSE WALKING TOUR

Guided tour of the haunted houses in Fort Leavenworth on Oct. 17-18, 24-25 at 7:00 p.m. Tickets sold at the Gift Shop of the Frontier Army Museum at Ft. Leavenworth. Tour leaves promptly at 7:00 p.m. from Zais Park, Grant & Kearney Sts. Note: Picture ID required upon entering the fort.

FORT LEAVENWORTH, (913) 684-3193

OCT 24

SCARY ON THE PRAIRIE

Trick or treat at the historic buildings, have cookies and cider near the witch's cauldron, hear not-so-scary, scary stories in the mansion, and decorate pumpkins. 4:00-6:00 p.m. Admission: \$2 per person. Child must be accompanied by a parent or guardian. Old Prairie Town at Ward Meade.

TOPEKA, (785) 368-2437

OCT 31

COMMUNITY HALLOWEEN PARTY

Costumes welcome! Treats for all ages. Safe alternative to trick-or-treating. Activities for all ages.

SPRING HILL, (913) 592-2304

OCT 31

DOWNTOWN LAWRENCE HALLOWEEN TRICK-OR-TREAT

Downtown merchants greet children with sweet treats and Halloween trinkets for an evening of family fun.

LAWRENCE, (785) 842-3883

HEALTH

MONDAYS THROUGH THURSDAYS

FIT FOR LIFE

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

TUESDAYS, WEDNESDAYS AND THURSDAYS

JAZZERCISE LITE

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

LAWRENCE, (785) 331-4333

TUESDAYS AND THURSDAYS

BLOOD PRESSURE CLINIC

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

TOPEKA, (785) 354-6787

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9:00 a.m.- 1:00 p.m. and 3:00-6:00 p.m. No appointment necessary.

LAWRENCE, (785) 856 - 6030

TUESDAYS AND THURSDAYS

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 AND THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies BY Washburn University School of Nursing Mobile Health Unit. YWCA of

Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m. TOPEKA, (785) 233-1750, EXT. 252

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE AND HEALTH INFORMATION

Sponsored by the West Ridge Mall merchants. Conducted in mall's food court. No appointment necessary.

WEST RIDGE MALL, TOPEKA, 8:15-9:15 AM

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

Bring questions about your medications (prescription or over-the-counter), 1:30-2:30 p.m. Call for appointment. Healthwise 55 Resource

■ CONTINUED ON PAGE 18

There is no rule that you have to do it all on your own.



If you had a headache, you'd take an aspirin, right? The physical and emotional burdens of caring for the aging and terminally ill can take its toll on a patient and their family and friends. Midland Care is here for you, offering a full spectrum of caring solutions, from Adult Day Care to Hospice. Call today or visit our website to learn more.



■ CONTINUED FROM PAGE 17

Center, 2252 S.W. 10th Ave.
TOPEKA, (785) 354-6787

**FOURTH THURSDAY OF EACH MONTH
NUTRITION CLINIC**

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

OCT 2

BONE DENSITY SCREENING

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

OCT 7

CHOLESTEROL SCREENINGS

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$5/test. Lawrence Memorial Hospital, HealthSource Room, 3:00-4:30 P.m. LAWRENCE, (785) 749-5800

OCT 17

BONE DENSITY SCREENING

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

OCT 28

BONE DENSITY SCREENING

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

NOV 2

BONE DENSITY SCREENING

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

HISTORY/HERITAGE

OCT 10

CIVIL WAR DAY

Experience Civil War re-enactments. Special exhibits and a pancake feed. Event runs 7:30 a.m.-3:00 p.m. TOPEKA, (785) 862-1020

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

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

FIRST AND THIRD MONDAY OF EACH MONTH

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

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP
For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.
LAWRENCE MEMORIAL HOSPITAL
4:00-5:00 PM, (785) 840-3140

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

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

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

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

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

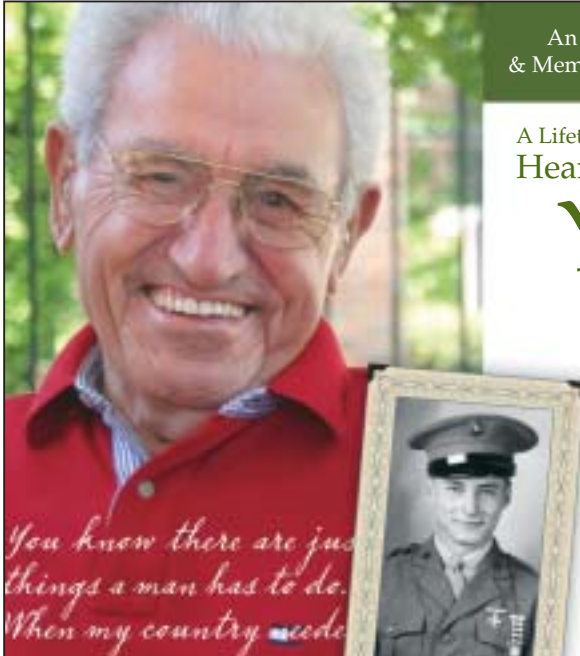
**FIRST TUESDAY OF EACH MONTH
LOSS AND GRIEF SUPPORT GROUP**

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

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

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

■ CONTINUED ON PAGE 19



You know there are just things a man has to do. When my country needs

An Assisted Living & Memory Care Residence

the Windsor

OF LAWRENCE

A Lifetime in Every Face, A story in Every Smile.
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- Snap-On Presser Foot • Built-in Accessory Storage
- 13 Languages Available On-Screen • Swing-Open Face Plate
- Dual Krypton Lights • Electronic Foot Control
- Adjustable Foot Pressure • Superior Feed System (SFS)

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300E
\$999.99
Reg. price \$1399.00



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WE SERVICE AND REPAIR ALL BRANDS AND MODELS OF SEWING MACHINES

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TUESDAYS

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

TUESDAYS

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

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

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

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

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

**FIRST WEDNESDAY OF EACH MONTH
INVESTMENT UPDATES**

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

**WEDNESDAYS AND SUNDAYS
OLDSTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)**

Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6:00-9:00 p.m. on Sundays at the Eagles Lodge.

LAWRENCE

THURSDAYS

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

THURSDAYS

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

**FIRST THURSDAY OF EACH MONTH
LAWRENCE AREA PARTNERS IN AGING**

Networking group. Call Ashley at (785) 842-0543 for more information. \$12.00 to attend (includes lunch).
JADE MONGOLIAN BARBEQUE, LAWRENCE
11:30 AM-1:00 PM

FIRST AND THIRD THURSDAY OF EACH MONTH

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

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

Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2:00 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office. Health Agency Main Library.
TOPEKA, (785) 232-7765

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

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

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

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 11:00 a.m.
TOPEKA, (785) 235-1367, EXT. 130

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

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

**SECOND TUESDAY OF EACH MONTH
NATIONAL ASSOCIATION OF RAILROAD
AND VETERAN RAILROAD EMPLOYEES
(NARVRE)**

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

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

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

**SECOND TUESDAY OF EACH MONTH
SCRAPBOOK MEMORIES**

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

**SECOND AND FOURTH TUESDAY OF
EACH MONTH**

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

**SECOND AND FOURTH WEDNESDAY OF
EACH MONTH**

**ALZHEIMER'S EARLY STAGE PATIENT
SUPPORT GROUP**
For patients with early stage Alzheimer's.
SEABROOK UNITED CHURCH OF CHURCH
(785) 234-2523

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

Held at The Windsor of Lawrence, 3220 Peterson Rd., 2:00 p.m. For more information, please call Amy Homer.
LAWRENCE, (785) 832-9900

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

The Diabetes Education Center provides a free monthly program for those with diabetes and their support persons, at 6:00 p.m. Lawrence Memorial Hospital, Meeting Room A.
LAWRENCE, (785) 505-3062

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

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

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

Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander.
LAWRENCE, (785) 843-2584
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■ CONTINUED ON PAGE 20

■ CONTINUED FROM PAGE 19

**THIRD TUESDAY OF EACH MONTH
SCRAPBOOK MEMORIES**

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

TOPEKA, (785) 228-0400

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

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

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

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.

TOPEKA, (785) 286-2329 or (785) 231-0763

**THIRD WEDNESDAY OF EACH MONTH
RETIRED GOVERNMENT EMPLOYEES**

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte.

LAWRENCE, (785) 856-0558

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

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

TOPEKA, (785) 271-6500

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

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

BALDWIN CITY, (785) 842-0543

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

For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11:00 a.m.-1:00 p.m. For more information about the Widowed Persons Service Program, please call Julie.

TOPEKA, (785) 357-7290

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

Presbyterian Manor, 1429 Kasold., 4:00 p.m. Sponsored by Heart of America Hospice.

LAWRENCE, (785) 841-5300

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

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

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

Administered by Senior Outreach Services in cooperation with Jayhawk Area Agency on Aging, Inc. Designed to be a safe place to assist and empower caregivers of seniors. Rose Hill Place Clubhouse, 3600 SW Gage Blvd. 1:00 p.m.

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

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

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

LAWRENCE, (785) 842-0543

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

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.

TOPEKA, (785) 233-5762

<http://www.tgstopeka.org>

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

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

OCT 23

AARP CHAPTER 1696

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Andrew Stull, the Douglas County Health Inspector with the Kansas Department of Agriculture will give the program. New and interested members welcome. Please call Noreen for reservations.

LAWRENCE, (785) 842-6765

MISCELLANEOUS

OCT 2

GHOST TOURS

Ghost tour of North Topeka. Visit the most haunted locations in North Topeka, including cemeteries, the Moose Lodge and the business district. Age 12 and over.

TOPEKA, (785) 383-2925

<http://www.ghosttourskansas.com>

OCT 3

BLUES & BAR-B-QUE

6th annual "Blues & BBQ" will be held at the Lumberyard in downtown Baldwin City. You're invited for an evening of good food and fabulous live music. All proceeds benefit the building fund for The Lumberyard Arts Center.

BALDWIN CITY, (785) 594-3200

<http://www.lumberyardartscenter.org>

OCT 3

CITYWIDE GARAGE SALE

Come spend the day with us and you're sure to leave with something special. Maps with sale descriptions available for your convenience.

TONGANOXIE, (913) 845-9244

<http://Tonganoxiechamber.org>

OCT 18

BREAKFAST AT BLACK JACK

Breakfast at Black Jack will feature a country breakfast at the Pearson Farmstead at Black Jack Battlefield. Tours of the Black Jack Battlefield at 10:00 a.m. and noon. Pearson Farmstead, 3 miles East of Baldwin City on Hwy 56.

WELLSVILLE, (785) 865-4499

<http://blackjackbattlefield.org>

OCT 25

CHILDREN'S RAILROAD ACTIVITY DAY

Costume contests, tricks and treats, mini hand car ride, arts and crafts, activities and games. 12 and under free. Friends of the Station free. The Great Overland Station, 1:00-3:00 p.m.

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<http://www.greatoverlandstation.com>



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Placing flyers in Kaw Valley Senior Monthly couldn't be easier!

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\$275.00	\$350.00	\$475.00	\$600.00

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

Thank You, Advertisers!

As we celebrate our 100th issue, we would like to offer a special thanks to our advertisers, who make each issue of Kaw Valley Senior Monthly possible. Below we have listed our current advertisers along with the month they began advertising in Senior Monthly:

Advanced Homecare, Inc. January 2002	Electronic Auctioneer Pat Kindle August 2001	Lawrence Funeral Chapel March 2002	Penwell-Gabel Funeral Homes Crematory & Cemetery January 2005
American Heart Association June 2007	Elite Private Care March 2008	Lawrence Memorial Hospital August 2001	Plaza West Apartments August 2008
Bate's Furniture April 2009	The Etc. Shop December 2001	Lawrence Therapy Services/ Baldwin Therapy Services* July 2001	Prairie Commons October 2001
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Community Mercantile September 2001	Heartland Hospice Care February 2004	Medtronic Spinal & Biologics - Kyphon Products October 2009	Vintage Park at Baldwin City December 2007
Cooper's Home Care January 2009	Hedges Real Estate Susan Bonham April 2004	Midland Care Connection December 2003	Vintage Park At Ottawa December 2007
Criticare Home Health Services November 2001	Home Instead Senior Care April 2008	Mini Dental Implant Centers of America October 2009	Warren-McElwain Mortuary January 2003
Douglas County Visiting Nurses, Rehabilitation & Hospice January 2002	Hutton Monuments February 2006	Mission Towers February 2005	Wiklund, Peterson, Krische and Van Horn, DDS, LLC September 2001
Drury Place At Alvamar February 2004	Kansas Better Hearing Solutions (Miracle-Ear®) July 2001	Northwestern Mutual Financial Network Joe B. Jones October 2006	The Windsor of Lawrence February 2004
Drury Place Of Topeka February 2004	Kansas Rehabilitation Hospital January 2005	Osladil Insurance Company August 2001	Wyndam Place April 2005
Edward Jones	La Colonia March 2008		
Harley and Ryan Catlin September 2001			

* Lawrence Therapy Services/
Baldwin Therapy Services has had
ads in all 100 issues of Kaw Valley
Senior Monthly.

Small Adjustments

King Numrene Kongen and Queen Detal Dronningen were happy when sweet Prince Chibi was born. King Numrene and Queen Detal were tall and ample. They seldom smiled, and they never laughed.

Theirs was a very traditional kingdom. People seeking an audience with the royal couple had to climb a tall flight of steps to their thrones.



Larry
Day

Years passed and the royal couple grew old. Prince Chibi was middle-aged by then, and the king and queen were concerned about him. Prince Chibi was small and thin, not tall and ample like his parents.

Prince Chibi was bright and friendly, but he was a social revolutionary, and he flouted social, political and cultural traditions of the kingdom.

He refused to marry the princess his parents chose for him. He eschewed deference—no one bowed or addressed him as “your royal highness.” In fact everyone in the palace called him “Checito.”

The prince often ate in the kitchen with the servants rather than in the royal dining room. He preferred working with the field hands to fox hunting.

All this was troubling to King Numrene and Queen Detal. The idea of leaving the kingdom to Prince Chibi worried them, but the thought of disinheriting him was more worrisome because the other candidates to succession were either aristocratic nincompoops who would bankrupt the kingdom, or draconian militarists who would waste its resources on pointless wars of aggression.

The king and queen put Lord Fedt Mand, the chancellor of legal gobbledygook, to work on the problem. He came up with a royal succession document that required Prince Chibi to “not fundamentally change the traditional structure of the kingdom.”

When he became king, Chibi assigned his friend Lord Tynd Mand, the chancellor of media relations, to find a loophole in the royal succession document. Lord Tynd Mand came up with “the Principle of Reverse Applications.”

After a short but fierce legal battle, the Royal Supreme Court decreed that the Principle of Reverse Appli-

cations was valid.

That’s when King Chibi put a “closed for renovation” sign on the palace, and solicited bids from contractors. While the palace was being renovated, King Chibi hired a public relations firm to train members of the royal court in new court language and protocol.

Six months later the king held a two-week open house at the renovated palace. He invited everyone in the kingdom to attend. The royal invitations designated the day each person was to attend. The poorest of the poor received special “pre-open house” invitations. There were lavish refreshments and extraordinary entertainment.

The poor, the working class, the middle class, and the quasi-middle class were invited to attend the open house, in that order, in the first 13 days.

The wealthiest class and the aristocracy were invited to attend on the last day of the open house. By that time refreshments consisted of soda crackers and tepid water, and the entertainers played polkas on instruments created from farm implements.

The open house procedure shocked the wealthy and the aristocrats, but the renovation of the palace and the new royal protocol shocked them even more.

The royal thrones had stood on a platform high above everyone. Now there was a deep hole in the throne room floor. Where there had been steps leading up to the royal thrones there was now a long stainless steel slippery slide.

Everyone who wanted to see King Chibi had to slide down the slippery slide. At the bottom of the slide was a podium from which the petitioner addressed the king. An attendant adjusted the podium so that each petitioner had to stand on tippy toes and speak down to the king. King Chibi sat on a small stool in a pit several feet below the podium.

Every day folks were announced to the king as “Tom the barber,” and “Sally the seamstress.” Aristocrats and the wealthy were announced with fictitious titles such as “His Everlasting Wonderfulness, Lord Bilgewater,” and “Her Extraordinary Exquisiteness Lady Belch.”

Everyone was required to address the king as “your humble lowness.” Sitting on his stool down in the pit, King Chibi smiled and laughed—a lot.

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



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The Idyllic Islands of Georgia are a paradise

By Jonathan Lerner

www.TravelMuse.com

A quirk of geography—the Atlantic seaboard's long inward curve between North Carolina and south Florida—makes coastal Georgia a watery paradise. The beaches and coastal islands are shaped by high tides. All this water pushes inland, creating a vast, low panorama of swamp, salt marsh, tidal creeks and barrier islands. This is a stunningly pristine region; most of the islands aren't even inhabited. Those that are offer a range of vacation styles, all within a day-trip from Savannah.

Tybee Island: What a Beach Town Used to Be

Just 12 miles from the city is Tybee Island, an old-fashioned and deliciously unpretentious beach town. There's nothing slick—not a Star-buck's in sight. The main drag is a jumble: old cottages and motels, newer low-rise condos, miscellaneous shops and restaurants. (People gladly stand in line at the Breakfast Club, "World Famous Since 1976," where the spicy sausage is homemade. 1500 Butler Ave.) The quiet back streets are lined with simple cottages, many with big-screened porches, many for rent.

Beach Tours

There are five miles of broad ocean beach. On the bay side, there's the seemingly endless world of marshes, creeks and islands—water sports heaven. A perfect way to explore it—quietly, at sea level—is by kayak through Sea Kayak Georgia. A half-day guided tour to gorgeously natural Little Tybee Island and up a tidal creek into the marsh is \$55. Full-day and custom camping ventures are also offered. 1102 Highway 80. Tel. 888-529-2542. Hours: 10 a.m. to 6 p.m. www.seakayakgeorgia.com

Top Tybee Attractions

Tybee attractions include a lighthouse dating from 1773, which you can climb for a dazzling view. Oddball 19th-century Fort Screven now houses private residences, but is also the site of a local history museum.

Mostly, Tybee is a place to lay back. There are a few white-tablecloth restaurants. But the scene is more authentic on a waterfront deck where diners might arrive in bathing suits and flip-flops. Lively Cafe Loco is steps from the shrimp boats that provide its daily supply. Its owner

fondly calls it "honky-tonk." Tybee Waterfront Village. 912-786-7810. cafelocotybeeisland.com.

AJ's Dockside faces the bay and marsh, with a straightforward seafood menu, a stunning sunset view and a Margaritaville vibe. 1315 Chatham Ave. 912-786-9533. Hours: 11:00 a.m. to 10:00 p.m. ajsdockingtybee.com.

SAPELO ISLAND: LIVING HISTORY

Reynolds Mansion

Some Georgia islands, once plantations, later became private winter playgrounds for the wealthy. The tobacco-rich Reynolds family owned Sapelo, and in the 1920s rebuilt its 1810 cotton planter's mansion. The island, reached only by ferry, is now a state nature preserve. The 13-bedroom mansion is available for group stays or tours.

Reynolds Mansion. Tel. 912-437-3224 (tours) and tel. 912-485-2299 (lodging reservations). Mansion reservations are based on availability and require a minimum of 16 guests and a two-night stay; the mansion can accommodate up to 29 guests. Rates start at \$175 per person per night, and include three meals per day. www.gastateparks.org.

Hog Hammock

Sapelo is also the site of tiny Hog Hammock, among the last remaining original Gullah communities. Gullah people (also known as Geechee) are descended from slaves who worked on island plantations. Due to the isolation on the Georgia and South Carolina islands, they retain a culture and language closer to their African roots than that of other African-Americans.

The village has a few guesthouses and eating spots, and guided tours are offered. There's also a campground with hot showers. Expect to walk or bike on sandy lanes to explore the island's empty beaches, haunting plantation ruins and an ancient American Indian shell ring. [Read more about Gullah culture in the South.]

Sea Island: Upscale but Understated

Manicured where Sapelo is wild, and dressy where Tybee is casual, Sea Island is a five-star private resort. It centers on the historic Cloister hotel, which was rebuilt in 2006, but without sacrificing its traditions of gentility. An array of accommodation types are offered.



The lighthouse on Sapelo Island was built in 1820.

Activities include tennis, golf, boating, fishing, riding, shooting, shopping and luxuriating in the spa. Sea Island is a favored destination for high-end meetings—it recently hosted a Group of Eight international summit meeting—and a place where many guests return every year. The Cloister rates start at \$750 per night. 100 Cloister Drive. 866-879-6238. www.seaisland.com.

Cumberland Island: Pristine Preserve

This largest and southernmost of Georgia's barrier islands once belonged to the Carnegie family. Carnegie descendants still run the Greyfield Inn in a house built in 1901, and there are a handful of other private homes. But the island is a protected National Seashore. Most visitors come by ferry, from the mainland town of St. Mary's, on day trips or to camp; reservations are a must. There are both developed and primitive campsites. Don't ex-

pect any restaurants or stores; bikes can be rented.

Historic Sites

Cumberland has more than 50 miles of trails through maritime forest and sand dunes, past salt marshes and into freshwater swamps. Guided tours are offered of Plum Orchard a turn-of-the-century mansion, and ruined Dungeness, which was the Carnegies' main house here. You can also visit a historic African-American church, and the remains of slave dwellings.

Nature in its splendor is the real draw here. Wildlife viewing—including sea turtles, alligators, wood storks, egrets and feral horses—fishing, hunting, swimming, hiking and beachcombing are the real reasons to come.

Georgia Island Attractions, <http://www.travelmuse.com/articles/savannah/georgia-island-travel>.

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Talking to animals is not crazy

QUESTION: I talk to animals, but I think it's even crazier for me to believe my cat is answering me, and crazier yet to be writing to you to get my name into the paper. Am I really crazy? - H.C. Montreal, Canada

ANSWER: You're not so crazy. Stanley Coren, a professor of psychology at the University of British Columbia, Vancouver, says, "We do know that dogs understand far more

hounds barking together. These dogs are piddling together."

Day by day, move the pee pads closer to a door. Once you get there, let the pads straddle the door for a day or two, then put them outside. Next, take your dogs on leash to the pee pads. As they go, say, "go potty and instantly offer a treat only used for this purpose and lots of praise. By saying "go potty," eventually you'll train them to do their business on command.

Once the dogs are comfortable going on pee pads outside for a week or so, begin to cut away the pads little by little. As the pad shrink, the dogs will start to go on the grass until they must because the pads are too small to use.

Cantrell points out that if you're leaving your dogs alone for than six to eight hours every day, giving them dogs an option to go indoors on pee pads is the most humane choice. Other options are to install a doggy door (the dogs will need to be shown how to use it), or hire a dog walker.

(Write to Steve at Tribune Media Services, 2225 Kenmore Ave., Suite 114, Buffalo, NY. 14207. Send e-mail to petworld@stevedale.tv. Include your name, city and state.)

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Steve Dale

than we credit them with, from about 165 words to 250 words."

There's no reason to believe that cats understand any fewer words, though no one has done the research with cats. We do perceive that cats understand less of what we're telling them than dogs do, but that might simply be because most cats aren't motivated to respond or understand. It doesn't mean they're incapable of doing so. Another issue is that many people actively work to teach dogs, while few train cats. It could just be that cats 'get' far more than we think; they're just more subtle at showing how much they understand.

Coren, author of "The Modern Dogs: How We Live With Dogs Today" (Free Press, New York, NY, 2008; \$26), adds that while individual genetic smarts play a role in how much dogs are able to learn (just as some people seem smarter than others), as does the breed, what matters most is how much effort is made to teach. Dogs learn to learn, and the more they learn, the more they're open to continue learning. Likely, the same is true for cats. Therefore, talking to your cat may expand your pet's horizons, and the fact that your cat is "talking back" means she's enjoying the interaction. There's nothing crazy about that.

QUESTION: We purchased our two dachshund brothers in the winter, so housetraining didn't go well. We decided to use pee pads, which turned out to be a big mistake. Now, they're nearly 2 years old and still going on the pads, but not outdoors. How to we get them to relieve themselves outside? - R.N., Wild Rose, WI

ANSWER: "It's interesting how problems come in two's with dachshunds," says dog trainer Krista Cantrell, author of "Housetrain Your Dog Now" (Plume Penguin Putnam, New York, NY, 2000; \$12.95). "I just dealt with two dachs-



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A last-minute apple dessert for autumn

By Wolfgang Puck
Tribune Media Services

I've never really looked at the calendar to know when fall begins. From my earliest childhood memories, autumn always started with apple-picking, and the appearance of those beautiful red, green, and gold fruit in farmers' markets.

As the seasons turned, my mother and grandmother filled our kitchen with the sweet smells of apple strudel, apple compote, or baked apples sprinkled with cinnamon and drizzled with honey. Here was real comfort food, satisfying soul and stomach alike. Better still, apples were so delicious to begin with that it was really easy to produce amazing flavors when you cooked them.

When it comes to cooking apples, I like crisp varieties that hold their shape well and that have a good amount of tart acidity to balance their sweetness for a more complex and interesting flavor. One of my favorite choices is the widely available Granny Smith variety, and other good options including Jonathan, Cortland, or Gravenstein. Even if you have a less tart apple that will hold its shape well when cooked, such as Gala or Golden or Red Delicious, you can still get good results simply by adding a squeeze of lemon juice.

Once you have the right apples, it's time to start cooking them into a great fall dessert. And that doesn't mean you suddenly have to become a strudel-making expert—or even make a traditional two-crust pie.

In fact, I came up with a great, easy way to make an apple dessert in a matter of minutes when I recently appeared on ABC's "Good Morning

America" and was given the challenge of coming up with six dishes in less than an hour. For dessert, I grabbed some apples and a box of widely available cornbread mix from the pantry and went to work, improvising a recipe I playfully called Mississippi Apple Pie.

Actually, it's more like a cobbler than a pie, because it has no bottom crust. That's good, too, for a couple of reasons. To be honest, I don't like pies with more crust than apple. Neither do I like bottom crusts that turn soggy. So a light, flavorful top crust of golden cornbread seemed like just the thing.

To make sure the apples finished cooking at the same moment the cornbread topping turned golden brown, I precooked the fruit in an ovenproof skillet, then poured on the batter and popped the whole thing into the oven. Just 15 minutes later, a perfect, beautiful dessert was ready to serve.

The recipe is so easy that you could make it just about any weeknight for your family. Yet, it's so impressive that it would be perfect for special occasions like the holidays—which, with autumn approaching in just a few days, are suddenly just around the corner!

MISSISSIPPI APPLE PIE

Serves 6

- 4 organic Granny Smith apples, peeled, cored, and cut into 8 wedges each
- 1 organic lemon, juiced
- 6 tablespoons unsalted butter
- 4 tablespoons light brown sugar
- 1 teaspoon ground ginger
- 1-1/2 teaspoons ground cinnamon

- 1/2 cup orange juice
- 1 box corn muffin mix
- 1/2 teaspoon salt
- 1 cage-free egg
- 1 cup organic milk
- 1/2 cup plain organic yogurt
- 1 tablespoons pure vanilla extract
- Lightly whipped organic cream, premium vanilla ice cream, or vanilla frozen yogurt

Preheat the oven to 500 degrees F. Peel and core the apples and cut each apple into 8 wedges. Put the apple wedges in a mixing bowl. Cut the lemon in half and, holding the outstretched fingers of a hand over the apples to strain out the lemon seeds, squeeze the lemon halves. Toss the apple wedges with the juice.

In a 10-inch ovenproof skillet, melt the butter over high heat. Add the apples and saute, stirring occasionally, until the apples have begun to soften and are nicely browned, about 10 to 15 minutes. Sprinkle in the brown sugar, ginger, and 1 teaspoon of the cinnamon and continue cooking, stirring frequently, until

a syrup forms and the apples are tender enough to pierce easily with a fork, about 5 minutes more. Stir in the orange juice, arrange the apples in an even layer in the skillet, and set aside.

In a mixing bowl, combine the corn muffin mix, salt, and remaining cinnamon, stirring with a wire whisk to blend them. In a separate bowl, whisk together the egg, milk, yogurt, and vanilla. Add the moist ingredients to the dry ingredients and stir just until combined.

Pour the batter evenly over the apples in the skillet. With a rubber spatula, smooth the surface.

Put the skillet in the oven and bake until the cornbread crust is golden brown and a knife inserted into it comes out clean, about 15 minutes.

Serve hot or warm, using a large serving spoon to scoop the cornbread crust and apples into individual serving bowls. Serve with whipped cream, vanilla ice cream, or frozen yogurt.

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Clean, green and affordable laundry

(ARA) - Laundry can take its toll—on your wallet and on the environment. In fact, the average American family does almost seven loads of laundry per week! All that water, detergent, and electricity or gas adds up to a lot of excess, but adding a few simple steps to your laundry routine can significantly reduce your environmental impact and save you money.

“There is so much room in our homes to reduce waste and lessen the demand on our natural resources,” says David Bach, the eight-time national bestselling financial author and green lifestyle expert who wrote “Go Green, Live Rich: 50 Simple Ways to Save the Earth (and Get Rich Trying).” “Being green doesn’t require excessive effort or spending—you can really reduce energy consumption and waste by making modest adjustments to your daily household routines.”

The following eco-friendly tips can help you reduce your waste and increase your savings while doing laundry:

Pre-treat stains

How often have you pulled a pair of pants out of the washer, only to

see that the mark did not come out, forcing you to throw them back in for a second load? Instead of wasting water and energy, tackle marks and stains before you wash and pre-soak your garments to allow more time for your detergent to work.

Conserve on packaging

Keep an eye on how large the packaging is for your laundry products. Use concentrated detergents like Arm & Hammer Essentials Liquid Laundry Detergent, which is twice as concentrated, so less waste is going into landfills. It will also save you up to 50 percent more per load versus the leading brand and every purchase of an Arm & Hammer Essentials laundry or cleaning product helps to fund a \$400,000 donation to the Keep America Beautiful Great American Cleanup.

Laundry detergents

Use only detergents that contain biodegradable plant-based soaps. Also be sure to choose a detergent that does not contain dyes, phosphates, or bleaches.

Keep your laundry in-house

Taking your laundry to the dry cleaner costs money and can harm

the environment. Many dry cleaners use industrial chemicals like tetrachloroethylene, which scientists have associated with liver or kidney damage. If you have clothing that must be dry-cleaned, look for a company that uses environmentally-sensible chemicals.

Smart drying

To help your dryer do its job and

get your clothes dry as quickly as possible, make sure you clean the lint filter after each use. Also, sort your clothing into loads that take the same amount of time to dry. For example, towels take longer than synthetic materials. And of course, on those nice days, hang your clothes outside as often as possible.

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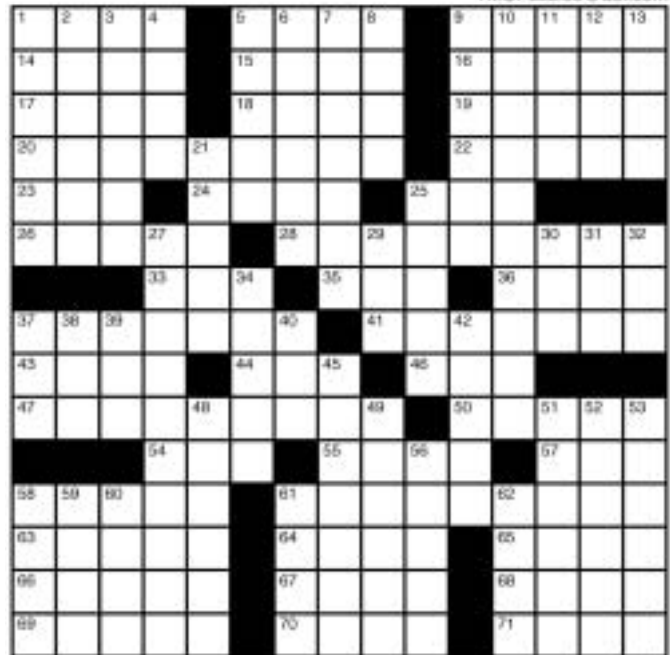
- 1 Blind element
- 5 Competent
- 9 Broadway hit
- 14 Encryption
- 15 CCLXXVII doubled
- 16 Neutral shade
- 17 Homestead plot
- 18 Tender feeling
- 19 Well worker
- 20 Barrel collection
- 22 Peruvian peaks
- 23 Zeta-theta separator
- 24 Puerto ___
- 25 UFO personnel
- 26 Overcrowded
- 28 Bar used as a lever
- 33 L.A. clock setting
- 35 Beer barrel
- 36 Stir up
- 37 Engine activator
- 41 Taylor and Belle
- 43 Japanese golfer/sao
- 44 TV network north of the U.S.
- 46 Abel to Adam
- 47 At the same time
- 50 Marsh of mysteries
- 54 Ford fuel
- 55 Art patron of Ferrara
- 57 Yow, it's cold!
- 58 Twinklers
- 61 Principal pipe
- 63 Jeweler's weight
- 64 English river
- 65 Greek peak

- 66 Palmer of the PGA
- 67 Agts.
- 68 Get together
- 69 Blessings
- 70 Scottish Gaelic
- 71 African fox

DOWN

- 1 Frightened
- 2 Home in on
- 3 Only English pope
- 4 Young adult
- 5 Dwight's rival
- 6 Blemish
- 7 Wide-spreading evergreen
- 8 Eternally
- 9 European ermines
- 10 Heart of a watch
- 11 "___ Lang Syne"
- 12 "Pursuit of the Graf ___"
- 13 Towel ID
- 21 Wrench
- 25 Outer limits
- 27 April showers
- 29 Saul's uncle
- 30 Charged atom
- 31 Sephia car maker
- 32 South African golfer Ernie
- 34 Support-line staff
- 37 Newsmen Donaldson
- 38 Front of a shoe
- 39 Alias letters
- 40 Diamond stat
- 42 Dead 'un
- 45 Butcher's knife

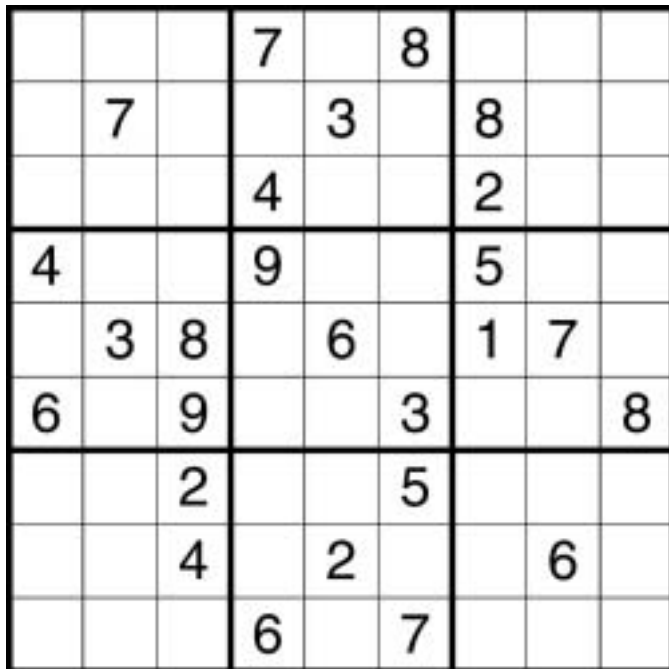
TMSPuzzles@aol.com



By Chris Page
South Norwalk, CT

- 48 Squanders
- 49 Legally bars
- 51 Humbles
- 52 Garden blooms
- 53 Lavishly showy
- 56 Not at all relaxed
- 58 Wound cover
- 59 Poi source
- 60 Tuscany river
- 61 Hard or soft ending?
- 62 NYC cultural attraction

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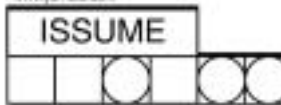
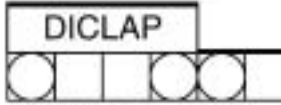
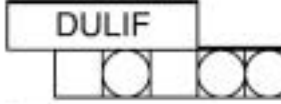
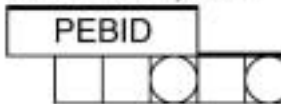


SUDOKU: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

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JUMBLE

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



Ans: []

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 32.

BRIDGE

Take Both Shots

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

NORTH
 ♠ A 8
 ♥ J 10 5 2
 ♦ K 6
 ♣ A K Q J 3

WEST
 ♠ 9 7 6 3 2
 ♥ A Q 3
 ♦ 10 8 5 2
 ♣ 6

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

SOUTH
 ♠ Q J 5
 ♥ K 9 8 7 4
 ♦ A 4 3
 ♣ 10 8

The bidding:

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

Opening lead: Six of ♣

West, defending against four hearts, needs to find a quick entry to partner's hand to obtain a ruff. Is there any clue to which suit West should tackle first?

The bidding is simple enough. After South's one-heart response to the one-club opening, North's five-loser hand is easily worth a jump to game. South is just short of making a move toward slam.

Depending on the location of the

king of hearts, West will have to find two or three more defensive tricks to defeat the heart game. It is unlikely that East holds sufficient high cards to produce those tricks, so West elected to try for a club ruff by leading his singleton. Declarer won in dummy and immediately ran the jack of hearts, losing to West's queen.

The hand was at the crossroads. West had to find an entry to the East hand for a club return, and the only possible cards were the king of spades and ace of diamonds. Is there a reason to prefer one over the other?

Yes! Possession of the ace of hearts gives West the luxury of testing both possibilities providing he does so in the right order. Suppose West tries the quick route and shifts to a diamond. Declarer wins, forces out the ace of hearts, rises with the ace on West's spade return, draws the outstanding trump and runs clubs to coast home with an overtrick.

Now suppose West shifts to a spade after winning the first heart. If declarer plays low, East wins and reverts to clubs to beat the hand. If declarer rises with the ace, East signals with the ten of spades and, when West wins the second trump, a spade to East's king and a club return nets the defenders four tricks.

Send e-mail to gorenbridge@aol.com.

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Preparing your home for winter? Don't miss these steps

(ARA) - As you button up your home for winter, you should take four important steps to ensure you save energy, money and stay toasty all season long.

Insulate

When the temperature drops, we often grab a blanket to help stay warm. Adding insulation to your home is like wrapping it in a warm blanket. Insulating areas such as attics, basements and crawlspaces can make your home more comfortable and lower your energy bills.

To get the biggest bang for your buck, according to the U.S. Environmental Protection Agency, add insulation to your attic. If your insulation is at or below the floor joists, you likely need to add more—12 to 24 inches, depending on where you live.

Seal your windows

Even if windows are sealed with weather stripping, cold air can still enter through gaps. Use silicone caulk to seal air leaks or place shrink-wrap film over drafty windows to help reduce energy loss.

You can locate drafts on windy days by slowly moving a burning candle near the window. Whenever the flame moves or smoke blows,

you've got an air leak that needs to be sealed.

Have your furnace inspected and clean your HVAC system

As you close up your home for the cold season, the contaminants that are in your air ducts and furnace recirculate through your home over and over throughout the entire winter. Your HVAC system can collect everything from mold, fungi and bacteria to tiny dust particles and allergens that can cause irritation to everyone in the house. In fact, according to the EPA, indoor air can be two to five times more polluted than outdoor air.

"Having your HVAC system inspected and cleaned can extend the life of your furnace and can even make it run considerably more efficiently, saving the homeowner money on their monthly heating and cooling bills" says Aaron Marshbanks, board member at NADCA - The HVAC Inspection, Maintenance & Restoration Association. "Having your system cleaned can also increase air flow which often times translates into increased comfort for occupants in the home."

Change filters regularly

Once you have a clean HVAC system, it's crucial to change your furnace filters regularly. Filters are designed to remove the dust and debris from the air flowing into your home. When the filter is dirty, the furnace has to work harder to pull air through the clogged filter and your

utility bills will be higher. Change your furnace filter once a month to keep your system running at peak performance.

For more information on how to winterize your home, visit NADCA.com.

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Studdard attends Silvered Hair Legislature session

John Studdard, the Silver Haired Legislature (SHL) delegate for Douglas County, attended the SHL's annual session on September 29, 30, and October 1 at the Topeka Ramada Inn.

According to Studdard, SHL focused on three main areas this year:

- Grandparents as Caregivers.
- Rural Transportation for Seniors and a Veterans Ombudsman for the Kansas Soldiers' Home at Fort Dodge.

• Lending Agencies Protection for Seniors and Insurance Non-cancellation in certain cases.

Formed in 1983, SHL is a unicameral legislature composed of 125 delegates. All delegates are at least 60 years old. Each of Kansas' 105 counties has a slot for a delegate. In addition, Wyandotte, Johnson, Shawnee and Sedgwick counties each has an additional five delegates. SHL is sup-

ported by the Kansas Department on Aging and the Kansas Agencies on Aging. The delegates represent

11 Planning and Service Areas (PSAs), which correspond to the 11 Area Agencies on Aging. For example, Studdard is a delegate from PSA 4, which includes Douglas, Jefferson, and Shawnee counties, the same counties covered by JAAA.

According to JAAA, the purpose of the Silver Haired

Legislature is threefold:

- To Educate - Participation provides experience in the political process.
- To Inform - Actions of the

SHL inform the public and the Kansas Legislature on concerns of the elderly.

- To Involve - SHL provides over 412,000 Kansas seniors a way to become involved.

For more information about the Silver Haired Legislature, please visit www.jhawkaaa.org/silverhair.asp or contact Marsha Ridinger, program manager, at mridinger@jhawkaaa.org.



Studdard

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Some restrictions apply. Age 62 & older. Mobility Impaired.

INFA to host legislative forum

The Lawrence Interagency Network for Aging (INFA) will sponsor its annual Legislative Forum on Wednesday, October 7, from 2:00 to 4:00 p.m. in the Lawrence Public Library Auditorium. Local legislators will address issues that impact older adults in Douglas County. The discussion should prove to be interesting and informative. No registration is necessary. For more information on this event, contact Sandra Kelly-Allen at (785) 843-3060.

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Just take the number of words in your classified ad (20 word minimum) times 15 cents times the number of months you would like your ad to run.

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

JUMBLE ANSWERS

Jumbles: BIPED FLUID PLACID MISUSE
 Answer: When he dropped the CD, he said it was a - SLIPPED DISC
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McFatrach completes advocacy fellowship

Mitzi E. McFatrach, executive director of Kansas Advocates for Better Care, has successfully completed The Sunflower Foundation Advocacy Fellowship. McFatrach finished a year of intensive advocacy training earlier this month with congratulations from Governor Mark Parkinson and a reminder that the advocacy they will do not only leverages the political power of their nonprofit organizations, but will serve those who often don't have a voice in the public policy debate.

As part of the program, McFatrach, along with 14 other non-profit fellows, attended six intensive advocacy training sessions, including one in Washington, D.C. and one in Topeka. Sessions covered key areas that are essential to developing skills and expertise in advocacy and nonprofit lobbying. Training session topics included how to develop advocacy strategies, build coalitions and grassroots efforts, navigate the political process and work with the media.

"This class represents a tremendous group of individuals who possess the skills and the passion to speak on behalf of the people, organizations and communities they serve in new and powerful ways," said Billie Hall, President and CEO of the Sunflower Foundation: Health Care for Kansans, a philanthropic organization based in Topeka.

Launched last year, the Advocacy Fellowship is designed to equip non-

profit leaders with the understanding, experience and expertise needed to become effective public policy advocates for their organizations and the people they serve.

Kansas Advocates for Better Care (KABC) provides advocacy, training and support for consumers needing or using long-term care in Kansas since 1975. KABC was originally founded as Kansans for the Improvement of Nursing Homes (KINH). KABC is a membership based, non-profit organization, there is no charge for our services to assist persons needing long-term care or their caregivers. For more about us visit www.kabc.org.

POINT-COUNTERPOINT

POINT: "But do you ever 'hope' he fails? Knowing his failure is the country's failure? Isn't that, well ... disloyal?" – Columnist Leonard Pitts, after Rush Limbaugh said he hopes President Barack Obama fails

COUNTERPOINT: "Another reform in the American constitution, is the exploding all oaths of personality. The oath of allegiance in America is to the nation only. The putting any individual as a figure for a nation is improper. The happiness of a nation is the superior object, and therefore the intention of an oath of allegiance ought not to be obscured by being figuratively taken, to, or in the name of, any person." – Thomas Paine, *Rights of Man* (1791)

The Democrats say they want a "truth" commission. However, they want to limit their "investigation" to the Bush years.



Of course, if one really wants to examine the truth about Iraq and the war against terrorism, you also have to look at the Clinton administration's record. Download a free copy of *What Really Happened: The Story of Clinton Inc.'s Efforts to Rewrite Bill Clinton's Record on Iraq and Terrorism* at www.sinsofthehusband.com/wrh.pdf

Visit Us Online At
www.seniormonthly.net

Tax-Aide volunteers needed for next year's tax season

AARP Tax-Aide is looking for new volunteers to help with electronic tax preparation at more than 100 sites across the State of Kansas. Each year from February 1 through April 15, AARP Tax-Aide volunteers prepare (free of charge) federal, state and local tax returns for low- and middle-income taxpayers, with special attention to those age 60 and older. Volunteers of all ages and backgrounds are welcome. You don't need to be an AARP member or be a retiree to volunteer (or to receive assistance from AARP Tax-Aide volunteers).

President Obama and our members of congress have called upon us all to serve our country by volunteering more, and AARP is actively promoting the concept with our "Create the Good" campaign. "This is great time for all of us to reflect how we can give something back to our communities," said Bill Peterson, volunteer Partnership and Communications Specialist for Kansas. "For those individuals looking for a rewarding challenge with time available for volunteering, the AARP Tax-Aide program is a wonderful op-

portunity to help others. We have a real need for additional tax counselors across our state to keep up with the demand for free tax assistance."

This year on a national level, over 34,000 AARP Tax-Aide volunteers helped over 2.6 million people file their personal income tax forms. The program is offered at nearly 6,500 sites across the country including senior centers, libraries and other convenient locations. In Kansas, over 400 AARP Tax-Aide volunteers helped more than 39,000 taxpayers during the past tax season.

AARP Tax-Aide tax counselor volunteers receive comprehensive training in cooperation with the Internal Revenue Service. Volunteers are reimbursed on a limited basis for qualified program-related expenses. For more information about Kansas AARP Tax-Aide, including the communities we currently serve, visit www.kansastaxaide.org. For more information about becoming a local AARP Tax-Aide volunteer, call toll-free 1-888-687-2277 or visit the national Web site at www.aarp.org/taxaide—where you can also apply on-line

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NOSTALGIA NOTEBOOK

October 1939

Births

October 7: Bill Snyder, Kansas State University football coach
October 8: Paul Hogan, Australian actor
October 14: Ralph Lauren, American fashion designer
October 27: John Cleese, British actor
October 30: Leland H. Hartwell, American scientist, recipient of the Nobel Prize in Physiology or Medicine
October 30: Grace Slick, American singer
October 31: Ron Rifkin, American actor

Events

October 8: World War II: Germany annexes Western Poland.
October 11: Manhattan Project: U.S. President Franklin D. Roosevelt is presented a letter signed by Albert Einstein, urging the United States to rapidly develop the atomic bomb.
October 14: The German U-Boat U-47 sinks the British battleship HMS Royal Oak.
October 24: Nylon stockings go on sale for the first time anywhere in Wilmington, Delaware.

October 1949

Births

October 2: Annie Leibovitz, American photographer
October 4: Armand Assante, American actor
October 8: Sigourney Weaver, American actress
October 12: Carlos the Jackal, Venezuelan-born mercenary
October 17: Bill Hudson, American musician
October 21: Benjamin Netanyahu, Prime Minister of Israel

Events

October 1: The People's Republic of China is officially proclaimed.
October 7: The Democratic Republic of Germany DDR is established officially.
October 16: Civil war ends in Greece with a communist surrender.
October 17: Chinese communist troops take Canton, China.
October 27: An airliner flying from Paris to New York crashes in the Azores island of São Miguel. Among the victims are violinist Ginette Neveu and boxer Marcel Cerdan.

October 1959

Births

October 3: Fred Couples, American golfer
October 3: Jack Wagner, American actor
October 4: Chris Lowe, British musician (Pet Shop Boys)
October 7: Simon Cowell, English music producer and television talent show judge
October 9: Michael Pare, American actor
October 13: Marie Osmond, American pop singer
October 15: Sarah Ferguson, Duchess of York
October 15: Emeril Lagasse, American chef and restaurant owner
October 17: Richard Roeper, American film critic
October 21: Ken Watanabe, Japanese actor
October 23: "Weird Al" Yankovic, American singer and parodist
October 27: Rick Carlisle, American basketball coach

Events

October 2: Rod Serling's classic anthology series *The Twilight Zone* premieres on CBS.



Reserve Your Space Today

For the "2010 Senior Resources Directory," a special pull-out section that will be available in the January 2010 issue of *Kaw Valley Senior Monthly*.

Please mail completed form to Groenhagen Advertising, 2612 Cranley St., Lawrence, KS 66046, or fax it to 888-541-9783.*

* An online form is available at www.seniormonthly.net/directory.html

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

Contraindications: The device is contraindicated in patients with: an allergy to titanium or titanium alloy; spinal anatomy or disease that would prevent implantation of the device or cause the device to be unstable in situ, such as: significant instability of the lumbar spine, e.g. isthmic spondylolisthesis or degenerative spondylolisthesis greater than grade 1,0 (on a scale of 1 to 4), an ankylosed segment at the affected level(s), acute fracture of the spinous process or pars interarticularis and significant scoliosis (Cobb angle greater than 25 degrees); cauda equina syndrome defined as neural compression causing neurogenic bowel or bladder dysfunction; diagnosis of severe osteoporosis, defined as bone mineral density (from DEXA scan or some comparable study) in the spine or hip that is more than 2.5 SD below the mean of adult normals in the presence of one or more fragility fractures; and active systemic infection or infection localized to the site of implantation.

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

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

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

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

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Circulation News

A Lawrence Memorial Hospital Update

Tired of sitting on the bench?

Nearly 43,000 people in our region may be at risk for vascular disease. That's why Scott Gard, M.D., a double board-certified vascular and general surgeon from Lawrence Vascular Surgery, is committed to providing the highest quality of care for patients with or at risk for vascular disease.

Because the symptoms of most vascular conditions are not obvious until the disease reaches an advanced stage, it's important to talk to your doctor if you have any of the following risk factors:

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- High blood pressure
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- Family history of atherosclerotic problems and circulatory problems



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