

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

October 2010 Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 10, No. 4

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Sue and Noah Goddard's goats produce milk that can be purchased raw or processed into Grade A products. See story on page three.

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Goddards offer variety of goat milk products

By Kevin Groenhagen

It all started in 1979, when Noah and Sue Goddard bought their first crossbred goat.

"I just decided that I wanted a source of milk where I knew what the animal had been fed," Sue said. "Noah thought I was a little wacky when I suggested we get a goat. We were raising horses at the time, so we had all these horses and one goat."

The Goddards acquired a few more does over the following decade, and bred them with a neighbor's Nubian buck. In 1989, they decided to start with purebred Nubians.

There are six primary breeds of goats. In addition to Nubians, the breeds include Alpines, Saanens, Toggenburgs, La Mancha, and Oberhasli. According to the American Dairy Goat Association, "The Nubian goat should be a relatively large, proud, and graceful dairy goat of mixed Asian, African, and European origin, known for high quality, high butterfat, milk production." With its elongated and floppy ears, the Nubian is occasionally nicknamed the "Lop-Eared Goat."

In 1986, the Goddards bought 15 acres of land in rural Lecompton that would become Goddard Farm.

"There wasn't any fence," Noah said. "It was all covered with trees and brush. We worked on clearing the land and building a fence for about two years. We moved into a house here in 1988."

Over the next two decades, the farm continued to grow. Last year, the Goddards constructed a new 36' x 24' dairy barn and cheese room. The barn includes a dairy parlor where the Goddards currently milk 13 does every 12 hours. In accordance with Dairy Division regulations, solid doors separate the parlor from the cheese and milk processing room. Because good hygiene and sanitation are essential in dairy processing, this room, which includes a pasteurizer, a chiller tank, a cheese vat, a three-part stainless steel sink, a stainless steel work table, and a chart recorder, is off limits to customers, visitors, and other non-employees.

The Goddards also ensure that their goats are healthy.

"Something we do that isn't really required is we drawn blood from the animals every year to test for tuberculosis, brucellosis, and the CAE virus, which is a goat-related disease," Sue said. "All that testing gives us a state certification, which is an-

other level of confidence in our product."

"The inspectors take samples from every batch that goes through the pasteurizer," Noah added. "Each batch is checked for six types of antibiotics. If any of those antibiotics are present, we can't use the milk. Sue takes samples from every batch to Forbes Field in Topeka to be tested. We have 60 hours to do that, so that's an average of about two trips a week."

In addition, an inspector makes regular, unannounced visits to the farm to inspect products on-site.

Under the roof of a 60' x 30' doe loafing barn, Noah pointed to bales of alfalfa.

"This is why our goats produce a large amount of milk," he said.

"They average a gallon apiece at the peak of lactation," Sue added.

In fact, two of the Goddards' does ranked amongst the top 10 milk producers in the Nubian breed in the nation last year.

So what is done with all that milk? First, the Goddards sell both raw milk and Grade A milk. Raw milk is unpasteurized, while Grade A milk is regulated under federal milk marketing orders.

"We can sell raw milk here as long as it is clearly marked 'raw ungraded milk,'" Noah explained. "We can



KEVIN GROENHAGEN PHOTO

Sue and Noah Goddard with a few of their does

also sell Grade A milk here as long as it is clearly labeled 'Grade A pasteurized.' You can't have people coming here expecting one and getting the other."

■ CONTINUED ON PAGE FOUR

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Kaw Valley Senior Monthly

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Kaw Valley Senior Monthly is published monthly by Groenhagen Advertising, L.L.C., Lawrence, Kansas, and is distributed at over 150 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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Goddards

■ CONTINUED FROM PAGE THREE

It is illegal to sell raw milk for human consumption in 22 states.

"Those states will prosecute you if you sell raw milk," Noah said. "Here in Kansas, we are very fortunate that the consumer can make his own choices."

The milk is available in quart and half-gallon single-use, food grade containers. It used to be available in gallon containers until Noah witnessed an elderly customer struggle with one at the farm.

"I helped her get it in her car," he said. "But how would she get it out when she got home? Also, I could drink a quart of milk at a sitting. However, with some senior citizens a quart would last a week."

Sue also processes the milk into Grade A yogurt and cheese.

"I primarily do two types of soft cheeses that don't require any aging," she said. "One is chevre, which is like cream cheese but with a little more texture. And then I also make feta cheese."

Like the milk, customers can buy the yogurt and cheeses at the farm. In addition, all of the Grade A products are available at the Community Mercantile (also known as the Merc) in Lawrence. All of the Grade A products but the yogurt are available at the Hy-Vee store on 6th street in Lawrence.

"The Merc is doing a nice job with the cheese they are selling in bulk," Sue said. "People can buy whatever quantity they want. That helps me because I get to walk in there with bulk containers."

How does goat's milk compare to cow's milk? According to the American Dairy Goat Products Association, "Long considered an alternative for those with cow milk sensitivities, goat milk's fine texture and digestibility are due to smaller, naturally homogenized fats. Goat milk also has higher percentages

of short- and medium-chain fatty acids than cow's milk and is lower in cholesterol and higher in calcium, phosphorus, and vitamins A and B."

"I'm not going to make any medical claims," Noah said, "but I believe seniors could really benefit from goat's milk, whether they used it as a beverage or for cooking."

While the Goddards believe goat's milk is better for them than cow's milk, they occasionally drink the latter.

"We try not to," Sue said. "Goats are seasonal breeders, so it's a challenge to have the product year round. We usually have a down time Christmas through the first of April when the does are freshening."

Freshening (coming into milk production) occurs at kidding. Kidding is the act of a pregnant doe giving birth.

Sue was in food service for about 10 years before becoming a supervisor with Hallmark Cards. She spent many of her 26 years there in quality control.

"Through my experience at Hallmark, I'm really familiar with the concept of continuous improvement," Sue said. "You're always taking the next step to make things better."

Noah was involved with the criminal justice system for more than 40 years, starting as a rookie police officer in Kansas City. He eventually taught criminal justice at Washburn University in Topeka and worked as a consultant.

The couple has three daughters and four grandchildren.

For more information about Goddard Farm, which is located at 1801 E. 335th Rd. in LeCompton, please call (785) 887-6083 or visit the Goddards' Web site at www.goddardfarm.com. The Web site includes, among other items, numerous photos of the farm and the goats, nutritional information, and the farm's licenses.

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KEVIN GROENHAGEN PHOTO

Karren Weichert, President/CEO of Midland Care, prepares to cut the ribbon at Midland Care's new Adult Day Health Center at 319 Perry St. in North Lawrence on September 23. A typical day for a participant at the center, which is housed in the former Woodlawn Elementary School building, may be a morning arrival followed by morning coffee and a continental breakfast, which provides opportunities to socialize and exchange pleasantries. Then there is an activity time that includes exercise, crafts and outings. Participants can engage in gardening, card games, dominoes, or volunteer activities, such as sewing, that benefit the community. In addition, people in the community are invited to give presentations, sing or provide other kinds of entertainment. For more information about Midland Care's Adult Day Health Center, call (785) 842-3627.



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Lawrence funeral home changes name, lowers rates

By Kevin Groenhagen

Chris Hutton opened Lawrence Funeral Chapel with a business partner in January 2002. Now that he is the sole owner of the funeral home, Hutton has changed its name to Lawrence Chapel Oaks Cremation and Funeral Services to reflect the fact that it is part of his family of Chapel Oaks funeral homes located in Hiawatha, Highland, Holton, Horton, Hoyt, Onaga, Meriden, and Oskaloosa.

But the name isn't the only thing that has recently changed at the funeral home.

"It's a tough time economically," Hutton said. "The average funeral in Kansas costs around \$6,000. The last thing you need when you're dealing with the stress of losing someone is expenses you can't afford. Therefore, we

decided that we want to help in these difficult times by lowering our prices for cremation and funeral services. Our prices are now about a third to half of what our competitors in Lawrence charge. The prices are easy to verify. In the funeral business, the law requires you to post your prices. You can sell services and items for less than the posted prices, but you can't sell them for more."

The posted prices Hutton referred to make up the General Price List (GPL), which is the keystone of the Federal Trade Commission's Funeral Rule. The GPL must include identifying information, itemized prices for the various goods and services the funeral service provider sells, and other important disclosures.

"We've scaled back on our prices, but not on our service," Hutton said. "In fact, I think we have the nicest parking, the nicest building, and the nicest chapel in Lawrence. Our facilities are premium."



Hutton Monuments' Jayhawk monument, made of red and blue granite, is on display at Lawrence Chapel Oaks Cremation and Funeral Services.

Lawrence Chapel Oaks Cremation and Funeral Services' facilities include a state-of-the-art, on-site crematory that became operational in early 2008.

"We believe it is important to evolve with the industry and make sure that cremations are dignified," Hutton said. "The cremation process is as important as any other service. If a family wants to witness the cremation process, they can do that. They can also have an open casket visitation and a funeral service in a church or other location."

The funeral home's facilities include another feature not found at most funeral homes. Hutton Monuments has been serving northeast Kansas since 1873, and Lawrence

Hutton Monuments is conveniently located next to the funeral home's chapel.

"We have 30 to 40 monuments on display," Hutton said. "We specialize in custom-made monuments. One of my favorites is a Jayhawk monument made of red and blue granite. We used no artificial coloring at all. One of our ideas with the Jayhawk monument was that someone could use it initially as yard art. Then, after they die, we would pick it up, put their name on it, and take it to the cemetery."

The Jayhawk monument is on display at Lawrence Chapel Oaks Cremation and Funeral Services, as well as at Hutton Monument Company in Topeka.

Lawrence Chapel Oaks Cremation and Funeral Services also offers "green" funerals.

"We offer funerals where you will leave no carbon footprint," Hutton explained. "We have biodegradable caskets and biodegradable cremation products."

The City of Lawrence in 2008 made green funerals more practical for local residents when it approved setting aside about one-third of an acre in Oak Hill Cemetery to accommodate such funerals. The city sold the first plot in the municipally-owned natural burial

site—the first in the country—during the spring of 2009. The burial site prohibits embalming, concrete grave liners, and permanent headstones.

Hutton stressed that his funeral homes' services and products are also available to those who have a prearranged funeral contracts with other funeral homes.

"A lot of people don't realize that you can move a prearranged funeral to another funeral home," Hutton said. "Plans can be transferred either before or after death occurs. And if the prices are lower, you can even get some money back."

Hutton has been a business owner in Lawrence since 1979, when he purchased the Lawrence Monument Company and renamed it Lawrence Hutton Monuments. He also acquired the Lawrence Memorial Park Cemetery in 1981 and made many improvements, including paving the roads and building an office with his signature stained-glass windows and improved lighting, before selling it to a well-known holding company in Lincoln, Neb., in 1989.

For more information about Lawrence Chapel Oaks Cremation and Funeral Services, please call (785) 841-3822 or visit www.lawrencechapeloaks.com.

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Rosses 'chosen' by in-home care business

By Billie David

Local home healthcare business At Home, Inc. takes its goal of helping clients live securely in the comfort of their own homes seriously, and if that means that they need to wash the windows...well, consider it done.

"We will do whatever is necessary to keep somebody in their home with safety, comfort and dignity," said Gail Zukav-Ross, who co-owns the business with husband David Ross.

"You have heard of the saying, 'we don't do windows.' We do windows. We even do pet care and child care."

As teachers and professionals in health, long-term care and other related services for more than 30 years, the Rosses didn't deliberately set out to start a home healthcare business. It just sort of fell into place after they took on the responsibility of caring for their own parents and then for other relatives.

In fact, that's how the business got its name.

"We got into it by necessity," Gail said. "We began caring for our own family—parents and extended family—then others who wanted to remain At Home."

Over the course of 15 years, they found themselves hiring and training caregivers to supplement their parents' care. "No matter how much you want to do it all for loved ones, eventually you're going to need help," they explained.

They decided to incorporate around two and a half years ago.

"We incorporated because we realized we were a business," Gail explained. "It just happened. We had employees and we had clients, and an effective system developed over years of trial and error. When we

suddenly had several people working for us and even more people asking for help, we incorporated, got a name and got a Web site. When you do something this important you want to do it right."

A year later, At Home experienced a growth spurt when a local branch of a national franchise, called Home Helpers, closed its doors and At Home was delegated to fill the gap it left.

"That left a lot of clients without care and a lot of employees without jobs, and we were entrusted to take care of those people," Gail said. "We more than doubled the size of our business. We're happy to say it worked out well with everybody, and the clients had care that was uninterrupted."

At Home itself is not a franchise; rather, it is a locally owned and operated business. But like a franchise it has rigorous operating standards. Although licensing and certification for in-home care companies are not yet available in Kansas, At Home meets licensing standards set by other states, Gail explained.

In addition, all of At Home's employees are insured and bonded and must pass nation-wide federal and state background checks, as well as random drug screenings.

At Home provides nonmedical services for seniors, as well as people with disabilities of all ages, people who are recovering from injuries, first-time mothers, or parents who need extra help with their families.

In addition, they will advocate for their clients, share information about topics such as the healthcare system, Social Security, Medicare and the insurance industry, and they will refer clients to other specialists if they can't help.



David Ross and Gail Zukav-Ross

With a goal of helping people remain in their own homes, At Home will provide a free in-home consultation to determine which services are needed, including companion care, help with transportation and shopping, housekeeping and meal preparation, child care, pet care, respite services and hospice care. These services are built around the needs of the client and can range from one hour a month to all day every day.

"We answer our phones 24/7. If you have an emergency, you can call and you won't get a switchboard that will forward the message or an answering machine that says someone will get back to you Monday morning," Gail said, adding that they have answered calls during the night and weekends to provide immediate help when clients have fallen, and

even responded to someone who needed help with a leaking roof in the middle of the night.

As for the success that At Home has enjoyed, Gail attributes it to running the business from the heart. For example, she compares the task of finding the ideal partnership between client and employee to matchmaking, with employees and clients frequently becoming like family.

"David and I chose service careers years ago," she said. "But this business chose us. We were called to it, and it's the most satisfying work we've done so far. At the end of the day we feel good about what we've done."

For more information or to schedule an in-home consultation, people can call the office at (785) 856-1714 or go online at AtHomeKs.com.



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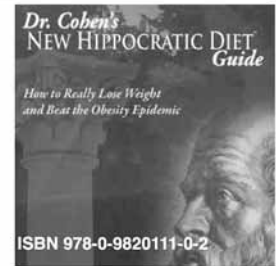
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KEVIN GROENHAGEN PHOTO

Richard Haig with Westside 66 in Lawrence presented "Treating Your Car Well" before a group on September 23. The presentation was part of the SkillBuilders series of programs sponsored by the Senior Outreach Services of the Library, Douglas County Senior Services, and the Douglas County Visiting Nurses, Rehabilitation and Hospice with the support of a grant from the Douglas County United Way. The series provides education and support for widows, widowers, and caregivers. Please see ad on page 23 or our calendar section in this month's Senior Monthly for a list of presentations in October and November.

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Five ways to boost your immune system

By Dr. Jonah Yakel
Naturally Savvy

Despite all the wonderful things autumn has to offer, it's also time to start preparing for cold and flu season. For many, this brings with it a sense of anxiety and concern, especially given the media attention devoted to recent flu stains. Rest assured, there are several things you can do to build your immunity naturally and help you and your family make it through the flu season happy and healthy.

The key to staying healthy and avoiding nasty bugs is to strengthen your defenses, primarily your immune system, so your body can fight any virus as it enters the body. Here are some powerful ways to boost your immune system and prepare for the new flu season:

1. Add Some Sunshine

Researchers are quickly catching on that Vitamin D may be the secret to avoiding colds and flu. Vitamin D plays an important role in strengthening your defense system to better fight any invading viruses and bacteria. Unfortunately, it's also the No. 1 vitamin deficiency in Americans.

Compounding the problem is the fact that Vitamin D is produced when the body gets adequate levels of sunshine, so naturally, even less is produced in the winter months. It has recently been hypothesized that this could be one major reason for the increase in cold and flu cases during the winter. It's important that we have alternative ways of getting this powerful immune-boosting vitamin.

One great source is cod liver oil. In addition to the Vitamin D it offers, it's also a great source of Vitamin A, an immune system superstar, and Omega 3 fatty acids, which hold significant health benefits for the heart, brain, skin, and much more.

2. Fighting Fire With Fire

Your immune system is your body's best defense for fighting off colds and flu. Further, it's estimated that 80 percent of your immune system resides in your digestive tract, so it's vital to keep your digestive system healthy when trying to avoid getting sick.

Thankfully, our gut is filled with lots of "good" bacteria, or flora, that help fight all the "bad" bacteria and yeasts trying to find their way into our system. Because of diets high in refined sugars, frequent antibiotic use, and everyday stress, most people don't have a healthy balance of good-vs.-bad bacteria, leaving them

more vulnerable.

As we head into cold and flu season, now is a good time to restore the proper balance in your gut by taking a probiotic before each meal (continue this through the winter months). Probiotics can be found in any health food store in the refrigerated supplement area. An excellent whole food source of probiotics is kefir. Kefir has significantly more "good" bacteria than yogurt and is much easier for your body to digest.

3. Get Moving

Most of us are aware of all the amazing benefits exercise has for our overall health and well-being. Few of us, however, know that exercise is one of the most powerful ways to boost the immune system. Not only does exercise improve the circulation of white blood cells throughout the body, but it's also been shown to increase the production of natural killer T cells, essential for maintaining an optimum immune response.

The amount of exercise required to obtain an immune boost is relatively low. Twenty minutes of brisk walking 4-5 times per week has been shown to significantly improve the

body's immune response. This is also a good opportunity to get a little bit of sunshine to stimulate Vitamin D production.

4. 'An Apple a Day...'

When it comes to fighting colds and flu, it's essential to decrease your sugar intake. Sugar has devastating effects on the immune system, and the fact that Americans consume an average of more than 100 pounds of sugar per person annually spells bad news this time of year. Not only does sugar increase the production of hormones that suppress the immune system, but refined sugar also needs micronutrients to be metabolized. This requires your body to use stored vitamins and minerals, further harming your defenses.

On the other hand, eating a wide variety of fruits and vegetables will make sure that your body is getting all the vitamins and minerals essential to fighting off colds and flu. Fruits and vegetables are packed with thousands of phytochemicals.

No supplement could ever match the power of eating a whole food. Regardless of what vitamin and mineral you take, it should always be as a supplement to a diet high in fruits

and vegetables.

5. Keeping Balanced

By now, we all know stress is bad for us. However, relatively few of us are aware of how stress actually impacts the health of the body. When we experience stress, the natural balance of the body is affected in ways we could never imagine. In fact, stress takes an enormous toll on the immune system. For this reason, it's important to find ways to bring the body back into balance.

Meditation, prayer, exercise, and yoga are all great ways of taking care of yourself and keeping stress levels low. Chiropractic adjustments also have a significant effect on the nervous system, creating balance and helping restore the body's natural healing potential.

(Dr. Jonah Yakel is Naturally Savvy's healing expert, in practice since 2006. NaturallySavvy.com is a Web site that educates people on the benefits of living a natural, organic and green lifestyle. For more information and to sign up for their newsletter, visit www.NaturallySavvy.com) (<http://www.NaturallySavvy.com>).

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Brandon Woods, Douglas County Visiting Nurses join forces to serve seniors

Brandon Woods at Alvarna, a Five Star Senior Living Community, and Douglas County Visiting Nurses, Rehabilitation and Hospice, two strong community organizations, announce the opening of a Douglas County Visiting Nurses satellite office on the Brandon Woods at Alvarna campus.

With the presence of Douglas County VNA on the Brandon Woods campus, Brandon Woods' clients and their families will experience a seamless transition of important services, such as Medicare Certified Home Health Services and other private duty services. In addition, Douglas County VNA anticipates the office expansion will enable them to more efficiently serve the citizens in northern and western Douglas County.

"This relationship reinforces the

important goal that both organizations fully embrace, and that is to assist senior adults in remaining their most independent in their homes while receiving needed health services," said Jeff Merritt, Brandon Woods CEO.

"I am excited because collaborations such as this are important in our community to ensure comprehensive services are available to senior adults," added Judith Bellome, CEO of Douglas County VNA.

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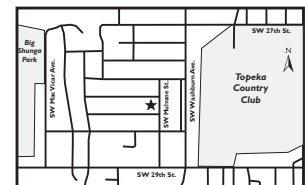


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Be prepared for return of estate tax

There's never really a bad time to do estate planning. But in the months ahead, you may have an extra incentive to look at your estate plans. Why? Because changes are coming to estate tax law—so you'll want to be ready.



Harley Catlin and Ryan Catlin

Change is nothing new in the world of estate taxes, which have been in a state of flux for years. As the law now stands, there is no federal estate tax in 2010. Then, in 2011, the estate tax is scheduled to return, with an exemption amount of \$1 million and a top rate of 55 percent. Yet these figures are highly likely to change; ultimately, we may see a return of what existed in 2009: a \$3.5 million or \$5 million exemption and a top rate of 45 percent.

Of course, your susceptibility to the estate tax will depend on the size of your estate. But no matter what your level of assets, you'll want to have your estate plans in order. First of all, you almost certainly need a will. You'll also need to make sure you've named the proper beneficiaries in all your legal documents.

Now, let's return to the estate tax issue. Specifically, how can you help reduce any potential estate tax burden your heirs may face? Here are some ideas to consider:

• **Take advantage of your exemptions.** You and your spouse each receive an exemption from the federal estate tax. As mentioned above, this exemption could be anywhere from \$1 million to \$5 million, starting in 2011. To maximize these exemptions, you may want to create a credit shelter trust. In a nutshell, here's how it works: When you die, you

fund a credit shelter trust with assets equal in value to your available exemption; if you have other assets, you can leave them to your spouse, free of estate taxes. Your surviving spouse can draw income from the trust's assets while he or she is alive. Upon his or her death, the trust disperses the assets to your children or other beneficiaries, taking advantage of your original estate tax exemption. Your spouse's estate will also disperse assets to beneficiaries, using his or her exemption to reduce or avoid estate taxes.

• **Use life insurance.** If you owned a \$1 million life insurance policy, and it was subject to an estate tax rate of 55 percent, your beneficiaries would receive a death benefit of just \$450,000. But if you established an irrevocable life insurance trust (ILIT) with a new insurance policy, the trust would own the policy and distribute the proceeds to the beneficiaries you've chosen. By using an ILIT, you'd keep the life insurance out of your taxable estate.

• **Give generously.** You can give up to \$13,000 per year to as many individuals as you like without incurring gift taxes. And the more you give, the lower your taxable estate. You can also reduce your estate by making gifts to charitable organizations.

Keep in mind that estate planning can be complex. You will need to work with your legal and tax advisers before establishing any type of trust or other estate-planning mechanism. And with the looming return of the estate tax, there's no time like the present to get started.

Edward Jones, its associates and financial advisors are not estate planners and cannot provide tax or legal advice. Please consult your attorney or qualified tax advisor regarding your particular situation.

- 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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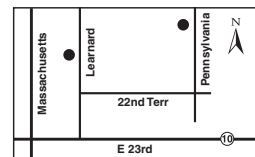


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Learning to cope with balancing problems

Eventually, most older adults have balance problems of some kind: dizziness, unsteadiness, difficulty standing upright or walking without help. Learning how to cope with such problems, and how to understand them, requires insight into the nature of balance.



Laura Bennetts

Balance is a sense that emerges from our interaction with the world. At birth, gravity poses challenges for each of us. Sooner or later we must roll, sit, crawl, stand, walk, and run. And along the way, we also toddle, fall, trip and tumble. All this hones our sense of balance.

Physical therapists, as students of movement, specialize in balance issues connected to sitting, standing and walking. We know that three faculties control balance: vision, the inner ear, and the sense of touch.

The Eyes Have It. Your eyes help you keep track of the horizon and distinguish "up" from "down." In snowstorms, people who can't discern the horizon often fall down. And even walking in familiar but darkened rooms can pose a difficult challenge.

Listen and Learn. Your inner ear, meanwhile, is a delicate gyroscope which tells your body when your head or body tilts. Congestion, which can disturb the equilibrium in your inner ear, can cause dizziness.

Stay in Touch. The third factor is feeling in your skin and joints. When you put weight on your leg, you feel pressure in the sole of your foot and you're aware of the positions of your ankle, knee, and hip. If your feet are numb or you have knee pain, you may not be getting the data you need to maintain your balance.

Stay on Your Toes

As kids most of us enjoyed jumping, hopping, and twirling—and the result was that we fine-tuned our balance. Remaining active as adults keeps our sense of balance keen. But if you become fearful of falling

and decide that sitting is safer than moving, you will gradually dull your sense of balance and lose strength. And loss of hip strength, in particular, makes it hard to move from sitting to standing and reduces your ability to walk with control.

Balancing Act

Walking, for anyone, consists of a momentary fall into your next step. Each and every step, your muscles have to slow your body's forward motion so that you won't stumble. One muscle group fires at just the right moment while the opposite muscle group relaxes, enabling you to move forward with control.

All human movement is, in this way, an amazing balancing act in the most literal sense. So you need to do everything in your power to remain comfortable on the high wire of daily life.

Get Up, Stand Up

Losing your balance can be caused by many factors. Sorting out why you're unsteady can save you a lot of grief and help you remain upright.

If you have dizziness, see your doctor immediately to check for blood pressure or inner ear problems. Discuss your vision and your

skin and joint sensations to see if you're getting enough information from your faculties to maintain your balance.

Walk It Off

Once you know the source of your problem, your chance of solving it improves greatly. Physical therapists can help you resolve problems of muscle weakness, joint pain, back pain, and neck pain, all of which affect your balance significantly. Knee and hip pain, especially, can unbalance you and make you limp—but fortunately, the right cane or walker, properly used, can shift the weight from your painful joint to your hands, helping you walk more safely. And it's crucial to walk, to preserve your strength and keep your sense of balance as keen as possible.

- Laura Bennetts, PT, has practiced physical therapy professionally since 1982, when she earned a master's degree in physical therapy from the University of Southern California. She owns Lawrence Therapy Services LLC (785-842-0656) & Baldwin Therapy Services LLC (785-594-3162). If you have questions, please write to laurabennetts@hotmail.com.

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The violet: Not just another pretty flower

Violet is a wonderful flower with which most people are familiar. It has graced our flowerbeds, gardens, or tables for centuries. Violet is also referred to as ordinary violet, sweet violet, garden violet, and/or common blue violet.



Dr. Farhang Khosh

The flower violet has been used in potpourri, candles, lotions, perfumes, bath scents, and as décor. Violet has a long and loved history. The Ancient Greeks considered the violet a symbol of fertility and love, and they used it in love potions. Isaac Newton listed violet as the name for the color of the short-wavelength end of the visible spectrum.

Most are familiar with the flower violet, but do not know the medicinal or edible properties of violet. The edible properties of violet include using the flowers as a food in salads,

made into jelly, stuffings for poultry or fish, as candied violets for decoration, or in aromatic desserts. Violet syrup is a commonly made from the extracts of violets and used to make violet scones and marshmallows.

Violets have been used medicinally for centuries. Medicinal violet has been an old popular remedy for bruises, inflammation and swelling, and to ease pain in the body, jaundice, toothache, epilepsy, insomnia, dizziness, pleurisy, and all diseases of the lungs.

Homeopathic tincture is prepared from violet that is useful for a spasmodic cough with labored breathing, and also for rheumatism of the hands and wrists. In aromatherapy, the leaves of the violet plant are used to treat eczema. Violet is used as compress or as an ointment. The fresh flowers eaten sometimes in salads can have a laxative effect.

There is some research as to whether violets and their extracts are useful in cancers and tumors. An experiment done in 1960 resulted in violet extract damaging tumors in mice. However, there have been no repeats of such studies.

Historical citations for the prep-

arations of fresh violet leaves have been used both internally and externally in the treatment of cancer. Violet leaves have been used with benefit to allay the pain in cancerous growths, especially in the throat, tongue. Tea is made from the violet plant to treat digestive disorders and new research has detected the presence of a natural aspirin which is

used for centuries as a medicinal remedy for headache and body pains.

So the next time you look at your violet plant, remember all the useful purposes that history has found for it.

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

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Weighing taxes vs. fees on a Roth IRA conversion

QUESTION: Your recent column on converting a traditional IRA to a Roth states that if you pay the conversion taxes out of the Roth IRA you just created, you'll protect more of the assets remaining in your traditional IRA and the assets in our taxable account, but you'll end up with less in your Roth.



Mark Miller

From what I understand, you're not allowed to pull out Roth funds until five years after those funds are converted. Taxes would have to come from a Roth account created at least five years before. This sounded too easy (convert and then immediately pull from Roth), so I checked with a tax person. He says this is not allowed. Who's right? - M.R., via the Internet

ANSWER: The column described strategies for funding the income tax liability that's generated when you convert a traditional IRA to a Roth. There are a variety of ways to pay the tax bill; you can pay the taxes from a separate taxable account, from your traditional IRA, or make a withdrawal from your new Roth IRA. Choosing the best path depends on your individual situation.

The five-year rule does not preclude anyone from making with-

drawals-but it could incur a penalty.

The rule generally refers to the withdrawal of earnings, and not principal. All principal comes out before the earnings and there are no new taxes on it. If you're under age 59-1/2, make a conversion and then withdraw money from principal, you would have to pay a 10 percent penalty on the withdrawal amount. If you're over age 59-1/2, there would be no penalty.

The penalty can be less expensive in certain situations than withdrawing additional funds from the traditional IRA to pay the tax; it's also useful if you prefer to maintain a higher balance in your taxable account for emergency purposes or other reasons.

QUESTION: My wife will be 62 in September. I'll be 66 in the following April and will then start collecting my benefits. My wife and I have both been earning maximum wages for Social Security purposes. Can my wife collect at 62 based on my account, which is roughly half of my benefits, and then switch to her account when she reaches 66 in four years? If so, does she have to wait until April when I start collecting, or can she begin col-

lecting in September when she turns 62? -D.M., via the Internet

ANSWER: Your wife can start collecting a spousal benefit at age 62 if her benefit at full retirement would be less than 50 percent of yours, but the amount would be permanently reduced by a percentage based on the number of months up to her own full retirement age. A spouse cannot elect to receive spousal benefits below her retirement age and later switch to her own benefits, according to a spokesman for the Social Security Administration. More information on spousal benefits is available at www.socialsecurity.gov/pubs/10035.html#family

QUESTION: My wife has not worked fulltime most of her life. Will she qualify for Medicare at age 65, and does she get half of my Social Security? Her annual Social Security statement says that she needs five more credits in order not to have to buy Medicare. - A.O., via the Internet

ANSWER: At age 65, your wife becomes eligible for Medicare based on your employment record. She would be eligible to receive 50 percent of your Social Security benefit at her own full retirement age.

You can apply for Medicare online here: <https://secure.ssa.gov/apps6z/iClaim/rib>

QUESTION: I reach full retirement age this month. My wife will be 63 in August and continues to work. Can my wife receive spousal benefits once I reach full retirement age, even though she will continue to work, or are spousal benefits unavailable or reduced if the spouse continues to work?-J.V., via the Internet

ANSWER: If your wife's full Social Security benefit is less than 50 percent of your full benefit, she may be eligible for spousal benefits on your record. Since she is still working, there is a limit on how much she can earn and collect all benefits payable. In 2010, that limit is \$14,160. For every \$2 over the limit, \$1 will be withheld from benefits.

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

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Compression-only CPR can replace conventional CPR in many circumstances

DEAR MAYO CLINIC: What is continuous cardiopulmonary resuscitation (CPR)? Does it replace the CPR I learned years ago?

ANSWER: Continuous cardiopulmonary resuscitation (CPR), known as compression-only CPR or hands-only CPR, is easy to learn, remember and do. Because of its simplicity and effectiveness, it can replace conventional CPR (with mouth-to-mouth breathing) in many circumstances.

Hands-only CPR doesn't involve mouth-to-mouth breathing. It's simply hard (2 inches deep), fast (100 per minute) compressions administered to the center of the chest. The compressions circulate oxygenated blood to sustain the brain and body in the early minutes of a cardiac arrest.

In 2008, the American Heart Association (AHA) endorsed hands-only CPR in certain situations. If you as a bystander see an adult suddenly collapse, the AHA advisory statement says:

- If you are not trained in CPR, you should provide hands-only CPR.
- If you are previously trained and feel confident in your ability to provide rescue breaths with minimal interruptions to chest compressions, you can perform either convention-

al CPR or hands-only CPR.

- If you are previously trained and are not confident in your ability to provide conventional CPR, you should perform hands-only CPR.

By promoting hands-only CPR, health care organizations are hopeful that more bystanders will step up to help cardiac arrest victims. An estimated 300,000 Americans have a cardiac arrest outside of the hospital every year. When a bystander administers CPR, the likelihood of survival can double or triple.

Unfortunately, bystander CPR doesn't happen often enough. Estimates suggest that bystander CPR occurs for one-fourth to one-third of out-of-hospital cardiac arrests. There are many possible reasons why this number isn't higher. Too few people have been trained in CPR, and studies show that those who have been trained in conventional CPR forget the details within months. Given the panic in a cardiac arrest situation and poor recollection of training, conventional CPR is a challenge to perform. Additionally, bystanders can be reluctant to do mouth-to-mouth breathing and can be afraid that they will do something wrong, causing harm to the victim.

Hands-only CPR overcomes many of these obstacles. There's little to remember—no compression-to-breathing ratios; the squeamish factor goes away with no required breathing; and it is simpler and less time consuming to teach.

If you see an adult suddenly collapse who is not breathing normally, shake the person and ask loudly if he or she is OK. If you don't get a response, call 911 or, better yet, have another bystander call. Then start rapid, firm compressions in the middle of the chest.

Don't take the time to check for a pulse. In 2005, AHA guidelines dropped the pulse check for lay rescuers because it is too difficult. Even doctors and nurses have a difficult time finding a pulse under stressful conditions. If an unresponsive adult sudden-collapse victim is not breathing normally, start hands-only CPR. In fact, many cardiac arrest victims are still gasping but need CPR. The best immediate care is to keep the heart pumping without delay.

There are situations where conventional CPR is still the first choice. Children benefit from breathing and chest compressions. Conventional CPR also is recommended for adults in the

event of drowning or an overdose that results in cardiac arrest. Remember that continuous chest compressions are better than doing nothing at all, even in these circumstances.

Early research suggests an uptick in bystander CPR with this easier technique, and anecdotally we are seeing great interest in hands-only CPR. Check out Mayo Clinic's Medical Edge video to see a demonstration. Search "Mayo CPR" on YouTube. More than 4 million viewers have watched. Another good Web resource is www.azshare.gov

You can learn the basics of hands-only CPR in 60 seconds. It's a minute that could one day help save a life. - Tyler Vadeboncoeur, M.D., Emergency Medicine, Mayo Clinic, Florida

(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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A new approach to Alzheimer's and dementia care

Neuvant House of Lawrence Assisted Living



At Neuvant House, we are committed to providing personalized care, respectful of each person's individual likes and dislikes, preferred routines and activities, and a lifetime worth of experiences and interests.

We work as a team to understand each resident's unique needs and to develop new ways of interacting with each individual to bring relief, comfort, dignity and joy in each and every day.

Neuvant House is a state-of-the-art Memory Care home that features 14 private suites designed for comfort, safety and the feeling of home. The house has an open design, heated floors, handicap accessible showers, a whirlpool tub, an interior courtyard with gardening areas and its own beauty parlor/barber shop.

Learn more about Neuvant House — a new approach to Alzheimer's and dementia care, visit our website or call us today. We are currently accepting residents.

Visit Neuvant House today!

Or see neuvanthouse.com for more information.



1216 Biltmore Dr. • Lawrence • 785.856.7900 • admin@neuvanthouse.com • www.neuvanthouse.com

Experience *Legendary* Assisted Living

OPENING
DECEMBER
2010

LEGEND

Assisted Living & Memory Care
At Capital Ridge



Tired of Average? Named for the beautiful western ridge overlooking our capital city, Legend Senior Living's newest Assisted Living and Memory Care residence, Legend at Capital Ridge, will soon be available. Legend is a Kansas based company and pioneer in the senior housing and care industry with over 20 years of experience. Residents will enjoy an outstanding living experience, complete with spacious apartments, delicious meals, beautifully appointed common spaces, and enriching social activities.

Reflections, Legend's signature memory care program, provides personal, individual care to residents with Alzheimer's or other memory impairments.

- **Experience Gold Leaf Dining and you'll find freshly prepared, nutritious meals freshly prepared in our own kitchen by a staff of Gold Leaf Chefs. Choose an entree from the daily menu or the Cafe Select Menu, and your choice will be brought to your table by one of our friendly wait staff.**
- **Companion Care Services are available to provide personal assistance, promote independence, and free up some extra time.**
- **Tailored Services, a plan of care and services designed specifically for your individual needs and wants, provides you the most individual personal services in the most cost effective manner.**
- **Competitive rates - Call Today for a FREE Cost of Living Comparison Analysis.**

Discover Extraordinary Assisted Living

Visit our Welcome Center at 2110 SW Brandywine Ln to reserve your apartment or schedule a hard hat tour.



- 1 West Ridge Mall
- 2 Family Park
- 3 Topeka Golf Course

785-272-9400

Legend at
Capital Ridge



1931 SW Arvonian Place - Topeka, KS 66615

Reserve Your
Apartment
Today

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

SEP 24-OCT 10

SHOUT! THE MOD MUSICAL

SHOUT! flips through the years like a musical magazine and takes you back to the music, the fashion and the freedom of the 60s with five groovy gals coming of age during those liberating days that made England swing! This non-stop journey has chart-topping hits like "To Sir With Love," "Downtown," "You Don't Have to Say You Love Me," "Son of a Preacher Man," "Goldfinger," and many more. It's an irresistible blend of hip-swiveling hits, eye-popping fashion and psychedelic dances from the 60s! Lawrence Community Theatre. LAWRENCE, (785) 843-7469 <http://www.theatrelawrence.com>

OCT 8-31

THE ROCKY HORROR SHOW

"Richard O'Brien's The Rocky Horror Show," which includes the story and songs of the cult movie hit, "The Rocky Horror Picture Show." Call for information as to times and specific dates. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

OCT 11

SING HALLELUJAH

The Singers begin their 27 season with a collection of beloved hymns and sacred pieces, which are an important part of our heritage and culture. You'll hear the familiar melodies of "Amazing Grace," "Great Is Thy Faithfulness," and "Down By the Riverside." Additional works by Hackenberger, Beethoven, Stroepe, Pelz, and Danner. White Concert Hall, Washburn University, 1700 SW Jewell. TOPEKA, (785) 267-3500 <http://www.topekafestivalsingers.org>

OCT 17

THE TEMPTATIONS

Robinson written-and-produced "The Way You Do the things You Do" turned The Temps into stars. Don't miss original Temptations in concert this fall. Topeka Performing Arts Center. TOPEKA, (785) 234-2787 <http://www.tpactix.org>

OCT 22-NOV 6

WAIT UNTIL DARK

A thriller by Frederick Knott. A sinister con man and two ex-convicts are about to meet their match. They have traced the location of a doll to the apartment of Sam and his blind wife, Susy. Sam has been persuaded by a strange woman to transport the doll across the Canadian border, not knowing that sewn inside were several grams of heroin. When the woman is murdered the situation becomes more urgent. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

OCT 23 & 24

LAWRENCE ARTWALK

Annual, self-guided tour of Lawrence artists' studios. Features artwork in all media by over 50 Douglas County visual artists. Self-guided maps available at the Lawrence Arts Center and Lawrence Visitor Center. LAWRENCE, (785) 865-4254 <http://www.lawrenceartwalk.org>

OCT 29

WTCT PLAYERS

WTCT Reader's theatre company celebrates the radio plays of the 30s, 40s, and 50s! Show time: 8:00 p.m. Admission fee. Topeka Civic Theatre & Academy, 3028 SW 8th Avenue.

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

OCT 30

TOPEKA SYMPHONY ORCHESTRA CONCERT, "STRINGS ON FIRE"

Topeka Symphony Orchestra Concert: Cantus in Memory of Benjamin Britten by Paert; Ancient Airs & Dances by Respighi; Carmen by Bizet/Shchedrin. Savor the lush sound of the TSO's fabulous string section! Feel the heat and passion of Bizet's sultry opera in this evocative arrangement for strings and percussion. Show time: 7:30 p.m. at Washburn White Concert Hall. Call TSO for tickets. TOPEKA, (785) 232-2032 <http://www.topekasympphony.org>

OCT 30

SENIOR CLASS

A great offshoot from TCTA's widely successful company, LAUGHING MATTERS, SENIOR CLASS is another zany troupe of improv comedians. Only this time, the company is made up entirely of actors over 55 years old! This group defines life in the golden years as a terrifically fun-filled trip! Doors open at 7:00 p.m. Show starts at 8:00 p.m. TOPEKA, (785) 357-5211 <http://www.topekacivictheatre.com>

BINGO

SUNDAYS & TUESDAYS

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

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL
Minis start at 6:00 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7:00 p.m. on Wednesdays and Fridays.
2050 SE 30TH ST, TOPEKA, (785) 266-5532

MONDAYS & THURSDAYS

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

MONDAYS & SATURDAYS

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

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

WEDNESDAYS & FRIDAYS

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

THURSDAYS

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

FRIDAYS

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

FRIDAYS

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

SUNDAYS

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

BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

BOOK TALKS

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

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

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

CLASSES/LECTURES

ONCE A MONTH

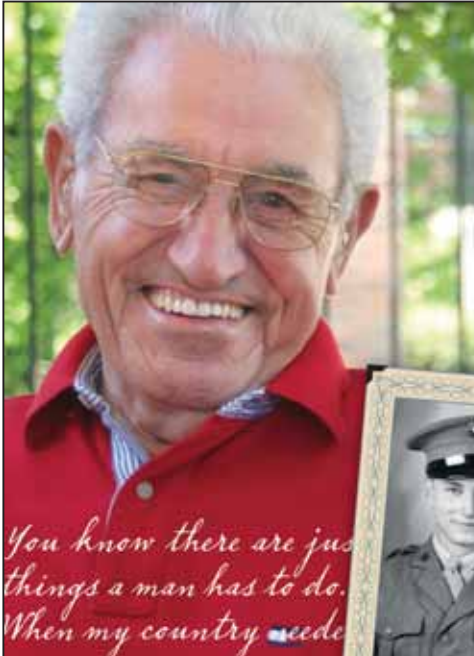
AARP'S 55 ALIVE SAFE DRIVING COURSE
Monthly classes are held at Stormont-Vail.
Call to make reservation.
TOPEKA, (785) 354-5225

SEP 7-OCT 19

MYSTORY: HOMETOWNS & HEROES

MyStory will begin the 2010 series on Sep-
tember 7. MyStory is a series of programs
that encourage participants to share their life
stories. The 2010 theme is "Hometowns &
Heroes." All sessions will be held at Babcock
Place, 1700 Massachusetts St. in Lawrence at
2:00 p.m. There is no fee for participation.
You may attend one or all of the following
sessions: A Look at Heroes; October 8 -
Photo and Story Sharing; October 8 - Home-
town Bus Tour; October 19 - Publication
Release. MyStory is sponsored by the Senior
Outreach Services of the Lawrence Public
Library and the Lawrence-Douglas County
Housing Authority; Babcock Place. For more
information about MyStory or any individual
program, please contact Pattie Johnston
at the library at (785) 843-3833, ext. 115,
or Gayle Sigurdson, Babcock Place, (785)
832-1692.
LAWRENCE

■ CONTINUED ON PAGE 20



An Assisted Living
& Memory Care Residence

the Windsor
OF LAWRENCE

A Lifetime in Every Face, A story in Every Smile.
Hear the Story, Share a Lifetime.

You will find what you are looking for at the Windsor of Lawrence. We have been serving the needs of Senior adults in the Lawrence community since 1990. Our unique approach to Assisted Living & Memory Care combines a warm residential setting along with caring and helpful staff providing you just the right answer for your housing needs.

Call (785) 832-9900
or visit us at
3220 Peterson Rd.
Lawrence, KS 66049

*Respecting Values, Protecting Dignity,
Supporting Independence.*

■ CONTINUED FROM PAGE 19

SEP 9

SURVIVING & THRIVING

A SkillBuilders program presented by Donna Flory, MSW. 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 4

10,000 STEPS A DAY CLASS

The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log their daily steps. \$10/person. This program is available to take out to groups of 5 or more confirmed registrants. LMH Meeting Room A, 6:00-7:30 p.m. LAWRENCE, (785) 749-5800

OCT 7

MANAGING YOUR MONEY

A SkillBuilders program presented by Barbara Braa, VP, CornerBank Asset Management. 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 11

ADVANCEMENTS IN THE TREATMENT OF VARICOSE VEINS

Varicose vein disease is a common problem, affecting about half of adults over the age of 50. There has been a lot of progress in the treatment and many patients can now be evaluated and treated in the medical office setting with minimal pain, inconvenience and a return to normal activities immediately. Come and learn more about the treatment of varicose vein disease at this free program. Presented by Dale Denning, MD of Lawrence Vein Center. Registration requested. Lawrence Memorial Hospital Auditorium. LAWRENCE, (785) 749-5800

OCT 13

FINDING RELIABLE HEALTH INFORMATION ON THE INTERNET

October is Health Literacy Month. Plan to join us as we explore credible and reliable Web sites designed to assist the consumer with finding answers to health-related questions and talking to their healthcare provider. Participants will be provided with recommendations on evaluating health information Web sites. Presenters are: Charlene Droste, MBA, MLS (Medical Librarian at LMH) and Rebecca Brown, MLS, University of Kansas Medical Center, A.R. Dykes, Library of Health Sciences. This program is free but advance registration is requested. Lawrence Memorial Hospital Auditorium. LAWRENCE, (785) 749-5800

OCT 14

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

OCT 15

PREDIABETES CLASS

This free class is for those at risk for developing diabetes or have already been told that they have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and avoiding potential complications. Lawrence Memorial Hospital Meeting Room A. LAWRENCE, (785) 749-5800

OCT 21

HOME MAINTENANCE 101

A SkillBuilders program presented by Neil Gaskin, owner, Natural Breeze Remodeling. 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 21

NUTRITION ROUNDTABLE - PREBIOTICS AND PROBIOTICS

You have probably seen the advertising for prebiotics and probiotics. But what really are they and do we need them in our diet? Come and learn more at this free seminar, part of our monthly Nutrition Roundtable Series. LMH Registered Dietitian Patty Metzler will present. Advance registration requested please due to space limitations. Class is size limited, so please register early. Lawrence Memorial Hospital Meeting Room A. LAWRENCE, (785) 749-5800

OCT 21 & 22

AARP DRIVING SAFETY CLASS

Classes will be held each day from 10:00 a.m.-3:00 p.m. in the Gallery Room of the Lawrence Public Library. This driving refresher course is available to anyone over the age of 18. The class is taught by a trained AARP instructor. Information on driving techniques, new state and Federal laws and making adjustments to changes as one grows older are given. No driving is involved. No test is required. Insurance discounts will be available to those completing the class. A fee of \$12 for AARP members/\$14 for non-members will be collected at the first class. Registration is required due to space limitations. To enroll in the driving class or for more information, please contact Pattie at the library. LAWRENCE, (785) 843-3833, ext. 115.

OCT 28

TALK TO 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

NOV 1 & 2

AARP DEFENSIVE DRIVING

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

NOV 4

HOME SECURITY AND PERSONAL SAFETY

A SkillBuilders program presented by Sgt. Gary Squires, Douglas County Sheriff's Office. SkillBuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice. LAWRENCE, (785) 843-3738

EXHIBITS/SHOWS

JUL 20-OCT 20

STAR WARS EXHIBIT

Star Wars has come to the Great Overland "Space" Station! Star Wars toys, artifacts, costumes, posters and more are on display in the Fink Exhibit Gallery at the Great Overland Station courtesy of the 501st Legion, 70th Explorer's Garrison. It's an exciting and fun exhibit

for "kids" of all ages. Great Overland Station, 701 N. Kansas Ave. TOPEKA, (785) 232-5533 <http://www.greatoverlandstation.com>

OCT 1-NOV 26

CREATION OF HOPE

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

OCT 1-JAN 16

PRINTED IMAGES III

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

OCT 2 & 3

MODEL TRAIN SHOW

18th annual show with scale layouts, sponsored by members of the Northeast Kansas Railroaders. Admission fee. Scheduled for 10:00 a.m.-5:00 p.m. on Saturday and 11:00 a.m.-3:00 p.m. on Sunday at Memorial Hall, 819 Commercial. ATCHISON, (913) 367-7536

OCT 15-JAN 23

WASHBURN UNIVERSITY ART DEPARTMENT FACULTY EXHIBIT

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

OCT 22 & 23

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, 2120 Harper. LAWRENCE, (785) 843-6219

FARMERS' MARKETS

APR 17-NOV 20

DOWNTOWN TOPEKA FARMERS' MARKET

Farm fresh vegetables, crafts, home baked goods, food, plants, herbs and wood products all handmade. Begins at 7:30 a.m. until noon. Every Saturday from April until November. TOPEKA, (785) 249-4704 <http://www.Topekafarmersmarket.com>

APR 10-NOV 20

SATURDAY DOWNTOWN LAWRENCE FARMERS' MARKET

The Saturday Downtown Lawrence Farmers' Market is located in the public parking lot between 8th and 9th Streets and New Hampshire and Rhode Island Streets. 7:00-11:00 a.m. LAWRENCE, (785) 331-4445 <http://lawrencefarmersmarket.com>

MAY 4-OCT 26

TUESDAY LAWRENCE FARMERS' MARKET

The Tuesday Market is located in the public parking lot between 10th and 11th streets on the east side of Vermont Street. 4:00-6:00 p.m. LAWRENCE, (785) 331-4445 <http://lawrencefarmersmarket.com>

MAY 6-OCT 28

THURSDAY LAWRENCE FARMERS' MARKET

The Thursday Market is located at southwest corner of Sixth & Wakarusa, in the parking lot of the shopping center where you can find the Salty Iguana. 4:00-6:00 p.m. LAWRENCE, (785) 331-4445 <http://lawrencefarmersmarket.com>

FAIRS/FESTIVALS

OCT 1 & 2

SANTA FE TRAIL DAYS

Crafters, demonstrators, horse drawn parade and saloon with live entertainment. Fun filled family weekend. OVERBROOK, (785) 453-2185 <http://www.exploresage.com>

OCT 1-31

GARY'S PUMPKIN PATCH AND FALL FESTIVAL

Gary's Pumpkin Patch and Fall Festival featuring 8 acre corn maize, pumpkin patch, haunted house, pig races, jumping pillow and goat mountain. Fee. 5991 17th Street. GRANTVILLE, (785) 246-0800

OCT 2

POMONA FALL FESTIVAL & CAR SHOW

Pomona Fall Festival with fall festivities such as pumpkin carving, a parade, horse shoe tournament, washer tournament and much more! POMONA, (785) 566-3337

OCT 2

KANSAS ANCESTOR FAIR

Fun events and activities for all ages, so bring the family. Free mini-classes, informational displays and materials, and consultations with expert genealogists. Learn how to get started researching your family history and explore the many community resources and organizations available to help. 10:00 a.m.-3:00 p.m. Admission is free. 6425 SW 6th Avenue. TOPEKA, (785) 272-8681

OCT 2 & 3

OZTOBERFEST

The festival includes autograph sessions with munchkins from the original movie, over 2,000 Oz artifacts in the OZ Museum, a street festival with crafts and food, live entertainment, many special OZ authors and guests, and a live production of the Wizard of Oz musical. 511 Lincoln Avenue. WAMEGO, (785) 458-8686 <http://www.oztoberfest.com>

OCT 2

31ST ANNUAL APPLE FESTIVAL

Come see what's new in Old Prairie Town at Ward Meade Historic Site! Look for lots of food, demonstrations, entertainment, folk arts and crafts, shopping at our vintage stores, and tour our historic buildings. 10:00 a.m.-5:00 p.m. Fee. Children 12 and under free. TOPEKA, (785) 368-2437

OCT 9

POME ON THE RANGE FALL FESTIVAL

Fun for the whole family to ride the horse-drawn wagon to pick apples off the trees or pumpkins from the patch. Kids' games, hands-on antique cider press, Grampa Poky the balloon clown, fresh cooked kettle corn and great BBQ with homemade pies. Pome on the Range Orchards, 2050 Idaho Rd. WILLIAMSBURG, (785) 746-5492 <http://www.pomeontherange.com>

OCT 16 & 17

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>

HALLOWEEN EVENTS

OCT 1-31

FRIGHTMORE FARM

Come spend a frightful evening at the farm. Hours: Friday and Saturday 7:00 p.m.-11:00 p.m. Admission fee. 5991 17th Street. GRANTVILLE, (785) 246-0800

OCT 22-30

TERROR TRAIN

Spooks, goblins and all kinds of surprises are aboard the Midland Railway for "Terror Tracks." Our cast of spooks and goblins will provide this special treat for the not-so-faint of heart of all ages during the two weekends prior to Halloween. 1515 W High St. BALDWIN CITY, (913) 721-1211 <http://www.midland-ry.org>

■ CONTINUED ON PAGE 21

■ CONTINUED FROM PAGE 20

**OCT 22
LAWRENCE GHOST TOUR**
Locations include the brothel house, cemetery and hanging bridge! Age 12 and over. Eldridge Hotel, 701 Massachusetts.
LAWRENCE, (785) 383-2925

**OCT 23
BOO AT THE ZOO**
Trick-or-treat around the Topeka Zoo in a safe and 'spooktacular' environment. Children are invited to wear their costumes and gather treats at all the different booths. There will be festive decorations, games, prizes, and media personalities to meet. Costs are regular admission to the zoo. Hours: 10:00 a.m.-4:00 p.m.
Topeka Zoo, 635 SW Gage Blvd.
TOPEKA, (785) 368-9180
<http://www.topeka.org/zoo>

**OCT 23
SCARY ON THE PRAIRIE**
Activities start with eerie sounds and ghoulish stories in the haunted schoolhouse, spicy cookies straight from the campfire with cold apple cider, and trick or treating in all the vintage buildings. Geared for elementary school aged children (must be accompanied by parent or guardian). Call for ticket information. Old Prairie Town at Ward Meade, 124 NW Fillmore, 4:00-6:00 p.m.
TOPEKA, (785) 368-2437

**OCT 28
TRUNK OR TREAT**
Come to Shawnee North Community Park, bring lots of candy. Pop open your trunk or open your hatch and let the fun begin! Feel free to decorate your car or trunk and dress up. For the Jack-O-Lantern contest, all pumpkins must be carved prior to the event. All entries need to be at the park by 6:00 p.m. Hot dogs, chips and drinks will be served at 6:00 p.m. Trick or treating will begin around 6:30 p.m. Fee is one canned food item/person for local pantry. 300 NE 43rd St.
TOPEKA, (785) 286-0676

**OCT 29
HAUNTED TRAIL TO THE LOST LAGOON**
Beware of Hallow's Eve for Goblins and Ghouls, flying witches with brooms, for a storm is brewing. So if you dare, bring your best scream and goody bag, while you find your way through Lake Shawnee's spooky trail. Stick around for some not-so-spooky treats. From 7:00-9:00 p.m. Admission is free. Lake Shawnee Marina, SE West Edge Rd.
TOPEKA, (785) 267-1156

**OCT 29 & 30
HALLOWEEN HAUNTED TRAIN**
Miniature train ride for children with ghosts, goblins and treats. The event is sponsored by the Northeast Kansas Railroaders. Rides are scheduled from 6:30-8:30 p.m. at the Atchison rail Museum. Donations are appreciated. 200 South 10th.
ATCHISON, (913) 367-7536

**OCT 30
CRESTVIEW'S CREEPY CARNIVAL**
There will be fun games and activities, and kids are encouraged to wear their costumes. Kids must be accompanied by an adult. Pre-registration required one week in advance. Fee for activity bracelet. Program: 5:00-7:00 p.m. Crestview Community Center, 4801 SW Shunga Dr.
TOPEKA, (785) 368-2448

**OCT 31
DOWNTOWN LAWRENCE HALLOWEEN TRICK-OR-TREAT**
Dress up and come Downtown for the annual trick-or-treating. Downtown merchants greet children with sweet treats and Halloween trinkets. This is 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
BLOOD PRESSURE CLINIC**
HealthWise 55 Clinic. 10:00 a.m.-1:00 p.m. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free.
TOPEKA, (785) 354-6787

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

**TUESDAYS AND THURSDAYS
FREE BLOOD PRESSURE CLINIC**
Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9:00 a.m.- 1:00 p.m. and 3:00-6:00 p.m. No appointment necessary.
LAWRENCE, (785) 856-6030

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

**FIRST THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC**
HealthWise 55 Clinic. 9:00-10:30 a.m. Westridge Mall (Entrance of Panda Restaurant). Free.
TOPEKA, (785) 354-6787

**FIRST AND THIRD FRIDAYS OF EACH MONTH
HEALTH CHECKS**
Blood pressure checks, glucose checks, skin checks, and education on nutrition and weight loss strategies by Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9:00 a.m.-1:00 p.m.
TOPEKA, (785) 233-1750, EXT. 252

**SECOND THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC**
HealthWise 55 Clinic. 9:30-11:00 a.m. Southwest YMCA, 3635 SW Chelsea. Free.
TOPEKA, (785) 354-6787

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

**THIRD THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC**
HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free.
TOPEKA, (785) 354-6787

**THIRD THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC**
HealthWise 55 Clinic. 9:00-10:00 a.m. Rose Hill Place, 37th and Gage. Free.
TOPEKA, (785) 354-6787

**THIRD THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC**
HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury

■ CONTINUED ON PAGE 22



Your parents want to stay in the place they call home. If you're looking for help a few hours a week or 24/7. We can help.

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■ CONTINUED FROM PAGE 21

Mt. Olive Church, 12th and Buchanan. Free. TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH
NUTRITION CLINIC

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

FOURTH THURSDAY OF EACH MONTH
BLOOD PRESSURE CLINIC

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

OCT 6

CHOLESTEROL SCREENINGS

These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$6/test. Lawrence Memorial Hospital, HealthSource Room, 3:00-4:30 p.m. LAWRENCE, (785) 749-5800

OCT 6

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 16

BONE DENSITY SCREENING

See October 6 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

OCT 26

BONE DENSITY SCREENING

See October 6 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

OCT 26

HEALTHY BONES FAIR

Osteoporosis is the thinning of bone tissue and the loss of bone density over time. It affects a significant number of women and also men and can lead to fractures and even disability. Come and learn more about all aspects of this largely preventable and treatable disease. There will be exhibits and refreshments as well as an educational program. This program is free but advance registration is requested due to space limitations. Program: 7:00-8:15 p.m. Lawrence Memorial Hospital Auditorium. LAWRENCE, (785) 749-5800

OCT 30

CHOLESTEROL SCREENINGS

See October 6 description. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

NOV 3

CHOLESTEROL SCREENINGS

See October 6 description. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

HERITAGE/HISTORY

OCT 2

NORDIC HERITAGE FESTIVAL EVENT

Nordic Heritage Festival has family-oriented activities for all ages. Come celebrate, explore and experience the culture of Norway, Sweden, Denmark, Finland and Iceland through food, arts and crafts, genealogy, music, dance, Viking games, and more. The festival features the Kansas City Scandinavian Dancers, Viking

Reenactors, Byron Wiley and Ingevalds Spelmän, Scandinavian food, traditions, art and entertainment. 2120 Harper. LAWRENCE, (785) 843-7535 <http://www.nordicheritagefes.com>

OCT 2-OCT 30

POLAND HERITAGE MONTH

Display includes pictures of famous Polish people, hand-crocheted items, costumes, crystal and artwork made of wood shavings. Tea room. Saturdays and Sundays. Strawberry Hill Museum & Cultural Center, 720 N 4th St. KANSAS CITY, (913) 371-3264 <http://www.strawberryhillmuseum.org>

OCT 9

CIVIL WAR HERITAGE DAY, PANCAKE FEED & RETIREE BRIEFING

7:00-9:00 a.m. Pancake Feed. 9:00 a.m.-2:00 p.m. Civil War Heritage Displays and Activities. 9:00 a.m.-Noon Retiree Briefing-All Retired Military Retirees. Noon-1:00 p.m. Luncheon for Military Retirees (Free, but reservation required by calling 785-862-1066). Donations accepted. Forbes Field, 6700 SW Topeka Blvd. TOPEKA, (785) 862-1020

OCT 16

CELEBRATION OF CULTURES

Come and learn about the different cultures and customs that Topeka has to offer. Call for time and ticket prices. Agricultural Hall. TOPEKA, (785) 297-1000

OCT 24

TOPEKA GENEALOGICAL SOCIETY LIBRARY OPEN HOUSE

Join Topeka Genealogical Society in celebrating Family History Month with an Open House at the TGS Library. Learn how to research your family history, and explore the more than 10,000 books and other genealogical resources in the library collection. From 1:00-4:00 p.m. Admission is free. 2717 SE Indiana Avenue. TOPEKA, (785) 233-5762

MEETINGS

FIRST MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP

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

FIRST 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

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.

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

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

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

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

FIRST THURSDAY OF EACH MONTH
LAWRENCE AREA PARTNERS IN AGING

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

FIRST AND THIRD THURSDAY OF EACH MONTH
TRANSITIONS SUPPORT GROUP

Sponsored by Heartland Hospice of Topeka. Call Terry Frizzell for information and specific location. 3:00 p.m.

FIRST FRIDAY OF EACH MONTH

STROKE SUPPORT AND RECOVERY GROUP

Providing an opportunity for learning and sharing experience. Meetings begin at 1:30 p.m. for blood pressure readings and at 2:00 p.m. for program. For information, call Jan Dietrich in the Adult Field Services Office.

Health Agency Main Library. TOPEKA, (785) 232-7765

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

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

SECOND MONDAY OF THE MONTH

GRIEF AND ENCOURAGEMENT GROUP

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

SECOND MONDAY OF THE MONTH
CAREGIVER SUPPORT GROUP

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

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

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

SECOND 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 WEDNESDAY OF EACH MONTH
MEMORY SUPPORT GROUP

Held at The Windsor of Lawrence, 3220 Peter-son 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

■ CONTINUED FROM PAGE 22

**SECOND THURSDAY OF EACH MONTH
NAACP MEETING - LAWRENCE CHAPTER**
Meets at the Lawrence public Library Gallery Room at 6:30 p.m.
LAWRENCE, (785) 841-0030, (785) 979-4692

**SECOND SATURDAY OF EACH MONTH
HAPPY TIME SQUARES SQUARE DANCE CLUB**
Meets at First United Methodist Church-West Campus, 867 Hwy 40 (1 block west Hwy 40/K10 Bypass). Plus: 7:30-8:00 p.m., Mainstream 8:00-10:00 p.m. Contact Frank & Betty Alexander.
LAWRENCE, (785) 843-2584
www.happytimesquares.com

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

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

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

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

**THIRD THURSDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**
Baldwin Healthcare Center, 1223 Orchard Lane, 1:00-2:00 p.m.
BALDWIN CITY, (785) 594-6492

**THIRD SATURDAY OF EACH MONTH
TOPEKA WIDOWED PERSONS BRUNCH**
For all widowed people. Meets at the First United Methodist Church, 6th and Topeka Blvd. in the red brick building, known as the Sweet Building on the Southwest corner of the campus. Please bring a covered dish to share. Beverages and table service provided. 11:00 a.m.-1:00 p.m. For more information about the Widowed Persons Service Program, please call Julie.
TOPEKA, (785) 357-7290

**FOURTH MONDAY OF EACH MONTH
GRIEF SUPPORT GROUP**
Presbyterian Manor, 1429 Kasold., 4:00 p.m. Sponsored by 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

■ CONTINUED ON PAGE 24

Santa Fe Place Senior Apartments



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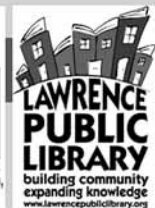
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- Sept 9-Surviving & Thriving-Donna Flory, MSW
- Sept 16-Estate & Legal Matters-Cheryl Trenholm, Attorney
- Sept 23-Treating Your Car Well-Richard Haig, Westside 66 program on-site at 6th and Schwarz Rd
- Sept 30-Don't Fear your Electronics-Pattie Johnston, Library, and Mary Gauthier, retired business teacher
- Oct 7-Managing Your Money-Barbara Braa, VP, CornerBank Asset Management
- Oct 14-Strengthening Your Spiritual Well-being-Paul Reed, VNA Hospice Chaplain
- Oct 21-Home Maintenance & Neil Gaskin, Owner, Natural Breeze Remodeling
- Oct 28-Talk with Your Doc like a Pro-Lisa Mitchell, RN
- Nov 4-Home Security and Personal Safety-Sgt. Gary Squires, Douglas County Sheriff's Office
- Nov 11-Searching for Peace, Linda Upstill, Rumsey Yost Funeral Home
- Nov 18-Celebration and Remembrance

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

FOR QUESTIONS OR
TO ARRANGE
COMPLIMENTARY
DOOR TO DOOR
TRANSPORTATION,
PLEASE CALL
SARAH RANDOLPH
AT VNA HOSPICE,
785-843-3738



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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

FOURTH FRIDAY OF EACH MONTH AARP CHAPTER 1696

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

OCT 7 GIRLFRIEND'S FIESTA

Featuring Kathy Petersen and Martha Grey. Women's Connection Meeting held at the Topeka Shawnee County Public Library at 11:30 a.m. Cost of the brunch is \$13.00. Speaker will be Sharon Braner from Broken Arrow, Okla. Music will be provided by Bobbie Irwin. Reservations must be placed by October 1 by calling Deanna Roudybush at (785) 266-2543. TOPEKA

MISCELLANEOUS

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Black maids' stories tell of past injustices

By Margaret Baker

Kathryn Stockett: *The Help* (Doubleday Large Print Book, ISBN 978-1-60751-528-9. Regular edition from G.P. Putnam's Sons, Penguin Group)

Set in Jackson, Mississippi, in the early 60's, this novel explores the world of the black maid at the beginnings of the Civil Rights movement. These poorly-paid women worked for middle class whites cleaning, cooking, ironing, and in many cases, raising their children, and then returned to their homes for the night.

Aibileen and her best friend Minnie work for two ladies who host a monthly bridge club. Others are Hilly, the undisputed queen of the town social club, Hilly's mother, and Skeeter, recently graduated from college, complete the table.

Whites and Blacks basically live in different communities. Skeeter, anxious to pursue a writing career, wants to learn, and write of, the lives of the day maids. The maids prefer privacy. Two events change their minds—Hilly moves her old mother to an old people's home, to Minnie's disgust. Then Hilly advances a law requiring the construction of a separate bathroom for their black help. Aibileen, Minnie, and Skeeter recognize this for what it is.

Gradually, the maids are willing to tell their stories under cover of anonymity. These stories are beautiful and will awaken the reader to the injustices of the period.

A good story keeps you turning the pages. A great story keeps you thinking about the characters, and the basic story line, long after the last page is read.

Probably on the Best of the Decade Lists!

Julie Orringer: *The Invisible Bridge* (Random House Audio Books, read by Arthur Morey on 22 cds, ISBN 978-0-3077-1354-4)

Three Jewish brothers grow up on a small farm/saw mill in Hungary in the early 1930's. The oldest two are saving up to go to college. Andros, the middle child, is awarded a competitive scholarship to study architecture in Paris. Soon the eldest has enough saved to start medical school in Italy. The youngest is still in gymnasium (high school).

The story follows the three, primarily Andras in his studies, his new-found Jewish school friends, his first, and abiding, love. Then, as the reader is all too aware, the Nazi regime encompasses the brothers and their world.

Hungary was aligned with Germany in the Axis, but was occupied by German troops when the government fought "the final solution." People who do not believe the Holocaust should avoid this account. The darkening cloud descending over Europe is pitilessly rendered.

Orringer's first work was a collection of short stories, *How to Breathe Underwater*. Readers have been eagerly awaiting her first novel, and this work does not disappoint.

Donna Andrews: *Stork Raving Mad* (St. Martin's Minotaur, ISBN 978-0-312-62110-3)

Ready for some light-hearted chuckles? Try author Andrews's approach to approaching motherhood—times two. Meg and Michael are expecting twins, but have elected not to know the sex. They keep calling them by better-known twosomes—Heckle and Jeckle, Bonnie and Clyde, etc. Of course, since she is due very soon, she is huge, her bladder is small, her back hurts and she'd like to nap.

Caerphilly College, where Michael teaches drama, is having heating problems, and students are farmed out to all the motels, etc. Many of the drama students are lodged with Meg and Michael, so when he asks Meg if they could take in another lodger, he is relieved that she sees no problem. He's a Spanish playwright and his play is being produced.

Except the dean of the combined English and Drama feels the play is too raunchy, and wants it stopped. Then he's found murdered.

Trust Meg's wacky family to find the murderer, ensure Michael's tenure, solve the heating problem and separate the Drama Department all before, just before, she goes into labor!

Noah Byrd: *The Bricklayer* (Harpur, ISBN 978-0-06-182702-0)

Longing for a lone investigator caper? This paperback offers a new hero in the Jack Reacher style, a man who prefers to work alone. He was fired from the FBI for insubordination, but Deputy Assistant Director Kate Bannon knows Steve Vail is the man for the job, if she can just convince him to leave his masonry.

The FBI is having problems. Critics of the FBI have been dying, with domestic terrorists claiming credit and demanding payments.

Excitement, chases, matching wits with an evil genius, and just the right touch of romance make this a fast and furious read.

Nevada Barr: *Burn* (St. Martin's Minotaur, ISBN 978-1-61664-535-0 Large Print edition)

National Park Service Ranger Anna Pigeon is on medical leave, recuperating after her last episode fighting crime in the nation's parks. Although recently married, she's spending a bit of time in post-hurricane New Orleans with a friend.

She's finding that the urban jungle has as much mayhem as the national parks she is so fond of. This trip finds her battling a new adversary, the world of witchcraft, voodoo, and more unsettling, the abduction of children for slavery.

Barr's evocative descriptions of the New Orleans' neighborhood is as good as of her park stories—very good indeed. Her characters, from stars to walk-on roles, are deftly drawn, their motives slowly coming into view as the plot progresses.

Faye Kellerman: *Hangman* (Wm. Morrow, ISBN 9778-0-06-1702556-3)

Detective Peter Decker and his wife Rina Lazarus's involvement with Chris Whitman and his wife Terry McLaughlin goes back to high school days, when Chris confessed to mur-

dering a fellow student to keep his real love, Terry, from having to testify at trial. She was pregnant with his son. The truth came out and Chris was released, married Terry (now a doctor), changed his last name to Donatti and became a highly-paid hit man.

Chris is a man with a very short fuse, and Terry is often the object of his temper. When Terry asks a favor, Peter reluctantly agrees to take in Gabe, the son, now 14. Then both Terry and Chris disappear just as Decker and wife have a new murder case to investigate. A neonatal nurse is found hanging from a home under construction near the hospital.

The nurse though dedicated and conscientious when on duty, enjoyed partying, booze, kinkiness, and getting even with a cheating boyfriend. The cheating boyfriend has also disappeared. Decker and Lazarus worry that a serial killer may be starting up.

Lots of suspects and lots of red herrings make for a darkly psychological thriller.

Kent Frates and Larry Floyd: *Oklahoma Hiking Trails* (University of Oklahoma Press, ISBN 978-0-80661-4161-4141-1)

You know Oklahoma as wonderful territory for hunting and fishing; now learn about the hiking, biking, and running trails. Especially for those hardy folk who have explored Kansas' trails, here are lots of new (to us) trails.

This comprehensive guidebook has excellent maps of each trail, level of difficulty, and in a nod to modern technology, the GPS coordinates. Excellent photography really shows off the countryside in this handy paperback.

With summer's heat behind us, these trails will lure the intrepid outdoorsmen to the diversity of our southern neighbor's geography.

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

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The Doozy Awards

The hardworking guys and gals who hang out after work at the Jig-Time Tavern didn't mean to shine a national media spotlight on Leton-galoosa. They were just unwinding and telling workday war stories, until Pete Blumberg came along.

In this town, birds of a feather unwind together, and the Jig-Time Tavern is a place where plumbers,

who are laid up after starting do-it-yourself projects. They shoot themselves in the foot or hand or leg with nail guns. Or they keel over and conk their heads because they're painting in a closed-up room."

Another renovator pipes in: "This guy calls me out to his brother's house to give an estimate for repairing the family room in the basement. The brother was looking for a gas leak in a tight place behind the furnace and his flashlight batteries gave out so he lit a match. The guy thinks his brother will be out of the hospital early next month."

"This guy," says an electrician, "wants to turn on all his Christmas lights with one circuit and with one switch from inside the house. So he drills a hole in the baseboard on an outside wall next to an electrical outlet. He cuts off an indoor extension cord and runs it through the hole to the outside. Then he splices the wires to the wires of a heavy duty outdoor extension cord that's hooked up to a ton of outdoor lights. He wraps the splice with duct tape. As soon as it rains: BLOOEY! I had to rewire half the house."

One night Pete Blumberg, a television repairman, wandered into the Jig-Time Tavern. Pete's ambition had always been to create a reality television show. When he listens in on the "This guy calls up..." stories, Pete knows he has a winner. The guys and gals let him audio tape their conversations. Pete recreates the scenes using actors as the hapless home owners. He calls it "The Doozy Awards," and invites viewers to vote for the show's biggest "Doozy."

Pete puts the first episode on YouTube and it goes viral in less than a week. Next a New York television producer calls Pete. He wants to do a 13-week "Doozy Awards" series on national television.

"You don't think you'll run out of material, do you?" asks the producer.

"In this town? Not a chance," says Pete.

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



Larry Day

carpenters, painters and home repair specialists go before they head home from work. The atmosphere is generally quiet, but now and then loud laughter erupts from one of the booths. When that happens, people slide off their bar stools and walk over to listen in.

People in the laughter-producing booth are usually telling stories about hapless homeowners whom they have rescued. The stories tactfully omit the people's names and home locations, and they often begin with the words: "A guy calls me up and says..."

The narrator then gives a detailed account of an individual who was trying to unclog the kitchen drain and poured epoxy down the sink instead of Drano.

After the laughter dies down, someone says, "That's a Doozy, but listen to this: A guy calls me up. His wife has been pestering him to put new tile in the master bathroom. He wants to save a buck so he decides to do the job himself. A salesman gives him a great buy on some discontinued floor tile. The guy miscalculates the size of the floor and he runs out of floor tile before he runs out of floor. When he can't find the same tile anywhere, he calls me. I have to tear it all up and start over."

A carpenter speaks: "This guy calls and says he needs help putting up siding. He has the lower part of the house done—the part where all the boards have straight cuts at the end. But as he gets higher he needs boards cut at an angle and he can't get them to fit right. You probably need to adjust your miter box," I say. "What's a miter box?" he asks. "I got a day and a half of work and a pile of miss-cut boards out of that one."

A gal who does renovations says: "I get work every week from guys

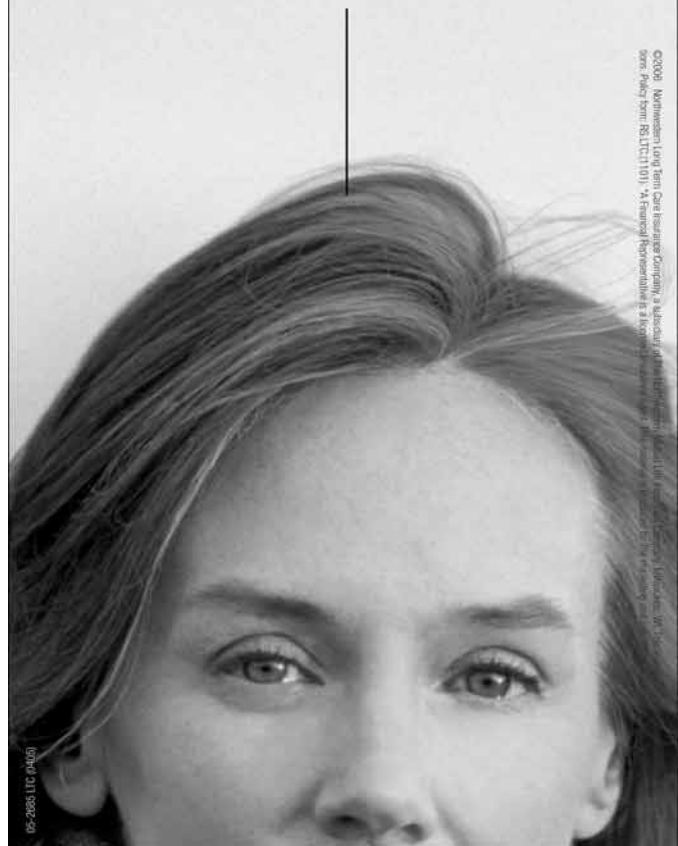


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No refund for my package vacation - now what?

By Christopher Elliott
Tribune Media Services

QUESTION: My mother-in-law had a very bad encounter with Priceline, and needs your help. She booked a package deal to San Diego that included round-trip airfare, rental car and a hotel stay. She found out literally right after she booked it that the hotel was in a bad part of town.

We called Priceline and went through several people to see if we could have the entire trip credited back and then we explained we planned on re-booking a more expensive package. Her sister had died recently, and after much arguing, a Priceline representative agreed to credit everything even though their policy was to only credit hotel and rental, as long as a death certificate was sent.

Priceline eventually credited back all but the airline tickets. The company refuses to honor a manager's word. Is there anything we can do? - Paul Cantrell, Albuquerque, NM

ANSWER: If a Priceline representative promised your mother-in-law a full refund for her vacation, she should have received one.

But did the representative speak

out of turn? Priceline's vacation packages are highly restrictive. Each component—air, car rental and hotel—has its own refund rules, so unless the manager researched each one while you were on the phone, he wouldn't have been able to offer a blanket refund.

Then again, this could have turned out far worse. If you mother-in-law had used Priceline's "name-your-own-price" service, which allows you to bid for an airline ticket, car, or hotel room, she probably wouldn't have been able to get any refund.

Still, I have to wonder about a thing or two. Priceline's vacation package site lists the name of the hotel - unlike "name-your-own-price" where you don't get to find out the name of the resort until you pay for it. Why not investigate the neighborhood of your hotel before you book?

You say that your mother-in-law's sister had died recently. As it turns out, she had passed away before this booking was made. In effect, the Priceline representative was offering a way to cancel this package by showing a death certificate, even though this isn't the intent of the rule that allows someone to cancel when there's

been a death in the family. He probably shouldn't have done that.

I'm not surprised Priceline backed away from its original verbal agreement. The representative shouldn't have promised you a full refund and shouldn't have offered the death-certificate waiver. Instead, your mother-in-law should have reviewed Priceline's terms and done her due diligence on the hotel before she clicked the "buy" button.

Still, a promise is a promise. I con-

tacted Priceline on your behalf. "Good news," a representative responded a few days later. "We were able to obtain a refund from the airline for the air portion of this package."

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

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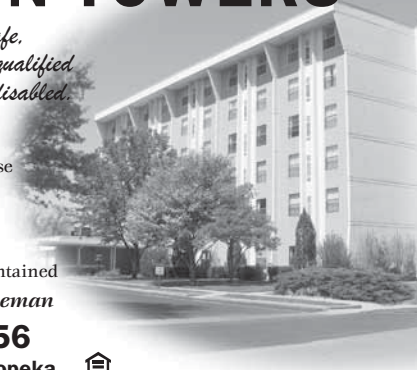
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Readers express concerns about pet food safety

QUESTION: What is it with the recent pet food recalls related to salmonella, and now the issue with eggs and salmonella? Do pet foods contain eggs? Are the recalls related? - B.G., Henderson, NV



Steve Dale

QUESTION: After the pet food recalls of a few years ago, I wasn't too sure about pet foods. Still, I continued to buy them at the pet store. Now, with the latest recalls, I'm thinking about home preparation. I'm just worried about pet food safety. Am I wrong to be so concerned? - T.S., Tampa, FL

ANSWER: These are very appropriate questions, and you're not the only ones posing them. Aside from other mail to me on this topic, Dr. Tony Buffington, veterinary nutritionist at the Ohio State University College of Veterinary

Medicine-Columbus, says there's been lots of Internet buzz among his colleagues.

Pet foods do not contain eggs. The recent pet food recalls and egg recalls are totally unrelated. In fact, Buffington points out that the specific type of salmonella associated with eggs (salmonella enteritidis) is different from the type linked to the pet food recall.

Salmonella contamination remains a challenging food safety issue, rather than a concern specific to pet foods. A long list of human food products have been recalled over the years as a result of salmonella concerns.

Even periodic recalls of pet foods aren't new. What is new is the easy delivery of recall news. Today, there's a more organized effort by the U.S. Food and Drug Administration to communicate (a good thing), and the use of social media as well as traditional media to spread the word helps reach more people.

Also, pet owners are more sensitive to recalls than ever—even hypersensitive—following the massive pet food recalls of 2007. That was the worst-case scenario come true.

We still don't know how many pets died due to the tainted food. We do know the contamination was a criminal act that occurred in China.

Maybe there should have been tighter controls, and maybe the pet food companies should have taken some heat. But it wasn't too long after the revelation of melamine in pet foods that we learned of another disaster—melamine in infant formulas. As Sen. Dick Durbin of Illinois told me in 2007, "This is bigger than a pet food issue; it's a food safety issue." Of course, he turned out to be right.

While they were quite different, human nature ties the 2007 and 2010 pet food recalls together, Buffington acknowledges. He says the response concerning the most recent recall was an example of single trial aversive conditioning.

"Humans have this trait as a survival mechanism," Buffington explains. "If you eat a food that sickens you, you will not eat that food again, at least anytime soon. The experience of pets becoming ill from melamine (in 2007) was so emotional—even if your own pet was not

affected. So, we may over-respond to any threat concerning pet food safety because pets have become an extension of us."

Buffington also points out that, in truth, the odds of salmonella contamination may be higher if you prepare your own pet foods.

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

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Gearing up for autumn with potato-leek soup

By Wolfgang Puck

Tribune Media Services

Why do certain recipes stand the test of time to become true classics?

For some such dishes, I think it's a case of culinary synergy: absolutely basic ingredients that complement each other so well, you wonder how they could possibly manage to taste so good together.

That is certainly the case for potato-leek soup, a satisfying and heartwarming cold-weather recipe that deserves dusting off now that the autumn is here.

Those two staple vegetables—both good on their own and also frequent parts of many more complex recipes—somehow taste especially delicious in partnership. The onion-y flavor of the leeks emphasizes the satisfying earthiness of the potatoes. And the potatoes, in turn, become a canvas that highlights the sweet-yet-pungent flavor of the leeks.

It is no surprise, then, that you find some version or another of the recipe in many different cuisines, from France (where it is served hot as well as in a finely pureed cold version that goes by the familiar name of Vichyssoise) to Austria and Germany, Holland and Great Britain to America. Some recipes include more potatoes than leeks, others more leeks than potatoes. Some cook the vegetables just in water or with broth, while others add milk or cream. Some call for pureeing the cooked soup to a thick, smooth consistency, while others present a chunkier, more rustic interpretation.

I guess you could say that such versatility is another defining characteristic of some classics—you can keep playing with them without ever

getting bored. That's certainly one more reason why, as someone who always loves to improvise when I cook, I really enjoy leek-and-potato soup.

In the version of the recipe I share with you here, I turn it into a soup that might remind you of a great stuffed baked potato. I enrich it with butter, cream, sharp Cheddar cheese, crispy smoked bacon, and even a final garnish of chives or scallions. Add some crusty bread and a simple salad, and it becomes a satisfying meal on its own.

Once you feel comfortable making this easy recipe, you can start creating your own interpretations. You might want to add some spinach, broccoli, or watercress. Or you could go back to the basics, sticking with leeks and potatoes alone in a proportion that suits your own tastes. If you like, leave out the dairy ingredients, substituting olive oil for the bacon, cream, and cheese; or go completely vegan by using canned vegetable broth in place of the chicken broth. Or explore other rich versions, maybe garnishing each bowl with a swirl of creme fraiche or sour cream.

It's a perfect recipe for you to welcome autumn next week. And you can go on enjoying it all the way through winter.

POTATO-LEEK SOUP WITH CHEDDAR AND BACON

Serves 6

- 1/4 pound sliced smoked bacon, coarsely chopped
- 4 tablespoons unsalted butter
- 2 small organic leeks, trimmed, chopped
- 1 large onion, chopped
- 1 organic carrot, peeled, chopped
- 1 clove garlic, minced

- 1/2 cup all-purpose flour
- 6 cups organic chicken broth
- 3 pounds organic baking potatoes, peeled, cut into 1/2-inch cubes
- 1 pound sharp Cheddar cheese, finely shredded
- 1 cup heavy cream
- 1/3 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

3 tablespoons chopped fresh chives or thinly sliced scallions

In a large saucepan, cook the bacon over medium-high heat until crisp. With a slotted spoon, transfer the bacon to paper towels to drain; set aside. Carefully drain off all but 1 tablespoon of the drippings from the pan.

Return the pan to medium heat. Add the butter and, as soon as it has melted, stir in the leeks, onion, carrots, and garlic. Sauté, stirring occasionally, until softened, about 5 minutes. Stir in the flour until

fully incorporated. Stirring continuously, gradually pour in the chicken broth.

Add the potatoes, raise the heat, and bring to a boil. Reduce the heat to maintain a bare simmer, partially cover, and cook, stirring occasionally, until the potatoes are tender, about 15 minutes.

Put the cheese in a large, heat-proof mixing bowl. Stirring continuously, gradually ladle in about a fourth of the hot soup, continuing to stir until the cheese has melted and fully blended into the broth.

Return the cheese mixture to the saucepan. Stirring continuously, gradually pour in the cream and stir in the salt and pepper. Continue to cook, stirring frequently, until the soup is almost boiling.

Ladle the soup into serving bowls. Garnish with the reserved bacon and chives or scallions. Serve immediately.

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Hospice not just for cancer

It is a common misconception that hospice care is just for cancer. When hospice care was established in the United States in the 1970s, cancer patients made up the largest percentage of hospice admissions. Today, cancer diagnoses account for less than half of all hospice admissions at 38.3 percent.

Currently, less than 25 percent of U.S. deaths are caused by cancer. The top four non-cancer primary diagnoses for patients admitted to hospice in 2008 were unspecified debility (15.3 percent), heart disease (11.7 percent), dementia (11.1 percent), and lung disease (7.9 percent). Among the other life-limiting illnesses that are appropriate for hospice care in the end stages are neurological conditions, liver or kidney failure, Alzheimer's, AIDS, stroke and coma.

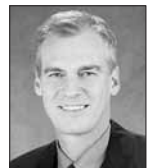
No matter what the diagnosis, there comes a time when a cure is no longer a realistic goal and the patient's physician has indicated a life expectancy of six months or less. At that time, a patient and family may choose to discontinue the curative treatment and instead focus on quality of life for whatever time is left. Quality of life is possible when pain and symptoms are managed, a primary focus of hospice care. Family members work alongside the hospice team and the patient's physician. Researchers have found that hospice patients actually live on average 29 days longer than non-hospice patients.

Today there are many choices in health care. At end of life, hospice ensures compassion, comfort, and dignity.

Article provided by Hospice Care of Kansas

Kansas Advocates for Better Care to hold benefit

Kansas Advocates for Better Care (KABC) will hold its "Stand By Me" benefit on Sunday, October 17, from 2:00 to 5:00 p.m.



Parkinson

The benefit will feature a silent auction following by a live auction, featuring Jeremy Taylor, KLWN radio host. Auction items include:

- Flag flown over US Capitol on 9/10/10
- Autographed KU football & basketball
- Dinner and a "Mystery" for 4
- Power of attorney for medical and financial
- "Tall Face" Putter by local inventor Pat Wempe
- Home-made Cookie of the Month
- Art lessons for 4 - Plein-air or your choice.
- Cranial/sacral therapy
- Round-trip transportation for up to 3 people, from
- Lawrence to Kansas City International Airport
- Private dinner for 4 with gourmet chef
- Master landscape design/plan
- Floral arrangement
- Ceramic Bowl
- Autographed book "Without Ceremony" by Lawrence author Janet Majure
- \$250 in KPR airtime for use to promote a business or civic organization

In addition to the auction, the benefit will include music, dancing, and a presentation of the 2010 KABC Caring Award to Gov. Mark Parkinson.

There is no cost to attend. Donations are greatly appreciated. RSVP required by October 8. Please call (785) 842-3088 or e-mail info@kabc.org to RSVP or for more information.

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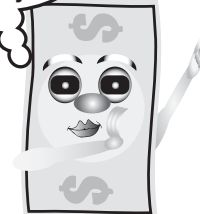
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NOSTALGIA NOTEBOOK

October 1940

Births

- October 14:** Cliff Richard, English singer ("Devil Woman")
- October 21:** Manfred Mann, South African rock musician
- October 23:** Pelé, Brazilian footballer
- October 25:** Bobby Knight, American basketball coach

Events

- October 4:** Adolph Hitler and Benito Mussolini confer at Brenner Pass in Alps.
- October 7:** The McCollum memo proposes bringing the U.S. into the war in Europe by provoking the Japanese to attack the United States.
- October 15:** "The Great Dictator," a satirical social commentary film by and starring Charlie Chaplin, is released.
- October 16:** Benjamin Oliver Davis Sr. named first black general in regular army.
- October 24:** 40-hour work week goes into effect (Fair Labor Standards of 1938).
- October 29:** Secretary of War Henry L. Stimson drew first number in first peacetime military draft in U.S. history.

October 1950

Births

- October 1:** Randy Quaid, American actor
- October 5:** Jeff Conaway, American actor
- October 10:** Nora Roberts, American novelist
- October 20:** Tom Petty, American rock singer
- October 31:** Jane Pauley, American television broadcaster and journalist

Events

- October 2:** First strip of Charlie Brown, "Li'l Folks," later "Peanuts" in nine papers.
- October 7:** U.S. forces invade North Korea by crossing 38th parallel.
- October 11:** The U.S. Federal Communications Commission issues the first license to broadcast television in color, to CBS.
- October 19:** UN forces entered Pyongyang, capital of North Korea.
- October 26:** Mother Teresa found her Mission of Charity in Calcutta, India.
- October 30:** Pope Pius XII witnesses "The Miracle of the Sun" while at the Vatican.

October 1960

Births

- October 5:** Daniel Baldwin, American actor
- October 13:** Ari Fleischer, former White House press secretary
- October 18:** Jean-Claude Van Damme, Belgian actor
- October 21:** Lionel Washington, NFL cornerback (Denver Broncos)

Events

- October 7:** "Route 66" premieres.
- October 7:** Second John F. Kennedy and Richard Nixon debate.
- October 12:** Third John F. Kennedy and Richard Nixon debate.
- October 12:** Nikita Khrushchev pounds his shoe at UN General Assembly session.
- October 13:** Opponents of Fidel Castro executed in Cuba.
- October 19:** Martin Luther King Jr. arrested in Atlanta sit-in.
- October 24:** Fourth John F. Kennedy and Richard Nixon debate.
- October 29:** Muhammad Ali's (Cassius Clay) first professional fight, beats Tunney Hunsaker in six rounds.

CROSSWORD

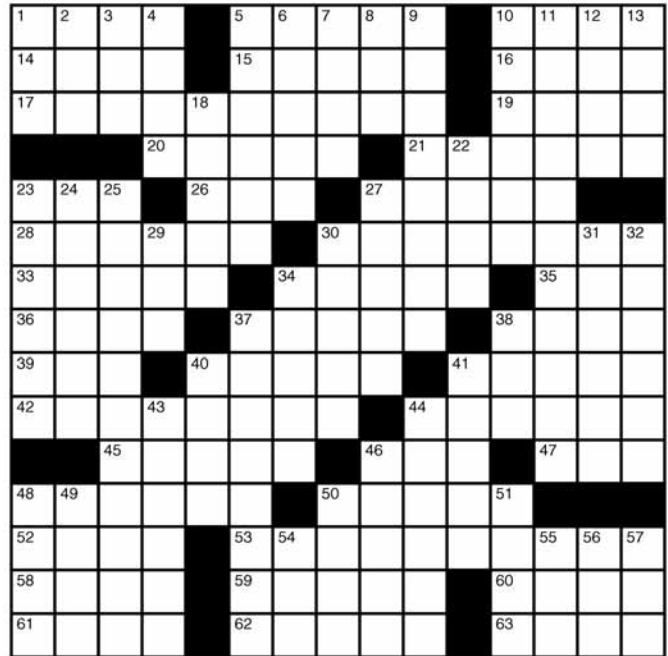
ACROSS

- 1 Pinnacle
- 5 ___ Heights
- 10 Thunder peal
- 14 Explosive report
- 15 Very chubby
- 16 Swiss river
- 17 Funny volumes
- 19 Ladder piece
- 20 Screen parts
- 21 Ballroom dances
- 23 Qty.
- 26 Fleur-de-___
- 27 God of Islam
- 28 Island of the Marianas
- 30 Making holes
- 33 Printers' measures
- 34 Groups of wolves
- 35 Lon ___ of Cambodia
- 36 Part of BPOE
- 37 Liquefy
- 38 Gawk at
- 39 Zilch
- 40 Was mistaken
- 41 "Cosmos" author Carl
- 42 Lip curlers
- 44 Hair piece?
- 45 Molten metal scum
- 46 ___ Tome and Principe
- 47 987-65-4321 group
- 48 Skip
- 50 Singing cowboy Gene
- 52 Author of "Lucky Jim"
- 53 Festivities participant

- 58 Occupation
- 59 Join in
- 60 Fuzzy fruit
- 61 Irritates
- 62 Approaches
- 63 Part of a process

DOWN

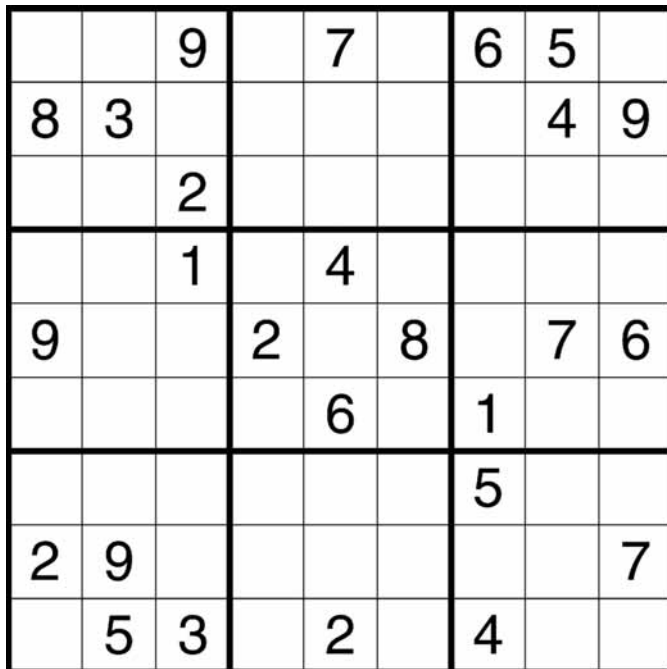
- 1 Alphabet start
- 2 Pigeon sound
- 3 Family member
- 4 Abu Dhabi ruler
- 5 Evil elf
- 6 Certain reeds
- 7 Tolstoy and Gorcey
- 8 Pose questions
- 9 Resembling a bird's home
- 10 Sensual
- 11 Nitrous oxide
- 12 River in Tuscany
- 13 Tent stakes
- 18 Pepsi and RC
- 22 "...___ right with the world"
- 23 Quaking trees
- 24 Type of rebate
- 25 Colorfully amused
- 27 Followed a trajectory
- 29 Faux ___
- 30 Calls a chicken
- 31 Bushnell and Ryan
- 32 Jackson of "Women in Love"
- 34 Siamese sounds?
- 37 Printers
- 38 Rower's need
- 40 Love god



By Gerald R. Ferguson
Portland, OR

- 41 Violent outburst
- 43 Rubs out
- 44 Woodland deities
- 46 More certain
- 48 Island off Java
- 49 Norse giant
- 50 Gulf of the Ionian Sea
- 51 Asian oxen
- 54 180 degrees from WSW
- 55 Set of parts
- 56 Flock member
- 57 Actor Torn

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

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JUMBLE

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



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A: AT A

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.

BRIDGE

Find the extra trick

By Tannah Hirsch

Both vulnerable. West deals.

NORTH
 ♠ QJ9
 ♥ 742
 ♦ A73
 ♣ Q986

WEST
 ♠ 5
 ♥ KJ3
 ♦ QJ94
 ♣ AKJ52

EAST
 ♠ 84
 ♥ 10965
 ♦ K1082
 ♣ 743

SOUTH
 ♠ AK107632
 ♥ AQ8
 ♦ 65
 ♣ 10

The bidding:
 WEST NORTH EAST SOUTH
 1♣ Pass Pass 4♠
 Pass Pass Pass

Opening lead: King of ♣

South, declarer at four spades, could count nine winners. What is the sure way to score a 10th?

The auction was soon over. East, vulnerable, was a whit short of taking any action over partner's opening bid, and South's jump to four spades ended the auction.

West led the king of clubs and, when that held, shifted to the queen

of diamonds, a play which marked East for the king of diamonds. Declarer could count seven spade tricks and the aces of hearts and clubs. East, who could not respond to partner's one-club opening, could not hold the king of hearts as well as the king of diamonds, and the heart spots were not quite good enough for an endplay to force a lead up to South's tenace. Fortunately, North had just the right spotcards in clubs to ensure a trick in that suit.

Declarer rose with the ace of diamonds and led the queen of clubs, discarding a diamond from hand. West took the ace and persevered with diamonds, declarer ruffing. The king of spades was cashed, and a spade to the queen provided the entry for declarer to lead the nine of clubs from the table, setting up the eight as South divested himself of a heart loser as West won with the jack. There was still a trump entry to the table for declarer to cash the high club while sluffing the queen of hearts from hand. Thanks to multiple loser-on-loser plays, declarer conceded only three club tricks.

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

By Kevin Groenhagen

After incumbent 3rd District Congressman Dennis Moore announced last November that he would not seek a seventh term in the U.S. House of Representatives, a *Kansas City Star* editorial noted that Moore "beat the odds for six terms with a centrist approach."

According to a John Milburn article in the *Topeka Capital-Journal*, Moore's "decision had a ripple effect, causing Democrats to look to their bench for a replacement who could fill his fiscal conservative, moderate shoes."

The *Lawrence Journal-World*, noted that Moore was "a member of the fiscally conservative Democratic Blue Dog Coalition."

But is it accurate to label Moore a "moderate" or "conservative"? If you visit the Web site of Americans for Democratic Action (ADA), "America's oldest independent liberal lobbying organization," at www.adaction.org and examine Moore's actual voting record, you'll find that the media have clearly mislabeled the congressman.

Each year ADA rates members of Congress and assigns each lawmaker a "Liberal Quotient" (LQ). ADA considers LQs between 40 and 60, i.e., the middle, as "moderate" ratings. LQs from 61 to 100 would be in the "liberal" range, while LQs from 0 to 39 would be in the "conservative" range. During the 11 years ADA has assigned Moore an LQ, Moore has never been assigned an LQ within the moderate or conservative ranges.


Moore has been in the House

since 1999. During that year, the same year Moore joined the Blue Dog Coalition, ADA named Moore a "Liberal Hero" for earning a perfect LQ of 100. Meanwhile, the overall average LQ for House Democrats that year was 88. Moore's lifetime LQ for the 11 years ADA has rated him is 86.4, or more than 25 points higher than the high end of ADA's moderate range.

In the chart accompanying this column, I have compared Moore's LQs from 1999 to 2009 with the overall average LQ for House Democrats during the same 11 years. Remarkably, Moore's lifetime LQ of 86.4 is slightly higher than the overall average LQ of 86.3, meaning Moore is no more conservative than the average Democrat. Those on the left proudly remember the late Sen. Ted Kennedy as the "Liberal Lion." However, Kennedy's lifetime LQ of 90 is just 3.6 points higher than Moore's. Are we really supposed to believe that those 3.6 points separate a "Liberal Lion" from a "moderate to conservative" Blue Dog?

How does Moore's LQ compare to other Democrats who have represented Kansas in the U.S. House of Representatives? Jim Slattery represented the Kansas 2nd from 1983 to 1995. His lifetime LQ is 56, which is within ADA's "moderate" range. Dan Glickman represented the Kansas 4th from 1977 to 1995. His lifetime LQ is 64, or just four points above ADA's "moderate" range. Nancy Boyda, who served the Kansas 2nd for one term, earned an LQ of 80 in 2007 and an LQ of 85 in 2008. The media also characterized Boyda as a "moderate," which suggests the

Dennis Moore's Liberal Quotient (LQ)*



	Dennis Moore's LQ	Overall Average LQ for House Democrats
1999	100%	88.0%
2000	65%	77.0%
2001	85%	84.6%
2002	85%	85.5%
2003	90%	89.2%
2004	90%	85.0%
2005	80%	90.7%
2006	85%	83.4%
2007	90%	92.0%
2008	80%	89.0%
2009	100%	85.0%
Cumulative Averages	86.4%	86.3%

*ADA releases an annual voting record based on 20 issues it considers to be the most important each year. Each Member of Congress receives 5 points for each vote on which he/she voted with ADA, and does not receive 5 points if he/she voted against ADA or was absent for the vote. The total possible score is 100%, a perfect Liberal Quotient.

media have moved the "moderate" bar quite some distance to the left since the early 1990s.

According to the *Star* editorial cited above, "Moore is now and has been moderate politically, not so different from Jan Meyers, a Republican predecessor in the 3rd District seat." Meyers' lifetime LQ is 24, well within ADA's "conservative" range and more than 60 points below Moore's lifetime LQ. Politically, Moore would appear to be quite different from Meyers.

Several months after Moore announced he would not seek reelection, his wife, Stephene, announced she would run to replace him in Congress. In a conference call with Kansas reporters, Rep. Chris Van Hollen, D-Md., chairman of the Democratic Congressional Campaign Committee, several times referred to Stephene Moore as a "moderate candidate." The Blue Dog Coalition officially endorsed her candidacy. And, after she won the Democratic primary on

August 3, her Web site announced, "Voters Choose a Moderate to Advance." We've heard of all if this before.

The mainstream media should have unmasked the Myth of the Moderate Moore when ADA named Dennis Moore a "liberal hero" in 1999. It's very unlikely that they will tell the truth about Stephene Moore's liberalism in 2010. Instead, we'll hear that she is a moderate to conservative Democrat and that her Republican opponent, Kevin Yoder, like all of Dennis Moore's Republican opponents, is an extremist out of the mainstream. Will this be the year we finally reject this myth?

JUMBLE ANSWERS

Jumbles: TYING TEMPO IMPEDE FASTEN

Answer: A good way for an amateur carpenter to build a staircase - ONE STEP AT A TIME

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GETTING MARRIED?



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

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

SUDOKU SOLUTION

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

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Tapas Ghose, M.D., is board certified in internal medicine and board eligible in interventional cardiology, cardiovascular disease, vascular medicine and endovascular medicine. He graduated from the University of Kansas School of Medicine and completed his fellowship training in cardiovascular disease at the University of Missouri-Kansas City and interventional cardiology at Mid America Heart Institute. When he's not saving lives, Dr. Ghose enjoys a hearty pick-up game of soccer.

