

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

October 2012

Serving Active Seniors in the Lawrence-Topeka Area since 2001

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INSIDE



Belinda Gonzales, who has opened NuSound Hearing Center in Topeka with her husband, Sam, has a passion for what she does, and she wanted her business to offer services that she perceived were too often missing in the hearing industry. - page 6

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PHOTO BY CONSTANCE WHISTON, CONSTANCE L.W. PHOTOGRAPHY

Constance Whiston: Constantly moving out of her comfort zone.

**See story on
page three**



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Whiston focuses on living a holistic life

By Kevin Groenhagen

The name Constance is an English cognate of the French *Constancia*, which is derived from the Latin *constans*, which means “standing together.” For someone who loves spending time with her family and friends, networking with others, the name appears quite appropriate for Constance Whiston.

Constance moved to Lawrence from Springfield, Mo., almost four years ago because her daughter, son-in-law, grandchildren, and the family her daughter married into are here.

“I visited Lawrence for seven or eight years before I moved here,” she said. “During those years I fell in love with Lawrence because it is my kind of city. It’s a college city, very open-minded, progressive, and multicultural. I also love the large arts community, the great restaurants, the great people, the architecture, the trees, the four seasons, and the safety. Of all the places I have lived, Lawrence is the place I would claim as my hometown.”

That’s quite a compliment for Lawrence when you consider that Constance has lived in many large cities, including Chicago, Houston, Tulsa, and Dallas, and in small towns

like Buda and Itasca.

Constance lived the longest in Austin, Texas. While there, she saw someone practicing fly casting in the yard. That was about 1985, and she was so intrigued she decided to take lessons from, among others, Larry Sunderland at the Austin Angler, a fly fishing shop in Austin.

Fly fishing is a method of fishing in which anglers cast an artificial fly, and, generally, use a weight forward floating fly line.

“Fly fishing is an art,” Constance said. “It requires skill. The equipment is totally different from that used in regular fishing. The terminology is also different. You don’t use the term ‘pole’ or ‘bait.’ You have to learn new language.”

Constance loved fly fishing so much that she became a certified instructor with the Federation of Fly Fishers (FFF). In addition to her job with the Texas Parks & Wildlife Department, she ran her own fly fishing business in Austin. As part of her business, she delivered lectures and presentations throughout Texas and other states. While speaking to groups, she would often dispel myths concerning fly fishing.

“One of the myths is that fly fish-



Constance Whiston

ing is just for catching trout,” Constance said. “Fly fishing can be for eels, sharks, catfish, carp, tarpons, dolphins, stingrays, perch, anything that swims, and in any kind of water.”

■ CONTINUED ON PAGE FOUR

Find Out What They Have To Say

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

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

~Cynthia Shepard, daughter of Charles and Donna Eissler



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~Marva Early, Power of Attorney and Executor for Aunt

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~Lynn McKinsey daughter of current resident

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Kevin L. Groenhagen
Editor and Publisher

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ANDREA GRAHAM
Director

Constance Whiston

■ CONTINUED FROM PAGE THREE

Some of the best fly fishing experiences I have had have been in ocean.”

Constance also served as a guide for individuals and groups, such as the Dallas Fly Fishers and the Texas Women Fly Fishers.

“I guided on the Llano River,” she said. “It’s 155 miles long. All the fly fishing and guiding I did was out of canoes and kayaks doing stretches of rivers. For a guide, it’s a lot of physical work because the client doesn’t do anything except fly fish. So I really had to know how to paddle a kayak and a canoe.”

While Constance served as a guide, she became quite proficient with another hobby.

“My photography skills really started to develop because I constantly had to photograph my clients and the scenery,” she explained. “I had to learn how to take correct pictures of my fly fishing clients, which I learned from other people who took photographs. There’s a certain way to hold a fish when you have your picture taken, so I had

to tutor my clients on the proper way to hold a fish. When a client catches a fish, I teach him to cup a hand under the jaw, the other hand under the tail, and then stretch out his arms in front of him to magnify the size of the fish.”

Ranch owners in Texas also hired Constance to evaluate their property for fly fishing experiences.

“I believe at that time the government gave a tax credit or break to ranch owners who could offer recreational uses,” she said.

After about three decades of fly fishing, Constance has compiled an impressive résumé. She founded Texas Women Fly Fishers, Texas Outdoor Women’s Network, and was a founding member of Austin Fly Fishers, serving as president in all three groups. She received numerous awards, including Longest Fly Caster in Texas, first place in a Missouri casting tournament, and FFF Southern Council’s Woman of the Year. In addition, she appeared in numerous publications and television programs.

In Lawrence, Constance continues to teach casting. She has had several



Constance Whiston fly fishing with Texas writer John Graves. Graves, best known for his 1960 book *Goodbye to a River*, continues to write about the environment and about Texas.

clients here, and said she would like even more. However, she noted that fly fishing is largely in her past.

“Today my focus is on living a holistic life balancing body, mind

spirit,” she said. “I do volunteer work with people who have substance abuse issues in my free time here in Lawrence, and I work on my

not see another soul. I love being

Constance Whiston

■ CONTINUED FROM PAGE FOUR

personal photography business. My interests are in quantum mechanics, brain chemistry, meditation, personal growth, education, neuroplasticity, physical fitness, and metaphysics. Prayer and meditation are practices I participate in during the morning and evening. Part of my daily practice involves constantly moving out of my comfort zone, so in regular group meetings I sit in a different chair each time, I drive a different way to work, go somewhere I haven’t been, try new types of food, and open my mind to subjects that I previously frowned on. Service work is a number one priority.”

Constance has also done more hiking since moving to Lawrence.

“I shot a wedding renewal of vows ceremony in September at the Unitarian Fellowship of Lawrence. The couple has been married 50 years. I go to the gym every day, but didn’t get to go that day, so I decided to go hiking in Clinton State Park after the ceremony. I hiked two hours and did

alone in the woods. The thing about Clinton State Park is that it’s a safe place for a woman to hike by herself. Hiking gives me the pleasure here that the rivers gave me in Texas. It also provides some photo opportunities.”

While she occasionally enjoys hiking alone, Constance spends more time meeting other people.

“I know it’s vital for senior citizens to be proactive in cultivating friendships and getting involved in groups,” she explained. “I actively cultivate friendships with men and women who share common holistic lifestyles, are eccentric, artistic, and unusual. I’m constantly asking people out for coffee. Who can honestly say that they have enough friends?”

In addition to meeting people at the gym (she works out one and half to two hours a day at Body Boutique, which she said is one of the best gyms she has ever joined), Constance is a member of the Lawrence Art Guild, has taken many classes at the Lawrence Art Center, participates in book study groups, and belongs to the Lawrence Women’s Network and the

Lawrence Public Library’s Women’s Entrepreneur Group.

Constance’s networking ultimately led to a position as marketing director at Drury Place at Alvamar.

“I wear a lot of different hats,” Constance said. “I do marketing, promotions, events, community outreach, networking, business meetings, and photography.”

Constance has had 11 photography shows this year. Her current show is at the Unitarian Fellowship of

Lawrence and at The Merc at 9th and Iowa in Lawrence. For more information about her photography, please visit <http://constancelw.zenfolio.com>

For more information about Constance fly fishing business, please visit www.constanceflyfishing.com. Constance also noted that the Free State Fly Fishers, formed in Lawrence in 2005, is one of the top fly fishing clubs in the country. The group’s website is at freestateflyfishers.org.

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Gonzaleses open NuSound Hearing Center

By Billie David

When Belinda Gonzales decided to open her new business—NuSound Hearing Center—in Topeka earlier this year, it wasn't without some concern on her part. After all, the economy hasn't been at its best lately, and she had seen other businesses start up and then fail.

But Gonzales has a passion for what she does, and she wanted her business to offer services that she perceived were too often missing in the hearing industry.

"I've been in the industry for the last seven years, and I really had a tugging about what I should do next," she said.

So Gonzales made the jump and opened NuSound Hearing with her husband, Sam, as co-owner last February. Things really took off from there. "About three months ago, the windows opened and business is booming," Gonzales said. "We're looking at bringing someone else in because we want to be sure anyone with an emergency is seen right away. And we're looking at opening another office in the near future."

Gonzales believes that the growth of the new business is due in part to placing a priority on making people feel welcome.

"We've really created a family atmosphere here," she said. "People show us pictures of their grandkids,

or someone will be in the neighborhood and just drop by."

She also believes that the extra services that NuSound Hearing offers have helped it succeed. For example, she places an emphasis on communication with the client's doctor.

"It's paramount that your hearing healthcare provider works hand-in-hand with your primary-care physician," she said. "We always fax an audiogram to the primary-care physician so he can see what kind of hearing loss the patient has."

Communication also plays an important role in determining the patient's medical history. For example, Gonzales needs to know if the patient has diabetes, has undergone chemotherapy or radiation, or has changed medications recently—all factors that may affect the client's hearing.

"We also encourage quarterly wellness visits," Gonzales said.

That includes a complete examination of the ear to look for infections or wax buildup and to check the hearing aid itself.

"It is especially important for someone who had hearing loss for years before getting help because it may take several months to get the hearing aids adjusted to where they need to be," she said.

That's because hearing loss doesn't just involve the ears. It also affects the way the brain processes

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NuSound

■ CONTINUED FROM PAGE SIX

speech because the brain, like any other muscle, has to be exercised or it loses its abilities, Gonzales explained.

"Speech is learned, but it can also be unlearned," she said, adding that the brain can lose its ability to process sounds.

"You will do best if you get hearing aids as soon as you need them. Most people wait an average of seven years," she said. "The challenge in this industry is that people put off having their first hearing test."

In fact, the American Speech-Language-Hearing Association recommends that people get hearing tests every three years once they reach the age of 50. Gonzales would push that back to age 40.

Gonzales has had a passion for helping people with hearing needs since she can remember.

"I can remember when people asked me what I wanted to be when I grew up, I said 'I want to work with deaf people,'" Gonzales said.

"Then life happened," she added. Instead of learning sign language, she married and raised a family.

Once Gonzales decided to enter the workforce, she knew she wanted a career that helped people. "I believe being a Hearing Instrument Specialist is a God-given career," she said.

She has found that she enjoys working with her clientele, which includes a large number of patients between the ages of 60 to 80, although NuSound Hearing does serve patients of all ages.

Gonzales said the reason she had always wanted to work with deaf people was her fascination with sign

language. "I thought it was so beautiful," she said, "and I had a passion for what I saw as a minority group who must have felt isolated."

Hearing loss is indeed isolating, she added.

"People look up and realize, 'I'm not going to Rotary anymore,' or 'I'm not going with my wife to the movies anymore.' Hearing loss is mean. It kind of sneaks up on us."

NuSound Hearing Center offers free consultations. The entire visit takes an average of one hour, and the complimentary hearing test includes a video otoscope exam where Gonzales and the patient together watch the patient's ear canal on a video screen while Gonzales checks for ear wax and medical problems. Then the patient takes a hearing test where they are asked to respond to different levels and frequencies of sounds.

If the exam shows hearing loss, Gonzales discusses options with the client in order to help them select the most appropriate hearing instrument. NuSound offers all makes and models of hearing aids, from behind-the-ear and in-the-ear to invisible in-the-canal and completely in-the-canal aids.

Gonzales also programs the hearing device, makes adjustments and repairs and offers cleaning of the device.

Financing can be done through CreditCare, in which the patient can make monthly payments. They also do layaway for those who want to have the item completely paid for before they take it home.

NuSound Hearing is located in Topeka at 5950 SW 28th Street, Suite A. More information is available at the business' website at NuSoundhearing.com. Gonzales can be reached by phone at 785-783-8121.

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Lawrence ArtWalk to feature over 40 artists KABC to hold fundraiser, award presentation

In what has become one of Lawrence's most eagerly anticipated annual arts events, many Lawrence-area artists will once again open their private home studios to the public to showcase their artwork. The Lawrence ArtWalk, which is Lawrence's original art walk and now in its 18th year, will feature over 40 Douglas County artists who will be exhibiting their work individually or as part of two artists' groups. This is a fabulous opportunity to meet some of the area's finest artists in their creative work environments, see demonstrations of their arts and crafts, and purchase locally-produced art.

Artists will be displaying work in a wide variety of mediums including ceramics, drawing, jewelry, mixed media, painting, photography and sculpture. From funky to exquisite, the ArtWalk will have it all.

Lawrence ArtWalk 2012 is officially scheduled for Saturday, October 27, 10 a.m.-6 p.m. and Sunday, October 28, noon-6 p.m. However, several artists will be exhibiting their

work for extended hours or holding receptions in the evenings—especially on Friday, October 26, which is when Downtown Lawrence will be buzzing with its monthly Final Fridays arts event. Guide maps for the ArtWalk, which is free and self-guided, will be available in October at selected locations in Lawrence, including the Lawrence Arts Center, 940 New Hampshire.

See below for the current list of participants, which comprises artists based primarily in Lawrence.

LAWRENCE ARTWALK 2012 ARTISTS/PRIMARY MEDIUMS

- Lauretta Hendricks Backus/Painting (oil)
- Yvonne Channel/Drawing (pencil)
- Elaine Donovan*/Drawing (pencil)
- Downtown Tuesday Painters (11 participants, who are seniors)/ Painting (watercolor)
- David Dunfield*/Ceramics (sculptural)
- Diana Dunkley/Mixed-media 2-D

- Jane Flanders/Painting (oil)
- D.W. Gates*/Photography
- Thomas Gibson*/Photography (alternative processes)
- Susan Greenberg/Photography
- Brian Horsch/Ceramics (functional)
- Ben Kappen/Glass (hand-blown)
- Julie Kingsbury/Jewelry (sterling silver/gemstone)
- Lawrence Photo Alliance (6-10 participants)/ Photography
- Nancy Marshall/Painting (oil)
- Sandy Craig McKenzie/Painting (watercolor)
- Tony Peterson/Photography
- Kelsey Pike/Printmaking (relief)

- Catherine Hale Robins/Sculpture (bronze)
- Elizabeth Rowley*/Painting (oil)
- Celia Smith/Painting (acrylic)
- Barbara Solberg/Painting (pastel)
- Roger Spohn/Photography
- Cathy Tisdale/Ceramics (sculptural)
- Dave Van Hee/Mixed-media 3-D
- Jewell Willhite/Painting (acrylic)
- Jason Wood/Mixed-media 3-D
- *First-time ArtWalk artists.

Visit the Lawrence ArtWalk on the web at www.lawrenceartwalk.org for more information and in October to view samples of every artist's artwork, which will be available for sale.

Kansas Advocates for Better Care (KABC), a statewide nonprofit dedicated to advocating for quality long-term care announces its annual "Stand By Me" benefit event. The event will be held on Sunday, October 28, from 2-5 p.m. at Maceli's, 1031 New Hampshire in Lawrence. The event is free, reservations are required and donations encouraged. There will be a live auction with guest auctioneer Jeremy Taylor, as well as a silent auction, tasty light refreshments, and oldies music will be provided by The Fabulous Torque's, with Johnny Isom, Kansas Music Hall of Famer.

Items for auction include a Kindle, KU Basketball tickets, Pierpont's Union Station gift card, week in a Taos, N.M., apartment, KPR airtime, Nancy Bjorge necklace, author signed books, Yardley Hall/Johnson County Community College performance tickets, All Sports passes and guided tour of historic church at Baker University, Jayhawk items, Discovery Center Manhattan tickets, and many more items of interest.

established new practices which improved the quality of long-term care, developed innovative uses of existing resources, or who have advocated successfully for measurable improvement in services for Kansans needing long-term care and support. Prior recipients include University of Kansas Professor Dr. Rosemary Kennedy Chapin (2011), former Kansas Governor Mark Parkinson (2010) and former Kansas Congressman, Dennis Moore (2009).

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For more information or to RSVP for the event, please contact the KABC office at 785-842-3088 (toll-free, 800-525-1782), or by emailing info@kabc.org



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KABC previously announced Robert C. Harder, Ph.D., M.T., B.A. as the 2012 recipient of its highest honor, the KABC Caring Award. Dr. Harder will receive the award during the event. "KABC is pleased to recognize Dr. Harder for his lifetime dedication to social services in Kansas and his sustained commitment to good quality long-term care for Kansans," said Margaret Farley, KABC President. Dr. Harder is the fourth recipient of the KABC Caring Award. The KABC Caring Award honors individuals who have

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Packaged foods, once considered convenient, are inconveniently unhealthy **Kansas AARP Tax-Aide launches 2013 recruitment campaign**

(ARA) - The average supermarket offers some 45,000 food products, most of which are packaged, processed and a poor choice for someone who wants to eat healthy—even when the package says otherwise with claims of being natural, whole grain and even organic.

“People love the idea of convenience, especially with their food,” says registered dietitian Anika DeCoster, assistant program manager of LifeTime WeightLoss, a division of Life Time, The Healthy Way of Life Company. “Most of the convenience and processed foods on the market are barely recognizable to the human body. The body can’t properly digest, absorb or use nutrients in these modified foods effectively, which negatively impacts metabolism, weight and energy production.”

Of those 45,000 products, there are four DeCoster says you can stop buying now.

Breakfast cereal. Most Americans consume an over-abundance of sugar, not just in desserts but also via processed foods, like breakfast cereals that contain simple carbohydrates, which our bodies treat like sugar when they enter the bloodstream. Too much sugar in the diet can lead to obesity—which can be a cause for Type 2 diabetes—and also takes some blame for suppressing the immune system and playing a role in depression, even Alzheimer’s. Cereal is not the breakfast of champions. If you miss the crunch, start making your own granola packed with nuts and seeds, which provide healthy fats and protein, without the excess sugar and added trans-fats found in store-bought varieties.

Fruit juice and soda. One of the main culprits of the obesity epidemic, soda—even diet soda—has a negative impact on healthy eating. Fruit juice, while seemingly more healthy since it is made with fruit, contains so much sugar it outweighs any benefits. Water is the only beverage a body truly needs. “If you need a flavor kick, try buying natural, carbonated water and add a little lime, lemon, or even flavored Stevia drops, which come in vanilla, toffee and other flavors,” recommended DeCoster.

Salad dressing. Eating a salad? Good for you. Top it with dressing

loaded with sugar, additives and preservatives and you’ve just doused those healthy vegetables with an unhealthy dose of products your body doesn’t need. Making your own salad dressing is simple: whisk together oil—like olive, walnut, or sesame seed varieties—with acid, like red wine vinegar, balsamic vinegar or lemon juice. Season with dry or fresh herbs and change the consistency with anything from peanut butter or mustard to sour cream or avocados. Homemade dressings are easy to prepare and keep in the fridge for a week or longer.

Non-fat flavored yogurt. “Instead, buy plain full-fat Greek yogurt and add your own flavorings such as nuts/seeds, a little organic honey or berries,” DeCoster says. That’s right, full-fat. “The fat in the yogurt helps your body absorb fat-soluble vitamins like vitamin D, which is the most common vitamin deficiency.” Plus this natural fat is essential for fortifying brain and cell membranes, and because it is digested more slowly, you’re less likely to be hungry an hour later. DeCoster suggests comparing

the ingredient list from a plain full-fat yogurt to a non-fat flavored yogurt. The first will have a few recognizable ingredients; the second will read like a chemistry textbook.

Because our busy lifestyles thrive on convenience, as well as good nutrition, DeCoster recommends that people make their own convenience foods via whole food preparation.

“I encourage people to put most of their emphasis on choosing foods that don’t have labels or packaging,

like meat, fruit, veggies, raw nuts and seeds. These foods are in their most natural form and are considered whole and unprocessed foods,” she says.

If a food does have a label or package, never choose to buy it based on the packaging claims. “The ingredient list should always be your first glance in determining if that food is healthy or not. If the ingredients don’t hold up to your nutrition plan or you don’t recognize them, put the food back on the shelf.”

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If you are not afraid of people, computers, tax returns, challenges, and learning new things; we may have just the volunteer opportunity for you. AARP Tax-Aide, the nation’s largest free volunteer-run tax preparation and assistance service, is looking for more volunteers to help low and moderate income families prepare and file their individual tax returns next season.

Volunteers do not need to be an AARP member or retiree to participate. AARP does need volunteers who have basic computer skills and the personal drive necessary to learn and become proficient with new tax return preparation software provided by the IRS.

AARP Tax-Aide volunteers receive comprehensive tax training, are provided access to all computer equipment required, and are reimbursed on a limited basis for qualified program-related expenses. They learn new skills while making a real difference in their communities.

Kansas Tax-Aide District 24 has a need for additional volunteers to help serve in eastern Kansas. “It is heartwarming to be a part of helping more than 1,900 families in our district each season,” said Sarah Merriman (volunteer District Coordinator from Lawrence). “But we really need additional volunteers in the communities

of Lawrence, Ottawa, Baldwin City, and Oskaloosa in order to maintain our level of service.”

State Coordinator Steve Robbins added, “Please consider joining our

dedicated team of over 400 Kansas Tax-Aide volunteers, as we help thousands of families across the state each year.” For more information and links to an on-line application, visit the

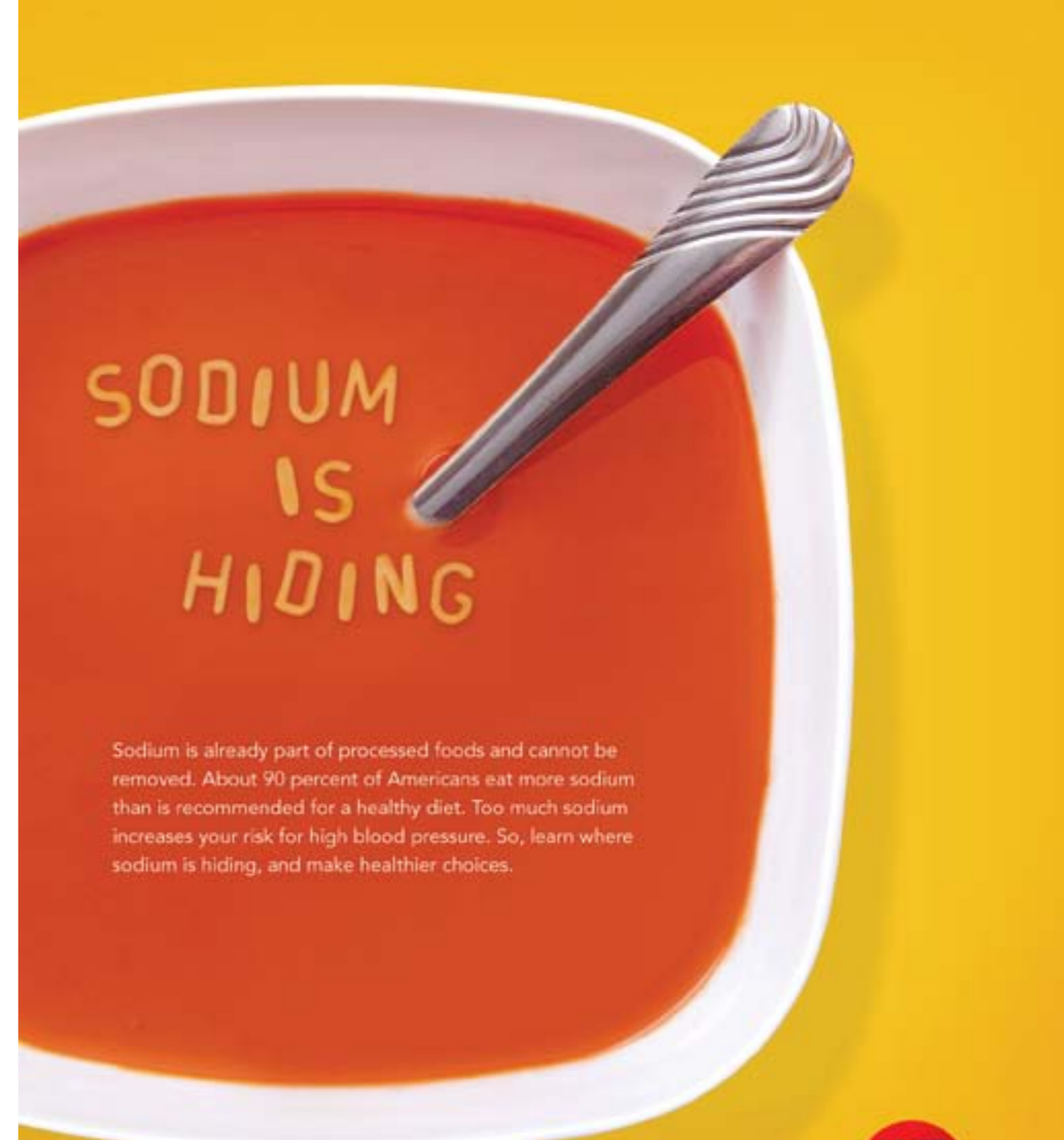
Kansas Tax-Aide website at www.KStaxaide.com. AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.

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Better Business Bureau issues grandparent scam alert OrthoKansas, PA welcomes new orthopaedic surgeon

The Better Business Bureau (BBB) wants to alert consumers about a scam that has come to be known as the "Grandparent scam," which goes something like this: A grandparent receives a call from someone posing as their grandchild. The pretend-grandchild claims to need financial assistance in order to be bailed out of

some sort of trouble.

The grandparent is asked to wire money to the supposed grandchild usually in a foreign country or somewhere outside the state.

The scammer calls and usually identifies themselves as their "grandchild." For example, "Hi, Grandma, this is your grandson,"

no name. They usually speak quick, short sentences, to keep from being discovered. If you are not sure and sense the caller is not your relative ask some questions that only your relative would know. Then before you send the money call that relative or someone else to confirm. Don't send the money until you are absolutely sure.

Scams of this nature play on folks' natural concern for their loved ones. The BBB cautions anyone receiving such calls to contact us before sending funds. Scammers have countless ways of separating people from their money. Please don't become a victim to this scam.

For more information contact the BBB at 1-800-856-2417.

OrthoKansas, PA welcomes patients with hip/groin pain including hip arthroscopy and proximal hamstring repairs as well as knee and shoulder conditions. This includes arthroscopic rotator cuff repair techniques, anterior and posterior cruciate ligament reconstructions, multiple ligament knee injuries and cartilage restoration/transplantation.



Prô

Prô's specialties include the evaluation and treatment of He completed his Orthopaedic

surgery residency at Oregon Health Sciences University in 2009 and an Orthopaedic Sports Medicine Fellowship with the Santa Monica Orthopaedic Group in Los Angeles. He was part of a team that performed a mission trip to Haiti just weeks after the earthquake in early 2010. He also worked with professional soccer teams (LA Galaxy and Chivas USA) and the US Men's World Cup team in preparation for

the World Cup in South Africa 2010. Prior to moving back to Kansas, he worked as the orthopedic team physician for University of Portland and continues to travel with the US Soccer Federation for Men's team coverage.

Prô now joins the staff of 17 providers, which include Board Certified Orthopaedic Physicians & Surgeons, PA-C's, and Physical & Occupational Therapists.

KDADS worker celebrates 50 years of service to the state

Last month, Kathy Ellis observed her 50th anniversary of working for the state of Kansas. Her colleagues honored her decades of service Tuesday, with a reception in the basement of the New England Building. She received a pin from Governor Sam Brownback and a certificate from Kansas Department for Aging and Disability Services Secretary Shawn Sullivan.

to reach the 50 year milestone both in employment and marriage. She's now done both.

Ellis has always had a passion for helping others. The Texas native moved with her husband to Topeka many years ago, when she took a job working as a nurse at the Topeka State Hospital. She remained a fixture at the facility for 35 years, when in 1997, the hospital closed. From there, she began her employment with the Kansas Department on Aging (KDOA), which is now the Kansas Department for Aging and Disability Services (KDADS).

"I enjoy working for the state, but I have also very much enjoyed working for the department on Aging and the various people that I've been in contact with," Ellis said. "It's been a very positive experience."

During the reception, several coworkers and loved ones made it clear that Ellis is an important part of their lives. Secretary Sullivan also described her as an invaluable asset to KDADS.

"Kathy has been a leader to many who have come through this agency," Secretary Sullivan said. "She's shown tremendous dedication and passion for her work and the Kansans we serve."

Ellis announced that she will retire this year. She made it her goals

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HEALTH & FITNESS

The X Factor

Superheroes are everywhere these days—or at least, spandex-clad actors with computer-enhanced muscles and existential woes. They have spider powers, iron wills, hulking frames, and batmobiles. But none of them grew strong the old-fashioned



Laura Bennetts

kids, retain the “neurogenic” capacity to grow new brain cells, which enhances memory and clear thinking. This study, by Dr. Scott Small at Columbia University in 2007, used MRI imaging to scan brains before and after exercise. Small found that just three months of exercise expands the hippocampus—a part of the brain that plays a key role in memory and spatial perception—by an astonishing 30%. More recently, in 2011, Erickson et al. found that sedentary adults who participate in 40 minutes of track walking three days per week for one year had improved memory test scores and growth of the hippocampus, as compared to a group who did only stretching exercises.

That’s a fact worth remembering.

Super Brain

A study cited in Spark, by Arthur Kramer, shows that inactive older adults who exercise for six months can expand the problem-solving region of the brain (the prefrontal cortex) so much that it resembles the cortex of a person two to three years younger. Ordinarily, as we age, we lose valuable links between brain cells—and the less we move, the more brain shrinkage we experience. Exercise counteracts that tendency, not only increasing blood flow but releasing nutrients which enrich the brain. Ratey reports a study that showed that our heart releases a chemical, ANP, which has a calming effect on the brain. This may be one of the reasons that regular exercise reduces peoples’ feelings of anxiety and stress.

Mood Boost

Many everyday stresses are minor, but too much stress damages your brain cells. Luckily they can be replenished. Start by cutting back on stressors: stop smoking, drink less alcohol, and avoid fast food. But the

best way to stimulate brain growth is exercise. Ratey believes, and shows, that exercise is essential to reduce the harm done by stress, to spur recovery from illness, and to boost brain functioning.

Forget Alzheimer’s?

Memory loss, mood swings, and cognitive decline are familiar signs of dementia, including Alzheimer’s Disease. But dementia is not necessarily inevitable, or incurable. Ratey reports that, in a Finnish study of 1,500 people who were observed for 21 years, test subjects who exercised at least twice a week were just half as likely to develop dementia as those who exercised less often. Since, when the test concluded, these subjects were 65 to 79 years old—the age span when dementia occurs—this is an extremely promising finding.

Brain Adventure

By now you know that I’m a Spark fan—and that a continuing stream of research extends and amplifies conclusions like the ones reported in Spark. Dr. Ratey’s bottom line is that science teaches us to get moving, and keep moving—to spark our brains.

Of course, not everyone finds it easy to walk regularly to exercise the brain. Joint pain or shortness of breath may inhibit you. But don’t be discouraged—with help, anyone can exercise. For example: If you can’t ride an exercise bike, you can do a heart-stimulating chair exercise routine with your arms and legs moving to music. Consult a physical therapist to explain how to move safely to build your heart, body, and brain power.

Super You

You may think you hate exercise—but your brain loves it! Flexing your muscles won’t make you a superhero, but it will make you smarter, stronger and happier. You have Dr. Ratey’s word for it. And mine.

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

HEALTH & FITNESS

America’s obesity epidemic

Obesity is the #2 cause of preventable death in the United States. Sixty million Americans 20 years and older are obese, and 9 million children and teens ages 6-19 are overweight. The rate of obesity in Kansas in 1991 was 12.2% compare to 19.82% in 2000, and in 2030 the rate will be 62.1% unless we start doing something it. Douglas

predicts that overweight and obesity may soon replace the more traditional public health concerns such as under nutrition and infectious diseases as the most significant cause of poor health. In the United States, obesity is considered an epidemic. More than half of all Americans are considered overweight.



Dr. Farhang Khosh

County in 2008 had an obesity rate of 26.6% compare to 23.4% in Johnson County, and, nationally, the obesity rate averaged 25.5% in 2008. Prevention of obesity is the key. For example, by dropping just 5% BMI (Body Mass Index) in Kansas would mean there would be 77,000 fewer Type 2 diabetes cases by 2030, and a cumulative savings of \$2.4 billion in healthcare costs.

Obesity is from the Latin *obesita*, which means “stout, fat, or plump.” Hippocrates was the first to recognize obesity as a medical disorder. Obesity is defined as 20-30% above the normal body weight for someone of the same age, gender, and height. Obesity is typically considered a long-term condition that often persists for many years. Researchers believe that many factors, including poor diet, overeating, inactivity, pregnancy, medications, medical conditions, genetics, stress, gender, and age may contribute to a person becoming obese.

Obesity can have serious long-term effects on health. Individuals who are overweight have an increased risk of developing many life-threatening illnesses, including heart disease, high blood pressure, stroke, diabetes, osteoporosis, and cancer. Other complications due to obesity include depression, sleep apnea, physical discomfort, fertility problems, or sexual dysfunction. According to the American Heart Association, obesity was associated with nearly 112,000 deaths in 2005. The World Health Organization (WHO)

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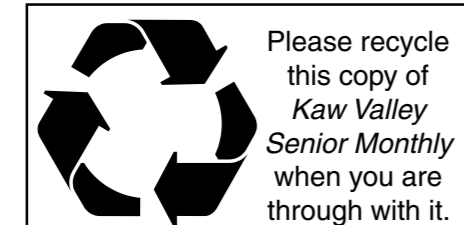
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RETIRE SMART

Even more fun with annuities

After two recent columns on annuities, you may be thinking, "Why another one?" Given the large number of reader responses that flowed into my inbox, it looks like annuities need a little more attention.

I received two types of responses: one from people who had purchased annuities and were dissatisfied ("I only wish I had read your columns



Jill Schlesinger

before getting roped into this terrible investment"), and the other from insurance agents who believe that I wrongly disparaged annuities. It is the second group that I want to address.

I am not philosophically opposed to annuities. In fact, the concept of creating a stream of income in retirement to supplement Social Security and other savings is a very good one. One of the lower cost annuity companies that I mentioned in my previous article was TIAA-CREF, a leading provider of retirement plan annuities. Dan Keady, Director of Financial Planning for TIAA-CREF, told me that "allocating a portion of your savings into an annuity to create a guaranteed retirement income stream to replace a paycheck makes sense."

Here is an example of how an annuity structure can work well: Jane works for ABC College, and a TIAA annuity is the investment option in her retirement plan. Throughout her career, she contributes to the plan and when Jane retires after age 59 1/2, the lump sum she accumulated can become a stream of income that covers a portion of her retirement expenses. It's as if Jane is now receiving a paycheck or a pension from herself.

Who wouldn't want a plan like that? The concern is that TIAA is among the few companies that offer the purest form of annuities, with a low cost structure. Additionally, many annuities that are sold directly to consumers and not through retirement plans have been flagged by regulators as potential sources of misleading sales efforts and misunderstandings. My advice is to simply proceed with caution when it comes to purchasing a product that requires regulators to issue so many warnings to consumers.

The title of the Financial Industry Regulation Authority (FINRA) article "Variable Annuities: Beyond the Hard Sell" gets at the core of the problem: It's not that an annuity is a poor choice in every case, but because of the complexity and expense of variable annuity contracts, consumers need to focus on understanding the features and fees.

The problem with many annuities, according to financial adviser Gary Schatsky, Chair Emeritus of NAPFA (National Association of Per-

sonal Financial Advisors), is that "the ongoing expenses and built-in insurance costs are higher than what most impartial financial advisers would recommend. These products traditionally have among the highest commission structures of most financial instruments sold."

Annuity fans acknowledge that the tax benefit is limited for many due to current lower tax rates. However, they extol the living benefit feature of annuities, which for an extra fee, can provide the owner with a minimum guaranteed return, or a minimum lifetime withdrawal amount. One emailer pointed out that "being invested in an annuity, with such a guarantee from years 2000-2010, would have been a better choice than being in mutual funds where you realized no gain in your account value." Schatsky responds, "A freak set of economic events had to occur to make these work." The history of long-term market performance wouldn't support basing future investment decisions on the most extreme conditions.

Keady says that TIAA-CREF does not currently offer living benefits,

noting that "sometimes people don't fully understand the guarantees that they are buying." Earlier this year, a senior executive at FINRA stated that the advent of more annuity riders and features has prompted FINRA to closely examine disclosure, suitability and yield-chasing practices associated with the sales process.

In sum, a low-cost annuity can be a terrific vehicle, but the cost of the contracts and their guarantees, combined with a lack of liquidity, make them difficult to embrace wholeheartedly. As Schatsky advises, "You could probably craft your own portfolio with reduced risk exposure at a much lower cost. It might not have the sizzle of the salesman's pitch, but it can help you achieve your desired retirement goals."

- Jill Schlesinger, CFP, is the Editor-at-Large for www.CBSMoneyWatch.com. She covers the economy, markets, investing or anything else with a dollar sign on her podcast and blog, *Jill on Money*, as well as on television and radio. She welcomes comments and questions at askjill@moneywatch.com.

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MAYO CLINIC

Prompt treatment clears up most outer ear infections

DEAR MAYO CLINIC: My ear has been itching for a few days and it hurts to put in my hearing aid. My doctor said the problem is an outer ear infection. What caused this and is there any way to prevent it from happening in the future?

ANSWER: An outer ear infection, called external otitis or otitis externa, is most often caused by a bacterial infection that invades the layer of skin lining the ear canal. Prompt treatment clears up most outer ear infections.

The outer ear canal has natural defenses that prevent infection. The canal slopes downward, allowing water to drain out. Glands in the canal secrete earwax (cerumen) that forms a water-repellent film. Earwax discourages bacterial growth. It also collects dead skin cells, dirt and debris and helps move them out of the ear.

External otitis can occur at any age. A viral or fungal infection may be the cause, but most commonly it's a bacterial infection due to:

- Moisture. A moist environment favors bacterial growth. If water remains in your ear after swimming or bathing, the normal earwax and skin barrier can break down. External otitis is often called "swimmer's ear." Increased moisture in the ear canal may also be caused by prolonged exposure to humidity.
- Scratches or irritation. The thin ear canal skin may be damaged

by scratching inside your ear with a finger, or by trying to remove wax with a foreign object such as a cotton swab, hairpin or paper clip. Small breaks in the skin may occur with use of earphones or hearing aids.

• Sensitivity reactions. Reactions to hair products or jewelry can cause allergies or skin conditions that promote infection.

Signs and symptoms of an outer ear infection may include itching in the ear canal; ear pain or pain when touching or tugging on the outer ear; clear fluid or pus leaking from the ear; a feeling of fullness in the ear; and decreased or muffled hearing.

A more severe and aggressive infection (necrotizing otitis externa) is a dangerous complication of an outer ear infection. The infection spreads into nearby tissues, including cartilage and bone in the skull. It may cause increasingly severe and deep-seated pain. It's more common in older adults, people who have diabetes and those who have weakened immune systems. Untreated, it can be life-threatening. Treatment is weeks to months of intravenous and then oral antibiotics.

It's important to see your doctor if you have ear pain or discomfort. If you have severe pain or a fever, contact your doctor immediately or seek emergency care.

Acute outer ear infection treatment generally starts with cleaning debris and discharge from the outer

ear canal so that eardrops can reach infected areas. Depending on the type and severity of your infection, eardrops with some combination of the following are often prescribed:

1. An acidic solution to reset the ear's antibacterial environment
2. An antibiotic to fight bacteria
3. Steroid to reduce inflammation
4. An antifungal drug, if a fungal infection is thought to be present

Although most outer ear infections don't require oral antibiotics, your doctor may prescribe them if your infection is more advanced or isn't responding to eardrops.

If you have diabetes, a weakened immune system, or have had radiation treatment affecting the ear, oral antibiotics may be prescribed along with eardrops.

To avoid a future outer ear infection, take a break from wearing your hearing aids, if possible, to give moisture buildup a chance to dry. Protect your ears with cotton balls when using products such as hair sprays and dyes. For persistent itching, see your doctor. Some skin conditions affect the external canal and can be treated topically.

It's also important that you carefully dry your ears after swimming or bathing. If you know you don't have a punctured eardrum, consider a nonprescription solution or homemade preventive eardrops to aid drying before and after swimming. Put several drops of a 50-50 mixture of white vinegar and rubbing alcohol into each ear and then let the mixture drain out.

Finally, don't use foreign objects to remove earwax or scratch an itch in your ear canal. Mineral oil applied to the opening of the canal is safer than scratching the inside. - Brian A. Neff, M.D., Otorhinolaryngology, Mayo Clinic, Rochester, Minn.

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

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SENIOR CALENDAR

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

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

ART/ENTERTAINMENT

OCT 3 RAVI SHANKAR

Legendary virtuoso sitarist, composer, teacher and writer Ravi Shankar is India's most esteemed musical ambassador and a phenomenon whose artistry crosses all cultural and musical boundaries. At the Lied Center, Shankar will perform a collection of ragas he wrote during his career, which spans more than half a century. He has done more for Indian music than any other musician and has been recognized, by fellow artists, as being on the forefront of the world music movement. Shankar has collaborated with world-renowned artists such as George Harrison from the Beatles; composer Phillip Glass; violinist Yehudi Menuhin; and flutist Jean Pierre Rampal. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787 lied.ku.edu/events/ravi-shankar.shtml

OCT 12 NNENNA FREELON - LENA, A LOVE-SOME THING

Six-time Grammy-nominated jazz vocalist Nnenna Freelon, a world-renowned jazz vocalist, composer and producer graces the Lied Center stage in her personal tribute to Lena Horne. This musical celebration includes songs and stories set against the backdrop of Horne's life and legacy. Freelon masterfully presents Horne favorites, like Stormy Weather, intertwined with songs that connect these talented women. Freelon has one of the most alluring voices in music and has shared the stage or recorded with legends Herbie Hancock, Aretha Franklin, Ray Charles, Take 6, Al Jarreau and more. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787 lied.ku.edu/events/nnenna-freelon.shtml

OCT 18 SO PERCUSSION

Brooklyn-based So Percussion is known to play everything from the traditional xylophone and drums to extremely unconventional items, like beer cans and cactus needles. Since coming together at the Yale School of Music in 1999, So Percussion has been creating music that is raucous and touching, barbarous and heartfelt. The quartet's work with today's most exciting composers and its original music has helped the group forge a unique and diverse career. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787 lied.ku.edu/events/so-percussion.shtml

OCT 21 ROBERT BELINIC - CHARISMATIC CLASSICAL GUITAR

Robert Belinic was the first guitarist ever to be a winner at the YCA International Auditions. Born in 1981 in Croatia, he began studying classical guitar at age eleven. Belinic has received multiple international awards, including the 2002 Ivo Vuljevic Award for outstanding young Croatian musicians. He performed in 2008 with the Orchestra of St. Luke's, under the direction of Michael Stern, conductor for the Kansas City Symphony. During his tour, he is premiering YCA composer-in-residence Chris Rogerson's Air for solo guitar. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787 lied.ku.edu/events/robert-belinic.shtml

OCT 28 HERE TO STAY: THE GERSHWIN EXPERIENCE

Join us for an unforgettable celebration of the Gershwin brothers' best. Here to Stay is a multimedia concert event celebrating the greatest team of collaborators in the history of American music. Here to Stay provides unique and entertaining insight into the legendary George and Ira Gershwin duo and offers rare audio and video footage of them. Family photos, video clips and state-of-the-art visuals provide a distinct and unique experience. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787 lied.ku.edu/events/gershwin-experience.shtml

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1 3800 SE Michigan Ave, 6:30 p.m. TOPEKA, (785) 267-1923

**SUNDAYS, WEDNESDAYS & FRIDAYS
CAPITOL BINGO HALL**
Minis start at 6 p.m. on Sundays and 6:30 p.m. on Wednesdays and Fridays. Regular sessions start at 6:30 p.m. on Sundays and 7 p.m. on Wednesdays and Fridays, 2050 SE 30th St. TOPEKA, (785) 266-5532

**MONDAYS & THURSDAYS
AMERICAN LEGION POST NO. 400**
3029 NW US Highway 24, 6:30 p.m.
TOPEKA, (785) 296-9400

**WEDNESDAYS
PINECREST APARTMENTS**
924 Walnut, 12:30-1 p.m.
EUDORA, (785) 542-1020

**WEDNESDAYS & FRIDAYS
VETERANS OF FOREIGN WARS**
3110 SW Huntoon, 6:30 p.m.
TOPEKA, (785) 235-9073

**WEDNESDAYS & SATURDAYS
LEGIONACRES**
3408 W. 6th St., 7 p.m.
LAWRENCE, (785) 842-3415

**FRIDAYS
EAGLES LODGE**
1803 W. 6th St., 7 p.m.
LAWRENCE, (785) 843-9690

■ CONTINUED FROM PAGE 18

**FRIDAYS
ARAB SHRINE**
Mini Bingo 6:30 p.m. , Regular Bingo 7 p.m.
TOPEKA, (785) 234-5656

**SUNDAYS & TUESDAYS
MOOSE CLUB**
1901 N Kansas Ave, 6 p.m.
TOPEKA, (785) 235-5050

EDUCATION

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

**TUESDAYS & THURSDAYS, AUG 14-OCT 11
BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI**
LMH Therapy Services now offers this one hour class that will focus on balance exercises with Tai Chi movements incorporated. Designed to be fun as well as improve functional strength and balance. Instructors are Registered Physical Therapists who will assist you with progression through the appropriate level of exercises for you. Fee. Advance enrollment required as class size is limited.
LAWRENCE, (785) 749-5800
www.lmh.org

**OCT 2
PRE-DIABETES CLASS**
A free class for those at risk for developing diabetes or have already been told that they

■ CONTINUED ON PAGE 19

have prediabetes. Topics include preventing or delaying Type 2 diabetes, diet, exercise, weight loss, medications and avoiding potential complications. Sponsored by LMH Diabetes Education Center. To enroll, please call LMH Connect Care or send an e-mail to connectcare@lmh.org. 12-1:30 p.m.
LAWRENCE, (785) 749-5800

**OCT 3
FUNDAMENTALS OF ESTATE PLANNING**
Provides an overview of the options in arranging your affairs: what happens under intestate succession if you die without a plan; the uses of either a Will or Revocable Living Trust; an overview of probate administration; the impact of estate taxes; non-testamentary transfer options, such as holding property in a joint tenancy; powers of attorney for financial and healthcare decision-making; Living Wills and Do Not Resuscitate Directives; and a very general overview of how limitations on Medicaid eligibility might affect your assets. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Basehor Community Library, 1400 158th Street, 6-7:30 p.m.
BASEHOR, (913) 724-2828 or (785) 841-4554

**OCT 4
SKILLBUILDERS: WINTERIZING YOUR HOME**
Led by Neil Gaskin, owner of Natural Breeze Remodeling. Skillbuilders is a series of educational and support programs for those adjusting to changes in their lives due to the loss of a loved one. The loss may be due to death, an illness or other circumstances that have placed limitations on a spouse, child or a significant relationship. The programs are a variety of

practical topics, such as legal and financial, with those that discuss the feelings that accompany loss. All programs are lead by local professionals. Skillbuilders will meet on Thursdays from 10-11:45 a.m. in the Gallery of the Lawrence Public Library. Attend all of the programs or only those that are of interest. There is no charge for the programs and registration is not necessary. Transportation is available by calling the Douglas County Senior Services, 842-0543. Skillbuilders is sponsored by the Outreach Services of the Lawrence Public Library, Visiting Nurses Association and the Douglas County Senior Services. For more information on Skillbuilders or any of the programs, call Pattie Johnston at the Library.
LAWRENCE, (785) 843-3833 ext. 115

**OCT 10
BASIC PERSONAL FINANCE & INVESTING**
Provides an overview of financial planning considerations, including: financial goal setting; investment options such as stocks, bonds, mutual funds, and ETFs; risk tolerance and capacity; and diversification, asset allocation, and rebalancing of an investment portfolio. While the focus is on saving and investing for retirement, the principles apply to other long-term financial goals, such as providing for a child's college education. The presentation is relevant to adults of all ages, not just seniors. It is free and open to the public, and lasts about 1½ hours with time for questions. Basehor Community Library, 1400 158th Street, 6-7:30 p.m.
BASEHOR, (913) 724-2828 or (785) 841-4554

**OCT 11 & 18
SEVEN STEPS TO STRESS MASTERY - A BASIC STRESS MANAGEMENT CLASS**
Do you have difficulty managing the stress in

your life? Plan to attend this two session class that offers basic stress management instruction. Participants will learn why we need to manage stress, seven stress erasers, how the mind controls and contributes to stress, and how to make stress management skills a habit. Registration in advance is required due to class space limitations. \$25/person. 6-8 p.m.
LAWRENCE, (785) 749-5800

**OCT 11
SKILLBUILDERS: BASIC CAR CARE**
Led by Richard Haig, owner and manager of Westside 66 & Carwash. See October 4 description for more information about Skillbuilders, including its mission, program location, time, etc.
LAWRENCE, (785) 843-3833 ext. 115

**OCT 13
10,000 STEPS A DAY**
This program is designed to increase daily steps to 10,000 and thus improve health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log daily steps. Only fee is \$10 for the pedometer. This program is also available to take out to groups of 5 or more. Enrollment required. Please call LMH Connect Care or send an e-mail to connectcare@lmh.org. 9-10:30 a.m.
LAWRENCE, (785) 749-5800

**OCT 18
SKILLBUILDERS: HEALTHY EATING FOR ONE**
Led by Beth Greer from Hy-Vee Grocery Store, this program will demonstrate recipes that are especially for one or two servings. See October 4 description for more information about

■ CONTINUED ON PAGE 20

ADVANCED HOMECARE

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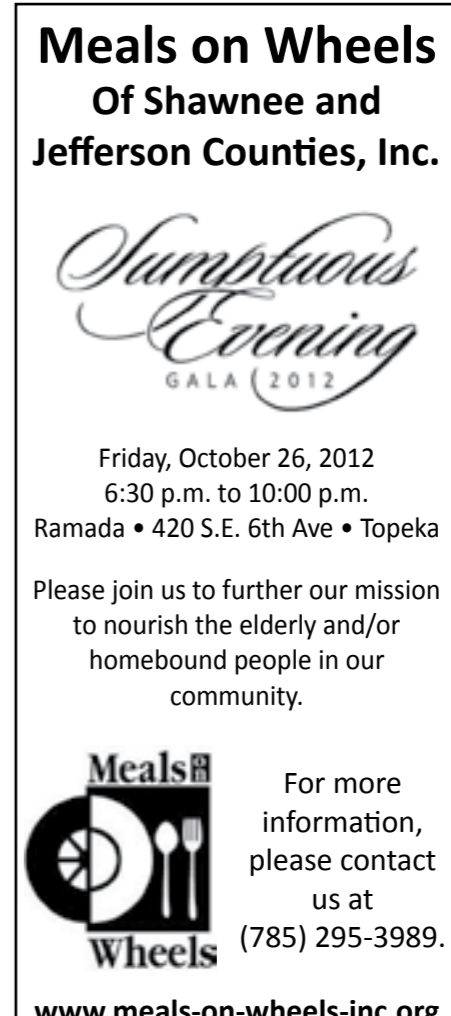
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CONTINUED FROM PAGE 19

Skillbuilders, including its mission, program location, time, etc.
LAWRENCE, (785) 843-3833 ext. 115

OCT 18 & 19

AARP DRIVING SAFETY CLASS

A refresher course, the AARP Driving Safety Course provides information on driving skills, updates on state and Federal laws and discussion on driving techniques. This is a workbook class. No driving is required. After completion of the two day class, certificates will be given for insurance discounts. The class is taught by a trained AARP instructor. Class is \$12 for AARP members/\$14 for non-members. Space is limited so registration is required.
LAWRENCE, (785) 843-3833 ext. 115

OCT 25

SKILLBUILDERS: AGING IN PLACE

Led by Linda Crabb, Occupational Therapist at Visiting Nurses Association. Learn practical changes to make your home safer and more accessible. See October 4 description for more information about Skillbuilders, including its mission, program location, time, etc.
LAWRENCE, (785) 843-3833 ext. 115

NOV 1

SKILLBUILDERS: PERSONAL SAFETY AND HOME SECURITY

Led by Gary Squires, Sergeant with the Douglas County Sheriff's Office. Feeling safe in your home and secure when elsewhere is important to one's peace of mind. ID theft, scams and keeping alert for unusual events will be discussed. Learn practical changes to make your home safer and more accessible. See October 4 description for more information about

Skillbuilders, including its mission, program location, time, etc.
LAWRENCE, (785) 843-3833 ext. 115

EXHIBITS/SHOWS

JAN 1-DEC 31

FREEDOM'S FRONTIER & KANSAS-NEBRASKA ACT EXHIBITS

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

OCT 5-JAN 27

LASTING IMPRESSIONS

Lasting Impressions, prints from the Pruitt Collection. Event cost: Free Gallery Hours: Tuesday 10 a.m.-7 p.m. Wednesday-Friday 10 a.m.-5 p.m. Saturday & Sunday 1-4. 17th & Jewell Streets
TOPEKA, (785) 670-1124
www.washburn.edu/mulvane

FAIRS/FESTIVALS

SEP 1-OCT 14

KANSAS CITY RENAISSANCE FESTIVAL

Sixteenth Century Village featuring 7 themed weekends, starting Labor Day weekend. Take a step back in time at the one and only Kansas City Renaissance Festival. The festival has operated for over 30 years and is delightful entertainment for all. The seven themed weekends are full of fun and surprises. Join us this year for live jousting, over 100 artisan booths, 20 entertainment venues and food and drink fit

for a King.
BONNER SPRINGS, (913) 721-2110
www.kcrenfest.com

OCT 7

33RD 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. Hours: 10 a.m.-5 p.m. Fee. 124 SW Clay.
TOPEKA, (785) 368-8888
www.topeka.org

OCT 12 & 13

FALL FEST AND CHILI COOK-OFF

A two day craft fair and fall celebration. The event is returning to the original two day format. Friday will feature local entertainment and craft booths. Saturday will add the aroma of Chili to the mix. You're invited to stir a pot or grab a spoon. 4th St & New York.
HOLTON, (785) 364-3963

OCT 13 & 14

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 Pokey the balloon clown, fresh cooked kettle corn and great BBQ with homemade pies. Pome on the Range Orchards, 2050 Idaho Rd.
WILLIAMSURG, (785) 746-5492
www.pomeontherange.com

OCT 20 & 21

MAPLE LEAF FESTIVAL

Don't miss attending the 55th anniversary of

the Baldwin City Maple Leaf Festival. This local event observes the annual changing of the leaves in Baldwin City, a long-lasting tradition celebrated for years and held on every third weekend of October. It will be kicked off with a parade at 11 a.m. on Saturday. There will be over 300 craft exhibits, quilt displays, performing arts, music, and food vendors at the event. Also, have more fun with Carnival rides, a kids zone, a petting zoo, and much more. It will run Saturday 9 a.m.-6 p.m. and Sunday 9 a.m.-5 p.m.
BALDWIN CITY, (785) 594-3200
www.mapleleaffestival.com

FARMERS MARKETS

THURSDAYS THROUGH OCTOBER

COTTIN'S HARDWARE & RENTAL FARMERS MARKET

Vendors, live music, Free State beer, public chess tables. Located in the parking lot behind Cottin's Hardware & Rental, 1832 Massachusetts St.
LAWRENCE

APR 14-NOV 17

SATURDAY MARKET - LAWRENCE

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

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APR 14-NOV 3

DOWNTOWN TOPEKA FARMERS MARKET

12th and Harrison, South of the Judicial Building. 7:30 a.m.-Noon.
TOPEKA, (785) 249-4704
www.topekafarmersmarket.com

MAY 1-END OF OCTOBER

TUESDAY MARKET - LAWRENCE

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

MAY 3-END OF OCTOBER

THURSDAY MARKET - LAWRENCE

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

MAY 5-OCTOBER 13

BALDWIN CITY FARMERS MARKET

Saturdays, 7:30-Noon. Downtown Baldwin City.
BALDWIN CITY, (785) 594-3200
www.baldwincitychamber.com

HALLOWEEN EVENTS

OCT 19-26

NIGHT TRAINS OF TERRORS

An hour (or so) long train ride full of scares, spooks and frights! A dark walk through a moving train only lit by black lights! Once you move through the train you will be guided through our Haunted baggage car full of frights just like in a haunted house while traveling down the rails in dark of night! During your ride, spooks and ghouls will walk through the train giving you a scare! Friday, October 19, 20, 26, 6 p.m., 8 p.m. and 10 p.m. Midland Railway, 1515 W High St.
BALDWIN CITY, (785) 594-6982
www.midland-ry.org

OCT 27

HALLOWEEN SPOOKY PARADE

Spook Parade is a community trick or treat walk on downtown Main Street to local businesses. Sponsored by Ottawa Main Street Organization, Start at Haley Park 2nd & Main Streets. The walk is open to ages walking - 12 years. Children must be accompanied by an adult over 18 at all times. Main Street.
OTTAWA, (785) 242-2085
www.ottawamainstreet.org

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Alzheimer's Care Update by Scott Schultz

"Why does Mom get so angry and spiteful these days? She was always such a loving and understanding person."



Scott Schultz, President, ComfortCare Homes of Baldwin City

Despite researchers' best efforts, there's still no cure for Alzheimer's disease. Because of the progressive deterioration of brain cells, a person with the disease will generally go through seven stages of decline. Among symptoms in the early stages are irritability, anxiety and depression.

It's human nature for us to feel a certain degree of antagonism or hostility when we find ourselves in threatening or unfamiliar circumstances. For someone with Alzheimer's disease, these feelings are ongoing and only increase over time. Their inability to recall recent conversations or events, their failure to form connections with their surroundings or even with loved ones - these conditions can foster feelings of frustration, anger and paranoia. In addition, your mother's anger may be the result of drug interactions or side-effects from medications. Be sure to keep her doctor informed of any significant change in her behavior.

For more information: 785 594 2603 comfortcarebaldwin.com

OCT 31

DOWNTOWN LAWRENCE HALLOWEEN TRICK-OR-TREAT

Downtown merchants greet children with sweet treats and Halloween trinkets for an evening of family fun. 600-1100 Massachusetts.
LAWRENCE, (785) 842-3883

HEALTH & FITNESS

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays, 8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee. **LMH KREIDER REHABILITATION SERVICES LMH:** (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE LITE

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

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

Held at the Wakarusa Wellness Center, 4920 Bob Billings Parkway, located 1 block west of Wakarusa at the intersection of Research Park Drive. From 9 a.m.-1 p.m. and 3-6 p.m. No appointment necessary.
LAWRENCE, (785) 856-6030

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FIRST & THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

Blood pressure checks, glucose checks, skin

checks, and education on nutrition and weight loss strategies by Washburn University School of Nursing Mobile Health Unit. YWCA of Topeka, 225 SW 12th St., south entrance of the building, 9 a.m.-1 p.m.
TOPEKA, (785) 233-1750, EXT. 252

FRIDAYS

BLOOD PRESSURE CHECKS

Drury Place, 1510 St. Andrews, 8:30 a.m. Open to the public.
LAWRENCE, (785) 841-6845

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free.
TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

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

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

OCT 3

CHOLESTEROL SCREENING

This screening event offers a total only (does not include HDL or LDL) cholesterol by finger-stick. No appointment or fasting necessary. \$6/

test. HealthSource room, Lawrence Memorial Hospital, 3-4:30 p.m.
LAWRENCE, (785) 749-5800

OCT 7

SENIOR HEALTH FAIR AND SYMPOSIUM

This event was initiated based on three major goals: clarify the assumptions and misconceptions in senior health to make the best decisions for every senior; educate and motivate seniors and their support teams on where to go for help; and define the local, state, and federal programs for seniors to make the correct decisions the first time. White Concert Hall, 1-5 p.m. Free admission.
TOPEKA, (785) 343-1788
www.tscseniorhealth.org

HISTORY/HERITAGE

OCT 6

CIVIL WAR HERITAGE DAY

Experience Civil War battle demonstrations, special exhibits and presentations, a Pancake Feed. Event Time: 7 a.m.-2 p.m. Forbes Field, 6700 S Topeka Blvd.
TOPEKA, (785) 862-1020
www.kansasguardmuseum.org

OCT 6

NORDIC HERITAGE FESTIVAL 2012

Experience Scandinavian culture through food, arts and crafts, genealogy, music, dance and more. 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 Spelman, Scandinavian food, traditions, art and entertainment. Douglas County Fairgrounds, 2120 Harper.
LAWRENCE, (785) 843-7535
ksnordicfest.com

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

CONTINUED ON PAGE 22

As you plan for the future, you will have lots of questions about health care coverage as you approach 65.

I look forward to answering your questions today and caring for your health care and other coverage needs now and in the future.

Please feel free to call me for any information about transitioning to senior health products.

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- Meals on Wheels Congregate meal site
- Maintenance Director on site
- Library Red Carpet Services
- Health Department Nail Clinics
- Walking distance of several churches and Ray's Apple Market

Call 272-6700 to schedule a tour and pick up an application.
3805 SW 18th St. • Topeka • www.thefirstapartments.org

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

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

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

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

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

MEETINGS

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

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

FIRST & THIRD MONDAY OF EACH MONTH BEREAVEMENT SUPPORT GROUP LAWRENCE SENIOR CENTER
2:15-3:45 PM, (785) 842-0543

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

FIRST & THIRD MONDAY OF EACH MONTH CAREGIVER SUPPORT GROUP
For adults who have lost loved ones. Call LMH Chaplain Angela Lowe for more information.
LAWRENCE MEMORIAL HOSPITAL
4-5 PM, (785) 840-3140

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

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

FIRST & THIRD TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES
Grace Hospice, 3715 SW 29th St., Suite 100, 6 p.m. All supplies provided (except photos).
TOPEKA, (785) 228-0400

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

FIRST & THIRD TUESDAY OF EACH MONTH GRIEF SUPPORT GROUP
Grace Hospice in association with Pioneer Ridge Assisted Living invites individuals coping with the loss of loved ones to join us. For more information call (785) 841-5300 or 1-800-396-7778. Pioneer Ridge Assisted Living, 4851 Harvard Rd., Lawrence, 10:30 a.m.

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

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

TUESDAYS & THURSDAYS WATER AEROBICS CLASSES
OrthoKansas, P.A. offers aquatic programs and services, which are open to the public. Special features include warm water therapeutic pool with deep water capability. Class time is 5:30 p.m. 1112 W. 6th St., Ste. 124.
LAWRENCE, (785) 838-7885
www.OrthoKansasPA.com

FIRST & THIRD TUESDAY OF EACH MONTH HEALING AFTER LOSS BY SUICIDE (HEALS)
For those who have lost a loved one by suicide. Fellow survivors offer an atmosphere of understanding and emotional support by encouraging families and individuals to share healthy ways of coping and grieving. Contact Steve 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 at the United Way building, 2518 Ridge Ct.. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson.
LAWRENCE, (785) 832-1692

WEDNESDAYS AND SUNDAYS OLDESTERS UNITED FOR RESPONSIBLE SERVICE (O.U.R.S.)
Members of O.U.R.S. have met to dance since 1984. The group meets to dance from 2:30-4:30 p.m. on Wednesdays, and from 6-9 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

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

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

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

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

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

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

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

SECOND TUESDAY OF EACH MONTH NATIONAL ASSOCIATION OF RAILROAD AND VETERAN RAILROAD EMPLOYEES
Meets at 9:30-11 a.m. at Coyote Canyon Buffet.
TOPEKA, www.narvre.com

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

SECOND WEDNESDAY OF EACH MONTH MEMORY SUPPORT GROUP
Held at The Windsor of Lawrence, 3220 Peterson Rd., 2 p.m. For more information, please call Amy Homer.
LAWRENCE, (785) 832-9900

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

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

SECOND THURSDAY OF EACH MONTH CAREGIVERS SUPPORT GROUP
Learn more about caregiving, share your caregiving ideas and learn new ones. Find out about living options for your loved one and share comfort among others who are going through the same things. Refreshments are provided.
Meets at The Windsor of Lawrence, 3220 Peterson Rd. Call to RSVP.
LAWRENCE, (785) 272-9400

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

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

THIRD TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP
FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2 PM

THIRD TUESDAY OF EACH MONTH GRANDPARENT AND CAREGIVER SUPPORT GROUP
Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8

■ CONTINUED ON PAGE 23

p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.
TOPEKA, (785) 286-2329 or (785) 231-0763

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

THIRD WEDNESDAY OF EACH MONTH ACTIVE AND RETIRED FEDERAL EMPLOYEES

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

THIRD THURSDAY OF EACH MONTH LUNCH AFTER LOSS

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

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

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

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FOURTH MONDAY OF EACH MONTH GRIEF SUPPORT GROUP
Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice.
LAWRENCE, (785) 841-5300

FOURTH TUESDAY OF EACH MONTH LAWRENCE PARKINSON'S SUPPORT GROUP
Pioneer Ridge Assisted Living Library, 4851 Harvard, 6:30 p.m.
LAWRENCE, (785) 344-1106

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

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

FOURTH THURSDAY OF EACH MONTH CHRISTIAN WIDOW/WIDOWERS ORGANIZATION
We have a covered dish dinner, a short meeting, and then play dime bingo with playing cards. 5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com.
TOPEKA

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

SECOND & FOURTH FRIDAY OF EACH MONTH ALZHEIMER'S/CAREGIVER SUPPORT GROUP
Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m.
LAWRENCE, (913) 831-3888

MISCELLANEOUS

SUNDAYS CHURCH SERVICES
Drury Place, 1510 St. Andrews, 4 p.m. Open to the public.
LAWRENCE, (785) 841-6845

OCT 1-31 SCHAAKE'S PUMPKIN PATCH
Pick your own pumpkins. Great family entertainment on a working farm with live farm animals. Take a hayride to and from the patch. Walk through the hay maze and corn maze and jump in the straw romp. Visit the gift shop. Groups please call ahead. 1791 N 1500 Rd.
LAWRENCE, (785) 842-2459
www.schaakespumpkinpatch.com

OCT 5 LADIES NIGHT OUT
Get together a group of friends or co-workers and plan now to attend Ladies Night Out in Downtown Ottawa! This is a great chance to spoil yourself and have fun with friends. Please stop in at the Chamber of Commerce for a complete list of participating retailers. 109 E. 2nd Street.
OTTAWA, (785) 242-1000
www.ottawakansas.org

OCT 6 & 7 KAW VALLEY FARM TOUR 2012
Tour local farms. Christmas tree farms, pumpkin patches and special activities for the family. How does the tour work? A charge per car provides you with entrance to farms on both days, tour and activity guidebook with maps for 2 days of fun and entertainment. Farms through-out the Kaw Valley.
LAWRENCE, (785) 843-1409

OCT 13 INTERNATIONAL LINEMAN'S RODEO
The Lineman's Rodeo attracts the best linemen from around the world to compete in events based on traditional lineman tasks and skills. Spectators enjoy watching the various competitions, take a ride on a lift truck to view the sights from up high, hayrides, train rides, lots of children's activities and more. 630 North 125th Street (630 Hall of Fame Drive).
BONNER SPRINGS, (913) 721-1075
www.ughalloffame.com

NOV 2 UNCORKED WINE TASTING EVENT
Try wine and beer from local breweries and vineyards. There will be a silent and live auction. Proceeds benefit the Ottawa Main Street Association. Light snacks are provided. 5th & Main Street at Carnegie Cultural Center.
OTTAWA, (785) 242-2085
www.ottawamainstreet.org

NOV 2 SENIOR RESOURCE FAIR
Several area community based health providers will be available to share information regarding their services. Senior Health Insurance Counseling for Kansas (SHICK) representatives will assist with Medicare Part D enrollment (please bring Medicare card, photo ID and current list of medications with dosages). Walgreens will be offering flu shots (Medicare will cover 100%) and assist with questions regarding medications. PRN Home Health will provide free screenings for blood pressure, pulse, oxygen stats and weight. Sponsored by Topeka Area Continuity and Jayhawk Area Agency on Agency. Fairlawn Plaza Mall, 21st and Fairlawn, 10 a.m.-1 p.m.
TOPEKA

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PET WORLD

Breed bans can lead to frustration, even tragedy

SAN DIEGO, CA - These questions were answered by experts attending the Convention of the American Veterinary Medical Association Aug. 3-7 at the San Diego Convention Center.



Steve Dale

Q: My cat, Wanda Jean, began throwing up after eating, and she clearly didn't feel well. An x-ray showed her colon was filled with feces and she had an enlarged bladder. We put her on a prescription diet after her short stay with the vet. For two weeks she seemed better, then the cycle of vomiting resumed. The veterinarian said the next step was major surgery to remove the front and back ends of the cat's colon, which would restore full function. That doesn't sound right to me. Throughout all this, Wanda Jean hasn't lost weight. Still, I know she can't be a happy cat. Does surgery really seem like the next step? - T.B., Henderson, NV

A: "Indeed, I understand your concerns and would myself likely consider a far more conservative approach," says Dr. Richard Ford, emeritus professor of medicine at

the College of Veterinary Medicine at North Carolina State University, Raleigh. "This is a relatively young cat, so I'd look further into the colon to see what it looks like (with an endoscope). But before surgery, consider another perspective - a referral to an internal medicine specialist. Depending on what's going on here, (a prescription) diet might well control the problem." However, if your cat has been diagnosed with megacolon (and the colon consistently doesn't empty), ultimately surgery might in fact restore quality of life to your cat.

Q: Our dog, Maggie, has been diagnosed with Cushing's disease (or hyperadrenocorticism, the overproduction of the hormone cortisol). The medication, Vetoryl, caused her to have loose stools and vomiting, and she stopped eating. Our veterinarian allowed her to stay off the drug, but now wants to start again. Is there a milder medication for this disease? And do we really need to treat this disease? - E.S., via Cyberspace

A: Dr. Mark Russak, Starkville, MS-based president of the American Animal Hospital Association, says that for starters, Cushing's disease does require treatment.

There are two types of Cushing's disease that are treated differently. The most common form is caused by overproduction of a hormone by the pituitary gland in the brain, which in turn controls the amount of cortisol produced by the adrenal glands. This

is called pituitary-dependent Cushing's. A small percentage of dogs with Cushing's disease have a tumor of one of the adrenal glands, which is called adrenal-dependent Cushing's.

Russak adds that for the most common form of Cushings, Vetoryl is the drug of choice with generally the least side-effects. Often a dog's system can become adjusted to taking the drug. Do make sure the drug is taken with a meal. If the dog still suffers in the second go-around, then your veterinarian will consider another option.

Cushing's disease causes increased appetite, panting, high blood pressure and hair loss (usually evenly distributed on both sides of the body). The condition may also result in calcified lumps in the skin, susceptibility to skin infections and diabetes, weakening of the heart and skeletal muscles, nervous system disease and other symptoms. Some owners report accidents due to increased water consumption. You don't want to avoid treatment.

Q: We adopted our cat from a shelter. She sleeps during the day, but is up all night chewing cords and drapery while we sleep. Besides the expense of repair, we're worried that one day she'll kill herself. Spraying (the cords themselves) doesn't work, and there are too many cords to cover. Do you have ideas on how to deal with this situation? - K.O., Cyberspace

A: Dr. Ilona Rodan, past president of the American Association of Feline Practitioners, prescribes three interactive play sessions daily, with one just before bedtime. "Follow that (last

play session of the day) with a bedtime snack," she suggests.

Since your cat sleeps all day, she will be active at night, Rodan notes. Find ways to engage the cat during the day, even if you're not home. You could leave treats or kibble in food puzzles and food-dispensing toys, available most places where cat toys are sold. Hide these around the house so your cat can "hunt" for them. Also rotate your cat's toys so there's always something new to investigate.

Since your cat likes to chew, ask your veterinarian for a sample of Canine T.D. This is extra large kibble for dogs. If your cat likes it, offer her a piece every couple of days. Another idea is C.E.T. chews (shaped like logs), which can be stuffed inside small Kong toys, and also have dental benefits. Many cats enjoy nibbling on cat grasses.

While Rodan understands that you have many electrical cords around the house, consider organizing them (a better idea for you, too) so you don't need to buy as many cord protectors. There are cord protectors which will fit two or three cords inside. You're right, by the way, that a cat could be electrocuted while chewing on cords.

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

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HUMOR

Ten Times Twelve

The Enchantment is a dingy roadhouse on the outskirts of Leton-galoosa. I had been sitting for hours in a back booth feeling aggrieved, annoyed, disgruntled, cranky, dissatisfied, glum, irritated, let down, resentful and vexed. I was in a funk and Babe, the waitress, had looked



Larry Day

legs drop from the flat underside of his stainless steel torso. He has ball bearing wheels for feet, and three sensor-eyes wave at you from the ends of floppy antennae on the top of his lid. He speaks, eats and drinks telepathically.

Whenever Kaybe swings through our galaxy he always calls and invites me to meet him at The Enchantment. Customers and staff at The Enchantment don't even raise an eyebrow when Kaybe rolls through the door and joins me.

But this time Kaybe hadn't called. "What are you doing here?" I asked.

"I came to celebrate your anniversary," said Kaybe.

"Don't bother," I said, "I'd rather you just forget my birthday."

"I didn't say your birthday, I said your anniversary."

"What anniversary? I got married in December."

"It's your ten times twelve anniversary," said Kaybe. "You started writing this monthly humor column in October 2002. You've written 120 columns and never missed a deadline."

Just then Miniature Mike sidled up to the booth. His huge pal Harry the Hulk loomed behind him. Behind Harry was Four Finger Fannie, and behind her was Dog Face McGee. They are regulars at the Enchantment, and good friends of mine.

"Me and Harry gotcha sumpin'

fah ya annivoisory," said Mike. He handed me a big blue can of beer nuts, and he and Harry stepped aside.

Four Finger Fannie leaned down and gave me a hug and a kiss on the cheek. She handed me an irregular piece of paper that looked like it had been ripped from an old manuscript. "It's Thomas Cosgrove's autograph," said Fannie. "My niece Melissa sent it. She said it would soothe a savage breast. Whatever that means."

"Thank you Fannie. Please tell Melissa that my savage breast really needed soothing," I said.

Fannie moved aside and Dog Face McGee stepped up to the booth. "It is my distinct pleasure to present you with this token of my friendship and esteem from my alma mater," he said. He handed me a large crockery stein with a hand painted rendering of the Eton College coat of arms emblazoned on its side.

"I'm honored, Professor McGee. Thank you," I said.

"And now we'll leave you two alone," said Fanny, and they walked back to the bar.

I turned to Kaybe whose antennae eyes, all three of them, were blinking as though with tears.

"I don't know when I've felt more grateful," I said.

"I have something for you, too," said Kaybe.

A multicolored cylinder about four inches high and three inches in diameter appeared on the table between us, as if by magic.

"I bought this from an artisan on a planet in the Sombrero Galaxy way out in the Virgo Constellation," said Kaybe. "I programmed it myself.

Clap your hands."

I clapped my hands and a balloon-sized hologram burst from the top of the cylinder. Inside the hologram stood scores of people. They looked like they were posing for a class photo. When they saw me they waved. Then they unrolled a banner that read, "Thanks, boss!"

"They are the characters you have created in the last ten years," said Kaybe. "With the hologram you can call them up and speak to them individually: the Potty Professor, Amanda Pershing, Pat and Pete, the Lone Vampire, Dona Q, Shy Freddy and Salesman Sam, Minnifred Morningstar, Andrew Klees, Bull Dog Jim, Nosy Nelida, Eloise Simplekins, Blair Trimmitt, Carlie Chan, Captain Cool, Sir Jeremiah Teancrum-pets, Cash Flo, Chip Grover, and the others. They're all there on the hologram," said Kaybe.

"But they are fictional," I said. "They're figments of my imagination."

"So am I," said Kaybe. "But what has that got to do with the price of kumquats in Alpha Centauri?"

- 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.

WORDS OF WISDOM

"What has always made the state a hell on earth has been precisely that man his tried to make it his heaven." - Friedrich Hölderlin

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WOLFGANG PUCK'S KITCHEN

Casual summer-into-autumn entertaining

Autumn began Saturday, Sept. 22. And it started me thinking about the widespread, still growing interest in cooking with the seasons.

I'm all for seasonality, and my chefs and I always love to feature the freshest local ingredients in dishes that



Wolfgang Puck

feel appropriate to the time of year. But, seasons don't really stop and start on particular days. In some ways, they are artificial divisions, blending one into the next. In some places, like Los Angeles where I live, it sometimes seems like never-ending springtime or summer. Some of my friends in northern mountain communities talk about how they also experience only two real seasons: snow, and the muddy melt.

So, when I cook, I try to stay more

carefully aware not only of the precise time of year and broader season but also what the weather is like right now, where I am. Many times, I wind up preparing dishes that seem not so much to represent one season as to straddle the new season and the one just past.

My recipe for Sauteed Rib-Eye Steaks with Dijon Mustard Sauce and Crispy Onions is a good example. Just a few weeks ago, I might have made a variation of this recipe on my outdoor grill - slathering rib-eyes with a blend of mustards and searing them over an open fire. But now, without losing the very relaxed style of that preparation, I move its cooking indoors to produce a main course that seems appropriate as a casual yet special main course for early-autumn entertaining. You could, really, think of it as a perfect dish for Indian summer, the traditional term for the kind of fleeting summery heat wave that can suddenly occur after a period of frosty autumn weather.

Of course, to move those steaks indoors, I make a few adjustments to the recipe. First, I use boneless rib-eyes rather than bone-in steaks, to

help them fit more easily together in a stovetop skillet and to ensure that they cook more evenly. The flavorful deposits that form in the skillet from the steak's juices during searing also give me the perfect opportunity to create a quick sauce for the steaks, deglazing the pan with some lemon juice or vinegar and then adding broth and reducing the liquid to a light coating consistency. As a finishing touch, I add some crispy onions that I quickly deep-fried before cooking the steaks; on an outdoor grill in summer, of course, I would have cut those same onions into slightly thicker slices and grilled them alongside the steaks.

The result is a dish you can be sure will seem appropriate regardless of what the weather is like on the particular autumn day you plan to serve it.

SAUTEED RIB-EYE STEAKS WITH DIJON MUSTARD SAUCE AND CRISPY ONIONS

Serves 4

- Vegetable oil, for frying
- 2 yellow onions, thinly sliced
- Salt
- 1 cup all-purpose flour
- 4 boneless rib-eye steaks, each about 6 ounces
- Freshly ground black pepper
- 1 tablespoon Dijon mustard
- 1 tablespoon grainy mustard
- 2 tablespoons peanut oil
- 3 tablespoons unsalted butter
- 1/2 cup organic beef broth
- Juice of 1 lemon, or 2 tablespoons balsamic vinegar
- 1 tablespoon minced fresh parsley
- 1 tablespoon minced fresh tarragon leaves
- 1 tablespoon minced fresh chives

In a deep, heavy saucepan or a

deep-fryer, preheat about 4 inches of the vegetable oil to 325 degrees F. on a deep-frying thermometer or on the deep-fryer's thermostat.

Meanwhile, put the sliced onions in a mixing bowl, season the onions to taste with salt. Sprinkle in the flour and toss until well coated. Working in batches if necessary to avoid overcrowding, shake off excess flour from the onions, add them to the oil, and deep-fry until golden brown, 3 to 4 minutes. Remove them with a wire skimmer or the deep-fryer basket and drain on a plate lined with paper towels. Set aside and keep warm.

Season the steaks to taste with salt and pepper on both sides. In a small bowl, stir together the mustards. Brush one side of each steak with the mustard mixture and lightly sprinkle it with flour. In a heavy skillet large enough to hold the steaks without overcrowding, heat the peanut oil and 1 tablespoon of the butter over medium-high heat. Add the steaks flour side down and sear until golden brown, about 2 minutes. With tongs or a spatula, turn them over and cook until medium-rare, about 2 minutes longer. Transfer to a plate and cover with aluminum foil to keep warm.

Carefully pour off excess fat from the pan. Return the pan to the heat, add the broth and lemon juice or vinegar, and stir and scrape with a wooden spoon to deglaze the pan deposits. Boil briskly until the liquid is reduced by about half. To finish the sauce, stir in the remaining 2 tablespoons of butter and minced herbs. Taste and adjust the seasonings, if needed.

To serve, place each rib-eye steak on a heated plate, spoon the sauce over and around it. Top with crispy onions.

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TRAVEL TROUBLESHOOTER

My hotel is closed for the season!

When Steve Broman tries to check in to his hotel, he finds that it's closed for the season. Now Hotels.com won't give him a refund until it can confirm the hotel is closed. How long should he have to wait?

Q: I booked a stay in Ocean City, Md., through Hotels.com. When I arrived to check in, I found it was



Christopher Elliott

closed for the season. All numbers I was able to find for the hotel—front desk, reservations, housekeeping, and administrative offices—either rang forever or had a voice mail saying that the hotel was closed.

I do not know if it was the fault of the hotel or Hotels.com, but in either case we wound up staying at a more expensive hotel at the last minute. We

wound up spending approximately \$100 more on a hotel than we had planned.

I would not have been overly bothered about this if Hotels.com had immediately apologized and promptly refunded the money I sent them. I was told that since Hotels.com could not contact the hotel, I would have to wait until the hotel re-opened (sometime in the spring) so that they could speak to someone there before they refunded my money. After I said that was unacceptable and asked to speak to a supervisor, I was put on hold and then told that my money would be refunded within the next one to two days.

I called a few days later after my refund still hadn't been processed, and was told it would take three to seven days to process. I just called Hotels.com this morning and was told that my refund had been "escalated" to another department and to check back next month. Help! - Steve Broman, Baltimore

A: I don't understand how Hotels.com can accept a reservation—let alone send you to a hotel—that's closed. It would be one thing if the hotel closed suddenly, because of a

fire or foreclosure. But this was a seasonal closure.

When you were standing in front of the closed property, you should have phoned Hotels.com right away. A representative should have found you a suitable replacement room right away at the same rate you paid for the original hotel. That employee could have also verified that the hotel was closed for the season.

Instead, you waited. I can understand why you'd postpone this—after all, you needed a room right away, and Hotels.com hadn't exactly proven itself as reliable. Still, resolving this problem right then and there would have spared you a lot of grief later on.

You called Hotels.com when you returned, which didn't really work. You need something in writing, preferably by email. Proving the hotel is closed should be as easy as sending a Hotels.com representative a link to the inn's website, and also, you can forward the entire chain to a supervisor instead of waiting on "hold" for someone who may or may not be in a position to help you.

I contacted Hotels.com on your behalf. It apologized for the problem

with your hotel, confirmed that it was closed, and refunded \$401, the cost of the original hotel. What had happened? "The hotel did in fact close but they did not update their information in our system for the dates Mr. Broman booked," a representative told me.

Hotels.com said it would take additional steps to make sure this didn't happen again. It also agreed to refund you for the extra expenses incurred as a result of your hotel mishap.

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

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Depression: Not a character flaw but a real illness Why fall is the time to tackle invasive plant problems

(ARA) - A broken leg means a trip to the emergency room. Chronic back pain leads to a battery of tests and time off work. Even a virus will get you some words of sympathy. But if you say you have depression, there's a good chance you'll get a quizzical look and dumb silence.

Depression is a serious illness affecting one in 10 Americans. And while the medical establishment has long known how serious depression can be, it still remains something of a mystery to many people.

Often, the advice to someone who admits to a friend that they have depression is "it'll pass" or "shake it off." Because there are no bandages or crutches involved, there's a tendency for friends, colleagues and even family to mistake clinical depression as simply a case of the "blues." While studies vary somewhat on the exact percentages, it is generally believed that about 50 percent of Americans see depression as a personal weakness and a similar percentage of people suffering from depression don't seek treatment.

Professional, these statistics are absolutely alarming," says Dr. Douglas G. Jacobs, associate clinical professor of psychiatry at Harvard Medical School and the founder of Screening for Mental Health, Inc. "We have to bridge this understanding gap and the only way is through education - in schools, in the mainstream media, through the work of nonprofits, in fact by any means necessary."

One can observe the "understanding gap" in everyday life. The word "depression" is often used to describe simply "feeling down" - the bad days or weeks that soon pass. But when those feelings last two weeks or more, they could be signs of actual depression (formally called major depressive disorder or clinical depression).

According to the National Institute of Mental Health, symptoms of depression may include the following:

- Difficulty concentrating, remembering details and making decisions
- Fatigue and decreased energy
- Feelings of guilt, worthlessness and/or helplessness

- Feelings of hopelessness and/or pessimism
- Insomnia, early-morning wakefulness or excessive sleeping
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable, including sex

- Overeating or appetite loss
- Persistent aches or pains, headaches, cramps or digestive problems that do not ease even with treatment

- Persistent sad, anxious or "empty" feelings
- Thoughts of suicide, suicide attempts

Looking at the list, it's not hard to see how someone suffering with depression could conceivably "explain away" their depression. But this situation is gradually changing.

One important stride that's been made is in the area of screenings for depression. Put simply, a screening is a questionnaire that gives the participant a clearer idea of whether or not they may have symptoms of depression and should seek clinical help. They are not meant to be diagnostic, but at the same time they are

an anonymous, "low exposure" first step. And they are, intrinsically, educational.

If you, or someone you know, may be suffering from depression, you can visit www.helpyourselfhelpothers.org to take a screening. It is free, anonymous and available 24/7.

Another step along the education road is National Depression Screening Day, which occurs on the Thursday of the first full week of each October. The screenings are held on college campuses, in high schools, community halls and other public venues.

If you or someone you know is in immediate danger because of thoughts of suicide, call 911 immediately. If there is no immediate danger but rather a need to talk to someone, call the national suicide prevention line at 800-273-TALK (800-273-8255).

POINT-COUNTERPOINT

POINT: "Somebody invested in roads and bridges. If you've got a business—you didn't build that. Somebody else made that happen. The Internet didn't get invented on its own. Government research created the Internet so that all the companies could make money off the Internet." - President Barack Obama

COUNTERPOINT: "Good roads exist only by reason of private enterprise progress in materials and machinery. City water supplies were first provided by private enterprise, and expropriated by government. For centuries government fostered disease, discomfort, and gloom by window taxes, hearth taxes, salt taxes. Private enterprise dug the Suez Canal and provided the machinery, knowledge, and skill to dig the Panama Canal. Always and everywhere, progress has been made solely by private invention, enterprise, labor, and savings, and in inverse ratio to the extent of government." - Isabel Paterson, *The God of the Machine* (1943)

(ARA) - The crisp days of fall will soon be here, but a long dry summer has left many homeowners looking out on lawns and gardens overtaken with invasive weeds and vines. A yard full of these noxious plants is sure to make it difficult to enjoy the cooler outdoor temperatures.

In 2012, the nation faced one of the hottest summers on record in the last 60 years. With more than two thirds of the country experiencing severe to extreme drought, conditions were ideal for pesky weeds to flourish.

Weeds like dandelions, crabgrass and clover easily tolerate hot temperatures and dry soil, overtaking lawns and gardens and lingering throughout the cooler fall months. Ivy and other aggressive vines thrive in the summer heat, climbing and covering bushes and trees and ultimately killing the plants underneath with their shade.

Left untreated, invasive plants can quickly become health and safety

hazards. Kudzu can grow up to a foot per day, causing tree limbs to break under its weight, damaging homes and outdoor living spaces. Common grass weeds like nettles and thistles sting and prick the skin, and contact with dangerous plants like poison oak, ivy and sumac cause moderate to severe allergic reactions in almost all people.

"Fall herbicide treatments are the most effective way to eliminate unattractive and potentially harmful plants from lawns and gardens so that those spaces can be enjoyed throughout the cool fall months," says Aaron Hobbs, president of RISE (Responsible Industry for a Sound Environment), a national organization representing the manufacturers, formulators and distributors of pesticide and fertilizer products.

"This is the best time of year to eliminate invasive plants," Hobbs adds. "Weeds move the products of photosynthesis like water, glucose and oxygen to their roots for winter food storage in the fall, enabling the

roots to soak up herbicides as well." Two to three treatments are usually all that is needed to completely destroy these types of plants.

Effective herbicide options exist for every type of weed and vine. The Environmental Protection Agency rigorously tests herbicides for potential human health and environmental impact before they can be registered

and sold for use. As with all pesticides, users should always read labels and use and store products accordingly.

With just one or two follow-up treatments after an initial fall herbicide application, invasive plants are eradicated at the root, and people can take back their lawns and gardens to enjoy the beauty of fall.

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



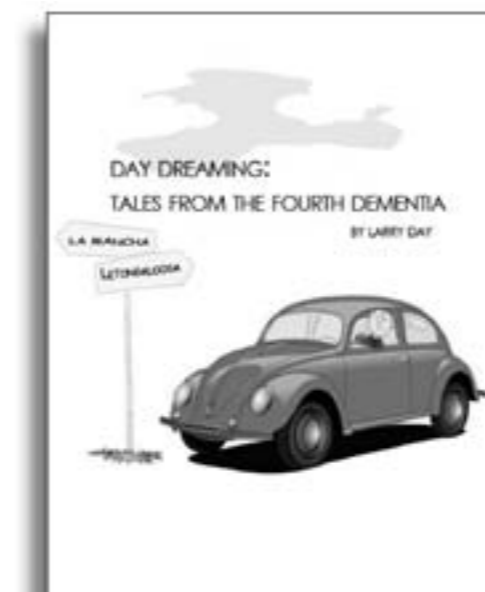
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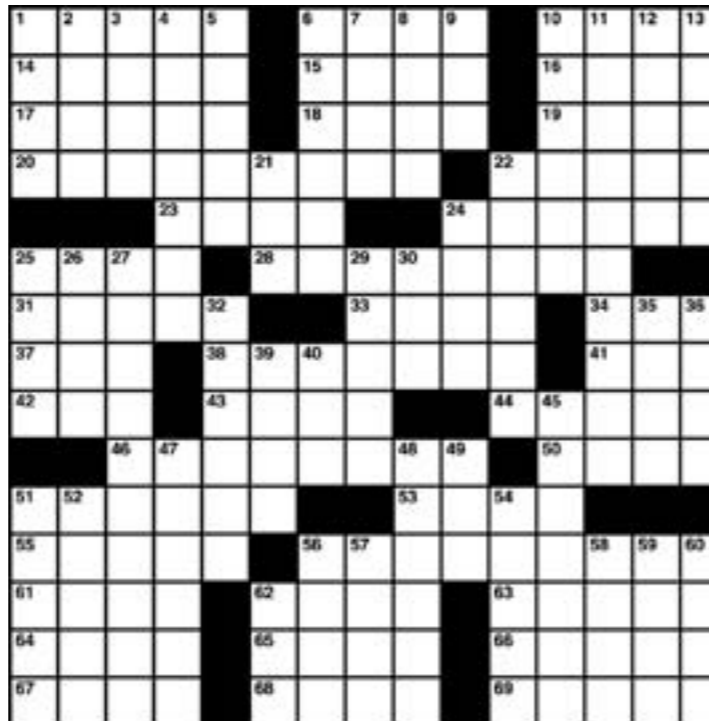
PUZZLES & GAMES

CROSSWORD

- Across**
- 1 Sound from a tree
 - 6 Range between soprano and tenor
 - 10 Cpls.' underlings
 - 14 Flamboyant evangelist
 - 15 Boston Bruins or Chicago Bears, e.g.
 - 16 Inter ___: among others
 - 17 Baseball's Nolan and actress Meg
 - 18 Bath towel word
 - 19 Natasha's no
 - 20 *Resolve once and for all
 - 22 Many an October baby, astrologically
 - 23 A ___ alfa
 - 24 Nairobi native
 - 25 Satirical Mort
 - 28 Arrive after a tough trip
 - 31 Schoolroom group
 - 33 Travelers' lodgings
 - 34 Hypotheticals
 - 37 PC key
- Down**
- 38 *Savings for later in life
 - 41 Miracle-___: garden brand
 - 42 B'way setting
 - 43 Slender woodwind
 - 44 Reacted to fireworks
 - 46 The Beatles' George
 - 50 Salt Lake City college team, aptly
 - 51 "Happy I can oblige"
 - 53 Cop's route
 - 55 Lassos
 - 56 Lyric in a Porter song that ends "Let's fall in love," and a hint to the starts of the starred answers (and 1-Across)
 - 61 "___ well that ends ..."
 - 62 Rani's garment
 - 63 Cease-fire
 - 64 Coagulate, as blood
 - 65 Treater's words
 - 66 Levels, as a building
 - 67 Italian noble family
 - 68 Fava or lima
 - 69 Illegally off-base GIs

Down

- 1 Poet Sandburg
- 2 Breezy greeting
- 3 "___ be wrong, but ..."
- 4 Avis offerings
- 5 Cuban cash
- 6 Zeus' daughter
- 7 Popular jeans
- 8 Small fruit pie
- 9 Mantric syllables
- 10 Italian sandwich
- 11 *Like unreliable short-term businesses
- 12 Olds Cutlass model
- 13 The devil
- 21 Canyon edge
- 22 "Come on, we're late"
- 24 Goal in checkers
- 25 Read, as a bar code
- 26 Treaty partner
- 27 *Do some scheming
- 29 Flying toys
- 30 U-turn from WSW
- 32 Stable sounds
- 35 Available for a date
- 36 Puts in a lawn the fast way
- 39 River of Spain
- 40 "... or ___ thought"
- 45 Beat in a Western showdown



- 47 "___ Fideles": carol
- 48 Conan of "Conan"
- 49 Simpsons neighbor
- 51 Pre-meal blessing
- 52 Lounges around
- 54 Stars, in Latin
- 56 Undoing
- 57 Cookbook writer
- Rombauer
- Greek liqueur
- Its cap. is Reykjavik
- Tracy's Trueheart
- Cry out loud

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PUZZLES & GAMES

BRIDGE

Play or defend?

Goren on Bridge: By Tannah Hirsch
Tribune Media Services

Both vulnerable. South deals.

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

The bidding:
SOUTH WEST NORTH EAST
1♥ Pass 2♥ 2♠
4♥ 4♠ 5♥ Pass
Pass Pass

Opening lead: Three of ♠

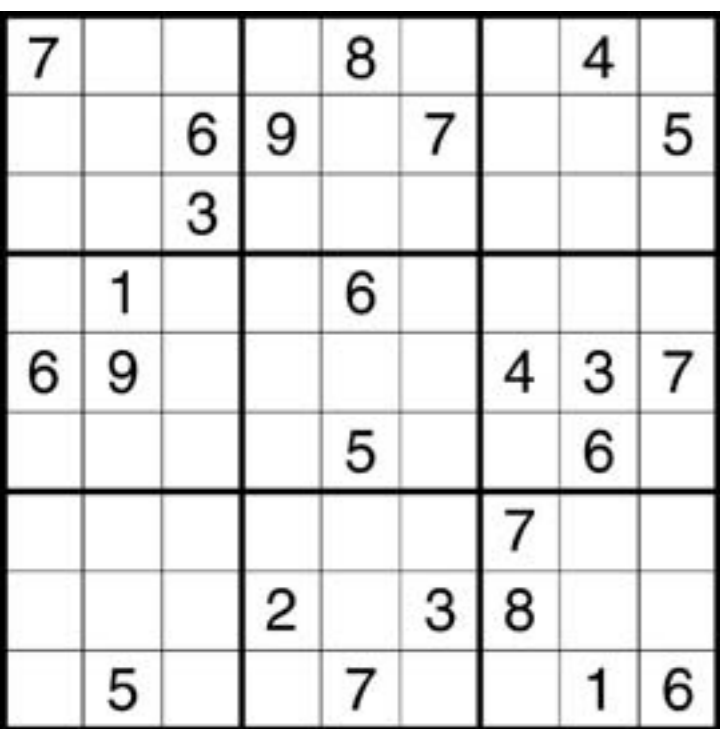
Study the diagram above. After However, don't be in too much of

the lead of a low spade to partner's ace, would you rather play or defend five hearts?

Both sides judged the auction well. West decided that the singleton ace of hearts and four-card support merited competing to four spades. Although four spades will be set two or three tricks, North refused to sell out and competed to five hearts.

Suppose you elect to defend. You win with the ace of spades and switch to a neutral club. Declarer takes the king and ace of club and cashes the king of spades for a club discard. After carefully ruffing the queen of clubs with a high trump, declarer leads the nine of hearts, running it to the ace.

West is trapped in an endplay. Since a black-suit return will permit declarer to ruff on the table while discarding the losing diamond from hand, you shift to a diamond. Since the bidding virtually marks East with the king of diamonds, declarer inserts the ten from dummy, capturing the king with the ace, and claims the rest of the tricks.



JUMBLE THAT SCRAMBLED WORD GAME
by Mike Argron and Jeff Kinurek

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

HUTOY
PYNOH
GLINSE
BERKAM

WHAT HE DID WHEN HE BECAME "MAN OF THE HOUR".

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

SCRABBLE G R A M S

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A: I U D T R S C
A: I U D T R S C
A: I U H T S Z
A: I T T P R R

PAR SCORE 250-260
BEST SCORE 347

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blank" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 4th Edition.

Answers to all puzzles on page 34

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a hurry to declare. After winning the ace of spades at trick one, switch to a heart. West wins and returns anything other than a diamond. In the fullness of time the defense will score a diamond trick for a one-trick set.

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

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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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YES, THERE IS A DIFFERENCE IN HOSPICE SERVICE PROVIDERS.



COURTESY PHOTO

Legend at Capital Ridge in Topeka was blessed with beautiful weather on Saturday, September 22, an awesome crowd, and the presence of four former World War II POWs in attendance at the retirement community's POW-MIA Remembrance.

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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

Scrabble BRAND GRAMS SOLUTION

U	I	N	I	T	A	R	Y	RACK 1 =	60	
S	M	E	A	R	E	D		RACK 2 =	61	
C	U	S	T	A	R	D		RACK 3 =	60	
S	H	A	T	Z	U			RACK 4 =	107	
T	R	I	P	A	R	T		RACK 5 =	59	
PAIR SCORE 250-260									TOTAL	347

JUMBLE ANSWERS

Jumbles: YOUTH PHONY
SINGLE EMBARK

Answer: What he did when he became "Man of the Hour" --
SPOKE FOR A MINUTE

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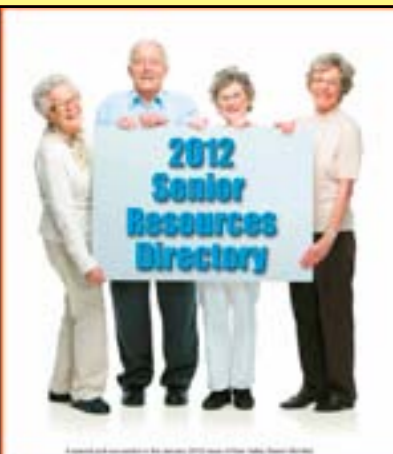
* An online form is available at www.seniormonthly.net/directory.html

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 Business/Organization Name: _____
 Address: _____
 Phone: _____ Fax: _____
 E-mail: _____ URL: _____
 Contact Names (up to 3): _____

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Charles Yockey, MD, FACP, FCCP

Dr. Yockey is board certified in internal medicine and pulmonary diseases. He received his medical degree from the University of Kansas School of Medicine and completed an internship and fellowship while in the Air Force. Dr. Yockey was an internist and pulmonologist on the LMH Medical Staff from 1998-2004, and served as Medical Director for Lawrence Hospitalist Physicians from 2005 until joining Lawrence Pulmonary Specialists in January. Dr. Yockey is proud to welcome two additional pulmonary specialists to the practice:

Krishna V. Rangarajan, MD

Dr. Rangarajan completed his internal medicine residency and pulmonary/critical care fellowship at the University of Kansas Medical Center. A Kansas native, Dr. Rangarajan earned his medical degree from the University of Kansas School of Medicine. He is board certified in internal medicine and pulmonary diseases and board eligible in critical care.

Amanda Gudgell, DO

Dr. Gudgell completed her internal medicine residency and pulmonary/critical care fellowship at the University of Kansas Medical Center. She earned her medical degree from the Oklahoma State University College of Osteopathic Medicine. She is board certified in internal medicine and pulmonary diseases and board eligible in critical care.