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INSIDE



Dr. Scott Risley, D.C., has made acupuncture sessions available to his patients at the Wakarusa Wellness Center in Lawrence. - page 4



Hutton Monuments Antiques and Restoration recently restored three 19th century, horse-drawn vehicles to their former grandeur. - page 6

INDEX

- Bookshelf 22
- Business Card Directory.. 21
- Calendar 16
- Classifieds..... 35
- Health & Fitness12, 13
- Humor 23
- Mayo Clinic..... 15
- Personal Finance.....10, 11
- Pet World 25
- Publisher's Pick 32
- Puzzles and Games.....28, 29
- Restaurant Guide..... 26
- Retire Smart 14
- Travel Muse 24
- Wolfgang Puck's Kitchen...26

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SENIOR
profile **R**

Suzanne and Joe Collins, founders of the Center for North American Herpetology, have spent many years educating the public about reptiles, amphibians, turtles, and crocodilians.

Couple publishes guide to Kansas snakes

By Kevin Groenhagen

Joseph T. Collins retired from his position as herpetologist and editor with the Natural History Museum at Kansas University in 1997. Suzanne L. Collins retired as the Assistant to the Dean for the School of Education at Kansas University in 1998. However, the Lawrence couple continues to devote a great deal of time and effort educating the public about wildlife.

Earlier this year, the Friends of the Great Plains Nature Center published the second edition of their *A Pocket Guide to Kansas Snakes*. The

Kansas Department of Wildlife and Parks' (KDWP) Chickadee Checkoff Program and the Westar Energy Green Team are the underwriters of the 69-page book.

"Initially, the idea for the book came from Westar Energy," Suzanne said. "They wanted a guide for their linemen to use when they were working in the field."

"It's also the most popular book the Department of Wildlife and Parks has ever had at their parks," Joe added. "People pick them up before they go camping or hiking."

The guide features information on each of the 38 species of snakes

found in Kansas. Joe and Suzanne included data about the size, physical description, and habits of each snake. In addition, Suzanne, a wildlife photographer of national stature, and Bob Gress provided color photographs of the snakes. Range maps by Jim Mason, which were not included in the first edition of the guide, show the counties where each snake can be found.

Of the 38 species of snakes in Kansas, 14 have a distribution that is nearly statewide, nine have a primarily western distribution in the state, and eight are restricted to the eastern

■ CONTINUED ON PAGE THREE



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Collinses

■ CONTINUED FROM PAGE ONE

one-third of Kansas. The KDWP has designated 10 species as Threatened Species or Species in Need of Conservation. Only five Kansas species are venomous, including the cottonmouth, the prairie rattlesnake, the copperhead, the timber rattlesnake, and the massasauga. Of the five, only the copperhead, the timber rattlesnake, and the massasauga are indigenous to the Topeka and Lawrence area.

"The massasaugas are mostly located in southwestern Douglas County near Overbrook," Joe said. "There are large den sites of timber rattlesnakes south of Lawrence, but, unlike copperheads, they're not likely to be seen within the city limits of Lawrence. Although I have heard rumors that people are seeing massasaugas in the Haskell Bottoms. That would be no surprise to me since they are pretty adaptable. If you build permanent water and have elevated roads go through it, you're almost always creating rodent condos. Snakes tend to congregate where rodents are."

There has been just one documented snakebite fatality in Kansas since 1950. However, Joe notes that you still need to be careful when it comes to venomous snakes, especially timber rattlesnakes.

"Timber rattlesnakes are great, big snakes that have a lot of venom," he said. "They can severely injure and possibly scar you."

After a copperhead bit a retired KU professor earlier this summer, Lawrence Memorial Hospital noted that it had treated just three snake bites this year, as compared to 10 in 2008 and five in 2007.

"There are fewer snake bites in Douglas County than I would expect," Joe said. "People here go out to parks and walk around with flip flops on. They even do it at night, which is not a good thing since most of the venomous snakes are completely nocturnal in Douglas County during June, July, August, and most of September. If you don't watch where you're walking, you can get bitten."

As far as non-venomous snakes in the area, Joe notes that we have yet to see their most active period this year.

"Generally, when you get the first frost in October, that's a fairly exciting time if you're interested in snakes in Kansas," he said. "After that first night when we have an overnight low in the mid to upper 30s, the animals understand that a

great change is coming. They're extremely active during the day, which they normally are not. In the heat of summer almost all animals become nocturnal. But when the nights become cool, they have to shift their patterns and become active during the day. You can see a lot of snakes out during October for at least two weeks after the first frost."

The Kansas snake guide has been so popular that Joe and Suzanne are putting together a similar guide for Pennsylvania. A former student has also taken their template and put a snake guide together for Arkansas.

In addition to the snake guide, the Collinses have been working on several other projects, including a new book to replace their out-of-print *Amphibians and Reptiles in Kansas*.

"Our last version of this book was published in 1993, so it's completely out-of-date," Joe said. "The new book, which should be published early next year, will be entitled, *Amphibians, Reptiles, and Turtles in Kansas*. In addition to our text and Suzanne's photos, a former student of ours, Travis W. Taggart, is doing the map work, and Errol D. Hooper, Jr., has provided the artwork. This is my 12th year of teaching Amphibians, Reptiles, and Turtles in Kansas at Washburn University, so I'll be glad when this book is published so I can use it in the classroom."

The couple is also working with

Taggart and Hooper on the fourth edition of the *Peterson Field Guide to Reptiles and Amphibians of Eastern and Central North America*. With 1.2 million copies of the first three editions sold, this book is the greatest-selling book on amphibians, turtles, reptiles, and crocodilians ever written.

If you would rather learn about frogs and toads from an iPod instead of a book, Suzanne recently worked on a project that makes that possible. "Suzanne just did a really neat thing," Joe said. "Mighty-Jams out of Atlanta has produced an iPod application called birdJam with all the North American birds, their songs, and their pictures. Su-

zanne helped them with a similar application for frogs and toads of North America. They got all their frog and toad calls from one of our friends, Lang Elliot, and used Suzanne's images."

Suzanne's professional image collection of amphibians, turtles, and reptiles includes over 17,000 color slides, the best of which are promoted by Photo Researchers, a New York-based provider of stock imagery specializing in healthcare, biomedical images, and the natural and physical sciences. Her work has appeared on, among other items, postcards featuring the state of Kansas, the Kansas governor's Web site, nat-

■ CONTINUED ON PAGE 31

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Risley incorporates acupuncture in chiropractic practice

By Billie David

For Dr. Scott Risley, D.C., who grew up in Pratt, Kansas, the Lawrence chiropractic and acupuncture center he opened is a far cry from his earlier childhood experiences.

"I'm a small-town guy. Acupuncture was pretty far out for me," he said.

But a high school football injury and an acupuncture demonstration changed that.

"I was going to go into medicine, and I wanted to be a professional baseball player, but I hurt my back," he said.

The recommended medical procedure—a fusion of the spine—would have ruined his chances at baseball, so he tried chiropractic adjustments and they worked.

Risley decided on a chiropractic career, helping to pay his way through school on a baseball scholarship.

It was in school, while he was attending a seminar, that he saw a demonstration in acupuncture that convinced him of its effectiveness.

During the seminar, he saw acupuncture used on a woman with a large, raised scar that ran down her arm. Within 20 minutes of having the needles inserted, the scar became flat and took on a more fleshy tone.

Risley added acupuncture to his studies and has incorporated it into his practice at the Wakarusa Wellness Clinic. In addition, Risley considers it part of his job to help educate people about that particular option.

"We've all heard success stories about acupuncture, but it's a little bit out here for most of us," he explained.

After finishing high school in Pratt, Risley graduated from the University of Kansas and earned a doctorate from Cleveland Chiropractic College in Kansas City. He is board certified by the National Board of Chiropractic Examiners and certified by the Kansas State Board of Healing Arts. He has been honored for his work at Truman Medical Center and the Kansas City Free Clinic.

At the Wakarusa Wellness Center, which he opened two years ago at 4920 Bob Billings Parkway, he specializes in gentle-low-force chiropractic adjustments combined with acupuncture.

"When I treat patients, I usually introduce them to electrical stimulation because some of the patients are hesitant about needles," he said, adding that he also uses needles in his practice.

The clinic itself uses modern

equipment, including a chiropractic table that employs ultrasound that can penetrate the skin to address deep-tissue problems.

The X-ray exam room is also modernized, using digital equipment that feeds directly into a computer, where enlargements can be digitally enhanced without becoming blurry.

The clinic is also paperless, except for the forms that new patients fill out. The information is transferred to plastic cards.

"Each card has a patient code," he said. "When they go into a room, they swipe the card and their information goes on to a monitor."

Risley emphasizes gentleness in both his chiropractic adjustments and acupuncture sessions.

"The way I adjust is low-force adjustments," he said. "It's not old-school. We have learned that we don't need as much force."

His acupuncture treatments usually involve the ear and the hand.

"I do body acupuncture, too, but the hand and ear correspond to all of the body parts," Risley said, adding that he treats an average of five points per session.

Risley compared the idea behind acupuncture to a radio station. The meridians, or energy channels have to be in tune with the body, he said.

"The body runs on about 1.5 volts of electricity," he explained. "That's what we call the chi. It's the body's energy, and when it's not functioning right, you're going to have problems."

As its name indicates, the wellness clinic focuses on healthy lifestyles, and Risley also does nutritional counseling there.

"Knowing I can help people avoid surgery and enjoy life with simple techniques is very satisfying," he said.

"Seniors deal with a lot of hand and foot numbness and tingling that's hard to treat with medicine," he continued, adding that other senior issues well suited to the methods the center offers include complications from diabetes, headaches and migraines, bladder problems and back pain.

"Most seniors I see have tried everything else and they think, 'what

do I have to lose.' Those are my best patients because they tell others.

"There are certain things traditional medicine does better, and other things that chiropractic does better, without introducing medicines into the body," he continued. "They used to compete, but now they are more aligned. We all want to help."

The Wakarusa Wellness Center accepts almost all kinds of insurance. "Most major carriers cover chiropractic now, but the benefits differ,"

Risley said. "We will sit down and talk with the patient about what they can expect."

More information about the center can be found at wakarusawellnesscenter.com, or by calling the center at (785) 856-6030. Clinic hours are from 9:00 a.m. to 1:00 p.m. and from 3:00 p.m. to 6:00 p.m. Monday through Thursday and 9:00 a.m. to 1:00 p.m. on Friday. Weekend hours are by appointment only.

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Please recycle this copy of *Kaw Valley Senior Monthly* when you are through with it.

Douglas County Senior Services to host Employment Expo

Douglas County Senior Services (DCSS) will host a Senior Employment Expo on Tuesday, September 22, from 9:00 a.m. to 1:00 p.m. at 745 Vermont Street in Lawrence.

The Expo includes a job fair from 9:00 a.m. to noon featuring prospective employers and representatives from continuing education programs.

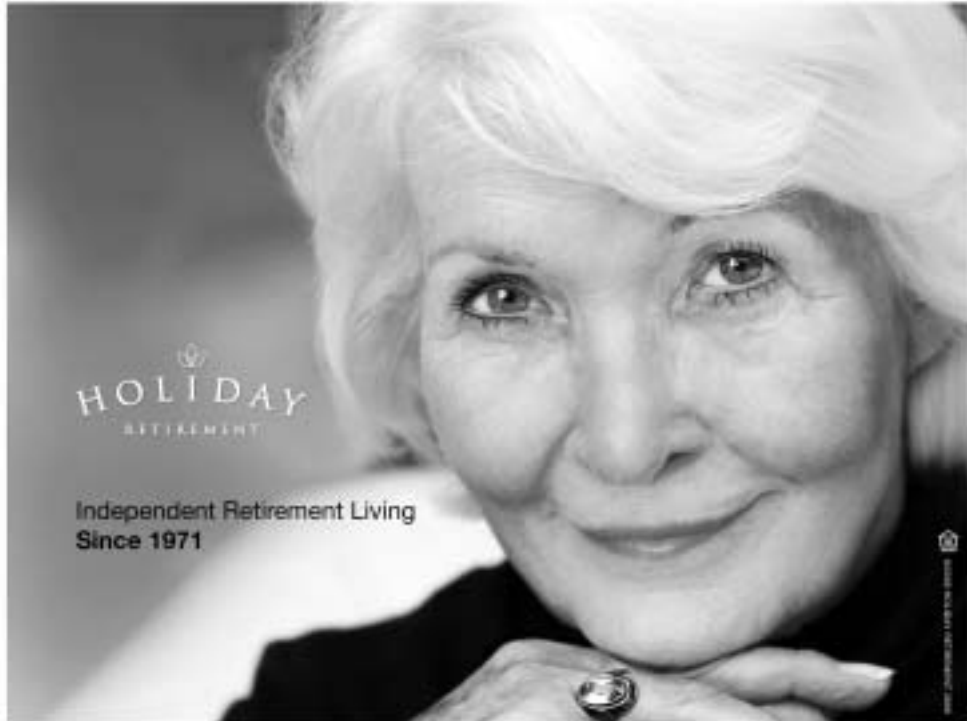
A "Lunch on the Lawn" featuring grill hot dogs and music from the New Horizons Band will be held from 11:00 a.m. to 1:00 p.m.

Two concurrent workshops will be conducted from 10:00 to 10:45 and from 11:00 to 11:45. The first, "The New Basics," will be presented by Jan Stewart of Office Helpline. The second, "You Reinvented," will be presented by Jeannine A. Wyatt of Express Employment Professionals.

For more information about the Senior Employment Expo, call (785) 842-0543 or visit www.dgcoseniorservices.org.

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Hutton restores horse-drawn vehicles



Hutton Monuments Antiques and Restoration, Topeka, recently restored three 19th century, horse-drawn vehicles. Top row, left to right: A horse-drawn carriage manufactured in St. Louis during the 1860s. The photo below it shows the interior of the carriage; A pallbearers' coach, which was also built during the 1860s by the Riddle Coach and Hearse Company of Ravenna, Ohio; and a hearse manufactured in 1881 by the Crane & Breed Manufacturing Company of Cincinnati. The photo at the bottom right shows an antique doctor's buggy. Chris Hutton, owner of Hutton Monuments Antiques and Restoration, has not yet decided if he will restore the buggy or keep it in its unrestored condition.



Hutton's businesses reflect a love for the past

By Kevin Groenhagen

Chris Hutton owns Hutton Monuments and nine funeral homes in Northeast Kansas. He also owns Hutton Monuments Antiques and Restoration. At first glance, you might think his businesses have very little in common. After all, we associate monuments and funerals with the end of life, while antique restoration entails giving new life to items from the past. However, to Hutton, there is a common thread that runs through his businesses.

"I have always liked older people and old things," he explained. "I love history. I enjoy listening to older people talk about the past. And if I have an old coin or horse-drawn carriage, I wonder about who had that coin in the past or who rode in the carriage."

Hutton in 2007 opened his antique store at 504 SW 2nd Street in Topeka in what was once a dairy building. That same year he purchased Yager Refinishing, acquiring its stripping equipment and remaining pieces of European furniture. Two of Yager's employees also joined Hutton's team. Restoration services offered by the team now include furniture repair, furniture refinishing, furniture stripping, mirror resis-

vering, metal sandblasting, priming, painting, stained glass repair, and brass polishing. In addition, an employee who specializes in upholstery joined the team on September 1.

Given his love for the past, it would only seem natural that Hutton would furnish his Topeka office, based in a carriage house built in 1882, and funeral homes with numerous antiques. However, he recently restored three antiques that are now available for use in conjunction with funeral services.

According to Hutton, the antiques—a horse-drawn carriage, a horse-drawn pallbearers' coach, and a horse-drawn hearse—needed some help when he acquired them. However, through a great deal of time, effort and skill, his staff has restored them to their former grandeur.

The first antique, the horse-drawn carriage, was built during the 1860s in St. Louis. Hutton is particularly proud of the work his team did to the interior of the carriage, which includes new upholstery on the sides and top and new caning for the seats.

"They used cane seats since that kept the passengers cooler," Hutton said. "Remember, this was before the days of air conditioning."

The pallbearers' coach is a prod-

uct of the Riddle Coach and Hearse Company of Ravenna, Ohio. Also built during the 1860s, the restored coach required a small, replacement window. Hutton ordered the custom-made window from a New York company for \$1,200.

Hutton's third horse-drawn vehicle is a restored hearse manufactured in 1881 by the Crane & Breed Manufacturing Company of Cincinnati, Ohio. In 1909, Crane & Breed became the first company to manufacture commercially-built, motorized hearses. While a motorized hearse cost three to four times as much as a horse-drawn hearse, funeral directors soon realized the motorized version was a good investment since it allowed the directors to hold more funerals per day.

In addition to the antique vehi-

cles, Hutton Monuments Antiques and Restoration has more than 600 pieces of antique furniture for sale in Hutton's store.

"I basically have antiques from three different periods," Hutton said. "First, there is the Federal period, which is roughly 1800 to 1825. Then there is the Victorian period, which is 1837 to 1901. Finally, there's the Early Depression period, which started in the 1920s."

Hutton invites the public to visit Hutton Monuments Antiques and Restoration to see the horse-drawn vehicles and other antiques. The store is open from 8:30 a.m. to 5:00 p.m., Monday through Friday, and from 10:30 a.m. to 5:00 p.m. on Saturdays. For more information, please call (785) 235-1885 or visit www.ksantiques.com.



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Health department to hold flu clinic

Your best protection against influenza is to get vaccinated. The Lawrence-Douglas County Health Department will hold a one-time, community-wide, seasonal flu clinic from 10:00 a.m. to 2:00 p.m., Saturday, September 12, at the Community Health Facility, 200 Maine St. in Lawrence.

Seasonal influenza and pneumococcal vaccines will be available. The flu vaccine is \$26 and pneumococcal shot is \$51. Clients eligible for Medicare Part-B, Medicaid and Blue Cross/Blue Shield (who bring their card to a clinic), will have their insurance billed.

The Health Department expects that the H1N1 vaccine will be available in mid-October. Current studies indicate that the risk for infection among persons age 65 or older is less than the risk for younger age groups. Many older adults seem to already have some existing immunity to the novel H1N1 virus.

Priority groups to receive the H1N1 vaccine first are:

- All people 6 months through 24 years of age
- People who live with or care for children younger than 6 months of age
- All pregnant women
- Health care and emergency services personnel, and
- People ages 25 through 64 years who have health conditions associated with a higher risk of medical complications from influenza.

As supply and demand for the vaccine among these priority groups is met, the shot will then be offered to people 65 years and older. Those residents 65 and older—even with chronic health conditions—will not be part of the initial priority groups.

For more information, contact your health care provider, call the Health Department at (785)843-3060 or visit www.ldhealth.org.

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Kansas nursing homes receive PEAK awards

Martin Kennedy, Acting Secretary of the Kansas Department on Aging, announced the 2009 PEAK award-winning nursing homes at the Kansas Adult Care Executives annual convention in Wichita today.

The 2009 winners include three first-time recipients:

- Cornerstone Village, Pittsburg, Cecil Nave, administrator
- Grisell Memorial Hospital Long Term Care Unit, Ransom
- Rush County Nursing Home, LaCrosse, Charlotte Rathke, administrator

Repeat winners, with previous years they were honored in parenthesis, are:

- Brookside Retirement Community, Overbrook (2008), Denise Hockback, administrator
- Greeley County Health Services Long Term Care Unit, Tribune (2007 and 2008), Todd Burch, administrator
- Meadowlark Hills, Manhattan (2002, 2004 and 2005), Matthew C. Loyd, administrator

• Pleasant View Home, Inman (2003, 2004, 2005, 2006 and 2007), Jalane White, administrator

• Village Shalom, Overland Park (2007 and 2008), Matthew Lewis, administrator

"All of these homes have truly embraced the ideals of culture change," Kennedy said. "Person-centered care provides a happier environment not only for residents, but also for staff. It's great to see the first-time winners this year as well as previous winners that have continued to expand and move forward in this important area."

The PEAK awards program began in 2002 to recognize and encourage nursing homes to move away from the institutional model of care to a person-centered model with residents having more control over their activities and schedules. Since

then, more than 40 homes have been honored, some more than once.

Facilities must submit an applica-

tion for consideration for the honor. The Secretary will make on-site presentations of the awards this summer.



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October is National Walking Month and an ideal time to get outdoors and walk. Plan to join Lawrence Memorial Hospital and the Douglas County Community Health Improvement Project (CHIP) to learn more about Walktober®, a free walking program to complete during October on your own or with a group of your choosing.

At the orientation session, you will receive information on the Walktober program and can sign up for daily October e-mails or weekly postal mailings with health, nutrition and fitness tips and a healthy recipe. Complete 20 walks during the month and receive a free gift.

For Individuals: Register on-line at www.lmh.org or call Connect Care at (785) 749-5800.

This orientation program can also be taken out to groups on request. Please call (785) 505-3066 before September 11 to arrange this.

Walktober® Orientation sessions:

- Wednesday September 16
6:30 p.m. - 7:30 p.m.
- Saturday September 19
9:00 a.m. - 10:00 a.m.
- Monday September 21
9:00 a.m. - 10:00 a.m.
- Wednesday September 23
12:00 p.m. - 1:00 p.m.

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Wild Women of the Frontier to hold open tryouts

The Wild Women of the Frontier will hold open tryouts for women interested in joining. A get acquainted social is scheduled for Saturday, September 12, at 5:30 p.m. at St. Aloysius Catholic Church, 615 E Wyandotte Street, Meriden, Kan., followed by tryouts with horses on Sunday, October 18, at 1:00 p.m. at the Topeka Round Up Club, 7843 SW 37th Street, Topeka, Kan. Women 18 or older may go to www.wwfrontier.com, click on "Contact Info" and "Become A Member" to fill out a request for information.

The Wild Women of the Frontier is an organization dedicated to preserving history through educating and entertaining the public on Frontier History, specifically women of the 1800s and 1900s, with the aid of horses and costumes of the peri-

od. Initially established in December 1996 by a group of friends for a parade troupe, The Wild Women of the Frontier has grown into a unique equestrian group that educates and entertains audiences. These mothers, businesswomen and wives from Topeka and surrounding areas portray both famous and infamous women from the western frontier whose claim to fame occurred during the 1800s and 1900s. The Wild Women of the Frontier celebrate the lives of frontier women, both good and bad, whose antics shaped and brought color to the adventurous frontier. The Wild Women of the Frontier have appeared all over Kansas and thoroughly enjoy meeting new friends in and outside the state. They are great entertainment for the entire family and are ready and waiting to

add memories to your own history book.

For more information or to receive

an application, visit www.wwfrontier.com or call Jane Pennington at (785) 766-5061.

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INFA to host legislative forum October 7

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

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Tips on purchasing life insurance

In terms of personal pleasures, buying life insurance doesn't usually fall in the same category as buying a new car or a new wardrobe. However, despite its lack of glamour and prestige, the decision to buy life insurance can be infinitely more important to a family and its future financial security.



Joe B.
Jones

Before you begin your search for a life insurance policy, it is important to give some thoughtful consideration to your financial goals. For most individuals, it's hard to imagine how life would be without them in it. But this is the first step in determining what financial resources you need to leave your family so they can maintain the lifestyle you would want for them in case you die.

You might start by making a list which includes:

- those who depend on your income and/or support
- your financial obligations
- your assets
- expenses that would arise which you may not have now. For example, if you are the primary caregiver for your children, what would it cost your family to provide that care without you?

Also, don't overlook estate taxes. After adding up the value of their homes, cars, investments, pensions, 401(k)s, life insurance coverage and other belongings, many people are shocked to find their total assets could be subject to estate taxes at death. A qualified insurance professional can help you address these and many other concerns.

Additionally, here are 10 things you can do to help you and your family make the most appropriate life insurance purchase:

1. **Do it now.** Don't put off a decision that can have such a profound impact on your family. Also, make sure you have a current will or trust.
2. **Shop for quality.** Buy from a company that has the top ratings for insurance financial strength and claims paying ability from the four major rating agencies (Moody's, Standard & Poor's, Fitch, and A.M. Best).
3. **Choose a financial representa-**

...tive you trust and like working with. This person should help you identify your personal and financial goals; recommend solutions to help you reach your goals; and review your insurance plan every year to be sure it continues to meet your changing needs.

4. **Know what you're buying.** Make sure you are comfortable with and understand both the company and product(s) you are considering. If you're only being shown a "best case" scenario, ask for something less optimistic to see how various non-guaranteed assumptions can impact your premiums, cash values or coverage.

5. **Be honest.** Do not omit any part of your medical history on your life insurance application. If you do, the company may be able to refuse coverage, deny a claim or cancel the policy.

6. **Pay less often and pay less.** Save money by paying premiums annually rather than semiannually, quarterly or monthly, if possible.

7. **Be prepared to wait.** While most companies provide conditional coverage when you pay up front, you can expect delivery of the actual policy within approximately three months (it often takes time to get all the necessary medical records). If you don't have it by then, contact the company.

8. **Read the fine print.** When you get the policy, read it carefully and ask your financial representative to explain anything you don't understand. Remember you have a "free-look" period (10 days in most states) that entitles you to cancel and return the policy for a full refund, without penalty.

9. **Tell those impacted.** Inform your beneficiaries about the type, amount and location of any life insurance policies you own. Keep your policies in a safe place at home. Document the name and phone number of your financial representative and insurance company and all policy numbers in a safe deposit box.

10. **Get an annual check-up.** Meet with your financial representative to review your life insurance coverage at least once a year to be sure it continues to meet your needs.

Be cautious if another representative suggests you cancel your current policy to buy a new one. Chances are you'll be better off keeping your old policy – especially if it's a "cash value" policy. Contact your original representative or company before

making any decisions.

All things considered, when purchasing life insurance, shop carefully, ask questions, and make sure you understand the answers. Keep in mind, as with most things in life, you get what you pay for.

- Joe B. Jones is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the

sales and distribution arm of The Northwestern Mutual Life Insurance Company (Northwestern Mutual) (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Financial Representative is an insurance agent of NM based in Lawrence, KS. To contact Joe, please call 785-856-2136, e-mail him at joe.jones@nmfn.com or visit his Web site at www.joe-jones.com.

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Trusts can help you achieve estate planning goals

When you develop your estate plans, you might be surprised at all of the objectives you want to accomplish. Of course, you want to leave your assets to your family members in a way that's fair and beneficial to everyone. But while you're at it, can't you avoid the drawbacks of probate? And how can you



Harley Catlin and Ryan Catlin

make sure your wishes are carried out if you're incapacitated? And can't you support your favorite charity without shortchanging your heirs?

Clearly, these are major goals. And if you're going to achieve them, you'll need to employ the right estate planning strategies—and you may find that trusts can help.

Several different trusts are available. Let's look at a few of them, starting with a living trust.

When you create a living trust,

you get some key benefits, including the following:

- **You may avoid probate** - If you just have a will, your assets may have to pass through the probate process—which can be time-consuming, expensive and a matter of public record. But with a properly established living trust, your assets can pass directly to your beneficiaries, with no court interference, no legal fees, no lengthy delays and no public disclosure.

- **You can safeguard your children's interests** - When your will is probated, the court sets up a guardianship for your minor children. You can name the guardian in your will, but the court could still appoint someone else. Just as importantly, the court, not the guardian—may control the inheritance until your children reach legal age. At that time, they may receive the entire inheritance. But with a living trust, you determine when your children or grandchildren will receive their inheritances. You can even have the money distributed in installments, over a period of years.

- **You can retain control of assets, even in cases of incapacity** - When you establish a living trust, you designate

a "successor trustee" who can immediately step in for you if you become incapacitated. And your trustee must follow your wishes as far as providing funds for you, and later, for your beneficiaries.

A living trust can help you deal with many issues that relate to your family. But if you want to include a charitable organization in your estate plans as well as make your appreciated low-yield assets more productive, you may want to consider a charitable remainder trust.

If you place appreciated stocks in a charitable remainder trust, you'll receive an immediate income-tax deduction and later an estate tax deduction. The trust can sell your appreciated stocks with no immediate capital-gain taxation, purchase an income-producing vehicle and pay you an income stream for life. Upon your death, the trust will pay out the remaining funds to the charity or charities you've chosen.

But if you set up a charitable remainder trust and fund it with appreciated stocks or other assets, won't you be depriving your family of those resources? Yes. But you could use some of the income you receive from

your trust to pay the premiums on a life insurance policy on yourself, with your heirs as beneficiaries. To keep this policy out of your estate and avoid estate taxes, you may want to put it in another type of trust—an irrevocable life insurance trust.

Trusts are not suitable for everyone. And they can be quite complex instruments, so, before taking any action, consult with your tax and legal advisers. But if your trusts are correctly set up, they can go a long way toward helping turn your estate plans into reality.

- Harley Catlin and Ryan Catlin with Edward Jones, 4828 Quail Crest Place, Lawrence. They can be reached at 785-841-6262.

WORDS OF WISDOM

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"Now the country suffered from its laws, as it had hitherto suffered from its vices." - Tacitus



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Muscles need protein to function properly

Slim, trim, and pleasantly surprised—that's how many people feel when they discover, as they grow older, that their appetite diminishes. Suddenly they find it easy to shed unwanted pounds. But weight loss is a mixed blessing for seniors. Protein-rich foods are crucial to maintaining and gaining strength. Skipping meals



Laura
Bennetts

is risky because you may lose muscle, not fat. Your first thought—"this is great, I'm finally losing weight!"—might not be your ultimate reaction.

It's wonderful to be svelte—but you can have too much of a good thing. (Or, in this case, less.) Good health is a happy medium. You want to be fit and trim, but if you lose muscle mass in your leg and trunk muscles, you will feel unsteady and unbalanced when you walk. Your fitness will actually decrease, and you will risk injury from falls.

So, what should you do? I advise balancing the two E's: Eating & Exercise.

"Eat Right"

Health pundits often sound boringly generic when they earnestly counsel us to "eat right" and "exercise for life." Well, at the risk of sounding generic, I'll echo that advice—but with a twist. "Eating right" is different for seniors than for the young.

Do you ever skip meals when your slacks feel too tight? Lifetime dieting habits, like skipping lunch, becomes increasingly risky as you age. Eating three meals a day is important to maintain your intake of foods for energy, strength, and vitamins that help fight disease. It isn't healthy to be overweight, but it is even less healthy to be underweight and undernourished. This is particularly true for seniors, who risk growing perilously thin and weak. And the single best option, when you prepare meals, is to focus on protein.

"But I'm Not Hungry"

I often discuss protein with my patients when they are recovering from illness or injury. The conversation usually starts when my patient says that he lost his appetite after surgery three weeks ago and that, since then, he has lost seven pounds—and that he's glad to be able to cinch his belt another notch. I reply that recovery is the most im-

portant time to eat well, and that the key is eating protein, which enables us to build new muscle cells. Protein is muscle food.

Protein Quest

Yes, you want to be high on protein. The best way to achieve this is to enjoy meat, fish, cheese, eggs, beans, nuts, peanut butter and soy products like edamame or tofu. (Some of us love tofu!) Other foods, like grains have smaller but still appreciable amounts of protein.

You can learn a lot about high-protein foods by reading labels on cans and products. We usually think of meat as having the most protein, but lentils and beans have just as much or more. Read the label on a lentil soup can and you will see why, in many cultures, lentils are the primary daily protein for dinner.

Another source of protein is whey protein powder, which can be added to any food to enhance its protein content. Oatmeal with milk has some protein to start with—from the milk—but if you add protein powder, you can make it a high protein meal. Adding your own powder allows you to eat regular meals instead of substituting protein-boosting drinks (though such supplements are also fine). You can also add whey powder to a smoothie, juice or a milk shake to raise its protein level.

How Much is Enough?

How much protein you need depends on your health and body weight. Pregnant women, children, aging adults, and anyone recovering from illness or pursuing intensive physical training should eat particularly protein-rich diets. The advice below is intended for aging adults, who might also be recovering from illnesses or pursuing physical therapy to regain strength.

Protein Tips

Dairy products are a good source of protein (and calcium) on any budget. You need the equivalent of three cups of milk per day to get enough calcium. This means that you should eat three servings of dairy products per day, which will boost your protein intake and give you the calcium you need. For example, if we focus only on protein: One cup of milk provides eight grams of protein, and one serving of low-fat mozzarella cheese provides seven grams. Soy milk is also good source of protein and calcium. (My favorite is low-calorie chocolate soy milk, which has a nutty taste and is a great snack food.)

Menu Tips

It's a good idea to include at least one high-protein item with each

meal. Here are examples of good protein options for each of your daily meals:

Breakfast: 1 egg, ½ cup yogurt, 1 cup milk (or soy milk), 1 bowl of cereal (perhaps with 1 teaspoon of whey powder).

Lunch: Meat sandwich, bean or lentil soup, cheese slices, smoothie with protein powder, vegetable soup with tofu.

Dinner: Meat, cheese, chicken soup, cheese with fruit, fish, tofu.

Diet for a Small Belt-Size

Of course, you do not want to avoid being overweight as well. If that's a concern, you can avoid the empty calories in chips, crackers, candy, soft drinks, and alcoholic drinks. Substitute healthy snacks like fruit, hard-boiled eggs, and peanut butter. When you snack, eat small portions: one egg, one slice of toast with peanut butter, or six to eight almonds. If you eat nutritious foods in smaller portions, your hunger will be satisfied and you'll be less likely to overeat.

Get with the Program

Our bodies are smart and, with just a little help, will make good use of the protein you eat. The best

way you can help is to condition your muscles. If you want to lift your 10-pound dog but, right now, you can barely lift five pounds, you need to exercise to build up your arm muscles over several weeks.

The best solution is to strengthen all parts of your body. One program that builds heart, leg, and arm strength is a walking program. This can be done anywhere, without equipment. Just begin walking on a level surface, swing your arms, and walk at a quick pace without getting out of breath. Begin with 10 minutes and add five minutes each week. Again, use your breath as a guide. And if you feel very sore, slow down. "Slow and steady wins the race"—if you exercise daily, you'll grow stronger. But muscles need fuel to work properly. That fuel, of course, is protein.

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

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Lemon balm has many medicinal properties

Lemon balm is an herb that is common around the kitchen and found in many gardens. It also has many medicinal properties and has been used throughout history. Lemon balm is a member of the mint family. Many chefs and herbalists will use lemon balm due to its calming properties and as remedy to lift spirits and relieve tension. The lemony smell and white flowers

been used to relieve menstrual cramps. When combined with German chamomile, lemon balm is an effective treatment for eczema and allergies. The sedative tea eases headaches, nervousness, anxiety, and insomnia. It causes a slight dilation of the blood vessels, helping to lower blood pressure. Lemon balm has been used for diseases in-

volving herpes or viruses. Creams and ointments that include lemon balm have helped to heal cold sores or genital sores induced by the herpes simplex virus. It appears to make herpes flare-ups less intense and last for a shorter period of time, but it does not eliminate them completely. There has been some research using lemon balm in Al-

zheimer's disease to reduce agitation.

Remember: It is always best to check with your doctor before using any kind of supplement or medicinal plant.

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



Dr.
Farhang
Khosh

of the lemon balm plant have led to its widespread cultivation in gardens. But one has to be careful with this sun-loving and hardy plant because it can easily take over a garden.

Lemon balm has also been used as a mosquito repellent. Light and fresh, lemon balm adds a splash of citrus and mint undertones to sweet dishes. Use the young tops of the plant for cooking and teas because the large, older leaves tend to have a soapy, musty flavor. It is best used fresh, but can be dried quickly and stored. Lemon balm is used as a flavoring in ice cream, fruit dishes, candies, syrups, beverages, and herbal teas.

Lemon balm is native to the Mediterranean region. Its history dates back to the Greek and Roman times, when lemon balm was used medicinally to treat wounds, including snake bites and scorpion stings. In the Middle Ages, lemon balm was used to relieve nerve tension. Lemon balm's popularity has remained throughout the centuries, and was used as tea to combat mental confusion and as an elixir thought to extend lifespan. Lemon balm infused "miracle water" was thought to improve memory and vision. American Shakers grew lemon balm and used it to treat mild fevers.

Medicinally, lemon balm has many documented uses. Aroma therapists use the essential oil to relieve anxiety, shock, depression, and nightmares. Due to its antispasmodic characteristics and soothing effect it has on the stomach and digestive system, lemon balm has been used to relieve pain and discomfort associated with indigestion, gas, and bloating. It has also

Ask Donna How the Health Center at Brandon Woods is Simply the Right Choice



Donna Hall,
Community Outreach
Director

When you hear the term "health center," you typically don't think of restaurant-style dining and spa bathing. But the Health Center at Brandon Woods is far from typical. The following are answers to some frequently asked questions about our health center.

"What makes the Health Center at Brandon Woods one of the area's best choices for health services?"

The Health Center at Brandon Woods offers everything from recuperative care to skilled nursing services. The Health Center also includes The Arbor, a specialized memory care neighborhood for individuals with Alzheimer's and other memory impairments. You can feel confident knowing that our professionally trained nurses and therapists are always providing compassionate support. We emphasize each resident's personal potential through engaging activities, companionship and support. It's a perfect combination of providing the best care while achieving the highest level of independence. With our solid reputation spanning two decades, we're simply the right choice.

"What services are available in the Health Center at Brandon Woods?"

Our services were designed to build a firm foundation for quality health services set to your schedule including:

- Skilled nursing services
- On-site physical, occupational and speech therapy focused on rehabilitation and recovery
- Restaurant-style dining service
- Bathing assistance available in a relaxing, comfortable and caring spa environment
- Scheduled transportation for events, social programs and appointments
- Comprehensive social and wellness programs

"What is Brandon Woods' philosophy of resident-empowered services?"

Our resident-empowered philosophy is about providing residents with a choice-driven life. We encourage individuals to make their own lifestyle decisions. It begins the day you move in when you complete a lifestyle profile form. This information is used to build health services set to your schedule. You rise, rest, bathe and eat when you desire.

As a testament of our philosophy of resident-empowered services, our Health Center was recognized by the Kansas Department on Aging in 2008 as an award winner in the initiative entitled "Promoting Excellent Alternatives in Kansas Nursing Homes" (PEAK). Brandon Woods was one of only 11 communities in the state of Kansas to earn this prestigious award.


"How can I get more information about the Health Center at Brandon Woods?"

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 A Life Care Services Community

Women and financial security: Income annuities

By Mark Miller

Tribune Media Services

Let's say you won't have a defined benefit pension in retirement, or that you have a pension that won't pay much. One option is a do-it-yourself pension—better known as an income annuity.



Mark Miller

An income annuity is something like the mirror opposite of life insurance. A life insurance policy protects you and your family from the possibility you'll die prematurely; an income annuity insures you against the risk that you might outlive your assets. Let's talk about the role annuities can play in mitigating that risk—for women and men alike.

The insurance industry markets two basic annuity types—*income* and *deferred*. But deferred annuities are just another type of retirement investment product, not all that different from a mutual fund or other vehicle; you're investing money with the aim of future return. With an income annuity, the goal is retirement income.

The plain vanilla product is called a single premium income annuity (SPIA), and the proposition is fairly simple. At some point after you retire, you make a payment to an insurance company, which in turn promises to send you a regular check

from a date certain. In most cases, the payments continue as long as you live.

The SPIA hasn't been a very popular financial tool for retirement. One reason is the overwhelming urge people seem to have to choose lump sum payments over an income annuity stream; even in cases where employer-sponsored retirement plans offer the choice of a lifetime annuity or a lump sum payment, most choose the lump sum. Very often, people just aren't comfortable giving up control over a fairly large sum of money to an insurance company.

"When you look at all the studies on this, the main reason people don't buy an annuity is the 'wealth illusion,'" says Dallas Salisbury, president and CEO of the Employee Benefits Retirement Institute.

"A typical individual who is retiring with an accumulation of funds in a retirement plan is looking at a lump sum payment that is more money than they have ever had in their life. If that person is told he can have this much at once, or get a \$300 monthly payment for life, for life, that person almost always takes the lump sum—even though he would typically receive much more over the course of his life taking the \$300 monthly payment."

Estate and inheritance concerns are another reason income annuities haven't gained a lot of traction, since payments end when you die. Another problem holding back the annuity market is a lack of transparency. There's no widely accepted third-party source of information and ratings for consumers like the ones that exist for mutual funds—

Morningstar, for example.

Most commission-based financial advisors aren't crazy about annuities either, because their compensation is often geared to the total assets they manage—stocks, mutual funds, bonds and the like. If a client spends \$100,000 with an insurance company on an annuity, those dollars disappear from the adviser's ledger.

While income annuities shouldn't be used to provide the total answer to your retirement income needs, they can play an important role in addressing several key retirement security issues. And most are sold with flexible options that give you a degree of control or a death benefit.

Here's an easy way to think about how an annuity can fit into your plans:

First, estimate your annual income needs in retirement. Start with your total monthly expenses and then subtract your expected Social Security and any other guaranteed income source, such as a defined benefit pension. The gap amount is what you could consider filling with an income annuity.

Two Web sites offer free quotes on annuity products: <http://immediateannuity.com> and <http://annuity.com>. You can find more detail on income annuities with the online version of this week's column at RetirementRevised.com.

One important caveat: An income annuity is a promise from an insurance company to make payments to you over a long period of time, so the company's financial health is a major factor to consider when you shop. Be sure to buy from companies carrying top ratings from agencies such as A.M. Best, Moody's or the S&P Insurance Ratings Service.

Some experts also advise splitting your annuity income need among two or three policies from different carriers in order to spread the risk.

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

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Repeated exposure to stomach acid may result in Barrett's esophagus

DEAR MAYO CLINIC: My local doctor thinks my reflux is actually Barrett's esophagus. Does this mean I might develop esophagus cancer?

ANSWER: Barrett's esophagus does increase your risk of developing esophageal cancer. But esophageal cancer is rare. About 7,000 cases of adenocarcinoma, the type of cancer associated with Barrett's esophagus, are diagnosed each year in the U.S. Less than 10 percent of people who have Barrett's esophagus ever develop esophageal cancer. And, when caught early, this type of cancer can often be effectively treated. The key is to be faithful about seeing your doctor for scheduled check-ups so that if anything changes, it can be dealt with right away.

Barrett's esophagus is a condition in which the color and composition of the cells that line your lower esophagus change. Here's an easy way to think of it: When your esophagus is healthy, its pink lining is like a tile floor—smooth and flat, with square cells. In people with Barrett's esophagus, the lining changes to a salmon color and becomes like shag carpet—rough, with cells that may be abnormally shaped.

This change in the lower esophageal lining happens because of repeated exposure to stomach acid. The exposure to stomach acid is most often a result of long-term gastroesophageal reflux disease (GERD)—a chronic regurgitation of acid from your stomach into your lower esophagus.

Because you've been diagnosed with Barrett's, your chances of developing esophageal cancer are higher than normal. Due to the increased risk, it's important that you and your doctor monitor the situation on a regular basis. The American College of Gastroenterology recommends endoscopy once a year for two years when you're first diagnosed with Barrett's esophagus. Endoscopy involves inserting a lighted, flexible tube (endoscope) with a camera on its tip through your mouth and into your esophagus and stomach, so your doctor can examine the esophageal lining. Usually, you'll be sedat-

ed.

If no changes are seen after the first two years, then you can wait three years until your next endoscopy. If at any point the lining cells change slightly and appear to become more precancerous (also called low grade dysplasia), it's recommended that you have another endoscopy in six months.

If the cells in the esophagus lining change more significantly and it is determined that there is a high risk of those cells becoming cancerous (high grade dysplasia), you may need to undergo a procedure to destroy those cells. There are four options to treat high grade dysplasia, and sometimes more than one approach is used in combination.

Endoscopic mucosal resection is a procedure that involves lifting the Barrett's lining by injecting a solution under it, applying suction to the affected lining, and then cutting it off. The lining is removed through an endoscope. This procedure is similar to removing a colon polyp. Another option is radiofrequency ablation (RFA), where heat is used to burn the superficial lining of the esophagus. The hope is that healthy cells grow back instead of the unhealthy ones. Another option designed to accomplish the same goal is photodynamic therapy (PDT). A light-sensitizing agent, called porfimer (Photofrin), is injected into your vein 48 hours before PDT. During the procedure, a laser light is passed through an endoscope to activate the porfimer and destroy the tissue in your esophagus that's affected by Barrett's. The fourth option is cryotherapy, in which the Barrett's lining is destroyed by freezing the tissue much like liquid nitrogen freezes warts on the outside skin.

In addition to close monitoring, it's important that you work with your doctor to find ways to control GERD to avoid further damaging your esophagus. This may include avoiding foods that can aggravate heartburn, such as coffee, tea, soda, chocolate, alcohol, mint and high-fat foods. Gum triggers acid produc-

tion, so I recommend that people with Barrett's esophagus not chew gum. In addition, losing weight if you're overweight, stopping smoking if you smoke, taking antacids or other acid-blocking medications as recommended by your doctor, and elevating the head of your bed to prevent reflux during sleep also can help control GERD. - Yvonne Romero, M.D., Gastroenterology and Hepatology, Mayo Clinic, Rochester, Minn.

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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ONE BEAD AT A TIME!



Sterling Silver

928 Massachusetts, Lawrence • 843-0611 etcowner@sunflower.com

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

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

ART/ENTERTAINMENT

SEP 12

RODNEY CARRINGTON

Rodney Carrington has built a cult following with his no-holds barred stand-up that includes comedy and music about the funny side of redneck lifestyles, women at bars, men acting like men and oddball sex. Topeka Performing Arts Center.

TOPEKA, (785) 234-2787

<http://www.tpactix.org>

SEP 19

SENIOR CLASS

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

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

SEP 21

CHORAL MUSIC WITH MUSCLE

New York Polyphony will perform. New York Polyphony is rapidly gaining a reputation as one of the finest classical vocal ensembles of a new generation. Fusing elegant vocalism with expert ensemble singing, the four men deliver dynamic, historically informed performances in a range of styles. Grace Episcopal Cathedral.

TOPEKA, (785) 235-3457

<http://www.GraceCathedralTopeka.org>

SEP 23

MERLE HAGGARD & THE STRANGERS

Show is at 7:00 p.m. Topeka Performing Arts Center.

TOPEKA, (785) 234-2787

<http://www.tpactix.org>

SEP 26

MOZART & MORE

Topeka Symphony Orchestra Concert: "Mozart & More" Mozart: Lucio Silla Overture and Symphony No. 41 "Jupiter"; Copland: Appalachian Spring; Honegger: Pastorale d'ete, White Concert Hall, Washburn University.

TOPEKA, (785) 232-2032

<http://www.topekasympphony.org>

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

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

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

3408 NW US HIGHWAY 24, TOPEKA, 6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

LEGIONACRES

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

WEDNESDAYS, THURSDAYS & SUNDAYS

MOOSE CLUB

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

Sundays, 6:00 p.m.

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

WEDNESDAYS & FRIDAYS

VETERANS OF FOREIGN WARS

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

WEDNESDAYS

PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

EDGEWOOD HOMES

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

THURSDAYS

BABCOCK PLACE

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

FRIDAYS

EAGLES LODGE

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

FRIDAYS

BALDWIN SENIOR CENTER

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

FRIDAYS

ARAB SHRINE

1305 KANSAS AVE., TOPEKA

MINI BINGO 6:30 PM,

REGULAR BINGO 7:00 PM

(785) 234-5656

BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

BOOK TALKS

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

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

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

FOURTH WEDNESDAY OF EACH MONTH PRESBYTERIAN MANOR, 1429 KASOLD RD., LAWRENCE, 9:45 AM

SENIOR CENTER, 745 VERMONT ST., LAWRENCE, 1:30 PM

CLASSES/LECTURES

ONCE A MONTH

AARP'S 55 ALIVE SAFE DRIVING COURSE

Monthly classes are held at Stromont-Vail. Call to make reservation. TOPEKA, (785) 354-5225

SEP 3

SURVIVING AND THRIVING

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

LAWRENCE, (785) 843-3738

SEP 7 & 8

AARP DEFENSIVE DRIVING

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

SEP 10

10,000 STEPS A DAY CLASS

This program is designed to increase your daily steps to 10,000 and, thus, improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log daily steps. Only fee is \$10 for the pedometer. This program is also available to take out to groups of five or more. Enrollment required. 6:30-8:00 p.m. LAWRENCE, (785) 749-5800

SEP 10

PERSONAL SECURITY AND HOME SAFETY

A Skillbuilders program presented by Gary Skyles, Douglas County Sheriff's Office. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.

LAWRENCE, (785) 843-3738

SEP 14-OCT 26

KANSANS OPTIMIZING HEALTH - LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Do you have or care for someone with arthritis, diabetes, heart or lung disease or other chronic condition? This six week KDHE program developed by Stanford University and facilitated by Lawrence Memorial Hospital will cover self-care strategies to reduce pain, deal with fatigue, exercise safely, eat well, manage stress, use medications effectively, and set and meet personal goals. Participants should be working in partnership with a healthcare provider before attending this class. Advance enrollment required as class size is limited. \$12/person. Mondays, 6:00-8:00 p.m. (No class October 12). LAWRENCE, (785) 749-5800

SEP 17

DON'T FEAR YOUR ELECTRONICS

A Skillbuilders program presented by Pattie Johnston, Lawrence Library, and Mary Gauthier, retired business teacher. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.

LAWRENCE, (785) 843-3738

SEP 21

SQUARE DANCING LESSONS

Offered by Happy Time Squares of Lawrence. Lessons will be held from 7:00 to 9:00 p.m. at Centenary United Methodist Church, 245 North 4th Street beginning on September 21. For more information, contact Lynn or Sherry Brun.

LAWRENCE, (785) 312-7105

SEP 24

ESTATE AND LEGAL MATTERS

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

LAWRENCE, (785) 843-3738

OCT 1

SEARCHING FOR PEACE

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

LAWRENCE, (785) 843-3738

EXHIBITS/SHOWS

APR 4-OCT 31

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

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

HOLTON, (785) 364-4991

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

JUN 19-SEP 13

THE ART OF MARC BROWN: A RETROSPECTIVE

The exhibit showcases many of Brown's delightful pencil, pen and ink water color illustration featuring Arthur the aardvark. Museum is open: 10:00 a.m.-7:00 p.m., Tues.; 10:00 a.m.-5:00 p.m., Wed.-Fri.; 1:00-5:00 p.m., Sat. and Sun. Free. Mulvane Art Museum.

TOPEKA, (785) 670-1124

AUG 1-OCT 1

THE WIZARD OF OZ: THE EXHIBIT

Oz is coming to the Great Overland Station! Celebrating 70 years since the debut of the movie The Wizard of Oz, the exhibit will feature a great variety of artifacts and collectibles from the collection of native Topekan, Jane Albright.

TOPEKA, (785) 232-5533

<http://www.greatoverlandstation.com>

AUG 14-SEP 30

A KANSAS COLLECTION

A group landscape show featuring a wide selection of artworks by the region's best known painters.

TOPEKA, (785) 233-0300

SEP 4

WELLSVILLE CAR SHOW 2009

Come and cruise the bricks on Main Street. WELLSVILLE, (785) 883-2559

<http://www.wellsvillechamber.com>

SEP 11-13

POWER OF THE PAST ANTIQUE ENGINE & TRACTOR SHOW

2009 is commemorating Massey Harris Tractors. Join us in Forest Park, located in Ottawa, Kansas; home of Warner Manufacturing and Union Foundry, a perfect site to see the gas and horse-powered farm implements of the past.

OTTAWA, (785) 242-2686

<http://www.powerofthepast.net>

SEP 12 & 13

HASKELL INDIAN ART MARKET

Native American artists from around the country exhibit and sell their art during this two-day outdoor market. Artist demonstrations, entertainment and food booths. Haskell Indian Nations University.

LAWRENCE, (785) 843-6830

<http://www.haskell.edu>

■ CONTINUED FROM PAGE 16

**SEP 18-20
OL'MARAIS RIVER RUN CAR SHOW**

One of the premier car shows in the Midwest gets bigger every year. Last year over 1,200 cars registered, filling Forest Park for two full days. Cars from 1972 and older are invited to register. Show includes car awards, swap meet, vendors and plenty of food.
OTTAWA, (785) 242-7181
<http://www.olmarais.com>

**SEP 26
4TH ANNUAL AARON DOUGLAS ART FAIR**

The 4th Annual Aaron Douglas Art Fair will be held at 12th & Lane from 11:00 a.m.-5:00 p.m. Local artists exhibiting their art works, live entertainment, free children's activities, and food and beverage sold by community NIA's.
TOPEKA, (785) 234-8872
<http://www.AaronDouglasArtFair.com>

**SEP 26-JAN 24
HYBRID VISION: KEN BUTLER**

The exhibit includes 60 of the artist's infinitely inventive and witty hybrid instruments - film reel and tennis racket guitars, cowboy boot violins, ax cello and styrofoam packaging pianos. Reception Friday, October 2, 5:00-8:00 p.m. 17th & Jewell Streets.
TOPEKA, (785) 670-1124

**OCT 2-NOV 4
REALITY CHECK**

Modern realist painting by Ye Wang and Robert Swain. Beauchamp's Gallery.
TOPEKA, (785) 233-0300

FAIRS/FESTIVALS

**SEP 4-7
INTER-TRIBAL POW WOW**

Celebrating Native American culture with dancing in full costume, food and crafts by Native American artisans. Traditional Native American Indian Pow Wow with Grounding dancing, regular dancing, educational seminars (Saturday and Sunday). Princess contest. Buttons can be purchased in advance at Dilions Stores, Wolf's Camera, Mike's IGA or at the gate. Children 11 or younger are free when accompanied by an adult. Friday 5:00-10:00 p.m.; Saturday and Sunday Noon-10:00 p.m.
TOPEKA, (785) 272-5489
<http://www.shawneecountyalliedtribes.org>

**SEP 5
LENEXA SPINACH FESTIVAL**

Lenexa was hailed as the "Spinach Capital of the World" during the 1930s! Did you know that Belgian farmers grew Spinach in the Lenexa area and shipped it by rail? The Spinach Festival rolls all of the history surrounding Lenexa into a fun celebration! Explore this period of Lenexa's history during the 23rd Annual Lenexa Spinach Festival. Sar Ko Par Trails Park.
LENEXA, (913) 541-0209
<http://www.ci.lenexa.ks.us>

**SEP 5-OCT 11
KANSAS CITY RENAISSANCE FESTIVAL**

Festival features live entertainment, mouth-watering food, fun and activities for the entire family. Has been ranked as one of the top 100 events in North America. Weekends; Labor Day, and Columbus Day. Rain or shine.
BONNER SPRINGS, (913) 721-2110
<http://www.kcrenifest.com>

**SEP 10-12
JOHNSON COUNTY OLD SETTLERS**

Nationally recognized musical entertainment, carnival rides, Kansas's largest parade, antique auto show, arts and crafts and much more. Santa Fe and Cherry.
OLATHE, (913) 782-5551
<http://www.johnsoncountyoldsettlers.org>

**SEP 13
FALL ARTS & CRAFTS FESTIVAL**

More than 150 artists and crafts people exhibit and sell their works. Food vendors, children's

activities, music and so much more! South Park.
LAWRENCE, (785) 832-7940

**SEP 18 & 19
OVERBROOK OKTOBERFEST**

Great food, fun and entertainment. Overbrook Fairgrounds.
OVERBROOK, (785) 828-3242
<http://www.overbrook-oktoberfest.com>

**SEP 18-20
FESTIVAL ON THE TRAILS**

A community celebration of Gardner's historic spot on the Santa Fe, California and Oregon Trails. Local musicians and national recording artists. Wonderful food to satisfy every appetite. Artists displaying their works, western re-enactors and fun activities for the kids. Free.
GARDNER, (913) 856-6464
<http://www.festivalonthe trails.com>

**SEP 19
CITY OF OLATHE'S AQUAFEST**

AquaFest is an event for the whole family to enjoy. Activities include sliding down giant water slides, paddling canoes, fishing, casting contests and demonstrations, or enjoying a sailboat ride. Hands-on crafts and educational classes are taught on a wide variety of topics relating to water and water resources. 15500 S Lone Elm Rd.
OLATHE, (913) 971-8600
<http://www.olatheks.org/parksrec/programs/trails/thingstodo/aquafest>

**SEP 19
PAXICO BLUES FESTIVAL**

Small town festival with big city energy featuring Kansas City-based blues artists and great food!
PAXICO, (785) 636-5520
<http://www.paxicomerchants.com/bluesfest>

**SEP 19
SPRING HILL FALL FESTIVAL**

Local businesses represented, food and entertainment all day! Many activities for the whole family. Evening entertainment and fireworks.
SPRING HILL, (913) 592-2050
<http://www.springhillrec.org>

**SEP 19 & 20
FREEDOM FESTIVAL**

The Freedom Festival features a reenactment of the Battle of Osawatomie, the largest battle during "Bleeding Kansas" on the site of the battle. The festival also features modern live music, a modern arts and crafts fair, food vendors, modern military and emergency services displays, and children's activities.
OSAWATOMIE, (913) 755-4384

**SEP 19 & 20
HIDDEN GLEN ARTS FESTIVAL**

A showcase of fine art featuring a national juried art show, food, music and entertainment. Hwy 10 and Cedar Creek Pkwy.
OLATHE, (913) 961-2787
<http://www.hiddenglen.org>

**SEP 26
TUSCANY HARVEST FESTIVAL**

Our 4th annual event features live music, light hors d'oeuvres and a grape stomp! Reservations required. Campbell Vineyard & Winery, located five miles east of Holton on Hwy 116.
HOLTON, (785) 872-3176
<http://www.campbellwinery.com>

**SEP 26 & 27
CIDER DAYS FALL FESTIVAL**

NE Kansas biggest arts and crafts show also features pony rides, gunfighter and Civil War reenactments, grain threshing displays and of course, freshly pressed cider. Kansas ExpoCentre.
TOPEKA, (785) 230-5226

**SEP 26 & 27
WILD WEST SHOW & BULLWHACKER DAYS**

Wild West Show and Bullwhacker Days celebrates the Old West. Numerous kids activities, including panning for 'REAL' gold, an air gun shooting gallery, a rubberband gun gallery and leather stamping make this an event for

the whole family. Mahaffie Stagecoach Stop and Farm Historic Site.
OLATHE, (913) 971-5111
<http://www.mahaffie.org>

**SEP 26 & 27
WELLSVILLE DAYS 2009**

Wellsville Days is a day to celebrate this great little town!
WELLSVILLE, (785) 883-4023
<http://www.wellsvilledays.com>

**SEP 26-OCT 30
GARY'S FALL FESTIVAL**

Featuring eight-acre corn maze, pumpkin patch, haunted house, hay rides, 40' slipper slide, corn pit, etc. 5991 17th Street.
GRANTVILLE, (785) 246-0800

**OCT 2
OKTOBERFEST CELEBRATION**

Shawnee's Oktoberfest is intended for the whole family and includes games for the children, German food and beverages, all geared to heighten the festival atmosphere. All events are open to the public, with free admission.
Shawnee Civic Centre.
SHAWNEE, (913) 631-5200

**OCT 2 & 3
SANTA FE TRAIL DAYS**

Crafters, kids activities and lots of food. Take a look at a historical Santa Fe Trail exhibit. The Mountain Men Gun Club will perform both days. Awesome music and entertainment. A Shodeo event will draw your attention to the wild frontier.
OVERBROOK, (785) 453-2185
<http://www.ExploreOsage.com>

**OCT 3
2ND ANNUAL POMONA FALL FESTIVAL**

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

**OCT 3
NORDIC HERITAGE FESTIVAL**

Experience Scandinavian culture through food, arts & crafts, genealogy, music, dance and more. Douglas County Fairgrounds.
LAWRENCE, (785) 843-7535
<http://www.nordicheritagefest.com>

**OCT 3
SCARECROW FESTIVAL**

Festivities include a scarecrow contest, pumpkin painting and decorating contest, pie contest and activities for the kids. 11110 Johnson Dr.
SHAWNEE, (913) 631-2500
<http://www.GoodStartsHere.com>

**OCT 3 & 4
OZTOBERFEST**

Celebrate the 70th anniversary of the Wizard of OZ! 511 Lincoln.
Wamego, (785) 458-8686
<http://www.oztoberfest.com>

**OCT 4
APPLE FESTIVAL**

Apple festival celebrating all things apple with live entertainment, annual quilt show, heritage food, petting zoo and lots more. Old Prairie Town at Ward-Meade Historic Site.
TOPEKA, (785) 368-2437

FARMERS' MARKETS

**APR 15-NOV 17
DOWNTOWN TOPEKA FARMERS' MARKET**

Farm fresh vegetables, crafts, home baked goods, food, plants, herbs and wood products all handmade. Begins at 7:30 a.m. until noon. Every Saturday.
TOPEKA, (785) 234-9336
<http://www.TopekaFarmersMarket.com>

**APR 25-NOV 7
LAWRENCE FARMERS' MARKET**

Offering fresh fruits and vegetables, baked goods, flowers and herbs. With more than 80 growers, bakers and fine craftspeople, the Downtown Lawrence Farmers' Market is the

place to go for the freshest and finest quality produce, meat and artisan crafts. Live music every Saturday morning.
LAWRENCE, (785) 331-4445
<http://downtownlawrence.com/farmersmarket.html>

**MAY 22-MID OCTOBER
PERRY-LECOMPTON FARMERS' MARKET**

Held from 5:00-7:00 p.m. every Tuesday and Friday in the Fast Trax parking lot, 2115 Ferguson Rd.
PERRY, (785) 597-2307

HEALTH

**MONDAYS THROUGH THURSDAYS
FIT FOR LIFE**

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

**TUESDAYS, WEDNESDAYS AND THURSDAYS
JAZZERCISE LITE**

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

**TUESDAYS AND THURSDAYS
BLOOD PRESSURE CLINIC**

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

**TUESDAYS AND THURSDAYS
FREE BLOOD PRESSURE CLINIC**

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

**TUESDAYS AND THURSDAYS
SENIORCISE PROGRAM**

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

**FIRST AND THIRD FRIDAYS OF EACH MONTH
HEALTH CHECKS**

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

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

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

**THIRD THURSDAY OF EACH MONTH
MEDICATION CLINIC**

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

■ CONTINUED FROM PAGE 17

**FOURTH THURSDAY OF EACH MONTH
NUTRITION CLINIC**

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

SEP 2

CHOLESTEROL SCREENINGS

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

SEP 10

BONE DENSITY SCREENING

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

SEP 14

BONE DENSITY SCREENING

See September 10 description. Lawrence Memorial Hospital, HealthSource Room, 4:00-6:00 p.m. LAWRENCE, (785) 749-5800

OCT 2

BONE DENSITY SCREENING

See September 10 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

OCT 7

CHOLESTEROL SCREENINGS

See September 2 description. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

SEP 24-26

BALD EAGLE RENDEZVOUS '09

19th Century Fur Trade living history encampment at LeCompton's scenic Bald Eagle Park. LECOMPTON, (785) 887-6520
<http://www.lecomptonkansans.com>

MEETINGS

FIRST AND THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST AND THIRD MONDAY OF EACH MONTH

BEREAVEMENT SUPPORT GROUP

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

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

FIRST AND THIRD MONDAY OF EACH MONTH

CAREGIVER SUPPORT GROUP

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

FIRST TUESDAY OF EACH MONTH

**LAWRENCE AREA COALITION TO HONOR
END-OF-LIFE CHOICES**

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

FIRST TUESDAY OF THE MONTH

SCRAPBOOK MEMORIES

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

FIRST TUESDAY OF EACH MONTH

LOSS AND GRIEF SUPPORT GROUP

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

FIRST TUESDAY OF EACH MONTH

GRIEF SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

FIRST AND THIRD TUESDAY OF EACH MONTH

**HEALING AFTER LOSS BY SUICIDE
(HEALS)**

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

FIRST WEDNESDAY OF EACH MONTH

OLDER WOMEN'S LEAGUE

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

FIRST WEDNESDAY OF EACH MONTH

INVESTMENT UPDATES

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

WEDNESDAYS AND SUNDAYS

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

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

THURSDAYS

GRIEF & LOSS SUPPORT GROUP

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



Not typically what one thinks of when looking for a "dementia care facility"



Catering to the needs of family members who can no longer be cared for at home or live alone because of some type of dementia, Harbor House associates are specifically trained and skilled in the ever changing world of the individual of those with memory impairments and behavior challenges. Both of which are mainstream and "the norm" at Harbor House.

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Life in the
Moment...
One simple,
Joy-filled
Moment at a
Time...**



With only 8 residents and always at least 2 professional associates on duty, residents (and their family members, too) enjoy the individualized attention and care that can only be found in our small intimate environment. Our residents are quick to find Harbor House easy to call Home.



We invite you to be our guest and would welcome a visit from You. We would love to show you our home.

Call Kitty Shea 785-760-5508

1126 Hilltop Drive, Lawrence, KS

(1/2 block south of Hillcrest Elementary School)

■ CONTINUED FROM PAGE 18

**THURSDAYS
CANCER SUPPORT GROUP**

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

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

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

**FIRST AND THIRD THURSDAY OF EACH MONTH
GRIEF SUPPORT GROUP**

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

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

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

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

Volunteer service club.
(785) 331-4575

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

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

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

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

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

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

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

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

**SECOND TUESDAY OF EACH MONTH
SCRAPBOOK MEMORIES**

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

**SECOND AND FOURTH TUESDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP**

Do you sometimes feel overwhelmed with

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

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

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

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

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

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

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

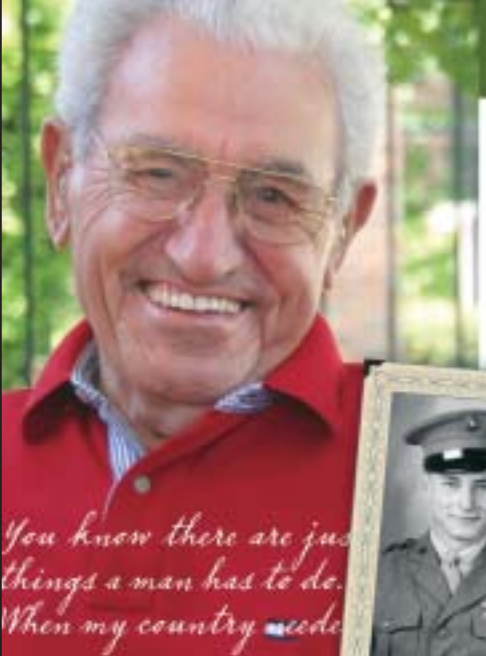
**SECOND THURSDAY OF EACH MONTH
NAACP MEETING - LAWRENCE CHAPTER**

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

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

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

■ CONTINUED ON PAGE 20



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

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■ CONTINUED FROM PAGE 19

**THIRD TUESDAY OF EACH MONTH
SCRAPBOOK MEMORIES**

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

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

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

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

Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8:00 p.m. at St. Francis Hospital, 2nd floor meeting rooms. Child care available with 48 hours notice.
TOPEKA, (785) 286-2329 or (785) 231-0763

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

The Lawrence chapter of the National Active and Retired Federal Employees (NARFE) meets the third Wednesday of each month at Conroy's Pub, located at 3115 W 6th in Lawrence. Lunch begins at noon and is followed by a program and business meeting. NARFE's mission is to defend and gain benefits that retired career government employees earned. Employees from all branches of government are welcome and encouraged to attend. For more information, please call John or Linda Surritte.
LAWRENCE, (785) 856-0558

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

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

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

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

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

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

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

Presbyterian Manor, 1429 Kasold., 4:00 p.m. Sponsored by Heart of America Hospice.
LAWRENCE, (785) 841-5300

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

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

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

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

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

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

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

TGS promotes and stimulates the education, knowledge and interest of the membership and the public in family history, genealogical records and research. Meets at 2717 SE Indiana Ave., 7:00 p.m. No meeting in April, November or December.
TOPEKA, (785) 233-5762
<http://www.tgstopeka.org>

**FOURTH 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

**SEP 25
AARP CHAPTER 1696**

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at 11:30. Lisa Bauman, Coordinator for the Midwest Region of the Holocaust Museum, will give the program. New and interested members welcome. Please call Noreen for reservations.
LAWRENCE, (785) 842-6765

MISCELLANEOUS

**SEP 10-13
50 PLUS GAMES OF GREATER KANSAS
CITY**

Whether you are a seasoned athlete who has been competing for years or a rookie who is ready to get off the couch, the 50 Plus Games of Greater Kansas City welcomes your participation. Local events provide amateur athletes 50 years of age and older an opportunity to compete against each other in sports and games for individuals, doubles and teams.
SHAWNEE MISSION, (913) 236-1269
<http://www.jcprd.com>

**SEP 11-13
GREAT PLAINS HUFF & PUFF BALLOON
RALLY**

Enjoy spectacular night illumination followed by two days of various balloon flights and races, which take place in the early morning and early evening hours. Friday events begin at 7:30 p.m. and Saturday begins at 7:00 a.m.-7:00 p.m., and Sunday events begin at 7:00 a.m. Tinman Circle-Lake Shawnee.
TOPEKA, (785) 554-2003

**SEP 12
GREAT TOPEKA DUCK RACE**

14th annual. 1,000 rubber ducks race to win great prizes. Games and kids' activities, petting zoo and entertainment. Lake Shawnee.
TOPEKA, (785) 267-1156
<http://www.topekaduckrace.com>

**SEP 19
GHOST TOUR**

Ghost tour of North Topeka. Visit the most haunted locations in North Topeka, including cemeteries, the Moose Lodge and the business district. Age 12 and over.
TOPEKA, (785) 383-2925
<http://www.ghosttourkansas.com>

**SEP 20
D.E.A.F. SUNDAY: TASTE OF OLATHE**

A food fest and entertainment in conjunction with Deaf Awareness Week. Deaf and hearing performers, children's area and auction. 450 E Park.
OLATHE, (913) 324-0600
<http://www.ksdeaf.org>

**SEP 24
DIVERSITY AND END-OF-LIFE CARE
TELECONFERENCE**

Join the Douglas County VNA Hospice and LMH Palliative Care for this 16th Annual Hospice Foundation Living with Grief Teleconference to be held at the LMH Auditorium FROM 3:00-6:00 p.m. A short discussion will follow the teleconference. Refreshments served. This program is free but advance registration is requested and more information is available by contacting Sarah Randolph at VNA Hospice.
LAWRENCE, (785) 843-3738.

**SEP 26
GHOST TOURS OF KANSAS**

Visit a haunted hotel, cemetery and other mysterious places! Due to the tour's sensitive nature, age is limited to 12 and over.
HOLTON, (785) 383-2925
<http://www.ghosttourkansas.com>

**OCT 2
GHOST TOURS**

Ghost tour of North Topeka. Visit the most haunted locations in North Topeka, including cemeteries, the Moose Lodge and the business district. Age 12 and over.
TOPEKA, (785) 383-2925
<http://www.ghosttourskansas.com>

**OCT 3
BLUES & BAR-B-QUE**

6th annual "Blues & BBQ" will be held at the Lumberyard in downtown Baldwin City. You're invited for an evening of good food and fabulous live music. All proceeds benefit the building fund for The Lumberyard Arts Center.
BALDWIN CITY, (785) 594-3200
<http://www.lumberyardartscenter.org>

**OCT 3
CITYWIDE GARAGE SALE**

Come spend the day with us and you're sure to leave with something special. Maps with sale descriptions available for your convenience.
TONGANOXIE, (913) 845-9244
<http://Tonganoxiechamber.org>

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The kidnapping of Mona Lisa and other capers

By Margaret Baker

R.A. Scotti: *Vanished Smile; The Mysterious Theft of the Mona Lisa* (Random House Audio Books, ISBN 978-0-7393-8180-9) Read by Kathe Mazur on six compact discs.

Leonardo da Vinci's magnificent portrait disappeared from the Louvre



on August 21, 1911. Security was lax (most workers got their jobs from political connections); her absence wasn't noticed for 24 hours. Then, of course, all Hell broke loose. High on the suspect list is Pablo Picasso (Yes, that is not a misprint) who with his adherents has been PREACHING against "old art."

She reappeared almost as mysteriously in Florence, Italy, two years later. The man who takes credit does not have the intelligence to plan it, though he had some skills used in the theft.

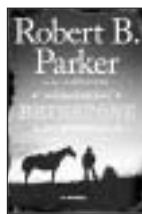
Twenty-six years later a reporter feels free to report on a conversation he has with the mastermind—or did he?

This is not a work of fiction. Scotti retells Leonardo's history, the portrait's history, and the fascinating account of the theft.

Robert B. Parker: *Brimstone* (Random House Audio Books, ISBN 978-0-7393-8295-0)

Read by Titus Welliver on 4 cds. Regular print edition by Putnam.

Virgil Cole, noted gunslinger in the old West, is roaming around the southwest with his buddy Everett Hitch, trying to find Allie French, the soiled dove Virgil is in love with.



They catch up to her about the same time the town of Brimstone needs lawmen.

Brimstone is growing—six saloons and one church. Brother Percival runs the church and the largest saloon is run by Pike. Both have a following of men Virgil and Everett remember from gunfights.

While Allie vows to change her ways, the church and the saloon escalate into gunfights. The funeral home does a rousing business.

Good ol' time western in the style of Zane Grey, Louis Lamour, Max Brand. Language is often coarse,

probably realistic in a plot set primarily in saloons and brothels.

Debra White Smith: *Heather* (Harvest House, ISBN 978-0-7369-1929-6) tpb

Heather, Lorna and Brittan, socialite Houston debutantes and Princeton graduates, find the social scene a bit boring and have taken to investigating major unsolved crimes, leaving the officials a report of their findings. They always leave a single rose, so they earned the sobriquet "The Rose" from the media.

Duke, feature editor of the newspaper, is assigned to interview Heather for the upcoming debutante ball. Duke dislikes his position; he'd hoped to become an investigative reporter or at least work the crime beat.

When the mayor is killed and the leads seem to dry up, Heather and friends leap into action.

There's a bit of Batman in this Christian mystery—wealthy person who takes on another identity to fight crime. It would be sickeningly outdated if the author had not been able to delineate the characters so well.

Beth Groundwater: *To Hell in a Handbasket* (Gale/Cengage Fuve Star, ISBN 978-1-59414-759-3) hc

Clair Hanover, gift basket designer, is with husband Roger and daughter Judy on a skiing vacation in Breckenridge, Colorado. Judy's serious boyfriend Nick and Nick's sister Stephanie. Her muscles are complaining by the end of the first day, but a scream she recognizes as Judy's gets her on the scene pronto. Stephanie is lying in the snow, bleeding from a serious head injury.

A snowboarder had come out of the woods and veered directly into Stephanie's path. He didn't stop. Clair suspects it wasn't an accident, especially when she learns that Nick's family is mob-involved.

While the plot moves swiftly to implicate many leads and red herrings, Groundwater's deep characterizations still the stage. She recreates the feelings of a mother who recognizes that her chick is ready to take flight and the young lady who faces her first solo flight into full independence equally strongly.

Lee Child: *Gone Tomorrow* (Random House Audio, ISBN 978-00-7393-6591-5) Read by Dick Hill on 12 cds. Also available in regular hard cover by Dell, and large print by Random house.

Jack Reacher returns! He's on a New York City subway at 2:00 a.m., entertaining himself by observing the other five passengers. He suddenly realizes that one has all the eleven signs of a suicide bomber. He gently confronts her. Susan Marks removes her hand from her bag, displaying her gun, and shoots herself. Jack Reacher being Jack Reacher, can't just give his statement and then leave.



Since he had stood in front of the woman, several people are very interested in what she may have passed him.

Like the Thane of Cawder, nothing in Susan Mark's life became her like the leaving of it. As Jack looks through Susan's life (a minor clerk in the Defense Department), he uncovers a lot of people with an interest. And each is lying to Jack.

An exciting plot with lots of twists, danger, and action!

Mary Jane Maffini: *Death Loves a Messy Desk* (Berkley Prime Crime, ISBN 978-0-22808-8) pb

Charlotte Adams is an organizer. Your rooms runneth over? Charlotte will organize it so you'll have everything where it should be and you're efficiently at top speed.

She is hired by IT firm Qadvadicon on the touchy subject of a new hire's desk. Barb Douglas does good work, but her desk makes Fibber McGee's closet look neat. Old socks, even a sardine can... eyes and nose

equally affected.

Qadvadicon is a family-run firm, and the boss' geeky son works in the department and has a strong feeling for Barb, which will complicate Charlotte's work.

Barb Douglas disappears, and the co-worker who complained loudest about Barb's desk is found murdered. Two thugs with a large truck seem to take pleasure in chasing Charlotte.

Comedy is provided by Charlotte's two miniature dachshunds, whom she is trying to train as therapy dogs. Obedience is not their strong suit.

Lots of good biographies and memoirs for your summer listening, all in audio editions from Random House Audio Books. Richard Wolff's *Renegade* (ISBN 978-0-7393-8528-5) covers Barack Obama's journey to the White House; and Edward Klein updates Ted Kennedy's life story in *Ted Kennedy: The Dream that Never Died* (ISBN 978-0-7393-7639-2). Dara Torres and Elizabeth Weil tell the accomplishment of Dara as she returned, in her 40's, to earn yet more Olympic gold in swimming in *Age is Just a Number* (978-0-7393-8405-3). Shawn Levy's *Paul Newman, A Life* (ISBN 978-0-7393-3075-2) recounts the life of the multiple Oscar winner, and on the 40th anniversary of his moon walk, Buzz Aldrin recounts that historical flight in *Magnificent Desolation* (ISBN 978-0-3075-7746-7).

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



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The Lone Vampire

Jude Jacobs remembers the three movie monsters of his youth: Count Dracula, Frankenstein, and the Wolf Man.

As a kid Jude used to pay fifteen cents at the Bijou in Letongaloosa to see movies like "The House of Dracula," "Frankenstein," and "The Howl of the Wolf Man."



Larry Day

Jude Jacobs' granddaughter, Judy Jean, 13, is into today's teen vampire scene.

One day she told Grandpa Jude some vampire tales. The heroes and heroines were all teenagers.

"Aren't there any old guy heroes?" he asked.

"Nope," said Judy Jean.

"Then I'll tell you one," said Jude. "It's called 'The Parsnip Chronicle.'"

•••

"It was a dark and stormy night," Grandpa Jude began. "A fierce wind tore at the old stranger's black cape as he rang the doorbell of a run down boarding house."

Big Bella bustled to the door. "Come in, come in," she bellowed, "I wouldn't leave a dog out on a night like this."

"Bow-wow," said the old stranger.

"Don't get me laughing," said Bella, and she laughed.

"I'm the Count," he said. "I need a room."

"Take your pick," said Bella. "The place is empty."

"I'll take the attic."

"Breakfast is at eight sharp, lunch at 12 noon, and dinner at six on the

dot. I change the sheets every other Wednesday."

"No need for any of that," said the Count. "I'm a night worker, I never eat, and I sleep in a coffin."

"The rent is still the same," said Bella.

"Fine," said the Count.

"Walk this way," said Bella, and she waddled toward the stairs.

"I'll try," said the Count.

Bella soon had three more boarders. The second was a gruesome-looking seven-footer with a metal bolt sticking out of his neck. His name was Frank.

The third was a distinguished-looking Spanish gentleman named Don Laurencio Lobo. He had heard that Bella's late husband built a bomb shelter in the basement.

"It's still there," said Bella.

"I'll take a room," he said, "and I'll pay extra if you'll lock me in the bomb shelter when there's a full moon."

"Fine," said Bella.

The fourth boarder was a beautiful young woman named Anna Belle Lee. She had a raven named Nevermore.

One morning after breakfast Annie said, "I'm going to the woods to dig parsnips. Anyone want go along?"

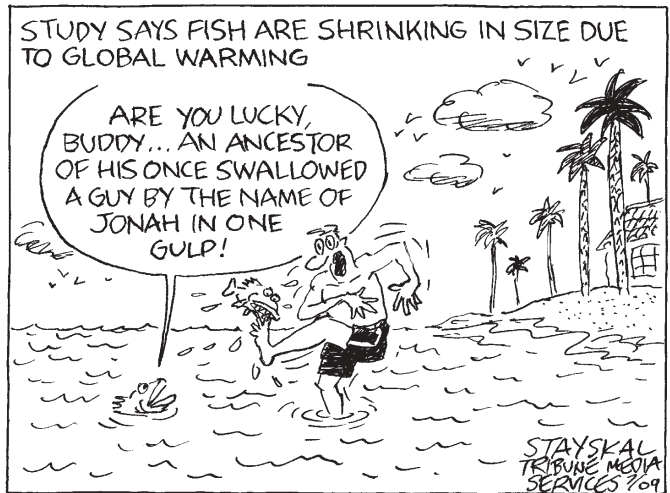
Frank touched the metal bolt in his neck. "Sorry Annie, I'm due for a charge at the power station," he said.

"My apologies, my dear," said Don Laurencio. "The full moon approaches and I must go to the bomb shelter."

So Annie went out in the woods alone.

Late that afternoon when Annie hadn't returned, Bella climbed the stairs to the attic and shook the Count.

"Annie's missing," said Bella. "She went to the woods to dig parsnips



and hasn't returned."

"I can't go out in the daylight," said the Count.

"You must. Annie needs you."

"Get me a dress, a wig, and a mask," said the Count.

A few minutes later he came downstairs wearing the disguise.

"Count Drag-ula at your service," he said.

"Don't make me laugh," said Bella, laughing.

The Count came to a clearing where parsnips grew. He saw a piece of cloth snagged on a tree. A trail of parsnips led into the woods. The Count followed the parsnip trail to a cottage.

He heard Annie scream.

The Count rang the door bell.

"Go away," said an angry voice, "I'm busy."

"Pizza delivery," called the Count.

"Just a minute, I'll get my wallet,"

said the voice.

Darkness had fallen. The Count shucked off the dress and the wig.

A big ugly troll opened the door. The Count lunged at his throat. Unfortunately the Count had left his fangs back at the boarding house in a glass of water. He tried gumming the troll, but it didn't work.

Annie came up behind the troll and whacked him on the head with a cast iron skillet. He went down hard.

"Run," yelled Annie.

They ran all the way back to the boarding house.

When the troll woke up he had a terrible headache.

"Who was that masked man?" he asked.

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

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Barge voyage in France's Champagne region

By Lisa Rogak
Travel Muse

On a luxury barge trip in the Champagne region of France with French Country Waterways, you'll find bubbles both in your glass and as you cruise along the rivers and extensive French canal system. There are several barge companies operating European river cruises in France, but French Country Waterways is one of the best, with 25 years of experience running trips throughout the country with well-seasoned crews and chefs.

Groups on each weeklong cruise are small—maximum capacity on the barges ranges from eight to 18—and strangers become fast friends as they eat, drink and trade stories while exploring France together. Many times, couples that meet on one trip repeat the experience together on future cruises.

SETTING OUT

We boarded the Adrienne in the town of Maizy on a lazy Sunday afternoon, which just happened to be July 14, or Bastille Day, France's Independence Day. (On alternate weeks, the boarding point is Château-Thierry, a town that was the site of the Battle of Château-Thierry during World War I.) The next morning, the barge was already underway when breakfast was served. We went up on deck to get into the swing of things, and by the looks of it, no one had trouble slowing down to the boat's relaxed pace of 4 mph. As we floated down the canal, warmed by the morning sun and lulled by the sounds of water splashing against the hull, we waved to old men fishing and families cooking their fresh catch on charcoal grills.

It wasn't unusual for people on the barge to read a few pages of a paperback, lay the book down for a catnap and then wake to stare out at the passing scenery before picking up the book again to repeat the cycle. If you like, you can get off the barge and stretch your legs with a walk along the towpaths or even take one of the bicycles on board to go for a ride.

DAY-TRIPPING

Glen Moynan, the Adrienne's captain, is a World War I history buff,

and our day trips—and much conversation about the towns we passed—focused on this era. Part of the canal we traveled served as the boundary of the western front during the war. The Germans drained the canal to use as a dry moat, and in the woods you can still find poles for barbed wire fences, ordnance parts and bones. At one point Moynan jumped off the barge to retrieve a few treasures, brought them on board to show us, and hopped back off to return them.

Each day, there's one shore excursion. One morning we disembarked and drove through the town of Ludes, home to numerous small wineries. As we zipped through narrow village streets, rows of grapevines stretched as far as the eye could see. At the end of every few rows, there was a rosebush planted alongside. They

serve as canaries in a coalmine, to warn vineyard workers of the potential for blight, since roses are more fragile than grapes and reveal possible threats earlier. We visited Canard Duchaine, the largest Champagne house in town, and Ployez Jacquemart, a smaller, family-run Champagne house, and wandered through the caves where endless stacks and rows of bottles are stored. Of course, we were obliged to sample the products at each.

We also saw signs that said, in essence, the vines covering one complete hillside were owned by one vineyard: Moët & Chandon. Later in the week, our day excursion to the city of Reims included a tour and lunch at the Moët & Chandon headquarters in nearby Epernay to tie everything together.

THE FOOD

For many, the meals are the most memorable part of the barge trip, with a professionally-trained chef who takes full advantage of fresh local produce, meats and cheeses. Indeed, it was the norm to have five different selections at lunch: crab salad in avocado, warm chicken salad stuffed in zucchini, tabbouleh, feta cheese and a green salad. At each meal, two wines—one red and one white—were served. On top of that, at meal's end, three cheeses were offered. At dinner the dishes were more elaborate, but different



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red and white wine and three cheeses were still the rule.

TINY BUBBLES

The French canal system uses an extensive system of locks to aid boats and barges to navigate the waterways. As you go through the locks, you'll want to witness the action at least once from the porthole of your bedroom. As the barge goes down, water rushes around the hull, producing a plethora of bubbles, and

it's easy to imagine this is what it must be like to be inside a washing machine looking out.

French Country Waterways is American-owned and operated. Besides the Champagne region, the company offers barge cruises in the Burgundy, Upper Loire and Alsace-Lorraine regions of France. (800-222-1236, www.frenchcountrywaterways.com.)

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Fencing should stop cat's hunting habit

By Steve Dale

Tribune Media Services

QUESTION: Can anything be done to curb a cat's hunting behavior? Our Maine Coon is an amazingly successful hunter. Given the opportunity, she slips outside through the doggy door. Or she cries pitifully to go out. She brings home chipmunks, birds, baby squir-



Steve Dale

rels, even snakes. We tried a Catbib (cq) (designed to set a cat off balance, making it difficult to hunt). I can't accept the idea that her behavior is natural and I should let her continue to kill. - S.D.M., Richmond, VA

ANSWER: "You can allow her outside, but inside the safety of cat fencing," says veterinary behaviorist Dr. Laurie Bergman, Norristown, PA. "Birds, chipmunks and squirrels can't get in, and your cat can't get beyond the fencing to hunt them. Yet, your cat still gets to exercise outside."

Several manufacturers sell cat fencing: www.purrfectfence.com, (888-280-4066); www.catfencein.com, (888-738-9099); www.catfence.com, (888-840-2287). Kittywalk offers a component playground for cats (www.kittywalk.com); 877-548-8905) by connecting tunnels and playhouses. Kittywalk is one of several manufacturers of strollers to tote cats around 'the hood.' Cats can also get a taste of the outdoors by taking their people for walks on a leash and harness.

Dr. E. Kathryn Meyer, president of the American Veterinary Society of Animal Behavior, Gaithersburg, MD, adds, "Also, make certain your home is an enriched environment for the cat. Provide food in various

places using food-dispensing toys (so your cat can 'hunt' indoors), provide vertical space, and offer the kinds of toys that hang from doorways."

Bergman and Meyer suggests two resources: "The Cats' House," by Bob Walker (Andrews and McMeel, Kansas City, MO, 1996; \$16.95) and the Indoor Cat Initiative, www.vet.ohio-state.edu/indoorcat.htm.

QUESTION: Our neighbor's Labrador Retriever runs through out yard, pooping. Is there some product, like a special whistle, that would

keep him out? - E.B., Orlando, FL

ANSWER: Veterinary behaviorist Dr. Laurie Bergman of Norristown, PA, doubts a whistle would "have the intended effect."

"Listen, the dog is just doing what dogs do," adds Dr. E. Kathryn Meyer, president of the American Veterinary Society of Animal Behavior, Gaithersburg, MD. "And dogs don't have a clue about property lines. This isn't a dog behavior problem; it's a people behavior problem."

Bergman suggests talking with your neighbor about a creative com-

promise. One idea, for example, might be to allow the dog in your yard, but only if the neighbor picks up.

Of course, there are probably leash laws where you live, as well as nuisance laws (after all, it is your property the dog is squatting on). So, the law is on your side.

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

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

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

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

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

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

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My secrets for great California surf and turf

By Wolfgang Puck
Tribune Media Services

No restaurant main course may be more widely beloved and widely ridiculed at the same time than "surf and turf." That rhyming combination of boiled or grilled lobster and grilled steak certainly solves the dilemma some people face when dining at an old-fashioned fancy steak and seafood restaurant and want something extra-special but can't decide. And, to tell you the truth, I understand the appeal of alternating bites of sweet, succulent lobster dipped in drawn butter and a meaty, juicy, well-seasoned steak.

But you can also imagine how easy it is for some overambitious restaurants or home cooks to split their attention between the featured ingredients and wind up getting neither right. And I'm sure you can understand why some serious foodies and chefs alike might consider serving steak and lobster together a bit "over the top."

That's why I aim for something subtler when preparing my own marriage between seafood and steak. Here in California, we get great fresh salmon from the Pacific Northwest and Alaska, and I find the richly flavored fish a perfect companion to good steak. Substituting salmon for lobster in my California-style surf and turf also has the advantage of making the cooking easier, since the steak cooks first and then rests in a warm place to let its hot juices settle back into the meat's fibers while the salmon takes its place on the grill and quickly cooks to perfection.

Speaking of perfection, many outdoor cooking enthusiasts ask me if, to get the best results, they have to grill over an oak wood fire like we

do at our Cut steakhouses in Beverly Hills and Las Vegas. And while a good wood fire will provide high searing heat and fragrant smoke, you can also get excellent results with any fuel if you follow another of my favorite tricks: seasoning the meat or fish well before cooking.

I like to use rubs on my grilled foods. A good rub combines salt, sugar, spices, dried herbs, and other seasonings to achieve a blend so balanced that it highlights the ingredient you apply it to without calling attention to any one element. Over a hot fire, it also mingles with the food's juices to form a crust that heightens every bite.

Rubs are also incredibly convenient when cooking quick-grilling, tender ingredients. You can mix the spices well ahead and store them in an airtight container if you like. But don't apply them to the food too far in advance, or the salt and sugar will draw out too much moisture.

There you have it: secrets for a great new approach to surf and turf, one that's so easy and delicious, and makes so much good sense that even serious foodies can love it.

pepper
2 teaspoons ground white pepper

SURF AND TURF:

2 pounds whole New York or rib-eye steak

1-1/2 pounds fresh salmon fillet, preferably wild-caught from Alaska, cut into 4 equal pieces

1/3 cup extra-virgin olive oil

First, make the rub. In a mixing bowl, combine the sugar, garlic and onion powders, oregano, thyme, mild and hot paprika, cayenne, salt, coriander, and black and white peppers. Stir well. (Alternatively, combine all the rub ingredients in a heavy-duty sealable plastic food-storage bag. Seal the bag and shake to mix the ingredients.)

Preheat an outdoor grill.

Meanwhile, put the steak on a large tray or platter and drizzle on both sides with a little of the olive oil. With clean hands, rub it generously with some of the spice rub mixture.

Wash your hands thoroughly. Put the salmon fillet pieces on another tray or platter and drizzle them with

a little more oil. Rub them on both sides with more of the spice mixture. Set aside at room temperature.

When the grill is ready, drizzle both sides of the steak with a little more oil. Put it on the grill and cook, turning once, until done to your liking, testing with an instant-read grill thermometer (130-140 degrees F for medium-rare). Transfer to a platter and cover with foil to rest for about 15 minutes.

Meanwhile, drizzle both sides of the salmon fillets with a little more oil and cook until they are done medium, still moist at the center, about 7 minutes per 1 inch of thickness, turning once. Transfer to a platter and cover loosely with foil to keep warm.

Transfer the steak to a cutting board. Steadying it with a carving fork, cut it with a sharp carving knife across the grain into slices about 1/2 inch thick. Transfer a salmon fillet to each serving plate and drape slices of steak alongside. Serve immediately.

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CALIFORNIA-STYLE SURF-AND-TURF BARBECUE

Serves 4

SPICE RUB:

- 2 tablespoons dark brown sugar
- 2 tablespoons garlic powder
- 2 tablespoons onion powder
- 2 tablespoons dried oregano
- 2 tablespoons dried thyme
- 1 tablespoon mild paprika
- 1 tablespoon hot paprika
- 1 tablespoon cayenne pepper
- 1 tablespoon kosher salt
- 2 teaspoons dried coriander
- 2 teaspoons freshly ground black

<h2>Restaurant Guide</h2>	
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Diane Werner, Topeka, recently competed in the National Senior Games in the San Francisco Bay area (Stanford University). The 51-year-old won the gold medal in the ladies tennis singles, took two bronze medals in the 100-yard fly and 200-yard free swimming events, and also placed 4th, 5th, 7th, and 7th (ribbons) in four other swimming events.

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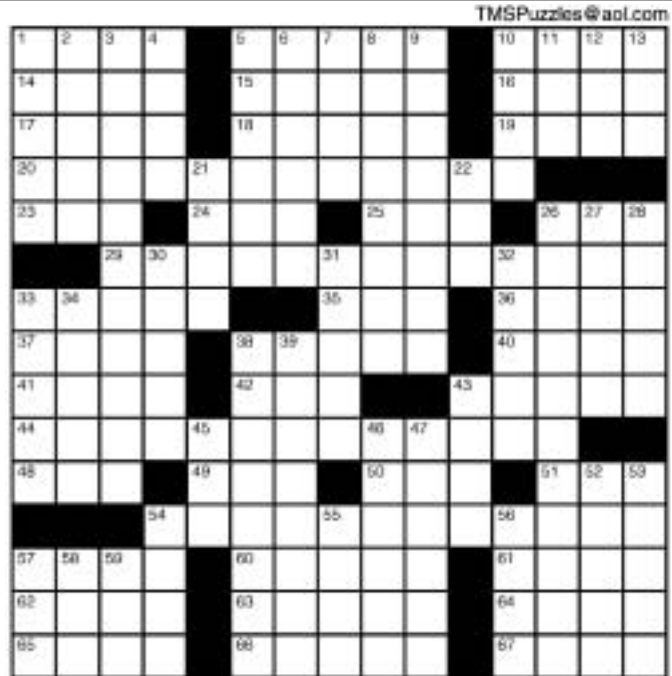
ACROSS

- 1 Hertz rival
- 5 One of Moses' scouts
- 10 Perry's creator
- 14 Groening or Dillon
- 15 Yellowish green
- 16 Fertility god
- 17 Ingrid in "Casablanca"
- 18 Penalized financially
- 19 In a frenzy
- 20 Edward Grieg piece and biopic
- 23 B'way theater sign
- 24 Bakery buy
- 25 Bad in Nice
- 26 Fink
- 29 Woody Guthrie piece and biopic
- 33 Ages and ages
- 35 Bark in comics
- 36 The third man?
- 37 Stuffing stuff
- 38 Windmill blades
- 40 ___-noire
- 41 Workplace watchdog grp.
- 42 Circle section
- 43 More achy
- 44 Sigmund Romberg piece and biopic
- 48 Misspeak
- 49 Org. of Lions and Bears
- 50 Motorists' org.
- 51 Bikini part
- 54 W.C. Handy piece and biopic
- 57 Operatic prima donna

- 60 Singer Steve
- 61 Author Ambler
- 62 Saudi or Omani
- 63 Ford lemon
- 64 Part of A.D.
- 65 List of options
- 66 Russian rulers
- 67 Sibilant signal

DOWN

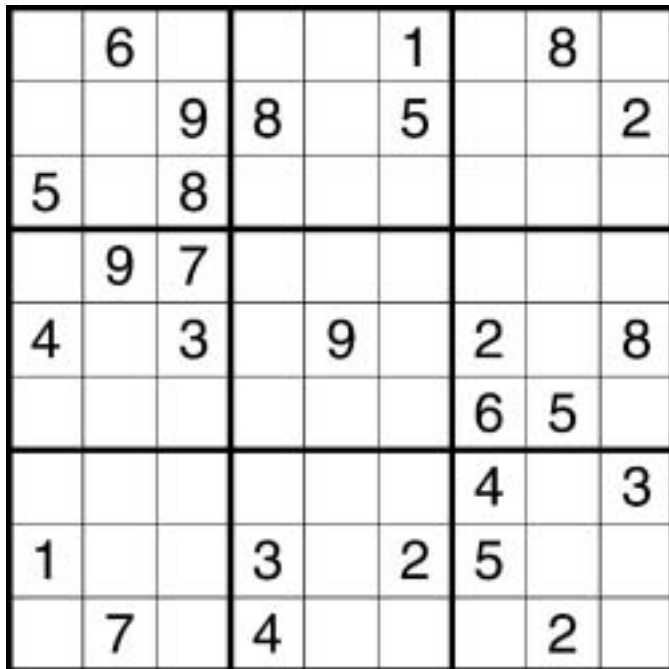
- 1 Out of kilter
- 2 Bravery
- 3 I don't mind at all
- 4 Deer guy
- 5 Oblong box
- 6 Adjusted properly: var.
- 7 Capolicchio of "The Garden of the Finzi-Continis"
- 8 Always
- 9 Towers over
- 10 Online auction site
- 11 Lamb's father
- 12 Thai Buddhist
- 13 Wapiti
- 21 Musical composition
- 22 Math subj.
- 26 "Comin' Thro' the Rye" man
- 27 Rugged ridge
- 28 10th U.S. President
- 30 Standing by
- 31 Whim
- 32 Heavy work
- 33 Dwelling
- 34 Loom bar
- 38 Jo of "East of Eden"



By Verna Suit
Silver Spring, MD

- 39 Quantities of wildflowers
- 43 Volvo competition
- 45 Bank payt.
- 46 Bullhorn
- 47 Art stands
- 52 Controls
- 53 Broad tie
- 54 "The Thief of Baghdad" star
- 55 Bear of stars
- 56 ___ of faith
- 57 Lake maker
- 58 Wrath
- 59 Panel truck

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

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

SHOCA
ROHTT
PEBSIC
YONDOB

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

Answer: _____

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argrison

I work at two taverns to make ends meet. It's honest work.

Note to our readers: Tribune Media Services has discontinued Magic Word and Trivialities. Answers to all puzzles on page 35.

BRIDGE

A real two-way finesse

By Omar Sharif and Tannah Hirsch

Both vulnerable. North deals.

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

The bidding:

NORTH	EAST	SOUTH	WEST
1♦	Pass	1♠	Pass
3♣	Pass	3♦	Pass
3♠	Pass	4♠	Pass
Pass	Pass		

Opening lead: Four of ♥

Al Roth once was defending a four-spade contract where dummy held K 7 6 of trumps. Declarer led the jack and Roth's partner thought for a while before following low. Declarer ran the jack and continued with the ten, both defenders again produced low cards. Next came a trump to the king, fetching the queen from Roth. "Why didn't you take the queen?" demanded his irritated partner. "Well," was the riposte, "you hesi-

tated so long I thought you had the queen!"

This was brought to mind by this deal, where North-South reached four spades in fairly quick time. West led a low heart, won by dummy's ace. Declarer led a trump to the jack and was delighted when that won the trick. South continued by leading a trump to the king, and East's heart discard was a rude shock. In fact, declarer had already lost control of the hand.

Declarer surrendered a club to West, who forced the table to ruff a heart with the remaining trump. Declarer came to hand with a club ruff, cashed the ace of spades and tried to run diamonds. West ruffed the third diamond and two heart tricks spelled a one-trick defeat.

There was a safety play available. After the jack of trumps had won the first spade trick, declarer should have continued with the ten of trumps and ducked it in dummy when West followed. Even if that lost to the queen, the contract was safe. A heart could be ruffed on the table, the closed hand re-entered with the jack of diamonds to draw the last trump. This defense allows declarer to chalk up an overtrick, but 10 tricks are assured no matter what. On the above layout, the second finesse wins, declarer draws another trump with the king, returns to hand with the jack of diamonds to extract the queen of trumps with the ace, then runs diamonds for 11 tricks!

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- Avoid mistakes that could cost you or your beneficiaries

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Live large in small spaces

(ARA) - Many people are looking for smaller homes for a variety of reasons. For most, there has been a philosophical shift, considering a move to a smaller living space less of a downsizing and more of a right-sizing decision.

The small-spaces movement is largely spurred by three distinct groups:

- The 80 million-strong Generation Y, the so-called "millennials," want to live in exciting urban settings and consider smaller living spaces a good way to enter the real estate market they desire. Urban lofts and modern condos are big hits in cities of all sizes.

- Aging baby boomers are selling their larger homes and trading them for more convenient patio homes, one or two bedroom homes or condos in communities where shared fees pay for property and landscape

maintenance.

- Those affected by the declining real estate market are looking to build or buy smaller homes. In early 2008, the average size home being built was 2,629 square feet. By mid-2008, it had shrunk to 2,438, according to the U.S. Census Bureau.

"Regardless of why a consumer decides to live in a smaller space, there is no reason to lose upscale features in the furnishings within that space—especially appliances," notes Marc Hottenroth, industrial design leader for GE Consumer & Industrial.

"There are many appliance selections that are perfect for those moving to a smaller home or condo," says Hottenroth. Undercounter refrigerators with wine reserves, beverage centers and ice makers are a perfect fit. GE Monogram offers a

■ CONTINUED ON PAGE 31



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Small spaces

■ CONTINUED FROM PAGE 30

slim 18-inch wide dishwasher that is effective, but quiet. Sophisticated smaller oven hoods provide powerful venting and a striking focal point that elevates small-scale kitchens into grand statements.

When selecting appliances, think two for one. New "single-double wall ovens" from GE Appliances fit in the same space occupied by a standard

freestanding range or standard wall oven. The two ovens can be operated at two different temperatures—up to 450 F. That's twice as much cooking in the same amount of space.

The Advantium oven offers four ovens in one: speedcook, true European convection cooking, sensor microwave, or warming oven. Its versatility makes it a great choice for the smaller kitchen. For more information on scaled down appliances, visit www.ge.com.

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How to get your own copy of A Pocket Guide to Kansas Snakes



Free copies (one per person) are available in Lawrence at the Prairie Park Nature Center, the Raven Bookstore, and the KU Bookstore. A free download of the guide, as well as downloads for many other titles, is available at www.cnah.org/cnah_pdf.asp. Copies can be mailed to you for \$2.00 each, postpaid. Make your check out to "Friends of the GPNC" and mail it to:

Owl's Nest Gift Shop
Great Plains Nature Center
6232 E. 29th Street N.
Wichita, KS 67220

Collinses

■ CONTINUED FROM PAGE THREE

ural history posters nationwide, the wildly-acclaimed "Venomous Snakes of Kansas" poster, and, most recently, Montana and Nebraska wildlife posters.

When you combine Kansas' most prolific author about the state's wildlife—Joe has written over 275 articles and 23 books on reptiles, turtles, amphibians, and fishes—with Suzanne's experience with photographing wildlife, it would only be natural for people to seek them out for advice on wildlife. They receive several calls every spring from individuals with snake issues.

"We get phone calls from people who, for example, say they have a snake on their porch or in their garage," Joe said. "I generally don't go out on calls if I know in advance that it's a harmless snake. For example, a woman called and said she had a snake on a table on her deck. Timber rattlesnakes and copperheads don't climb on top of things, so I knew right away she had a big, harmless snake, probably a rat snake. Of course, if you have snakes in your yard, you can always put up a sign that reads, 'Snake Sanctuary.' Then you don't have to pay for a security system."

Through their consulting business, which they started in 1991, the Collinses also work on larger projects.

"We do sensitive species assessments and wetlands project assessments," Joe said. "We worked on the Kansas Speedway and the new Schlitterbahn Waterpark in Kansas City. We also worked on two casinos, which ended up not being built. Unfortunately, many developers don't consider doing such assessments in advance. For example, they have a horrendous situation in Johnson County, where they're developing sites and getting right into timber rattlesnakes' dens. They don't

find out until afterwards because they never bothered to ask anyone."

Joe developed an interest in wildlife at an early age while growing up in Ohio.

"When I was about 12, my brother, Jerry, and I caught a queen snake in a stream at my aunt's house outside Cincinnati. We asked our parents if we could take it home. We kept it in a cage outside on the back porch. From there it got completely out of hand. My brother and I caught everything that moved and brought it home. We had a zoo in a huge backyard that fronted on a park. So many people came to the park—there was a chain-linked fence between the park and our zoo—to look at the zoo, but not participate in the park's recreational programs, that when I was 15 the city of Cincinnati shut me down for operating a zoo without a license. At the time, Jerry and I were contemplating the purchase of an African lion for \$50. We had just about everything you could get your hands on in North America. And we even had a Nile crocodile that kept getting out of its container and going into the neighbor's yard."

When Joe and Suzanne met 25 years ago, their two separate interests, herpetology (the scientific study of crocodiles, turtles, reptiles and amphibians) and photography respectively, also went through a sort of marriage.

"When Joe and I met, I became much more specialized in photography of amphibians, turtles, and reptiles," Suzanne said. "I hadn't been brave enough before."

"And Suzanne got me interested in photographing animals," Joe added.

For more information about reptiles, amphibians, turtles, and crocodilians, please visit the Web site for the Center for North American Herpetology, which the Collinses founded in 1994, at www.cnah.org.

Netflix is a great alternative to theaters

By Kevin Groenhagen

Until just a few months ago, Esther Luttrell of Topeka wrote a movie review column for *Senior Monthly*. However, Esther grew weary of the poor quality of movies coming out of Hollywood and decided that she no longer wanted to suffer through watching them at the theater.

Unfortunately, for several reasons, I also no longer enjoy the experience of watching a movie in a theater. First, the tickets, popcorn, and sodas are much too expensive. Our family of five can rarely watch a movie for under \$50.

Second, those who go to the theaters today are not as courteous as they used to be. For example, a group of young adults sat behind my wife and me during *The Curious Case of Benjamin Button*. The young lady seated behind my wife kept kicking my wife's seat, and kept doing so after I switched seats with my wife and gave the young lady several dirty looks. She must have been too busy complaining about how she didn't understand the movie. Her male companion announced several minutes into the movie, which is two hours and forty-six minutes long, that he was (expletive deleted) bored. After playing with his phone for a few minutes, he left the theater to grab a burger. He returned just before the movie was over.

Finally, I have to agree with Esther concerning the poor quality of movies.

If you feel the same way about movie theaters as I do, maybe you should also consider what I believe is a less expensive and more enjoyable option. I signed up for a "1 DVD out-at-a-time (Unlimited) Plan" with Netflix (www.netflix.com) a year ago for just \$8.99 per month.

Our family receives a DVD in the mail, we watch it, return it to Netflix, and then wait two or three days for the next movie in our queue. My wife is from the Philippines, so many of the films we watch are Philippine titles. There is also a large selection of movies from India, China, Brazil, and many other countries. We also received many recent DVD

releases in the mail,

Getting the movies in the mail is great, but there is something about Netflix that I like even better: We can watch thousands of movies and television programs instantly with our subscription. We can either use our high-speed Internet connection to watch the movies on one of our computer monitors or, as I prefer to do, we can use our Roku digital video player to watch the movies on our television (you can also use a Blu-ray player). The Roku player requires a one-time purchase of about \$100, and also allows you to rent movies from Amazon Video On Demand. (Note: Before paying to rent a movie from Amazon, check Netflix first since it may be available for free there.)

Some of the titles we have watched recently using Netflix's "watch instantly" feature include *Bye Bye Birdie*, *Vertigo*, *Dial "M" for Murder*, and more recent releases such as *Hancock*, *Stepbrothers*, and the first two seasons of *30 Rock* and *Jericho*. My kids have also started watching Disney Channel programs such as *Hannah Montana* and *The Jonas Brothers* using the Roku player, which means

I could get rid of Disney on my satellite subscription and save a few dollars every month. (The new episodes of the Disney programs are usually available on Netflix the day after they are aired on cable and satellite systems.)

Ever go to the theater or rent a video at the video store and realize 10 minutes into the movie that you picked a bad movie? You really can't walk out of the movie after spend-

ing your hard-earned money and running back to the video store would be inconvenient. With Netflix's "watch instantly" feature, if you start watching a movie that you know you won't enjoy, you can just stop it and pick another from the list on your television screen.

Until the movie theaters drop their prices and moviegoers regain their manners, I'll be watching my movies on Netflix.



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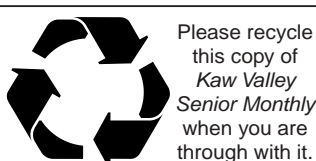
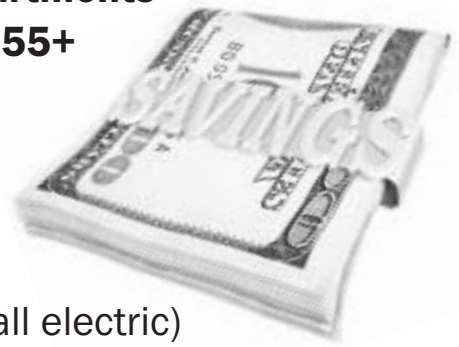
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Meals on Wheels seeks new volunteers

Help is needed to deliver meals to homebound and shut-ins all over the area. With school starting and summer volunteers leaving, Meals on Wheels is asking for help from the community to get the meals deliv-

ered. A typical delivery route consists of 10 to 15 stops. Meals are picked up at Stormont-Vail HealthCare or an outlying site between 10:45 and 11:30 am. It normally takes 45 to 60 minutes to deliver a route. New vol-

unteers will be trained. To volunteer or for more information please call Meals on Wheels at (785) 354-5420

Meals on Wheels delivers approximately 700 meals daily to homebound frail and elderly residents of Shawnee

and Jefferson counties. The agency is partially funded by the Jayhawk Area Agency on Aging, Kansas Department on Aging, Shawnee County, City of Topeka, United Way of Greater Topeka and client contributions.

GOT A WAITING ROOM?

Let us drop off fresh copies of Senior Monthly every month for your patients/clients to read. Contact Kevin at kevin@seniormonthly.net or 785-841-9417.


Meet Timothy

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- Baldwin City | Saturday, August 22**
8 a.m. at the Baldwin City Golf Course
- Tonganoxie | Saturday, September 26**
8 a.m. at Family Medicine of Tonganoxie (410 Woodfield)
- Eudora | Saturday, October 17**
8 a.m. at Eudora Parks and Recreation Center (1638 Elm Street)

Everyone who is able is welcome to participate in these fun 5K run/walk events. Children in strollers are welcome; however, for safety reasons, animals are not allowed. For more information, please contact Melissa Hess, 785-925-3317 or Melissa.Hess@lmh.org.

Following each event, awards will be presented to the top three finishers overall and in each age group (16 & under, 19-29, 30-39, 40-49, 50-59 and 60+). Awards will also be presented to the top overall male and female finishers. All awards will be presented as soon as possible after the event. Participants' names will be entered into a drawing for door prizes, too!

Everyday healthy habits

- Eat breakfast.
- Eat less salt.
- Begin meals with a low-fat salad or a glass of water.
- Eat more fruits, vegetables and whole grains at each meal.
- If you drink more than one soda per day, replace one of them with water or skim milk.
- Limit your alcohol intake.
- Know what one serving looks like — and eat only one serving.
- Be more active in your daily life.
- Get support from family and friends. Support is very important for long-term success in adopting healthy habits.
- Drink eight glasses of water a day.
- Eat slowly. Stop eating when you are no longer hungry, not when you begin to feel full.
- Eat fish twice per week.
- Reduce stress by taking 30 minutes every day to do something physically active (bake, swim, walk, run, clean house, do yard work, wash the car, climb stairs, etc.).
- Participate in **small town BIG CAUSE!**

Caring for people in Baldwin City, Tonganoxie and Eudora

- Karen Hughes, MD, and Family Medicine of Baldwin City provide medical and diagnostic services. The facility has six exam rooms, a lab and an X-ray area. Through its partnership with Lawrence Memorial Hospital, the practice participates in HMO and PPO plans, contracts with major insurance carriers and files claims with all insurance companies.
- At Family Medicine of Tonganoxie, William Weatherford, MD, and Elizabeth Reed, MD (starting in August) provide medical care including laboratory tests and radiology services, as well as preventive health screenings and physicals. The practice participates in HMO and PPO plans, contracts with major insurance carriers and files claims with all insurance companies.
- Daniel Dickerson, MD, PhD, Mabelle Henschman, DO (starting in September) and the staff of Eudora Family Care provide family care for residents of Eudora and the surrounding area. They offer medical care, including laboratory tests and radiology services, as well as preventive health screenings and physicals.
- All three practices offer preventative and limited in-house lab services. Other services are available at the LMH main campus in Lawrence.

About LMH Endowment Association

The mission of LMH Endowment Association is to secure private gifts and financial support for medical education, research, fund acquisition and unique hospital programs; to guide the investment and disbursement of those funds for the support of Lawrence Memorial Hospital; and to help sustain LMH as a community hospital. The Association also provides opportunities for people to share in the mission of the hospital through philanthropy.

You may request to opt out of receiving fundraising information by sending your name, address and a written statement of your request to the LMH Endowment Association at 315 Maine Street, Lawrence, KS 66044.

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 \$50 All three events
Please check events in which you wish to participate:
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Regular Registration (after July 31, 2009)
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Signature: _____

I have read and accept the following statement:
I know that participating in a run/walk is a strenuous physical activity. I should not enter and consent unless I am medically able and properly trained to complete the event. I accept all risks associated with running in this event including but not limited to: injury, contact with other runners, the effects of weather including heat stroke, dehydration, traffic and road conditions. All such risks being known and appreciated by me. Having read this notice and knowing these facts and in consideration of your accepting my entry, I, the runner and jogger, do act on my behalf, waive and release Lawrence Memorial Hospital, the city of Baldwin City, Tonganoxie and Eudora, all volunteers and sponsors, and acceptors from all claims and liabilities of any kind out of my participation in the event before, during or after.

Signature: _____
Signature of parent/guardian if under age 18: _____

How to keep your body and mind strong as you age

(ARA) – Sore muscles, joint pain and mental slowdowns might seem inevitable as you grow older. But what if degeneration wasn't a part of the aging process? Staying active is key for a healthy lifestyle, but what else can you do for your body as it ages?

Growing older can be a great time in life, including things like retirement, grandchildren, financial security and travel. Just when you're ready to experience all life has to offer, you realize your body isn't in the same shape as it was 20 or 30 years ago. You might think you have to put up with degeneration when aging, but that is not true.

The Human growth hormone (HGH) might be a key element in feeling your best as you age. When HGH was first discovered, its only purpose was thought to be to stimulate body growth to adult size. Recent studies have found that one of the main reasons the body ages is because of the decrease in HGH, which helps the body regenerate.

It is possible that aging symptoms—rise in blood glucose, high blood pressure and even skin wrinkles—can be treated by maintaining HGH levels in the body. Receptor

sites exist in almost every cell in the human body for HGH, so regeneration and healing effects can be quite comprehensive.

Until now, HGH therapy was injectable, costly and messy, available only to celebrities and the very wealthy. In 1997 a group of doctors and scientists developed an all-natural source product which causes your own natural HGH to be released again. GHR, manufactured by Global Health Products, is a capsule that works as a natural releaser for HGH. It has no known side effects, unlike the synthetic version, and has no known drug interactions. Aging baby boomers and seniors can feel young again by realizing HGH potential.

Some think that HGH is so comprehensive in its healing and regenerative powers that it has the capability to displace many prescription and nonprescription drugs. HGH is known to help treat hemorrhoids, autoimmune diseases, macular degeneration, cataracts, fibromyalgia, angina, chronic fatigue, diabetic-neuropathy, hepatitis C, chronic constipation, high blood pressure, sciatica, kidney dialysis, and heart and stroke recovery.

As seniors and others deal with health care coverage problems, it is important to look at what you can do for yourself to ensure your healthiness. HGH can be particularly helpful to the elderly who, given a choice, would rather stay happy, healthy and independent in their own home. HGH gives the possibility of real health, not just treating sickness.

For more information on HGH and the GHR capsule please visit

www.BIEHealth.us or call (877) 849-4777.

Courtesy of ARAccontent

WORDS OF WISDOM

"People dream of making the virtuous powerful, so they can depend on them. Since they cannot do that, people choose to make the powerful virtuous, glorifying in becoming victimized by them." - Thomas Szasz



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Douglas County Preparedness fair to be held September 26

Learn what local plans are in place if a natural disaster or public health emergency occurs and what you can do to prepare you and your family at the third annual Douglas County Preparedness Fair.

This year's fair will be held from 9:00 to 11:00 a.m. Saturday, September 26, at the Douglas County Fair-

grounds, Building 21, 2120 Harper Street in Lawrence. The free event is sponsored by Douglas County Emergency Management, the Lawrence-Douglas County Health Department and the Roger Hill Volunteer Center.

Door prizes and other giveaways are planned.



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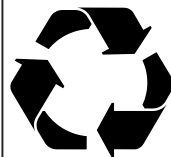
2	6	4	9	3	1	7	8	5
7	1	9	8	6	5	3	4	2
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9	8	2	6	5	7	4	1	3
1	4	6	3	8	2	5	9	7
3	7	5	4	1	9	8	2	6

JUMBLE ANSWERS

Jumbles: CHAOS TROTH BICEPS NOBODY

Answer: Where the ex-con ended up - BEHIND BARS

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Circulation News

A Lawrence Memorial Hospital Update

Tired of sitting on the bench?

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

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

- Diabetes
- High blood pressure
- Smoking
- High blood cholesterol
- Family history of atherosclerotic problems and circulatory problems



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