

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

September 2010 Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 10, No. 3

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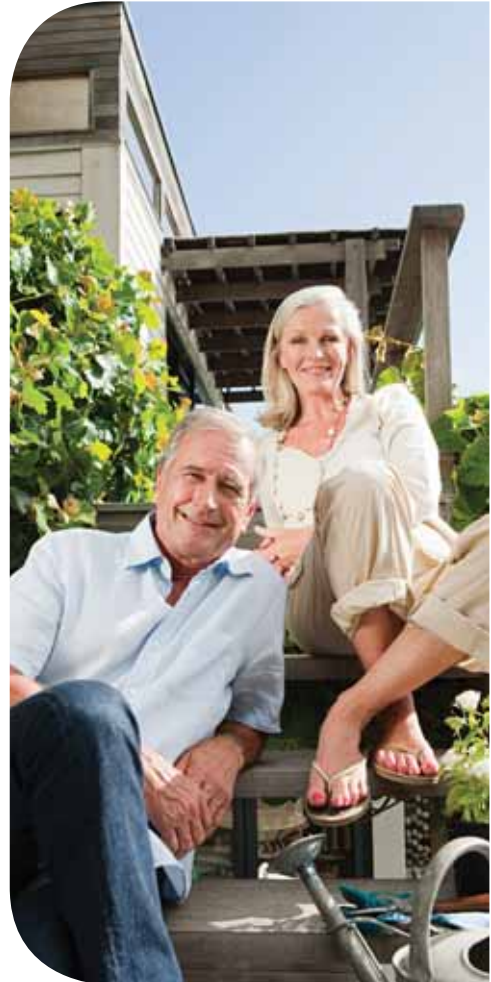
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# Wehner's fitness improves through cycling

By Kevin Groenhagen

About five years ago, Chuck Wehner noticed that he was gaining weight and turning into a couch potato. Today, at 67, he believes he is in the best shape of his life. What's behind the change? He got off the couch and got on a bike.

According to Chuck, he stopped riding a bike when he graduated from high school. His first bike after a hiatus of more than 40 years was a mountain bike. Those who haven't ridden a bike for awhile might not realize there are different types of bikes for different kinds of cycling. Those types include, but are not limited to, mountain bikes, comfort bikes, cruisers, road bikes, and hybrids. Designed for off-road cycling, a mountain bike needs to be able to withstand the stresses of off-road use with obstacles such as logs and rocks. Chuck had several different types of bikes until he purchase his current bike, a road bike. He now wishes he had started with a road bike instead of a mountain bike.

"Road bikes are much easier to ride," Chuck said. "They are lighter and the tires are smaller, which means there is less rolling resistance. The gearing is also easier and requires less effort. It's kind of like the difference between an SUV and a sports car."

In fact, Chuck says his road bike has allowed him to take longer rides and has increased his speed by about 50 percent. He tries to ride 20-30 miles every other day.

"I will sometimes ride to Eudora, sometimes to Lecompton, and other times to Lone Star or Vinland," Chuck said. "I think my favorite ride is a combination of urban and rural areas, and that generally is a big loop around Lawrence."

How does Chuck decide what route he'll take? In most cases, the answer to that question is literally blowing in the wind.

"The choice of where I ride is usually decided by the wind direction," he explained. "It's always good to have the wind at your back when you return home."

Another consideration while cycling is safety.

"I use a rearview mirror, lights when it's dark or cloudy, and wear bright-colored clothing," Chuck said. "Also, I carry a spare inner tube, a patch kit, a pump, a small group of tools. I carry them all the time and not just for long rides."

Of course, when you share the road with cars and trucks, you have

to rely on the drivers of those vehicles to operate in safe manner as well. Unfortunately, that doesn't always happen. In July, a few members of the Lawrence Bicycle Club were riding on Louisiana Street near 1100 Road when a man in a pickup truck pulled alongside them. After shouting at them to ride single file, he struck one of the cyclists, forcing him off the road. The cyclist sustained minor injuries and his bike was damaged. For the record, Kansas law does not require cyclists to ride single file. In fact, cyclists often ride two abreast to make them more visible.

Thus far, Chuck's experiences with motorists have been overwhelmingly positive.

"A few people have told me to get off the road or have honked at me," he said. "Some people don't seem to realize the law says we can be on the road. However, I have found motorists to be generally courteous, even to the point of letting me go first at a stop sign when it is actually their turn."

That's not to say Chuck has never experienced a degree of fear while riding. In 2008 he joined several other members of the Lawrence Bicycle Club on a ride in South Dakota. Of course, they saw many of the attractions visi-



Chuck Wehner

tors see in that state, such as Mt. Rushmore and the Black Hills. However, viewing one attraction in that state is much different from a vehicle than it is while riding a bike.

"That's the only trip I ever did with the club and it was fantastic," Chuck said. "However, we had to ride our bikes right through a group of bison. That was a bit scary, especially since we found out they can run faster

than we can pedal. They also had their calves with them. I just told the guy I was riding with to go through and not make eye contact. Of course, the fact that I was wearing red worried me as well. I can remember many years ago seeing riders in Colorado and thinking those guys were crazy. Now I'm one of them."

Chuck invites those interested in

■ CONTINUED ON PAGE FOUR

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Kevin L. Groenhagen

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## Chuck Wehner

■ CONTINUED FROM PAGE THREE

becoming one of "them" to get out and ride.

"Whenever someone says I look fit and trim and I tell them how I do it, they usually say they could never do that," he said. "The fact is they can and there is no excuse not to. I wasn't born a cyclist and I actually stopped for many years. Whether it's a road bike, mountain bike, or whatever. Ride the trails, the roads, or whatever suits you. It's your life and you need to take control of your fitness."

Chuck also advises beginners to join a bike club. In addition to the Lawrence Bicycle Club, he is a member of the Johnson County Bicycle Club.

"I feel it's always important to join a club," he said. "When you ride with other people you learn more about how to ride, what equipment works for you, and you also gain a lot of friends."

Chuck occasionally rides with another cyclist and says that cyclist is a better rider than he is. That cyclist is 75.

Chuck is a retired architect who lived in Lawrence with his family during the 1970s. He worked with Viking Investment, which designed and built

several apartment complexes in Lawrence, as well as the shopping center at Haskell Avenue and 19th Street. The family later moved to Johnson County, where Chuck practiced with ACI/Boland Inc.

"I returned to Lawrence when I retired because of my good experiences when I worked here," he said. "I was just tired of the big city."

In addition to cycling, Chuck enjoys photography and computers. In fact, he has his own blog, where he discusses his hobbies.

"I have been involved with photography since I was a teenager," he said. "I have been enthused about computers since the 1980s, when I bought a Commodore computer. I now have both a Mac and a PC that I built just for the fun of it. Macs are my preferred computer."

For more information on bicycle clubs in Kansas, cycling routes, and other cycling resources, please visit [www.kansascyclist.com](http://www.kansascyclist.com).

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# Aldersgate Village prepares for Jeans & Jewels Gala

By Billie David

If you enjoy supporting important community organizations while savoring delicious meals in attractive settings—but you don't like to get all decked out in your fancy duds for a stuffy evening out, Aldersgate Village has the perfect event for you.

Dubbed the Jeans and Jewels Gala, the happening will be held at the Ramada Inn in downtown Topeka on September 17. Participants will be treated to a four-course dinner that includes lobster and Kobe beef, fresh steamed asparagus, marquis potatoes, and dessert. The event will also include a live and silent auction.

"Participants can wear jeans and bling," said Leslie Gasser, Aldersgate Director of Enterprise Development. "Men can wear jeans and a blazer and women can wear designer jeans and a fancy top with jewelry if they want to. It makes it fun. And they can meet the residents and hear about what we're trying to accomplish."

What they're trying to accomplish is to raise money for a project called the Recovery Center at Aldersgate, a post-acute care setting designed to offer several types of skilled therapies and nursing to restore the resident to their fullest health.

"We're renovating an older building into a brand-new recovery center," Gasser said. "It will be a state-of-the-art, 11-bed recovery center for people who are being released from hospitals and they really shouldn't go home yet. Many of these residents will be high-acuity."

The new unit will provide services such as occupational and physical therapy to restore health.

"It's designed for short-term stays,"

Gasser said. "The rest of the campus is for long-term stays."

The new facility is intended to look more like a five-star hotel than a hospital, she added, and will be aesthetically designed to promote healing and wellness. The attractive setting is intended to encourage families to spend more time there as well.

Although the final cost of the facility hasn't yet been determined because some of the details have yet to be worked out, Gasser said that the estimated cost is \$1.5 million.

"This is one of many fundraising endeavors," she said.

The good news is that the J. E. and L. E. Mabee Foundation out of Tulsa has agreed to match \$200,000 of the funds that Aldersgate manages to raise.

During the Jeans and Jewels fundraising event, there will also be an

appeal to help with the Good Samaritan Fund, which has been helping people for over 60 years.

"It has been around a long time and helps people out who through no fault of their own run out of money," Gasser said. "Last year the Good Samaritan Fund provided \$900,000 in charitable funds."

People who want to donate items for the auction can call Gasser at (785) 286-7464. Vacation packages, tickets to Chiefs, KU and K-State games and gift certificates to restaurants would also be welcome. Tickets to the event cost \$100 per individual and can also be purchased by calling Gasser or by going online to [www.aldersgatevillage.org](http://www.aldersgatevillage.org).

Aldersgate Village, a non-profit Christian organization supported by the United Methodist Church, is the largest retirement community in Kan-

sas. It has a long history of providing care to seniors and support to the community. Founded over 100 years ago under the original name of United Methodist Home, it became a retirement community and changed its name to Aldersgate Village in 1979.

Aldersgate Village is located on over 237 acres and includes ponds, walking trails, flowers and wildlife. It offers independent living, assisted living and skilled nursing options and has four units dedicated to dementia care. In addition, the site has a daycare that allows children to interact with residents to provide valuable intergenerational experiences.

Last year, Aldersgate began offering home health care as well. Its plan to add the Recovery Center at Aldersgate is another example of the organization's attempt to serve the community by striving to be experts in aging.

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# Metabolic Research Center promotes weight loss

By Billie David

There are plenty of reasons why seniors decide to lose weight, and chief among them are staying healthy and looking nice.

But there's a more personal reason as well, as Lawrence resident Betty Markley found out.

It was last Mother's Day weekend and Markley's children and grandchildren were home for a visit. At the end of a busy day they were enjoying a meal together at a local restaurant when Markley realized that she needed to address her weight if she wanted to keep up with her grandchildren.

"I was sitting there and I felt so uncomfortable," she said. "I knew that I had to do something."

This experience prompted Markley, who had tried other programs without success, to enlist the Metabolic Research Center's help with her goal of losing at least 40 pounds by mid-September.

By the middle of August, she had already managed to lose 33 1/2 pounds in 90 days and was working on losing the last 6 1/2 pounds before entering the maintenance phase.

"I find the program easy," Markley said, adding that one of her favorite aspects of Metabolic is the support it provides.

In fact, individualized support is one of the main focuses of the Metabolic program and one of the reasons for its success.

"We're successful because of our customer service," said Metabolic Research Center manager Tracey Burns. "It's realizing that each person is an individual. We recognize that it takes a lot of courage to come in the door."

Burns, who manages the Lawrence facility as well as a satellite facility that opened in Topeka nearly one year ago, can also draw from her own experience, having weighed 60 pounds more three years ago than she does today.

"I experienced weight loss myself. It has always been an issue of mine," she said, adding that she is back on the program again after recently having given birth. "I treat each person with respect because I've been there

and I know what it's like not wanting to wear shorts in the summer-time or have your picture taken."

Another issue that brings people to Metabolic Research Center is health. And with a focus on nutritious eating habits, exercise and drinking plenty of water, better health naturally follows.

"More than anything, I am feeling better and am able to get out and walk and do things without getting tired, and the meals are structured in such a way that I don't feel hungry," Markley said of her own weight-loss experience.

Metabolic Research Centers (the name reflects the idea that effective weight loss is based on the latest research findings) have been around for 25 years, with over 60 centers located throughout the United States. The center in Lawrence opened six years ago and the satellite branch in Topeka opened last October.

It is based on a personalized, one-on-one approach in which clients

keep a food diary and report in periodically for weight and measurement checks and consultations on issues such as adherence to the food plan, exercise, strategizing on how to deal with upcoming events, dealing with other stumbling blocks, and achieving short-term goals.

In addition, clients can attend classes on stretching, exercise and cooking. Plus there's a class called "Connections".

"We're giving them an education for a healthy lifestyle change," Burns explained. "Connections is the most important class we have. Vickie Hull teaches it. She is a licensed therapist and addresses the emotional problems that affect weight loss."

Metabolic Research Center's offerings have expanded since Burns signed up a year and a half ago.

"When I first started, there was one program. Then they added MetaKidz for children and Menu Made Easy," Burns said, explaining that Menu Made Easy helps people who have dietary restrictions or who simply won't eat certain foods such as vegetables. Metabolic's staff members work to incorporate these restric-

■ CONTINUED ON PAGE SEVEN



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# Weight loss

■ CONTINUED FROM PAGE SIX

tions, likes and dislikes into individualized plans.

Another new program, called Body in Balance, addresses the role that hormones play in the individual client's weight-loss efforts.

In this program, the client's hormone levels are determined through testing, and then an individualized plan is worked out, including the use of certain herbs and vitamins.

"Pretty much anyone can benefit

from it, especially women over 30," Burns said.

When clients reach their weight-loss goals, they go into the maintenance phase.

"It's the most important step of the program," Burns said.

During maintenance, which lasts for one year, staff members call and check up on the clients, who are still eligible to attend classes at the center.

To find out more about the Metabolic Research Center, people can log onto [www.emetabolic.com](http://www.emetabolic.com) or call (785) 843-5600 for a free consultation.

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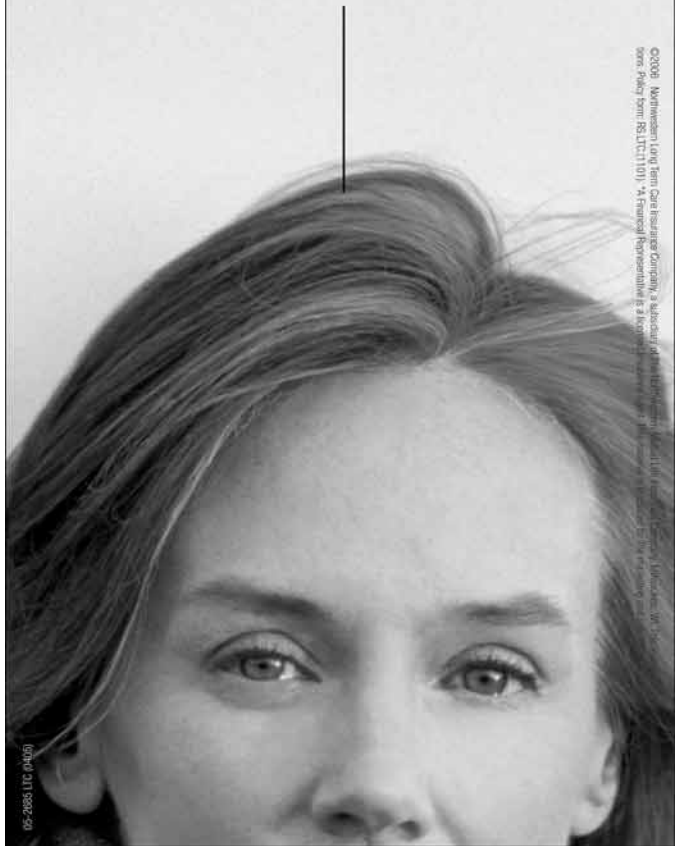
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## Kansas AARP kicks off Tax-Aide 2011 recruitment campaign

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Volunteers do not need to be an AARP member or retiree to participate. AARP Tax-Aide volunteers receive free tax training and are reimbursed on a limited basis for qualified program-related expenses. They learn new skills while making a real difference in their communities.

Kansas AARP Tax-Aide District 24 is particularly in need of additional volunteers to help serve at sites in Lawrence, Ottawa, Oskaloosa, and Baldwin City.

"Each year, District 24 assists more than two thousand taxpayers prepare and file their returns," said Jack Connolly, volunteer District Coordinator from Lawrence. According to Bill Fritschen, volunteer State Coordinator from Hays, "Kansas is fortu-

nate to have such dedicated AARP Tax-Aide volunteers, who make an indelible mark on the communities they serve. However, to continue meeting the demand for our services, we simply need more help."

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## Key foods, nutrients especially beneficial to your health

By Doug Cook, R.D.

Naturally Savvy

Men are notoriously oblivious to their own health care. They often resort to cliché when trying to defend their ignorance; they can't be seen as weak; they can handle whatever is thrown at them. Despite the facade, men have a lot at stake when it comes to their health. Fortunately there are a few foods and nutrients that can be geared toward a man's unique physiology and will go a long way to reduce the risk of many of the health issues they face.

### SOY AND PROSTATE HEALTH

The role of testosterone in the development of prostate cancer is no longer in doubt. The reality is prostate cells get a little out of control as men age and some degree of "dysplasia" or uncontrolled growth is inevitable. In fact, 30 percent of 50-year old men have latent prostate cancer.

The isoflavones in soy (whole food soy) take up residence on the testosterone receptors in prostate cells and by doing so, prevent androgens (male sex hormones) from docking to the cell, thereby reducing the trigger of uncontrolled cell growth that the androgens can stimulate.

Cancer cells, regardless of location, need nutrients to grow. In their early development, the cells release a chemical, which stimulates blood vessels to grow new vessels in their direction—a sort of tumor pipeline (a process called angiogenesis). If cancer cells are starved of nutrients, they don't grow beyond about 1 cubic mm, and at that size they pose no risk. We all have several of these micro-tumors throughout our bodies. The isoflavones (phytochemicals) in soy help to significantly prevent angiogenesis, keeping these tumors microscopic and harmless.

Soy is a great source of other nutrients, which act in concert with each other, or with the isoflavones, resulting in its anti-cancer properties. It only takes about 11-15g of soy protein, or about 20mg of isoflavones, to benefit from the protective effects. With several servings of soy products per week (soy nuts, whole food soy protein powder, tofu, miso, edamame or soy beverage) the anti-cancer properties in soy can be harnessed.

On the contrary, soy isoflavone supplements have actually yielded negative results. If choosing a soy beverage, go for one that uses the entire soybean (avoid those using

isolated soy protein) and is organic using non-genetically modified beans.

### TOMATOES, A MAN'S BEST FRIEND

Tomatoes are the best source of lycopene, a very powerful anti-oxidant. In studies, lycopene has reduced LDL cholesterol oxidation (when cholesterol is oxidized, it becomes damaged and more likely to lead to plaque formation). Most tomato products are a convenient way to reap any potential benefits relating to this effect.

Tomatoes are also an ally in helping to reduce cardiovascular disease as part of a lower-sodium, higher potassium diet. One cup of tomato juice has more potassium than a large banana.

But unique to men is the consistent research that links higher intakes of tomatoes to lower rates of prostate cancer. It was once believed that lycopene was responsible for this anti-cancer observation, but studies using lycopene supplements didn't find the same results. When studies using whole food tomato supplements (essentially dehydrated tomato juice in capsule form) were reviewed, anti-cancer effects were again seen. It seems as though lycopene and other constituents in tomatoes need to work together, though it is not yet certain. The presence of lycopene in prostate tissue may simply be a marker of high tomato consumption rather than being the nutrient of interest.

### LIGNANS, VITAMIN D AND OMEGA-3s

Lignans are a type of phyto-estrogens (estrogen-like compounds found naturally in foods) and are powerful allies in prostate cancer prevention. Lignans can be found in flaxseed, sesame seed, rye, wheat and oat bran, with flaxseed being the best source. Flax seed needs to be ground and eaten to obtain the nutrients inside (not just lignans, but the alpha-linolenic acid as well). Flax oil is devoid of lignans and in my opinion, should not be consumed.

Vitamin D. The vitamin D that you get in a supplement or that the body produces via the sun, is converted into a hormone called calcitriol. Many tissues in the body, including the prostate, have receptors for vitamin D. These tissues can convert vitamin D into calcitriol, which has been shown reduce precancerous cells in the prostate. Calcitriol has a direct effect on these

micro-tumors and also may exert its anti-cancer effect by boosting the immune system, whose job it is to seek out and destroy cancer cells.

Omega-3 fats are found in two forms: EPA/DHA (from fish) and alpha-linolenic acid (ALA, found in plant foods). Both have been associated with preventing heart disease and prostate cancer and may help to reduce the occurrence of colon cancer. The Omega-3 fats are beneficial to men's health on two fronts: by lowering inflammation and because they are incorporated into the cell membranes (structural in function), may help to keep cell operations in line.

Only small amounts of ALA is needed for health (1.1-1.6g per day to prevent deficiency) and flax oil provides too much (1 tbsp or 15 ml of flax oil has 8 g), some research has shown flax oil to be detrimental to prostate health, but whole food sources have not—the presence of lignans in those food sources of ALA, are most likely protective. Good sources, without getting too much, are canola oil, walnuts, ground flaxseed, chia seeds, and organic soybeans.

### EASY TIPS TO IMPROVE YOUR HEALTH

- Include a small handful of mixed nuts/seeds every day (try soy nuts, walnuts, almonds, pumpkin seeds).
- Aim to have two servings of fatty fish every week, alternatively you can choose a good quality fish oil supplement, aim to get 1,000-1,500 mg of EPA/DHA combined per day.
- Get Vitamin D daily, either by supplements or by getting some responsible sun exposure during the summer months. Regardless, come October, you'll need supplements to reap the benefits of this superstar nutrient year-round.
- Try alternating your protein powder with a whole soy food powder.

der. Avoid soy protein isolates.

• Have a couple of servings of organic edamame (boiled or steamed soybeans) each week.

• Boost your lignan intake by having several tablespoons of ground flax each week. Add to smoothies, oatmeal, applesauce, fruit salad with yogurt, or even in a glass of juice.

• Have 3 to 4 servings of low sodium tomato products like juice, spaghetti sauce, or vegetable cocktail each week.

• Try having green tea (daily if you can, replace some of your coffee or water with it), promising evidence shows it benefits the prostate.

• Crucifers like cabbage, broccoli, radishes, Brussels sprouts, cauliflower, kale and collard greens are very anti-cancer. Eat at least half your servings raw. Eat several servings per week.

• Achieve and maintain a healthy body weight. While excess body fat can increase your risk for diabetes, heart disease, stroke and osteoarthritis, obesity is a leading risk factor for cancer, something most don't associate it with.

• Get an annual check-up with your family doctor. If you're getting up there in age (45ish), be a man and accept the fact that this will include a digital rectal exam and a colonoscopy.

• Just remember that knowledge and prevention are the strongest medicines. Your pride is not worth the risks you are taking by ignoring your health and well-being.

- Doug Cook, R.D., MHS, CDE, is *Naturally Savvy's* Preventive Health Expert. He is a Registered Dietician/Nutritionist and Certified Diabetes Educator. *NaturallySavvy.com*, is a website that educates people on the benefits of living a natural, organic and green lifestyle. For more information and to sign up for their newsletter, visit [www.NaturallySavvy.com](http://www.NaturallySavvy.com).



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## In a league of its own: Variable annuities offer a wealth of benefits

As today's challenging economic environment continues to stir up Americans' retirement nest eggs, there's a growing demand for investment vehicles that provide stability and support to meet long-term needs in retirement. While annuities have been around for decades, investors are increasingly looking to this investment vehicle to convert their retirement savings into a reliable source of lifetime income.



Joe B. Jones

Although it's possible to outlive the assets in other retirement savings vehicles, annuities provide the option of a steady stream of income you can't outlive. Another advantage of variable annuities? You can make unlimited contributions into a personal non-qualified annuity with after-tax dollars while earnings accrue tax-deferred until withdrawn at retirement. Variable annuities are designed to be long-term investments to meet retirement and other long-range goals so keep in mind that money withdrawn before age 59 1/2 could incur a 10-percent IRS penalty.

As is the case with most investment products, expenses and fees apply and vary from insurance company to insurance company. The most common are mortality and expense fees, portfolio fees, and contract fees.

Withdrawal charges typically apply in the early years of a deferred fixed or variable annuity contract and are deducted from the amounts you take out. The cost for any available optional benefits and riders with the annuity would be added in addition to the fees previously mentioned.

Variable annuities are investment products sold by prospectus. The prospectus provides information about the costs, fees, and charges.

All guarantees in an annuity are backed by the claims-paying ability of the issuer.

### The Case for Annuities

With all the investment choices available today, why should investors put money into a variable annuity? As a retirement savings alternative, variable annuities offer a multitude of advantages, including:

- Tax-deferred growth
- A guaranteed benefit at death

- Guaranteed lifetime income options

- Portfolio rebalancing is tax-free within a variable annuity

They also make it easy for investors to create and maintain a well-diversified investment program in a single contract. That's because most variable annuities offer a choice of investment subaccounts that typically include a range of asset classes (such as stock, bond and money market funds and a guaranteed interest option), investment styles (such as growth and value), fund families and investment managers. Investing in a mix of asset classes and investment styles may help lessen the impact of market volatility on your overall portfolio.

### Automatic rebalancing keeps your account on track

Financial experts recommend rebalancing investment to match your financial objectives at least once per year. Because asset classes perform differently, a portfolio can stray from its original asset allocation over time. Under current tax law, an annuity allows for asset transfer without tax implications.

Many variable annuities offer a rebalancing feature that can help

keep your annuity's asset allocation consistent with your risk profile by automatically reallocating assets at regular intervals such as monthly, quarterly or annually.

### Does a variable annuity belong in your portfolio?

While each investor differs in their choice of personal investment goals and strategies, few would argue the importance of putting their assets to work in the most productive manner possible.

With your retirement future at stake, it's a good idea to talk with a financial professional to decide which investments are most appropriate for your particular situation. It is also important for investors to note that the choice of one type of investment does not exclude another.

er. For many, having both taxable and tax-deferred investment options within one's total investment portfolio may be beneficial.

For questions about specific annuity products, contact the insurance company directly or ask a financial services professional.

- 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) (NMI), 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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# Are municipal bonds right for you?

Tax season “officially” ended on April 15. Yet you can explore tax-smart investment opportunities all year round. And when you’re looking at the fixed-income side of your portfolio, you may want to consider two possibilities: municipal bonds and Build America Bonds.



Harley Catlin and Ryan Catlin

You’ve probably heard of municipal bonds, but you may not be familiar with how they work. You can find two key types of municipal bonds: General obligation bonds finance the daily operations of a municipality or school district, while revenue bonds finance hospitals, utilities, airports, affordable housing and other public works. So when you purchase a “muni,” you are helping support a community.

Of course, your investment will bring you some tangible benefits, too. First, you’ll receive regular interest payments. Furthermore, these payments typically are exempt from federal income taxes — and possibly state and local income taxes, too. If you’re in an upper income bracket, you may find munis to be especially valuable. (Keep in mind, though, that some “private activity bonds,” which are typically used to finance airports, housing or stadiums that can benefit private entities, may be subject to the alternative minimum tax, or AMT.)

Build America Bonds (BABs) share some similarities with tax-free municipal bonds, although BABs are taxable investments. BABs provide capital to municipalities so that they can build or improve infrastructure, including schools, roads, public buildings and so on. The U.S. Treasury pays state or local government issuers a subsidy equal to 35 percent of the interest they pay investors for buying the bonds.

BABs have proved quite popular among institutional investors, such

as pension funds, that typically don’t benefit from tax-free municipal bonds. But are they right for you?

It all depends on your individual situation. If you owned a BAB, your interest payments would be federally taxable, but you might get some state tax breaks if you live in the state where the bond is issued.

Many BABs have long-term maturities, which may not be a problem if you’re buying the bond for its steady interest payments and plan to hold it for its entire life. But if you

think you might want to sell your bond before it matures, be aware that longer-term bonds, by their very nature, are subject to greater interest rate risk than shorter-term bonds — that is, longer-term bond prices will be more affected by interest rate movements.

Furthermore, you’ll have to consider credit risk — the possibility that the issuer of your bond will default or be unable to make payments. Remember, the municipality issuing the bond, not the federal government, backs a BAB. Although

past performance is not a guarantee of future results, municipal bonds’ historical default rates have been low.

Ultimately, you’ll need to consult with your tax advisor before purchasing either a municipal bond or a BAB. Like all investments, they can provide you with benefits, but you need to be absolutely sure of what you’re getting.

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

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program on-site at 6th and Schwarz Rd
- Sept 30-Don't Fear your Electronics-Pattie Johnston, Library,  
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- Oct 14-Strengthening Your Spiritual Well-being-  
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# Physical therapy options for joint pain

Joint pain can make it hard to sleep comfortably. When you sleep poorly, your body can feel tired and achy. Joint pain can cause neck, shoulder, back and leg pain that wakes you when you turn in your sleep. You may have a hard time falling asleep to start with because your knee hurts and the muscles be-



Laura Bennetts

hind your knee are tight and tender. What can you do to control these aches and pains that prevent a good night's sleep? Are there alternatives to pain medications?

## What If Pain Wakes You?

Joint pain is often worst at night and can keep you awake. If you nap in your chair the next day, your joints will probably feel stiff and you still won't feel refreshed. Is arthritis wrecking your sleep? Is sleep deprivation making you even achier? That wouldn't be surprising. These woes tend to go together, sparking a vicious cycle of pain and sleep loss.

Pain medications, prescribed by your doctor, can help. But medications can have adverse side effects, and some major pain and anti-inflammatory meds, including Vioxx and Celebrex, were found to increase the risk of stroke and heart attack. As a result, many people are now wary of using pain medications daily.

That's wise. To avoid possible long-term side effects, it's sensible to keep the use of pain meds within modest limits. And medications alone rarely get to the root of pain,

or solve the many long-term functional problems that chronic pain often causes. Early treatment by a physical therapist is a good alternative (or, for those who take meds, a supplement). Physical therapy is the drug-free path to pain-freedom—a proven approach to strengthening muscles, calming inflamed tendons, regaining the use of your limbs, and reducing or outright eliminating the pain that keeps you awake at night.

## Try Something New

There are many techniques for managing joint pain, headache pain and other chronic pain problems that are effective alternatives or supplements to pain medication. These include: deep breathing, yoga, tai chi, massage of all types, strengthening exercises, water exercise, deep heat, ice, healthy diets, herbs, acupuncture, hands on joint treatments, stress reduction, and counseling.

Some techniques, like acupressure and acupuncture, originated in other cultures long ago. Others, like putting ice on a painful joint, have been passed down from our own grandparents. These techniques are often your best first treatment or best supplement to keep pain medication dosage to minimum.

Recent research on exercise, relaxation, diet, vitamins, and vegetables is highlighting the myriad health benefits from old-school health practices. This is not news to people over 65 or 70. The older generations grew up with few viable medications for chronic pain. The best news about going back to some of these techniques for pain relief is that you can do many of them for yourself and not just treat a symptom, but improve your overall health and strength. In therapy practice, we have been able to incorporate many of the

hands-on and exercise treatments to reduce pain and enhance your health. We are here to help you learn to use these techniques to help yourself.

## Sleep Pain-Free and Drug-Free

Physical and occupational therapists work closely with your doctor to help you find alternatives to resolve your pain so you can be active and sleep better. We evaluate the stresses that cause you pain and help you limit them. Here's a typical example:

A patient complained of right hip pain after climbing a long staircase three months before I saw her. Her doctor diagnosed mild arthritis in both hips. She used pain meds daily, but still had severe pain in her hip when walking and sleeping. My therapy evaluation found that her inner thigh muscles were tight, her hip muscles were weak and her hip pain was severe. Her physical therapy treatment included:

1. Anodyne infrared light therapy (to reduce muscle spasms and decrease inflammation).
2. Gentle application of myofascial massage to the leg, hip, and

back.

3. Gentle stretching and strengthening exercises

4. Instruction in a home-exercise plan.

Within two treatments her pain was reduced to minimal and she stopped her pain medication. Within two weeks her pain was gone and she was able to do advanced leg exercises, sleep and walk without pain. She wished she had tried therapy sooner!

## Refresh Yourself

Don't let pain catch you napping—or rather, keep you awake. Get help for the pain that wakes you up or keeps you up. Talk to your doctor and ask for a physical therapy referral. You'll sleep better and feel better.

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

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# Mushrooms have been used to promote health

When Americans think about mushrooms, we think about mushrooms as a tasty addition to salads, casseroles or even pizza. There are many different species of medicinal mushrooms, and some of the more common include Reishi, Maitake, Shiitake, Portobello, Coriolus versicolor, Cordyceps and Oyster mushroom.



Dr. Farhang Khosh

rooms are sources of vitamin D. Mushrooms also contain minerals, including selenium, phosphorus and potassium. Medically mushrooms have been used for a variety of different conditions, including to strengthening the immune system, antibacterial, antiviral, antiparasitic, antifungal, involved in hormone balance, cancer, energy support, cardiac support, diabetes, weight loss, migraine headaches, obsessive-compulsive disorder and adrenal fatigue.

Mushrooms are treasured as a natural remedy for many diseases for example research have found that using just 1,600 mg per day of a guaranteed potency extract of red

Reishi can dramatically improve liver health and lower the LDL (bad) cholesterol by 30-40 percent. Mushrooms are a popular food in most countries and the world trade in mushrooms is as large as the trading in coffee.

There are a number of species of mushroom that are poisonous. Poisonous mushrooms can resemble edible species and consuming them could be fatal. Eating mushrooms gathered in the wild is risky. The death of the Roman emperor, Claudius, is linked to the possibility of being killed by mushroom poisoning.

Other uses for mushrooms besides eating them and using them

medicinally include mushrooms being used to dye wool and other natural cloth fibers. The mushroom dyes are organic compounds and produce most all the colors of the spectrum in vivid colors. Before the invention of the synthetic dyes, mushrooms were a main source of the dyes used in textiles.

So the next time you are at the grocery store or farmer's market, take a look at the mushrooms. Not only are they good for you, but they taste good and can be added to a variety of dishes.

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

Mushrooms have been around for a long time and their history dates back to the Ancient Egyptians believing that mushrooms would make a person immortal. In Ancient Egypt mushrooms were food only for the royalty and no common person was allowed to eat mushrooms. In China, for thousands of years mushrooms have been used to promote a person's health and longevity. Throughout most of Asia, Eastern Europe, and Russia there has been long-term use of mushrooms. In various other civilizations throughout the world, including Russia, China, Greece, and Latin America, mushroom rituals were practiced. Many believed that mushrooms had properties that could produce super-human strength, help in finding lost objects, and lead the soul to the realm of the gods.

Currently in Asia, mushrooms still are used frequently and are a large part of their culture. The Western world has realized the importance of medicinal mushrooms and their potential. Research into mushrooms has been done at major universities, including UC Davis and the Memorial Sloan-Kettering Cancer Center.

Nutritionally speaking, mushrooms are loaded with fiber, protein, vitamins such as thiamine, biotin, riboflavin, and ascorbic acid. After UV sunlight exposure, some mush-

## WORDS OF WISDOM

"Without labor nothing prospers." - Sophocles

"The end of labor is to gain leisure." - Aristotle

"Work isn't to make money; you work to justify life." - Marc Chagall

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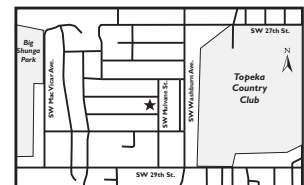


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## Retirement living decisions don't require hand-wringing

Before the housing bubble burst, retirement real estate was on a roll. Older Americans could leverage high housing prices to buy second homes, move to the Sun Belt, or just tap into equity to generate cash.

The real estate crash of 2008 put a stop to all that. A recent report from The Joint Center for Housing Studies



Mark  
Miller

of Harvard University (JCHS) finds that the mobility rates among older U.S. homeowners showed the sharpest drop of all age groups, falling 39 percent since 2005. (The study defined mobility as the number of people who reported a change in their primary residence in the past year, and reflects moving patterns in 2009.)

The JCHS study—The State of the Nation's Housing 2010—predicts that some homeowners "may never be able to retire elsewhere" unless housing and financial markets stage a sharp rebound.

What are the odds this will occur? Financial markets are impossible to predict, although stocks have rebounded significantly since the 2008 crash. But the prospects for real estate are fairly clear—and the outlook is dim. The Harvard report predicts that the country's continued high joblessness will continue to weigh on housing, along with a big overhang of vacant properties currently off the market and the large number of homeowners who owe more on mortgages than their homes are worth.

We had the lowest pace of new home sales in June since the government started keeping records in 1963; overall single-family home prices rose more than expected in May due to the now-expired home-buyer tax credit, according to the Standard & Poor's/Case Shiller home price index. But S&P isn't forecasting a sustained upturn anytime soon.

What does the weak housing market mean for retirement planning?

If you plan to retire in the next five to 10 years, assume that the real estate market you'll retire into won't be much different than the one we've got now.

But reduced housing mobility is an opportunity to re-think your plans—and that could be a blessing

in disguise.

"Maybe for years you have been thinking of cashing out on a big pot of home equity and moving off to an idyllic retirement area—and maybe that wasn't the right move for you anyway," says John Nelson, co-author of "What Color Is Your Parachute-For Retirement?" (Ten Speed Press, 2007).

"It might have been an old dream from your parents or somewhere else about a laid-back leisure lifestyle that you haven't really examined closely. Maybe what you really want is an engaging volunteer opportunity where your social network is—or a business opportunity close to where your market is, or fulfilling family activities. Go back and identify clearly what this next stage of life really will be about for you—it's not necessarily the old fluffy idea of retirement."

Nelson wrote his retirement guide with Richard Bolles, who wrote the best-selling career books ever published under the "Parachute" banner. Their retirement book recently was re-issued in a revised and enhanced second edition. It's one of the most thoughtful, engaging retirement planning books available because it lays out a specific, valuable planning model called the Retirement Well-Being Model.

A key set of decisions within the retirement model relates to where you'll live in retirement, including geography, residence, community and region of the country.

Nelson cautions that depressed housing values shouldn't rule out the possibility of a move. "Even if your property has lost value, maybe a place across town has lost just as much value or more, and it's a good time to switch."

If you plan to stay put, consider making some modifications to your home to accommodate aging. The best way to do that is by employing universal design—a set of architecture and design principals geared to providing suitable living environments for a diverse range of people. For older people, that can encompass anything from the height of countertops and electrical sockets to usability of faucets, door levers, switches, and appliances. Some of the best ideas include wide, no-elevation entrances, comfort height toilets, lever door handles, safety grab bars and better lighting.

Nelson cautions homeowners to take a conservative approach to remodeling, given the weak out-

look for home prices. "Be judicious! Doing a universal design update to your home doesn't mean doing the addition of your dreams," he notes.

The silver lining? "If you think the place where you're living is your lifetime residence and you want to be in it as long as you possibly can, it's a good time to hire contractors because the market is so slow. If there are some judicious changes you'd

like to make to your house to make to your house, this is a cheap time to get it done," says Nelson.

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

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## Screening plays key role in detecting polyps before they become cancerous

### Mayo Clinic:

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**DEAR MAYO CLINIC:** My 32-year-old son visited his doctor because he was having some rectal bleeding. His doctor performed a flexible sigmoidoscopy and discovered a polyp, which she was not able to remove, but recommended he have a colonoscopy soon. She asked about siblings and family history and said his 37-year-old sister should be checked. How common is it for someone to have polyps at this age?

**ANSWER:** Colon polyps before age 50 are uncommon. Your son's condition should be explored further, as his doctor recommends. Family history plays a role in colon cancer. But whether his sister needs a colon exam at this time depends on the type of polyp that your son has, as well as other possible risk factors.

A colon polyp is a small clump of cells that forms on the lining of the colon. Most colon polyps are harmless, but some can become cancerous. The majority of people with colon polyps are 50 or older. The risk for polyps starts increasing around

age 40. Additional risk factors include being overweight, smoking, eating a high-fat, low-fiber diet, and having a personal or family history of colon polyps or colon cancer.

The polyp your son has may be one of two main types. The first type of polyp is called an adenoma. About two-thirds of polyps fall into this category. Although only a small percentage of these polyps become cancerous, nearly all malignant polyps are adenomas. The second type is a hyperplastic polyp. These polyps are usually tiny and very rarely do they become cancerous. Juvenile and hamartomatous polyps are two other extremely rare types of polyps.

Colonoscopy is an appropriate next step in your son's situation. Unlike sigmoidoscopy—which uses a shorter scope that can examine only about one-third to one-half of the colon—colonoscopy uses a scope that can reach the entire colon. The longer scope will allow the doctor better access to the polyp for removal, as well as permit an exam of all the colon lining to see if other polyps have formed. After the colonoscopy, a pathologist will examine the polyp tissue under a microscope to determine its type and whether it's

cancerous.

If your son's polyp is tiny and hyperplastic, it's not necessary for your daughter to have a colon exam at this time because of the very low rate of cancer developing from that type of polyp. However, hyperplastic polyps that are 1 centimeter or larger may indicate a risk for colon cancer and the need for colon cancer screening.

If it's a larger hyperplastic polyp or an adenoma-type polyp, your daughter should talk to her doctor about colon cancer screening. People who have a first-degree relative (parent, sibling or child) with colon polyps or colon cancer are more likely to develop polyps or cancer themselves.

If your daughter needs to be screened, it would be helpful for her (and your son) to know if there's a family history of any other type of cancer—particularly endometrial cancer—as that could be associated with increased chance of developing colon cancer. The doctor will want to know the kind of cancer, the type of relative (aunt or uncle, grandparent, niece or nephew, for example), and the age at which they developed cancer.

Colon screening typically begins

at age 50 and continues every five to 10 years depending on the presence of polyps and the type of screening. For people who have a first-degree relative with colon cancer or polyps before age 60, screening often begins at 40.

If your son's polyp is an adenoma and is not cancerous, he should have regular follow-up care to monitor for additional polyps and other possible signs of colon cancer. Screening tests play a key role in detecting polyps before they become cancerous and can also find colon cancer in its early stages. When early-stage colon cancers are found and removed promptly, the long-term survival rate is often very high. - Lisa Boardman, M.D., Gastroenterology and Hepatology, Mayo Clinic, Rochester, Minn.

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

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# A new approach to Alzheimer's and dementia care

## Neuvant House of Lawrence Assisted Living



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

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

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

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

**NOW OPEN!**

Visit [neuvanthouse.com](http://neuvanthouse.com)  
for more information.



  
**NEUVANT HOUSE**  
OF LAWRENCE  
Personal Memory Care



1216 Biltmore Dr. • Lawrence • 785.856.7900 • [admin@neuvanthouse.com](mailto:admin@neuvanthouse.com) • [www.neuvanthouse.com](http://www.neuvanthouse.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 11 & 12

### HASKELL INDIAN ART MARKET

Two-day outdoor market featuring Native American artists from around the country. Artist demonstrations, entertainment and food booths.

LAWRENCE, (785) 843-6830  
http://www.haskell.edu

SEP 11-OCT 2

### ARSENIC & OLD LACE

Joseph Kesselring's comedy about the charming and innocent Brewster sisters, two ladies who run a boarding house upstairs and populate their cellar with the remains of socially and religiously "acceptable" roomers; that is after they poison them with elderberry wine. Add to this the antics of their brother who thinks he is Teddy Roosevelt; and the activities of the other brother, Jonathan, a malicious killer on the loose, and you have the elements of a divinely inspired comedy. 3028 SW 8th Avenue.

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

SEP 12

### STRING IN THE SUMMER

String in the Summer, a unique string quartet will perform at the Ted Ensley Gardens Pergola. Free Admission and begins at 6:30 p.m. Bring your lawn chairs and enjoy the string quartet. 3650 SE West Edge Road.

TOPEKA, (785) 267-1156

SEP 17

### WTCT PLAYERS

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

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

SEP 18

### CIRQUE LE MASQUE

The gravity-defying performers of Cirque Le Masque bring an entirely new dimension to circus arts. The world's best acrobats perform acts of super human strength, dazzling with quick reflexes and impeccable timing. Topeka Performing Arts Center.

TOPEKA, (785) 234-2787  
http://www.tpactix.org

SEP 18

### 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 24-OCT 10

### SHOUT! THE MOD MUSICAL

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

LAWRENCE, (785) 843-7469  
http://www.theatrelawrence.com

SEP 25

### 5TH ANNUAL AARON DOUGLAS ART FAIR

Art Fair will showcase the work of diverse and emerging artists from the region to keep the legacy of Aaron Douglas alive. The fair will run from 10:00 a.m. to 5:00 p.m. at the Aaron Douglas Art Park, 1400 SW 12th St. Free admission.

TOPEKA, (618) 303-4362  
http://www.AaronDouglasArtFair

SEP 25

### TOPEKA SYMPHONY ORCHESTRA, "THE FIRST"

Delight in the captivating overture by Strauss, and relish the artistry of our own Steven Elisha. Then be carried away by the grandeur of the sweeping First Symphony by Sibelius. Show time: 7:30 p.m. at Washburn White Concert Hall.

TOPEKA, (785) 232-2032  
http://www.topekasympphony.com

SEP 26

### ULTIMATE CONCERT

"Ultimate Concert" is Marian Clinic's largest fundraiser. The third annual performance features the award-winning Fountain City Brass Band at White Concert Hall, Washburn University. Doors open at 2:15 p.m. and the concert will begin at 3:00 p.m. Free admission—no tickets needed. A free-will offering will support medical and dental services for Marian Clinic patients.

TOPEKA, (785) 233-9780

OCT 2

### 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

## BINGO

SUNDAYS & TUESDAYS

### AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

### CAPITOL BINGO HALL

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

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

MONDAYS & THURSDAYS

### AMERICAN LEGION POST NO. 400

3029 NW US HIGHWAY 24, TOPEKA,  
6:30 PM, (785) 296-9400

MONDAYS & SATURDAYS

### LEGIONACRES

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

WEDNESDAYS & FRIDAYS

### VETERANS OF FOREIGN WARS

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

WEDNESDAYS

### PINECREST APARTMENTS

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

WEDNESDAYS & FRIDAYS

### EDGEWOOD HOMES

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

THURSDAYS

### BABCOCK PLACE

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

FRIDAYS

### EAGLES LODGE

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

FRIDAYS

### ARAB SHRINE

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

SUNDAYS

### MOOSE CLUB

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

## BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

## BOOK TALKS

THIRD TUESDAY OF EACH MONTH

COTTONWOOD RETIREMENT CENTER, 1029 NEW  
HAMPSHIRE ST., LAWRENCE, 2:00 PM  
BABCOCK PLACE, 1700 MASSACHUSETTS ST.,  
LAWRENCE, 3:00 PM

THIRD WEDNESDAY OF EACH MONTH

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

FOURTH WEDNESDAY OF EACH MONTH

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

## CLASSES/LECTURES

ONCE A MONTH

### AARP'S 55 ALIVE SAFE DRIVING COURSE

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

SEP 7-OCT 19

### MYSTORY: HOMETOWNS & HEROES

MyStory will begin the 2010 series on September 7. MyStory is a series of programs that encourage participants to share their life stories. The 2010 theme is "Hometowns & Heroes." All sessions will be held at Babcock Place, 1700 Massachusetts St. in Lawrence at 2:00 p.m. There is no fee for participation. You may attend one or all of the following sessions: September 7 - A Look at Hometowns; September 16 - Creative Genealogy; September 21 - Published Stories: Books based on reminiscences; September 23 - Creative Writing: How to write your memories; September 28 - A Look at Heroes; October 7 - Photo and Story Sharing; October 8 - Hometown Bus Tour; October 19 - Publication Release. MyStory is sponsored by the Senior Outreach Services of the Lawrence Public Library and the Lawrence-Douglas County Housing Authority: Babcock Place. For more information about MyStory or any individual program, please contact Pattie Johnston at the library at (785) 843-3833, ext. 115, or Gayle Sigurdson, Babcock Place, (785) 832-1692.

LAWRENCE

SEP 9

### SKILLBUILDING & 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 9, 16, 23, & 30

### I CAN COPE®

The American Cancer Society and LMH Oncology Center are co-sponsoring this free four session program for people with cancer and their family and friends. Participants will have an opportunity to share concerns with others with similar experiences and to design ways to cope with the challenges that arise from a cancer diagnosis. Guest speakers include professionals in the field of cancer management. Sept. 9: "Understanding Treatment Options, Side Effects & Pain Man-

■ CONTINUED ON PAGE 17

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■ CONTINUED FROM PAGE 16

agement." Sept. 16: "Exercise and Nutrition During and After Treatment." Sept. 23: "Money Matters." Sept. 30: "Caring for the Caregiver." Attend one or all four sessions. Advance enrollment requested. LMH Meeting Room A, 5:30-7:30 p.m.  
LAWRENCE, (785) 749-5800

SEP 13

#### SQUARE DANCE LESSONS

Happy Time Squares of Lawrence will be offering square dance lessons for anyone interested. Lessons will be held from 7:00 p.m. to 9:00 p.m. at Centenary United Methodist Church, 245 North 4th Street, beginning on Monday, September 13. For more information, contact Toni and Vernon Nelson, (785) 266-7048 or Bob and Rosalee Rainbolt, (785) 842-9799.  
LAWRENCE

SEP 16

#### ESTATE & LEGAL MATTERS

A Skillbuilders program presented by Cheryl Trenholm, Attorney, Petefish, Immel, Heeb and Hird LLP. 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 22

#### HELP FOR DIZZINESS AND IMBALANCE

Dizziness or imbalance is a common complaint to bring people to the doctor. It is estimated that as many as 40 percent of adults experience this problem at some point in their lives. There are many causes but successful treatment is usually available. Come and learn more. Speakers are Sanjeev Kumar, MD of Lawrence Neurology Specialists and Stacia Bone, PT of LMH Kreider Rehab. This program is free but advance registration is requested. Light refreshments served. LMH Auditorium, 11:00 a.m.-12:30 p.m.  
LAWRENCE, (785) 749-5800

SEP 23

#### TREATING YOUR CAR WELL

A Skillbuilders program presented by Richard Haig, Westside 66. Program on-site at 6th and Schwarz Rd. 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 23

#### NUTRITION ROUNDTABLE

LMH Registered Dietitian Patty Metzler offers a monthly free presentation focused on the latest information about healthy eating. This month's topic is: "Whole Grains-Let's Try Some New Ones." Join us to learn about the preparation of some favorite whole grain foods plus some different but equally delicious options. Class is size limited, so please register early. LMH Meeting Room D South, 6:30-7:30 p.m.  
LAWRENCE, (785) 749-5800

SEP 30

#### DON'T FEAR YOUR ELECTRONICS

A Skillbuilders program presented by Pattie Johnston, 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

OCT 4

#### 10,000 STEPS A DAY CLASS

The 10K a Day program is designed to increase your daily steps to 10,000 and to improve your health. Learn the basics of beginning a walking program, choosing footwear, and walking location suggestions. Each participant will receive a pedometer to log their daily steps. \$10/person. This program is available to take out to groups

of 5 or more confirmed registrants. LMH Meeting Room A, 6:00-7:30 p.m.  
LAWRENCE, (785) 749-5800

OCT 7

#### MANAGING YOUR MONEY

A Skillbuilders program presented by Barbara Braa, VP, CornerBank Asset Management. Skillbuilders offers education and support for widows, widowers, and caregivers. Lawrence Public Library Gallery Room, 10:00-11:45 a.m. For more information, call Sarah Randolph at VNA Hospice.  
LAWRENCE, (785) 843-3738

## EXHIBITS/SHOWS

JUL 20-OCT 20

#### STAR WARS EXHIBIT

Star Wars has come to the Great Overland "Space" Station! Star Wars toys, artifacts, costumes, posters and more are on display in the Fink Exhibit Gallery at the Great Overland Station courtesy of the 501st Legion, 70th Explorer's Garrison. It's an exciting and fun exhibit for "kids" of all ages. Great Overland Station, 701 N. Kansas Ave.  
TOPEKA, (785) 232-5533  
<http://www.greatoverlandstation.com>

SEP 3

#### WELLSVILLE CAR SHOW

Come and cruise the bricks on Main Street.  
WELLSVILLE, (785) 883-2559  
<http://www.wellsvillechamber.com>

SEP 10-12

#### 2010 POWER OF THE PAST ANTIQUE ENGINE & TRACTOR SHOW

16th Annual Power of the Antique Engine and Tractor Show. This year's show will commemorate Ford Tractor's & Cushman Engines. 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 18 & 19

#### 2010 OL' MARAIS RIVER RUN CAR SHOW

One of the premier car shows in the Midwest gets bigger every year. Last year over 1,400 cars registered, filling Forest Park for two full days. Cars from 1972 and older are invited to register.  
OTTAWA, (785) 242-7181  
<http://www.olmarais.com>

OCT 1

#### LARRY PETERS & FRIENDS: NEW CERAMICS EXHIBIT

Opening reception for new gallery exhibit, "Larry Peters & Friends: New Ceramics Exhibit". Also will be on display throughout the month of October. Admission is Free. 3121 SW Huntoon.  
TOPEKA, (785) 234-4254

OCT 1-JAN 16

#### PRINTED IMAGES III

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

OCT 2 & 3

#### MODEL TRAIN SHOW

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

## FARMERS' MARKETS

APR 17-NOV 20

#### DOWNTOWN TOPEKA FARMERS' MARKET

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

APR 10-NOV 20

#### SATURDAY DOWNTOWN LAWRENCE FARMERS' MARKET

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

MAY 4-OCT 26

#### TUESDAY LAWRENCE FARMERS' MARKET

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

<http://lawrencefarmersmarket.com>

MAY 6-OCT 28

#### THURSDAY LAWRENCE FARMERS' MARKET

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

## FAIRS/FESTIVALS

SEP 3-5

#### 20TH ANNUAL TRADITIONAL 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. Reynolds Lodge, 3315 Tinman Circle.  
TOPEKA, (785) 272-5489  
<http://www.shawneecountyalliedtribes.org>

SEP 9-11

#### FIRST CITY FESTIVAL

Food, children's activities, entertainment, art, quilt shows, music and fireworks over Missouri River. This year will also celebrate the opening of the Three-mile creek trail and the downtown streetscape project completion.  
LEAVENWORTH, (913) 682-2313  
<http://www.leavenworthmainstreet.com>

SEP 11

#### LENEXA SPINACH FESTIVAL

Lenexa was hailed as the "Spinach Capital of the World" during the 1930s. The Spinach Festival rolls all of the history surrounding Lenexa into a fun celebration. 87th & Lackman Road.  
LENEXA, (913) 541-0209  
<http://www.ci.lenexa.ks.us>

SEP 12

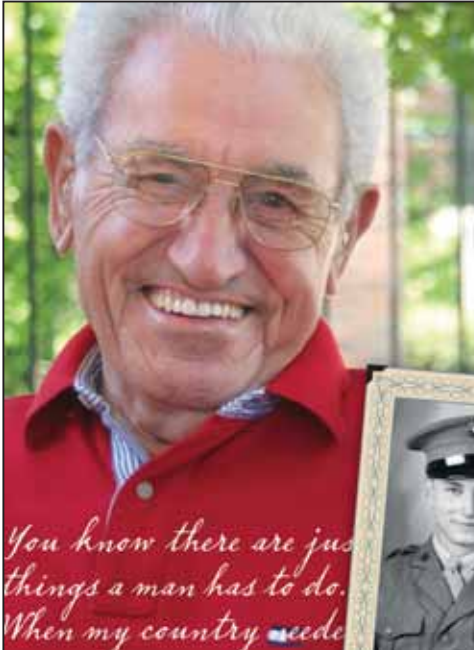
#### FALL ARTS & CRAFTS FESTIVAL

More than 150 artists and crafts people exhibit and sell their works. Food vendors, children's activities, music and so much more! 1120 Massachusetts.  
LAWRENCE, (785) 832-7930

SEP 18 & 19

#### FREEDOM FESTIVAL

■ CONTINUED ON PAGE 18



An Assisted Living & Memory Care Residence

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OF LAWRENCE

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Supporting Independence.*

## ■ CONTINUED FROM PAGE 17

Features a reenactment of the Battle of Osawatomie, the largest battle during "Bleeding Kansas" on the site of the battle. In addition, the event features a reenactment of a Civil War battle between Union troops and Confederate guerrillas during the Civil War, Civil War weapons and drill demonstrations, First Person Narratives of Territorial Kansas and Civil War historic figures, frontier artisans, and live performances of Civil War era music. 1000 Main St. OSAWATOMIE, (913) 755-4384

SEP 25  
WELLSVILLE DAYS

Wellsville offers both the simple small town environment and close proximity to the big city. Wellsville Days is a day to celebrate this great little town. WELLSVILLE, (785) 883-4023 <http://www.wellsvilledays.com>

SEP 25 & 26  
CIDER DAYS

Northeast Kansas's largest Arts and Crafts festival, celebrating its 29th year! Includes over 250 Arts and Crafts booths, and outdoor activities including live music, kids rides, historical re-enactors, unique food, and fresh apple cider! Kansas Expo Centre. TOPEKA, (785) 230-5226

OCT 1  
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 1 & 2  
SANTA FE TRAIL DAYS

Crafters, demonstrators, horse drawn parade and saloon with live entertainment. Fun filled family weekend.

OVERBROOK, (785) 453-2185 <http://www.exploreosage.com>

OCT 1-31  
GARY'S PUMPKIN PATCH AND FALL FESTIVAL

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

OCT 2  
**POMONA FALL FESTIVAL & CAR SHOW**  
Pomona Fall Festival with fall festivities such as pumpkin carving, a parade, horse shoe tournament, washer tournament and much more!  
POMONA, (785) 566-3337

OCT 2  
**KANSAS ANCESTOR FAIR**  
Fun events and activities for all ages, so bring the family. Free mini-classes, informational displays and materials, and consultations with expert genealogists. Learn how to get started researching your family history and explore the many community resources and organizations available to help. 10:00 a.m.-3:00 p.m. Admission is free. 6425 SW 6th Avenue. TOPEKA, (785) 272-8681

OCT 2 & 3  
**OZTOBERFEST**  
The festival includes autograph sessions with munchkins from the original movie, over 2,000 Oz artifacts in the OZ Museum, a street festival with crafts and food, live entertainment, many special OZ authors and guests, and a live production of the Wizard of Oz musical. 511 Lincoln Avenue. WAMEGO, (785) 458-8686 <http://www.oztoberfest.com>

OCT 2  
**31ST ANNUAL APPLE FESTIVAL**  
Come see what's new in Old Prairie Town at Ward Meade Historic Site! Look for lots of

food, demonstrations, entertainment, folk arts and crafts, shopping at our vintage stores, and tour our historic buildings. 10:00 a.m.-5:00 p.m. Fee. Children 12 and under free. TOPEKA, (785) 368-2437

## HALLOWEEN EVENTS

OCT 1-31  
**FRIGHTMORE FARM**  
Come spend a frightful evening at the farm. Hours: Friday and Saturday 7:00 p.m.-11:00 p.m. Admission fee. 5991 17th Street. GRANTVILLE, (785) 246-0800

## 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 Centre, 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

## 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 1  
**CHOLESTEROL SCREENINGS**  
These screening events offer a total only cholesterol by fingerstick. No appointment or fasting necessary; just drop in. Please note there may be a wait involved. We are sorry but at this time we are not offering a full lipid panel test option. \$6/test. Lawrence Memorial Hospital, HealthSource Room, 8:30-10:00 a.m. LAWRENCE, (785) 749-5800

SEP 8  
**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 9  
**BONE DENSITY SCREENING**  
See September 8 description. Lawrence Memorial Hospital, HealthSource Room, 4:00-6:00 p.m. LAWRENCE, (785) 749-5800

SEP 27  
**BONE DENSITY SCREENING**  
See September 8 description. Lawrence Memorial Hospital, HealthSource Room, 1:00-3:00 p.m. LAWRENCE, (785) 749-5800

OCT 6  
**BONE DENSITY SCREENING**  
See September 8 description. Lawrence Memorial Hospital, HealthSource Room, 9:00-11:00 a.m. LAWRENCE, (785) 749-5800

OCT 6  
**CHOLESTEROL SCREENINGS**  
See September 1 description. Lawrence Memorial Hospital, HealthSource Room, 3:00-4:30 p.m. LAWRENCE, (785) 749-5800

## HERITAGE/HISTORY

AUG 1-SEP 30  
**CLAIMING CITIZENSHIP: AFRICAN AMERICANS & WORK PROGRESS ADMINISTRATION**  
The photographs in this exhibition illustrate the lives of African American people at work, at home, and in various public venues. Free and open to the public from 9:00 a.m.-5:00 p.m. Daily. 1515 SE Monroe. TOPEKA, (785) 235-3939

## SEP 23-25

**7TH ANNUAL BALD EAGLE RENDEZVOUS**  
Modern-day reenactors attired in period clothing portraying Mt. Man, Plainsman and Traders for the event while living in period lodges and tents on the grounds above the Kaw River. Demonstrations of old-time skills such as campfire cooking, hide tanning, flint and steel firestarting, beadwork, scrimshaw, gunsmithing, tomahawk and knife throwing. 100 E Second St. LECOMPTON, (785) 887-6520 <http://www.lecomptonkansas.com>

OCT 2  
**NORDIC HERITAGE FESTIVAL EVENT**  
Nordic Heritage Festival has family-oriented activities for all ages. Come celebrate, explore and experience the culture of Norway, Sweden, Denmark, Finland and Iceland through food, arts and crafts, genealogy, music, dance, Viking games, and more. The festival features the Kansas City Scandinavian Dancers, Viking Reenactors, Byron Wiley and Ingevalds Spelmän, Scandinavian food, traditions, art and entertainment. 2120 Harper. LAWRENCE, (785) 843-7535 <http://www.nordicheritagefes.com>

## MEETINGS

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

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

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

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

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

■ CONTINUED ON PAGE 19

# Luther Place

## APARTMENT ♦ HOMES

*Topeka's Premier Retirement Community*

*We are so excited, we wanted to tell you about our completely modernized affordable 1 & 2 bedroom Apartment Homes!*

Beauty Shop • All Utilities Included • 24 Hour On-Site Staff • On City Bus Route  
Ample Laundry Facilities • Weekly Grocery Transportation

**Stop by or call today to schedule an appointment to reserve your new apartment home!**

**5000 & 4900 SW Huntoon • 785-273-2944**

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

■ CONTINUED FROM PAGE 18

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

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

**FIRST TUESDAY OF THE MONTH  
SCRAPBOOK MEMORIES**

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

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

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

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

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

**TUESDAYS  
GRIEF & LOSS SUPPORT GROUP**

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

**TUESDAYS  
GRIEF & LOSS SUPPORT GROUP**

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

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

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

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

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

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

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

**THURSDAYS  
GRIEF & LOSS SUPPORT GROUP**

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

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

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

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

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

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

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

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

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

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

For those who have lost loved ones. Sponsored by Hospice Care of Kansas. Meets at Brookwood Center, 2900-H Oakley. You are welcome to attend on time or as often as you like. If you have questions or need directions, call Chaplain Nancy Cook. TOPEKA, (785) 599-1125

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

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

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

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

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

Heart of America Hospice in association with

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

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

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

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

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

**SECOND TUESDAY OF EACH MONTH  
SCRAPBOOK MEMORIES**

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

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

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

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

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

■ CONTINUED ON PAGE 20



**She's wearing a hearing aid.  
He is too.**

What does the latest hearing aid technology look like? You can't see it, but you can hear it. The new S Series OtoLens by Starkey is the first custom fit invisible-in-the-canal hearing aid, featuring the latest, most advanced technology on the market today. OtoLens' T<sup>2</sup> Remote Control lets you adjust memory or volume settings using any touch-tone phone, including a cell phone.

Call (785) 843-8479 to schedule a FREE consultation.  
Not a limited time offer.

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**September is  
Healthy Aging™ Month**

*We offer these Services  
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Feel Better Move Better

Physical Therapy • Occupational Therapy • Speech Therapy • Massage Therapy

Physical Therapy • Occupational Therapy • Speech Therapy • Massage Therapy

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**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

**THIRD TUESDAY OF EACH MONTH  
SCRAPBOOK MEMORIES**

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

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

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

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

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

**THIRD TUESDAY OF EACH MONTH  
STROKE SUPPORT GROUP**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**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.tgstoepka.org

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

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

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

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

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

AARP Chapter 1696 will meet at 11:00 a.m. at the Lawrence Country Club. Lunch served at

11:30. New and interested members welcome. Please call Mary for reservations. LAWRENCE, (785) 331-4247

**OCT 7  
GIRLFRIEND'S FIESTA**

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

**MISCELLANEOUS**

**FIRST WEDNESDAY OF EACH MONTH  
WINE TASTING**

Come taste four different wines for only \$10. Please call for reservations. April 1-December 1. 4005 SW Gage, 4:30-6:00 p.m. TOPEKA, (785) 271-8646

**SEP 10-12  
GREAT PLAINS HUFF & PUFF BALLOON RALLY**

September 10: 6:00 p.m., Fun Flight; 7:30 p.m., Glow/Tether Balloons inflate and remain in place as the sun sets. Pilots create a "glow" effect as darkness sets by continuously firing the balloon's burners. Tethered balloon rides will be available for a suggested \$5 donation to Topeka's Ronald McDonald house. September 11: 7:00 a.m., Launch; 1:30-4:30 p.m., Balloon Discovery Workshop; 6:00 p.m., Launch; 7:30 p.m., Glow/Tether Balloons inflate and remain in place as the sun sets. Pilots create a "glow" effect as darkness sets by continuously firing the balloon's burners. Tethered balloon rides will be available for a suggested \$5 donation to Topeka's Ronald McDonald house. September 12: 7:00 a.m., Launch. 3315 Tinman Circle. TOPEKA, (785) 554-2003

**SEP 11  
SERTOMA'S 15TH ANNUAL GREAT  
TOPEKA DUCK RACE**

They have 12,000 ducks to adopt this year. Come see who wins the race and the grand prize. Children's activities start at 11:30 a.m., Ducks are dropped at 4:30 p.m. Event concludes around 5:30 p.m. and hot air balloons take off at 6 p.m. Come early for hourly door prizes, Free festivities, Free children's midway games, Free family games, barrel train rides, Free children's arts and crafts, petting zoo, face painting, clowns, food, fun and live entertainment on the big stage! 29th and Croco Rd. TOPEKA, (785) 233-8257

http://www.topekaduckrace.com

**SEP 16  
CRANE OBSERVATORY OPEN HOUSE**

Conducted if the weather permits. Observe the sky, stars and planets at night. Open to the public for Free. Stoffer Science Hall- Washburn University TOPEKA, (785) 670-2141

**SEP 17 & 18  
FOR YOUR EARS ONLY**

A benefit sale for The University of Kansas Audio-Reader Network. Friday, September 17 from 6:00-9:00 p.m., and Saturday, September 18, from 9:00 a.m.-4:00 p.m. at the Douglas County Fairgrounds in (2121 Harper Street, Building #21). This year's sale will feature vintage and modern audio equipment, vinyl records, CDs, DVDs and more at GREAT PRICES. Tickets for Friday night are \$10 at the door and \$7 in advance. Friday night's sale will include free food and door prizes. Admission is free on Saturday. All proceeds go to benefit Audio-Reader Network, a free reading and information service for the blind and print-disabled. For more information, visit reader.ku.edu or contact Feloniz Lovato-Winston at (785) 864-5336 or fwinston@ku.edu. LAWRENCE

**SEP 22-26  
27TH ANNUAL KANSAS SENIOR OLYMPICS (INDIVIDUALS & DOUBLES)**

The Kansas Senior Olympics is a multi-sport event that promotes fitness, health, participation and excellence in senior athletes ages 50 years and older by December 31. Topeka is the only sanctioned site in Kansas for athletes to qualify for the National Senior Games. Event will be headquartered at the Big Gage Shelter House, Gage Park, 10th & Gage, in Topeka with venues throughout the city. TOPEKA, (785) 368-3798

**SEP 25  
LAWRENCE GHOST TOUR**

Locations include the brothel house, cemetery and hanging bridge! Age 12 and over. LAWRENCE, (785) 383-2925

**SEP 30-OCT 3  
27TH ANNUAL KANSAS SENIOR OLYMPICS (TEAM SPORTS)**

The Kansas Senior Olympics is a multi-sport event that promotes fitness, health, participation and excellence in senior athletes ages 50 years and older by December 31. Topeka is the only sanctioned site in Kansas for athletes to qualify for the National Senior Games. Events will be held in various locations throughout Topeka. TOPEKA, (785) 368-3798

Start saving \$\$\$ today!



# KAWPONS!

Kaw Valley Senior Monthly's new online program allows readers to print "kawpons" for special offers from local businesses.

**Visit [www.seniormonthly.net/kawpons](http://www.seniormonthly.net/kawpons) and start saving money today!**

**Business owners and managers:** You're looking for more customers. Seniors are looking for bargains. We can help bring you together through Kaw Valley Senior Monthly's online "Kawpons." Sign up now for this new program and pay just \$25.00 for six months! Just e-mail your special offer and logo to [kevin@seniormonthly.net](mailto:kevin@seniormonthly.net), and we'll put together a "Kawpon" for you. There is no need to pay in advance—we'll send you an invoice after you have approved your "Kawpon" and it has been posted online. The "Kawpon" program will be promoted every month in Senior Monthly, which is distributed throughout the Lawrence and Topeka area.

*Aldersgate Village is a Christian Retirement Community providing:*

- Independent Living
- Assisted Living
- Nursing Services
- Home Care Services
- Transportation

**Aldersgate Village**  
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# From past to present, all over the Earth, in books

By Margaret Baker

**Laura Lippman: *I'd Know You Anywhere*** (Wm. Morrow, ISBN 978-0-06-170655-4)

Elizabeth "Eliza" Benedict seems like a normal, well-adjusted middle-aged wife and mom. She has survived a traumatic episode when she was 15, and she has moved on.

That is, until Walter Bowman writes her a letter from death row in prison. She'll never forget Bowman—how could she, when he kidnapped her and kept her for almost six weeks. He'd caught and killed at least two other girls during that time—Elizabeth was the only one he didn't kill.

A picture of Elizabeth and her husband had appeared in a local magazine, and Walter, seeing it, had written. He says he wants to know how she is doing.

Both have hidden agendas. Walter wants her to recant her testimony that he pushed Holly over a cliff and say that Holly may have tripped. Since Holly's death was the only case actually tried, he would be eligible for commutation to a life sentence. Elizabeth wants to get past her guilt as his only survivor, and get him to tell which other girls he killed—and where the bodies were left.

Both require that Elizabeth go over those six weeks in her mind. Repeatedly.

A truly unique work, Lippman's depth of characterization and tautness of plot are, again, worthy of the awards this book should win.

**James Church: *A Corpse in the Koryo*** (St. Martin's Minotaur, ISBN 978-0-312-35208-5)

North Korea's Inspector O is searching for a murderer. The victim was found in Pyongyang's hotel, the Koryo, and the government is anxious to eliminate anyone who knows too much about a series of kidnappings and murders decades ago. Inspector O realizes, too late, that he has been thrown into chaos.

The author did spend some time in North Korea, something few other Westerners can claim, lending an air of authenticity.

In places very reminiscent of the tales of Siberian prisoners, this gives readers a rare look at this very secretive country.

**S. J. Parris: *Heresy*** (Random House Audio Books, ISBN 978-0-3077-1429-9, read by John Lee on 5 cds)

Set in Elizabethan England. Monk

Giordano Bruno has fled his native Italy, under charge of heresy for his belief in the Copernicus heliocentric theory. He has been invited to Oxford to debate this theory with learned dons. Walsingham, Elizabeth's spy chief, recruits him to infiltrate the underground Catholic network to learn more about a developing conspiracy to overthrow Elizabeth and return the country to Catholicism.

An exceedingly well researched and written historical thriller, made even more interesting in that Giordano Bruno really existed!

**Kathleen O'Neal and W. Michael Gear: *People to the Longhouse*** (Forge, ISBN 978-0-7653-2016-9)

Let's go further back in time, to what is now North America in 1430-1451, to the first Iroquois Confederacy and its legendary founders, Dekanwida, Hiawento and Jigonasah.

Odion, 11, and his little sister Tutelo are taken prisoner by the Mountain People in a raid. They are taken away to be slaves, as was the custom. Their parents, Koracoo (female war chief) and Gondo do survive and are following them. But the children are not being taken to the Mountain People but to Gannajero, an evil witch-woman who sells them at great profit to brutal men. The children's lives will be horrendous and short.

The Gears (an anthropologist and archeologist) have researched America's prehistory extensively, and these series (North America's Forgotten Past) these times literally come alive in the pages of their historical fiction. Each stands alone, so readers interested in our country's prehistory (or just wanting an action-filled adventure) can dive into any in the series. Start with this one!

**Charles Todd: *An Impartial Witness*** (Wm. Morrow, ISBN 978-0-06-179178-9)

Let's move forward to World War I, which this mother-son writing team have made their own.

English nurse Elizabeth "Bess" Crawford has been caring for the wounded on the French front. In 1917 (before the American army joined it) the "war to end war" has disintegrated into trench warfare, aerial bombardment, and poison gas.

One of her patients is pilot Lt. Evanson, severely burned in a crash. He's finally stabilized enough to return to England for the remainder of

his care. He had carried a picture of his wife; that picture seemed to be what kept him from dying.

Bess is one of the nurses conveying a group of injured back to England. She'll have only 36 hours before returning to her duties in France. While still in the train station she sees a distraught young woman crying with a soldier who does not respond to her entreaties. When she turns her head, Bess realizes that she is Lt. Evanson's wife.

Back at work, Bess sees a copy of a newspaper used as padding in a care package. She learns that Lt. Evanson's wife was murdered later that day, and Scotland Yard is asking for citizen help.

Dutifully, Bess writes and is brought back to England to give her information. When she learns that Lt. Evanson gave up trying to stay alive upon learning of his wife's death, she becomes involved.

Todd's eloquent story-telling provides us with lots of clues, red herrings, and characterizations in a page turner.

**Steven Havill: *Red, Green, or Murder*** (Poisoned Pen Press, ISBN 978-1-59058-665-5)

Back to present day in New Mexico!

Former sheriff Bill Pastner is now a state livestock inspector is enjoying the day at Herb Torrance's ranch when a sudden horse accident has him ferrying an injured cowboy off to the newest hospital (not all that near). This leaves the rancher short-handed as cowhand Pat Gabaldon takes a herd to another pasture.

Bill was planning to meet old pal

George Payton for lunch in town. George decided to eat at home. He has died, and unattended deaths must be investigated. Bill joins the undersheriff in working the case.

Meanwhile Torrance's herd is found wandering on the highway. There's no sign of Gabaldon, or of the \$40,000 truck. Livestock trucks are valuable commodities just across the border.

Both cases are intricate, involved, and difficult. The characters and the Southwest are all drawn with depth.

**Elizabeth Lowell: *Death Echo*** (Wm. Morrow, ISBN 978-0-06-162975-4)

Lowell's mystery series features Emma Cross, who has left the CIA and joined security consulting firm St. Kilda.

She's assigned to track a yacht, *Blackbird*, being taken to its new owner in the Seattle area. *Blackbird*'s twin went missing between Vladivostok and Portland a year ago, off the carrier ship. St. Kilda suspects the theft is connected, and that *Blackbird* carries a lethal cargo of interest to terrorists.

She's assigned with MacKenzie Durand, a survivor of very nasty adventures. He's a fantastic yacht captain, and together they take the yacht on its shakedown cruise and try to find its hidden cargo, without knowing if it is biological, chemical, fissionable or unknown. And they know *Blackbird*'s twin is probably here, too.

Lots of action and a touch of romance!

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

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# 'Oh Dad, that's SO 2010'

Back in 2010 Richard (Rick) Rambling, Jr. enrolled at Letongaloosa Community Junior College as a proud member of the class of 2012. Young Rambling was typical of his classmates. For them, e-mails just didn't cut it, and telephones with separate handsets were lame. Rick Rambling said his parents' desktop computers belonged in a museum.



Larry Day

One evening Rick's father, Richard (Dick) Rambling, Senior, asked his son where he was going. Rick said he was off to party. His dad frowned.

"You're not going out in public looking like THAT are you?", he asked. "Why not?" asked Rick.

"Because it looks junky," said Dick. "Dad, that's SO nineteen-eighties!"

Now fast forward to the year 2028. Rick Rambling is the age his father Dick was back in 2010. And Rick has a son of his own, Richard (Richie) Rambling, III. Young Richie is in the fourth module of a six-module course in ethno-bio-metronics at Letongaloosa Global Academy. Richie's "campus" is located near Baeza, a village on the edge of the rainforest in eastern Ecuador. At 18, Richie is the equivalent of a fourth-year graduate student in the academic system that existed in the early 21<sup>st</sup> century.

Richie had felt at home from the first moment his *aero-pod* landed in a clearing in the fetid, bounteous

rainforest of eastern Ecuador. "It's beautiful," Rickie said in a *vid-stream* message to his parents seconds after his feet touched the ground.

Back in Letongaloosa for a between-module break, Richie wanted to show his parents the *holographic friezes* he had made in Ecuador.

"Let's eat first," said mom. What do you want?"

"Ethiopian," said Rick.

"Scandinavian," said Richie.

"I choose Mediterranean. I have a *speed-vid* menu from the "Rena Tis Fteliias" in Athens. You two choose what you'd like and I'll download the ingredients. Dinner will be ready in half an hour."

After dinner and after showing the holograms, Richie said, "Thanks for dinner, Mom. I've got to go. Mila is giving a theme party for me."

"What are you going to wear?" asked his Mom.

"I put together a costume based on some old *vids* I found of Grandpa Dick," said Richie.

A few minutes later Richie looked in on his parents.

"I'm on my way," he said. His pants legs—made from some kind of old-fashioned denim—were torn off and ragged at the knee. There were stress holes in the fabric. He wore a short sleeved pullover shirt with the words: "Ethos Charity 5K run" on the front. It had a bunch of merchant logos on the back. On his bare feet Richie wore a strange pair of rubberized plastic sandals. A plastic thong between his big toe and his second toe held the sandals in place.

"You're not going out in public looking like THAT are you?", asked Rick.

"Why not?" asked Richie.

"It looks junky," said Rick.

"Oh Dad, that's SO 2010," said Richie.

Now slow forward to the year 2046. Richard (Richie) Rambling, III and his wife are spending a quiet evening at home. The last several weeks have been hectic. As the grand old man in his field, Richie has been out presenting a series of *vid-conferences* about the early days of ethno-bio-metronics.

Richie feels a faint vibration on his forehead just above his right eyebrow. He touches his left temple with his index finger. Spoken words begin to flow into his consciousness.

"Hi, Dad," say the words in his head. "It's Pete. How are you doing?"

Richie turns to his wife and says, "It's Pete on *telepath*, channel two."

Mrs. Rambling touches her left temple with her index finger. Richie hears a second voice in his head.

"Petie, darling, where are you?" his wife says.

"We're on break from studies," says young Peter Rambling—his father vowed there would never be a Richard Rambling IV. "I'm on my way to a theme party."

"Beam us a holograph," says his mother.

Instantly a full size holograph of their son appears in front of them.

"Where did you get that outfit?" asks Richie.

"I created it after seeing an old *digital-vid* of Grandpa Rick," says Pete.

"It looks junky," says Pete. "Where did you get that outfit?" asks Richie.

"Why not?" asks Pete.

"It looks junky," says Richie.

"Oh Dad, that's SO 2028," says Pete.

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

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# Help, my honeymoon flight's been canceled!

*Doug Miller's honeymoon flight to Costa Rica is canceled by US Airways, and he's left with only one option: a full refund. The airline later agrees to re-schedule him on a flight the following day, but it won't cover his hotel bill. Is it allowed to do that? And is there anything he can do to make US Airways sweeten the offer?*

**By Christopher Elliott**  
Tribune Media Services

**QUESTION:** About a month ago, I took advantage of a Travelocity e-mail fare alert for a flight from Minneapolis to Costa Rica. The deal seemed too good to be true: \$230 roundtrip on US Airways.

I booked the flight for my September honeymoon and then went to a Web site and bid on our accommodations, which I also booked.

A few days ago, US Airways notified me that it had dropped a connecting flight to Costa Rica, and that our only option was a full refund.

I checked the ticket prices to Costa Rica and found that they had tripled. I felt like I was a victim of a bait-and-switch.

I called US Airways, which offered

to fly us to Costa Rica a day after we were supposed to leave. But it would involve an overnight stay in Charlotte, which the airline was unwilling to pay for.

I understand that airlines have flight schedule changes, but I also feel that it is their choice and that if they choose to do so, they should be responsible for the consequences. Is there anything you can do? - Doug Miller, Shorewood, Minn.

**ANSWER:** US Airways shouldn't have canceled your flight. But if it did, it should have offered an alternative flight that suited your schedule, rather than leaving you high and dry for the most important vacation of your life.

Did the carrier and its online travel agent, Travelocity, engage in a bait-and-switch? I can see how you would think so. But flight schedules change constantly, and your rights are outlined under US Airways' contract of carriage (<http://www.usairways.com/awa/content/aboutus/customersfirst/contractofcarriage.aspx>), the legal agreement between you and the airline.

Section 8.2 of the contract describes your rights in the event US

Airways is unable to accommodate you. Basically, you have the right to a refund, or a flight of the airline's choosing—but nothing more.

While Travelocity and US Airways did all of this by the book, I can understand why you would be disappointed. I mean, it's your honeymoon.

About your reservations ... you booked a too-good-to-be-true special and bid on your accommodations for your honeymoon. Don't you think that's a little risky? I always recommend working with a qualified travel agent who specializes in honeymoons, because you don't want anything to go wrong on this vacation. This is no time to cut corners.

But let's take the honeymoon out of the equation, and just assume it was a late summer vacation. Between US Airways, with its "customer com-

mitment" and Travelocity, with its "guarantee," I just think this could have been handled better.

A brief, politely written appeal to US Airways would have been my first choice to get this resolved. Phoning the airline probably wasn't the most effective way to fix this. I'm surprised Travelocity just passed along the airline's decision without trying to do more, but in the end I think this was a case for US Airways to resolve.

I contacted the airline on your behalf, and it offered you a \$75 voucher to cover your hotel bill during your layover in Charlotte.

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

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# Older dogs can improve their quality of life

**QUESTION:** My 12-year-old Labrador has slowed down a lot. I know you don't offer youth pills, but is there anything I can do to ensure that Sammy's golden years are golden? - N.D., Chicago, IL



Steve Dale

**ANSWER:** Dr. Rosemary LoGuidice, of the University of Illinois Chicago Center for Veterinary Medicine, has a special interest in rehabilitation medicine. She says, "I believe that many of our older pets can do better, improving their quality of life."

First, visit your veterinarian for an overall health assessment, says LoGuidice. Then consider some combination of the following, depending on what's appropriate for your individual pet.

- **Weight loss:** About half of all older dogs are overweight, a prob-

lem which can exacerbate arthritis and other health problems. A change of diet and cutting out table scraps is a part of a weight-loss program.

- **Pain management:** "This is crucial," says LoGuidice. "An animal in pain, of course, is not going to want to exercise. Quality of life begins with eliminating pain. Sometimes we don't realize our dogs are in pain, so a veterinary assessment is important." Depending on what your pet can tolerate, a non-steroidal anti-inflammatory drug is the most immediate way to see results. Sometimes those results may be significant. There are also slower-acting herbal choices, which may or may not help. Science has also demonstrated that glucosamine chondroitin may help many dogs, particularly a product called Dasuquin (available through veterinarians).

- **Veterinary treatments,** which may include acupuncture and/or a new kind of laser therapy (not to be confused with a surgical laser), which LoGuidice says improves many pets' quality of life.

- **At-home rehabilitation:** A veterinarian with an interest in rehabilitation can demonstrate stretching exercises

and massage therapy techniques.

- **Walks:** Depending on the condition of your pet (and the weather), more frequent short walks may be best. Aside from the physical stimulation, there's the mental stimulation dogs get as they sniff out what's going on in the neighborhood.

- **Swimming:** This can make shoulder problems worse, and overdoing it can be a problem (sometimes we

don't realize our older dogs have had enough). However, overall, LoGuidice says this non weight-bearing activity may be the best exercise your dog can get (if your pet swims, of course).

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

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MAKING SENSE OF INVESTING

# Time to celebrate summer's 'vegetable fruits'

By Wolfgang Puck

Tribune Media Services

Now is one of the best times of year to cook with some of the most luscious, flavorful seasonal vegetables you can find. These are the "vegetable fruit," so named because, like fruit, they contain seeds. Even though they are savory like other vegetables, you can still also taste their kinship with fruit in the naturally sweet flavors that develop as they cook.

Walk through a farmers' market right now and you'll see big piles of these vegetables in almost every stall, begging to be carried home and cooked. No wonder one of the most popular summer vegetable dishes is France's famed ratatouille, a stew of zucchini (or, as they call them there, courgettes), eggplant (aubergines), and tomatoes, along with bell peppers, onions, garlic, and fragrant herbs.

I love ratatouille. But I don't necessarily want to stand over the stove on a hot summer's day while the mixture slowly simmers. That's why I appreciate quicker ways of cooking them. In the past, I've given you my recipe for a gratin of these vegetables, thinly sliced, drizzled with olive oil, topped with cheese, and baked. But you can also cook them quickly by sauteing, as I do in the recipe I share here.

Of course, anyone who has ever tasted undercooked eggplant or zucchini will quickly point out that those vegetables, especially eggplant, can have unpleasant tastes and textures when they haven't been cooked long enough. (I'll never forget the first, and only, time I tried

raw eggplant.)

The secret to sautéing them successfully is to cut them into uniform pieces small enough to cook through completely in the relatively brief time they spend in the pan—cubes no more than 1/2 inch thick, far smaller than those for ratatouille. It also helps to start with smaller eggplants, such as the slender types sometimes called Japanese or Asian eggplants. These are more tender to begin with and have a sweeter flavor without the bitterness you find in many larger eggplants, so there's no need to salt them to draw out their juices beforehand.

The rest is easy. Cook the cubed vegetables in olive oil. Add tomatoes that you've first cored, peeled (submerge in boiling water for about 30 seconds, then cool in ice water, and the skins should come off easily with the help of a knife), and seeded. Season with a little garlic and fresh herbs of your choice.

And there you have it: a fresh-tasting, delicious summer vegetable saute that goes perfectly with grilled or sauteed meat (like the lamb featured here), poultry, or seafood. You'll find the flavors, textures, and colors so fresh, sweet, and appealing that you'll want to make it again and again, as long as these peak-of-season vegetables linger.

**SAUTEED LAMB WITH ZUCCHINI AND EGGPLANT**  
Serves 6

- 3 tablespoons extra-virgin olive oil
- 1/2 pound small eggplant, cut into 1/2-inch cubes
- 1/2 pound organic zucchini, cut

into 1/2-inch cubes

- Salt
- Freshly ground black pepper
- 2 garlic cloves, finely chopped
- 2 sprigs fresh thyme
- 1/2 pound fresh tomatoes, peeled, seeded, and cut into 1/2-inch cubes
- 12 medallions lamb tenderloin, well trimmed, each 3 to 4 ounces
- 1 cup dry white wine
- 1 cup organic beef or chicken broth
- 1 tablespoon chopped fresh tarragon
- 4 tablespoons unsalted butter, cut into pieces
- Fresh tarragon leaves, for garnish

In a large, heavy saucepan, heat 2 tablespoons of the olive oil over medium-high heat. Add the eggplant and zucchini cubes, season with salt and pepper to taste, and add the garlic and thyme sprigs. Sauté the vegetables, stirring frequently, until they are tender, about 10 minutes.

Add the tomatoes to the other vegetables and stir thoroughly, just until the tomatoes are heated, about 2 minutes. Taste the juices and, if necessary, add a little more salt and pepper. Cover and keep warm.

In a saute pan large enough to

hold all the lamb without crowding, heat the remaining 1 tablespoon olive oil over medium-high heat. Season the lamb medallions on both sides with salt and pepper and add them to the pan. Cook to the desired degree of doneness (3 to 4 minutes per side for medium-rare), turning once. Transfer to a warmed plate and cover with aluminum foil to keep warm.

Carefully pour out the grease from the pan. Return the pan to the heat, add the white wine, and stir and scrape with a wooden spoon to deglaze the pan deposits. Continue boiling the wine until it has reduced slightly, 3 to 4 minutes. Stir in the broth and chopped tarragon and continue boiling until the liquid has thickened slightly, 7 to 10 minutes. A piece at a time, whisk in the butter. Taste and, if necessary, adjust the seasonings with salt and pepper.

Spoon some of the vegetable mixture onto the center of each heated serving plate. Top the vegetables with 2 pieces of lamb per plate. Spoon the sauce over and around the lamb and vegetables. Garnish with tarragon leaves and serve.

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<h2>Restaurant Guide</h2>	
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<p><b>Old 56</b> Family Restaurant</p> <p>2227 S. Princeton St. Ottawa, KS 66067 785-242-7757</p>	<p><b>Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.</b></p> <p>912 S. Chestnut Olathe, KS 66061 913-390-9905</p>

**GETTING MARRIED?**

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

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

## Studdard to attend Silvered Hair Legislature session

John Studdard, the Silver Haired Legislature (SHL) delegate for Douglas County, will attend the SHL's annual session on September 28-30 at the Topeka Ramada Inn.

According to Studdard, SHL will consider resolutions on the following:

- Approval of medical marijuana legalization.
- Providing custodial rights for grandparents with grandchildren.
- Rescission on sales tax exemption on other than statewide entities.
- Term limits for both Kansas house (four terms) and senate (two terms) members.
- Requiring seat belts on multi-passenger vehicles used by seniors.

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

ported by the Kansas Department on Aging and the Kansas Agencies on Aging. The delegates represent 11 Planning and Service Areas (PSAs), which correspond to the 11 Area Agencies on Aging. For example,

Studdard is a delegate from PSA 4, which includes Douglas, Jefferson, and Shawnee counties, the same counties covered by JAAA.

According to JAAA, the purpose of the Silver Haired Legislature is three-fold:

- **To Educate** – Participation provides experience in the political process.
- **To Inform** – Actions of the SHL inform the public and the Kansas Legislature on concerns of the elderly.
- **To Involve** – SHL provides over 412,000 Kansas seniors a way to become involved.

For more information about the Silver Haired Legislature, please visit [www.jhawkaaa.org/silverhair.asp](http://www.jhawkaaa.org/silverhair.asp) or contact Marsha Ridinger, program manager, at [mridding@jhawkaaa.org](mailto:mridding@jhawkaaa.org).

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



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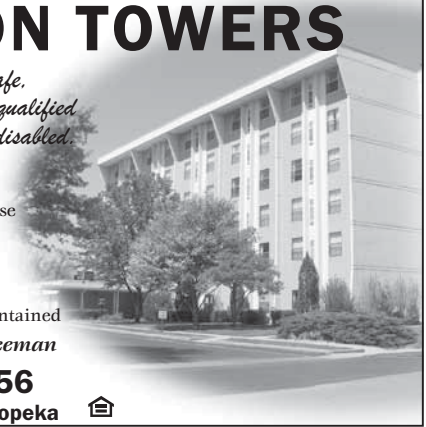
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**CROSSWORD**

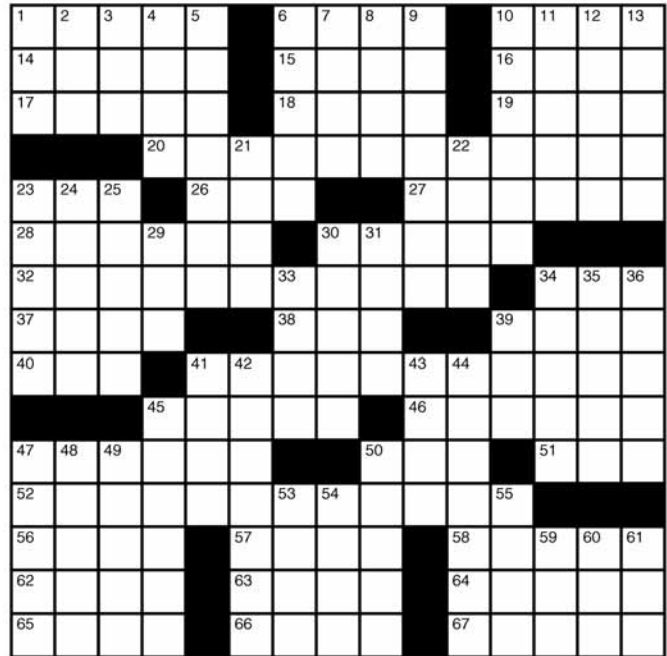
**ACROSS**

- 1 Fails to enunciate
- 6 Russian assembly
- 10 Gay Nineties and the like
- 14 Fable master
- 15 Oh my gosh!
- 16 Full-bodied
- 17 Heat's home
- 18 Commercial award
- 19 Taj Mahal's city
- 20 Office drudge
- 23 Stick up
- 26 Meadow, poetically
- 27 Fly to avoid
- 28 Showy shrub
- 30 Arab chieftain: var.
- 32 Heavy hitter
- 34 Sodden
- 37 Chinese leader?
- 38 School of thought
- 39 Singing star
- 40 Susan of "L.A. Law"
- 41 Prude, perhaps
- 45 Festive events
- 46 Mean
- 47 Gibraltar passage
- 50 Place to surf
- 51 Porker's pad
- 52 Social butterfly, say
- 56 Starter chips
- 57 Steak order
- 58 Heart line
- 62 Way out
- 63 Larger-than-life

- 64 Basmati and brown
- 65 Gets off track
- 66 Clammy
- 67 Imbided

**DOWN**

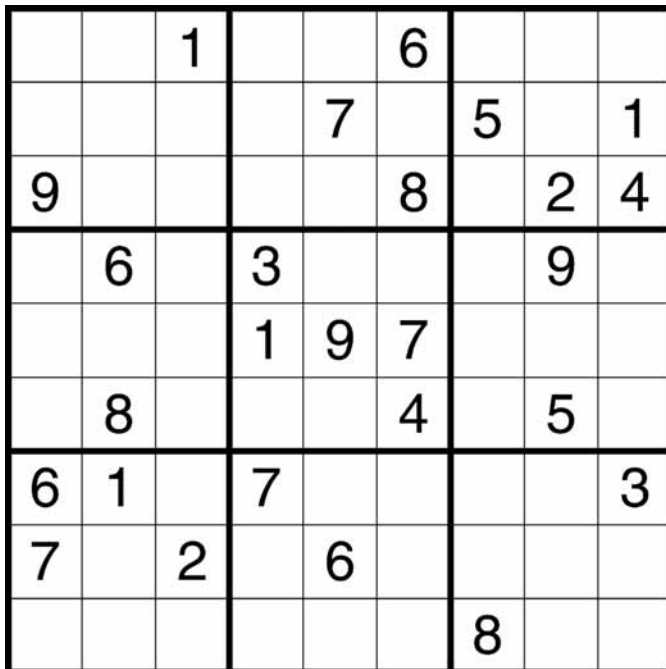
- 1 Playwright Shepard
- 2 Honolulu garland
- 3 Dos Passos work
- 4 Cavort
- 5 Pitchman
- 6 First record label to use Dolby
- 7 Citrus hybrid
- 8 Pop in the post
- 9 Former orphan
- 10 Pencil end
- 11 Starboard side
- 12 Pieces of pastures
- 13 Don't be such a hog!
- 21 Tidal situation
- 22 Exploitive one
- 23 Breakneck
- 24 Unstable oxidizing agent
- 25 Risque
- 29 August sign
- 30 Bridge seats
- 31 Words of wonderment
- 33 Turkish bread?
- 34 Uses a dishcloth
- 35 Occurrence
- 36 Overdue
- 39 Part of an e-mail address
- 41 Beach toy
- 42 Changed a bit
- 43 Pastry items



By Diane C. Baldwin  
Columbia, MD

- 44 Ready to go along
- 45 Rubbernecking crowd
- 47 Black card
- 48 Quartet member
- 49 Chopper blade
- 50 Sunken ship
- 53 Family man
- 54 Celtic land
- 55 Black, to Balzac
- 59 Sony rival
- 60 Sawbuck
- 61 Invite

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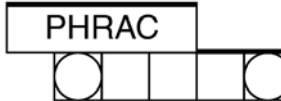
**SUDOKU:** Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats.

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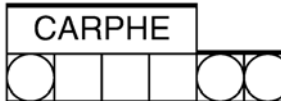
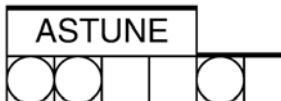
**JUMBLE**

THAT SCRAMBLED WORD GAME  
by Henri Arnold and Mike Argirion

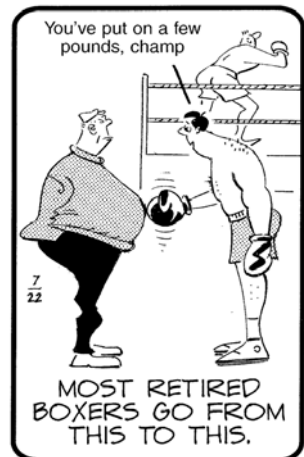
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.



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A: TO



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

BRIDGE

# First Things First

By Tannah Hirsch

East-West vulnerable. South deals.

NORTH

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

WEST

♠ J 9  
♥ 10 9  
♦ K 9 6 4  
♣ J 8 7 4 3

EAST

♠ A 10 7 5 4 3  
♥ Q J 2  
♦ Q J  
♣ 10 5

SOUTH

♠ K 8 2  
♥ A K 6 4 3  
♦ A 7  
♣ K Q 2

The bidding:

SOUTH	WEST	NORTH	EAST
1♥	Pass	2♥	Pass
4♥	Pass	Pass	Pass

Opening lead: Four of ♣

Trumps are like money in the bank. Before you squander your assets, make sure you can afford it.

North did not have much, but possession of an ace, a queen, a ruffing value and three-card support is enough to raise partner's five-card major opening to the two-level. With 19 high-card points, South's raise to

game is beyond reproach.

West led the four of clubs and declarer could count only nine winners if trumps broke normally. The obvious play for a 10th trick was to ruff a spade in dummy, but a modicum of care was required. If declarer draws two rounds of trumps before starting spades, the defender who wins the spade trick might be able to lead a trump and prevent the ruff. If you don't draw trumps at all, a defender might be able to ruff the third spade higher than dummy can.

If you want to, win the king of clubs and cash just one high trump before leading a spade to the queen. East wins with the ace and suppose he returns a spade. If you win with the king and try to ruff your spade, West will ruff with the ten and the defense still collects a trump trick and a diamond for down one. Instead, when you win the king of spades cash your remaining high trump before ruffing the third spade. If trumps are 3-2, the defenders will collect only one trick in each suit except clubs.

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

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# MyStory returns September 7

After a year's hiatus, MyStory will begin the 2010 series on Tuesday, September 7. MyStory is a series of programs that encourage participants to share their life stories. The 2010 theme is "Hometowns & Heroes."

Though writing is the primary focus, MyStory uses various creative ways to share memories and thoughts. You need not have written before to enjoy this series. Each session will highlight a different aspect of remembering your own hometown and the people who influenced your life. A bus tour of the Douglas County area will be included, so bring your remembrances of people and places, or enjoy a trip that will remind you of your own hometown. At the end of the series, the stories will be gathered and printed as a keepsake.

All sessions will be held at Babcock Place, 1700 Massachusetts St. in Lawrence at 2:00 p.m. There is no fee for participation. You may attend one or all of the following sessions:

- Tuesday, September 7: A Look at Hometowns
- Thursday, September 16: Creative Genealogy

- Tuesday, September 21: Published Stories: Books based on reminiscences

- Thursday, September 23: Creative Writing: How to write your memories

- Tuesday, September 28: A Look at Heroes

- Thursday, October 7: Photo and Story Sharing

- Friday, October 8: Hometown Bus Tour

- Tuesday, October 19: Publication Release

MyStory is sponsored by the Senior Outreach Services of the Lawrence Public Library and the Lawrence-Douglas County Housing Authority: Babcock Place. For more information about MyStory or any individual program, please contact Pattie Johnston at the library at (785) 843-3833, ext. 115, or Gayle Sigurdson, Babcock Place, (785) 832-1692.

## JUMBLE ANSWERS

Jumbles: PARCH UNCLE UNSEAT PREACH

Answer: Most retired boxers go from this to this - PUNCH TO PAUNCH

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# Benefit sale for Audio-Reader Network caters to the music-lover in everyone

Music for all tastes, rare gems for collectors and a bevy of stereo equipment are all available for bargain prices at the eighth annual "For Your EARS Only" sale, a fundraiser benefiting Audio-Reader.

The sale takes place from 6:00-9:00 p.m. Friday, September 17, and from 9:00 a.m. to 4:00 p.m. Saturday, September 18, in Building #21 at the Douglas County Fairgrounds, 2120 Harper St. in Lawrence. Admission for Friday night, which features prize giveaways, free food donated by local restaurants, and first pick through an extensive selection, is \$10 at the door. Advance tickets are available for \$7 at Audio-Reader, 1120 W 11<sup>th</sup> St. in Lawrence. Admission is free on Saturday, and prices will be marked down throughout the day.

This year's inventory features an extensive selection of jazz and big band record collections in pristine condition, donated by collectors in the Douglas County area. This includes a Smithsonian big band collection, Bluebird label big band collection, jazz heritage collection, King Oliver History of Jazz collection, and many more. There are also hundreds of CDs covering the

audio spectrum from rock, R&B, pop, opera, country, bluegrass and holiday music. Most records are \$1 and CDs are \$3.

"We have more CDs this year than we've ever had," said Feloniz Lovato-Winston, event coordinator for the sale "You can buy some great CDs from us at bargain prices, and upload them to your computer or MP3 player."

Shoppers in the market for audio equipment will have a plethora of goods to choose from, including collectible 45 RPM record players, turntables, DVD players, reel to reel players, disc changers, tuners, amps, receivers and speakers. The inventory includes a pair of Bose 901 speakers and sets from brands such as Philips, Martin, Advent, SPL, Sound Tech and many more.

The Kansas Audio-Reader Network, a public service of the University of Kansas, is a free reading and information service for anyone who cannot read conventional print because of blindness or any other visual, physical or learning disability. More information is available at reader.ku.edu or by calling (800) 772-8898.

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R	O	B	L	E	A	T	S	E	T	S	E	
A	Z	A	L	E	A	E	M	E	E	R		
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E	R	R	S		D	A	N	K		D	R	A

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



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