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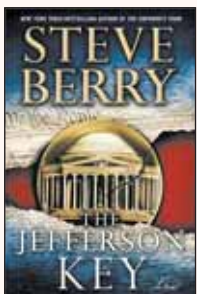
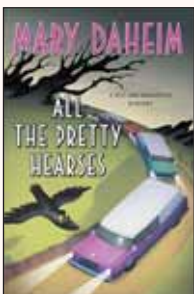
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Vol. 11, No. 3

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KEVIN GROENHAGEN PHOTO

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Washington served country in three wars

By Kevin Groenhagen

After Elroy Washington became a U.S. Army draftee on November 7, 1942, he shared something in common with his grandfather: He served in a segregated unit.

George Washington was born a slave in Virginia around 1840. According to family history, his slave master, Daniel Jones, gave George to his daughter, Margaret, as a gift. Margaret and her husband, Lewis Waller, migrated to Platte County, Mo., to farm hemp, corn, and other cash crops. Lewis died shortly after arriving in Missouri and, in 1848, Margaret married Jesse Miller, who inherited the property after her death.

“George Washington, as was usual for Missouri slaves, was not permitted to learn to read, but was influenced by rumors that President Lincoln was about to free the slaves and that escape to Kansas meant early emancipation,” said archaeologist Jim Johnson, who is also George’s great-grandson. “So, early in 1862, Washington escaped by way of Parkville, across the Missouri River and to the strongly abolitionist town of Quindaro, Kan.,

where he found sanctuary from slave bounty hunters.

“Eventually, great-grandfather made his way to Leavenworth where the controversial, abolitionist Senator James Lane was recruiting black troops from among the swelling numbers of fugitive slaves who had fled their masters in Missouri and Arkansas. George Washington enlisted in the 1st Kansas Colored Volunteer Infantry Regiment in August, 1862.”

The 1st Kansas Colored Infantry—the first black infantry regiment to see combat in the war—participated in the battle of Island Mound, Mo., on October 28, 1862. The 1st Kansas was also the first black unit in the United States Army to fight alongside white soldiers.

After the Civil War, George moved to Bloomington, Kan., which was located near Lawrence. Prior to the war, the people of Bloomington were very anti-slavery and helped slaves escape through the Underground Railroad. George, who had saved the \$10 a month he made as a soldier, became a farmer, raised a family, and eventually had grandchildren, including Elroy.

Elroy, the youngest of four children, was born on December 13, 1915. Un-



Elroy Washington

fortunately, his father, Lewis, became ill and died in 1917, so the family moved in with relatives. After Elroy’s mother remarried, the family moved to Buick, Colo., but returned to Law-

rence after about a year. From second to eighth grade, Elroy attended Sigil School, where he was one of just two black students.

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Kaw Valley Senior Monthly

Editor and Publisher
Kevin L. Groenhagen

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Washington

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Elroy left home at 16.

"I went to work for Harry Richardson, whose 300-acre farm was about four miles east of Lawrence," Elroy said. "He raised wheat, corn, oats, hay, and other small grains. I serviced, cleaned, and lubricated the tractor and truck, and made minor repairs and adjustments on them. I plowed, harrowed, disked, and used the tractor to pull and operate all types of farm machinery. I also fed and cared for all the livestock. Later, I began to rent 40 acres, so I worked 10 hours a day for Richardson, and then did my own farming at night and on weekends."

After the Japanese bombed Pearl Harbor on December 7, 1941, Elroy knew his days as a farmer were numbered. He sold what he owned and, like his grandfather 60 years earlier, made his way to Leavenworth to become a soldier.

Elroy and other soldiers would later travel by train to Camp Stoneman in California.

"On the way the train went through

Lawrence," he said. "I asked if I could get off, but they wouldn't let me."

From Camp Stoneman, Elroy boarded the USAT *George Washington*. During a 36-day journey across the Pacific Ocean, the *George Washington* zigzagged to Sydney, Australia. It then sailed on to Bombay and Calcutta in India. From Calcutta, Elroy and other members of his segregated unit traveled to northeast India, where they drove trucks full of gasoline, rice, ammunition, and other supplies on the Ledo Road. The road began in Ledo, India, wound through Burma, and, when completed, ended in Kunming, China. The Ledo Road was built by 15,000 American soldiers (60 percent of whom were African-Americans) and 35,000 local workers. More than 1,000 Americans died during its construction.

Elroy spent two and half years in the China-Burma-India Theater. Remarkably, every member of his unit survived.

"Japanese Zeroes flew over our convoy once," Elroy said. "However, they passed by us and then fired on a group of white guys instead."

Elroy had a different type of en-

counter one night while sleeping in his truck.

"I heard a noise outside the truck," he said. "Then I could feel something get on the running board. So I grabbed a tire iron and looked out the window. There was a Bengal tiger! I hit him with the tire iron until he got off the running board, and then I turned on the headlights to scare him off. When I did that, I saw two more tigers on the road. I turned the headlights on about every 10 minutes for the rest of the night."

While in China towards the end of the war, Elroy's convoy passed piles of dead Chinese and piles of Japanese soldiers.

"We ran out of water, so we went to the river to get some," he said. "There were bodies floating in the river, but we needed to have water."

Elroy's unit was actually in such a remote area that they did not find out about the war ending until two weeks after it ended.

On October 13, 1945, Elroy headed back to the U.S. on a ship. The ship arrived in New York on November 24.

"As we entered New York Harbor, we could see the Statue of Liberty,"

he said. "Everyone rushed to one side of the ship to see the statue. We nearly capsized the ship."

Elroy separated from the Army on December 1 at Camp Chaffee in Arkansas. Upon his return to Kansas, he had gone completely around the planet. However, he didn't pack away his uniforms in mothballs.

"I couldn't find work, so I reenlisted," Elroy explained.

Once again, Elroy sailed back to Asia. After a brief stop in the Philippines, his unit, the 24th Infantry Division, participated in patrol operations on the island of Okinawa.

"There were still Japanese soldiers on Okinawa who did not know that the war had ended," Elroy said.

From Okinawa, Elroy's unit traveled to mainland Japan to perform occupation duty. Elroy remained in Asia until December 1948.

Elroy returned to Asia just a few years later after the Korean War broke out. In 1948, President Harry S. Truman ordered the integration of the armed forces with the signing of Executive Order 9981, so Elroy served in an integrated unit in Inchon, South

■ CONTINUED ON PAGE FIVE

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Washington

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Korea. He served in South Korea as a platoon sergeant and a motor sergeant with the 398th Artillery.

According to Elroy, a North Korean pilot dubbed "Bedcheck Charlie" bombed their barracks in the middle of the night. However, Elroy's closest call in the Korean War came from a fellow African-American soldier who tried to kill him.

"When my officer found out, he said, 'Get a jeep,'" Elroy said. "They put him in the jeep and came back about two hours later without him. I'm not sure where they took him since we were out in the middle of nowhere. I never saw him again."

Elroy returned to the U.S. in April 1954, and, later, attended engineering school at Ft. Belvoir in Virginia. From 1958 to 1967, he served at Fort Carson in Colorado. However, he returned to Asia in 1967, this time as a member of the 178th Maintenance Company in South Vietnam.

While Elroy was once again serving in a war, going to Vietnam was a bit different. First, this was the first time Elroy traveled by plane—a Pan Am airliner—instead of a ship. Second, Elroy learned that he would be the temporary first sergeant in charge of 130 soldiers as they traveled to Vietnam. Once in country, he was in charge of a platoon of 30 soldiers.

According to Elroy, Vietnam was the worst of the three wars he participated in. In addition to the Vietnam War being unpopular, it was difficult to tell who your friend was and who your enemy was. Elroy personally experienced this confusion while at the barbershop one day.

"I noticed when I sat down to get my haircut that the barber's hands were shaking," he said. "So I got nervous and told him I'd come back later. That night another sergeant and I shot two Viet Cong on base. When we took off their masks, one of them was the barber."

Elroy's sister Grace died while he was in Vietnam, and he was able to go home for two weeks of leave.

"The Army was good to me," he said.

After completing his tour in Vietnam, the Army transferred Elroy to Camp Carroll in South Korea.

"I had it made there," he said. "I had a Korean houseboy to shine my shoes and take care of household chores."

Fortunately, Elroy got pneumonia while at Camp Carroll. It was fortunate because it led Elroy to make some healthier choices in his life. Up until then, Elroy said he smoked two and half packs of cigarettes, lit up three cigars, drank a fifth of whiskey, and downed five cans of beer every day.

"The doctor showed me an X-ray of my lungs, and said that I needed to stop smoking," he said. "I said, 'Doctor, don't worry. I done quit.'"

After 27 years in the Army, Elroy retired in 1969. He chose to live in Lawrence instead of his hometown of Bloomington for one simple reason: Bloomington would soon be under water. The Flood Control Act of 1962 authorized the construction of a dam and Clinton Lake. With the construction of the lake, several towns were demolished, including Bloomington, Sigil, Belvoir, and Richland.

While the construction destroyed the towns, concerned residents incorporated the Clinton Lake Historical Society in 1979 as part of an effort to preserve and promote the area's history. The Society opened the Clinton Lake Museum in a restored milk shed in 1983. At a rededication ceremony 25 years later, the Society officially renamed the museum the Wakarusa River Valley Heritage Museum.

For his own part, Elroy has done a great amount of work documenting his own history. Elroy has hundreds of photos from his childhood, his Army years, and from times he spent with his family. He even made a three-hour video in which he narrates as he shares photos and maps to tell viewers the story of his life.

A few years ago, a KU student who attends Elroy's church honored Elroy when he did a report on Elroy's life. In a video, the young man concluded his presentation by noting that Elroy is most grateful for his health. He wakes up every morning knowing exactly what he will do. If it's nice out, he'll go for a walk. If it's raining, he'll watch Westerns or work on his train set. He advises young people to stay clean, get an education, and marry someone you understand. Finally, the student noted that Elroy fought for his freedom, our freedom, and that he would be honored to walk in his role model's footsteps.

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Roberts becomes Douglas County Senior Services' executive director

By Billie David

Douglas County Senior Services' new executive director, Carleen Roberts, has a vision for the future that includes a community characterized by volunteering and active caring, and a culture that values people of all ages equally.

"Aging is a continuum," she said, explaining that the importance we place on older people should carry the same weight as the importance we place on the young.

Referring to the physical manifestations of aging, she said, "We need to look at the other aspects of aging—wisdom and life-knowledge. We should hope to pull that wisdom from older people by linking them with younger people."

Roberts envisions encouraging that process through community.

"It takes a village to have a long, healthy life, and everybody will need to pull their weight, especially with the economic downturn," she said. "Everyone has a connection with a senior; everyone hopefully will be-

come a senior, so we need to invest in our future."

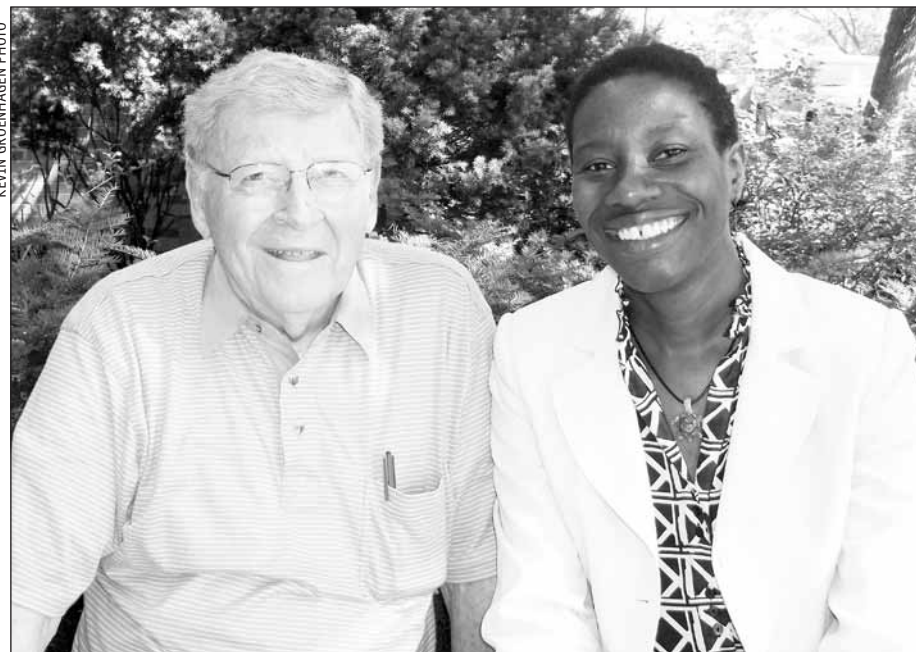
Roberts' own sense of connection to seniors goes all the way back to her early experiences in life.

"I grew up with my grandmother. I was very close to her," she said, adding that her father was also an older man.

Roberts grew up in Reserve District and attended school in Sherwood Content, a small town in the parish of Trelawney, Jamaica, which is the same place that Usain Bolt, the 100-m and 200-m world record holder and Olympic gold medalist, was born.

Roberts was also a runner and came to the United States in 1992 on a United States Agency for International Development (USAID) scholarship. During her two years as a graphic technology student at Modesto Junior College in Modesto, California, she joined the track team and earned a scholarship to the University of Kansas as a student athlete with the track and field team.

"I think it's a beautiful place," she said of Lawrence. "It is welcoming,



KEVIN GROENHAGEN PHOTO

Carleen Roberts (right) with Art Lingle, a Douglas County Senior Services participant and volunteer since 1993.

there's diversity and it has an urban feel, but a rural feel at the same time."

After graduating from KU, where she earned a master's of social work with an emphasis in gerontology, a

master's in geography and a bachelor's in graphic design, Roberts returned to Jamaica.

"I wanted to help support my fellow Jamaicans and make a differ-

■ CONTINUED ON PAGE SEVEN

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Carleen Roberts

■ CONTINUED FROM PAGE SIX

ence," she explained.

She found work as the program manager in the Jamaican branch of the US Peace Corps, where she dealt with literacy and numeracy development for Jamaican youth and adults. There, she found another opportunity to work closely with seniors.

"The Peace Corps had volunteers who were 50 or older coming to Jamaica to serve for two years," she said. "Some were 70-plus. It's awesome to have older adults showing that giving a helping hand does not have an age limit."

What she learned from the volunteers, she said, is that seniors may not have a lot of wealth in terms of money, but they have an abundance of wealth in terms of wisdom, passion and life experience.

When the opportunity later arose for her to become a permanent resident of the United States, Roberts returned to Lawrence.

"Lawrence is the only place I considered," she said of her choice to return to Douglas County. "It is the

DCSS's offerings have expanded since founding

Douglas County Senior Services, Inc. hasn't always been known by that name. It began in 1972 as Douglas County Planning Council on Services for the Aging, Inc., but was commonly known as the Council on Aging. In 1988 it was legally changed to its current name. It is a non-governmental organization classified as a private not for profit agency with a 501(c)(3) status.

Meetings were originally held in a room in the Methodist Church at 946 Vermont, then moved to a room in the basement of the Community Building at 11th and Vermont. In 1979 it moved to a former fire station at 745 Vermont, where it is located today.

The organization has a mis-

sion of creating opportunities that allow older residents to remain independent in their own homes and in the community. This goal is carried out through numerous offerings, including community services, Senior Meals, Senior Wheels, and organized programs and events.

The community services include volunteers who help with preparing tax returns and answering questions concerning Medicare. In addition, seniors can schedule appointments for legal assistance. Staff members will assist seniors who need help with applications for emergency assistance, and seniors can also obtain information on options such as in-home services and senior housing.

Other community service programs include a caregiver's support group, the publication of a monthly newsletter, and providing volunteers to help seniors shovel snow from their walks.

Another of the organization's offerings is Senior Meals, where people can enjoy low-cost balanced meals shared at dining centers in Baldwin City, Eudora, Lecompton and Lawrence.

Those in need of transportation can use Senior Wheels, which, for a fee, will provide rides to appointments, shopping, jobs, or just getting together with others.

The Senior Center also has a calendar of events including exercise classes, support groups, Bingo and other special interests.

place I grew up as an adult, and I wanted to come back and support its growth."

But returning to Lawrence also

meant finding work, and she went job hunting in earnest from December 2010 through April of 2011. Just as she was becoming discouraged, she

saw the ad for the Douglas County Senior Services executive director position.

■ CONTINUED ON PAGE 12





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KU Medical Center receives national designation as an Alzheimer's Disease Center

The University of Kansas Medical Center has been awarded a five-year, \$6 million grant from the National Institutes of Health (NIH), putting it among an elite group of 29 institutions which have been nationally designated as Alzheimer's Disease Center by the NIH's National Institute on Aging (NIA). Reflecting its new status as a national center of excellence, the program's name will be the University of Kansas Alzheimer's Disease Center.

"Our Alzheimer's program has long been at the forefront of discovery and has achieved significant success in understanding and treating the disease," said Barbara Atkinson, MD, executive vice chancellor at KU Medical Center and executive dean at the KU School of Medicine. "It is extremely gratifying that the NIH now considers our program as one of the best in the nation."

Established in 1984, the NIA's Alzheimer's Disease Center (ADC) pro-

gram provides resources to its Centers of Excellence and supports ongoing research by encouraging a multidisciplinary approach to studying the causes, progression, prevention, diagnosis and treatment of Alzheimer's disease. ADCs also foster the development of new research approaches.

"The Alzheimer's Disease Centers play a vital and varied role in advancing our understanding of Alzheimer's disease, from developing imaging agents that enable us to track the changes taking place in the brain to identifying the genetic variants associated with the disorder," said NIA Director Richard J. Hodes, M.D. "We welcome this distinguished group of University of Kansas investigators and clinicians into the program, and we look forward to working closely with them on innovative ways to prevent, delay or treat this devastating neurodegenerative disorder."

Russell Swerdlow, MD, the director

of the new KU Alzheimer's Disease Center, said one of KU Medical Center's strengths is its pioneering work on the link between Alzheimer's and brain energy metabolism. Swerdlow's research indicates that mitochondria, the parts of cells that produce much of their energy, are defective in patients with Alzheimer's disease.

"Our studies are showing that brain energy metabolism plays a role in Alzheimer's disease - and perhaps a central role," said Swerdlow. "We think manipulating brain energy metabolism could be a major breakthrough in getting to the root of Alzheimer's."

Most recent research in the field of Alzheimer's has been focused on how to reduce certain proteins, known as amyloid, which form plaque in the brain. Amyloid accumulation in the brain leads to memory impairment. But clinical trials of drugs that slow amyloid production have shown little success in halting the progression of

Alzheimer's. While scientists continue to study the link between amyloid and Alzheimer's, some researchers, including those at KU Medical Center, are exploring other possibilities as well.

"People who already have Alzheimer's have not responded as hoped to amyloid-type drugs," said Jeff Burns, MD, co-director of the new KU Alzheimer's Disease Center. "Some researchers are now investigating whether giving these drugs at an earlier age could help prevent Alzheimer's. At KU, we aren't willing to wait another 10 years to see if new clinical trials show anti-amyloid therapies are effective in younger subjects who haven't shown signs of the disease yet. That is why we have been pursuing research around how metabolism and energy affects brain cells."

Swerdlow, Burns and other scientists at KU Medical Center have received international attention for research on how various lifestyle factors, including fitness and physical activity, affect normal aging and Alzheimer's disease. This research is unique in the field, and contributed to the NIH's decision to award KU a Center of Excellence grant.

"We know brain cells need energy to function. We believe it is possible a malfunction in the metabolism of brain cells could lead to the increase of amyloid levels in the brain and the beginnings of Alzheimer's," Swerdlow says. "If we can determine how to better regulate the energy processed by brain cells, we may get to the true cause of the disease."

In establishing the University of Kansas Alzheimer's Disease Center, Drs. Swerdlow and Burns are joined by members of the KU Medical Center and Lawrence campuses. Pat Laubinger, RN, is the Center's executive director. William Brooks, PhD, will oversee a neuroimaging core. Eli Michaelis, MD, PhD, and Mary Lou Michaelis, PhD, will lead a core that conducts molecular and genetic studies. Kathy Newell, MD, is in charge of a neuropathology core. Heather Anderson, MD, oversees education and outreach efforts. Jonathan Mahnken, PhD, maintains the Center's database.

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Audio-Reader sale features extensive inventory of vinyl records, audio equipment

Vinyl record collectors, audiophiles, and music lovers are sure to find musical treasures at bargain prices at this year's "For Your Ears Only" fundraiser, which benefits Audio-Reader.

The sale takes place from 6 to 9 p.m. Friday, September 16, and 9 a.m. to 2 p.m. Saturday, September 17, in building 21 at the Douglas County Fairgrounds, 2120 Harper in Lawrence. There is a \$10 entry fee Friday evening, which features a DJ, free food, prizes from local businesses, and first pick of the extensive inventory. Advance \$7 tickets for Friday are available at Audio-Reader, 1120 W. 11th St. in Lawrence. Admission is

free on Saturday with bargains slashed to half price after noon.

This year's inventory includes an eclectic collection of high-end audio equipment. Bose speakers, reel-to-reel-machines, 8-track players, musical instruments, stereos and dozens of turntables will be available, along with thousands and thousands of vinyl records. This year's LP inventory includes records by Elvis, the Beatles and Bob Dylan, as well as an entire box of 80's remix albums. Most vinyl records will be priced at \$1 and CDs will go for \$2. Audio equipment will

be sold for below-market prices.

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GUEST COLUMN

Setting goals at the end of life

When faced with the reality that end-of-life is approaching within weeks or months, it is important to focus on goals. Priorities may change in terms of your medical care. Be sure to talk with loved ones and with your doctor about what your goals and priorities are.



Donna
Ewy, MD

There are actually numerous studies regarding several disease states that show that elderly people with advanced diseases who choose the comfort care provided by hospice actually live LONGER than those who choose aggressive medical care. Tube feeding, for example, has been shown to

actually shorten life expectancy in persons with dementia who lose the ability to swallow safely. Aggressive care in an intensive care unit can have many medical interventions that are very uncomfortable. If the goal is to aggressively work to save someone's life, those discomforts may be very worthwhile. In a frail elderly person with limited life expectancy, such discomforts of medical intervention may be too burdensome and may get in the way of the important business of spending the last days or weeks in a comfortable setting with loved ones. Death at home in a warm comfortable setting surrounded by family and in the absence of pain, shortness of breath, and fear can be a very different experience than death in an ICU with IV's, monitors, labs, catheters, mechanical ventilators, and chest compressions.

Sometimes the goal may be to live long enough to be able to attend an important family event such as a wedding or meeting a new grandchild yet

to be born. In such a case, it might be worth another round of chemotherapy or another hospitalization or another surgery if lengthened life span might be able to be achieved. Other times, the goal might be quality time feeling as well as possible without pain or nausea at home with loved ones—perhaps time to say some of those important words: “I love you” “Good bye” “I forgive you” “Will you forgive me?”

As end-of-life is approaching, it's very important to re-evaluate medicines. Remember, focus on goals and priorities. Is a medicine to lower cholesterol and reduce long-term risk of heart disease but may cause some side effects in the short term still important if there remain weeks or months to live? If a person is having difficulty eating enough to get the nutrition that makes you feel better, would she feel better with fewer pills in her stomach, and might she be able to eat better with fewer pills taking up in her stomach that's working a bit more slowly than it used to? Be sure to consider supplements as well. They may interact with medications prescribed by your doctor. As body functions slow down as end-of-life is approached, the

liver and gut may process the medications more slowly than they used to, so medication levels may be higher or lower than they used to be when those systems used to work better. Often as we age and approach end-of-life, medication doses need to be reduced, and some medications should just be stopped. Sometimes it gets hard to swallow big pills, and it just might be time to stop some of them or change to a different kind of medicine.

Often, as end of life is nearing, goals focus on comfort. Hospice is the medical specialty that focuses on comfort and each patient's goals when there is limited life expectancy remaining. The hospice team recognizes that goals now tend to focus on avoiding uncomfortable symptoms such as pain, nausea, itch, anxiety and on spending time with loved ones in a quiet comfortable setting. Hospice doctors and nurses have special training in treating such symptoms, and work hard to ensure that the hours, days, weeks, or months remaining are as comfortable as possible. It's also the very important role of the hospice team to educate and support the fam-

■ CONTINUED ON PAGE 11

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Setting goals

■ CONTINUED FROM PAGE 10

ily and caregivers of the terminally ill person. There are numerous medications and other treatments available to help reduce pain, nausea, fever, anxiety, itch, shortness of breath, fatigue, and other symptoms that commonly occur toward the end-of-life.

It's very important to communicate with your doctor and your family about your goals and priorities. If you lose the capability of making decisions for yourself or if you lose the ability to communicate, who will be your decision-maker? What are your goals and priorities for yourself as you approach your last days? Put those things on paper and get a copy in your medical record. The best time to think about those things is long before you are sick and long before you lose ability to communicate. Death is a universal experience; we will all die some day. It's OK to think about it, talk about it, and plan for it. Talking about death and dying does not make people die sooner; in fact persons with terminal illness often feel more at ease when such things have been discussed.

I remember a beautiful dear woman named Eleanor who was clearly declining and approaching her last weeks. She had recently lost the ability to speak. I said to her, "Eleanor, it looks like it's going to be your time to go to heaven soon." She responded with the most beautiful smile and twinkle in her eye. She and I had spoken over the prior two years or more

about her goals, so even though she could no longer speak to me, I knew how she wished it to be. I also knew that she welcomed death, which for her was not only the relief of her declining abilities, but also the opportunity to reunite with her husband and

son who had died years previously. She died very peacefully, and her family was also at peace because she had also communicated so effectively to them over the years about her wishes.

Throughout your life, you set goals to achieve the quality of life you desire.

Goals at end of life are just as important. Make your wishes known—have the conversation with your family and physician.

- Donna Ewy, MD, FAAFP, is the Associate Medical Director of Hospice Care of Kansas.

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Carleen Roberts

■ CONTINUED FROM PAGE SEVEN

"I wanted the job," she said. "I thought, 'here's an opportunity for me to make a difference for seniors in Douglas County—not just a difference now, but a long-term difference thirty years or so down the road.'"

"I thought I could do the job because in the Peace Corps I worked as a program manager responsible for sticking to the budget and improving the program," she continued.

That experience, combined with her master's degree in social work and her previous experience volunteering at places like Headquarters, gave her extra incentive.

So she applied for the position and spent the next two months diligently researching everything she could find about Douglas County Senior Services and the latest research and developments in the field of aging. The effort paid off and she began work in her new position in early July.

When she's not at work, Roberts enjoys gardening.

"I have a kitchen and flower garden where I live," she said. "I love to plant because it reminds me of my earlier years with my grandmother, when she would plant and reap food produce for our daily nutrition. Also, gardening reminds me of the basics of life, without the process of growth, reaping then aging there is no newness in our daily life."

She still runs when she has time and enjoys participating in Dog Days. She also likes to swim and to read, and sees herself as a lifelong learner.

Roberts' passion for making a difference is rooted in her past.

"I'm alive, and there were so many times where I could have died," she said. "Just getting a chance to come here and learn makes me want to share. I see it as a gift from unknown people and I want to provide that opportunity to others. It is important for people to see that life is a gift so we can pay it forward."

As for her vision concerning the direction she would like to see the Douglas County Senior Services and the Counties Senior Centers take, she wants to encourage development of programs that support the baby boomers, who are beginning to come into retirement age, and even members of generation X, who have also begun to think seriously about retirement.

"I'm open to changes that are supportive of human development and economic enhancement, not just for

Lawrence but for all the communities in Douglas County," she said.

"It's the soft skills we have to develop in people," she added, "to break barriers and help to enhance the 18-30 years after retirement."

This is especially crucial in light of the economic downturn, Roberts said, because the funds seniors are counting on may not be there.

"We have to do more with less," she said, referring to the meals program and other services. "We need affordable transportation, because peo-

ple who don't drive feel trapped. They feel isolation, especially in the rural areas of the county, and we want more multigenerational adult-centered community activities that engage them on a daily basis."

But Roberts wants to keep the discussion open-ended.

"We want Douglas County seniors' input," she said. "We need to prepare a strategic plan for the future, and we welcome constructive criticism that includes input on how we can better support our seniors."

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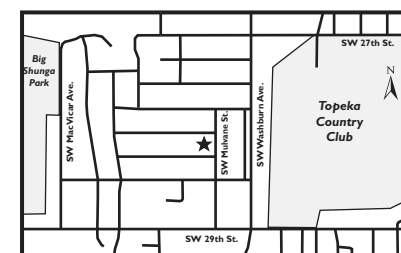
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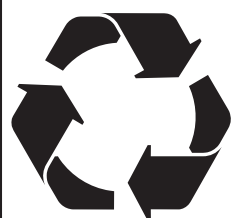


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PERSONAL FINANCE

Reinvesting dividends can pay off

When you invest in stocks, you want their price to go up. But of course, you can't control the rise and fall of stock prices. However, there is a key element of investing that you can control — the number of shares you own. And in the long run, share ownership may be more important than rising stock prices in determining your long-term investment success.



Harley Catlin and Ryan Catlin

Of course, you might think that the advice of "buy more shares" is easier said than done. After all, not everyone can easily find a lot of extra money to invest. But you don't need access to vast wealth to increase your share ownership — you just need to consistently reinvest your stock dividends.

Just how important are reinvested dividends to wealth accumulation, as compared to capital gains (the increase in stock prices)? Over the 135-year period from 1871 through 2003, owning stocks and reinvesting the dividends produced 97% of all stock market returns, with only 3% coming from capital gains, according to a major study done by Dr. Jeremy Siegel, one of the world's leading researchers on stock market performance. Other studies have also pointed to the importance of dividends as a component of total returns.

What are the implications of this disparity between the effectiveness of dividend reinvestment versus that of capital gains? First of all, it suggests that you may not want to spend an undue amount of time and effort in chasing after "hot" stocks, hoping for big capital gains. For one thing, by the time you buy these stocks, they may already be cooling off, but even more importantly, your focus on achieving large capital gains may not be the best use of your financial resources.

Ultimately, the power of dividend reinvestment means, not surprisingly,

that you may be able to help yourself if you look for quality dividend-paying stocks — and then reinvest the dividends, month after month and year after year.

With just a little research, you can find stocks that have paid — and even increased — dividends for many years in a row. (Keep in mind, though, that not all stocks will pay dividends, and even those that do can reduce or discontinue them at any time. Dividend reinvestment does not ensure a profit or protect against loss.) So, to help boost your share ownership, consider reinvesting the dividends back into the stock, rather than taking them as cash payments. If you do choose to reinvest your dividends, though, you will need to look to other types of investments to provide you with income, assuming you need some income from your portfolio, which may become more necessary during your retirement years. Your financial advisor can help you determine the appropriate investments to help provide this income.

But in any case, if you can do without the current income provided by dividends, give careful consideration to reinvesting them. Dividend reinvestment is not a glamorous investment strategy, and it won't help you "get rich quick," but it can help you make steady progress

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

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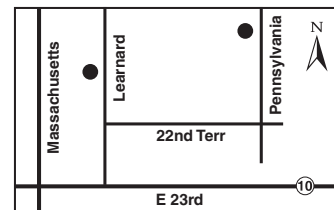
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HEALTH & FITNESS

Tips for sudden health problems

To cope with emergencies, we're advised to stock bottled water, flashlights, and weather radios. But what if you have a sudden health issue? Your health can change as quickly as Kansas weather, and you need to be ready. Here are some tips about not-quite-crisis situations you can be better prepared to handle.



Laura
Bennetts

Better safe than sorry

If you suddenly feel ill, you might call your doctor or an advice nurse. To be ready for that call, you will want to have some information handy. You might be asked, Do you have a temperature? To be able to answer that question, you should keep a digital thermometer handy.

If you still have a mercury thermometer, it is time to recycle it. Mercury is a toxic substance and old thermometers must be recycled. Call your city information line to find out how to do this safely. Get a digital thermometer instead. This is battery powered, inexpensive, easy to use,

and has a clear digital readout. You just turn the thermometer on, put it in your mouth, and wait for the readout to stop blinking to learn your temperature. You can buy one at any pharmacy.

Q&A

What other questions should you keep in mind when you call a doctor or nurse, and how should you plan to answer them? Here are some suggestions.

Question 1: What medications are you taking?

Your response: Keep a list of your medications in your wallet or your purse. This list should include prescription medications and any over-the-counter medications you take. Be sure, each time you start a new medication, to update your list. This list should include both the names of your medications and your regular dosages.

Question 2: What is your blood pressure?

Your response: Keep a blood pressure cuff handy—either a wrist cuff or an arm cuff. Both are available at pharmacies or medical equipment supply stores, and both accurately report your blood pressure with digital readouts. People with arthritis often prefer wrist cuffs. Write down the result, so that you report it to the nurse or doctor.

Also, you need to know what blood pressure is normal for you. Keep a daily log so that you learn your normal range of pressures. Then you'll be able to tell your doctor if your blood pressure is suddenly above normal.

"Who you gonna call?"

For answers about medications, call your pharmacist. Even if you buy mail-order meds, you should still get to know a local pharmacist. If you're shopping, say, for an over-the-counter sinus medication, ask the pharma-

cist for a suggestion. Pharmacists also know about dangerous drug interactions, so have your list of medications ready to share.

You should also get to know your doctor well enough to comfortably ask questions about medications and medical problems. This advice can help you make knowledgeable decisions about your own health.

Others can help, too

Most people think of pharmacists,

■ CONTINUED ON PAGE 15

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Health problems

■ CONTINUED FROM PAGE 14

doctors and nurses—the usual suspects—when they seek medical help or advice. But other health professionals can help you feel better in cost effective ways.

Problem 1: You have painful arms or leg joints or back pain.

Your response: Ask your doctor for a Physical Therapy referral (or, if your problem is hand or arm related, to Occupational Therapy).

You might be able to avoid surgery and use fewer pain meds.

Problem 2: You have something wrong with your vision.

Your response: Make an appointment with an optometrist. Early detection and treatment of eye problems can prevent vision loss.

Problem 3: You have a painful tooth.

Your response: See a dentist ASAP. Early intervention can save your tooth and save you money. (If you don't have dental benefits, you can seek out a free dental clinic in your area.)

Act now

Don't hesitate to seek advice or an appointment if you suddenly feel unwell. Call your doctor or nurse or another health professional, depending on your problem. And if you follow the tips outlined above, you'll have

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all the facts at your fingertips when you make those calls.

- *Laura Bennetts, PT, MS has been a physical therapist since 1982. She owns and directs Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see the LTS website at www.LawrenceTherapyServices.com.*

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RETIRE SMART

What a new inflation formula would mean for Social Security recipients

“Chain, chain, chain, chain of fools.”
- Aretha Franklin

Aretha was singing about a cruel lover. But her complaint applies equally well to another kind of foolish chain that’s become a household word during this summer of federal budget battles: the “chained CPI.”



Mark
Miller

That’s shorthand for a policy idea kicking around Washington that would change the way inflation is measured for a variety of federal benefits and tax schedules.

Seniors have been hearing about the chained CPI lately in the context of Social Security—which is one of the few retirement benefits that comes with built-in protection against inflation.

Social Security has had an automatic cost-of-living adjustment (COLA) since 1975; seniors were paid a COLA every year from that point up until 2008, but since then—nada.

Social Security’s COLA currently is determined using a particular measure of the Consumer Price Index, called the CPI-W. Uncle Sam’s stinginess resulted from a quirky spike in that index in the third quarter of 2008. Just before the economy crashed, the CPI-W spiked temporarily due to a big increase in energy prices. The result was a whopping 5.8 percent COLA for 2009. Social Security payments can’t rise until the CPI-W exceeds the 2008 level—and they can’t fall under federal law—so benefits were held level in 2010 and 2011.

A 1.1 percent COLA is forecast for 2012 by the Congressional Budget Office (CBO).

But in the meanwhile, the debate in Washington about debt ceilings and budget deficits has brought COLAs front and center.

Several of the key federal deficit reduction plans that have been advanced recommend replacing the CPI-W with a chained CPI. A chained index reflects changes that consumers make in their purchasing across dissimilar items in response to price changes; the theory is that a spike in gasoline prices will prompt consumers to spend less on fuel, perhaps more on food. (Or, as a reader of an earlier story I wrote on this subject quipped in an online comment: “Sure, when the price of steak goes up, people switch to chicken. And when the price of chicken goes up, old folks will switch to cat food.”)

The chained CPI could be applied to federal benefit programs and to the income tax code—although it stands to generate far more benefit cuts than revenue gains.

On the benefit side, a chained CPI would impact Social Security, civilian and military pensions and veterans’ benefits and Supplemental Security Income. On the revenue side, a chained CPI might be applied to inflation adjustments for tax brackets in the per-

sonal income tax code, effectively serving as a stealth tax hike by reducing tax bracket adjustments and subjecting more of individuals’ earnings to higher tax rates over time.

According to the CBO, benefit adjustments could yield \$217 billion over 10 years, with 52 percent of that—\$112 billion—coming from reduced Social Security COLAs; income tax bracket creep would generate \$72 billion.

Here’s what makes the chained CPI especially controversial insofar as Social Security is concerned. Whenever Social Security has undergone reforms in the past, the changes almost always have been scheduled far down the road and implemented gradually over many years, so as not to impact current beneficiaries already counting on a specific benefit. But shifting to a chained CPI would affect today’s seniors.

The chief actuary of the Social Security Administration estimates that the chained CPI will rise about 0.3 percentage points less per year than the CPI-W. With compounding, that translates to a monthly benefit cut of 8.4 percent for a retiree at age 92 (calculated from age 62, the first year of benefit eligibility), according to the National Academy of Social Insurance (NASI).

That takes us in exactly the wrong direction on COLA policy. If anything, the current CPI-W measure understates the living costs experienced by the elderly—especially healthcare costs. Healthcare inflation has far outpaced general inflation for several decades.

Since 1988, the U.S. Bureau of Labor Statistics (BLS) has maintained an experimental index, the CPI-E, which aims to reflect the spending patterns of people over age 62. Used instead of the CPI-W, it would translate into monthly benefits about six percent higher for a retiree at age 92, NASI estimates.

“Since most of the deficit reduction (that would result from using the chained CPI) comes from cutting benefits for elderly and disabled Americans, it does point one back to the question of whether the chained CPI is more accurate for elderly and disabled Americans,” says Virginia Reno, NASI’s vice president for income security. “Evidence suggests it is less accurate than a CPI for the elderly, because it fails to reflect the significantly larger role of out-of-pocket health spending by seniors and disability beneficiaries.

Proponents of a chained CPI usually describe it as a technical correction to make COLAs more accurate—and a geeky topic only an economist could love. But it actually will have major implications out in the real world. So, no matter where this summer’s fiscal debate goes in Washington, expect discussion of this rather foolish chain to stay hot.

- 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.

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MAYO CLINIC

No link found between psoriasis and allergies

DEAR MAYO CLINIC: Is psoriasis related to allergies?

ANSWER: What causes psoriasis—a common skin condition—is unclear, but no evidence associates psoriasis with allergies. Instead, the condition appears to result from a different type of immune system response within the body.

In people who have psoriasis, skin cells build up rapidly on the surface of the skin. Normally, skin grows and sheds in 28-day cycles. But for skin affected by psoriasis, that cycle shrinks to just three days. This rapid cycle causes inflammation and overgrowth, and produces patches of red, scaly skin that may become dry and cracked.

Psoriasis can be a painful and cosmetically disturbing disease. Often, the scalp, hands, feet, fingernails and toenails - visible areas on the body—are affected. Psoriasis can also occur

inside the mouth, making eating and speaking difficult at times. In some people, the disease can affect joints, resulting in joint swelling, stiffness and pain.

Psoriasis can erupt without warning. When it first appears, many people, understandably, want a quick cure. They may hope that the psoriasis was caused by something in the environment or by something they ate. With that information, they reason, they can avoid the same stimulus in the future. However, research has found no links between any type of allergy-producing substance (allergen) and psoriasis.

Allergies occur when the immune system reacts to a foreign substance, such as pollen or pet dander, by producing antibodies. Usually antibodies protect the body from unwanted invaders that could cause illness or infection. With allergies, the immune system makes antibodies to destroy the allergen because it incorrectly detects something as harmful. The ensu-

ing reaction to an allergen can inflame the skin, sinuses, airways or digestive system.

Although psoriasis appears to be an immune system response, it is not an allergic reaction. The immune system isn't attempting to destroy something. Rather, it's prompting an overgrowth of healthy skin cells. That's why allergy treatments are not effective for psoriasis.

A variety of factors can increase the risk of developing psoriasis, including smoking and obesity. Having another inflammatory medical condition, such as multiple sclerosis, heart disease or inflammatory bowel disease, also can increase risk. In some cases, psoriasis can be hereditary.

Psoriasis is a long-term chronic condition, currently without a cure. But treatments are available that can either remove and smooth the patches of scaly skin or disrupt the rapid skin growth cycle. First, there are creams and ointments that can be applied to the skin, such as salicylic acid, tar treatments, topical vitamin D and topical steroids. If psoriasis is mild to moderate, these topical treatments may suffice.

Second, light therapy has been shown to reduce the inflammation and scaling of psoriasis. Moderate amounts of sunlight can be helpful,

as can controlled doses of ultraviolet light, if recommended by your doctor. Tanning beds should not be used as a source of light therapy, because they increase the risk of skin cancer and also can burn the skin. When skin affected by psoriasis burns, the psoriasis can spread very rapidly.

Third, for severe cases that don't respond to other treatments, or if psoriasis affects the joints, some oral or injectable medicines may be used to help reduce the production of skin cells and decrease joint symptoms.

As a chronic condition, psoriasis often comes and goes, and treatments that work once may not work when repeated. If you have psoriasis, find a dermatologist who can monitor your condition over time and help you manage the disease to minimize its effect on your daily activities and quality of life. - Dawn Davis, M.D., Dermatologist, Mayo Clinic, Rochester, Minn.

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

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SENIOR CALENDAR

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

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

ART/ENTERTAINMENT

JUN 17-SEP 23

ART WALK

Art Walk, sponsored by the Baldwin Community Arts Council, takes place on the 3rd Friday of the months of June through September. The art walk on September 16 is our Annual Cuppa Java event where you have an opportunity to purchase a hand-crafted mug and dessert. 718 High St. BALDWIN CITY, (785) 594-3200
<http://www.baldwincitychamber.com>

SEP 9-18

THE DIXIE SWIM CLUB

Five Southern women, whose friendships began many years ago on their college swim team, set aside a long weekend every August to recharge their relationships. Free from husbands, kids and jobs, they meet at the same beach cottage on North Carolina's Outer Banks to catch up, laugh and meddle in each other's lives. 700 Zoo Parkway, Gage Park.

TOPEKA, (785) 368-0191

<http://www.topeka.org/parksrec/hocker>

SEP 10 & 11

HASKELL INDIAN ART MARKET

Native American artists from around the country exhibit and sell their art during this two-day outdoor market. Artist demonstrations, entertainment and food booths. 25th & Massachusetts, Haskell Indian Nations University. LAWRENCE, (785) 843-6830
<http://www.haskell.edu>

SEP 10-OCT 1

CRIMES OF THE HEART

The scene is Hazelhurst, Mississippi, where the three Magrath sisters have gathered to await news of the family patriarch, their grandfather, who is living out his last hours in the local hospital. The play is the story of how its young characters escape the past to seize the future-but the telling is so true and touching and consis-

tently hilarious that it will linger in the mind long after the curtain has descended. 3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

SEP 11

STRINGS IN THE SUMMER

A unique string quartet will perform. Bring your lawn chair and enjoy the music! Event time: 6:30 p.m. Admission is Free. Lake Shawnee Ted Ensley Gardens, 37th & SW West Edge Road. TOPEKA, (785) 267-1156

SEP 16

WTCT RADIO PLAYERS

This group of players celebrate the radio plays of the 30's, 40's, and 50's! Show: 8 p.m. Fee. 3028 SW 8th Avenue.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

SEP 24

6TH 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 a.m. to 5 p.m. at the Aaron Douglas Art Park. Free admission.

TOPEKA, (618) 303-4362

<http://www.AaronDouglasArtFair.com>

SEP 27

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 p.m. Show starts at 8 p.m.

TOPEKA, (785) 357-5211

<http://www.topekacivictheatre.com>

BINGO

SUNDAYS & TUESDAYS

AMERICAN LEGION POST NO. 1

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

SUNDAYS, WEDNESDAYS & FRIDAYS

CAPITOL BINGO HALL

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

Wednesdays and Fridays.

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

MONDAYS & THURSDAYS

AMERICAN LEGION POST NO. 400

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

MONDAYS & SATURDAYS

LEGIONACRES

3408 W. 6TH ST, LAWRENCE, 7 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 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 PM,
(785) 843-9690

FRIDAYS

ARAB SHRINE

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

SUNDAYS & TUESDAYS

MOOSE CLUB

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

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 8

SKILLBUILDERS: SURVIVING AND THRIVING

Presented by Ron Hills, VNA. Skillbuilders is a series of educational and support programs designed to assist those who are adapting to life changes due to the loss of a spouse or a loved one or is now the primary decision maker because of illness or limitations. There is no registration for Skillbuilders. You may attend all of the programs or only those which you find of interest. Transportation may be arranged by calling the Senior Services, 785-865-6925. For more information about Skillbuilders, please contact Pattie Johnston at the Lawrence Public Library, 843-3833 extension 115 or Lori McSorley at VNA, 843-3738. Skillbuilders is sponsored by the Senior Outreach Services of the Lawrence Public Library, the Douglas County Visiting Nurses, Rehabilitation & Hospice and the Douglas County Senior Services.

SEP 9

KANSAS ADVOCATES FOR BETTER CARE ANNUAL MEETING: "MEDICARE, MEDICAID & HEALTH CARE REFORM"

Please join us for a dynamic presentation on Health Care Reform and how it affects you, by Molly M. Wood, Lawrence attorney. Lawrence Health Department, 200 Maine, 2nd floor, 1-2:30 p.m. There is no cost to attend - refreshments will be provided. RSVP is required by September 6.

LAWRENCE, (785) 842-3088

SEP 13

WALKTOBER®

October is National Walking Month and an ideal time to get outdoors and walk. Plan to join LMH and the Dg. Co. CHIP to learn more about Walktober®, a free walking program to complete during October on your own or with your own group. Lawrence Memorial Hospital Meeting Room D North, 6-7 p.m.
LAWRENCE, (785) 505-3066

SEP 15

SKILLBUILDERS: AGING IN PLACE

Presented by Linda Crabb, VNA. See September 8 Skillbuilders listing for more information concerning location, transportation, etc.

SEP 17

WALKTOBER®

See September 13 description. Lawrence Memorial Hospital Meeting Room E, 9-10 a.m.
LAWRENCE, (785) 505-3066

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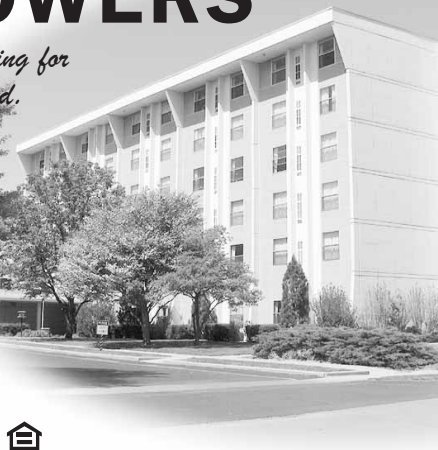
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■ CONTINUED FROM PAGE 18

SEP 22

SKILLBUILDERS: ESTATE & LEGAL MATTERS

Presented by Cheryl Denton, Attorney with Petefish, Immel, Heeb & Hird LLP. See September 8 Skillbuilders listing for more information concerning location, transportation, etc.

SEP 22

WALKTOBER®

See September 13 description. Lawrence Memorial Hospital Meeting Room D North, 12-1 p.m.

LAWRENCE, (785) 505-3066

SEP 28

THE PAIN STOPS HERE: UNDERSTANDING BACK & SPINE PAIN

Presented By: Ryan M. Stuckey, M.D.- Orthopaedic Spine Surgeon with OrthoKansas, P.A. Understanding your pain is the first step in managing it. Join us for a free seminar as we examine the causes of back and neck pain, the range of treatments options, as well as minimally invasive treatment procedures that are available. Advance registration required please due to space limitations. Lawrence Memorial Hospital Auditorium, 6:30-8 p.m.

LAWRENCE, (785) 749-5800

SEP 29

SKILLBUILDERS: HOME MAINTENANCE

Presented by Neil Gaskin, owner of Natural Breeze Remodeling. See September 8 Skillbuilders listing for more information concerning location, transportation, etc.

EXHIBITS/SHOWS

JAN 21-DEC 31

150 THINGS I LOVE ABOUT KANSAS

This special exhibit will commemorate the 150th anniversary of Kansas statehood. 6425 SW 6th Avenue.

TOPEKA, (785) 272-8681

<http://kshs.org>

SEP 9-11

2011 POWER OF THE PAST ANTIQUE ENGINE & TRACTOR SHOW

This show is much more than a gathering of gas engine and tractor enthusiasts. With the passage of time, many of our younger generation have never seen or experienced farm life in its heyday. We're creating a learning experience from this event, where the future meets the past. Fee. Forest Park.

OTTAWA, (785) 242-2686

<http://www.powerofthepast.net>

SEP 11

WHEELS & DREAMS CAR, TRUCK & BIKE SHOW

The 6th Annual car, truck & bike show featuring entries from throughout the midwest. Held in downtown Shawnee and sponsored by the Shawnee Downtown Business Association. First 250 entries receive free goody bag. Door prizes, trophies and grand prize of travel package worth over \$500. Johnson Drive & Nieman Road.

SHAWNEE, (913) 268-5393

SEP 16-18

2011 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. Show includes car awards, swap meet, vendors and plenty of food. Friday from 6-10 p.m. is the South Ottawa Cruise-In. Don't miss the highlight of the show every year, held in Downtown Victorian Ottawa, 'Back to the 60's Cruise Night from 6-10 p.m., featuring Roger Raffert from WHB/Oldies 95KC. 600 N Locust Forest Park

OTTAWA, (785) 242-7181

<http://www.olmarais.com>

OCT 1

WICKED WHEELS CAR SHOW

3rd Annual Road to Oz-Wicked Wheels Car Show, 10 a.m.-3 p.m. Registration at 9 a.m. in swimming pool parking lot, enter at 4th & Ash Street. All makes and models welcome! Awards at 3 p.m. 500 Lincoln Avenue.

WAMEGO, (785) 458-8686

<http://www.oztoberfest.com>**FAIRS/FESTIVALS**

SEP 9-18

KANSAS STATE FAIR

Showcases Kansas agriculture, industry and commerce, with a wide variety of entertainment. Kansas State Fairgrounds.

HUTCHINSON, (620) 669-3600

<http://www.kansasstatefair.com>

SEP 10 & 11

LENEXA SPINACH FESTIVAL

Lenexa was hailed as the "Spinach Capital of the World" during the 1930's! Did you know that Belgian farmers grew spinach in the Lenexa area and shipped it by rail? The Spinach Festival rolls all of the history surrounding Lenexa into a fun celebration. Explore this period of Lenexa's history during the 27th Annual Lenexa Spinach Festival. 14907 W 87th Street Parkway, Sar Ko

Par Trails Park.

LENEXA, (913) 477-7100

<http://www.ci.lenexa.ks.us/parks/spinachfestival.html>

SEP 11

FALL ARTS & CRAFTS FESTIVAL

Annual festival presenting handmade crafts and original artwork by more than 150 artists and crafts. 12th & Massachusetts, South Park.

LAWRENCE, (785) 832-7930

SEP 17

PAXICO BLUES FESTIVAL

Held annually in downtown Paxico on the 3rd Saturday in September, the Blues Festival delivers big city blues in a small-town setting. Festival-goers are encouraged to bring a chair, just in case their dancing feet get tired! Concessions, official festival T-shirts, souvenirs and crafts are available from street vendors. And local antiques dealers and cafes offer special sales on this day just for visitors. Live music from morning to night.

PAXICO, (785) 636-5520

<http://www.paxicomerchants.com/bluesfest>

SEP 17 & 18

FREEDOM FESTIVAL

Osawatomie's Freedom Festival is a living history event that features a reenactment of the Battle of Osawatomie, the largest battle in during "Bleeding Kansas." John Brown and 30-45 Free State Guerillas fought John Reid and 250-400 pro-slavery militia in what is now John Brown Memorial Park. The battle reenactment takes place on the original battlefield. In addition, the event features first person narratives of historical figures, frontier artisans and music from the Civil War Era. The Freedom Festival also features a modern arts and crafts fair, live music, food vendors and other family fun activities. 1000 Main Street.

OSAWATOMIE, (913) 755-4384

<http://www.kshs.org>

SEP 24 & 25

SANTA FE TRAIL DAYS

Gun fighters, saloon girls and historic re-enactors. Come explore the historic Santa Fe Trail. Crafters, demonstrators, horse drawn parade and saloon with live entertainment. Fun-filled family weekend. 501 Cedar St.

OVERBROOK, (785) 453-2185

<http://www.exploreosage.com>

SEP 24 & 25

CIDER DAYS

Northeast Kansas's largest Arts and Crafts festival, celebrating it's 30th 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! Sat 10 a.m.-6 p.m., Sun 10 a.m.-5 p.m. Admission fee. Kansas Expocentre. TOPEKA, (785) 230-5226

SEP 24 & 25

WELLSVILLE DAYS 2010

Wellsville offers both the simple small town environment, plus 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>

OCT 1

NORDIC HERITAGE FESTIVAL

Experience Scandinavian culture through food, arts & crafts, genealogy, music, dance and more. The day's schedule: 12-4:30 - booths; 4:30 - costumes and folk dances; 5:30 - potluck dinner (everyone brings food to share); 6:30 - donation drawings; 6:45 - community Scandinavian music & dancing with live music. Douglas County Fairgrounds.

LAWRENCE, (785) 843-7535

<http://www.nordicheritagefes.com>

OCT 1

OKTOBERFEST ARTS & CRAFTS FESTIVAL

Arts and crafts festival with food and entertainment along the downtown pedestrian plaza. 400-700 Commercial St.

ATCHISON, (913) 367-2427

OCT 1

SCARECROW FESTIVAL

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

SHAWNEE, (913) 631-2500

<http://www.GoodStartsHere.com>

OCT 1 & 2

OZTOBERFEST 2010

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>

32nd Annual Apple Festival

OCT 2

32ND ANNUAL APPLE FESTIVAL

Come see what's new in Old Prairie Town at Ward Meade Historic Site! Look for lots of

■ CONTINUED ON PAGE 20

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CONTINUED FROM PAGE 19

food, demonstrations, entertainment, folk arts and crafts, shopping at our vintage stores, and tour our historic buildings. Hours: 10 a.m.-5 p.m. Admission fee. Children 12 and under free. 124 NW Fillmore.

TOPEKA, (785) 368-2437

FARMERS MARKETS

APR 12-NOV 1

LAWRENCE TUESDAY FARMERS MARKET

The market offers fresh fruits, vegetables, baked goods, flowers and herbs, along with musical entertainment. 1000 block of Vermont.

LAWRENCE, (785) 331-4445

APR 23-NOV 5

LAWRENCE FARMERS MARKET SATURDAY

Offering fresh fruits and vegetables, baked goods, flowers and herbs. More than 80 growers, bakers and fine craftspeople. Live music every Saturday morning. 800 block of New Hampshire.

LAWRENCE, (785) 331-4445

<http://downtownlawrence.com/farmersmarket.html>

HEALTH

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE

LMH Kreider Rehabilitation Services offers this program, which is designed to help individuals achieve maximum benefit from a personalized exercise plan. Staff members provide exercise instruction and are available to assist participants. **LMH:** Mondays through Thursdays, 8:30-11 a.m. and 2-5:30 p.m.; Fridays,

8:30-11 a.m. and 2-4 p.m. **LMH South:** Mondays through Thursdays, 8-11 a.m. and 2-4 p.m.; Fridays, closed. Fee.

LMH KREIDER REHABILITATION SERVICES

LMH: (785) 505-2712, **LMH SOUTH:** (785)

505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10 a.m.-1 p.m. HealthWise 55 Resource Center, 2252 S.W. 10th Ave. Free.

TOPEKA, (785) 354-6787

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZERCISE LITE

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

LAWRENCE, (785) 331-4333

TUESDAYS AND THURSDAYS

FREE BLOOD PRESSURE CLINIC

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

LAWRENCE, (785) 856-6030

FIRST THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

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

TOPEKA, (785) 354-6787

FIRST & THIRD FRIDAYS OF EACH MONTH

HEALTH CHECKS

Blood pressure checks, glucose checks, skin

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

TOPEKA, (785) 233-1750, EXT. 252

SECOND THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9:30-11 a.m. Southwest YMCA, 3635 SW Chelsea. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

MEDICATION CLINIC

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

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 8:30-9:30 a.m. Oakland Community Center, 801 N.E. Poplar. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10 a.m. Rose Hill Place, 37th and Gage. Free.

TOPEKA, (785) 354-6787

THIRD THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 10:45-11:30 a.m. Asbury Mt. Olive Church, 12th and Buchanan. Free.

TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

NUTRITION CLINIC

Call for an appointment. Healthwise 55 Resource Center, 2252 S.W. 10th Ave.

TOPEKA, (785) 354-6787

FOURTH THURSDAY OF EACH MONTH

BLOOD PRESSURE CLINIC

HealthWise 55 Clinic. 9-10:30 a.m. North YMCA, 1936 N. Tyler St. Free.

TOPEKA, (785) 354-6787

SEP 7

CHOLESTEROL SCREENING

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 a.m.

LAWRENCE, (785) 749-5800

SEP 16

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. Healthsource Room, 9-11 a.m.

LAWRENCE, (785) 749-5800

SEP 21

BONE DENSITY SCREENING

See September 16 description. Healthsource Room, 9-11 a.m.

LAWRENCE, (785) 749-5800

CONTINUED ON PAGE 21

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BATH LIFT



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■ CONTINUED FROM PAGE 20

SEP 24

LMH ANNUAL HEALTH FAIR

Blood draws: 7-10:30 a.m., Health screenings: 7:30-11 a.m. Free health screenings provided by members of our medical and hospital staff and other area health professionals. In addition, a comprehensive blood work profile is available for the nominal price of \$30 (\$40 for males who want the PSA test) if registered by 9/16. After that date, blood work is available for \$40 (\$50 with PSA). Refreshments and health related exhibits by many LMH departments and local not-for-profit support agencies. Flu shots for a fee and a food donation bin for the Just Food pantry. To register for blood work, call the LMH Lab at (785) 505-6179 or register online. LAWRENCE
<http://www.lmh.org>

OCT 5

CHOLESTEROL SCREENING

See September 7 description. Lawrence Memorial Hospital, HealthSource Room, 3-4:30 p.m. LAWRENCE, (785) 749-5800

HISTORY/HERITAGE

MAY 7-OCT 16

BLACK JACK BATTLEFIELD & NATURE PARK 2011 TOURS

Arrangement for seasonal guided tours is free. Guided tours at 1 p.m. Saturdays and Sundays until the third Sunday of October. You may still visit us 365 days a year from dawn till dusk for self-guided tours. Black Jack Battlefield, 163 E 2000 Rd.

WELLSVILLE, (785) 883-2106

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

AUG 1-SEP 29

COMMEMORATING OUR NATION'S STRUGGLE FOR FREEDOM

During the months of August and September 2011, Brown v. Board of Education is pleased to host a special locally produced art exhibition. This exhibition will feature artwork that communicates the struggle for freedom and salutes the people who moved the nation forward the promise of equality for everyone. Admission is Free. Hours: 9 a.m. - 5 p.m. 1515 SE Monroe St. TOPEKA, (785) 235-3939

SEP 12-OCT 21

KANSANS TELL THEIR STORIES EXHIBIT

For over five years, the Kansas Humanities

Council's "Kansans Tell Their Stories" projects have explored what it means to be a Kansan through oral histories preserving the lives of settlers and early immigrants to community history research that brings to light the struggles and triumphs of those who claim Kansas as their own. The exhibit features eight projects from across the state, including stories of Garden City's Vietnamese community, the Orphan Trains in Kansas, and African immigrants in Northeast Kansas. 115 E Kansas Ave, Lansing Historical Museum.

LANSING, (913) 250-0203
<http://www.lansing.ks.us>

SEP 22-24

8TH ANNUAL BALD EAGLE RENDEZVOUS 2011

19th Century Fur Trade living history encampment at Lecompton's scenic Bald Eagle Park. 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, gun-smithing, tomahawk and knife throwing. 100 E Second St. LECOMPTON, (785) 887-6520
<http://www.lecomptonkansas.com>

LAWRENCE PUBLIC LIBRARY BOOKMOBILE

MONDAYS

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

WEDNESDAYS

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

FRIDAYS

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH

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

THIRD WEDNESDAY OF EACH MONTH

BRANDON WOODS, 1500 INVERNESS DR., LAWRENCE, 10:30 AM
 PRAIRIE COMMONS, 5121 CONGRESSIONAL CIRCLE, LAWRENCE, 1 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

MEETINGS

MONDAYS, WEDNESDAYS & FRIDAYS
WATER AEROBICS CLASSES

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

FIRST MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH
BEREAVEMENT SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP

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

FIRST & THIRD MONDAY OF EACH MONTH
CAREGIVER SUPPORT GROUP

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

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

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

FIRST & THIRD TUESDAYS OF EACH MONTH
SCRAPBOOK MEMORIES

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

FIRST & THIRD TUESDAYS OF EACH MONTH
GRIEF SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

TUESDAYS

GRIEF & LOSS SUPPORT GROUP

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

■ CONTINUED ON PAGE 22

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**TUESDAYS & THURSDAYS
WATER AEROBICS CLASSES**

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LAWRENCE, (785) 838-7885
www.OrthoKansasPA.com

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

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

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

Meetings are held in the Lawrence Public Library auditorium. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson 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 6-9 p.m. on Sundays at the Eagles Lodge.
LAWRENCE

THURSDAYS**GRIEF & LOSS SUPPORT GROUP**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Meets at 9:30-11 a.m. at Coyote Canyon Buffet.
TOPEKA, http://www.narvre.com

SECOND TUESDAY OF EACH MONTH**HERBS STUDY GROUP**

An informal group meeting monthly to study herbs. We will learn about the aspects of each

herb: culinary uses, aromatherapy applications, medicinal properties, historical lore, growing and crafting. This group is open to anyone wanting to learn more about the herbs grown in the garden and in the wild. Meets at 7 p.m. at the Unitarian Fellowship of Lawrence, 1263 N. 1100 Rd. To sign up to receive updates, email HerbStudyGroup@gmail.com or join our Facebook page (search Good Earth Herbs)
LAWRENCE

SECOND & FOURTH TUESDAY OF EACH MONTH**SCRAPBOOK MEMORIES**

Grace Hospice, 1420 Wakarusa, 6 p.m. All supplies provided (except photos).
LAWRENCE, (785) 841-5300

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

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

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

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

SECOND 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

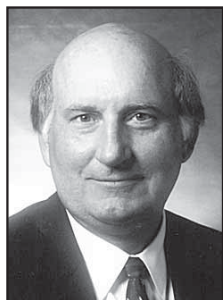
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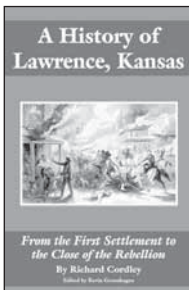
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■ CONTINUED FROM PAGE 22

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

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

**THIRD MONDAY OF EACH MONTH
ACTIVE PRIMETIMERS**

For ages 50+. Seniors group for friendship fun and travel. Luncheon meeting every third Monday at the Holiday. Reservations needed Thursday prior to meeting. Call Elsie for more information. LAWRENCE, (785) 224-5333.

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

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

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

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

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

For those recovering from a stroke, and/or their family and friends. Meets at 4-5:30

p.m. For more information call LMH Kreider Rehab Center. LAWRENCE, (785) 505-2712

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

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

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

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

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

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

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

For all widowed people. Meets at the First

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

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

Presbyterian Manor, 1429 Kasold., 4 p.m. Sponsored by Grace Hospice. LAWRENCE, (785) 841-5300

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

Pioneer Ridge Assisted Living Library, 4851 Harvard, 6:30 p.m. LAWRENCE, (785) 344-1106

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

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

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

TGS promotes and stimulates the education, knowledge and interest of the membership

■ CONTINUED ON PAGE 24

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September 17: Auction starts at 3 p.m. outside, inside at 4:30 p.m.

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and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December. TOPEKA, (785) 233-5762 <http://www.tgstopeka.org>

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

We have a covered dish dinner, a short meeting, and then play dime bingo with

playing cards. 5:30 p.m. at 17th and Stone. For additional information, email pdpatterson@juno.com. TOPEKA

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

The Topeka chapter of the National Active and Retired Federal Employees (NARFE) meets on the fourth Friday of each month (except Nov. and Dec.) at Aldersgate Village, 7220 SW Asbury Drive, Topeka. Buffet lunch begins at noon followed by a program/speaker and business meeting. NARFE's mis-

sion is to represent government employees, active and retired, before Congress. Employees from all branches of federal government employment are welcome, and encouraged to attend. For information, call Jim Miller. LAWRENCE, (785) 478-0651

**SECOND & FOURTH FRIDAY OF EACH MONTH
ALZHEIMER'S/CAREGIVER SUPPORT
GROUP**

Sponsored by the Alzheimer's Association-Heart of America Chapter. KU Center for Research, 1315 Wakarusa Dr., Rm. 214, 1-2:30 p.m. LAWRENCE, (913) 831-3888

**FOURTH FRIDAY OF EACH MONTH
AARP CHAPTER 1696**
AARP Chapter 1696 will meet at 11 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

MISCELLANEOUS

APR 6-DEC 7
SENIOR WEDNESDAY AT THE ZOO!

■ CONTINUED ON PAGE 25

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BOOKSHELF

New Scandinavian author team

By Margaret Baker

Lene Kaaberbol and Agnete Friis: *The Boy in the Suitcase* (Soho Press, ISBN 978-1-56947-981-0)

Readers have been intrigued by the sudden (to us) appearance on the mystery scene of Scandinavian authors. If you're one, here's a new one to put on your list to Santa. It won't be officially published until November, so this review is based on the Advanced Reading Copy, complete with typos that won't be there in the published edition.

As always, the plot must move the story regardless of setting. Nina Borg, a Red Cross nurse, is part of an underground network helping illegal refugees. Her friend Karin gives her a key to a public locker and asks that Nina retrieve its contents and take care of it. Imagine Nina's feelings as she opens the locker and finds a drugged, naked boy about three or four years of age.

Nina can't go to the police for fear the system will return the child to the unfeeling adult who placed him there. But she doesn't know even his name.

The story then unravels with the stories of others, which eventually coalesce into a single story line. It's a tricky plot, fast-paced, with sharp turns and takes place primarily in Denmark and Lithuania, and as such gives a glimpse into those societies.

Co-author Kaaberbol is the translator, which means we readers know the translation gives us both the plot and the literary style.

There is a freshness to the writing, probably because both co-authors are

experienced, but in different venues. Kaaberbol has achieved prominence in fantasy fiction, and Friis in children's literature.

Laura Lippman: *The Most Dangerous Thing* (Wm. Morrow, hc, ISBN 9788-00-06-170651-6)

Laura Lippman has won the prestigious awards of mystery novels – the Edgar, Quill, Anthony, Nero Wolfe, Agatha, Gumshoe, Barry and Macavity—for her Tess Monaghan series set in her native Baltimore. While Tess does show up briefly, this is a *stand alone*, somewhat biographical.

Dickeyville is a small enclave within Baltimore, a blue-collar community in which the youngsters of this story live. It's a different era, when children had a lot of independence, no after-school activities, expected to entertain themselves until dinner time.

In the course of exploring their area the five children find a decrepit cabin in the woods, home to a mysterious man who calls himself "Chicken George." The children keep this a secret from their families until disaster strikes. The result is never spoken of again until the children, now scattered, reunite at the funeral of the one whose adventure precipitated the event.

Lippman's usual deep characterizations drive this psychologically challenging tale of childhood gone wrong.

As Lippman says at one point: "This is a story about things we wish had gone differently. Aren't all stories?"

Pearl North: *Libyrinth* (TOR, hc, ISBN 978-0-7653-2096-4)

Far into the future, travelers from Earth visited this planet, and remnants as wispy as rising fog will nudge the reader's memories.

Three societies exist: The Librarians live in an immense book ancient library so vast that they have yet to complete the catalogue. They are proficient readers, unlike the militarily-supreme Singers who do not read. They learn the elements of their society by singing, and feel that a word is born when it spoken and dies when it is written. A black-clad group comes annually for an annual sacrifice in which books (collections of murdered words) are fed into a bonfire. In actuality, they are searching for one book, *The Book of the Night* which explains all things scientific. With it, the Singers will control all the means of technology.

Books actually talk to Halycon, a servant girl, but no one knows. You'll enjoy the snippets of books! When the book is found (in a strange language) the head clerk and her servants, including Hally, rush to keep the book safe. *Libyrinth* lives in medieval style for heat and light, etc., while the Singers have machines for heat, light, etc. Whoever can read the book will control the world.

Enter an intriguing world of books!

Dale E. Vaughn: *The Chance* (Leathers, hc, ISBN 978-1-58597-243-6)

Local author (Topeka) Dale Vaughn considers himself a storyteller more than an author. In *The Chance*, he tells the story of the African-Americans who served in the Civil War—fictionalized, of course, since we haven't many memoirs of these downtrodden people who served liberty.

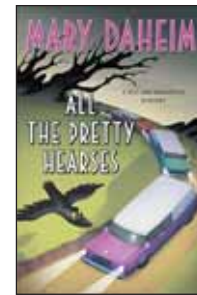
Elias Mothers was very young when his family fled from Virginia to Kansas in early childhood. When the talk of equality fills the air later, Elias feels he should join Gen. James Lane's black regiment in 1862, the true first black troops to fight in uniform.

He and his fellows just wanted the chance to help achieve liberty. And how superbly they did so, and at what cost!

The battles and skirmishes are real, and Vaughn's skill with dialogue brings the First Kansas Colored to life.

Mary Daheim: *All the Pretty Hearses* (Wm. Morrow, hc, ISBN 978-0-06-135158-7)

Latest in the Seattle Bed & Breakfast Hillside Manor mystery series, with the usual zany and eccentric characters—Judith, her cousin Rene, the



evangelizing cleaning lady, etc. Judith has donated a stay at Hillside Manor for the school fundraiser, and the Paines (very appropriately named, it turns out) have won the bid. That

includes meals, and Judith finds the family has oodles of food allergies.

There's also two people with one name, the ever-present Sweetums (Gertude's unpleasant cat), a Tammany Hall politician, a horse in the garage, Judith's husband Joe in jail.

You'll need a literary GPS to keep everyone and everything straight!

Steve Berry: *The Jefferson Key* (Reviewed edition from Random House Audio Books, Read by Scott Brick on eleven cds. ISBN 978-0-7393-2926-9)

The U.S. Constitution provided for privateers, government-backed pirates.

Berry takes this little-known fact for a story of generational hubris of modern-day privateering. The key

to breaking this group, called the Commonwealth, are two pages torn out of the Congressional daily journals, hidden well by Andrew Jackson.

Thomas Jefferson loved ciphers, and Berry uses this as the hiding place directions that Cotton Malone, ex C.I.A., and Cassiopeia Witt, must solve to prevent the Commonwealth from its nefarious designs.

Lots of action, some of it inside Jefferson's Monticello, some on Capt. Bluebeard's Oak Island area. Stand aside, Bourne: Malone and Witt are on the scene!

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




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HUMOR

Captain Cool

Dr. Matilda Muthoringham is the clinician at Happy Haven Psychiatric Clinic on Eighth Avenue who cured Blonkus Choldron of his addiction. Blonkus—everyone calls him “Blonk”—became addicted to chewing ice when he was seven or eight

at parties his family and friends got worried and organized an intervention. They surrounded him at Uncle Fred’s birthday party, and herded him into the den.

“What?” he said.

“Sit down,” said his Aunt Sarah.

“What?” he said.

“Sit down,” said Archibald Tiffle, Blonk’s best friend.

Blonk’s sister, Regina, took a glass of ice cubes out of his hand.

“You need professional help and we’re going get it for you,” said Uncle Tom. “We’re going to hire the best addiction therapists money can buy.”

“I refuse to go to therapy,” said Blonk. “I don’t need it.”

“Then you’re out of my will,” said Uncle Tom.

Uncle Tom was old, and he was richer than Jed Clampett.

“You wouldn’t,” said Blonk.

“I will sure as shootin’,” said Uncle Tom.

“But...”

“Not a penny,” said Uncle Tom.

The family decided that aversion therapy at Happy Haven Psychiatric Clinic would be the best way to cure Blonk’s addiction.

The underlying principle of aver-

sion therapy is that it helps people overcome addictions by creating negative associations with particular behaviors—overeating—for example. To help patients stop being attracted to large amounts of food, aversion therapists show the addicts repulsive videos and play sickening audios while the patients are gobbling food.

Blonk was a pain in everyone’s backside at Happy Haven Psychiatric Clinic. He tried to thwart aversion therapy by closing his eyes and singing sea shanties during his therapy sessions. The Happy Haven staff called him “Captain Cool,” after a demented super hero in the television series, “Two and a Half Aliens.”

Then Dr. Matilda Muthoringham was assigned to Blonk’s case. When Blonk walked into his next session Matilda said, “Don’t sit down, Captain Cool, we’re going for a ride.”

“Am I going home?”

“Not exactly.”

“What then?”

“Follow me.”

Chip, a burly Happy Haven attendant, escorted Matilda and Blonk to the clinic’s van. Chip climbed in beside Blonk. Matilda drove to a large cold storage plant. They walked to the office. Chip escorted the reluctant Blonk.

“I’m Dr. Matilda Muthoringham from Happy Haven. We have an appointment.”

The woman at the desk touched her keyboard and pressed a button on her desk.

“Yes, Ma’am,” she said. “Locker B.”

“Help!” screamed Blonk.

A big man wearing white coveralls came to the desk.

“This way, Ma’am,” he said.

They walked down a hall to a massive door with a big “B” stenciled on it. Two heavy coats and two wool caps hung on the wall. Matilda and the Chip put on a coat and cap. They left Blonk in his shirt sleeves. The locker man swung the door open, and he and Chip muscled Blonk inside. Matilda joined them. Then he went out and slammed the door. The only thing in the freezing locker was a metal chair with a bucket of ice cubes beside it.

“Sit,” said Chip. Blonk sat.

Matilda picked up the ice bucket and set on Blonk’s lap.

“Chew,” she said.

“You’re nuts. You can’t do this,” said Blonk, trembling with cold. “Let me out of here.”

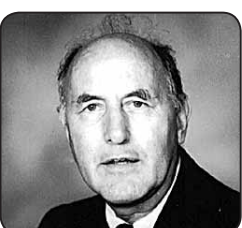
“Chew,” said Matilda.

Two days later Blonk was back at home, and his friends and family were throwing a welcome back party for him at an upscale reception center. A waitress walked up..

“What can I get for you?” she asked Blonk.

“Seven-Up,” he said. “No Ice.”

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



Larry Day

years old. Back then he chewed crushed ice in snow cones. As a teenager he chomped cracked ice in fountain drinks. As an adult, he became an addicted ice cube chewer.

If anyone mentioned that ice chewing might be a problem, Blonk got defensive.

“It’s a harmless past time,” he said. “Everyone does it,” he said. “It’s only frozen water, for heaven sakes,” he said. “I can stop anytime I want to,” he said.

When Blonk began fishing ice cubes out of empty cocktail glasses



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TRAVEL TROUBLESHOOTER

A dropped damage claim that keeps coming back

Timothy Taylor gets an unpleasant surprise in the mail after returning his rental car: A claim for \$2,000 in damages. He didn't do it, and his car rental company agrees, but after agreeing to drop the matter, it reverses course. Can it be talked out of this wrongful claim?

By Christopher Elliott

Tribune Media Services

QUESTION: I rented a car from National for a family trip to Houston recently. The rental was uneventful. But a month later, I received a letter saying that the car had been returned with about \$2,000 worth of damage, which included needing to replace a front bumper and a headlight.

I'm certain this damage didn't happen while I was renting the car. My wife and three kids were with me. We were getting in and out of all the doors repeatedly. We would have noticed any damage. When I returned the car, the agent did a quick walk-around, and the car was fine.

I followed up by calling the claim representative at National. She checked, and in a follow-up call told me that she was recommending closing the claim. Then I got a phone call from National saying that they had figured out what happened, and it wasn't my fault, and they were closing the claim. So it all seemed fine until another month went by, and I got a letter saying that they had decided to pursue the claim after all.

I'm insured, and the loss is covered, but I'd rather use my insurance for when I actually have an accident! I'd always assumed that when you've returned a car and they have signed off and handed you a bill, then you aren't responsible for the vehicle any longer. Apparently that's not true.

My insurance company is contesting the claim, but they also say that the only real protection against a rental car company making this kind of claim is to take 8 to 10 time-stamped pictures of the car from different angles every time you return a rental

car. This seems crazy to me. But is it something we should all start doing? - Timothy Taylor, Minneapolis

ANSWER: Yes. Take pictures of your car before and after your rental and keep them at least six months. The systems used to determine who damaged a rental are far from perfect. At least one company, Hertz, has pledged to begin photographing all of its cars before they leave the lot. The rest have less scientific ways of determining who is responsible for the dings, dents and scratches. If I didn't know any better, I'd say they try to guess who might have done it.

I've never come across a case where a car rental company dropped a claim and then reinstated it. That's really odd.

Here's what should have happened: When you returned your vehicle, a National employee should have walked

around the car with you, noting any damage. If you spotted a fender-bender, you could have begun the claims process immediately. Contacting you weeks later doesn't make National's claim any more credible. Offering to let it go—and then making a “U”-turn—makes it lose all credibility, in my opinion.

Not only would an appeal to someone higher up at National or its owner, Enterprise, make sense (you can find them on my customer service wiki, On Your Side, (<http://www.onyourside.com>)) but you should also copy the Texas Department of Insurance. I'm sure it would be interested in this questionable claim.

Even if National had persisted, you could have asked for documentation that the car had been damaged while you were renting it. I seriously doubt the company could have furnished you with that proof.

I contacted National on your behalf. A representative called you and said that the damage was done to the car before you rented it. You'd think they'd notice something like that before you picked up the car, don't you?

National is dropping its claim for

good.

- Christopher Elliott is the author of the upcoming book “Scammed: How to Save Your Money and Find Better Service in a World of Schemes, Swindles, and Shady Deals” (Wiley). He's also the ombudsman for National Geographic Traveler magazine and the co-founder of the Consumer Travel Alliance, a nonprofit organization that advocates for travelers. You can read more tips on his blog, elliott.org or e-mail him at chris@elliott.org.

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WOLFGANG PUCK'S KITCHEN

Desserts for a hot summer's day

By Wolfgang Puck

Tribune Media Services

Just as sure as summer's heat comes around every year, so does my desire to cool off with an ice-cold dessert. And I don't mean just ice cream.

Don't get me wrong. I love ice cream. But often the only thing that works, especially when I've been cooking all day in a hot kitchen, is something really, truly icy.

In other words, it's granita time once again.

This traditional Italian dessert's name perfectly describes what you get: a bowlful of grainy, slushy refreshment. The grains are, in fact, tiny ice crystals, which result from the way a granita is made.

The process begins with a syrupy-sweet liquid flavored any way you like—with fruit juice, almond milk or other nut milk, coconut cream, coffee or tea, or even sweet spices. It's important to taste the mixture and make sure it's somewhat sweeter than the final flavor you want, because the ice-cold temperatures mute sweetness.

One of my favorite things about making granita is how easy it is. There's no need for an ice cream or sorbet freezer machine, both of which would yield consistencies that are too fine and smooth. All you require is a shallow baking pan large enough so that the liquid can spread out to a depth of only about 1/4 inch. It should be made of metal, which efficiently conducts the freezer's chilling temperatures; and preferably stainless steel, which won't react with acidic ingredients.

The only other kitchen tool you need for the freezing process is an ordinary table fork. Every 30 minutes to 1 hour, depending on how cold your freezer is and the consistency of the mixture, use the fork to scrape up the ice crystals that have formed. After a few hours, the granita will be fully frozen, with a unique snow-like consistency that cools and refreshes like no other summer dessert.

As I mentioned, the range of possible flavors is wide. Summertime provides us with a delightful array of juicy fruits perfect for granitas, including various citruses, berries, and melons. Nuts, which yield rich-tasting "milks" when ground and steeped in water, also work well, and the now-widespread availability of almond milk in cartons makes that a great starting point. And don't forget sweetened coffee and all kinds of teas. To give you an idea of the possibilities, I'm including two great recipes here: one based on melon juice, and the other made with mint tea.

Serve them together or on their own. And feel free to garnish with fresh summer berries—and maybe even a spirited splash of sparkling wine or grappa, if you'd like to feel not only refreshed but also a little more relaxed at the end of a hot summer day.

HONEYDEW GRANITA

Makes about 1-1/2 quarts

4-1/2 cups honeydew melon juice or watermelon juice (bought already squeezed, or made by pureeing fresh fruit and then straining it)

1/4 cup sugar, plus more as needed
Fresh lemon juice, to taste
1/4 cup Midori liqueur

Put the melon juice in a mixing bowl. Stir in the 1/4 cup sugar until dissolved. Taste and, if necessary, stir in a little extra sugar to get a good, sweet flavor; then, stir in a little lemon juice to taste. Stir in the Midori liqueur.

Pour the mixture into 1 or 2 metal baking pans, as needed, to achieve a depth of 1/4 inch. Place in the freezer.

After 30 minutes to 1 hour, depending on your freezer and the consistency of the mixture, check to see if a layer of ice has formed on the surface. When it does, scrape with the tines of a table fork to break up the ice and distribute it evenly in the mixture. Return the pans to the freezer. Continue this process at the same regular inter-

val until the granita is completely frozen into small crystals about the size of sequins.

Before serving, rescrrape the granita mixture to loosen up the crystals. With an ice cream scoop or large spoon, scoop into child serving glasses or dishes.

MINT TEA GRANITA

Makes about 1-1/2 quarts

2 cups sugar
1 cup water
3 cups strong brewed mint tea
2 sprigs fresh mint, plus more for garnish (2-3 by taste)
Fresh lemon juice

In a saucepan, combine the sugar and water. Bring to a boil over high heat, then reduce the heat and simmer just until the sugar has dissolved completely, stopping before the syrup changes color. Remove from the heat and let cool to room temperature.

Put the brewed mint tea in a nonreactive bowl or pitcher. Add the fresh mint sprigs, crushing them lightly in your hand, and leave them to steep in

the tea for 30 minutes.

Remove and discard the mint sprigs. Stir in the cooled sugar syrup, which will make a mixture that tastes very sweet. Stir in a little lemon juice to taste, just until you can taste the mint tea flavor and the mixture doesn't taste quite as sweet.

Pour the mixture into 1 or 2 metal baking pans, as needed, to achieve a depth of 1/4 inch. Place in the freezer.

After 30 minutes to 1 hour, depending on your freezer and the consistency of the mixture, check to see if a layer of ice has formed on the surface. When it does, scrape with the tines of a table fork to break up the ice and distribute it evenly in the mixture. Return the pans to the freezer. Continue this process at the same regular interval until the granita is completely frozen into small crystals about the size of sequins.

Before serving, rescrrape the granita mixture to loosen up the crystals. With an ice cream scoop or large spoon, scoop into child serving glasses or dishes. Garnish with fresh mint sprigs.

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PET WORLD

Behavior issues worry many pet owners

By Steve Dale

Tribune Media Services

ST. LOUIS, MO. - Experts from around the world attended the Symposium of the American College of Veterinary Behaviorists (www.dacvb.org)/American Veterinary Society of Animal Behavior (www.avsonline.org) here July 15. The event coincided with the American Veterinary Medical Association Convention. A pawful of the attendees agreed to answer selected reader questions:



Steve Dale

QUESTION: Due to recent dog attacks where I live, I took it upon myself to do something about this. I've written various experts, but no one bothered to answer. What do you suggest as good protection against dog attacks? - J.R., Largo, FL

ANSWER: "If you know there may be an issue, carry an air-horn, umbrella, or even books," says applied animal behaviorist Dr. Sophia Yin, of San Francisco.

Back in the 1950s, legendary animal behaviorist Dr. R.K. Anderson, of Minneapolis, MN, was chief animal control officer in Denver, CO, and a pioneer in the study of the human/animal bond. If you anticipate an attack, he says, "Avert your gaze, don't make eye contact, and stand still; we tell kids to make like a tree. Usually, the dog sniffs you and walks away, or even walks away without approaching. If you feel threatened, go to the ground and cover your head. Don't run."

Unless you're adept at climbing nearby trees; outrunning most dogs is fruitless and only excites already pumped up canines.

If dog attacks are common in your area, I argue that this isn't so much about the dogs as their irresponsible owners (there are leash laws). Organize a community meeting with local police and animal control personnel. Your question is fair, but you shouldn't have to worry about dangerous dogs every time you go outside.

QUESTION: Oreo, our year-old cat, runs through the house while she poops. Cleaning up the mess is getting old. We adopted another cat, hoping that watching Memphis use the litter box would teach Oreo, but this hasn't worked. We have two litter boxes, and Oreo does use the box to "pee." What should we do? - D.H., Mesquite, NV

ANSWER: Sometimes cats do actually learned by watching one another, so your approach made some sense. This is exactly why an assumption about behavior problems should not be made without first seeing a vet.

Dr. Kersti Seksel, a veterinary behaviorist in Sydney, Australia, says: "My guess is that defecating is painful for this cat," she says. "Track how often the cat defecates; if you can, keep a chart. Constipation may be an issue. Is the stool hard or soft? And what type of diet are you feeding? Is there a lot of corn and oats (in the cat food), which some cats are allergic to? Then report all this to your veterinarian, who might require help from a behaviorist or AVSAB vet."

The problem may be physical, behavioral, or both. For example, Oreo might have a constipation issue and associates the litter box with pain. So even if the constipation issue is solved, there remains a behavior component.

"If your veterinarian is reasonably

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sure this is strictly behavioral, you may try confining the cat to a small room, such as a bathroom, with the litter box on one side and food and water bowls on the other," Seksel suggests. "Visit frequently and play with your cat there. Once your cat has a bowel movement, you can let him out for a time because you know he won't have an accident. Wait several weeks before gradually allowing him his freedom again."

QUESTION: My 14-year-old Maine Coon cat has recently become very aggressive when company arrives, especially people who own dogs. He even attacked me when I tried to remove him once, and I received 14 puncture wounds. He attacked me twice after I finished raking leaves. While this behavior is becoming more frequent, he's basically a wonderful cat who loves to be groomed. What's going on? - R.L., Hurricane, UT

ANSWER: "Anytime you have a new behavior, particularly in an older pet, rule out a potential medical problem first," says Dr. Karen Sueda, Los Angeles, CA-based president of the American Veterinary Society of

Animal Behavior (AVSAB). In this instance, the issue may be gastrointestinal pain, hyperthyroidism, or a neurological problem.

In any case, Sueda says it's far easier and safer for all involved to keep your cat calm, compared to attempting to calm an already aroused cat. When you're expecting company, place your cat in another room.

"Once the company settles in, let your cat out and distract him with whatever he likes best - being groomed, play or treats," Sueda suggests. "Plugging in a pheromone diffuser, such as Feliway, may help. (Feliway is an analog of a pheromone, which can help cats chill out.) If you make progress, ask your dog-owning friends to visit, but before they walk into the house, spray Feliway on their shoes. If these methods fail, ask your veterinarian for a referral to a veterinary behaviorist or AVSAB member vet."

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

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Governor, Secretary on Aging to hold centenarian reception

Governor Sam Brownback and the Kansas Department on Aging will host a reception for all Kansas centenarians September 15 at 10 a.m.

"I am thrilled to meet and hear the stories of our Kansas centenarians, especially this year, as we celebrate our state's sesquicentennial anniversary," said Governor Brownback.

The reception will be held at the Kansas State Fair, in conjunction with Governor's Day.

"I look forward to meeting more Kansas centenarians and celebrating their lives," said Secretary on Aging, Shawn Sullivan.

The United States currently has the greatest number of centenarians

WORDS OF WISDOM

"My favorite poem is the one that starts 'Thirty days hath September' because it actually tells you something." - Groucho Marx

in the world, estimated at 70,490 on September 1, 2010. According to the latest census data, Kansas has 767 centenarians.

If you are interested in more information, or would like to RSVP for a centenarian, please call Sara Arif at (785) 296-6154.

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PUZZLES & GAMES

CROSSWORD

ACROSS

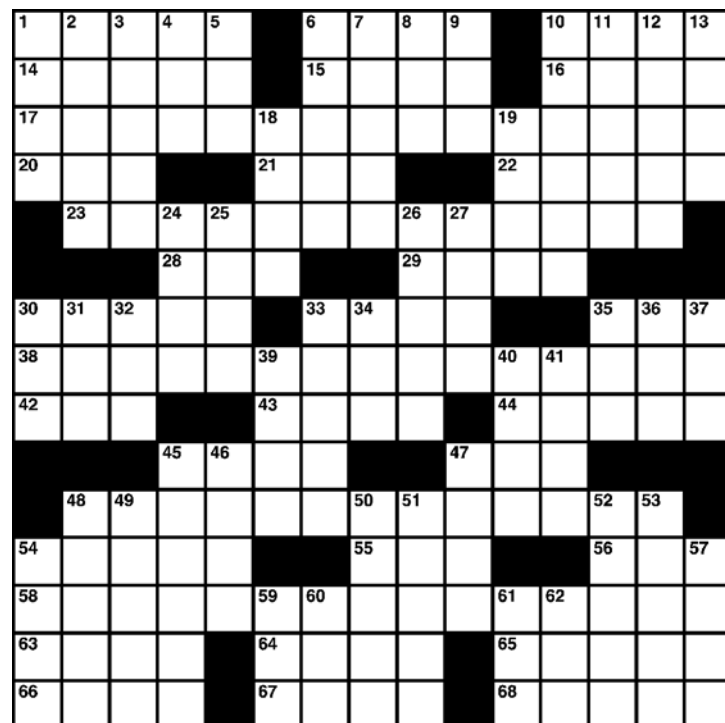
- 1 Burn badly
- 6 The lightning bolt on Harry Potter's forehead, e.g.
- 10 Squirrel away
- 14 "___ World": ticklish Muppet's "Sesame Street" segment
- 15 Woody Guthrie's son
- 16 Candy that comes in twos
- 17 Winter Olympics event with gates
- 20 Invoice fig.
- 21 Place for inks or oinks
- 22 Subtle vibes
- 23 One stalking lions or tigers
- 28 It's continent
- 29 Raw rocks
- 30 "Octopus's Garden" singer Ringo
- 33 Talk show guest's blatant promotion
- 35 Swelled head
- 38 T-bone with a warm,

- red center
- 42 Colorful card game
- 43 Lends a hand to
- 44 Lecture rooms
- 45 Abel's assassin
- 47 Jazzy horn
- 48 Lass awed by the big city, maybe
- 54 Bright
- 55 Sis's sib
- 56 IM offerer
- 58 He "runs through the town ... in his nightgown"
- 63 Thomas ___ Edison
- 64 Tater ___: Ore-Ida product
- 65 Big tractor name
- 66 Movie house suffix
- 67 Allergy trigger, often
- 68 Passover dinner

DOWN

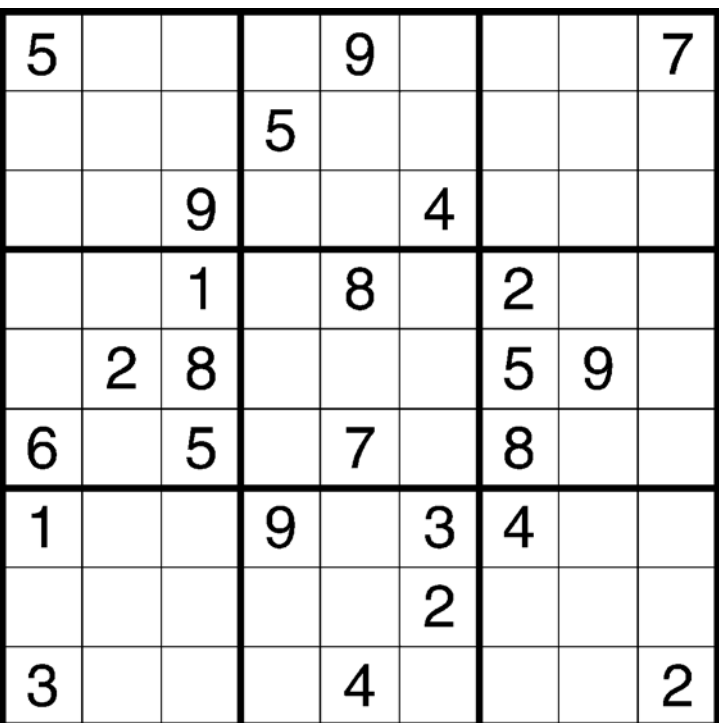
- 1 Nintendo competitor
- 2 Start up the mountain
- 3 Italian violin maker
- 4 Chaney of horror
- 5 "Spring ahead" hrs.

- 6 Witch trials town
- 7 Whooping bird
- 8 Entirely
- 9 Kanga's kid
- 10 Vain walks
- 11 In the loop
- 12 Anglican parish priest
- 13 Flames that have cooled?
- 18 Box for practice
- 19 Horse's hair
- 24 Spice Girl Halliwell
- 25 Ashram authority
- 26 Store posting
- 27 Craving
- 30 Sch. in Big D
- 31 Commandment count
- 32 Hubbub
- 33 Painting reproduction
- 34 Schoolboy
- 35 Slippery fish
- 36 "For Me and My ___"
- 37 Gives the nod
- 39 Postal sackful
- 40 Layered haircut
- 41 Crosstown bus alternative
- 45 Auto finish protection
- 46 Height: Pref.
- 47 Chilly powder?
- 48 What the nose knows
- 49 "Circle of Friends"



- 50 Newspaper bye lines?
- 51 Seize (from)
- 52 Gathered, as fallen leaves
- 53 Orizans's river
- 54 Exchange
- 57 Ogle
- 59 India Inc.?
- 60 Gehrig who played with Ruth
- 61 Credit card users may be asked for them, briefly
- 62 Society page word

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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.

LABAN
SOSYM
FLOUND
TROGOT

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www.jumble.com

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

Ans: A " " " " " " " " " " " "

SCRABBLE BRAND [G] [R] [A] [M] [S]

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PAR SCORE 255-265
BEST SCORE 322

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

For more information on books, clubs, tournaments and the school program go to www.scrabble-assoc.com or call the National SCRABBLE® Association (831) 417-0033.

Answers to all puzzles on page 34.

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PUZZLES & GAMES

BRIDGE

Do Not Play By Rote

By **Tannah Hirsch**
Tribune Media Services

Both vulnerable. South deals.

NORTH

♠-4 3
♥-7 4 3
♦-Q J 10
♣-A Q 10 6 5

WEST

♠-Q J 9 5
♥-K Q 10 9 2
♦-6 3
♣-7 3

EAST

♠-K 10 7 6 2
♥-6 5
♦-8 7 4 2
♣-K 2

SOUTH

♠-A 8
♥-A J 8
♦-A K 9 5
♣-J 9 8 4

The bidding:
SOUTH WEST NORTH EAST
1NT Pass 3NT Pass
Pass Pass

Opening lead: Queen of ♥

Those defenders are not always such bad guys. Sometimes all you have to do is give them a bit of encouragement to aid your cause.

Even if North-South's opening no-trump range is 15-17, the North hand is worth a raise to game. The good five-card suit and intermediates are the equivalent of a couple of points.

West led the queen of hearts, a conventional gadget which asks partner to unblock the jack if possible.

Declarer had a problem. Nine tricks would be easy if West held the king of clubs, but what if East had the monarch? If South played the eight when East followed with a low heart West, knowing declarer held the A J tenace would surely switch to spades, and that spelled disaster. So South elected to win with the ace and rely on the club finesse—down one when East took the king and reverted to a heart through the jack.

There was no way to guarantee the contract, but declarer should have given West a nudge in the right direction. Since the lead asked for the jack of hearts to be played under the queen, South should have obliged! If West, thinking declarer had started with A J bare, continues with a heart, declarer can win and take the club finesse with impunity. If East can return a heart, the suit is breaking 4-3, so the defenders get only four tricks in all.

Is there some way for the defenders to avoid this trap? If East does not have the jack of hearts, the defender is supposed to give count. Therefore, East must play the six of hearts to show an even number of cards in the suit, and West should realize declarer is trying to pull a fast one and shift to a spade.

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

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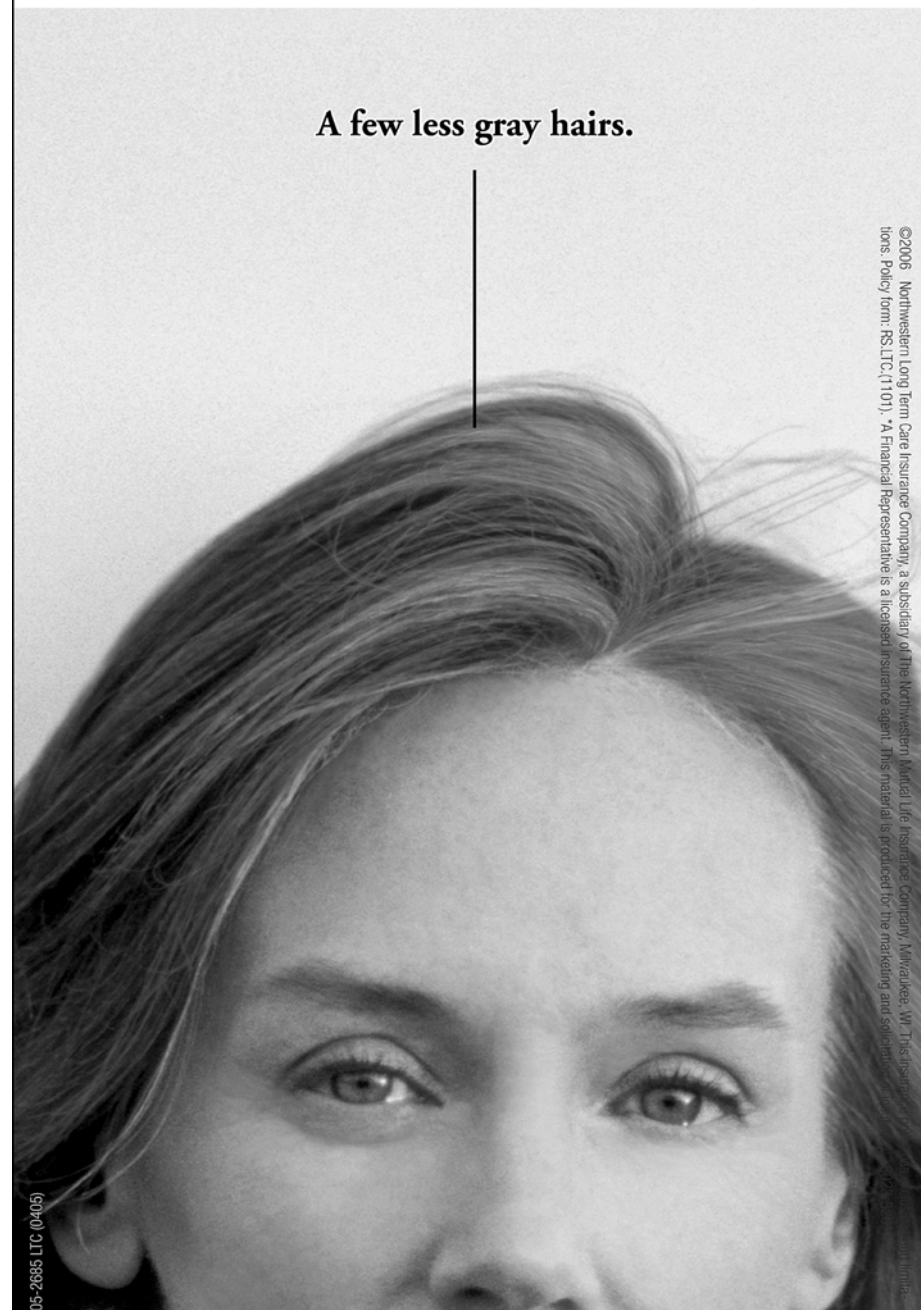


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05-2685 LTC (04/05)

Protect your financial future by thwarting identity theft now

(ARA) - With a combination of good decisions and some luck, you've managed to build a tidy little nest egg for retirement. Having enough saved for retirement can help ensure your golden years are the best they can be. But what are you doing right now to protect the nest egg that's essential to your future financial well-being?

"Retirees are a favorite target for identity thieves," says Jennifer Leuer, general manager of Experian's Pro-

tectMyID. "Seniors usually have more investments and cash reserves, and are less likely to check their credit regularly. Identity thieves target seniors in a number of ways, from phone scams in which they pose as a relative in need, to raiding 401(k) accounts."

Your nest egg doesn't have to be at risk from common types of identity theft. Be aware of the ways in which thieves can make use of your personal information, check your credit report regularly, and take these steps to thwart identity theft:

Monitor your credit

Your credit will be an important part of your financial health even after you retire. Just because you stop working doesn't mean it's safe to stop checking your credit report. Review your report regularly and consider enrolling in a protection product like ProtectMyID, which is designed to detect ID theft, protect against it and help resolve the situation if you're a victim while enrolled. It works by monitoring your credit daily, performing daily Internet scans for your personal information, and alerting you

when key changes occur.

Watch over your 401(k)

Employer-administered retirement accounts are becoming increasingly popular targets for thieves, who can defraud these funds of millions of dollars. Always thoroughly read your 401(k) statements. If you only get a quarterly statement, ask for more frequent account summaries and review them with a financial professional. Review your account online regularly so that you can quickly detect any activity that doesn't look right. And once you retire, consider rolling your 401(k) into an IRA.

Take care of your Social Security

You probably protected your Social Security number throughout your professional life. Continue protective

measures in retirement, including not carrying your Social Security card in your wallet, and being cautious about whom you give your SSN to. As a retiree, your SSN is particularly valuable to identity thieves, who can use it to pilfer your monthly Social Security payment, access your medical records or even falsify your tax return so that your refund goes to them instead of into your bank account.

Stay alert and educated

Identity thieves come up with new ways to scam people all the time. With seniors being a favorite target, it pays to keep abreast of the latest scams. Check online resources like IRS.gov, FTC.gov and IDtheftcenter.org, the website of the Identity Theft Resource Center, for updates on current identity theft scams.

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

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

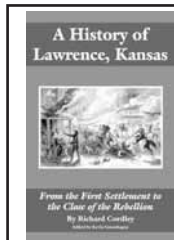
SCRABBLE BRAND GRAMS SOLUTION

V ₄	A ₁	R ₁	I ₁	A ₁	N ₁	T ₁	RACK 1 =	<u>60</u>
B ₃	O ₄	O ₁	R ₁	I ₁	S ₁	H ₄	RACK 2 =	<u>62</u>
B ₃	A ₁	B ₃	Y ₄	S ₁	I ₁	T ₁	RACK 3 =	<u>78</u>
P ₃	L ₁	A ₁	T ₁	E ₁	A ₁	U ₁	RACK 4 =	<u>61</u>
D ₂	I ₁	S ₁	B ₃	A ₁	N ₁	D ₂	RACK 5 =	<u>61</u>
PAR SCORE 255-265							TOTAL	<u>322</u>

JUMBLE ANSWERS

Jumbles: BANAL MOSSY UNFOLD GROTTA

Answer: What the best friends shared - A STRONG "BOND"



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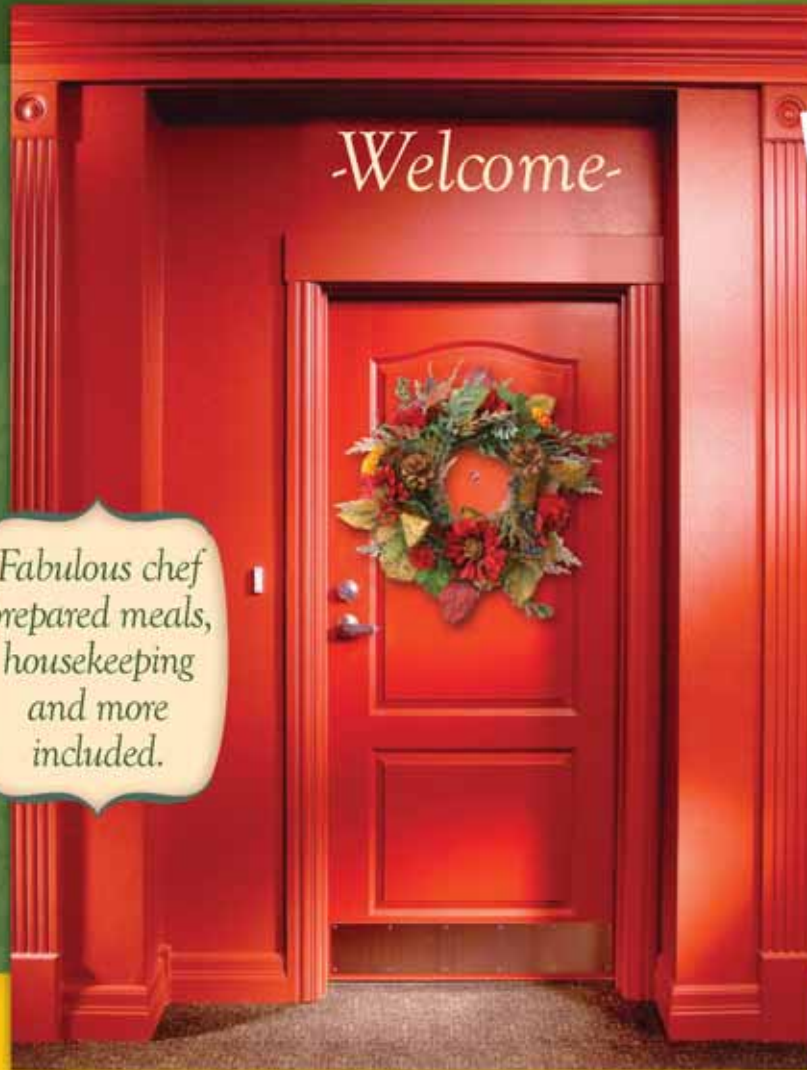
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“I never knew LMH ranked so high nationally for cardiac care, but now I’ll never forget it.”

Julie

Heart Attack Survivor
Lawrence, KS

For Julie, what began as jaw pain soon became a serious heart attack. Within 32 minutes of her arrival, the cardiac team at LMH cleared the blockage in her artery, saving her life and preventing damage to her heart. Ten days later she was back at work and fully enjoying a healthier life. To hear Julie’s story, visit lmh.org/qualitymatters.



Excellence in healthcare is measured in many ways, including “door to balloon” times—the amount of time it takes to unblock an artery when a patient is in cardiac arrest. While the national guideline is 90 minutes, the cardiac care team at Lawrence Memorial Hospital averages just 56.5 minutes. In fact, the American College of Cardiology recently ranked LMH’s Heart Center in the top five percent nationally for heart attack care.*

We proudly exceed state and national averages for virtually all quality measures. That’s why patients in our community choose LMH. Quality care is a priority here.

Visit www.lmh.org/qualitymatters to learn more about our clinical outcomes and why quality matters.

* Ranking based on average door-to-balloon time for treatment of patients with ST-elevation myocardial infarction (STEMI).

