

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

September 2012 Serving Active Seniors in the Lawrence-Topeka Area since 2001 Vol. 12, No. 3

INSIDE



Bob and Leah Faught, co-founders of Senior Support Initiatives, Inc., will be hosting the Topeka & Shawnee County Senior Health Fair and Symposium on October 7. According to the Faughts, the event will be "more than the normal health fair." - page 6

PHOTO BY CONSTANCE WHISTON, CONSTANCE L.W. PHOTOGRAPHY



**JoAnn Qandil:
Growing,
learning and
embracing life
as it comes.**

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Brew some coffee to serve with Wolfgang Puck's Chocolate Raspberry Truffles. See his recipe on page 28.

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Find Out What They Have To Say

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

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

~Cynthia Shepard, daughter of Charles and Donna Eissler



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~Marva Early, Power of Attorney and Executor for Aunt

"If anyone I know is considering assisted living for themselves, or a loved one I make sure I tell them about Legend at Capital Ridge. I let them know how happy we are and how much better physically and mentally my mother is. Yes, she is happy to be here too!"

~Lynn McKinsey daughter of current resident



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JoAnn Qandil: 'Find out what makes you happy'

By Billie David

Curiosity may not have been very kind to the cat, but Lawrence resident JoAnn Qandil has found it to be quite life-enriching as long as she embraces the challenges it brings.

At age 74, Qandil's busy schedule includes running a business, bicycling, hiking, sewing and staying active in her church. She's even taught belly dancing and still surprises people with her gravity-defying moves.

But it's not her healthy life-style that Qandil credits most for allowing her to enjoy so many aspects of her life. Asked what advice she would give others who want to embrace life with enthusiasm, she said the most important thing is to find out what makes you happy.

"Everybody is different," she said. "Keep going and find your own thing."

The fun in life is having a challenge. I'm still growing into myself. I don't think you ever get there. If you're there, it's boring."

One of the events that helped Qandil on her path to knowing herself was an Aikido class she took when she was 55. It was from this martial arts class that she learned to slow down.

"If you do anything, meditate and breathe," she said. "Rather than getting anxious, slow down and breathe."

Looking back, one may find that problems can actually be challenges in disguise, turning the course of one's life in a better direction.

Qandil has found that to be true in her own life. "Problems have led to other things," she said. "The best things that have happened to me were not things I chose. They just hap-

pened."

One of the earliest challenges for Qandil was getting her first bicycle. At the age of nine she told her father, who farmed land 30 miles south of Abilene near Durham, that she wanted a bicycle.

"My dad said 'you have to work to pay for it' and he paid me 75 cents an hour driving a tractor," Qandil said.

But as an adult, bicycling was relegated to a back burner while Qandil busied herself with her careers as a teacher and landlord, as well as raising her children, and it was actually a bit of serendipity that got her back into it when a tenant moved out and

left his bicycle behind.

"I just kind of got back into it a year ago," she said.

But it wasn't exactly an ideal situation at first.

"It was a boy's bike and I am short, so getting over the bar was the biggest issue," she said.

So she traded it in for a girl's bike and took off from there.

Qandil likes to hike as well as bicycle with friends and has visited places in and around Lawrence, such as Clinton Lake Park, the Burroughs Creek Corridor, and KU's Fitch Natural History Reservation, where

■ CONTINUED ON PAGE FOUR



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Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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JoAnn Qandil

■ CONTINUED FROM PAGE THREE

she recently saw the thousands of Hackberry Emperor caterpillars that hatched there and were so numerous that she could hear the sound of their feces dropping to the ground below.

In addition to exploring nature in the area with friends, Qandil enjoys traveling with her children, especially to exotic places.

"I don't have a favorite place," she said. "They're all different and it's awesome to go to all of them."

She remembers staying up all night near a beach in Hawaii to watch the ocean waves roll up onto the shore, and she remembers other places fondly as well, although for different reasons.

"The Dominican Republic is just as beautiful," she said, remembering how she enjoyed meeting the people there, who were so poor they lived in houses with dirt floors.

Qandil prefers to travel to historical places and locations where she can enjoy nature, oceans and mountains, and she enjoys activities such

as horseback riding and swimming while on vacation.

But you won't find her in a big city very often.

"I'm not crazy about shopping," she said.

Growing up on a farm near Durham, Qandil was active in 4-H.

"The guys would raise animals, and the girls would do sewing and cooking. I learned on an old treadle machine," she said.

That experience and the fact that her mother was a home economics teacher influenced Qandil to choose a career as a home economics teacher as well.

It also led to one of the most influential experiences in Qandil's life, working at Rock Springs Ranch near Junction City.

"I just loved it so much," she said. "It was a combination of the people and the environment."

Qandil had been to Rock Springs many times as a 4-H camper and decided she wanted to work there. She started working in the kitchen before her junior and senior years in high school and then was hired full time, which led to a job working the office

and eventually to writing articles and promotional items for the ranch, thanks to the encouragement she received from an English professor at McPherson College, who encouraged her interest in journalism.

At McPherson College, Qandil found work at the alumni office, writing publicity items and profiles about professors, which she particularly

enjoyed. By her senior year in college, she was editor of the college newspaper and remembers linotype and laying out newspaper pages the old-fashioned way.

In 1960, after graduating from McPherson College, Qandil moved to Lawrence to study home economics and counseling psychology at KU.

■ CONTINUED ON PAGE FIVE

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JoAnn Qandil

■ CONTINUED FROM PAGE THREE

She graduated with a master's degree in 1962.

Following in her mother's footsteps, Qandil began her career teaching home economics and various other subjects that were assigned to her in schools in the Lawrence area.

"My mother was a big influence," she said, explaining that her mother had a tendency to focus on the positive side of things.

"She was always saying 'that's great' when I thought I could do better," she explained.

After 10 years of commuting to her teaching jobs, which included counseling in Excelsior Springs, where she helped start up the Women's Job Corps, Qandil decided that instead of spending so much money on commuting and a teaching wardrobe, she would rather stay home and raise her three children (who are all KU graduates, she said).

She never looked back. She had been investing her teacher's pay little by little into real estate and to this day that's what she does for a living.

"I'm still a landlord," she said. "I like it. Most of my tenants are KU students and I like them. I think they have gotten more responsible over the years. It's pretty much full time."

With her background in sewing and an interest in art, Qandil also enjoys what she calls creative sewing, altering clothing to make it look different. She has also painted on wood and glass and has even tried her hand at digital embroidery. She sold some items but decided that it wasn't worth the time.

Another influence in Qandil's life is her church, although her beliefs have changed since her younger days when she attended a church-related college. After writing a research paper for the school president, who had been a missionary to Africa, she said that she had to re-examine her beliefs. That experience, plus a yoga class her children urged her to

take, and reading a book by Deepak Chopra and a book on quantum physics, has led to her present beliefs and motivates her work at Unity, where she serves as a prayer chaplain.

As for the future, Qandil wants to keep growing, learning and embracing life as it comes.

"You have to accept that there's another side," she said. "I can say I'm sad, but it's part of life and it has its positive aspects. If I weren't sad I couldn't be happy, and I can relate better to people who are sad. You have to learn to accept the negative parts of yourself and other people, and

you have to find the good things in people, too." That's why education is so important, she added, to help you learn what is good for you and what is not, so you can choose positive things, be critical about accepting things, and be open to listening.

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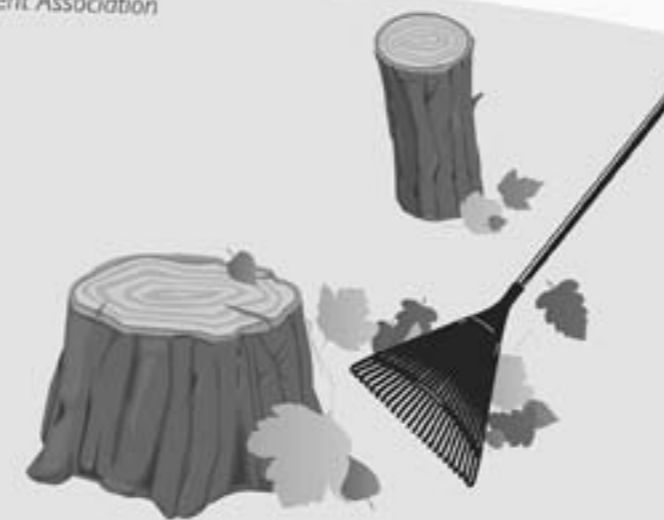
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Event to be 'far more than your normal health fair' *Health fair*

By Kevin Groenhagen

There won't be any music playing at Washburn University's White Concert Hall during the afternoon of Sunday, October 7. However, the event taking place that day—the Topeka & Shawnee County Senior Health Fair and Symposium—may have more than a few seniors singing for joy. "This is much more than the normal health fair," said Bob Faught, who, along with his wife, Leah, co-founded Senior Support Initiatives, Inc. "We have been talking to many organizations in the community. They're telling us that there have been a lot of health fairs over the years. With many of the health fairs in the past, the sponsors set up a table with information about their services and products, presented them for the time allotted, and then left. There were really no metrics to define success. We're placing metrics to define the success of this event. We're also telling sponsors that we established this event to support putting cor-

rect and valid information before the public. We want the public to know what the truth is about their options." Bob has had eight knee surgeries, two total knee replacements, a total right hip replacement, and shoulder and ankle surgeries. His experiences led him and Leah to found Our Joint Decisions, Inc. NFP, which distributes information to help others alleviate joint pain. After they arrived in Topeka, they began promoting the Our Joint Decisions' website, book, and message in this region and throughout the U.S. In addition, they began doing motivational speaking before groups in the Topeka area. "When we went out to visit with seniors and their support teams, we would ask them if they were familiar with the support systems available in the community," Bob said. "The answer was always 'no.' Two things we heard all the time were, one, 'I don't know where to go for help,' and, two, 'If I had known this is the way this program works, I would have made a completely different decision for my

mother, father, or other loved one." "Leah and I thought that there needed to be a new vehicle to get this information to the public," Bob continued. "We decided that there needed to be a senior health fair and a symposium." The symposium section of the Topeka & Shawnee County Senior Health Fair and Symposium will take place from 1-3 p.m. "We met with the sponsors of the event on September 16 to define the final topics for the symposium," Bob said. "The keynote speaker is Shawn Sullivan, who is the secretary of the Kansas Department for Aging and Disability Services. He will also participate in the panel on Medicare, Medicaid, and KanCare, which will replace Medicaid in the future. Dr. Robert Mosher, the secretary of the Kansas Department of Health and Environment, will also serve on the panel, as well as six other senior support experts from the community." The senior health fair will include booths for as many as 62 corporate and community sponsors, including

41 sponsors in the lobby of White Concert Hall and another 21 sponsors how the sponsors' services will promote the hall's stage. Seniors can visit the fair from 3-5 p.m. Sponsors may sign up for the fair from 3-5 p.m. "We want to clearly define what Topeka & Shawnee County Senior the sponsors do," Bob said. "We all Health Fair & Symposium at the event have strengths and weaknesses. The website, www.tscseniorhealth.org. question is what are the strengths, Sponsors need to be signed up by September 7 to be included in the advertising organizations and companies there? There's just as much confusion about sponsorships" are also available to fit this amongst the providers of senior support services as there is amongst the consumers. What we have heard -and this is throughout the country--is there's a disconnect between senior support services. What we're attempting to do with the Topeka & Shawnee County Senior Health Fair and Symposium is bring a connection back between the senior support services to work as a team. Everyone has their core competencies regarding what they do. You can't be everything to everybody. Seniors and their support teams simply want the straight facts so they know where to go for help and

not have had an issue at the time of the fair, but may have it at a later date." The Faughts plan to hold the senior health fair every six months. In addition, they plan to conduct follow-up presentations specific to the needs of diverse groups within the community to solidify the sustainability of the fair. The Faughts have also partnered with the following four Washburn University departments: Applied Studies, including Physical Therapy, Occupational Therapy, and Human Services and Health Science Program; School of Nursing; Kinesiology Department; Learning in the Community (LinC). LinC has provided the Topeka & Shawnee County Senior Health Fair and Symposium with three interns. Katty Vasquez serves as the Latino community liaison through the LinC Bonner Leadership Program, while Josh Criswell serves as the African-American community liaison through the LinC Vista Leadership Program. Joshua Wurtz serves as the technology outreach coordinator through the

LinC Bonner Leadership Program. Admission to the Topeka & Shawnee County Senior Health Fair and Symposium is free. Durham School Services will provide transportation for seniors, including those with handicaps, who need rides to White Concert Hall. The Team is contacting churches in the community, and giving presentations to ensure the message gets out. Key points for transportation pick-up will be the churches and senior centers. The event website will also communicate pick-up locations and times. Transportation options within the Topeka area will be available on the event website by the middle of September. White Concert Hall is located at 17th Street and Jewell Avenue on the north side of the Washburn University campus. Parking is available to the west of the hall. For more information about the Topeka & Shawnee County Senior Health Fair and Symposium, please call the Faughts at (217) 343-1788, email them at bfaught@tscseniorhealth.org, or visit www.tscseniorhealth.org.

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Audio-Reader's to hold annual sale of vinyl records, audio equipment **Robert C. Harder to be honored with 2012 KABC Caring Award**

Music lovers will not want to miss "For Your Ears Only," Audio-Reader's annual benefit sale of all things music, including vinyl records, CDs, vintage and modern audio equipment and much more.

This year's sale, the 10th annual event, is scheduled from 6 to 9 p.m. Friday, September 14 and 9 a.m. to 2 p.m. Saturday, September 15 at the Douglas County Fairgrounds, 2120 Harper St., in Lawrence. Friday evening features a DJ, free food and

prizes donated by local businesses and first dibs on absolutely everything. Advance tickets will be available starting September 1, for \$7 at Audio-Reader, 1120 W. 11th St. in Lawrence. They are \$10 the night of the event. Admission is free Saturday with many items slashed to half price after noon.

In addition to audio equipment, thousands of vinyl records, including an impressive selection of rock and jazz titles will be for sale, as well

selections in every genre from country to classical to hard rock. Most records will be priced at \$1, CDs will be marked at \$3 and audio equipment will be sold below market price. Several musical instruments will also be available for bargain prices.

All items for the event were donated by generous individuals and businesses from Lawrence, Kansas

City and Topeka.

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

Kansas Advocates for Better Care (KABC), a statewide nonprofit dedicated to advocating for quality long-term care, has named Robert C. Harder, Ph.D., M.T., B.A. as the 2012 recipient of its highest honor, the **KABC Caring Award**. Dr. Harder will receive the award on October 28 at the KABC annual fund-raiser, "Stand By Me," in Lawrence.

"KABC is pleased to recognize Dr. Harder for his lifetime dedication to social services in Kansas and his sustained commitment to good quality long-term care for Kansans," said Margaret Farley, KABC President.

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

"Dr. Harder exemplifies everything that the Caring Award stands for," Farley said. "Today, Kansans needing long-term care benefit from his leadership in policy-making. His dedication and work have resulted in improved long-term care services and access to those services for older adults and persons with disabilities."

Dr. Harder began his career as a minister in the United Methodist Church. He was a member of the Kansas House of Representatives from 1961-1967. In 1969, he was appointed director of the Kansas Department of Social Welfare. He served as the first Secretary of the Kansas Department of Social and

Rehabilitation Services (SRS), a position he was appointed to by five governors, Republican and Democrats, alike. He also served as Secretary of the Kansas Department of Health and Environment from 1991-1995. In his Cabinet positions, Dr. Harder oversaw the development of many of the current long-term care programs and services, and the consumer protections embedded within them.

Dr. Harder has taught at the University of Kansas, School of Social Welfare, Lawrence, and Washburn University, Topeka. Upon completion of his many years of public service to Kansas government, Dr. Harder continues to work for quality long-term care, sharing his prodigious experience as a volunteer advocate on behalf of persons with disabilities for the Statewide Independent Living Council of Kansas.

Dr. Harder received a Bachelor of Arts from Baker University; received a Master of Theology from Perkins School of Theology at Southern Methodist University; and was awarded a Doctorate in Theology from Boston University.

The annual "Stand by Me" event is a fund-raiser for the organization's work on behalf of elders and persons with disabilities who need long-term care. The event, which includes silent and live auctions, will be from 2-5 p.m. on October 28 at Maceli's, Lawrence. There is no cost to attend, all are welcome. RSVPs are required and donations are encouraged. Hors d'oeuvres and drinks will be served.

Sponsors for the event include: William Dann, Earl Nehring, Betty Bowen, The Fabulous Torque's, Stevens & Brand LLC partners Molly M. Wood, Rebecca Wempe, & Emily Donaldson, Barbara & Mick Braa, Linda & Chuck Carlsen, Pauline Buttery, Mitzi McFatrigh, CornerBank, Lowell Davis/State Farm Insurance,

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Volunteers come from all walks of life

By Rev. Dr. Ed Farris

Volunteering to be a hospice friendly visitor is not for everyone. You have to have a heart for people, especially those who have only six months or less to live.

Some people might think that visiting a person who only has six months to live would be the last thing on their list of "things to do." However, the opposite is true for volunteers. All our volunteers have commented that volunteering is not a burden. Listening to the life stories of people who are about to leave this life is the most interesting thing they have ever done. Every hospice volunteer says they have been encouraged by people they visit. In every case, the volunteer claims they get much more than they give.

Heartland Hospice Care's volunteers come from every walk of life: teachers, office workers, retired nurses, former missionaries, university students, professors, tourist agents and executive secretaries, and vice presidents of corporations, to name a few. The one thing they all have in is their love for people. Volunteers make up the heart of hospice care.

Maura Thompson is one who has a heart for people. Pictured at right are Maura and Alex, as they visit a Heartland Hospice patient, Jo B. Tuck at Manor Care Nursing Center.

Jo was born in New York and earned a degree in early childhood education. She was an educator and taught youngsters for 20 years. She passed away July 18, 2012, just 11 days after this picture was taken.

The staff at Manor Care told us that when Maura and Alex came to visit Jo her countenance changed. She perked up and played games with Alex. Staff commented they have never seen Jo smile so much. She even started blowing kisses to Alex. Having a child come to visit brought back many precious memories for Jo.

When we receive a new volunteer, I, as volunteer coordinator, like to go with them to make the first few visits. When Maura made her first visits, she came with a bouquet of flowers for each patient we were going to visit that evening. It was absolutely amazing to see the faces of the patients who received the flowers. A thousand words could not express the look on their faces, knowing that someone cared enough to come and visit.

Some people would say they don't have time to be a hospice volunteer. All of our volunteers but one work full time and make their visits after work or on weekends. It is not easy to work all day and then volunteer. They are the neatest people you could ever meet. Dividing time between work, family, shopping, and hospice volun-



Jo B. Tuck with Maura Thompson and Alex

teering is a lot to juggle.

Yes, you can be a hospice volunteer and receive a blessing that words cannot explain.

- Rev. Dr. Ed Farris, Chaplain & Volunteer Coordinator with Heartland Hospice Care, may be reached at 785-271-6500.

First Lady announces 2nd Annual Kansas Book Festival

Kansas First Lady Mary Brownback has announced the second annual Kansas Book Festival will take place on Saturday, September 15 from 9 a.m. to 4 p.m. at the Kansas Historical Society in Topeka. The festival will showcase current authors and books and will promote the importance of reading. It is free and open to the public.

"Our mission is to promote literacy and encourage a life-long love of reading. We believe that we achieved that in our first festival last September and are excited to see where this year's event takes us. We have a great lineup of locally and nationally known authors and illustrators that kids and adults will enjoy," Brownback said.

More than 30 authors will take part in the festival including local favorites such as Matthew Polly, Harriet Lerner, and Thomas Fox Averill. Candice Millard, author of the New York Times' bestseller *Destiny of the Republic: A Tale of Madness, Medicine and the Murder of a President*, will also be presenting. Kansas City author and illustrator Shane Evans will also attend. Evans has illustrated books for Shaquille O'Neal, Holly Robinson Peete and Taye

Diggs and won the 2012 Coretta Scott King award for his book, *Underground*. One of the day's key presentations will be made by 91-year-old Chester Nez along with the help of his co-author. Nez is one of the original Navajo Code Talkers from World War II. The awards ceremony for the Kansas Notable Book winners will take place at noon.

Along with the author presentations there will be book signings, outdoor entertainment and activities for children of all ages.

Festival organizers have limited space left for vendors. Vendor categories include authors, publishers, bookstores and food vendors. To see the full list of authors or for event, sponsor or vendor information, visit www.kansasbookfestival.com.

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Research shows people over 50 look forward to golden years *These seniors got game!*

(ARA) - With 10,000 Americans turning 65 every day—and according to recently released research, a majority of them expecting to live to nearly 90—the celebration of older Americans is a developing trend, and more people are aspiring to live longer and better than ever before.

The latest research conducted by Gallup and Robinson as part of Pfizer's Get Old initiative asked more than 1,000 Americans 18 to 65+ years old how they feel about getting old. The results showed that priorities and perceptions about aging shift over time.

Key findings of the research include:

- Nearly half of those over 50 (41 percent) said they were "optimistic" about getting old as compared with "uneasy", "angry" or "prepared"

- A vast majority of those who feel aging is better than expected cite good health (74 percent), wisdom (72 percent) and greater appreciation for friends and family (72 percent) as the top reasons

- 51 percent of all people surveyed think they look younger than

their age, and 40 percent think they are wiser than their age

- Given a list of lifetime achievements, those 18 to 34 (45 percent) rank having \$1 million first, while those over 65 (48 percent) would rather see their grandchild graduate from college

"We all have one thing in common—each day we get older. At every age and stage of our lives, we can make choices and take actions that will help us live longer and better. There are so many positive role models today who are changing how people think about aging," said Dr. Freda Lewis-Hall, Pfizer's Chief Medical Officer. "There's a huge opportunity to support the shift that's underway. At GetOld.com, we want to hear what people want and need to live better and healthier and create a forum for dialogue on what it means to 'get old' today."

The Get Old initiative is supported by the following leading organizations: Easter Seals, International Longevity Center at Columbia University's Mailman School of

Public Health, Men's Health Network, National Alliance for Caregiving, National Coalition for Cancer Survivorship, National Consumers League, National Family Caregivers Association, Patient Advocate Foundation, Society for Women's Health Research, Visiting Nurse Associations of America and WomenHeart: The National Coalition for Women with Heart Disease.

The goal of Get Old is to amplify the conversation on aging and learn more about how Americans at all ages are tackling aging for themselves, their family, and society. At the center of the initiative is a first-of-its-kind online community, GetOld.com, where

people can discuss aging by sharing and viewing stories, photos, and videos about getting old. The site provides people the opportunity to vote on how they feel about aging: Angry, Uneasy, Optimistic or Prepared.

Know an interesting senior who would be a great subject for a Senior Profile? Please call Kevin at 785-841-9417.

The 2012 Kansas Senior Olympics competition will take place September 19-30. The event will be headquartered at the Big Gage Shelterhouse, Gage Park, 10th and Gage, in Topeka with venues throughout the city. It is anticipated that up to 800 senior athletes from across Kansas and the nation will take part in these games.

The Senior Olympics offers competition in 18 sports, including archery, badminton, three-on-three basketball, bowling, cycling, golf, horseshoes, pickleball, racquetball, road races, shuffleboard, softball, swimming, table tennis, tennis, track and field, and volleyball.

The Kansas Senior Olympics are open to anyone who will be 50 years old (or older) by December 31, 2012.

The Kansas Senior Olympic games were established in 1984 by Parks and Recreation of Topeka and the Senior Adult Program. In even numbered years, athletes who meet preset

requirements at the Kansas Senior Olympics qualify to participate in the National Senior Games in Cleveland, Ohio, July 20-August 1, 2013.

Topeka is the only site in Kansas where athletes may qualify for the national games.

For more information, visit <http://parks.snco.us/index.aspx?NID=201>.

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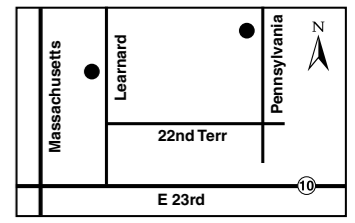
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HEALTH & FITNESS

Safe, enjoyable travel

If you're a homebody who likes to nest in your kitchen or garden, you might prefer a "staycation" to an old-fashioned vacation. But most people enjoy at least some travel, and even homebodies sally forth to special events like weddings and reunions. It may have been years since you traveled by air and you may never have

whether you're traveling for weeks or just a day. Carrying just enough—not too much—is the secret to safe travel. Start by selecting your luggage well ahead of time. Make ease and comfort your priority. If you're flying, you need a small bag to carry on board with your basics: medications, cosmetics, sunglasses, passport, purse, keys, and something to read. You should pack your clothes into a wheeled suitcase and pack lightly. If you're traveling alone, be sure to let others lift your suitcase for you and check your bag to decrease stress on your back. If you have a bad back, you can mail your clothes ahead.

Travel with Assistance
If you're flying but you have trouble walking distances, you shouldn't hesitate to call ahead to have a service employee help you into a wheelchair at the airport. You can be assisted through security lines, helped with your shoes, and helped entering and exiting the plane. This service is available cost-free for anyone who needs assistance to handle the physical demand of large airports. In airports where you have to change terminals, you should talk to your flight attendant and request a shuttle ride to a connecting flight before you get off your initial flight. Using a wheelchair is also a good idea if you have limited stamina and you need to pace yourself to stay energized.

Legs Need Support
Whether you travel by train, plane, or car, your legs and feet may swell because you're sitting for long stretches. To limit swelling, you should wear support socks or stockings, exercise while sitting, and walk briefly whenever possible. Leg exercises start with your feet and move up. Begin by wiggling your toes; rock your feet from heel to toe; bend your knee in a gentle kicking motion, and pump your hip by moving your legs up and down as if you were marching. Do this every hour, repeating each exercise 10 times.

If you can get up and walk, take a short walk every hour. If you're traveling by car, stop every two hours to stretch your legs and walk, to give your back a break. It's tempting when you're alone to drive straight through to your destination. But driving without a break can restrict circulation

to your legs, tighten your joints, and reduce your alertness. If you take breaks, you'll feel better and protect your legs.

Barriers
Whether you stay with family or a hotel, inspect your room to look for safety barriers. In a hotel, look in the bathroom shower to see if there are grab bars. If there aren't you can request a room with safety equipment. Oddly, these safety bars are not standard in all hotels. In a family home, be sure you have a clear path to the bathroom at night to avoid falling. You can also pack a nightlight to provide safe lighting.

Study your bedroom to be sure you can set your suitcase waist-high. That way, you won't have to bend over to reach the floor. Sleep on the side of the bed which is nearest to the bedroom door. That will help orient you when you get up to find the bathroom at night. Know where light switches, lamps, clocks, and phones are located so you can reach them safely.

Equipment
If you need a cane, even just occasionally, be sure to carry one. A folding cane or an adjustable walking stick can be packed easily. Walking

on uneven surfaces or uphill or climbing stairs will challenge your balance and stamina. If you have a cane handy, you can pull it out when you encounter a problem surface without missing a beat. It's like having an umbrella in your bag ready for rain. Oh, and take an umbrella, too!

Be Active
Regular exercise and daily walks will prepare you for travel. If you have difficulty walking more than a block, you can work with a physical therapist to get stronger, reduce pain, and find the right equipment to help you walk better. Therapists are expert at the medical issues that limit your activity and they can teach you exercises to keep you on your feet...and on the go. Your doctor can write you a therapy prescription, if you request one.

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



Laura Bennetts

traveled alone. But with good planning, even unfamiliar travel can be made safe, relaxing, and enjoyable.

Orient Yourself
One entertaining aspect of traveling is learning about the city or region you're planning to visit. You already know everything about your corner of Kansas, but what might you find interesting in Alaska in July or upstate New York in October? The library has travel books, magazines and DVDs that will tempt you to visit sites and explore the history of your destination. There are travel shows on TV that let you visualize, for instance, a bus tour of Rome or a visit to the Monterrey Bay Aquarium in California. Your local Senior Center can help with tips about travel tours, day trips, and educational programs.

Boldly Go...Online
Many people turn to the Internet for travel data or reservations. But if you've never searched online, you should get help from someone who has used the different travel sites. There is such a crush of facts and ads that initially you may find it hard to get the information you need. Most people use the Internet to arrange flights, trains, and hotel stays, and you will quickly discover (with just a bit of coaching) that this is easy, quick, and secure. If buying things online worries you, you can use the Internet to find what you want and then call to pay over the phone with a credit card.

Travel Light
Lugging heavy suitcases can affect your balance or strain your back,

HEALTH & FITNESS

Aloe vera has long history as medicinal plant

One of the most common household remedies is Aloe vera. It has been used for centuries for various skin conditions and has been promoted as being effective at healing, soothing, or rejuvenating the skin. Aloe vera is a species of suc-



Dr. Farhang Khosh

culent plant whose origins can be traced to North Africa. Medicinal use of Aloe vera has been documented as early as the first century A.D. Also, Aloe vera's use as a medicinal plant can be traced back 6,000 years to early Egypt, where the plant was depicted on the stone carvings. This plant was known as the "plant of immortality." Aloe was presented as a burial gift to the deceased pharaohs.

Aloe vera is widely grown as an ornamental plant. It is popular with modern gardeners due to its flowers, shape, and succulence. This succulence enables the species to survive in areas of low natural rainfall, making it ideal for rockeries and low-water use gardens. Aloe vera is relatively resistant to most insect pests, though spider mites, scale insects, and aphid species may cause problems in the plant's health. In pots, the species requires well-drained sandy potting soil and bright sunshine. According to the National Institutes of Health, Aloe vera has been traditionally used as a topically to heal wounds, for various skin conditions, and orally as a laxative. In addition to traditional uses, people are now using aloe orally to treat a variety of conditions, including diabetes, reduction of gingivitis and plaque, asthma, ulcerative colitis, epilepsy, elevated cholesterol and osteoarthritis. People use aloe topically for genital herpes,

burns, sunburns, and psoriasis. Aloe vera extracts may have antibacterial and antifungal activities, which could be used to help treat minor skin infections, such as boils and benign skin cysts and may inhibit growth of

fungi. Aloe vera gel can be found in hundreds of skin products, including lotions and sunblocks. The Food and Drug Administration has approved Aloe vera as a natural food flavoring.

Aloe vera is used on facial tissues, where it is promoted as a moisturizer and/or anti-irritant to reduce chafing of the nose of users suffering hay fever or cold. It is common practice for cosmetic companies to add the aloe vera sap or other derivatives of

the plant to products such as makeup, tissues, moisturizers, soaps, sunscreens, incense, shaving cream, and shampoos.

So the next time you are considering a plant for those gardens that doesn't need much water, consider the Aloe vera plant. Not only does it add beauty to gardens, it can also be very good for your health.

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



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RETIRE SMART

The pros and cons of annuities

This month we address the pros and cons of tax-deferred retirement savings vehicles.

Immediate annuities

Guaranteed income for life is a big time benefit, but it comes at a cost. The first concern is that you are giving up access to your money in exchange for the income stream. For this reason, if you are going to invest

ment in the company that issues it. The guaranteed stream of income is only as good as the financial stability of the insurance company that writes the contract. As we all learned during the recent crisis, insurance companies can run into big problems.

Deferred annuities

Although there are different flavors of deferred annuities (fixed, variable, equity index), they all share two distinct phases: the accumulation phase, during which your money grows on a tax-deferred basis; and the payout phase, during which you begin to receive scheduled payments. Deferred annuities share the same lack of liquidity as immediate annuities, but there are other, more worrisome downsides to these contracts.

Insurance agents often extol the tax advantages of deferred annuities, but there are three big issues surrounding their taxation.

1. When you start withdrawing money from the annuity, earnings (but not principal) will be taxed at your ordinary income rate, rather than at the lower capital gains rates applied to investments in stocks, bonds, mutual funds or other non-tax-deferred vehicles in which funds are held for more than one year. Investing in a deferred annuity means that you may be converting capital gains into ordinary income, which can add up to big tax payments, especially for those in high tax brackets.

2. Many financial advisers or insurance agents recommend variable or equity-index annuities for accounts that are already tax-deferred, like 401(k)s, 403(b)s and IRAs. This makes absolutely no sense, because these accounts are already tax-advantaged. If someone tries to sell you a variable annuity to hold in a tax-deferred account or encourages you to purchase an annuity before you maximize your retirement plan contribution, head for the exit.

3. From an estate planning perspective, proceeds from most deferred annuities do not receive a “step up” in cost basis when the owner dies. Other types of investments, such as stocks, bonds and mutual funds, do provide a step up in tax basis upon the owner’s death, which can limit the tax liability for your heirs.

By far the most problematic issue with deferred, variable and equity-index annuities are the sky-high costs. Mortality and expense charges (M&E), administrative fees, underlying fund expenses, charges for special features and the salesperson’s commission can eat up 2-3 percent of the value of your investment every year!

Insurance professionals will talk about the value of the death benefit of these contracts, but since most people are using the funds in retirement, the death benefit is irrelevant. If you do need life insurance, there are lots of cheaper options, like term insurance.

By now you realize that I’m not a huge fan of deferred variable annuities, but if you already own one, consider exchanging it for a lower cost one through TIAA-CREF or Vanguard. Section 1035 of the tax code allows you to swap one annuity for similar one without triggering tax liability.

When considering annuities to secure income in retirement, make sure you weigh the potential benefits as well as the inherent risks in these complicated savings vehicles.

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

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MAYO CLINIC

Fingernails are a window to your health

DEAR MAYO CLINIC: I’ve heard that a person’s fingernails reveal a lot about their health. Is there any truth to that? What types of changes would indicate health problems?

ANSWER: It’s true. Your fingernails are a window to your health. Some nail changes are natural. But others can signal health concerns, especially changes in nail color and growth patterns.

Your nails are part of your skin. They’re made up of layers of the protein keratin and grow from beneath the base of the nail under your cuticle. As new cells grow, older cells become hard and compacted and are eventually pushed out toward your fingertips.

Healthy nails are smooth, without ridges, grooves, spots or discoloration. Nails can develop harmless conditions, such as vertical ridges that run from the cuticle to the tip of the nail. Vertical ridges often become more prominent with age. Nails can also develop white lines or spots as a result of injury, but these grow out with the nail and do not cause problems.

In some cases, a change in your nails may be caused by stress in your body. For example, if you have a high fever, a serious injury or infection, or another severe illness, your nails may stop growing for a while. That’s because, due to the extra demands placed on it, your body shifts energy away from the low priority of growing nails. When your nails start growing again, you may notice horizontal lines across your nails. These are called Beau’s lines, and they show where the nail growth stopped temporarily. Beau’s lines grow out eventually and are not a cause for concern.

There are a number of nail changes, though, that can signal an underlying medical problem. A change in your nail color requires attention, especially if your nails start to turn yellow or red or if stripes or dots of color appear on your nails. Color changes could be the result of a nail fungus or, in some cases, they may be a sign of skin cancer. Conditions like liver

failure and kidney problems can also change your nail color, turning nails white or yellow at the tips or near the cuticles. Yellow nails can be the result of a respiratory condition, such as chronic bronchitis, as well.

Clubbing of your nails—when your nails curve much more than usual—is often a sign of low oxygen levels in the blood and may be related to lung disease. Clubbing can also be the result of heart disease, liver problems or inflammatory bowel disease. Another nail condition, called spoon nails or koilonychia, involves nails growing in a pattern that looks like a ski jump. Spoon nails can be a sign of iron deficiency anemia.

Other nail changes that could be a cause for concern include dimpling, indentations, splitting or pitting of your nails. Any of these changes could point to one of dozens of skin disorders that can affect the nails. For example, psoriasis, a common skin disease that causes skin cells to rapidly build up; lichen planus, an inflammatory condition that can affect your skin; and dermatitis, another inflammatory skin disorder, can all show up in your nails.

This is just a sampling of the most common conditions that may have an impact on your nails. Overall, there are hundreds of medical conditions, disorders and diseases that may cause nail changes. So if your nails change or start to look abnormal, talk to your doctor or see a dermatologist to investigate the underlying cause and find out if any treatment is needed. - Dawn Davis, M.D., Dermatology, 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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www.justaskpresbyterianmanors.com



Jill Schlesinger

in an immediate annuity, it would be prudent to do so with only a portion of your total portfolio. As you age, access to money becomes more important, so this is a significant concern. Many retirees like to use an annuity to cover their fixed costs, and describe it as similar to having a salary to meet regular expenses.

Additionally, most immediate annuities provide for fixed payments, which are not adjusted for inflation. Although we are in a low inflation environment today, who knows whether prices will rise substantially during the payout period of your annuity? Finally, an investment in an immediate annuity is an invest-

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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

SEP 7 FREE OUTDOOR CONCERT WITH BUCKWHEAT ZYDECO

Led by the legendary band leader, Stanley "Buckwheat" Dural, Jr., the group will play music from the Grammy Award-winning album, Lay Your Burden Down, and songs spanning its 30-year career. This talented band has been nominated for five Grammy Awards in three different categories and received a Grammy Award for Lay Your Burden Down. Lay Your Burden Down is the most ambitious, deep and varied recording of Buckwheat Zydeco's career. In addition to containing five new songs, it features reinventions of songs by an eclectic group, from Bruce Springsteen and Jimmy Cliff to Captain Beefheart. Lied Center. **MORE INFO** LAWRENCE, (785) 864-2787 lied.ku.edu/events/buckwheat-zydeco.shtml

SEP 8 & 9 HASKELL INDIAN ART MARKET

Two-day outdoor market featuring Native

American artists from around the country. Artist demonstrations, entertainment and food booths. Haskell Indian Nations University. LAWRENCE, (785) 843-6830 www.haskell.edu

SEP 23 THE SENIOR CLASS

An offshoot of Laughing Matters, this company of zany actors are all over age 50! Humor not suitable for all audiences. Show: 8 p.m. Fee. 3028 SW 8th Avenue. TOPEKA, (785) 357-5211 www.topekacivictheatre.com

SEP 28 RAGAMALA DANCE - SACRED EARTH

Sacred Earth featuring soloist Aparna Ramaswamy. Ragamala Dance brings the sensibility of mysticism and sanctity of the 2,000-year-old Indian dance form, bharamatyam, to the contemporary stage. By interfacing choreography with live Indian music and the visual traditions of kolams and Warli paintings, Sacred Earth celebrates body and nature, and soul and earth. The choreographers use visual traditions to explore the interconnectedness between humans and the landscapes that shape them. The evening builds from silent, meditative beginnings to a thrilling crescendo as the performers surrender to the beauty of this sacred earth that has been given to us to safeguard, cherish and pass on to our future generations. Lied Center, 1600 Stewart Dr. LAWRENCE, (785) 864-2787 lied.ku.edu/events/ragamala.shtml **MORE INFO**

OCT 3

RAVI SHANKAR

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

BINGO

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

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

MONDAYS & THURSDAYS
AMERICAN LEGION POST NO. 400
3029 NW US Highway 24, 6:30 p.m.

TOPEKA, (785) 296-9400

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

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

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

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

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

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

EDUCATION

ONCE A MONTH
AARP'S 55 ALIVE SAFE DRIVING COURSE
Monthly classes are held at Stormont-Vail. Call

■ CONTINUED FROM PAGE 18

to make reservation.
TOPEKA, (785) 354-5225

TUESDAYS & THURSDAYS, AUG 14-OCT 11
BALANCE FOR LIFE: A MOVEMENT CLASS WITH TAI CHI

LMH Therapy Services now offers this one hour class that will focus on balance exercises with Tai Chi movements incorporated. Designed to be fun as well as improve functional strength and balance. Instructors are Registered Physical Therapists who will assist you with progression through the appropriate level of exercises for you. Fee. Advance enrollment required as class size is limited. LAWRENCE, (785) 749-5800 www.lmh.org

SEP 6
SKILLBUILDERS: SURVIVING AND THRIVING

Presented by Linda Upstill, Rumsey-Yost Funeral Home. Skillbuilders is a series of educational and support programs for those adjusting to changes in their lives due to the loss of a loved one. The loss may be due to death, an illness or other circumstances that have placed limitations on a spouse, child or a significant relationship. The programs are a variety of practical topics, such as legal and financial, with those that discuss the feelings that accompany loss. All programs are lead by local professionals. Skillbuilders will meet on Thursdays from 10-11:45 a.m. in the Gallery of the Lawrence Public Library. Attend all of the programs or only those that are of interest. There is no charge for the programs and registration is not necessary. Transportation is available by calling the Douglas County Senior

Services, 842-0543. Skillbuilders is sponsored by the Outreach Services of the Lawrence Public Library, Visiting Nurses Association and the Douglas County Senior Services. For more information on Skillbuilders or any of the programs, call Pattie Johnston at the Library. LAWRENCE, (785) 843-3833 ext. 115

SEP 13
SKILLBUILDERS: SELF-CARE: MAINTAINING YOUR SELF IN STRESSFUL TIMES

Presented by Laura Bennetts, Lawrence Therapy Services. See September 6 description for more information about Skillbuilders, including its mission, program location, time, etc. LAWRENCE, (785) 843-3833 ext. 115

SEP 18
KANSANS OPTIMIZING HEALTH PROGRAM - LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Do you have or care for someone with arthritis, diabetes, heart or lung disease or another chronic condition? This six-week KDHE program developed by Stanford University will cover self-care strategies to reduce pain, deal with fatigue, exercise safely, eat well, manage stress, use medications effectively, and set and meet personal goals. Participants should be working in partnership with a healthcare provider before attending this class. Advance enrollment required as class size is limited. \$15/person for the series. Tuesdays September 18-October 23, 6:00-8:00 p.m. LAWRENCE, (785) 749-5800 www.lmh.org

SEP 20
SKILLBUILDERS: LEGAL PLANNING
Presented by Cheryl Denton, attorney with

Petefish, Immel, Heeb & Hird LLP. See September 6 description for more information about Skillbuilders, including its mission, program location, time, etc. LAWRENCE, (785) 843-3833 ext. 115

SEP 26
COPD: WHAT IS IT?

Chronic Obstructive Pulmonary Disease (or COPD) is one of the more common lung diseases. Having COPD can make it difficult to breathe and carry on a normal daily life. There are lots of measures to take including medications and self-care strategies that can help those with COPD improve their quality and enjoyment of life. Come and hear the physicians of Lawrence Pulmonary Specialists - Charles Yockey, MD, Krishna Rangarajan, MD and Amanda Gudgeon, DO, as they share their recommendations for effective management of COPD. This program is free but advance registration is requested. 6:30-8:00 p.m. LAWRENCE, (785) 749-5800 www.lmh.org

SEP 26
WALKTOBER®

October is National Walking Month and an ideal time to get outdoors and walk. Plan to join LMH and the Dg. Co. Community Health Improvement Partnership for Walktober®, a free walking program to complete during October on your own or with your own group. At orientation, you will receive information on the Walktober® program and can sign up for emails or postal mailings with health, nutrition and fitness tips and a healthy recipe. Complete the monthly walk goal and receive a free gift. Join us for planned group walks. Enrollment deadline for Walktober® is September 24. Ori-

entation sessions: Monday 9/17, 6:00-7:00 p.m., Saturday 9/22, 9:00-10:00 a.m. or Wednesday, 9/26, 12:00-1:00 p.m. To enroll in orientation, call Connect Care. If you have participated in Walktober® before, attending orientation is not required. To participate, send an e-mail to aynsley.anderson@lmh.org or janelle.martin@lmh.org or call (785) 505-3066. LAWRENCE, (785) 749-5800 www.lmh.org

SEP 27
SKILLBUILDERS: TALK TO YOUR DOC LIKE A PRO

Presented by Joleen Bechtel, RN. See September 6 description for more information about Skillbuilders, including its mission, program location, time, etc. LAWRENCE, (785) 843-3833 ext. 115

EXHIBITS/SHOWS

JAN 1-DEC 31
FREEDOM'S FRONTIER & KANSAS-NEBRASKA ACT EXHIBITS
Pre-statehood exhibit. Documents and exhibits providing insight into the Bleeding Kansas and pre-statehood era star in Lawrence newly refurbished 1904 Carnegie Library, 200 W. 9th St. LAWRENCE, (785) 865-4499 www.freedomsfrontier.org

JUN 16-SEP 16
INSIDE PEANUTS
Inside Peanuts works by Charles M Schulz, the creator of Peanuts, from the Charles M Schulz Museum in Santa Rosa, CA. Event Cost: Free Gallery Hours: Tuesday 10 a.m.-7 p.m.

■ CONTINUED ON PAGE 20

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■ CONTINUED FROM PAGE 19

Wednesday - Friday 10 a.m.-5 p.m. Saturday & Sunday 1-4 p.m. Washburn Campus, 17th & Jewell Streets.

TOPEKA, (785) 670-1124
www.washburn.edu/mulvane

SEP 7-19

2012 POWER OF THE PAST ANTIQUE ENGINE & TRACTOR SHOW

18th annual antique engine and tractor show features over 500 on display. This show is much more than a gathering of gas engine and tractor enthusiasts, although those are pretty amazing when all the engines are chugging at once! 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. Forest Park.

OTTAWA, (785) 242-2686
www.powerofthepast.net

SEP 8

SUNFLOWER PIECEMAKERS QUILT SHOW

Over 170 quilts on display Live Miniature Quilt Auction at 3:30 p.m. Queen-size Opportunity Quilt drawing following auction. Fee. Goppert Building, 705 W 15th St. OTTAWA, (785) 566-8811
www.visitottawakansas.com

SEP 14-16

OL' MARAIS RIVER RUN CAR SHOW

One of the premier car shows in the Midwest gets bigger every year. Last year over 1,300 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.

OTTAWA, (785) 242-7181
www.olmarais.com

FAIRS/FESTIVALS

AUG 31-SEP 2

22ND ANNUAL LAKE SHAWNEE TRADITIONAL POW WOW

Come out and celebrate the Native American culture and customs by enjoying authentic foods, arts and crafts, demonstrations and dancing at Lake Shawnee. Tinman Circle, Reynolds Lodge.

TOPEKA, (785) 266-8248

SEP 1-OCT 14

KANSAS CITY RENAISSANCE FESTIVAL

Sixteenth Century Village featuring 7 themed weekends, starting Labor Day weekend. Take a step back in time at the one and only Kansas City Renaissance Festival. The festival has operated for over 30 years and is delightful entertainment for all. The seven themed weekends are full of fun and surprises. Join us this year for live jousting, over 100 artisan booths, 20 entertainment venues and food and drink fit for a King. BONNER SPRINGS, (913) 721-2110
www.kcrenifest.com

SEP 8

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. Look for returning crowd favorites plus new activities to highlight this year's event. Sar Ko Par Trails Park. LENEXA, (913) 477-7100
www.ci.lenexa.ks.us/parks/spinachfestival.html

SEP 9

FALL ARTS & CRAFTS FESTIVAL

Annual festival presenting handmade crafts and original artwork. More than 150 artists and craftspeople exhibit and sell their works. Food vendors, children's activities, music and so much more! South Park. LAWRENCE, (785) 832-7930

SEP 15

BLUES FESTIVAL

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 and official festival t-shirts will be available for sale. And local antiques dealers and cafes offer special sales on this day just for visitors. Live music from morning until night, 11:00 a.m. to 8:30 p.m.!

PAXICO, (785) 636-5520

www.paxicomerchants.com/bluesfest

SEP 29 & 30

WELLSVILLE DAYS

Wellsville Days is a day to celebrate this great little town. Less than an hour from Kansas City, 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
www.wellsvilledays.com

FARMERS MARKETS

THURSDAYS THROUGH OCTOBER

COTTIN'S HARDWARE & RENTAL FARMERS MARKET

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

APR 14-NOV 17

SATURDAY MARKET - LAWRENCE

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

APR 14-NOV 3

DOWNTOWN TOPEKA FARMERS MARKET

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

MAY 1-END OF OCTOBER

TUESDAY MARKET - LAWRENCE

The Tuesday Market is located in the public

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

MAY 3-END OF OCTOBER

THURSDAY MARKET - LAWRENCE

The Thursday Market is located at southwest corner of Sixth & Wakarusa, in the parking lot of the Wakarusa Crossroads shopping center. 4-6 p.m.

LAWRENCE, (785) 331-4445

www.lawrencefarmersmarket.com

MAY 5-OCTOBER 13

BALDWIN CITY FARMERS MARKET

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

HEALTH & FITNESS

MONDAYS THROUGH FRIDAYS

FIT FOR LIFE

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

LMH KREIDER REHABILITATION SERVICES
LMH: (785) 505-2712, LMH SOUTH: (785) 505-3780

TUESDAYS

BLOOD PRESSURE CLINIC

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

TUESDAYS, WEDNESDAYS & THURSDAYS

JAZZEXERCISE LITE

Fitness that's invigorating, not intimidating! This 60-minute class pairs moderate aero-

bics 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

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The New York Times Addresses Hearing Loss

According to the Journals of Gerontology, nearly two thirds of adults 70 years of age and older suffer from a hearing loss. The article published on 4/12/2011 stated, "Although 76% said their hearing was of great importance to them, fewer than half had undergone a hearing test in the past five years."

I hear these statistics quite often and still have the same reaction. I'm in awe of why so few people take the time to have their hearing tested. That's why I was so intrigued when I read the 8/15/2012 article in the New York Times by Susan Seliger. Susan had suggested that her parents have their hearing tested after witnessing the struggles they were having during a visit with them. She was amazed when they reacted with a "we don't want to be bothered attitude."

Seliger's article reports, "The average person has been having trouble hearing for 7 to 10 years before they come in," according to Dr. Eric Hagberg, an audiologist in Youngstown, Ohio. She goes on in the article to reveal that only 14% of the 26.7 million individuals over the age of 50 that suffer from a hearing deficit are wearing a hearing aid.

Weekly, in my practice I encounter spouses who have been asking (begging) their loved one for years to have their hearing evaluated. The trouble, as Seliger discovers in her research, is that the person with the hearing loss is often the last to realize there is a problem. Hearing loss sneaks up on us. I often tell my patients, "If you had gone to bed hearing normally and then woke up this morning hearing the way you do right now, you would have rushed to the emergency room."

So can an untreated hearing loss be harmful? Seliger reports on several ways that it is.

Hearing is not just about our ears. It's about how the brain responds to the signal it receives. Most often, it's not a case of not being able to hear. It's a case of not being able to understand. The longer the brain goes not hearing the proper signal, the more it forgets. Seliger quotes Dr. Remensnyder, "If you don't use it, you'll lose it."

Other bi-products of hearing loss, as stated in the article, can be increased risk for dementia, balance issues, isolation, and even depression.

If you are over the age of 50, I would encourage you to have your hearing tested. For anyone caring for or living with someone who refuses to admit they have a hearing problem, I would encourage you to be patient, be kind, and refuse to be their interpreter. When your loved one does finally agree to an evaluation, please make sure you take them to someone who will do a complete exam and consultation. Find someone you believe will take the time to work with your loved one and not turn them away with a hurried or busy demeanor. I tell everyone who comes in my office that the most important decision you have to make once you decide you are ready for a hearing aid is who you want to work with. The relationship between you and your hearing instrument specialist is a long term one. At NuSound we say you become part of the family.

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FIRST & THIRD FRIDAYS OF EACH MONTH HEALTH CHECKS

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

FRIDAYS

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

SECOND THURSDAY OF EACH MONTH

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

THIRD THURSDAY OF EACH MONTH

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

THIRD THURSDAY OF EACH MONTH

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

THIRD THURSDAY OF EACH MONTH

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

THIRD THURSDAY OF EACH MONTH

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

FOURTH THURSDAY OF EACH MONTH

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

FOURTH THURSDAY OF EACH MONTH

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

SEP 5**CHOLESTEROL SCREENING**

This screening event offers a total only (does not include HDL or LDL) cholesterol by fingerstick. No appointment or fasting necessary. \$6/test. Drop into the LMH Atrium (lower level). Lawrence Memorial Hospital, 8:30-10 a.m.
LAWRENCE, (785) 749-5800

SEP 29**LMH ANNUAL HEALTH FAIR**

Join us for our annual Health Fair. 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 9/21. 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. Food donation bin for the Just Food pantry. To register for blood work, call the LMH Lab at (785) 505-6179. For more information on the Health Fair in general, call (785) 505-3066 or send an e-mail to aynsley.anderson@lmh.org. 7:30-10:30 a.m. (Blood draws: 7-10:00 a.m., Health screenings: 7:30-10:30 a.m.).
LAWRENCE, (785) 749-5800

OCT 7**SENIOR HEALTH FAIR AND SYMPOSIUM**

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

HISTORY/HERITAGE**SEP 20-22****9TH ANNUAL BALD EAGLE RENDEZ-VOUS 2012**

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, gunsmithing, tomahawk and knife throwing. 100 E Second St.
LECOMPTON, (785) 887-6520
www.lecomptonkansan.com

LAWRENCE PUBLIC LIBRARY BOOKMOBILE**MONDAYS**

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

WEDNESDAYS

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

FRIDAYS

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

LAWRENCE PUBLIC LIBRARY BOOK TALKS

THIRD TUESDAY OF EACH MONTH
Midland Adult Day Care, 319 Perry St., 10 a.m.

Cottonwood Retirement 1029 New Hampshire, 2 p.m.
Babcock Place, 1700 Massachusetts St., 3 p.m.

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

FOURTH WEDNESDAY OF EACH MONTH

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

MEETINGS**MONDAYS, WEDNESDAYS & FRIDAYS**

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

FIRST MONDAY OF EACH MONTH

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

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

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

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

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

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

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

TUESDAYS

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

TUESDAYS

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

TUESDAYS & THURSDAYS

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

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

FIRST WEDNESDAY OF EACH MONTH OLDER WOMEN'S LEAGUE
Meetings are held at the United Way building, 2518 Ridge Ct. Social time begins at 1:30 p.m. and the meeting begins at 2 p.m. The public is welcome to join members at all meetings. For more information, call Gayle Sigurdson.
LAWRENCE, (785) 832-1692

WEDNESDAYS AND SUNDAYS 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 & THIRD THURSDAY OF EACH MONTH TRANSITIONS SUPPORT GROUP
Cosponsored by Brewster Place and Heartland Hospice as a group to help people move from confusion to confidence no matter their loss or life changes and challenges. Meets at 3 p.m. in the main chapel at Brewster Place, 1209 SW

FIRST & THIRD TUESDAY OF EACH MONTH SCRAPBOOK MEMORIES
Grace Hospice, 1420 Wakarusa, 6 p.m. All supplies provided (except photos).
LAWRENCE, (785) 841-5300

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

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

SECOND & FOURTH TUESDAY OF EACH MONTH
Meets at 9:30-11 a.m. at Coyote Canyon Buffet.
TOPEKA, www.narvre.com

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

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, 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 WEDNESDAY OF EACH MONTH

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

SECOND THURSDAY OF EACH MONTH

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

SECOND THURSDAY OF EACH MONTH

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

SECOND SATURDAY OF EACH MONTH

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

THIRD TUESDAY OF EACH MONTH

LAWRENCE PARKINSON'S SUPPORT GROUP
FIRST PRESBYTERIAN CHURCH, 2415 CLINTON PARKWAY, LAWRENCE, 2 PM

THIRD TUESDAY OF EACH MONTH

GRANDPARENT AND CAREGIVER SUPPORT GROUP
Strengthening family relationships and improving positive parenting skills. Meets from 6:30-8 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 and the public in family history, genealogical records and research. Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December.
TOPEKA, (785) 233-5762
www.tgstoepka.org

FOURTH THURSDAY OF EACH MONTH

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

FOURTH FRIDAY OF EACH MONTH

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

SECOND & FOURTH FRIDAY OF EACH MONTH

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

FOURTH THURSDAY OF EACH MONTH
Meets at the Topeka-Shawnee County Public Library, 7 p.m. No meeting in April, November or December.
TOPEKA, (785) 233-5762
www.tgstoepka.org

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SECOND & FOURTH FRIDAY OF EACH MONTH

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TOPEKA & SHAWNEE COUNTY

SENIOR HEALTH FAIR and SYMPOSIUM

Shining New Light on Senior Living



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Senior Health
Symposium**

**3:00~5:00 PM
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Why is Event Being Held?

Educate & motivate Seniors & their Support Teams on support & services available in community (Event every six months)

Target Audience:

Seniors & their Support Teams

Senior Health Symposium:

- **Keynote Speaker: Shawn Sullivan**, Secretary for the Kansas Department for Aging and Disability Services
- **Also Speaking: Dr. Robert Moser**, Secretary for the Kansas Department of Health and Environment
- **Define where to go for help**
- Latest information on Senior programs & support
- Facts & myths of health & lifestyle choices & support
- Clarify assumptions & miscommunications to make best decisions for every Senior

Senior Health Fair:

Interact with Sponsors & Washburn University Partners

Senior Tools for Support:

- **“Senior Support Book”** in English & Spanish
- **“Electronic Support Book”** available on line
- **Transportation provided** for those in need

Sponsor Information:

Funded by Corporate & Community Sponsors

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- Senior Health Fair has Sponsor's Booths
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HUMOR

Train up a Child

It looks like a typical kindergarten classroom. The walls are decorated with alphabet letters cut from brightly colored construction paper. There is a pile of small bright boxes identifying themselves as RED, GREEN, YELLOW and BLUE. Student names printed on animal shapes are attached to a bulletin board at the



Larry
Day

front of the room near the teacher's desk. On the bulletin board is a sign that reads:

We keep these rules:

- Show Respect
- Make Good Decisions
- Solve Your Own Problems
- Raise Your Hand for Permission to Speak
- Make Your Dear Teacher Happy

But it isn't a typical kindergarten classroom. For one thing this kindergarten classroom is located on the 14th floor of an office building in New York City. For another, the pupils' chairs are adult size.

Nadine Blodgett is a former kindergarten teacher who treats executives of vast corporations like four-year-olds.

Some years ago Nadine read in a magazine that corporate CEOs were arrogant, clueless jerks.

Other studies found that many CEOs acted just like overgrown kindergartners.

“I think I can teach them something,” said Nadine.

With that in mind Nadine enrolled in night school, earned an MBA, and fulfilled requirements for a certificate in social counseling. After that she quit teaching kindergarten in Letonagoosa and moved to Manhattan.

With money from her retirement fund Nadine founded a consulting business called Nadine's Think Small

CEO Kindergarten. She had learned from her research that corporate flunkies and people in the secretary pool know more about what is going on in a corporation than the higher ups, so Nadine hung out in bars and clubs where corporate flunkies went to unwind. The information she gathered and the contacts she made were golden.

After that she rented the large 14th floor office and turned it into a kindergarten classroom. Her first class consisted of five CEOs who were about to be fired despite the fact that their companies had had higher than expected earnings for the previous quarter. None of the five could figure out why their necks were on the chopping block.

It wasn't much of a mystery. Dirk, routinely patted people who worked for him—men and women—on their butts. Angela didn't know the name of anyone who worked for her, including her own executive assistants. Sam got involved with a clerk in the

mailroom. Rita was two faced. She sounded like an enlightened boss in public, but behind the scenes she was a Machiavellian tyrant. Richard drove underlings to come up with innovative ideas, then took full credit for things that went well and disavowed responsibility for things that failed.

After six weeks at Nadine's Think Small CEO Kindergarten, all five executives avoided getting fired. Dirk had enrolled in sensitivity training and started volunteering at a battered women's shelter. Angela had located a dog-eared copy of “How to Win Friends and Influence People,” and mastered its name and face recognition techniques. Sam had come out of the closet, married the mailroom clerk and become a proponent of gay marriage right at the time that was the chic thing to be. Rita had attended a religious revival, became born again, and repented of being a hypocrite. Richard had signed up for a Steve Covey seminar and learned it was really worthwhile to promote the success of others.

And so it went class after class at Nadine's Think Small CEO Kindergarten.

One day recently the board of directors of a mammoth multinational conglomerate met to choose a new CEO. The organization was so predominant in its field that the hiring decision would cause ripples throughout the corporate world.

Two candidates remained in the competition. They both had impeccable résumés. The first ballot ended in a tie. The chair called for more discussion. After an hour the chair called another vote. It was another tie.

Finally, after much more discussion, a junior member of the board said, “Since both of these candidates are Think Small CEO Kindergarten graduates, I propose that we defer this decision to a higher power.”

Do you mean...?” asked the chair. “Yes,” said the junior board member.

The chair turned to his assistant, “Get Nadine Blodgett on the phone.”

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

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WOLFGANG PUCK'S KITCHEN

A bittersweet farewell to fresh raspberries

Everybody thinks of berries as year-round fruit. And modern international shipping certainly helps to support that illusion, making fresh berries widely available in supermarkets everywhere at any time.



Wolfgang Puck

But more and more food lovers and good home cooks have come to realize an important lesson their grandparents and great-grandparents once knew, but generations that followed had forgotten: Fresh ingredients grown locally and in season will almost always deliver the best flavor and texture, and very likely the best nutritional value, as well.

That's certainly the case for berries. Take raspberries, for example. Right now, they've reached the end of their natural season, which stretches from June into August, with

some region-by-region variations. Of course, you can usually find some form of fresh raspberries from far and wide in markets now whenever you want them; but those well-traveled fruit may sometimes be tarter, drier, and lacking in flavor compared to the sweet, plump, juicy, fragrant berries you're likely to get from a local grower at your farmers' market.

So I think there is an excellent reason to celebrate truly in-season fresh raspberries while you can still find them. Enjoy them on their own as a snack, as part of your breakfast, or as a simple dessert after lunch or dinner. Fill tart shells with them. Very briefly warm them with a little butter, a sprinkle of sugar, and a squeeze of lemon juice to make a fresh raspberry sauce for ice creams, sorbets, custards, or panna cottas. There's no end to the opportunities and inspirations for enjoying them.

One of my favorite ways to eat fresh raspberries is to combine them with bittersweet chocolate. The rich, mellow flavor of that confection pays a wonderful complement to the tart-sweet fruit. I'll scatter the berries over a fudge sauce for ice cream, or simply

serve plates of chocolate pieces and raspberries to nibble together with after-dinner coffee. But, to be truly decadent, I'll combine the two ingredients to make special chocolate truffles.

The classic little candies are simplicity itself to make: Melt together good-quality chocolate with a splash of cream and a dab of butter and you have a paste that you can mold easily into little bite-sized spheres. So it's easy, while the truffle mixture is still soft, to hide a whole fresh raspberry inside each little ball. Let the chocolate set in the refrigerator, roll the balls in some confectioner's sugar or cocoa powder (which resembles the earth still clinging to the true truffles of the fungus world when they're dug up), and your treats are ready to serve.

Brew some good coffee to serve them with. And then lift your cups or mugs to toast the last of the season's sweet raspberries!

CHOCOLATE RASPBERRY TRUFFLES

Makes 8 truffles
4 ounces premium bittersweet or semisweet chocolate, cut into small pieces, or bittersweet or semisweet chocolate chips

3 tablespoons heavy cream
1 tablespoon unsalted butter
2 tablespoons raspberry liqueur, Amaretto, Grand Marnier, or other flavoring of your choice

8 fresh whole organic raspberries
Confectioner's sugar or cocoa powder, for coating

Select a small heatproof bowl and a saucepan just large enough for the bowl to rest on the rim with its bottom several inches above the bottom of the pan. Add water to the pan to come below, not touching, the bottom of the

bowl. With the bowl set aside, bring the water to a boil, and adjust the heat to maintain a gentle simmer.

Put the chocolate, cream, and butter in the bowl and rest it on top of the pan, over but not touching the simmering water. When the chocolate pieces have almost completely melted, use a heatproof pad to remove the bowl from the pan. With a spoon, stir the chocolate mixture until smooth. Stir in the liqueur or other flavoring of your choice. Cover the bowl with aluminum foil or plastic wrap and refrigerate until the mixture has cooled and thickened but is still soft enough to scoop up in mounds with a tablespoon, about 30 minutes.

Line a baking sheet with waxed paper or parchment paper. If you have a pastry bag, fit it with a No. 3 plain tip and scrape the chocolate mixture into the bag. Pipe 8 mounds, each 1 inch in diameter, onto the prepared tray. (Alternatively, use a small melon baller or a teaspoon to form the mounds as neatly as possible.) Place one raspberry in the center of each chocolate mound and then pipe (or spoon) a little more of the chocolate mixture over the berry to enclose it completely.

Put the baking sheet in the refrigerator. Chill until the truffles are firm, about 15 minutes.

Spread some confectioner's sugar or cocoa powder on a dinner plate or in a shallow soup bowl. With clean hands, gently roll each truffle between your palms to give it a more even spherical shape. As you finish shaping each one, place it on the plate or in the bowl and lightly roll it around to coat it. Transfer to a plate and store in the refrigerator or at cool room temperature until ready to serve.

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TRAVEL TROUBLESHOOTER

Why did you cancel my ticket?

When Cheaptickets.com suddenly and without warning cancels John Rutledge's itinerary, it offers him a refund. Problem is, a new flight will now cost twice as much as he originally paid. Shouldn't the online agency do more?

Q: I booked a ticket on United Airlines through Cheaptickets.com from Washington to Colorado Springs, Colo., recently. My reservation even appeared on the United Airlines website (I'm an elite-level customer on United).



Christopher Elliott

All's good, right? Five days before my flight, I checked and the reservation was gone. I went to Cheaptickets and the website had a note that my reservation was canceled. No notification - nothing.

I called Cheaptickets and a representative told me that United had declined to issue a ticket and the reservation was canceled. The original fare was \$595, and now it's \$1,246. Cheaptickets is offering a refund only. I think they should honor my reservation.

Have you heard of this happening? What should I do? - John Rutledge, Washington

A: This looks like an accidental flight cancellation, a problem I've seen a time or two. But the question is, whose accident was it? Did you push the wrong button, did your airline, or did your online agency?

I'm inclined to rule you out. You're a frequent flier on United, so it's unlikely you would have accidentally canceled your reservation. That leaves the airline and your online travel agency.

Given that Cheaptickets offered a full refund, I'm guessing something happened on its end. Normally, the rules are pretty strict when you cancel a ticket a few days before your flight,

so for an online agency to offer a full refund probably means there was some kind of glitch that caused your ticket to be voided.

The right thing to do, under those circumstances, is to work with the airline to honor your itinerary - even if it means your agency has to rebook the ticket at a higher fare. A refund will just make it your problem. And it isn't your problem.

I can think of several ways you

might have resolved this after the sudden cancellation. You could have appealed directly to United or sent a brief, polite email to a manager at Cheaptickets or Orbitz (both are owned by the same parent company). You can find links to all of the names and numbers on my customer service wiki, On Your Side (www.onyourside.com).

I don't think you should have to pay an extra \$651 for a flight that's already been confirmed. I contacted Cheaptickets on your behalf, and it apologized for the cancellation and rebooked your ticket at no extra cost to you.


- Christopher Elliott is the author of "Scammed: How to Save Your

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

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Seniors dine out an average of 4-5 times per week! If you would like to add your restaurant to the Senior Monthly Restaurant Guide, please call Kevin at 785-841-9417 for details.



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PET WORLD

Breed bans can lead to frustration, even tragedy

Q: What do you think about the ruling against Lennox the dog in Belfast? - S.C., Atlanta, GA

A: This may sound melodramatic, but I cried when I read your note. Lennox, a mixed-breed dog, was con-

Q: We're in the process of moving to a rental home, but we've run into a major roadblock because of an issue with our dog, a 6-month-old large mixed breed.

The previous owner said our dog was half Golden Retriever, part German Shepherd, and perhaps part Chow Chow. When I gave this information to rental company officials, they said he couldn't live in the house with us if he "has any chow in him whatsoever." Now, they want me to provide a letter from a veterinarian stating that "to the best of (the vet's) opinion," our dog is "predominantly" a Golden Retriever/German Shepherd mix. It would be even better, I was told, if the vet could say our dog doesn't appear to have any Chow, Rottweiler, or Pit Bull.

I asked our veterinarian to provide such a letter, but she won't say the dog appears to be any breed without a DNA test, which would take weeks and cost hundreds of dollars.

My whole family is upset, and my daughters are on the verge of tears. We were all looking forward to the move, but if this issue can't be resolved we'll have to find another property to rent. Any advice? - H.B., Cyberspace

A: Your story isn't too different from that of Lennox, except that Truman won't be confiscated.

Nearly all pedigree dogs were

originally bred for a purpose, and they're typically hard-wired to herd, retrieve, guard, or whatever. But an individual dog's temperament is shaped far more by genetics, and even more so by early socialization.

To broadly ban a dog that's 100 percent Chow (or American Pit Bull Terrier, Rottweiler, etc.) makes little sense to nearly all dog experts. And when a dog is only part Chow, it's simply ridiculous, since the information carries almost no weight in predicting a dog's temperament.

While it's true that a Chow with poor individual genetics and deprived of appropriate socialization may demonstrate aggression, the same would apply to other breeds in your dog's progeny, German Shepherds or even Golden Retrievers.

The genetic test you mention, called a Wisdom Panel, can be mailed in, but getting the results does take

time. I sniffed out a test for \$59 on Amazon. Speedier is the Wisdom Panel blood test, available through a veterinary clinic, which costs about twice the price of the mail-in test.

You didn't mention where you live, and I realize that finding pet-friendly housing can be challenging. If I were you, I'd consider another property. Assuming your dog is friendly, and well behaved, there are many more enlightened property management companies that would be happy to rent you a home.

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

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Kansas Senior Medicare Patrol warns seniors of Medicare card scam

The Kansas Department for Aging and Disability Services' Senior Medicare Patrol would like to alert Medicare beneficiaries of a potentially harmful phone call.

Right now, scam artists in Kansas and Missouri are trying to trick seniors into giving them information that can be used to raid their bank accounts.

Callers are being told that Medicare will be issuing them a new Medicare card, and that in order to complete the process and get their new card, they need to provide the

caller with their confidential banking information. This is not a Medicare call, this is attempted fraud and theft. If you are a Medicare member, do not fall for it.

According to the federal Centers for Medicare and Medicaid Services (CMS), Medicare does not make cold calls and would never solicit confidential banking information.

To find out more, please contact the Kansas Department for Aging and Disability Services' Senior Medicare Patrol at 785-296-0377.



Steve Dale

fiscated about two years ago because officials thought he looked like a Pit Bull, a breed banned in Northern Ireland. In truth, Lennox wasn't a pure-bred Pit Bull, and the pet had done nothing wrong.

Sadly, Lennox's owners just lost their long battle, and their beloved family pet was euthanized July 11. A colleague wrote on my Facebook fan page: "Well, that's Ireland for you." I wrote back, "That's Ireland, and several other nations, including the U.S. Countless dogs have been killed here in communities with Pit Bull bans because of what dogs are alleged to be."

The following question also touched my heart because of what had just happened to Lennox.

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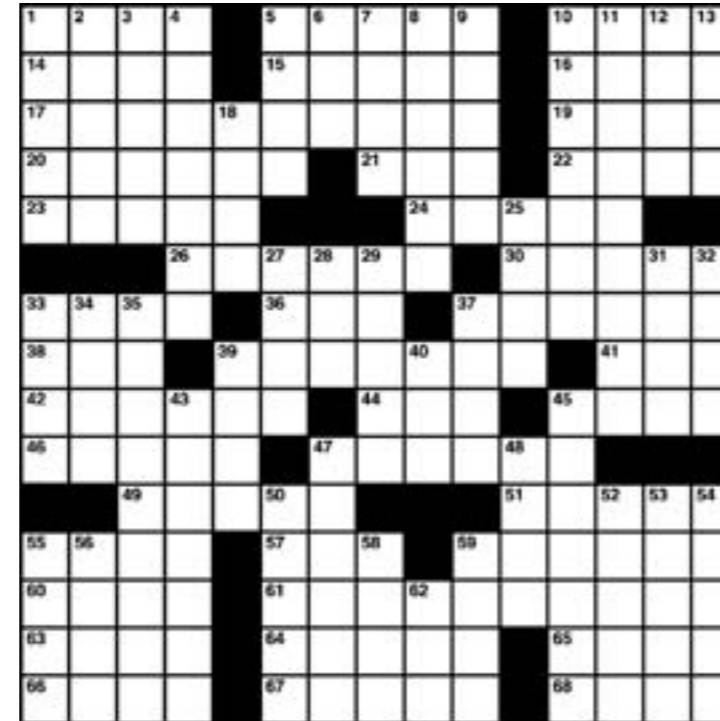
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PUZZLES & GAMES

CROSSWORD

- Across**
- 1 Big Harley, in slang
 - 5 "Marching Along" autobiographer
 - 10 "Mamma Mia!" group
 - 14 Soap Box Derby state
 - 15 Hearth debris
 - 16 Off-peak period
 - 17 Meat used in place of a puck?
 - 19 Untidy type
 - 20 John Williams quintet?
 - 21 Fridge sound
 - 22 '70s Olympics name
 - 23 Fab Four member
 - 24 Prepare beans, Mexican-style
 - 26 Scary fly
 - 30 Place for care instructions
 - 33 Mouse catchers
 - 36 Expected
 - 37 Professor's goal
 - 38 Corrida cry
 - 39 Surcharge for a cab ride?
- Down**
- 1 Hostess snack cakes
 - 41 English ___
 - 42 Drum heard in Westerns
 - 44 Actress Basinger
 - 45 Bar brews
 - 46 Mar. parade celeb
 - 47 Presario PC brand
 - 49 Significant period
 - 51 Comfortably rewarding
 - 55 Dinner and a movie, say
 - 57 D-backs, on scoreboards
 - 59 Gillette razor named for its blade count
 - 60 One with a password
 - 61 Davy Jones at an abbey?
 - 63 Gimlet garnish
 - 64 Game show host
 - 65 Throw in a chip
 - 66 SoCal force
 - 67 Country singer Rimes
 - 68 Tabloid loch

- 2 "___ of golden daffodils": Wordsworth
- 3 Neopagan religion
- 4 Some Soap Box Derby entrants
- 5 Articulates
- 6 ___Kosh B'Gosh
- 7 "Rats!"
- 8 Out of harm's way
- 9 Invitation on a rep's button
- 10 Losing candidate
- 11 Intimidator on the bovine playground?
- 12 Online journal
- 13 Jessica of "Sin City"
- 18 Slips up
- 25 Show off one's muscles
- 27 Dutch cheese
- 28 Prom duds
- 29 Bulova competitor
- 31 14-Across's Great Lake
- 32 Tennis net grazers
- 33 Summer cabin beds
- 34 Boatloads
- 35 Short-term Arizona State employee?
- 37 Pack (down)
- 39 Four-legged Oz visitor
- 40 Comical Conway



- 43 Like a pencil point
- 45 Sea-dwelling superhero
- 47 Car trim
- 48 Farmland division
- 50 Skating maneuver
- 52 Teatime snack
- 53 Help for the clueless
- 54 "Omigosh!"
- 55 Boring
- 56 Where most people live
- 58 Bygone Peruvian
- 59 Not-so-little kid
- 62 Barbie's guy

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PUZZLES & GAMES

BRIDGE

Who's kidding?

By Tannah Hirsch
Tribune Media Services

Neither vulnerable. South deals.

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

- The bidding:
- | | | | |
|-------|------|-------|------|
| SOUTH | WEST | NORTH | EAST |
| 1NT | Pass | 2♣ | Pass |
| 2♥ | Pass | 4♣ | Pass |
| 4♦ | Pass | 5♣ | Pass |
| 6♥ | Pass | Pass | Pass |

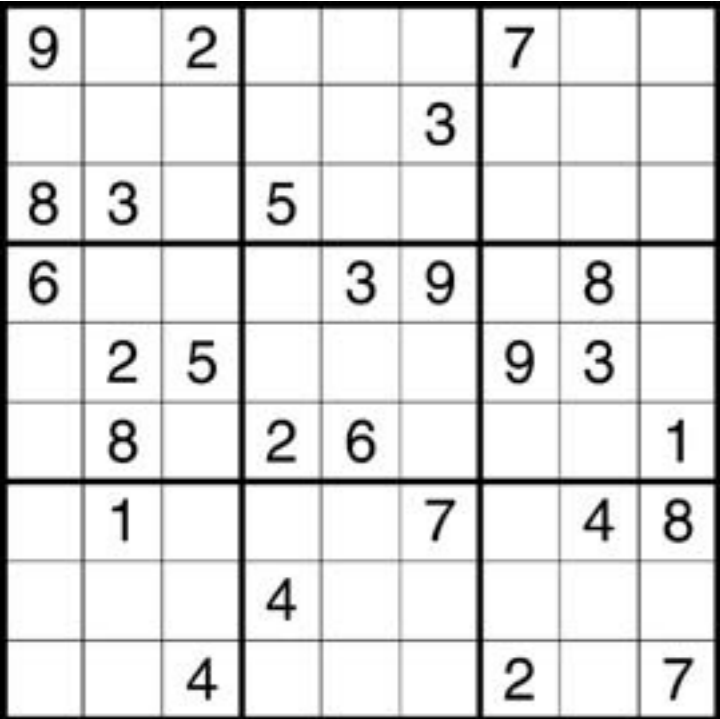
Opening lead: Ten of ♠

Looking at all four hands, six hearts is laydown. However, a little nudge from one of the defenders was enough to steer declarer in the wrong direction. North-South bid intelligently to a reasonable small slam. Once the heart fit was uncovered, North-cue-bid clubs twice around South's diamond cue-bid. (By agreement, North-South

used four clubs as Gerber, asking for aces, only directly over no trump.) Since North did not cue-bid spades, South knew that North was probing for slam with two fast losers in spades, and so proceeded to slam since he held the king in the key suit. West led the ten of spades to East's ace, and the defender shifted to a low diamond. Looking at all four hands, it is obvious to see that refusing a trump finesse will bring home the bacon. However, declarer does not have the luxury of looking at all four hands. He won the diamond and played the ace of hearts, and West innocently dropped the seven as East followed with the ten. Since the three of trumps was missing, it was obvious that one of the defenders was trying to pull the wool over South's eyes. But which one? When South continued with a low trump, West followed with eight. After some thought, declarer decided that East was the culprit and was trying to steer him away from the percentage play of the finesse. He was not going to fall for that. He called for dummy's jack of hearts—down one. Would South have taken the finesse even if both Wests had not concealed the three of hearts? Probably, but we will never know.

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

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

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JUMBLE THAT SCRAMBLED WORD GAME
by Mike Angrion and Jeff Kinreck

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

YORAF

ROBOD

PORDYS

BARTIB

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

Ans: _____ OF "_____"

THE SWALLOWS NESTED IN THE CHURCH STEEPLE BECAUSE THEY WERE ---

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PAR SCORE 216-220
BEST SCORE 301

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. All points of each word using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blank" count 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 (811) 477-8033.

Answers to all puzzles on page 34

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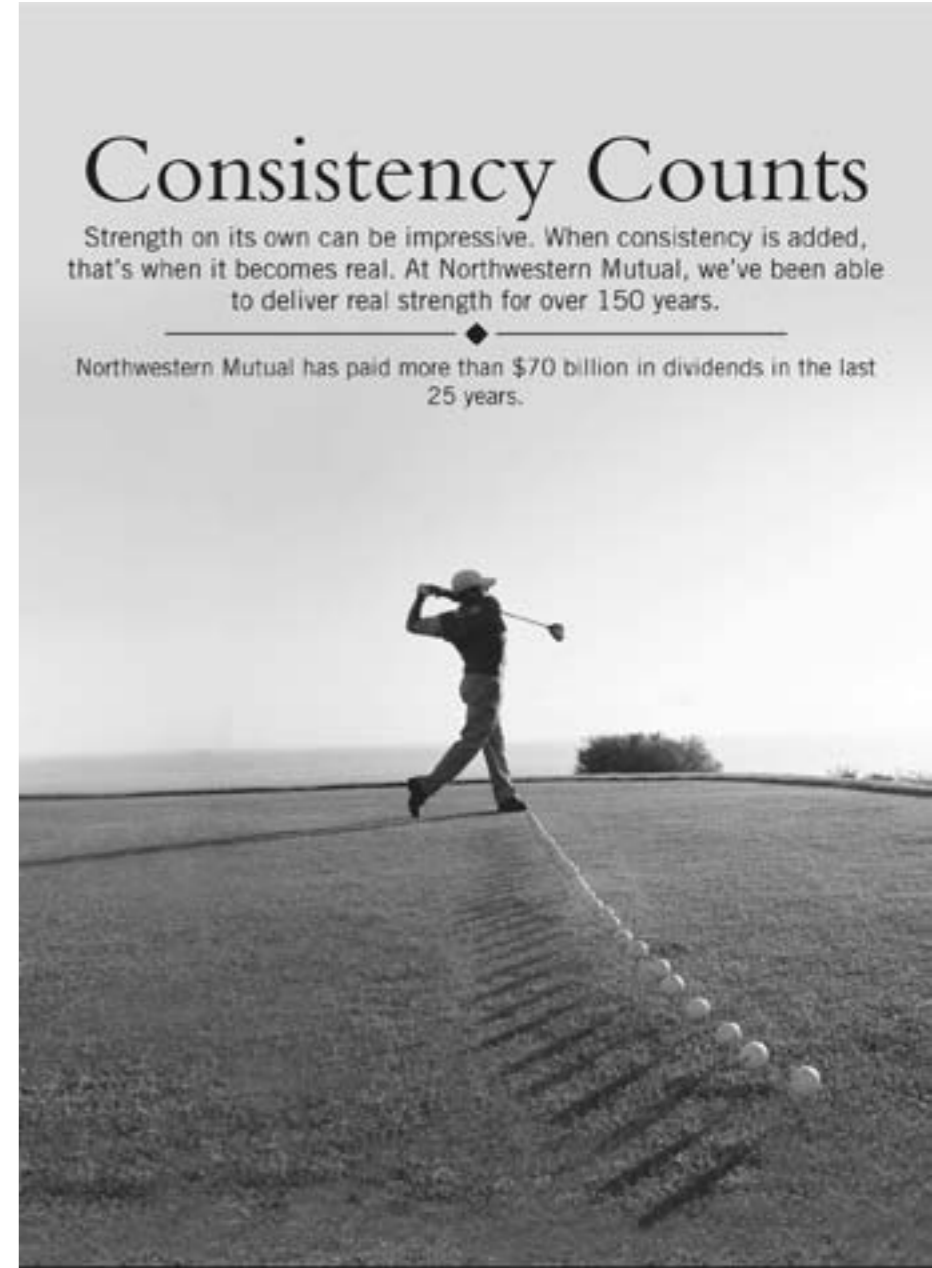
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Tips for incorporating your old garage door into your home's interior design

(ARA) - Garage door replacement has become one of the most popular home improvement projects because of its high return on investment (ROI). In fact, Remodeling Magazine's recent annual Cost vs. Value Report ranks garage door replacement as the No. 2 project (out of a list of 35) to offer a good ROI.

But for every new garage door bought, there's an old door that's now obsolete. Before sending it off to the landfill, consider some interesting ways in which it could be used inside your house. There's a wide spectrum of unique applications that could give your home decor a "wow" factor while being practical and environmentally friendly at the same time. Now that's a win-win.

The easiest and most inexpensive way to incorporate a garage door inside is to simply attach it to the wall or ceiling. Consider covering the door with chalkboard paint and bolting it to a playroom wall to create interactive fun for children. This also would make an interesting and useful addition to the kitchen, offering a spot for jotting down grocery lists and notes for family members. If you have a room that's devoid of architectural detail, paint your door a color that works well with other furniture and attach it to the ceiling. You'll add instant interest without the expense of custom carpentry.

A more expansive way to incorporate a garage door inside is to use it in place of windows or exterior walls, creating a room that literally opens up to the outdoors. Imagine hosting a party in a kitchen or family room that could be completely open to a beautiful back yard or patio—this would take entertaining to a whole new level. And if you have the panels of the door replaced with glass, consider the amount of natural light that would be added to your interior, in a beautiful and unconventional way.

Using a garage door to replace an existing wall or in lieu of a wall in new construction will require the assistance of a trained professional. If your existing garage door is not insulated, you might consider purchasing a new one to protect against extreme temperatures and noise. For more information on the benefits of an insulated garage door, visit www.amarrgaragedoors.com.

So if your renovation list is like that of many homeowners and includes the purchase of a new garage door, consider incorporating your old door into your interior decorating to add an element of design that's both useful and unique.

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LAPD	LEANN	NESS

SUDOKU SOLUTION

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

SCRIBBLE BRAND GRAMS SOLUTION

F	O	L	L	O	W		RACK 1 =	12
S	C	Y	T	H	E	D	RACK 2 =	98
N	E	W	S	B	O	Y	RACK 3 =	65
F	L	U	I	D	I	C	RACK 4 =	64
B	I	O	F	U	E	L	RACK 5 =	62
PAR SCORE 210-320							TOTAL	301

JUMBLE ANSWERS

Jumbles: FORAY BROOD
DROPSY RABBIT

Answer: The swallows nested in the church steeple because they were -- BIRDS OF "PRAY"



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Charles Yockey, MD, FACP, FCCP

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

Krishna V. Rangarajan, MD

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

Amanda Gudgell, DO

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