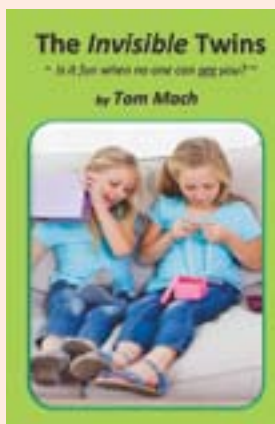


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INSIDE



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Adrian Hertog:
Educating the public
about highway/rail
grade crossings.

See story on page three

SENIOR
profile **R**

Tom Mach publishes fantasy adventure book for younger readers. - page 6

- Business Card Directory... 28, 29
- Calendar 20
- Estate Planning 15
- Goren on Bridge..... 36
- Health & Wellness..... 18, 19
- Humor..... 32
- Jill on Money..... 16
- Mayo Clinic 17
- Memories Are Forever 35
- Pet World 33
- Puzzles and Games..... 37
- Rick Steves' Europe 31
- Wolfgang Puck's Kitchen..... 34

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Hertog serves as an Operation Lifesaver volunteer

By Kevin Groenhagen

Adrian Hertog stands before a class of about 30 teenagers at Midwest Driving School in Lawrence on a recent Saturday afternoon. As he goes through his PowerPoint presentation, he talks about the risks of driving while texting. "Bang!" he shouts, causing most of the students to jump in their seats.

Having the students' full attention, Hertog advises them to turn off their cell phones while they are driving so they will not be distracted.

"If you're expecting a phone call, pull off into a safe zone and check to see if there are any messages," he said. "If there are, go ahead and take care of them, turn your phone back off, and then get back safely on your journey."

Hertog is an authorized volunteer with Operation Lifesaver, Inc., a 501(c)(3) non-profit organization that seeks to educate the public about their responsibilities at railroad crossings and staying away from railroad property and staying off railroad equipment. Operation Lifesaver started in Idaho in 1972 when the national average of collisions at highway/rail grade

crossings exceeded 12,000 annually. Today, Operation Lifesaver programs are active in all 50 states, the District of Columbia, and several other countries.

Hertog, who was named Kansas Operation Lifesaver Volunteer of the Year in 2011, visits Midwest Driving School at least once a month to talk with the students about highway-rail grade crossing safety and trespassing for a bit over an hour. In addition to his presentations at that school, he does presentations in Johnson County, Topeka, and Missouri.

"I do various events, such as festivals and train shows," Hertog said. "I also do presentations with Olathe Public Schools during the summer months. There are two sessions, one in June with Olathe North, Olathe South, and Olathe East, and then the same schools in July."

As a volunteer for Operation Lifesaver, few are more qualified than Hertog. He joined Operation Lifesaver shortly after retiring from a career of nearly 45 years with the Burlington Northern Santa Fe (BNSF) Railway Company as a safety officer. He began his railroad career, which included positions in Minnesota, Nebraska, Texas, and Kansas, after graduating from the University of Minnesota.

"My background is finance and accounting," Hertog said. "When I started working for the railroad, I worked in various departments within disbursements accounting. Then I had an opportunity to become an internal auditor. I served as an internal auditor for a number of years, but my real interest in railroading was out in the field. I had an opportunity to make a transition from the audit division to the operations department. The transition was an excellent one because it was in the budget, finance and accounting for the operations department, so it was in my area of expertise. Then one day I was asked if I would be interested in a field operating position. I said, 'Yes.' Well, I was lacking in knowledge about the operating rules, maintenance of way rules, and safety rules because I never really was involved in that. So, I



Adrian Hertog, an authorized volunteer with Operation Lifesaver, speaks before a class at Midwest Driving School in Lawrence.

was transferred to the safety and rules department to learn about safety and rules for a possible field position. I had some excellent mentors who took me under their wing to help me understand

■ CONTINUED ON PAGE FOUR

Kaw Valley Senior Monthly

Kevin L. Groenhagen
Editor and Publisher

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Adrian Hertog

■ CONTINUED FROM PAGE THREE

the various rules. I then was promoted and transferred from the corporate safety group to the field safety group and learned a lot more about the rules.”

Hertog’s final position with BNSF was as the manager of safety for the Kansas Division with headquarters at Argentine Yard in Kansas City, Kan. He retired on October 1, 2005.

“I took a year off, just wanted to enjoy retirement,” Hertog said. “Then one day one of the fellows who worked with Operation Lifesaver called and said, ‘Okay, you’ve had enough retirement. Now it’s time for you to come back and do your passion, which is safety.’ I did the necessary training and became qualified. I’ve been a volunteer since 2007. It’s just wonderful. I thoroughly enjoy it.”

As an Operation Lifesaver Authorized Volunteer, Hertog is responsible for the “education” portion of the program’s “3 E’s,” which also include “engineering” and “enforcement.”

“My main thrust in doing Operation Lifesaver is to ensure that drivers make good decisions while approaching and crossing over railroad crossings, and for pedestrians to stay away from railroad property and stay off railroad equipment,” Hertog explained. “There are so many tragedies that have hap-

pened over the years.”

Unfortunately, those tragedies are on the increase. According to the Federal Railroad Administration Office of Safety Analysis, fatalities resulting from railroad accidents/incidents increased from 690 in 2011 to 798 in 2014. Nonfatal accidents/incidents increased from 8,424 in 2011 to 8,518 in 2014. According to Hertog, following one simple rule could have prevented the vast majority of these collisions.

“You can expect a train on any track, at any time, in either direction,” Hertog said. “That’s a basic railroad rule that all railroaders learn, and that same rule applies to motor vehicle operators and pedestrians.”

In accordance with this rule, Hertog instructs students to keep in mind the three L’s: Look, Listen, and Live.

Hertog also shares statistics concerning train collisions with the students. Some of these statistics include the following:

- At 55 miles per hour, it may take a train up to a mile or more to stop.
- You are 20 times more likely to die in a collision with a train than in a collision involving another motor vehicle.
- During the last five years, 100% of motor vehicle/train collisions in Kansas were attributed to driver action.
- Most collisions occur with trains traveling under 30 miles per hour. In

Kansas, 65% of the collisions involve trains traveling under 30 miles per hour. If these statistics fail to get the students’ attention, Hertog also shows them a soda can that he flattened by driving over it with his car. He then explains that the force used to flatten a soda can with a car is proportional to a train hitting a motor vehicle.

In addition to a rise in fatalities involving trains and motor vehicles, trespasser fatalities increased from 405 in 2011 to 495 in 2014. Two local teens—one from Lawrence and the other from Eudora—narrowly escaped being numbers 496 and 497 last November. According to a local newspaper, the teens were on the train tracks on a bridge over a creek near Eudora when a BNSF train quickly approached them. Trains that run through that rail corridor travel at maximum speeds as high as 79 miles per hour for passenger trains and 55 miles per hour for freight trains. They tried to outrun the train, but were unsuccessful. They miraculously survived the accident, although they suffered multiple fractures.

While such incidents are tragic for the trespassers and their families, we often fail to think about the locomotive engineers and conductors who see this happening in front of them and have taken every preventable action to stop quickly to avoid an incident. Hertog tells the students about a locomotive

engineer he knows who saw a family die right in front of him. The last thing the engineer saw was a young child in the backseat waving at him prior to impact.

“I understand the engineer is making good recovery through therapy, but his feeling is that he killed that family,” he said. “Well, it’s hard. The driver made a risky choice and the engineer did everything he could do avoid the impact. You can’t stop a train on a dime.”

Those in the media can make Hertog’s role of educating the public about railroad safety more difficult. For example, a GE Industrial commercial features a motorcyclist jumping off a flat car on a moving train to get around traffic on his way to the destination. In February 2014, camera operator Sarah Jones died while filming a scene for “Midnight Rider,” a Gregg Allman movie. A freight train hit a prop the film crew placed on tracks, and the flying debris hit Jones and his film crew had no authority to be on or near railroad property.

According to Hertog, he and other Operation Lifesaver Authorized Vol-

■ CONTINUED ON PAGE FIVE

Adrian Hertog

■ CONTINUED FROM PAGE FOUR

unteers are willing to give free presentations to any organization that wants to learn more about highway-rail grade crossing safety and staying away from railroad property and staying off railroad equipment.

“We’ll speak to preschoolers, elementary and high school students, senior groups, civic organizations, Boy Scouts, Girl Scouts, church groups, adults, new driver schools, truck drivers, police, firemen,” he said. “Wherever there is a need, that’s where Operation Lifesaver will be.”

For more information on Operation Lifesaver, please visit the Kansas Operation Lifesaver website at www.ksoli.org, call (785) 806-8801, or email Julie La Combe, Kansas Operation Lifesaver’s executive director, at jalacombe@ksoli.org.



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Mach publishes new book for younger readers **Tom Mach**

By Billie David

Award-winning Lawrence author Tom Mach found a new audience for his creative endeavors when he began helping children with their own writing efforts. The result is a new children's book aimed at an audience of seven- to eleven-year-olds.

The Invisible Twins just came out in the spring of 2015 and tells the tale of twin girls who decide to try out a formula their grandfather has developed that makes things invisible. After all, the two boys who live down the street have been teasing them a bit too much and need to be taught a lesson, and invisibility provides the perfect means to get back at them.

What the girls don't realize is that they are walking into a robbery in progress. They find the two boys and their parents locked up in the basement while the robbers rifle through their possessions upstairs and discuss how to do away with the potential witnesses

locked up below them.

The twins save the boys and their parents in a humorous free-for-all that leaves the robbers flummoxed as they see the TV suddenly flip on, get kicked in the shins by invisible feet, hear a disembodied voice give the police a description of the criminals over a phone receiver floating in midair, and witness their gun go crashing through a window.

When the twins' grandfather finds out what the girls have been up to, he engineers a plot to help them learn a lesson in listening to those in charge of their wellbeing when the girls try the apparently ineffective antidote that is supposed to make them visible again.

Currently married and the father of two children and three young grandchildren, Mach had written novels and poetry for adults. However, his lessons on what children like to read began in 2002 when he worked as a paid tutor for fourth- and fifth-graders at Canoas Elementary School in San Jose, Cali-



Tom Mach

fornia, a year before he retired. While he helped students improve their reading skills, he also began to appreciate

their reading interests.

"I saw how enthusiastic they were

with a Writing Workshop class.

■ CONTINUED FROM PAGE SIX

about the books they enjoyed reading," Mach said.

He also read articles about how important it is to educate youth, "especially in modern times when they spend so much time texting while not creating meaningful written material," he added.

After his move to Lawrence, Mach volunteered to help with a preschool art class at the Lawrence Arts Center, followed by a stint teaching poetry to children at the Pelathe Community Center. Another experience involved the Optimist Club's Dictionary Project, in which members provide every 4th grader in Lawrence with a free dictionary.

In 2006 and 2007, Mach taught a "Writing as an Adventure" class through the Parks and Recreation Department for eight- to eleven-year-olds. In 2007 he also helped children aged six and seven at St. John's School with a Writing Workshop class.

"After I got all those experiences working with children, I thought, 'I knew what kids liked to read. As a result, I felt I could write a book they would enjoy.'" Mach decided to write a fantasy adventure story.

"Kids like fantasy," he explained, "but I sensed it should contain some funny moments. I tried it out on some fifth graders and they liked it a lot, and a fourth-grade teacher said she highly recommended it."

Mach was fortunate to draw from his previous writing experience while he worked on the plot for *The Invisible Twins*.

"Writing for adults is good practice for writing for kids," he said. "You don't talk down to kids, you can use big words, and you don't use stick figures —characters who aren't real."

Mach learned about the difficulty of creating real characters when he wrote his first novel, *The Boss's Son*, at age 17. The book was never published, but that experience taught him about persistence in writing.

He continued writing on a part-time basis during his earlier years, writing for a newspaper chain as well as articles for magazines such as *Jack &*

Jill, Writers Digest, Women's Day and PSA Magazine. However, when it came to writing fiction, he struggled with creating convincing characters until 2002, when he fashioned a character named Jessica Radford and others who became three-dimensional real people in his mind.

Mach had been thinking about a novel he wanted to write related to the Civil War while he was still living in California before his retirement. His wife was also close to retiring, and they

were planning their future retirement years.

They decided they wanted to move to a smaller town with a university and cultural activities, and several towns fit that description, so they set out to visit each of them. But in each town they visited, they also found something negative until they came to Lawrence, where they rented a townhouse and decided to try it for a year. If after a year they still liked Lawrence, they would buy a house.

They found the people in Lawrence friendly, courteous and genuinely hospitable.

"Lawrence is small enough that when you go someplace, you meet someone you know," Mach said.

The only aspect he felt Lawrence lacked was that it was far from the ocean.

The couple decided to stay, and it was here that he met Jessica Radford, the heroine of his award-winning tril-

■ CONTINUED ON PAGE 10

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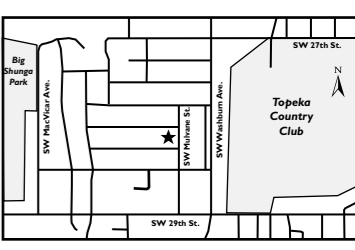
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Gawronski appointed as acting director at Topeka Performing Arts Center

George Wood, Chief Executive Officer for VenuWorks, announced on August 10 that Larry Gawronski will be the acting director for the Topeka Performing Arts Center (TPAC) effective immediately. Karen Christilles, former executive director for the TPAC, resigned in July to pursue other opportunities.

"Larry has done an outstanding job of creating new excitement and bringing new events to our venues that he has managed in the past in Ottumwa, Iowa, and Vicksburg, Mississippi," said Wood. "His experience will be invaluable to the operations at the TPAC."

Gawronski was appointed by VenuWorks to the position of national

director of sales and sponsorship in February. He will continue to do this role as well. However, he will be based out of Topeka as he oversees the venue's operations and programs.

John Siehl, chief operating officer for VenuWorks, oversees the Topeka Performing Arts Center for the company. "I am happy to have Larry in Topeka. I know that he will do a great job keeping things on track as we look to fill the position," said Siehl.

Sue Buckley, president of the TPAC board of trustees, said "Larry brings a breadth of experience to the position and I am confident he will continue to enhance our programming, in collaboration with our outstanding staff, as we search for our new director."

"I already enjoy working with the board of trustees in Topeka. The TPAC is one of our finest theaters and it is a privilege to serve as the acting director for this venue" said Gawronski.


Larry Gawronski brings vast experience to this role. Originally from Buffalo, New York, he served as the director of operations and subsequently sales and marketing director for the Buffalo Convention Center. Larry has worked at the Riverside Convention Center in Rochester, New York, followed by the Danville Civic Center in Danville, Illinois. He joined VenuWorks

in 2000 and has served as executive director for the Vicksburg Convention Center in Vicksburg, Mississippi, and the Bridge View Center in Ottumwa, Iowa.

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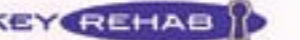
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Tom Mach

■ CONTINUED FROM PAGE SEVEN

ogy that includes *Sissy!*, *All Parts Together*, and *Angels at Sunset*.

While researching the Civil War for his novel after he moved to Lawrence, Mach learned about Quantrill's Raid and realized that it would play a role in the story. His search for more information led him to museums, books, historians, and Civil War battlefields that he visited. "The characters in my novels came alive" she said, "and it is easier to write a story when that happens. When my heroine became real, that was a pivot point and everything else fell in place in my novel. What if I took this 21st century woman named Jessica Radford and put her in the 19th century? This would mean she'd be involved in conflicts revolving around issues such as

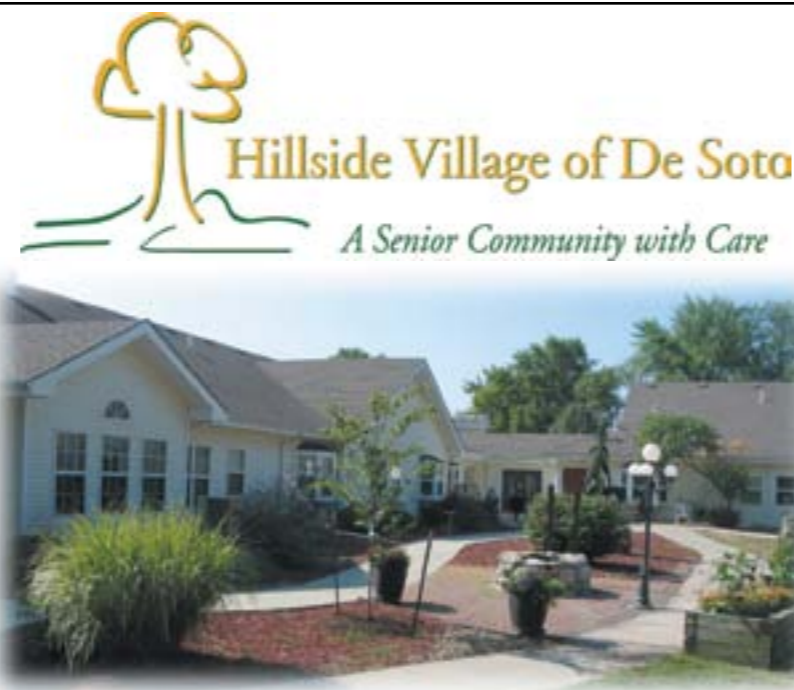
anti-slavery and women's rights."

Incidentally, the title for his first novel, *Sissy!*, also came to Mach in Lawrence one night as he was lying in bed and he heard someone crying out "Sissy!"

"It seemed like a girl escaping from slavers who was crying out to her guardian angel for help," he said. "She became for me a black child named Nellie who later was adopted by Jessica's parents."

Sissy! won the J. Donald Coffin Memorial Book Award in 2003, and *All Parts Together*, the second book in the trilogy, became a Best Books Award Finalist in 2006. Both books were listed by the Kansas State Library as among the 150 best Kansas books ever written. The third book, *Angels at Sunset*, was published in 2012 and became an International Book Award

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Tom Mach

■ CONTINUED FROM PAGE 10

Finalist. In 2012, the State of Kansas issued a proclamation recognizing the 100th anniversary of the passage of the bill extending equal voting rights to women, officially calling it the Kansas Angels at Sunset Centennial in honor of his book, which deals with Jessica's involvement with the women's suffrage movement.

Mach also writes poetry, and his collection *The Uni Verse* won the Nelson Poetry Book Award. In addition, one of his poems was ranked ninth among 3,000 poems submitted to the Writer's Digest Poetry Contest. His highly praised second poetry collection, *The Museum Muse*, was featured in the Fall 2015 edition of *Lawrence Magazine*. Two of the short stories that appear in his collection *Stories To Enjoy* were published in national magazines.

As for the future, Mach said that he has another children's book in the works, which he hopes to finish next year.

"I'm also working on my memoir," Mach said, "and it is really tough to

write because I have to relive some painful moments in my life."

As for *The Invisible Twins*, Mach said, "This story is a fun adventure, but I hope it will teach children some basic life lessons, such as the importance of listening to their parents and not getting involved with dangerous situations."

"It has a happy ending," he said, adding that he hopes the book will help children use their imaginations, enjoy reading, and maybe even become more interested in learning how to write their own stories.

Share your childhood memories with Senior Monthly readers

Readers of the *Kaw Valley Senior Monthly* may know Mach as the review editor for the section on Kansas writers, but he is now working on the new *Memories Are Forever* section, where readers can submit a story of approximately 700 words about something they remember from their childhood.

"Don't worry about how well you write it, because I'll edit it for you," Mach said.

The memory should be typed in a Word document and attached to an email and sent to tom.mach@yahoo.com with the subject line "Memories Are Forever Inquiry."

As an alternative, the story can

be typed or copied and pasted into the body of the email. All submitters should also attach a photo related to the story.

After receiving and reviewing the contributions, Mach will contact the authors of the stories he selects before they appear in print. For more information, visit www.MemoriesAreForever.net.

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LMH CEO Gene Meyer announces retirement *Gene Meyer*

■ CONTINUED FROM PAGE 12

Lawrence Memorial Hospital President and Chief Executive Officer Gene Meyer on August 19 announced his plans to retire in May 2016. Meyer, 63, has been in the position for 18 years and has served in a leadership role in area hospitals for a total of 35 years.

"I have had a great career working with associates who are committed to helping others," Meyer said. "The past 18 years have been incredible working in Lawrence as the CEO. I am very lucky."

Turmoil and unrest characterized the opportunity Meyer faced in 1997 when he accepted the leadership of Lawrence Memorial Hospital. The healthcare environment in Lawrence was in a very different state than today. Coming on the heels of a fierce public debate involving the for-profit healthcare giant Columbia/HCA's entry in Lawrence, the community was divided and unsure what the future held for its local hospital. After starting its own community health insurance plan, LMH's balance sheet was looking grim, and the hospital had a negative bottom line the first two years Meyer was here.

"Gene brings a positive attitude of communication, collaboration and commitment to the community every day," said LMH Board of Trustees Chairperson Rob Chestnut. "He inspires the Board, the physicians, the staff and volunteers at LMH to give their best because he expects the best from himself. LMH is one of the best

community hospitals in the country. The Lawrence community is grateful for Gene's leadership in raising the bar for the quality and depth of healthcare services provided by LMH."

Meyer attributes LMH's success to a strong leadership team. Many of the executive and management staff members have served with him for a long time and he credits them for their commitment to putting in the extra effort that's been required to achieve the outcomes and recognition LMH has received over the years.

He said, "The team that I have worked with has been an inspiration to me in their commitment and dedication. Many who have been with me for years and others who have moved on have made LMH what it is today. I cannot thank them enough for being part of this journey."

Today LMH is known for its financial stability, quality care and caring attitude. Meyer has led expansion of

patient care services and facilities to better meet the community's healthcare needs. Total patient visits have grown from nearly 85,000 in 1997 to 211,289 last year. Through Meyer's leadership, LMH has added oncology services, an interventional cardiology program, an acute rehabilitation unit, and a wound healing center—all services developed to allow patients to receive care closer to home. The LMH Regional Oncology Center offers patients access to more than 150 clinical trials, placing LMH among the top hospitals in the state for cancer research. LMH achieved designation as a Level IV Trauma Center in 2014 and a Primary Stroke Center in 2012.



Gene Meyer

Meyer has overseen more than 200,000 square footage in new construction at the LMH campus that includes a medical office building, new emergency, surgical and oncology center facilities, and expansion

of the critical care, maternity, medical and surgical nursing units. Currently under way is a renovation of the hospital's fourth floor rehabilitation unit. Since Meyer's arrival, LMH has expanded services to a freestanding outpatient facility—LMH South—and with this credit rating. In 2014, LMH extended its presence regionally with family care clinics in Eudora, Baldwin City, McLouth and Tonganoxie. From 1997, Meyer has led LMH to employ just one physician practice affiliation with 16 primary care and specialty care providers. Meyer's outstanding service to the Overall LMH's workforce has grown from 850 in 1997 to 1,411 today.

During Meyer's tenure LMH has reinvested more than \$201 million into the hospital for capital expansion and improvements. Meyer led LMH

■ CONTINUED ON PAGE 13

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to an outstanding A1 credit rating with Moody's Investors Service, one of the nation's leading credit rating agencies. LMH is among the country's small-est hospitals in terms of net revenue with this credit rating. In 2014, LMH recorded an adjusted 5 percent financial margin and 12 percent operating cash flow margin. With the support of the community, the LMH Endowment Association has transferred more than \$23 million to LMH and grown the endowment from \$1.9 to \$11 million.

Meyer's outstanding service to the Lawrence community and LMH and his dedication to improving health care at local, state and national levels encompass contributions too numerous to list. Meyer has led LMH to these recognitions:

• In 2015, 2014 and 2013 LMH was recognized nationally as one of the 100 Top Hospitals® by Truven Health Analytics.

• In 2015, 2014 and 2013 Becker's Hospital Review named LMH to its 100 Great Community Hospitals list.

• In 2014 The Joint Commission named LMH one of the Top Performers on Key Quality Measures® for performance data in heart attack, heart failure, pneumonia and surgical care. This was the third year in a row LMH was a Top Performer.

• LiveWell Lawrence recognized LMH in 2014 with its Culture of Health Action Award, one of five awarded to organizations demonstrating commitment to LiveWell's goals to eat healthy foods, be physically active and live tobacco free.

• In May 2014 the Kansas Department of Commerce named LMH one of its 24 Regional Business Excellence Award winners recognizing contributions to their communities and the state economy.

• Ingram's magazine in Kansas

City recognized LMH as one of the region's Best Companies to Work For in 2012.

• LMH named among Health Care's Most Wired Hospitals for the past five years.

• VHA awarded LMH its Clinical Excellence Award in 2005, 2007 and 2008.

• LMH has been the winner of five awards from the Kansas Award of Excellence Foundation, including being awarded the highest level of recognition in 2003.

Meyer has been an active contributor to many professional, civic and community organizations, serving as an ambassador for LMH in a variety of leadership roles, including with the Lawrence Noon Rotary Club, Lawrence Chamber of Commerce, University of Kansas Chancellor Search Committee and Lawrence Community Health Improvement Partnership. For his leadership in community health care, Meyer has achieved the following recognitions:

• In August, the Kansas Hospital Association announced that Meyer will be the recipient of the Charles S. Billings Award, which is the top honor given by KHA and recognizes a hospital leader for his lifetime of service and continuing contribution to the health care of Kansans.

• In 2014, Meyer was named one of Ingram's magazine's Heroes in Healthcare.

• In 2013, he was recognized by the Lawrence Kiwanis Club with its Substantial Citizen Award.

• Meyer served on the American Hospital Association Regional Policy Board and was the 2011 recipient of the AHA Grassroots Champion Award.

• In 2008, Meyer and his family established the Meyer Family Scholarship Fund to annually award two scholarships to LMH employees' children pursuing healthcare careers.

• Lawrence Junior Achievement inducted Meyer into the 2011 Business

Hall of Fame.
• In 2005, he was elected into the Oak Park High School Hall of Fame for his leadership in the healthcare industry.
• In 2002, Baker University honored Meyer with its Lawrence Business Person of the Year Award.

Meyer has been an active supporter of the Kansas Hospital Association and has participated on many committees, including serving as Chairperson of the KHA Board of Directors.

For many years he taught in the health services administration program at Webster University in Kansas City and has served as a mentor to many aspiring health care professionals. He is a member of the American College of Healthcare Executives. He currently serves on the Advisory Board for the Hall Center for the Humanities at KU, on the Board of Directors for the Kansas Medical Mutual Insurance Company (KaMMCO) and Commerce Bank, and on the Baker University Board of Trustees.

Before joining LMH, Meyer served as Senior Executive Officer for Saint Luke's South, where he was respon-

sible for the planning, construction and medical staff development of the new hospital in Overland Park. He also served as Senior Executive Officer for Saint Luke's-Shawnee Mission Medical Group.

Meyer began his health care career at Spelman Memorial Hospital in Kansas City as Director of Personnel in 1980. He became CEO of Spelman Health System in Smithville in 1984 and was involved in many key initiatives during his 12 years there. He successfully led Spelman to an affiliation with the Saint Luke's Health System and was instrumental in the founding of Spelman-St. Luke's Hospital.

Meyer's retirement plans include teaching and serving as the Executive in Residence for the University of Kansas Health Services Administration Program. He is also committed to volunteer opportunities in Lawrence as well. Meyer and his wife, Carol, and their four children and three grandsons have lots of plans for times together.

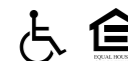
The LMH Board will be conducting a national search for Meyer's replacement in the near future.



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Lee Ketzal to receive Founders Award from Kansas Advocates for Better Care

Kansas Advocates for Better Care (KABC) will honor Lee Ketzal of Lawrence with the Founders Award. The award will be presented to Mrs. Ketzal on October 25 during the organization's annual Stand By Me benefit event in Lawrence.

Lee will receive the award in recognition of her work as one of the small band of six women who launched a reform movement taking aim at the poor care of older adults and disabled adults in many Kansas nursing homes. The improvements they sought and won have made unparalleled differences in the lives of thousands of older and disabled adults who have lived in Kansas nursing homes over the past forty years.

Making up the band of six were Anna "Petey" Cerf, Lee Ketzal, Harriet Nehring, Bryona Wiley, Katy Pyle, and Jessie Branson, all members of the Lawrence and Topeka communities. Well before it was accepted as the right thing to do, these six founders were advancing a humane standard of care. Their attitude and belief was that poor care of the elderly and disabled adults in Kansas nursing homes was something that could actually be improved upon, even when the generally held belief and the belief of medical professionals was that it could not be.

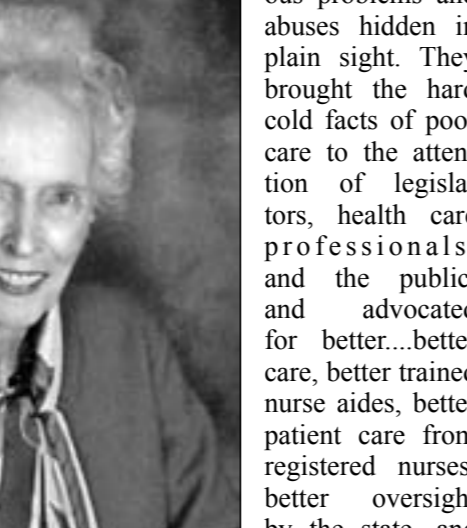
"These women exhibited courage, vision, and leadership," Linda Carlsen, KABC President said about the six founders. "They refused to accept

things as they were. We as Kansans owe them a debt of gratitude for the improvements in care we and our loved ones have benefited from to this day."

In 1975 they formed a band of six women who launched a reform movement taking aim at the poor care of older adults and disabled adults in many Kansas nursing homes. The improvements they sought and won have made unparalleled differences in the lives of thousands of older and disabled adults who have lived in Kansas nursing homes over the past forty years. Making up the band of six were Anna "Petey" Cerf, Lee Ketzal, Harriet Nehring, Bryona Wiley, Katy Pyle, and Jessie Branson, all members of the Lawrence and Topeka communities. Well before it was accepted as the right thing to do, these six founders were advancing a humane standard of care. Their attitude and belief was that poor care of the elderly and disabled adults in Kansas nursing homes was something that could actually be improved upon, even when the generally held belief and the belief of medical professionals was that it could not be.

Compassion was the catalyst, but the Kansas nursing home reform movement was built on hard facts. Ketzal, along with Cerf, Nehring, Branson, Pyle, and Wylie, toured the state, going into nursing homes and talking directly with older and disabled adults to hear and see first hand what it was like to live life there. They also talked with families and in informal groups who came together to share their concerns

about the poor care their kin received and find a way do something about it. What the band of six found were serious problems and abuses hidden in plain sight. They brought the hard cold facts of poor care to the attention of legislators, health care professionals, and the public, and advocated for better...better care, better trained nurse aides, better patient care from registered nurses, better oversight by the state, and better enforcement for non-compliance with health standards.



Lee Ketzal

The Stand By Me benefit event is open to the public. RSVPs are required

and can be made by calling KABC at 785-842-3088 or by emailing info@kabc.org. There is no charge to attend; donations are always welcomed.

Kansas Advocates for Better Care (KABC) is a 40-year-old, not-for-profit organization (501c3 IRS designated charitable organization). Prior to 1996, it was known as Kansans for Improvement of Nursing Homes. KABC is beholden to no commercial interests and is supported almost entirely by donations from citizens who support the mission of improving the quality of care in all long-term settings. KABC provides assistance to older or disabled adults seeking information and guidance regarding long-term care placements and services, and help to resolve problems with the care they receive from facilities or other long-term care service providers. KABC provides information and education to public policy makers and advocates for policies that will improve the quality of long-term care in Kansas.

ESTATE PLANNING

Spring Chicken

How can we not only live longer, but with more of that time spent active and healthy? What hoaxes and scams are out there seeking to prey on our wallet (and health)? And are there any ways to promote healthful longevity supported by research?



Bob Ramsdell

Spring Chicken—subtitled "Stay Young Forever (Or Die Trying)"—by Bill Gifford is a well-written overview of the current research on aging. He covers a lot of ground and a lot of science, but in plain English with a generous dose of humor.

One thing that jumped out to me was how incredibly complex and interconnected the human body is. Actions to manipulate one part of it for a beneficial effect may have unexpected—and adverse—effects in another area.

Another was how frequently what scientists think they know turns out to be either wrong or only part of the story. For example, long-term hormone replacement therapy for menopausal women was very popular—and heavily promoted by the drug companies—until the Women's Health Initia-

tive study was stopped in 2002 because women receiving estrogen replacement were getting breast cancer, heart disease, blood clots, and strokes at increased rates.

Much of the hype for human growth hormone (HGH) comes from a single study published in the *New England Journal of Medicine* back in 1990 that reported 12 patients over 60 with below-average growth hormone for their age gained muscle and lost fat after six months of HGH injections coupled with a modest workout program. Anyone with a rudimentary understanding of statistics knows a sample size of 12 is insignificant. But the HGH market was born. In 2003, the *Journal of Medicine* published an editorial essentially disavowing the study, noting, "the duration of treatment was so short that side effects were unlikely to have emerged, and ... the results were not sufficient to serve as a basis for treatment recommendations."

And even if something is possibly good for you, the supplement you purchase may not contain what the label claims. Supplements are neither tested nor approved by the Food and Drug Administration—it's a buyer-beware market. One researcher who needed a source of resveratrol (the stuff in red wine that's been found beneficial for mice and monkeys, but with less conclusive results in the few human trials)

tested 14 supplements and found that five contained half or less of the resveratrol claimed on the label and two contained none at all.

And as many of us add on the pounds with age, research tells us visceral fat—the stuff around our middles and between our vital organs—is not inert energy storage, but a huge endocrine gland producing a variety of inflammatory cytokines. They include one called TNF-alpha—for "tumor necrosis factor"—that has been linked to both cancer and cellular insulin resistance.

So, are there any ways to promote health and longevity that seem to work? Yes. And they don't cost a lot of money (unless you splurge on really good wine).

Light to moderate consumption of alcohol, particularly red wine, has beneficial effects on blood pressure and "good" cholesterol. (Although probably not due to resveratrol, which is present in minute quantities.) Coffee consumption correlates with decreased mortality risk and appears to reduce the risk of Type 2 diabetes. Small quantities of aspirin and ibuprofen lower inflammation and help with cardiovascular health.

The biggie, however, is exercise. The data overwhelmingly support the value of exercise: "A recent analysis of statistics covering more than 650,000 individuals showed that people who kept to a normal weight and exercised moderate-ishly, the equivalent of a brisk

walk for an hour or so per day, lived an average of seven years longer than the non-exercisers." Another study that paired 300+ randomized clinical drug trials with 57 studies of exercise found exercise was typically as effective as the drugs, and sometimes better, in preventing heart disease, stroke, and diabetes. So use it or lose it.

And note the "kept to a normal weight" in the analysis cited above. Those extra pounds need to go in the "lose it" category. Additionally, multiple studies have found beneficial effects related to intermittent fasting. The nice thing here is that the benefits have occurred with a variety of eating schedules which means you can probably tailor it to what works for you.

I am not a doctor and none of this is intended as medical advice. My comments here—things that caught my attention that I've no doubt grossly simplified—hardly do justice to *Spring Chicken*. Get the book and read it. It will be well worth your time.

- Bob Ramsdell is an estate planning attorney with Thompson Ramsdell Qualseth & Warner, P.A., in Lawrence. He can be reached at 785-841-4554. The Kansas Elder Law Hotline, a toll-free legal advice and referral service for Kansas Seniors, can be reached at 1-888-353-5337. The information in this column is intended to provide general public information, not legal advice.



The Big Mistake

By Connie Michaelis, Marketing Director
pr@mccriteretirement.com

A wise man said, "The biggest mistake a person can make is thinking there is time." That seems a little abrupt, but truly no one is guaranteed more time. Time to go on vacation, time to read, time to exercise, time to visit with friends, time to organize the photographs, time to clean out the attic...will the time come? What does it take to create a sense of urgency? Do you wait until your friend has passed and then regret that you did not go to visit sooner? Do you procrastinate getting to the gym until your joints are stiff? Do you wait to clean out the attic until after you can no longer safely do the steps? My mantra for Senior Living is "Do it now!" If there is one thing

I've learned, no one is expecting the emergency when it arises. I feel so strongly about this because daily I get the phone call from the kids saying my mom (dad) is in the hospital and we have to move her out of her home next week. Everyone's hair is on fire!

Getting an education on retirement living can be very entertaining. I can guarantee that you can enjoy many free lunches, and there is not a marketing person worth their salt that won't treat you like royalty. I can promise that for McCrite Plaza! Get a list of questions to ask and take good notes for comparison. Call a realtor to talk about what it would take to prepare your home for sale. It does not matter that you're a few years early, but you can work slowly to organize for the future. Talk to a downsizing expert who does this on a daily basis. These highly trained professionals can answer all your questions about what to do with the 'stuff' and the consultation will be free. Most of all, talk to your family and share your plans. If you need referrals or have questions about Great Living call the experts at McCrite Plaza at 785 267 2960.

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JILL ON MONEY

Recent events teach timeless lessons to investors

A number of unrelated events in different parts of the investment world have provided an excellent summer school for investors. Let's start with China, where the concept of risk and reward was on display. Chinese stocks started a steep ascent in mid-2014 after local officials urged small investors to



Jill Schlesinger

enter the market. The government did such a good job that it helped create a full-blown bubble. At its height on June 12, the Shanghai Composite was up over 150 percent from the 2014 lows. Of course, investors rarely have the wisdom to take money off the table, even when prices become completely disconnected from fundamentals and the use of borrowed money to buy stocks (margin debt) triples over a year. Because investors couldn't bear the thought of parting with their buoyant

stocks, Chinese officials stepped in to try to prick the bubble they had fostered. Unfortunately, as is the case with most bubbles, pricks often lead to pops. At its July low, the index had tumbled by over 32 percent. For U.S. investors holding Chinese stock mutual or exchange-traded funds, the damage was not likely quite so awful, since most of our funds don't own the volatile mainland based A-shares but rather their gentler Hong-Kong-listed cousins.

Consider this summertime lesson No. 1: Investors must weigh risk and reward. If you are a long-term investor in Chinese stocks, you have been amply rewarded for assuming the great risks inherent in that nation's market, so no crying about the drop no matter how ugly your July statement looked.

If you like the ride of Chinese stocks, then you may also be the type of investor who enjoys the wild swings of commodities markets. In the case of crude oil, its markets happen to be intimately connected to the Chinese economy. Roughly a third of global growth comes from China, and oil was one of the necessary ingredients to stoke that engine. As the Chinese market

started to plunge, there were fears that its economy could take a hit, thereby reducing Chinese demand for oil.

Additionally, Iran, which has the fourth largest proven crude oil reserves in the world, is expected to ramp up production and bring new supply to the market once economic sanctions are lifted as part of its nuclear accord with the P5+1 nations.

That's summertime lesson No. 2: Reduced demand plus increased supply equals lower prices. Crude oil dropped by over 20 percent from the end of June through the beginning of August.

Our final lesson of the summer comes from Puerto Rico, which may become more famous for the biggest municipal bond default in U.S. history than for beautiful beaches. The commonwealth has an outstanding debt of \$72 billion - bigger than Detroit's \$20 billion but much smaller than Greece's \$350 billion. Why would investors lend money to a tiny island whose economy has been contracting almost continually for almost a decade? Because the interest on Puerto Rican bonds is triple tax exempt, meaning that investors do

not have to pay federal, state or local taxes on their interest income. That tax exclusion lured many high-tax-bracket investors into making bad loans despite fundamentals that could not possibly allow repayment. Perhaps these people thought that the U.S. government would not allow a default to occur, but there seems to be little appetite in Washington for any sort of bailout.

To make matters worse, as a commonwealth, Puerto Rico cannot seek Chapter 9 bankruptcy protection in the courts, which would allow for an orderly debt restructuring like the one in Detroit. And, unlike Greece, it is unable to appeal to the International Monetary Fund since it is not a sovereign nation. That leaves investors with a bitter fight ahead and a third lesson of the summer: Don't let the tax tail wag the investment dog. Just because you can earn tax-free interest does not mean that you can throw away all common sense.

- Contact Jill Schlesinger, senior business analyst for CBS News, at askjill@JillonMoney.com.

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MAYO CLINIC

New treatments for dry eyes may provide relief when standard treatments fail

DEAR MAYO CLINIC: What causes dry eyes? Is there an effective treatment other than constantly using eye drops to keep them moist?

ANSWER: Dry eyes happen when your eyes don't make enough tears, or when those tears are poor quality. Treatment of dry eyes often includes medication, eye drops or ointment. But new treatments for a certain type of dry eyes may provide relief when standard treatments fail.

To keep your vision clear and your eyes comfortable, you need a smooth layer of Don't let the tax tail wag the investment dog. Just because you can earn tax-free interest does not mean that you can throw away all common sense.

Symptoms of dry eyes often include blurry vision, eye redness, sensitivity to light, and a burning, gritty or scratchy feeling in your eyes. Dry eyes may cause excessive tearing in some cases. They can make it difficult to wear contact lenses, too. Medications, age, eyelid problems, environmental factors (such as climate) and excessive eye strain can all result in dry eyes.

For some people with chronic dry eyes, the problem stems from glands in the eyelids, called the meibomian glands. Normally, these glands make oil that slows the evaporation of tears. If the glands become blocked, tears do not contain enough oil. Then the tears evaporate too quickly, and eyes become dry. This type of dry eye con-

dition is known as evaporative dry eye. Inflammation of the eyelid skin—a disorder called ocular rosacea—can often result in blocked meibomian glands.

Several therapies are available to treat dry eyes caused by blocked eyelid glands. The first, called LipiFlow thermal pulsation, is generally recommended for people with mild to moderate eyelid inflammation. During the treatment, a device that looks like an eyecup is placed around the eyelids. It delivers a gentle, warm massage to the lower eyelid to help clear blocked oil glands. This treatment usually takes 15 minutes or less. Multiple treatments may be necessary for full benefit.

For people with more severe inflammation, a recently developed treatment option known as intense pulsed light therapy, or IPL, may be useful. IPL uses bursts of light directed at the lower eyelids and upper cheek areas to heat the blocked eyelid glands. A physician then manually expresses the blocked oil from the eyelids, allowing the oils to flow more freely after treatment.

Most people need IPL treatment once a month for four months to see the best results. But many notice some improvement after a single treatment. Those with severe cases of evaporative dry eye may need maintenance therapy to effectively get rid of symptoms.

If you have symptoms of dry eyes that do not respond to eye drops or other stan-

dard therapies, have an evaluation to see if blocked eyelid glands could be part of the problem, and ask about LipiFlow and IPL. Because these are newer treatments, they are not available at all health care facilities. You may need a referral to a specialty center to receive these therapies.

It is important to address problems with dry eyes. Symptoms can make many day-to-day tasks difficult, including reading, driving and computer work. If left untreated, dry eyes can eventually result in scarring of the eyes

and permanent vision problems. If you have pain, redness, itching or other eye problems that persist, talk to your doctor. - Dave Patel, M.D., Ophthalmology, Mayo Clinic, Scottsdale, Ariz.

- Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to medicaledge@mayo.edu. For more information, visit www.mayoclinic.org

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HEALTH & WELLNESS

Now you're talking!

Do you know someone with Alzheimer's or Parkinson's disease? Or someone who has trouble swallowing? Or someone recovering from a stroke or head trauma? It may surprise you to learn that people in all these categories can benefit from the expertise of a speech pathologist. Speech therapy is a medical specialty,



Laura
Bennetts

and speech therapists train in graduate-level medical programs. They treat people of all ages with problems in three areas—speech, cognition and swallowing.

You Can Train Your Brain

Speech therapists, also known as speech pathologists, specialize in the extraordinarily complex physical and neurological processes that enable us to speak. The act of speaking is controlled by your nervous system, which sends messages from your brain to muscles in your face, mouth, tongue, and throat. This is a “cognitive” function in the strictest sense, since it depends on the brain's success in two activities: first, putting the right words in the right order to make sentences; and second,

activating your muscles to form these words physically by using the right amount of air to make your vocal cords vibrate. This is a complex activity that we begin learning as infants.

Speech therapists often work with children. But they also focus on adults who have problems forming certain sounds or controlling the pace of speech. Such problems (including dysarthria and apraxia) may be caused by stroke, Parkinson's, and a variety of other ailments.

Finding Our Voice

Speaking is a social activity. We use our voices so much to share our thoughts and ideas that we may take this ability for granted—until we lose it. But having difficulty finding words, or forming sentences, or being heard, is incredibly frustrating.

People with Parkinson's disease, for example, may have very soft voices because they have difficulty controlling the volume of their breathing. A person who has had a stroke may have difficulty finding the right word to say what they mean—what the French call the *mot juste*. In both of these cases, the brain has trouble processing or sending the information we need to speak.

A speech therapist will evaluate the problem and prescribe mental and physical exercises to improve speech control. Speech therapists also treat voice problems that spring from throat cancer, accidents that damage the vocal mechanism, and hoarseness (say, from

cheering too loudly).

Speaking Your Mind

Speaking depends on the brain. Our mental (cognitive) abilities can be measured by a number of standard tests of memory, problem solving, judgment and knowledge. Speech therapists use these tests to find out what is limiting a person's ability to communicate. Once those tests are done, a plan of action is created by the therapist. Many adults with Alzheimer's and other forms of dementia, for example, are helped by speech therapists who offer strategies to compensate for memory loss and allow them to live in a safer environment. Solutions of this kind give people hope. Frustration yields to insight, and people find that they have reasonable expectations of progress.

Swallowing for Beginners

Swallowing is an automatic activity, 24 hours a day—just like breathing. Difficulty swallowing can be life threatening because you can inhale particles of food into your lungs. When you swallow, your throat muscles close the opening to your lungs so that food can enter your stomach only through the esophagus. When your throat muscles are weak, you may accidentally aspirate (inhale, that is, breathe in) particles of liquid or food. These particles can lodge in your lung tissue and cause an infection called aspiration pneumonia. Speech therapists help to prevent this by finding ways to keep your throat muscles as strong as they need to be.

A Full Recovery

A woman who recently came home from skilled rehab care was full of praise for the wonderful help she received from her speech therapist. At 89 years old, she is grateful for all the rehab and nursing help she received to return to her home

to live independently. In reviewing the last few months she recalls that she had trouble with her teeth and related difficulties with eating. She gradually lost her energy and developed a fever. She went to the doctor and found that she had aspiration pneumonia caused by her difficulty swallowing. During her recovery, she worked with the speech therapist on exercises to stimulate her swallowing, to tuck her chin in when swallowing, and to swallow twice with each swallow. She regained the ability to eat and drink safely, returning home confident that she can avoid getting aspiration pneumonia.

Milkshake is Easy

How can you tell if you have a “weak swallow”? Well, do you cough while drinking clear liquids? (Many people are surprised to learn that water is harder to swallow than a milkshake.) If so, or if you have other reasons to think you may have a swallowing problem for other reasons, medical tests can help. A video swallow test, for example, takes pictures of the path that food travels when you swallow. If particles of drink or food enter your lungs, speech therapy is needed to strengthen your swallowing muscles.

Speech therapy. It's not just talk. It's therapy. And it can be a life-saver.
- Laura Bennetts, PT, earned a Master's degree in Physical Therapy from the University of Southern California in 1982. She owns and directs both Lawrence Therapy Services LLC (2200 Harvard Road, Suite 101, Lawrence 66049, 785-842-0656) and Baldwin Therapy Services LLC (814 High Street, Suite A, Baldwin City, 66006, 785-594-3162). For full details, see www.LawrenceTherapyServices.com.

HEALTH & WELLNESS

Stinging Nettle is a medicinal plant

Stinging Nettle, or *Urtica dioica*, is a well-known plant among hikers and those who spend time outside. Stinging Nettle has other names, such as common nettle, burn nettle, or burn weed. It is a flowering plant that has fine hairs on its leaves and stems that act like little needles. These fine hairs contain irritating chemicals, including



Dr.
Farhang
Khosh

histamine, which are released when they come into contact with human or animal skin. These chemicals can produce a stinging or burning sensation, hence the name “stinging nettle.”

In North America, Stinging Nettle can be found in almost every state, but it grows most abundantly in the Pacific Northwest, where the annual rainfall is high. One would think that this plant should be avoided. However, it actually has a long history as a source of food and as a medicinal plant.

Medical uses for *Urtica dioica* are well known throughout history. In medieval Europe, it was originally used to rid the body of excess water and to treat joint pain. Other traditional medicinal uses include being used internally for the treatment of kidneys and urinary tract infections, gastrointestinal tract, skin, allergic rhinitis, cardiovascular system, cold and influenza, joints and tendonitis, anemia, menopause symptoms, osteoarthritis, and gout. It was also used to promote

lactation in nursing mothers. Stinging Nettle was also believed to be very effective in giving people relief from the pain of rheumatism.

Since the plant contains antihistamine agents, it is very effectively used in anti-itch creams to provide topical relief from insect bites. Today, many people use Stinging Nettle to treat urinary problems during the early stages of an enlarged prostate, also called benign prostatic hyperplasia, or BPH. Some preliminary research has shown that Stinging Nettles may be effective in lowering blood pressure and blood sugar levels.

Urtica dioica can be used as a food source in many different recipes. It has a taste that is similar to spinach. Soaking Stinging Nettle in water or cooking it removes the stinging chemicals from the plant, which allows them to be handled and eaten without injury. It is rich in vitamins and minerals, including vitamins A and C, iron, and calcium. Nettles can be used in a variety of recipes, such as cheese making, pesto, puree, breads, soups, teas, and alcoholic beverages such as beers. Other uses for Nettles include the making of fabric, as a dye, and in fertilizer.

Medicinal plants have been used for centuries to strengthening the body and treat disease conditions. However, all medicinal plants can trigger side effects and can interact with other medications. Everyone should talk to their health care provider before taking any medicinal plants.

- 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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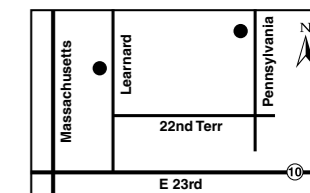
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SENIOR CALENDAR

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. You may also add events on the Kaw Valley Senior Monthly Facebook page.

ARTS/CRAFTS

SECOND SATURDAY OF THE MONTH MONTHLY MOOSE MARKET

Pancake feed and market with arts, crafts, gifts, baked items and more. Open to the public. Pancakes are \$4 for all you can eat, free to shop. 8 a.m.-12 noon. Moose Lodge, 1901 N. Kansas Ave. TOPEKA, 785-250-6788

LAST FRIDAY OF EACH MONTH FINAL FRIDAYS

Final Fridays is a celebration of the arts that includes special exhibits, performances and demonstrations in Downtown Lawrence on the Final Friday of every month. See website for participating locations. LAWRENCE, 785-842-3883 finalfridayslawrence.wordpress.com

MAY 1-DEC 4 FIRST FRIDAYS ART WALK

Thousands of Topekans participate in the ARTSConnect First Friday Artwalk along with dozens of businesses who host special artist showings, musical performances, and other special events. North Topeka Arts District (NOTO), 800-1000 N Kansas Ave., 5:30-8:30 p.m. TOPEKA, artsconnecttopeka.org

SEP 12 & 13 HASKELL ANNUAL INDIAN ART MARKET

Two-day outdoor market featuring Native American artists from around the country. Original arts and artist demonstrations, enter-

tainment and food booths. Free Parking, free admission, free entertainment. No dogs allowed on federal property please. Haskell Indian Nations University, 25th & Massachusetts, 10 a.m.-5 p.m. Free. LAWRENCE, 785-749-8467

SEP 13 ANNUAL FALL ARTS & CRAFTS FESTIVAL

Annual festival presenting handmade crafts and original artwork. More than 150 artists and crafts people exhibit and sell. Food vendors, children's activities, music and so much more. South Park, 1130 Massachusetts, 10 a.m.-5 p.m. Free. LAWRENCE

SEP 26 AARON DOUGLAS ART FAIR

Explore diverse and emerging artists from the northeast Kansas region, all showcased at the annual fair. 30-50 artists booths, a main-stage of music, performing arts, a kids zone with a variety of art activities and a variety of food vendors will be available during this year's event. The Aaron Douglas Art Park is located at the southwest corner of 12th and Lane. The park includes a mural which was organized, fund-raised for, and painted by residents of central Topeka in 2005. 10 a.m.-5 p.m. Free. TOPEKA www.aarondouglasartfair.com/index.html

BINGO

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

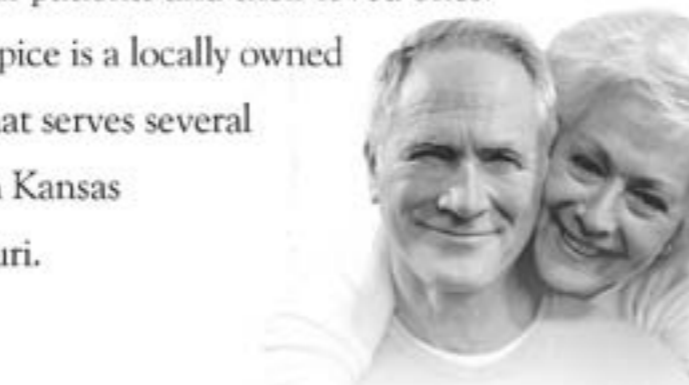
SUNDAYS, WEDNESDAYS & FRIDAYS CAPITOL BINGO HALL

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

■ CONTINUED ON PAGE 21

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■ CONTINUED FROM PAGE 20

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., 6:45 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

DAY TRIPS/TOURS

SEP 22 FORT SCOTT AND LOUISBURG CIDER MILL Fort Scott is a restored 1840's military fort with 20 historic structures that tell the story of three decades of American history, including Westward Expansion, Bleeding Kansas, and the Civil War. The trip will include a stop at the Louisburg Cider Mill to watch the apple press-

ing and enjoy local cider. Registration includes transportation and fees, lunch on your own. Co-sponsored with the Watkins Museum of History. Register at www.lprd.org or any Lawrence Recreation Center. 8:30 a.m.-6 p.m. Fee: LAWRENCE, 785-832-7920

SEP 29 TREE TREASURES OF OLD K.U. We'll tour the University of Kansas by bus, with a short walk in Marvin Grove, to appreciate and learn about the trees and landscapes there. Our focus will be on biology, horticultural uses, and how trees relate to the history of K.U. Limited wheelchair seats available. Tour Guide: Jon Standing. Register at www.lprd.org or any Lawrence Recreation Center. 10 a.m.-noon. LAWRENCE, 785-832-7920

EDUCATION

ONGOING COOKING CLASSES The Merc offers many healthy cooking classes every month. To learn more about classes and to register, see The Merc's website. LAWRENCE, 785-843-8544 themerc.coop/classes

ONGOING FREE INSURANCE COUNSELING Senior Health Insurance Counseling for Kansas (SHICK) representatives will meet one on one to answer questions and offer assistance with Medicare, Supplemental, or Long Term Care Insurance or the Medicare Prescription Drug Program. Stormont-Vail HealthCare HealthWise Clinic, 2252 S.W. 10th Ave. Call for times and appointments. TOPEKA, (785) 354-6787

FIRST MONDAY OF EACH MONTH MEDICARE MONDAYS Senior Health Insurance Counseling for Kansas (SHICK) counselors help you navigate through the complex maze that is Medicare. Bring your questions. Topeka & Shawnee County Public Library, 1515 SW 10th Ave., 1-3 p.m. TOPEKA, 785-580-4400

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FIRST & THIRD FRIDAYS OF EACH MONTH HEALTHWISE AFTER 55 Television program offers interviews on health topics of interest to seniors as well as a 20-minute exercise segment. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, 785-354-6787

SECOND TUESDAY OF EACH MONTH COMPUTER CAFÉ This time is an opportunity to meet with other computer users and an instructor to problem solve or learn about new apps, websites and other ways technology can ease our lives. Drop-in and enroll (fee) on-site at the Carnegie Building, 200 W 9th St., on the second Tuesday of each month from noon-1:30 p.m. LAWRENCE, 785-832-7920

SECOND & FOURTH FRIDAYS OF EACH MONTH FOR FAMILY CAREGIVERS Television show highlights information for people who providing care-giving service to loved ones. There is also a 20-minute exercise segment for caregivers and their loved ones. Airs from 9-9:30 a.m. on WIBW-TV, Channel 13. TOPEKA, 785-354-6787

SEP 2-23 WRITING OUR FAMILY STORIES This course will provide guidance in collecting and writing your family stories. These stories help us stay in touch with who we are. Preserving these stories will help future generations know themselves better. We will use journaling methods

and prompts to inspire your words. Instructor: Iris Wilkinson. Register at www.lprd.org or any Lawrence Recreation Center. Carnegie Building, 200 W 9th St., 6-8 p.m. Wednesdays. Fee. LAWRENCE, 785-832-7920

SEP 3-24 CONTRA DANCE Contra Dance is a traditional and fun dance style performed in two long lines, facing each other, to lively fiddle music. It is a great way to exercise that benefits both the body and brain. All levels of dance experience and fitness are welcome in this friendly, welcoming environment. NSD Instructors: Susan Rieger and Susan MacNally. Register at www.lprd.org or any Lawrence Recreation Center. Carnegie Building, 200 W 9th St., 7:30-8:30 p.m. Thursdays. Fee. LAWRENCE, 785-832-7920

SEP 9, 17, 23, 29 & OCT 6 MEDICARE EDUCATIONAL SEMINAR Century Health Solutions, an affiliate of Stormont-Vail HealthCare, will hold Medicare Educational Seminars on September 9 and 23 at 6:30 p.m., September 17, 29 and October 6 at 1 p.m. Learn the basics of Medicare and all of its options. Seminars are designed for those becoming eligible for Medicare as well as those considering making a change during open enrollment. Seminar will be held at 2951 SW Woodside Dr. Please contact Crystal for reservations. TOPEKA, 785-286-6402

■ CONTINUED ON PAGE 22

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Fight procrastination and reach your 'someday'

By Norm Franker
Social Security District Manager in Lawrence

Maybe someday you plan to scuba dive the deepest depths of the ocean, or take an oil painting class. Perhaps someday you plan to drive across the United States, or sail around the world. All of these goals take preparation.

On September 6, we mark Fight Procrastination Day and we challenge you to take the first steps to realizing your "someday."

Someday, you probably want to retire. If you're beginning your career or are midway through, it's never too late to start planning for retirement. Even if you're just starting your career, "someday" isn't that far away. You're going to want to see what your future Social Security benefits will be, and check your earnings for accuracy, since the amount of your

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RICK STEVES' EUROPE

Uppsala, Sweden's ancient capital and top college town

Rick Steves: By Rick Steves
Tribune Content Agency

Uppsala, Sweden's fourth-largest city, is the best side-trip from Stockholm—just under an hour away by train. This happy town is Sweden's answer to Oxford, offering stately university facilities and museums, the home and garden of botanist Carl Linnaeus, as well as a grand cathedral and the enigmatic burial mounds of Gamla Uppsala on the town's outskirts.

Almost all the sights are in the compact city center, dominated by one of Scandinavia's largest, most historic churches—Uppsala Cathedral. While the building was completed in 1435, the spires and interior decorations are from the late 19th century. The cathedral—with a fine Gothic interior, relics of St. Erik, memories of countless Swedish coronations, and the tomb of King Gustav Vasa—is well worth a visit.

Inside, you'll find a different take on the Virgin Mary. This eerily life-like statue from 2005, called "Mary (The Return)," captures Jesus' mother wearing a scarf and timeless garb. In keeping with the Protestant spirit, this version of Mary is shown not as an exalted queen, but as an everywoman, saddened by the loss of her child and seeking solace—or answers—in the church.

This cathedral likely sees more tourists than worshipers. Before the year 2000, Sweden was a Lutheran state, with the Church of Sweden as its official religion. Until 1996, Swedes with one Lutheran parent automatically became members of the church at birth. Now you need to choose to join the church, and although the culture is nominally Lutheran, few people attend services regularly. While church is handy for Christmas, Easter, marriages, and burials, Swedes are more likely to find religion in nature, hiking

in the vast forests or fishing in one of the thousands of lakes or rivers.

Facing the cathedral is the university's oldest surviving building, the Gustavianum, with a bulbous dome that doubles as a sundial. Today it houses a well-presented museum that features an anatomical theater, a cabinet filled with miniature curiosities, and Anders Celsius' thermometer. The collection is curiously engaging for the glimpse it gives into the mind-set of 17th-century Europe.

Uppsala was also home to the father of modern botany, Carl Linnaeus, whose house and garden—now a museum—provide a vivid look at this amazing scientist's work. Linnaeus lived here from 1743 until 1778, while he was a professor at the University of Uppsala. Here he developed a way to classify the plant kingdom.

Strolling Sweden's first botanical garden, I felt like a child: filled with wonder. Linnaeus ran this garden, living on-site to study plants—day and night, year round—tracking about 3,000 different species. Wandering the garden, you can pop into the orangery, built so temperate plants could survive the Nordic winters. The museum fills Linnaeus' home (which he shared with his wife and seven children) with the family's personal possessions and his professional gear. You'll see his insect cabinet, herb collection, desk, botany tools, and notes.

Just outside of town stands Gamla ("Old") Uppsala, a series of mounds where the nation of Sweden was born back in the Iron Age. This site gives historians goose bumps even on a sunny day. It includes nine large royal burial mounds circled by a walking path, all with English descriptions.

Fifteen hundred years ago, when the Baltic Sea was higher and it was easy to sail all the way to Uppsala, the pagan Swedish kings had their capital here. Old Uppsala is where the petty

Swedish kingdoms came together and a nation coalesced. It was also here where Sweden became Christianized a thousand years ago.

The highlight of my Uppsala visit was climbing the burial mounds and imagining the scene over a thousand years ago, when the democratic tradition of this country helped bring the many small Swedish kingdoms together. Entire communities would gather at the rock that marked their place. Then the leader of all the clans, standing atop the flat mound, would address the crowd as if in a natural amphitheater, and issues of the day would be dealt with.

While no one gathers on these mounds for debates today, Sweden still honors its many traditions, and you'll find some wild ones in Uppsala. Every April 30 (Walpurgis Eve—"Valborg"

or "Sista April" in Swedish), students put on their black-rimmed white caps and run down a hill toward town while balloons are released and thousands of alumni, families, and friends cheer (the partying then goes on till dawn).

It's this lively college vibe that gives Uppsala a fun-loving buzz—making a visit here one of your most memorable in Sweden. While it's a small city, it comes with a big history and plenty to do. If you have five days in Stockholm and wonder what to do on that last day, go to Uppsala.

- Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook.

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HUMOR

I Love a Parade

Emmaline loves Letongaloosa, but she isn't from here. She was born in Wyotah, a state way out West in the Rocky Mountains.

According to history, the Great Western Colonizer emigrated to the Wyotah valley from the East with a bunch of pioneers in 1846. He was leading a band of social liberals who wanted to



Larry Day

exercise their Constitutional right to become conservatives. The Wyotah pioneers crossed the plains, climbed the Rocky Mountains, and stopped when they came to a desolate-looking valley. There, according to legend, The Great Colonizer said, "This may be it," and they decided to settle down. That was July 24, 1847.

After much hard work the Wyotah pioneers made the desert blossom as a rose, and the Great Western Colonizer ordered settlers to spread out to the north and south.

Emmaline's great grandparents moved south, and she was born in Buckboard, a small town a hundred miles from the capital of Wyotah. Emmaline lived in Buckboard until she married me.

Now, five decades later, we still go to Buckboard to participate in the 24th of July festivities.

Up in The Place, Wyotah's state capital, they mount a huge celebration on the 24th of July. There are concerts, fireworks, a marathon, a 10K race, and a hugely popular, miles-long parade. The parade features beautifully decorated floats, dignitaries riding in new and antique convertibles, marching bands, horse clubs, trained dog acts, stilt walkers, flag-waving school children, and a ton of sign-bearing church groups.

Buckboard has celebrated the 24th of July for almost as many years as The Place has.

The big events on the 24th are The Parade, The Demolition Derby, and The Fireworks.

The Parade has always been my favorite, but I was a bit disappointed in both The Demolition Derby and the Parade this year. I was disappointed in the Demolition Derby because there is a dearth of 1970 and 1980 clunker automobiles in which helmeted contestants can drive around the rodeo arena and bash into each other

On the 24th, Main Street is lined with folding chairs, some of which have been in place for several days. The celebration begins at 6 a.m. with the BOOM. That's when the Buckboard Volunteer Firemen set off a blast that

rattles windows all over town. Then they drive the firetruck through town, its horns honking and its sirens blaring. At 7 a.m. everybody walks down to the city park for the annual Firemen's Breakfast—pancakes, bacon, ham, eggs, pan-fried potatoes—served at picnic tables.

Emmaline and I watch The Parade from folding chairs on the steps of the Town Hall. By the time the honor guard marches by with the flags, Main Street is lined five and six deep with spectators.

The Parade begins at 10 a.m. and travels down Main Street from north to south. My disappointment with this year's 24th of July parade centered on quality, not quantity. This year's parade lasted longer and had more participants than ever before. The problem was, there weren't more floats, nor more bands, there were just more vehicles.

The float on which "Miss Buckboard" and her attendants rode was beautiful, as were the floats of "Miss Lakeville" and "Miss Mount Oakdale," from two nearby towns.

But after that it was vehicle after four-wheeled vehicle, mostly black, mostly newer SUVs, carrying advertising signs. The signs touted everything from chiropractors and podiatrists to optometrists and dental hygienists. I counted five vehicles with "get out of debt" or "payday loan" signs on them. Many of those opportunists threw handfuls of candy to scrambling kids on the street. One woman, pushed a big antique baby carriage that had a sign advertising her child care service. I didn't mind that—at least she was walking.

Next year on the 24th, I'm going rent a big black SUV and put a sign on it that reads: "Infernal Revenue Service." I'm going to wear a dark suit, white shirt, a power tie, and dark glasses. I'm going to stand, with a pen and notebook, beside the SUV at the end of the parade route. I bet no one will notice the typo.

- 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.

PET WORLD

Distract finger-biting cat with other amusements

Q: I read your recent column on pilling cats. What I need to know is how to give pills to my stubborn dog, who spits them out. I've tried rolling a pill inside peanut butter and lunch meat, to

(By the way, if you do use lunchmeat or peanut butter to entice your dog, low salt is preferred.)

Another solution might be to simply buy moist dog food and hide your dog's pills in that. "Hoover dogs" who inhale their food may never realize there's a nasty pill there.

Q: Can the feline herpes virus be treated successfully? You said in a column that "once treated, the symptoms disappear over time." However, you didn't explain the actual treatment. Jack, my 16-year-old cat, has feline herpes, which has caused significant damage to his right eye. What can we do? - K.R., Bethlehem, PA

A: "For ocular herpes, there are antiviral eye drops," says Dr. Susan Little, president of the American Association of Feline Practitioners. "Also, there's an anti-viral oral medication called famciclovir, which has demonstrated safety for cats. See your veterinarian to determine the best approach."

- Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 154, Buffalo, NY. 14207. Send e-mail to PETWORLD@STEVE DALE.TV. Include your name, city and state.

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Steve Dale

no avail. Is there a secret trick? - D.N., Anchorage, AK

A: Cats often seem like magicians, able to determine if there's a pill within a mile of their food bowl, and dogs can be pretty adept, too.

First, stop hiding pills inside peanut butter or lunchmeat. The problem is, your dog is on to you. She's figured out that where there's peanut butter or lunch meat, there's likely to be a bitter-tasting pill. Substitute another treat. You have lots of options, including liverwurst, baby food, cheese, or tasty Pill Pockets. Check with your vet on the best choice.

If you want to try liverwurst, for example, start on a day when you have some time. Early in the morning, roll the liverwurst into three little balls. Make a big deal of this, then as you hand each ball to your dog, say something like, "Here's your special treat!"

Now, repeat the same process two more times. The final time around, roll FOUR little liverwurst balls. Inside the third ball, hide the dog's pill. By now, your dog will be conditioned to know that liverwurst balls are wonderful.

Start again by saying, "Here's your special treat!" so your dog is excited about what's about to happen. Confidently, pop her the first three balls and hold the fourth at her nose, ready to go. For dogs, smell overtakes taste. Be smooth, confident, upbeat and quick—and this "secret" trick will work.

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WOLFGANG PUCK'S KITCHEN

Sun-ripened tomatoes add fresh summer flavor to pasta

By Wolfgang Puck
Tribune Content Agency

Bite into a peak-of-season, sun-ripened tomato picked at the moment when it's fully matured, yet still firm, and you'll experience one of the greatest pleasures summer has to offer. The juices might run down your chin as your mouth fills with a flavor that's the perfect balance of savory and sweet. At that moment, you'll understand the culinary meaning behind the tomato's classification as a "vegetable-fruit." It's botanically part of the fruit family, but we use it as a vegetable.

The tomatoes you find in farmers' market stalls right now, and even in the produce sections of well-stocked supermarkets, are so good eaten just as they are that there isn't much need to cook them. I demonstrated that recently by dressing chopped fresh tomatoes with some balsamic vinegar, extra-virgin olive oil and seasonings (basically, a vinaigrette dressing) to make a topping for garlic toasts for a classic Italian bruschetta.

The possibilities offered by summer's finest tomatoes extend, however, beyond that kind of salad-like treatment into the world of pasta sauces, which most people think of as cooked preparations. Yet, as you'll see in the following recipe, great tomatoes can actually be used as the foundation for an uncooked sauce that is warmed only by the still-hot, just-drained pasta with which it is tossed.

One of the most important points when making a dish such as this is to eliminate anything that would water down the sauce or otherwise weaken it, while at the same time including ingredients that amplify flavors that would ordinarily be intensified through the cooking process. That's why I first peel the tomatoes and remove their watery seeds, leaving only their flavorful flesh, before chopping them. I also like to include anchovies in the mix-

ture, which don't really contribute any noticeable fishy flavor but do enhance the sauce with their brininess. Likewise, I prefer to use brine-cured olives like the ones you'd find loose in the deli department of a supermarket or packed in their brine in a glass jar, rather than water-packed black olives.

For the pasta, I like to use bite-sized shapes that will hold some of the sauce in their crevices or holes. The moment it is drained, stir it, still dripping, into the sauce. The pasta's heat activates the mixture in a way that will dazzle you with the aromas and flavors of summer.

PASTA WITH FRESH TOMATOES, BLACK OLIVES AND ANCHOVIES

- Serves 4
- 3/4 pound large sun-ripened organic tomatoes
 - Kosher salt
 - 3/4 pound uncooked bite-size regular or whole wheat pasta, such as bow ties, fusilli or medium shells
 - 2 tablespoons extra-virgin olive oil
 - 1/2 cup (125 mL) plus 1 tablespoon chopped fresh flat-leaf parsley leaves
 - 2 garlic cloves

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- 2 anchovy fillets, patted dry with paper towels
- 1/4 teaspoon red pepper flakes
- 1 pound (500 g) red, or mixed red and yellow, organic cherry tomatoes, some left whole, some halved
- 1/4 cup pitted, coarsely chopped cured black olives
- 1/4 cup well-drained sun-dried tomatoes, cut into thin strips
- 1/2 tablespoon sugar
- 1/4 teaspoon freshly ground black pepper
- Freshly grated Parmesan, for serving (optional)

Bring a large pot of water to a boil. Meanwhile, half-fill a mixing bowl with ice cubes and water and place it near the stove.

With the tip of a small, sharp knife, carefully cut out the core of each large tomato with shallow, angled cuts around the stem end. Then, score a shallow X in the skin at the opposite end.

When the water is boiling, use a wire skimmer or slotted spoon to carefully lower the tomatoes into the water. Boil just until their skins begin to wrinkle, 15 to 30 seconds. Then, immediately use the skimmer or spoon to transfer the tomatoes to the ice water. Leave the

pot of water boiling. As soon as the pot of water comes to a boil, salt the water. Add the pasta and cook until al dente (tender but still slightly chewy), following the manufacturer's suggested cooking time.

While the pasta is cooking, drain the tomatoes. Cut each crosswise in half and squeeze out the seeds. Coarsely chop the tomatoes and transfer them to a large pasta serving bowl.

Put the olive oil, 1/2 cup (125 mL) of parsley, garlic, anchovies and red pepper flakes in a food processor fitted with the stainless-steel blade. Process until uniformly pureed.

Pour the puree into the serving bowl with the chopped tomatoes. Add the cherry tomatoes, olives and sun-dried tomatoes. Season with the sugar, 1/2 teaspoon of kosher salt and the black pepper. Set aside.

As soon as the pasta is done, drain it and immediately add it to the bowl with the tomato mixture. Add the remaining parsley and toss well.

Spoon the pasta into individual large, shallow serving bowls. Serve immediately, passing Parmesan for guests who want it.

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MEMORIES ARE FOREVER

Each month I will write about a memory of a person's life and I hope you will enjoy it. For information you need to submit your own memories, please visit my blog at www.MemoriesAreForever.net

I would love to hear from you. If you wish to include a nostalgic picture of yourself, please send it as an attachment to your submission email. (The photo below is me as a two-year-old sitting on the steps of my home in Chicago.) - Tom Mach



Tom Mach

A Gift of Voice

By Ronda Miller

Some memories are like a painful burr in our side; no matter how hard we attempt to dislodge them, they only become more deeply embedded. Other memories are like a jewel, we know not to trust them in just anyone's hands. Perhaps these are the memories we bring out on rare occasions to help ourselves through a tough moment. Regardless of whether the memory is good or bad, they are as unique as each individual who experiences them.

Not long after I turned three, my mother died by suicide and my family was separated. My brother, who was a year older than I, was sent to live with my father's side of the family with an aunt and uncle who lived in Kansas. My sister and I were sent to live with a different sister, an aunt who lived with her husband in Ft. Morgan, Colorado.

My uncle grew sugar beets and raised cattle. My aunt was a homemaker. It was quite a change from the life we had experienced in Loveland, Colorado. My uncle and aunt were a decade and a half older than my parents. Their son and daughter were older and would soon be leaving the household.

My memory of life with my aunt and uncle had indeed become transformative in numerous respects. My uncle made himself available to play with my sister and me far more often than my father ever had. Uncle Earl seemed to have a natural affinity for children. I spent the next couple of years being nurtured (even spoiled), in contrast to my previous life experience in which my brother and sister and I were left almost entirely on our own. My mother, of course, had been deeply depressed, and my father had worked as a police officer. Uncle Earl held me, rocked me, and gave me the most important things I continue to cherish today—a love for expressing myself, my own voice! He was the person who taught me my numbers, alphabet, how to spell, nursery rhymes, and, eventually, how to read.

These are the type of memories that get buried among other debris that life often throws in our direction. Earl died suddenly, in his mid-40s, due to pancreatic cancer. My sister and I were sent into a series of different living situations. I had a chance to say goodbye to Earl. I remember thinking, even as a five-year-old child, how very sick he was as he lay in bed with profuse amounts of sweat on his forehead. He hugged me and told me he loved me one last time before the massive cancerous growth within his stomach devoured him.

I grieved over Uncle Earl's passing such that, when I turned 17, I became depressed—not only because of my uncle's demise, but because my Mom had died, I was no longer allowed to see my Dad again, and I was often not even allowed to see my brother. Together, these tragedies became so acute I had to be hospitalized for seven weeks. My mind became flooded with memories of snow-laden farm fields, irrigation ditches, my uncle's kindly green eyes, his voice singing to me as he held me that kept me going. I hadn't allowed myself to think or talk about Earl for decades since then until recently when the publisher of my latest book of poetry, *MoonStain*, asked me when I first started writing. It was then that I

realized how much I associate words with the most pleasant times from my childhood.

It was because of Earl that I associate poetry with healing and soothing kindness. It was because of Earl that I reach for writing as a tool to help me through the bleakest of times as well as the most pleasant of times. Sadly, Earl had no way to know I'd become a writer. He had no way of knowing that one day my love of language would lead me to teach my two children, at age three, how to read and write; later I'd also teach other people's



Ronda Miller

children the love of lyrics and rhyme too. I could say I'm sorry that I never had the chance to thank Earl for all he did for me, but the fact that he did it because he loved language, and loved me, makes it even more special. There are two items in particular that always bring Earl to mind; the song, Beautiful, Beautiful Brown Eyes, as well as the nursery rhyme, Baa Baa Black Sheep. They may not seem connected in any way, but to me, they are part of the deepest connection I felt as a child, and they always make me smile.

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NORTH

♠-A Q 6

♥-7 6 5 3

♦-A Q 9

♣-8 3 2

WEST

♠-8 4 2

♥-Q J 10 8

♦-J 8 3

♣-6 5 4

EAST

♠-9 7 5 3

♥-K

♦-K 10 6 4

♣-J 10 9 7

SOUTH

♠-K J 10

♥-A 9 4 2

♦-7 5 2

♣-A K Q

The bidding:

SOUTH WEST NORTH EAST

1NT Pass 3NT Pass

Pass Pass

Opening lead: Queen of ♥

Many good players will eschew Stayman and raise no trump directly when they have 4-3-3-3 distribution. Nine tricks will often prove easier to take than 10, especially if there are no ruffs available.

South ducked the opening heart lead and allowed East's king to win. Declarer won the jack of clubs shift with the ace and cashed the ace of hearts, getting the expected bad news there. Diamonds offered the only remaining hope for a ninth trick. Low to the nine followed by low to the queen would produce an extra trick almost two-thirds of the time. Not bad, but South found a better line.

Declarer cashed the top three tricks in both spades and clubs. When both opponents followed to all of these tricks, South made a play that guaranteed the contract. He led a low diamond, planning to cover any card

played by West. When West played low, dummy's nine was inserted, losing to the 10. East could cash his two black winners, but he was then forced to lead a diamond into the board's ace-queen and declarer had his nine tricks!

We would like to acknowledge the Bulletin of the International Bridge Press Association, and especially Tim

Bourke, of Australia, as a source for many of the deals seen in this column.
- Bob Jones welcome readers responses sent in care of this newspaper or to Tribune Content Agency, LLC., 16650 Westgrove Dr., Suite 175, Addison, TX 75001. E-mail responses may be sent to tcaeditors@tribune.com.
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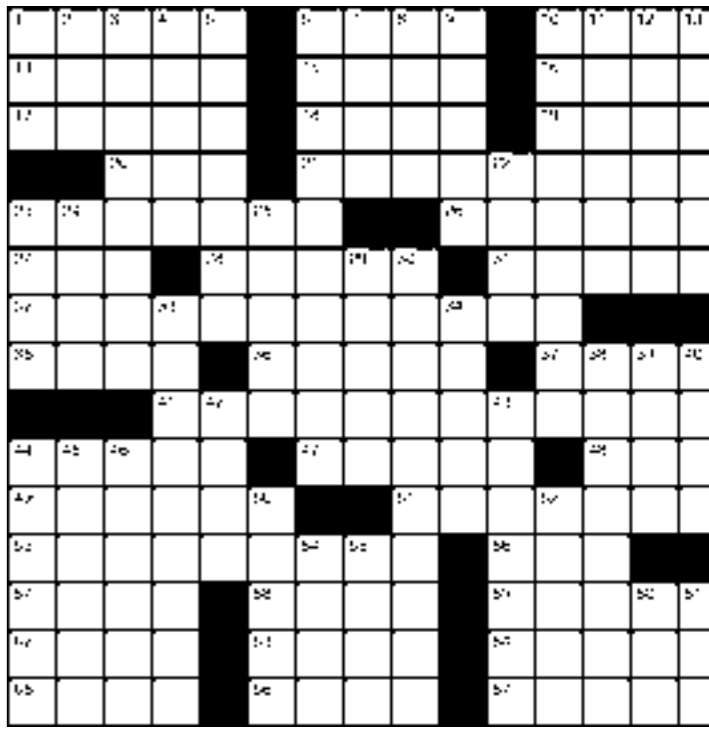
Across

- 1 Handhold
- 6 Part of a comparison
- 10 Montreal Protocol concerns
- 14 "Men in Trees" star
- 15 Roadside chain, for short
- 16 Take ___ at: try to wallop
- 17 Sean who played Samwise Gamgee
- 18 Dash
- 19 Arum family tuber
- 20 Egyptian menace
- 21 Quantum theory pioneer
- 23 Glides
- 26 Heart part?
- 27 Texter's "...but that may just be me"
- 28 Fertile deposit
- 31 Elizabeth of "Martha Marcy May Marlene"
- 32 Facetious Appalachian portmanteau
- 35 Old blade
- 36 Like some grazers
- 37 Span. girl
- 41 Smart alecks
- 44 Complexity
- 47 Inscribed marker
- 48 High-tech worker
- 49 Taken out, in a way
- 51 Back in the day
- 53 Rare pro golf feat
- 56 Daughter of Loki
- 57 "We Three Kings" kings
- 58 Joining device
- 59 Ring material
- 62 Desierto's lack
- 63 Ravel's "Gaspard de la ___"
- 64 Nice book
- 65 Treated
- 66 Mdse. containers
- 67 Pool events

Down

- 1 Chinese tea
- 2 Nessman of WKRP
- 3 Be a team
- 4 Turkish skewer
- 5 Friends you may never

- 6 "... forswear thin potations and to addict ___ to sack": Falstaff
- 7 Havana "How do"
- 8 Trojan War hero
- 9 Like some rude jokes, briefly
- 10 Disaster
- 11 Cookout fare
- 12 Wait to land, perhaps
- 13 Reserved, with "for"
- 22 Style
- 23 Takes it slow, in a way
- 24 "Yes!"
- 25 Chuckleheads
- 29 Hitch
- 30 Safari coverings
- 33 Kind of telescope
- 34 Songwriter Green
- 38 1991 "Favorite Album - Country" American Music Award winner
- 39 1970 sci-fi film starring Joan Crawford in her last big-screen performance
- 40 Regarding
- 42 Start of a favorite-meal reminiscence
- 43 1998 "King Lear" Olivier



- Award winner
- 44 Doctrines
- 45 Anger
- 46 Harass
- 50 "This I Promise You" band
- 52 Bottled-up type?
- 54 Boor
- 55 Similar
- 60 Scrap for Fido
- 61 Video game letters

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

JUMBLE

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

MENGO
SHURC
TOPECK
SLEAWE

Ans: _____ OF " _____ "

SCRABBLE G.R.A.M.S.

PAR SCORE 115-125
BEST SCORE 167

FIVE RACK TOTAL
TIME LIMIT: 25 MIN

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

CROSSWORD SOLUTION

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

SUDOKU SOLUTION

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



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JUMBLE ANSWERS

Jumbles: GNOME CRUSH
POCKET WEASEL

Answer: What they got when they
worked in the coffee shop -- LOTS
OF "PERKS"

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SCRABBLE BRAND GRAMS SOLUTION

C	S	O	M	I	C	A	L	RACK 1 =	63
Z	Y	D	E	C	O			RACK 2 =	63
W	A	Y	L	A	Y			RACK 3 =	19
V	U	L	G	A	R			RACK 4 =	10
T	W	E	L	V	E			RACK 5 =	12

PAIR SCORE 115-125 TOTAL 167

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

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Description of your services and/or products (up to 75 words)

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